



Sedro-Woolley Senior Center

"Where Aging is Living"

www.skagitcounty.net/seniorcenters

**DECEMBER
2025**

~ Christmas Lunch ~ Thursday, Dec.19th

Roast Beef
Garlic Mashed Potatoes
Ambrosia
Brussel Sprouts
Garlic Clove Bread
Festive Dessert

Invite a friend or two and join us!

Served 12-1pm

Have your photo taken with Santa!

Help Spread Some Joy This Holiday!

The **Meals on Wheels** program will be providing Christmas gifts to clients who may not receive gifts during the holidays. Please help us by giving a cash donation of any amount. Donations will be accepted through Monday, December 15 at the reception desk.



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

eschweigert@co.skagit.wa.us

Nutrition Assistant

Merrilee Komboukos

merrilleek@co.skagit.wa.us

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.



The Thanksgiving Luncheon was very well attended! And delicious also! Big thanks to all our volunteers including Mayor Julia, Micheal Bonacci, Julie Krause who joined us to serve the lunch. We appreciate all the extra time that the volunteers give for the meals, both in house and for the Meals On Wheels Clients. Even though you are not in the spotlight, you are the backbone of every event. There is a lot of work involved with moving the salad bar and setting up the extra tables and chairs to seat 125 people. And then

of course it all has to return to our normal set up. Please know that we could not do this without your hard work. We are forever thankful for the time you have given to the senior center and us ~ Ellen & Merrilee



**THANK YOU TO ALL WHO DONATED
TO THE GRAMMA'S ATTIC
CHRISTMAS SALE
OR SHOPPED AT IT. YOUR
EFFORTS RAISED OVER \$500.00
FOR THE SENIOR CENTER!**

Center Closed on Christmas Day, New Years Day & January 2nd, 2026

(Jan.2 is a furlough day for Skagit County)

Update on the **Skagit County Senior Nutrition Program**. The Commissioners have asked the Northwest Regional Council to find a new non profit provider for the senior nutrition program by July 1st, 2026. This change is intended to ensure the programs long term sustainability as costs rise and demand grows. There will be no changes to congregate meals (served in centers) o to Meals on Wheels deliveries through June 30th, 2026. The County and NWRC will work closely with the new provider to ensure a smooth transition and continued service for local seniors. For more information, please pick up a flyer in the Center's lobby which has further details and information.

Center News...

The **holiday season** is upon us! I want to express our heartfelt appreciation to all the volunteers and center participants who make our senior center a very special place to be!!! There is much joy and companionship happening here on a daily basis.

Kindness and compassion can make a significant difference in all our lives. Thank you all!

Plan to wear a **"Festive Christmas Sweater"** to lunch on **Friday, Dec.12th** and receive a little gift.

Our **Christmas Luncheon is on Thursday, December 18th**. Roast Beef and mashed potatoes will be pretty popular! We do not take reservations and it is first come first serve. We look forward to a visit with Santa also!

Happy Holidays!

Ellen Schweigert,

Senior Center Coordinator



**New Quilt
Raffle!**
Tickets
available at
the reception
desk. Will be
drawn at the
Christmas
Luncheon.
Dec.18



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, & Mixxed-
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, & MixxedFit combines explosive dance movements with bodyweight toning. We would love to see you!

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

Friday - MixxedFit 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



1 10:00 Pool Playing 12:00—1:00 Lunch 12-2pm Drop in Tech Help 12:30 Pinochle 1:00 Haircuts 3:45 Yoga	2 10:00 Pool Playing 12:00—1:00 Lunch 1:00 Cribbage	3 10:00 Pool Playing 12:00—1:00 Lunch 12-2pm Drop in Tech Help 1:00 BINGO 3:45 Yoga	4 10:00 Pool Playing 11:30 Old Time Fiddlers Music 12:00—1:00 Lunch 3:45 Zumba 	5 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 Mixxedfit Zumba!
8 10:00 Pool Playing 12:00—1:00 Lunch 12-2pm Drop in Tech Help 12:30 Pinochle 1:00 Haircuts 3:45 Yoga	9 Footcare by appointment 10:00 Pool Playing 11:00 Hospital Guild Mtg 12:00—1:00 Lunch 1:00 Cribbage 1:00 SUPER BINGO	10 10:00 Pool Playing 11:00 Hospital Guild Mtg 12:00—1:00 Lunch 12-2pm Drop in Tech Help 3:45 Yoga	11 11:30 Paul Denning Music  12:00—1:00 Lunch 1:00 Reflexology Appt. 3:45 Zumba!	12 10:00 Pool Playing 12:00—1:00 "Festive Christmas Sweater" Lunch 12-2pm Drop in Tech Help 1:00 Watercolor Painting Circle 3:45 Yoga
15 12:00—1:00 Lunch 12:30 Pinochle 12-2pm Drop in Tech Help 1:00 Haircuts 1:30 Advisory Board Mtg 3:45 Yoga	16 10:00 Pool Playing 12:00—1:00 Lunch 1:00 Cribbage	17 10:00 Pool Playing 11:30 Old Time Fiddlers Music 12:00—1:00 Lunch 12-2pm Drop in Tech Help 1:00 BINGO	18 10:00 Pool Playing 12:00—1:00 Christmas Luncheon 3:45 Zumba!	19 12:00—1:00 Lunch 12-2pm Drop in Tech Help 1:00 Watercolor Painting Circle 3:45 Yoga 5:00 Mixxedfit Zumba!
22 10:00 Pool Playing 12:00—1:00 Lunch 12-2pm Drop in Tech Help 12:30 Pinochle 1:00 Haircuts	23 10:00 Pool Playing 12:00—1:00 Lunch 1:00 Cribbage	24 10:00 Pool Playing 11:30 Hometowners 12:00—1:00 Lunch 12-2pm Drop in Tech Help 1:00 Reflexology Appt.	25 Closed for Christmas Day 	26 Boxing Day (Canada) 12:00—1:00 Lunch 12-2pm Drop in Tech Help 1:00 Watercolor Painting Circle 3:45 Yoga
29 10:00 Pool Playing 12:00—1:00 Lunch 12-2pm Drop in Tech Help 12:30 Pinochle 1:00 Haircuts	30 10:00 Pool Playing 12:00—1:00 Lunch 1:00 Cribbage	31 10:00 Pool Playing 11:30 Hometowners 12:00—1:00 Lunch 12-2pm Drop in Tech Help	<div>Calendar</div> <div>Activities are subject to change without notice. Cancellations happen due to weather related issues, sickness or emergencies.</div> <div>Please don't hesitate to call and check in with the reception desk when in doubt.</div> <div>Thank You!</div>	
<div>December 2025</div> <div>Sedro-Woolley Senior Center</div>				