



Sedro-Woolley Senior Center

“Where Aging is Living”

www.skagitcounty.net/seniorcenters

**MARCH
2026**

Ageless Intelligence; Bridging past and present technologies with seniors and students. This was held on February 6th at Cascade Flats in Sedro-Woolley



Together with Sedro-Woolley High School students and senior adults from the community, a day was spent learning together. The students presented mini classes on the subject of AI - “Artificial Intelligence”. After a buffet lunch of pizza and sandwiches we listened to a keynote by two University of Washington professors. Then it was time for the senior adults to share a skill, hobby or historical event they were present for, with the students. It was a wonderful day for all! A big thank you to Lindsey Kitchens SW High School Librarian for organizing the event again for us all!



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.

NEED FIDDLERS!!!

W.O.T.F.A. D4 is

Expanding their Fiddle Tune Workshop; It will take place 4pm - 6pm on Friday

MARCH

13 at the M/V Sr. Ctr. See you there! The first hour, geared to newer fiddlers.

Tunes to be played slowly to learn.

The second hour, tunes played up to speed. (or a speed that all most are comfortable with)

~THEN JAM 6:30pm - 9:00pm!

GOODIE / COFFEE BREAK AT 8:00pm!

SEE YOU THERE

Play **BINGO** on the
1st & 3rd

Wednesdays

every month at

1:00 pm

Prizes and fun!

Center News...

As the chill of winter recedes and the days grow longer, spring is a time of renewed energy. This weather invites us to step outside, breathe in the fresh air, and embrace activities that invigorate both body and mind. Blooming flowers and the soft hum of nature waking up, now is the perfect opportunity to engage in new experiences that foster connection and well-being.

In March our **sign language** class returns to offer an engaging way to communicate and connect with the deaf and hard-of-hearing community, promoting inclusivity and understanding. Whether you're a complete beginner or looking to brush up on your skills, this class will provide a supportive environment to learn. Materials are provided. This class will be on Fridays at 11 am.

Coming in April will be a **beginner tai chi class**. The class will teach Ba Fa Wu Bu. Ba Fa Wu Bu is the foundation of all styles of Tai Chi. This will be a wonderful way to enhance your physical health while cultivating mindfulness and balance. The gentle movements and meditative focus of traditional tai chi make it suitable for all ages and fitness levels. They will help improve overall health, wellbeing and immune system functions. A \$3 donation per class will be welcomed. The master instructor is Guo Cheng and will be on Thursdays at 9:30am.

Join us this spring for these activities that promise to enrich your life and foster new friendships!



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)

Samantha Wright teaches a vinyasa style yoga class, also known as "flow yoga." This style of yoga links breath to movement and provides a whole body workout. You will build strength, flexibility, stability, and make some new friends.

Monday 3:45 - 4:45

Friday 3:45 - 4:45



Wednesday 3:45 - 4:45

Kim Morgan's Yoga Class has a meditative emphasis on silence, oneness, and connectedness. In his yoga class he embraces the spiritual currents of life integrating the teachings of Lao Tzu. Kim graduated from Evergreen College in 1973 with a degree in Eastern Philosophy. Kim's meditation practice spans over 50 years.

Free

Pay it forward, donate to local non-profits.

<p>2</p> <p>10:00 Pool Playing 12:00—1:00 Lunch 12-2pm Drop in Tech Help 12:30 Pinochle 1:00 Haircuts 3:45 Yoga</p>	<p>3</p> <p>10:00 Pool Playing 12:00—1:00 Lunch 1:00 Cribbage</p>	<p>4</p> <p>10:00 Pool Playing 12:00—1:00 Lunch 12-2pm Drop in Tech Help 1:00 BINGO 3:45 Yoga</p>	<p>5</p> <p>10:00 Pool Playing 11:30 Old Time Fiddlers Music 12:00—1:00 Lunch 3:45 Zumba!</p> 	<p>6</p> <p>11:00 Sign Language Class 12:00—1:00 Lunch 12-2pm Drop in Tech Help 1:00 Watercolor Painting Circle 3:45 Yoga 5:00 Mixedfit</p>
<p>9</p> <p>12:00—1:00 Lunch 12:30 Pinochle 12-2pm Drop in Tech Help 1:00 Haircuts 3:45 Yoga</p>	<p>10</p> <p>*Footcare by appointment 10:00 Pool Playing 11:00 Hospital Guild Mtg 12:00—1:00 Lunch 1:00 Cribbage</p>	<p>11</p> <p>10:00 Pool Playing 12:00—1:00 Lunch 12-2pm Drop in Tech Help 3:45 Yoga</p>	<p>12</p> <p>10:00 Pool Playing 11:30 Paul Denning Music 12:00—1:00 Lunch 1:00 Retired Employee Mtg. 3:45 Zumba!</p> 	<p>13</p> <p>11:00 Sign Language Class 12:00—1:00 Lunch 12-2pm Drop in Tech Help 1:00 Watercolor Painting Circle 3:45 Yoga 5:00 Mixedfit</p>
<p>16</p> <p>12:00—1:00 Lunch 12:30 Pinochle 12-2pm Drop in Tech Help 1:00 Haircuts 1:30 Advisory Board 3:45 Yoga</p>	<p>St Patrick's Day 17</p> <p>10:00 Pool Playing 12:00—1:00 St. Patrick's Day Lunch 1:00 Cribbage</p> 	<p>18</p> <p>12:00—1:00 Lunch 12-2pm Drop in Tech Help 12-2 Community Action Table 1:00 BINGO 3:45 Yoga</p>	<p>19</p> <p>10:00 Pool Playing 11:30 Old Time Fiddlers Music 12:00—1:00 Lunch 3:45 Zumba!</p> 	<p>20</p> <p>First day of spring! 11:00 Sign Language Class 12:00—1:00 Lunch 12-2pm Drop in Tech Help 1:00 Watercolor Painting Circle 3:45 Yoga 5:00 Mixedfit</p>
<p>23</p> <p>12:00—1:00 Lunch 12-2pm Drop in Tech Help 12:30 Pinochle 1:00 Haircuts 3:45 Yoga</p>	<p>24</p> <p>10:00 Pool Playing 12:00—1:00 Lunch 1:00 Cribbage</p>	<p>25</p> <p>8-4 Tax Exemption Assistance 10:00 Pool Playing 12:00—1:00 Lunch 12-2pm Drop in Tech Help 3:45 Yoga</p>	<p>26</p> <p>10:00 Pool Playing 11:30 Hometowns Music 12:00—1:00 Lunch 3:45 Zumba!</p> 	<p>27</p> <p>11:00 Sign Language Class 12:00—1:00 Lunch 12-2pm Drop in Tech Help 1:00 Watercolor Painting Circle 3:45 Yoga 5:00 Mixedfit</p>
<p>30</p> <p>12:00—1:00 Lunch 12:30 Pinochle 12-2pm Drop in Tech Help 1:00 Haircuts 3:45 Yoga</p>	<p>31</p> <p>10:00 Pool Playing 12:00—1:00 Lunch 1:00 Cribbage</p>		<p>Calendar Activities are subject to change without notice. Cancellations happen due to weather related issues, sickness or emergencies. Please don't hesitate to call and check in with the reception desk when in doubt. Thank You!</p>	<p>March 2026 Sedro-Woolley Senior Center</p>