Sedro-Woolley Senior Center

"Where Aging is Living"

www.skagitcounty.net/seniorcenters

May 2024

Mother's Day Luncheon

Thursday, May 9th

Music by Paul Denning

Salmon Fillet & Tortellini

Join us! 11:30 am

2024 Farmer's Market Benefit Cards

Vouchers will be available on a first come/first served basis at the Center between 10:30—11:30 on June 4th. The Skagit County Senior Nutrition Program receives a limited number of vouchers for Skagit County seniors, age 60 years or older (55+ if Native American/Alaska Native), who meet certain income requirements. Each eligible person will receive up to $80 to use at any approved Skagit County Farmers Market or Farm Store. Incomes must be below $2,322 for individuals and $3,151 for couples. You must be willing to fill out paperwork with your contact information and sign an affidavit saying you are eligible. For more information, contact Skagit County Public Health at (360) 416-1500. See list in newsletter with all locations of distribution….

Richard J. was the closest guess to the March jellybean guess contest.
He was only a few out from the total amount in the jar. His grandkids were enjoying the beans and Richard received a coffee gift card to Schaffner Pharmacy. Congrats! It was fun to see how folks were formulating their guesses! Thank you to **Mary Ellen** for donating & counting the beans!

Taking donations for sale end of the month!
We have scheduled our first "Flea Market" sale for June 7th & 8th. Save your household goods and clothing in good shape to donate to the sale. We wont be taking items in until the end of May. Thank you!

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.

Center News…

Mothers Day Luncheon is on May 9th! Paul Denning will be here to entertain us. All the ladies joining us will be entered to win a facial from our new service here on Wednesdays.

If you haven't had a chance to look at the facial information that is being offered here, please do. Katie has created a unique experience for you here at the center for the cost of $45.00. Info is included in the newsletter on page 5. If you wish to book and don't have accessibility to booking on line I will be happy to help you with this.

The Advisory Board has decided to hold its first **Flea Market** here in June. Please bring us your used clothing and household goods for the sale towards the end of May. We however don't except large furniture items, exercise equipment and most electronics. If you have a question about a donation please ask me! The date for this event will be **June 7 and 8. The sale will be Friday and Saturday 9am – 1pm. Spread the word!**

Wishing you all a wonderful month filled with warm sunshine fingers crossed….the snow level was very low on the hills this am when I drove to work.

Ellen Schweigert, Center Coordinator

"It's not easy being a mom. If it were easy, fathers would do it."

~ Betty White

Folks wishing to use a room at the senior center for a meeting or group activity during business hours should contact Ellen Schweigert at the Center

360-855-1531

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!

Dawn, 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!

Monday - Zumba with Dawn @ 5:00pm

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 EveryBody

"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

May 2024 Sedro - Woolley Senior Center Center	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!	1 ***Facials with Katie** **Info at reception** 10:00 Pool Playing 12:00—1:00 Lunch **3:45 Yoga**	2 10:00 Pool Playing **11:30 Old Time Fiddlers Music** 12:00—1:00 Lunch **3:45 Zumba!**	3 10:00 Pool Playing 12:00—1:00 Lunch **1:00 Watercolor Painting Circle** **~~3:45 Yoga~~** **5:~~00 Mixx~~edfit Zumba!** Today only
6 10:00 Pool Playing 12:00—1:00 Lunch **12:30 Pinochle** **1:00 Haircuts** **3:45 Yoga** **5:00 Zumba**	7 **Footcare by Appointment** 10:00 Pool Playing **11:00 Hospital Guild Mtg.** 12:00—1:00 Lunch **1:00 Cribbage**	8 ***Facials with Katie** **Info at reception** 10:00 Pool Playing 12:00—1:00 Lunch **3:45 Yoga**	9 10:00 Pool Playing **11:30 Paul Denning Music** **12:00—1:00 Mother's Day Lunch** **1:00 Retired Public Employee Mtg.**	10 10:00 Pool Playing **12:00—1:00 Lunch & music with Odette** **1:00 Watercolor Painting Circle** **3:45 Yoga** **5:00 Mixxedfit**
13 10:00 Pool Playing 12:00—1:00 Lunch **12:30 Pinochle** **1:30 Advisory Board Mtg.** **1:00 Haircuts** **3:45 Yoga** **5:00 Zumba**	14 10:00 Pool Playing 12:00—1:00 Lunch **1:00 Cribbage**	15 ***Facials with Katie** **Info at reception** 10:00 Pool Playing 12:00—1:00 Lunch **12:45 County Pinochle Tournament in Burlington**	16 10:00 Pool Playing **12:00—1:00 Lunch** **11:30 Old Time Fiddlers Music** **3:45 Zumba!**	17 10:00 Pool Playing 12:00—1:00 Lunch **1:00 Watercolor Painting Circle** **3:45 Yoga** **5:00 Mixxedfit**
20 10:00 Pool Playing 12:00—1:00 Lunch **12:30 Pinochle** **1:00 Haircuts** **3:45 Yoga** **5:00 Zumba**	21 10:00 Pool Playing **12:00 Helping Hands Food Bank Info Table** 12:00—1:00 Lunch **1:00 Cribbage**	22 ***Facials with Katie** **Info at reception** 10:00 Pool Playing 12:00—1:00 Lunch **3:45 Yoga**	23 10:00 Pool Playing **10:30 Skagit County Public Health Info** **11:30 The Hometowners** 12:00—1:00 Lunch **3:45 Zumba!**	24 10:00 Pool Playing 12:00—1:00 Lunch **1:00 Watercolor Painting Circle** **3:45 Yoga** **5:00 Mixxedfit Zumba!**
27 **Memorial Day Center is Closed**	28 10:00 Pool Playing 12:00—1:00 Lunch **1:00 Cribbage**	29 ***Facials with Katie** **Info at reception** 10:00 Pool Playing 12:00—1:00 Lunch **3:45 Yoga**	30 10:00 Pool Playing **11:30 Marcia Kester—Music** **12:00—1:00 Lunch** **3:45 Zumba!**	

Farmers' Market Benefit Card Distribution Dates

Anacortes Senior Activity Center-Tuesday, June 11 from 10:30-11:30 am
Burlington Senior Center-Monday, June 3 from 1-2 pm
East Co. Resource Building (Concrete)- Tuesday, June 4 from 1-2 pm
Mount Vernon Senior Center- Monday, June 10 from 10:30-11:30 am
Mount Vernon Manor- Friday, June 7 from 1-2 pm
Mount Vernon Vintage Apt.-Friday, June 7 from 10:30-11:30 am
Sedro-Woolley Senior Center-Tuesday, June 4 from 11:30-12:30 am
Swinomish Elder Center-Wednesday, June 12 from 11:30-12:30 am

Footcare is available on the 2nd Tuesday of the month. It is by appointment only, bring your own towel and payment of $35 is by cash or check.

Cash is preferable.

D & L Services is compliant with all safety standards and has been our go to footcare for many years here. Book your appointment now with Lyn, your feet will be happy you did!

Watercolor & Painting Circle on Fridays

Join Allie and Cindy for an open learning exploration with friends at 1pm.

No cost but please bring your own supplies.

Suggested list of items...

Pigments - Winsor Newton or Daniel Smith Tube Alizarin Crimson, New Gamboge or Aureolin Yellow, Ultra Marine Blue. Add these now or later Payne's Grey, Burnt Sienna

Paper 140 lb. 100% cotton

Brushes size 6, 8, & 12 round

Tape, 2b pencil, kneaded eraser, foam core backing ,water container, sponge, tray

Join Us!

What is Memorial Day celebrated for?

May 27th, 2024

Of the two official United States holidays recognize the commitment of members of America's military services, Memorial Day honors those who lost their lives while defending their country.

Old Time Fiddlers Music Program

May 2

May 16

Two performances a month now!

11:30—12:30

Lunch served at 12:00

Skagit County is pleased to announce a new online application Portal for Senior Citizens and People with Disabilities Exemption from Real Property. The new Portal offers a simplified and intuitive application process, allowing citizens to easily submit their exemption requests from the comfort of their homes or anywhere with internet access. You can access the Portal on the Skagit County Assessor's website www.skagitcounty.net/assessor under **Forms**. Also, income limits for this program for Skagit County have increased to a maximum Combined Household Income of **$48,000** from the previous $42,390. If you believe you might qualify for this exemption program, please apply using the new Portal, print forms from the website (pdf) or contact the Skagit County Assessor's office directly at (360)416-1780.

SALE

We have scheduled our first "Flea Market" sale for June 7th & 8th. Save your household goods and clothing in good shape to donate to the sale. We wont be taking items in until the end of May. Thank you!

River's Edge Spa
Mobile Service

Licensed and insured Esthetician

Refresh and Relax, Mobile Spa services at your local Senior Center. Choose from the menu on the back - the facial that meets your needs.

Schedule your appointment online

www.riversedgespa.com

Splash into Freshness

Refresh Facial ~
A refreshing cleanse, with organic plant based cleanser, fresh steamed towels - scented with your choice of aromatherapy oils - followed by a gentle exfoliation and soothing facial manipulation.

This monthly maintenance routine, includes facial hair removal by the use of hard wax and/or tweezers.

Finishing with calming organic plant based moisturizer and toner.

Relax Facial ~
This is the perfect stress reducing, relaxation facial. Targeting pressure points throughout the facial region, as well as the scalp.
Following the cleanse routine of the Refresh Facial, it begins with a refreshing cleanse with fresh scented towels, exfoliation, moisturizer and tone. A gentle massage from the decollete to the scalp, leaving you relaxed and renewed.

Schedule Online ~www.riversedgespa.com
425-244-8572

CLOSED MAY 27
Memorial Day

Special Musical Guest this month
Marcia Kester!
Thursday, May 30th
at 11:30 am