

MOUNT VERNON SENIOR CENTER

APRIL 2025



K. Jones

Easter Lunch will be on Thurs. Apr 17th at noon. Please sign up ahead at the front desk. We will be having special entertainment and the Jolly Time Dance will follow.



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

Senior Center Coordinator
Kristl Hobbs
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.



SPRING Dance here with SKAGIT SWINGS BAND
LIVE BIG BAND MUSIC
FRIDAY, APRIL 4, 7-9PM. Bring your
Dancing Friends



Rhythm of Giving

A fundraiser for Skagit County
Meals on Wheels

APRIL
THURSDAY **24** 6:00 PM

Bertelsen Winery
20598 Starbird Road, Mount Vernon

***PURCHASE TICKETS OR
MAKE A CONTRIBUTION!***

Scan the QR code or visit
www.marchformeals.org/fundraisers



EXERCISE, FITNESS, AND WELL-BEING

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!

SKAGIT COUNTY PUBLIC HEALTH NURSE HERE on the 1st Thursday EVERY MONTH FROM 10:30-1:30PM to give information on medical topics.

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

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.

FOOTCARE —3rd Thursday each month. CALL FOR APPT. 360-416-1585.

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

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,

Wednesdays 2:45 WuHao, Thursdays 10:15 Sun Family Style,

Thursdays 11:15 Free open beginner Tai Chi class.



Quote for Inspiration

“Your time is limited, so don’t waste it living someone else’s life. Don’t be trapped by dogma—which is living with the results of other people’s thinking.” —Steve Jobs

GAMES/FUN/TOPICS



NEW: Are you interested in playing Poker? Let us know in the office.

NEW!! 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, **NEW POKER FOR FUN** Weds at 1pm.

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 1:30-4pm. 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 5TH Weds at 11am. Led by Margo Cunningham.

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.

SHIBA REPRESENTATIVE HERE—EVERY Thursday for appointments. 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.

Mount Vernon Senior Center Evening Activities

Tulip Valley Gardeners

Harmony Northwest Choir Monday Evenings

Skagit Square Dancing Tuesday Evenings

Round Dancing Thursday Evenings

Washington Old Time Fiddlers Jam 2nd & 4th Friday

12 Step Recovery Meetings Call for information

Hobby Groups... Rock & Gem, Faceting, Model Railroad,

CALL US AT 360 416 1585 FOR INFORMATION ON THESE GROUPS

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. Apr 3 with Ann and Dean, Apr 10 with The Skippers, Apr 17 with Country Jim, Apr 24 with Marcia Kester. \$5 Cover to pay for the Bands.

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

SENIOR CENTER ADVISORY BOARD MEETING The 2nd Tues

BOB ROSS PAINTING CLASS -Julie Curry, a Bob Ross Certified Instructor Need 4 students to have class. juliecurry2009@hotmail.com or call the senior center for more information.



MULTI– MEDIA PAINTING GROUP– Meets Thursdays at 1:15. Bring your own projects and work with other artists.

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

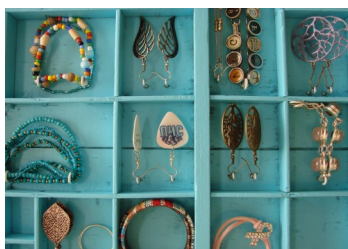
NEW: TAPESTRY WEAVING GROUP -Meets Tuesdays from 10 am –1pm. Come and check it out.

CRAFTY CREATIONS BOUTIQUE!

COME IN AND CHECK OUT OUR REMODELED SHOP

OPEN HERE AT THE SENIOR CENTER MONDAY–FRIDAY 10AM-3PM

ALL HANDMADE ITEMS. **WONDERFUL GIFT IDEAS!**



Farmers' Market Benefit Cards Available

Anacortes Senior Activity Center- Monday | May 19 | 12:30 - 1:30 PM

Burlington Senior Center- Friday | May 23 | 11:00 AM - 12:00 PM

Concrete Community Center- Tuesday | May 13 | 10:30 -11:30 AM

Mount Vernon Senior Center- Monday | May 12 | 11:00 AM - 12:00 PM

Sedro-Woolley Senior Center-Friday| May 16 | 11:00 AM - 12:00 PM

Cards will be available on a first come/first served basis. The Skagit County Senior Nutrition Program receives a limited number of cards 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 \$2,413 for individuals and \$3,261 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.

Skagit County Public Health Nurses

Will be in the MV Senior Center the 1st Thursday of every month

April 3, 2025 10:30am - 1:30pm

Skagit Public Health visits will be transitioning to chronic health & wellness education and Blood pressure checks. All vaccines, including Covid, are to be accessed thru local pharmacies or medical clinics. We will also:

Have updated guidance materials for the upcoming respiratory infection season (COVID,

RSV, & Flu)

Offer FREE Covid test kits

Monthly health topics and resources

Free Condoms & sexual health education

Free Blood Pressure checks

Assist in making online appointments @ pharmacies for updated COVID, Flu, & RSV shots, and any other adult vaccines

CALLING FOR MUSICIANS AND ANYONE WHO LOVES MUSIC !!

Musicians / Listeners Invitation; please come, and join in on the 2nd and 4th Fridays 6:30 - 9 p.m with Old Time Fiddlers Jam, with your Fiddle, Guitar, Harmonica, Bass, Mandolin, Banjolin, Banjo, your voice, or other stringed instrument; we look forward to having a good time together making music at Mount Vernon Sr. Ctr, 1401 Cleveland Ave. District <https://wotfa.org/!!>



TRANSITION FIDALGO PRESENTS

FIX-IT DAYS

POP-UP REPAIR CAFÉS 2025

What

Community events focused on repairing broken items. Bring something by for our skilled volunteers to fix, mend, and sharpen.

Why

Our mission is to give new life to broken items and divert repairable waste from the landfill.

How

We are dedicated to providing accessible repair services to our local community. Repairs are donation-based. All proceeds cover the operating costs of this program.

Mark your calendars!

2025 SEASON DATES

@ Anacortes Public Library

Feb 15th 11am-4pm

@ Mt Vernon Library

April 19th, 10am-3pm

@ Anacortes Farmers Market

May 31st 9am-2pm

June 28th 9am-2pm

July 26th 9am-2pm

Aug 30th 9am-2pm

Sept 27th 9am-2pm



FREE, donations appreciated

This product is funded through a Public Participation Grant from the Department of Ecology. The content was reviewed for grant consistency but is not necessarily endorsed by the agency.

Learn more
transitionfidalgo.org

APRIL 2025 ACTIVITIES

Monday	Tuesday	Wednesday	Thursday	Friday
	1 8:30 Beg Line dance 10:00 Tapestry/Weaving 10:30 Intermed. Line dance 10:00 Cards & Games 1:15 Tai Chi Weapons 2 Creative Healing 2:15 Yang Tai Chi	2 9:00 Ceramics 10:ULTRA Beg Line Dc 11 Writers Grp Child 1 Poker For Fun 1:30 Chair Yoga 2:00 Chess/ Mex Train 2:45 WuHao Tai Chi 4 Ballroom Dc Lessons	3 9:00 Tai Chi for Strength 9:30 SHIBA APPTS 10:15&11:15 Open Sun Tai Chi 10:30 Health Nurse Here 1 Jolly Time Dance 1:30 Painting Group	4_9 CDWA 10 Exercise Cls 11 YOGA FOR EVERYBODY 12:30 Pinochle 12:30 Cards & Games 7PM SKAGIT SWINGS DANCE
7 10 Exercise Cls 1 BINGO 1:30 Tai Chi for Strength 2:45 Chair Yoga	8 8:30 Beg Line dance 10:00 Tapestry/Weaving 10:30 Intermed. Line dance 10:00 Cards & Games 1:00 Advisory Bd Mtg 1:15 Tai Chi Weapons 2 Creative Healing 2:15 Yang Tai Chi	9 9:00 Ceramics 10 ULTRA Beg Line Dc 10:30 Vets 1 Poker for Fun 1:30 Chair Yoga 2:00 Chess/Mex Train 2:45 WuHao Tai Chi 4 Ballroom Dc Lessons	10 9:00 Tai Chi Strength 9:30 SHIBA APPTS 10:15&11:15 Open Sun Tai Chi 1 Jolly Time Dance 1:30 Painting Group	11 10 Exercise Cls 11 YOG A FOR EVERYBODY 12:30 Pinochle 12:30 Cards and Games 6:30 Old Time Fiddlers
14 9 Skagit Hand Spinners 10 Exercise Cls 1 BINGO 1:30 Tai Chi for Strength 2:45 Chair Yoga	15 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	16 9:00 Ceramics 10:ULTRA Beg Line Dc 11 Writers Grp Child 1 Poker for Fun 1:30 Chair Yoga 2:00 Chess/Mex Train 230 Alzheimers support Grp 2:45 WuHao Tai Chi 4 Ballroom Dc Lessons	17 8:30 Footcare 9:00 Tai Chi Strength 9:30 SHIBA APPTS 10:15&11:15 Open Sun Tai Chi 12 EASTER LUNCH W/ ENTERTAINMENT 1:00 Jolly Time Dance 1:30 Painting Group	18 9:00 CD WA 10 Exercise Cls 11 YOGA FOR EVERYBODY 12:30 Pinochle 12:30 Cards and Games
21 10 Exercise Cls 12:30 Bunco 1:30 Tai Chi for Strength 2:45 Chair Yoga	22 8:30 Beg Line dance 10:30 Intermed. Line dance 10:00 Tapestry/Weaving 10:00 Cards & Games 12:30 BUNCO 15 Tai Chi Weapons 2 Creative Healing 2:15 Yang Tai Chi	23 9:00 Ceramics 10 ULTRA Beg Line Dc 10:30 Vets 1 Poker for Fun 1:30 Chair Yoga 2:00 Chess/Mex Train 2:45 WuHao Tai Chi6pm 4 Ballroom Dc Lessons	24 9:00 Tai Chi for Strength 9:30 SHIBA APPTS 10:15&11:15 Open Sun Tai Chi 1 Jolly Time Dance 1:30 Painting Group	25 10 Exercise Cls 11 YOGA FOR EVERYBODY 12:30 Pinochle 12:30 Cards and Games 6:30 pm Old Time Fiddlers
28 10 Exercise Cls 1 BINGO 1:30 Tai Chi for Strength 2:45 Chair Yoga 7	29 8:30 Beg Line dance 10:30 Intermed. Line dance 10:00 Tapestry/Weaving 10:00 Cards & Games 15 Tai Chi Weapons 2 Creative Healing 2:15 Yang Tai Chi	30 9:00 Ceramics 10 ULTRA Beg Line Dc 10:30 Vets 1 Poker for Fun 1:30 Chair Yoga 2:00 Chess/Mex Train 2:45 WuHao Tai Chi 4 Ballroom Dc Lessons		

April 2025 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 Cheesy South-west Chicken and Rice served with Orange Slices	2 Bacon Cheese-burger Salad served with a Lemon Bar	3 Swiss Steak w/ Tomatoes served with Pears	4 Panko Breaded Fish served with Roasted Sweet Potatoes
7 Ham & Swiss Impossible Pie served with Green Salad	8 Minestrone Soup served with Tortellini Salad	9 Chicken Fried Steak served with Mashed Potatoes and Gravy	10 Teriyaki Chicken w/ Steamed Rice served with Broccoli Salad	11 Hawaiian Slider Casserole served with Spinach Salad
14 Turkey A La King served with Roasted Potatoes	15 Meatloaf served with Mashed Potatoes and Gravy	16 Baja Fish Sticks w/ Tortillas served with Cilantro Lime Slaw	17 Easter Luncheon Baked Ham served with Scalloped Potatoes and Blueberry Coffee Cake	18 Mac & Cheese w/ Kielbasa served with Pears
21 Meatball Chowder served with Apricots	22 Honey Mustard Chicken served with Wild Rice Pilaf	23 Supreme Cobb Salad served with Pickled Beets	24 Schnitzel served with Hot Potato Salad	25 Navy Bean & Ham Soup served with Birthday Cake
28 Home-style Chicken Bowl served with Strawberries	29 Cheese Omelet served with Hashbrowns and Kale Salad	30 Turkey Croissant served with Green Salad		

Menu substitutions or changes are sometimes necessary.

Thank you for your understanding.