



# MOUNT VERNON SENIOR CENTER

## JANUARY 2026



The Senior Center and Nutrition Program are programs of Skagit County Public Health, in partnership with the City of Mount Vernon.  
Mon—Fri 8am—4pm  
1401 Cleveland Ave.  
Mount Vernon, WA 98273  
360-416-1585  
[www.skagitcounty.net/seniorcenters](http://www.skagitcounty.net/seniorcenters)

Senior Center Coordinator  
Kristl Hobbs  
[kristlh@co.skagit.wa.us](mailto:kristlh@co.skagit.wa.us)  
Nutrition Site Mgr  
Leslie Collings

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



Wishing you all a wonderful New Year filled with Joy, Peace, Good Health, and Good Tidings. Sincerely, Kristl and Leslie

### Mount Vernon Senior & Community Center Evening & Weekend Activities

Skagit Rock and Gem Club 1st Sat 9-1pm  
Faceting Wkshp 3rd Sat 9-12 noon  
Tulip Valley Gardeners 1st Wednesday 5pm,  
Harmony Northwest Choir Monday Evenings  
Skagit Square Dancing Tuesday Evenings  
Round Dancing Thursday Evenings and Sunday Afternoons  
Washington Old Time Fiddlers Jam 2nd & 4th Friday 6:30pm  
Improvisation Wkshp 3rd Sunday 1-3:30pm  
Model Railroad Club 3rd Mon 7pm  
VASA Mtg 2nd Sunday 1-5pm  
Oxford House Bingo 2nd Saturday 6pm  
12 Step Recovery Meetings; AA, CA, NA, GA, Al-Anon  
CALL US AT 360 416 1585 FOR INFORMATION  
ON THESE GROUPS

**SHIBA REPRESENTATIVE HERE**—Statewide Health Insurance Benefits Advisors are trained volunteers who can help sift through Medicare and Health insurance issues for you. Call to schedule an appointment.

### **EXERCISE, FITNESS, AND WELL-BEING**

**CREATIVE HEALING— TUESDAYS 2PM** Jan Coffey and Lydia Sterling are offering an amazing opportunity to learn about connecting mind, body, and spirit in healing. Explore alternative and creative healing, Reiki, Healing Touch, Tapping, Acupressure, Chakra Balance, Reflexology, Reconnection, and more.

**YOGA FOR EVERY BODY—** Fun and Gentle-No prior Yoga necessary. Bring your own mat. **FRIDAYS AT 11AM.** Taught by Pam Granston. Suggested Donation \$10 per class. Chairs used also for more fitness work!

**CHAIR YOGA—**Mondays at 2:45 and Wednesdays at 1:30. Great for Strength and Balance! Donations welcomed!

**EXERCISE CLASS!!!** Mondays at 10am and Fridays at 10am Low impact cardio and strength, and stretching! Donation Come check it out!

**TAI CHI for STRENGTH AND BALANCE** Mondays 1:30 with Margo Cunningham and Thursdays 9:00AM with Camille Drotts These classes are Sun-Style Tai Chi emphasizing learning to connect your mind to your body through movement using Tai Chi principles, and becoming aware of your balance starting at your feet up to your head making gravity your friend over time.

#### **NORTH CASCADES TAI CHI - Sensei/Sifu Larry**

Tuesdays 1:15 Tai Chi Weapons

Tuesdays 2:15pm Traditional Yang,

Wedsnesdays 2:45 WuHao, Thursdays10:15 Sun Family Style,

Thursdays 11:15 Free open beginner Tai Chi class.



**FOOTCARE —**3rd Thursday each month. Includes foot soak and file and nail trim, CALL FOR APPT. 360-416-1585. \$35.



**NEED FIDDLERS!!! W.O.T.F.A. D4 is Expanding their Fiddle Tune Workshop; it will take place 4 - 6 on Friday Jan, 9 at the M/V Sr. Ctr. . See you there!"**The first hour, geared to newer fiddlers. Tunes to be played slowly. The second hour, tunes played up to speed. (or a speed that all most are comfortable with) Here's a list of tunes for the beginner portion: “Devil Dream”, “Old Joe Clark”, “Soldier's Joy”, “Red Wing”, and “Angeline the Baker.”

## GAMES/FUN/TOPICS

**Trivia Game**– Come join the fun on the 2nd Thurs of each month here at 1pm.

**CARDS AND GAMES!** TUESDAYS @ 10am and Fri@ 12:30 PM. Mahjong, Canasta, Hand and Foot...WEDNESDAYS afternoon 1pm is Mexican Train,

**CHESS** Wednesdays at 2pm. ALL LEVELS WELCOME

**PINOCHLE** Meets every Friday at 12:30.

**BINGO!!!!!!** EVERY Monday EXCEPT THE 3RD MONDAY at 1pm. 5\$ for 5 cards!! Callers wanted!!

**IMPROV GROUP** Meeting here on the 3rd Sunday monthly at 1-3:30. Improv is a fun way to play as an adult! NO ACTING OR PERFORMING! Improv helps with creativity, spontaneity, and collaborative skills. Taught by Jeff Smith and Margo Cunningham. Donations welcome.

**WRITER'S GROUP** For Children's Lit meets 1st and 3rd Weds at 11am. Led by Margo Cunningham.

**EVERY LIFE IS A STORY, AND EVERY STORY IS WORTH TELLING.** Have you thought about telling yours? Local author, Cheryle Coapstick, was challenged to write her family story for her grandchildren. Little did she realize others would be interested. She is still writing! She would love to share her writing journey and books with you. Watch for dates coming.

**NEW BIBLE STUDY** sign up if interested.

**ANNA JORDAN FROM KERN FUNERAL HOME** will be at the Mount Vernon Senior Center every 4<sup>th</sup> Friday from 10:30-noon starting Jan. 23 holding funeral pre-planning open office hours. Anna will be available to field any questions and provide answers to things you didn't even know to ask.

**COMPOST AND RECYCLE INFORMATION TABLE Jan 29 at 11:30am!** Do you have questions about what can, or cannot be recycled in Skagit County? Bottles, cans, aluminum foil? What about plastics? Are you curious about worm composting? Are you a composter, but would like to know how you can improve your process? Learn how you can contribute to a more sustainable future. Graduates of the Skagit County Master Composter/Recycler Program will be on hand to offer information and answer your questions.

**CRAFTY CREATIONS BOUTIQUE!**

**CHECK OUT OUR REMODELED SHOP! OPEN HERE  
AT THE SENIOR CENTER**

**MONDAY—FRIDAY 10AM-3PM All HAND-  
MADE ITEMS. GREAT GIFT IDEAS!**



## DANCING

LINEDANCE BEGINNER CLASS - 10am –12 on Wed. Suggested donation \$10.

LINEDANCE Beginners at 8:30am every Tuesday! Interm. at 9:30. Advan 10:30.

JOLLY TIME DANCE 1-3pm Thursdays \$5.00. Jan. 8 with The Skippers. Jan. 15 with Marcia Kester, Jan 22 with Country Jim, Jan. 29 with The Kelloggs.

BALLROOM DANCE LESSONS— Wednesdays at 4pm. \$10.00 per class. No partner needed.

SENIOR CENTER ADVISORY BOARD MEETING The 2nd Tues of each mo. 1pm.

## ARTS

 SAND ART CLASS Wed. Jan 14 at 11am We hope you can join Almost There Senior Care with a very fun Sand Art Class! We have a great selection of sand and containers - but if you have a container you would like to use - please bring it to the class!

CRAFTS, CERAMICS, NEEDLEWORK—Meets Wednesdays at 10am.

TAPESTRY WEAVING GROUP -Meets Tuesdays from 10 am –1pm.

SKAGIT HAND SPINNERS Meet the 2nd Monday each month here at 9am. New spinners welcome!

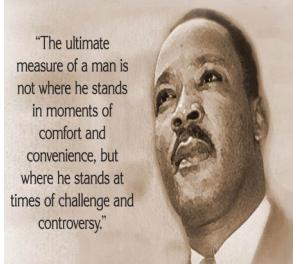
BOB ROSS PAINTING CLASS –Julie Curry, a Bob Ross Certified Instructor . Sign up now! January class is scheduled for 1/14 1-3:30 [juliecurry2009@hotmail.com](mailto:juliecurry2009@hotmail.com) or call the senior center for more information.

## SUPPORT GROUPS

ALZHEIMER'S SUPPORT GROUP— Meets on the 3rd Wednesday of each month at 2:30pm. This group is for caregivers to help them develop a support system, exchange practical information on challenges, coping skills, and learn about local resources.

You are invited to join “Giving Circle MV” WTOTW(Women Take On The World). Giving Circle MV :A form of philanthropy in which a group pools small contributions to make a big difference locally or globally. Meets every 2nd Monday of the month at 11am here at the center. Members commit to a 12 month period and plan to donate \$20 each month whether or not you attend meetings. Two organizations for Consideration. Members of the group research and vote to select recipients. For more info Facebook—Giving Circle MV or Judy Whitman -Whitmanjudy55@gmail. com.

# JANUARY 2026 ACTIVITIES

Monday	Tuesday	Wednesday	Thursday January 1 Closed	Friday 2 Same as 30th
<b>5</b> 10 Exercise Cls 1 BINGO 1 Bible Study 1:30 Tai Chi for Strength 2:45 Chair Yoga	<b>6</b> 8:30 Beg Line dance 10:30 Intermed. Line dance 10:00 Tapestry/Weaving 10:00 Cards & Games 1:15 Tai Chi Weapons 2 Creative Healing 2:15 Yang Tai Chi	<b>7</b> 9:00 Ceramics 9:00 SASH Coffee Hr 11:00 Writers Grp 10:ULTRA Beg Line Dc 1:30 Chair Yoga 1:00 Chess/Mex Train 2:45 WuHao Tai Chi 4 Ballrm Dance Lessons	<b>8</b> 9:00 Tai Chi Strength 9:30 SHIBA appts 10:15&11:15 Open Sun Tai Chi 1 Jolly Time Dance—Connie & Gary	<b>9</b> 9 CD WA 10 Exercise Cls 11 Yoga for All 12:30 Pinochle 12:30 Cards and Games
<b>12</b> 9 Skagit Hand Spinners 10 Exercise Cls 11 WTOTW 1 BINGO 1 Bible Study 1:30 Tai Chi for Strength 2:45 Chair Yoga	<b>13</b> 8:30 Beg Line dance 10:30 Intermed. Line dance 10:00 Tapestry/Weaving 10:00 Cards & Games 1:15 Tai Chi Weapons 2 Creative Healing 2:15 Yang Tai Chi	<b>14</b> 15 9:00 Ceramics <b>10:30 SANDART CLASS</b> 10:30 Veterans Grp 10:ULTRA Beg Line Dc 1:30 Chair Yoga 1:00 Chess/Mex Train 2:45 WuHao Tai Chi 4 Ballrm Dance Lessons	<b>15</b> 9:00 Tai Chi Strength 9:30 SHIBA appts 10:15&11:15 Open Sun Tai Chi 1 Jolly Time Dance—Marcia Kester	<b>16</b> 10 Exercise Cls 11 Yoga for All 12:30 PINOCHLE 12:30 Cards and Games <b>4-6 Fiddle Tune Wksp</b> <b>6:30 Old Time Fiddlers</b>
<b>19</b> <b>CENTER CLOSED</b> <b>MARTIN LUTHER KING JR BIRTHDAY</b>   "The ultimate measure of a man is not where he stands in moments of comfort and convenience, but where he stands at times of challenge and controversy."	<b>20</b> 8:30 Beg Line dance 10:30 Intermed. Line dance 10:00 Tapestry/Weaving 10:00 Cards & Games 1:15 Tai Chi Weapons 2 Creative Healing 2:15 Yang Tai Chi	<b>21</b> 9:00 Ceramics 10 ULTRA Beg Line Dc 11:00 Writers Grp 1:30 Chair Yoga 1:00 Chess/Mex Train 2:30 Alzheimers Spt 2:45 WuHao Tai Chi 4 Ballrm Dance Lessons	<b>22</b> 9:00 Tai Chi for Strength 9:30 SHIBA appts 10:15&11:15 Open Sun Tai Chi 1 Jolly Time Dance—Country Jim	<b>23</b> 9 CD WA 10 Exercise Cls 11 Yoga for All 12:30 Pinochle 12:30 Cards and Games <b>6:30 Old Time Fiddlers</b>
<b>26</b> 10 Exercise Cls 1:30 Tai Chi for Strength 1 BINGO 1 Bible Study 2:45 Chair Yoga	<b>27</b> 8:30 Beg Line dance 10:30 Intermed. Line dance 10:00 Tapestry/Weaving 10:00 Cards & Games 115 Tai Chi Weapons 12:30 Bunco 2 Creative Healing 2:15 Yang Tai Chi	<b>28</b> 9:00 Ceramics 10:30 Veterans Grp 10 ULTRA Beg Line Dc 1:30 Chair Yoga 1:00 Chess/Mex Train 2:45 WuHao Tai Chi 4 Ballrm Dance Lessons	<b>29</b> 9:00 Tai Chi Strength 9:30 SHIBA appts <b>11:30 COMPOST-ING PROGRAM</b> 10:15&11:15 Open Sun Tai Chi 1 Jolly Time Dance—Kellogggs	<b>30</b> 10 Exercise Cls 11 Yoga for All 12:30 Pinochle 12:30 Cards and Games

# January 2026 Menu

Anacortes (360)299-4136, Burlington (360)755-0942

Mount Vernon (360)416-1589, Sedro-Woolley (360)855-1531

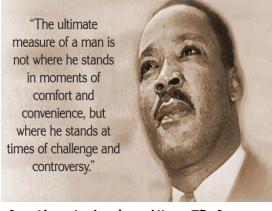
Monday

Tuesday

Wednesday

Thursday

Friday

			1 <b>CLOSED</b> 	2 Aztec Pork & Vegetables served with Kale Salad
5 Teriyaki Chicken w/ Steamed Rice served with Pineapple Chunks	6 ½ Meatball Sub Sandwich served with Bean Salad	7 Northwest Clam Chowder served with a Pastrami &	8 Swiss Steak w/ Tomatoes served with Pears	9 Turkey Pot Pie served with Roasted Herb Potatoes
12 Ham Frittata served with Orange Sections	13 Hungarian Mushroom Soup served with Apple Crisp	14 Homestyle Chicken Bowl served with Pineapple	15 Lemon Pepper Fish served with Caesar Salad	16 Reuben Casserole served with Sunshine Carrots
19 <b>Closed</b>  "The ultimate measure of a man is not where he stands in moments of comfort and convenience, but where he stands at times of challenge and controversy." Dr. Martin Luther King Jr. Day	20 Krabby Cake served with Pasta Alfredo	21 Manicotti w/ Marinara served with Spring Mix Salad	22 Pork Roast served with Mashed Potatoes & Gravy	23 Butternut Squash w/ Italian Sausage Soup served with a ½ Deli Sandwich
26 Chicken Fried Steak served with Mashed Potatoes	27 Chicken and Vegetable Curry served with Mango Chunks	28 Mushroom-Swiss Burger served with Pea and Cheese Salad	29 Inside Out Ravioli served with Pepperoni Salad	30 Chicken Caesar Salad served with Birthday Cake

Menu substitutions or changes are sometimes necessary.

Thank you for your understanding.