



Sedro-Woolley Senior Center

“Where Aging is Living”

www.skagitcounty.net/seniorcenters

**OCTOBER
2025**

Halloween Lunch on Friday, October 31st

Join us for a spooktacular lunch and some fun!

Special treats and pumpkin carving/decorating contest. There will be six entries to vote on.

You can vote for your favorite starting at lunch Oct.27th and the winner will be revealed at lunch on the 31st
Costume up and join us!

Medicare Open Enrollment begins Oct. 15th through December 7th 2024.

This is the time each year when Medicare beneficiaries are allowed to make changes in their Medicare Part D Prescription Drug plan or Part C Medicare Advantage plan. If you don't have either, this is the time you can add one. It is strongly advised than anyone on Medicare who takes prescription medications review their drug coverage each year during this period to ensure that you are getting the best coverage for your medications at the lowest cost. The plans change every year. You can't assume that the plan that worked well for you this year will still be your best option for 2025.

SHIBA appointments will be available In-Person at the Sedro-Woolley Senior Center on October 29th. All SHIBA Open Enrollment appointments can be scheduled by:

Starting Oct.1, you can schedule your free unbiased consultation;1. Call 360-826-8828 to book your appointment at the SW Senior Center.



The Senior Center and Nutrition Program are programs of Skagit County Public Health, in partnership with the City of Sedro -Woolley.

Monday - Friday

8am - 4pm

715 Pacific St.

Sedro -Woolley

WA, 98284

360-855-1531

Fax 360-855-1056

Senior Center Coordinator

Ellen Schweigert

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Nutrition Assistant

Merrilee Komboukos

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The SW Senior Center does not discriminate against participants, clients, volunteers, or employees on the basis of race, color, creed, religion, orientation, gender, gender identity or expression, age or disabilities.



COCKTAILS & COMEDY

October 17, 2025 @ 5:30pm | Burlington Eagles



On October 17th, the doors will open at 5:30 pm, where you'll be treated to hilarious performances by the Upfront Theatre Improv comedy group. Enjoy a delicious taco bar dinner and a no-host bar while participating in a silent auction. Tickets are \$40 in advance or \$50 at the door—don't miss out on this entertaining evening for a great cause...**Meals on Wheels!**

“The single most important factor in determining longevity—more important than gender, income, social background, loneliness or functional health—is how people think about and approach the idea of old age,” said Dr. Becca Levy.



Do you have any **Native American items** you would be willing to have on display in the LOCKED showcase for the month of November? If so, please sign up on the clip board at the desk or contact Beth at 360-322-0040.or talk with Beth in person as she is the Wednesday morning volunteer!
Thank you all who displayed their September craft & hobby items!

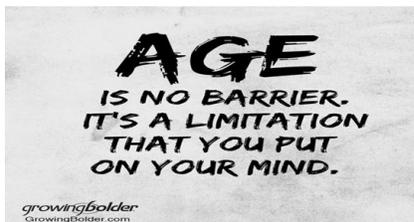
Center News...

Gramma's Attic is scheduled this year for the **14th of November**. This is put on yearly by the SW Advisory Board to raise funds for the senior center needs. We are accepting donations of Christmas items **only** and you can start bringing them in anytime. Thanks in advance!

As the leaves begin to change lets embrace the beauty of fall and all those gorgeous fall colors! Heres' to a season filled with joy, gratitude ,and new friends! Put on your calendar **Thanksgiving Luncheon** is November 20th and **Christmas Luncheon** is December 18th. Invite a friend to join you!

If you want to know more about ageism I have a handout at the desk that you can request to read or have a copy. Understanding ageism is crucial as it highlights the discrimination and prejudice individuals face based on their age, impacting both older adults and younger generations. By acknowledging the harmful effects of ageism , society can work towards creating environments where people of all ages are valued for their contributions, experiences, and ultimately enriching communities and enhancing social cohesion. Many of you have shared stories about ageism that have impacted you. We fight ageism here everyday! *Ellen Schweigert,*

Senior Center Coordinator



Download the newsletter with this QR code, and get right to it on your phone or tablet.

Aging and Disability Resources

(360) 428-1301

Resource information about in-home care, medical insurance, housing, financial resources, caregiver support and other local resources.

Zumba!

FREE Fitness Classes!
Zumba, ZGold, & Mixed-Fit!



Amy, & Maggie have more than 30 years combined experience teaching group fitness classes. They are bringing that passion to you for free - ALL fitness levels welcome!

Zumba is Latin dance inspired fitness, ZGold has additional modifications for beginners, seniors, & those with limited range of motion, & MixedFit combines explosive dance movements with bodyweight toning. We would love to see you!

Thursday - Zumba/Gold with Amy @ 4:00pm

Friday - MixedFit with Maggie @ 5:00pm

Ages 14-17 must be accompanied by adult; waiver form must be completed before participation.

Donations accepted

All classes held here!

Yoga for All Ages

"Yoga Practice, not Yoga Perfect"

Come practice yoga with certified instructor, Samantha Wright (E-RYT 200)

Enjoy a gentle vinyasa flow in a supportive, judgment-free environment.

Monday 3:45 - 4:45

Wednesday 3:45 - 4:45

Friday 3:45 - 4:45

Free

Pay it forward, donate to local non-profits.

Yoga mat encouraged, but not necessary

Ages 14-17 must be accompanied by adult

Yoga Student Waiver Form must be completed before participation.

Email for more information

samanthatara801@gmail.com



<p>October 2025</p> <p>Sedro-Woolley Senior Center</p> 	<p>Calendar</p> <p>Activities are subject to change without notice. Cancellations happen due to weather related issues, sickness or emergencies.</p> <p>Please don't hesitate to call and check in with the reception desk when in doubt.</p> <p>Thank You!</p>	<p>1</p> <p>10:00 Pool Playing 12-2pm Drop in Tech Help 12:00—1:00 Lunch 3:45 Yoga</p>	<p>2</p> <p>10:00 Pool Playing 11:30 Old Time Fiddlers Music 12:00—1:00 Lunch 3:45 Zumba</p> 	<p>3</p> <p>10:00 Pool Playing 12:00—1:00 Lunch 12-2pm Drop in Tech Help 1:00 Watercolor Painting Circle 3:45 Yoga 5:00 Mixedfit Zumba!</p>
<p>6</p> <p>10:00 Pool Playing 12:00—1:00 Lunch 12:30 Pinochle 1:00 Haircuts 3:45 Yoga</p>	<p>7</p> <p>*Footcare by Appointment 11:00 Hospital Guild Mtg 12:00—1:00 Lunch 1:00 Cribbage</p>	<p>8</p> <p>10:00 Pool Playing 12:00—1:00 Lunch 12-2pm Drop in Tech Help 3:45 Yoga</p>	<p>Ageism Awareness Day 9</p> <p>11:30 Paul Denning Music 12:00—1:00 Lunch 2:00 Reflexology Appt. 3:45 Zumba!</p>  	<p>10</p> <p>10:00 Pool Playing 12:00—1:00 Lunch 12-2pm Drop in Tech Help 1:00 Watercolor Painting Circle 3:45 Yoga 5:00 Mixedfit Zumba!</p>
<p>13</p> <p>10:00 Pool Playing 12:00—1:00 Lunch 12:30 Pinochle 1:00 Haircuts 3:45 Yoga</p>	<p>14</p> <p>10:00 Pool Playing 11:45 PeaceHealth PT Info table—balance checks/home safety checks 12:00—1:00 Lunch</p>	<p>15</p> <p>10:00 Pool Playing 12:00—1:00 Lunch 12-2pm Drop in Tech Help 3:45 Yoga</p>	<p>16</p> <p>10:00 Pool Playing 11:30 Old Time Fiddlers Music 12:00—1:00 Lunch 3:45 Zumba!</p> 	<p>17</p> <p>12:00—1:00 Lunch 12-2pm Drop in Tech Help 1:00 Watercolor Painting Circle 3:45 Yoga 5:00 Mixedfit Zumba!</p>
<p>20</p> <p>10:00 Pool Playing 12:00—1:00 Lunch 12:30 Pinochle 1:00 Haircuts 1:30 Advisory Board Mtg. 3:45 Yoga</p>	<p>21</p> <p>10:00 Pool Playing 11:30 Helping Hands Info Table 12:00—1:00 Lunch 1:00 Cribbage</p>	<p>22</p> <p>10:00 Pool Playing 12:00—1:00 Lunch 12-2pm Drop in Tech Help 1:30 SUPER Bingo 3:45 Yoga</p>	<p>23</p> <p>10:00 Pool Playing 11:30 Hometowners 12:00—1:00 Lunch 2:00 Reflexology Appt. 3:45 Zumba!</p> 	<p>24</p> <p>12:00—1:00 Lunch 1:00 Watercolor Painting Circle 12-2pm Drop in Tech Help 3:45 Yoga 5:00 Mixedfit Zumba!</p>
<p>27</p> <p>10:00 Pool Playing 12:00—1:00 Lunch 12:30 Pinochle 1:00 Haircuts 3:45 Yoga</p>	<p>28</p> <p>10:00 Pool Playing 12:00—1:00 Lunch 1:00 Cribbage</p>	<p>29</p> <p>10:00 Pool Playing 12:00—1:00 Lunch 12-2pm Drop in Tech Help 3:45 Yoga</p>	<p>30</p> <p>10:00 Pool Playing 12:00—1:00 Lunch 12:30 Country Jim ~ music  3:45 Zumba!</p>	<p>31</p> <p>12:00—1:00 Halloween Lunch 1:00 Watercolor Painting Circle 12-2pm Drop in Tech Help 3:45 Yoga 5:00 Mixedfit Zumba!</p>