



# Sedro-Woolley Senior Center

“Where Aging is Living”

[www.skagitcounty.net/seniorcenters](http://www.skagitcounty.net/seniorcenters)

**JULY  
2026**



## You're Invited to Celebrate Ellen's Retirement!

After 29 years of dedication and service at the Sedro-Woolley Senior Center, Ellen is embarking on a new chapter in her life. Join us to honor her accomplishments and contributions!

**Date:** Thursday, July 9

**Time:** 3 PM – 6 PM

**Location:** Sedro-Woolley Senior Center

Come share stories, enjoy light refreshments, and celebrate all that Ellen has brought to our senior community. Let's make this a memorable farewell!



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



The fun starts June 28th and goes through July 4th!  
[info@loggerodeo.org](mailto:info@loggerodeo.org)

**A very BIG thank you to all who helped with the last Flea Market! It was very successful due to all your efforts to donate, set up, and buy items! \$1,640 was made for the senior center!  
~ Next sale in August ~**

**New TaiChi / Qigong Classes,  
TaiChi Fan Class  
Tuesdays  
at Sedro Woolley Senior Center**



9:30 am- 10:30 am, Health Qigong BaDuanJing,  
Taiji BaFaWuBu, Yang Style Taichi 24  
10:30 am (about 30-40 mins bonus class)  
  
Yang Style TaiChi Fan 18 Form.  
(Welcome \$3 donations)

**Senior Center  
Coordinator**

Ellen Schweigert

[eschweigert@co.skagit.wa.us](mailto:eschweigert@co.skagit.wa.us)

**Nutrition Assistant**

Merrilee Komboukos

[merrilleek@co.skagit.wa.us](mailto: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...

As I prepare to say goodbye after 29 incredible years at the Senior Center, I am filled with love and appreciation for the countless memories and experiences I've shared with the volunteers, staff and the wonderful seniors we served. Each day brought unique challenges and joys, and I am grateful for the friendships forged and the lives touched along the way. Thank you all for being such an important part of my life; I will carry these cherished moments in my heart as I embark on this new chapter. I used to say "I was going to become a senior in my own senior center" and when I did I changed it to "I grew up in this place".

No words can truly express properly how I feel however, know each one of you are part of my life here.

All that said you will be getting a new senior center coordinator who will be working for the City of Sedro-Woolley who is taking over the position from Skagit County. So stay tuned!!! In the meantime Kelli (formerly with Meals on Wheels) who will be filling in and as well Sue Russell.

*Ellen Schweigert, Senior Center Coordinator*



**Beginning July 1, 2026** The Skagit Council on Aging (SCOA) (501c3) will assume operational responsibility for the **Skagit County Senior Nutrition Program**, maintaining uninterrupted services while positioning the program for long-term sustainability. SCOA proposes a six-month stabilization and assessment period to hold the current program model in place, evaluate costs and efficiencies, and collaboratively design a more sustainable operating model for 2027 and beyond.

**\*Thank you to all for your hard work on this!**



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!

Monday—Zumba with Dawn @ 5:00pm

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 style="text-align: center;"><b>July 2026</b></p> <p style="text-align: center;">Sedro-Woolley Senior Center</p>	 <p style="text-align: center;">“Love doesn't need to be loud to be strong”</p> <p style="text-align: center;"><small>- Anonymous</small></p>	<p style="text-align: right;">1</p> <p>10:00 Pool Playing 12:00—1:00 Lunch <b>12-2pm Drop in Tech Help</b> 3:45 Yoga</p>	<p style="text-align: right;">2</p> <p><b>9:30 Tai Chi</b> <b>11:30 Old Time Fiddlers Music</b> <b>12:00—1:00 Lunch</b> 3:45 Zumba!</p> 	<p style="text-align: right;">3</p> <p style="text-align: center;"><b>Closed for July 4th</b></p> 
<p style="text-align: right;">6</p> <p>12:00—1:00 Lunch 12:30 Pinochle <b>12-2pm Drop in Tech Help</b> <b>1:00 Haircuts</b> 3:45 Yoga 5:00 Zumba</p>	<p style="text-align: right;">7</p> <p><b>9:30 Tai Chi</b> 10:00 Pool Playing 12:00—1:00 Lunch 1:00 Cribbage</p>	<p style="text-align: right;">8</p> <p>10:00 Pool Playing 12:00—1:00 Lunch <b>12-2pm Drop in Tech Help</b> 3:45 Yoga</p>	<p style="text-align: right;">9</p> <p><b>9:30 Tai Chi</b> <b>11:30 Paul Denning Music</b> 12:00—1:00 Lunch <b>1:00 Reflexology Appointments</b> 3-6 Retirement Party</p> 	<p style="text-align: right;">10</p> <p>12:00—1:00 Lunch <b>12-2pm Drop in Tech Help</b> <b>1:00 Watercolor Painting Circle</b> 3:45 Yoga 5:00 Mixedfit</p>
<p style="text-align: right;">13</p> <p>12:00—1:00 Lunch 12:30 Pinochle <b>12-2pm Drop in Tech Help</b> <b>1:00 Haircuts</b> 3:45 Yoga 5:00 Zumba</p> <p>3:45 Yoga</p>	<p style="text-align: right;">14</p> <p>*Footcare by appointment <b>9:30 Tai Chi</b> 10:00 Pool Playing 12:00—1:00 Lunch <b>Lunch</b> 1:00 Cribbage</p>	<p style="text-align: right;">15</p> <p>10:00 Pool Playing 12:00—1:00 Lunch <b>12-2pm Drop in Tech Help</b> <b>12-2 Community Action Table</b> <b>3:45 Yoga</b></p>	<p style="text-align: right;">16</p> <p><b>9:30 Tai Chi</b> <b>11:30 Old Time Fiddlers Music</b> 12:00—1:00 Lunch 3:45 Zumba!</p> 	<p style="text-align: right;">17</p> <p>12:00—1:00 Lunch <b>12-2pm Drop in Tech Help</b> <b>1:00 Watercolor Painting Circle</b> 3:45 Yoga 5:00 Mixedfit</p>
<p style="text-align: right;">20</p> <p>12:00—1:00 Lunch 12:30 Pinochle <b>12-2pm Drop in Tech Help</b> <b>1:00 Haircuts</b> <b>1:30 Advisory Board Mtg.</b> 3:45 Yoga 5:00 Zumba</p>	<p style="text-align: right;">21</p> <p><b>9:30 Tai Chi</b> 10:00 Pool Playing 12:00—1:00 Lunch 1:00 Cribbage 3:45 Zumba!</p>	<p style="text-align: right;">22</p> <p>10:00 Pool Playing 12:00—1:00 Lunch <b>12-2pm Drop in Tech Help</b> <b>3:45 Yoga</b></p>	<p style="text-align: right;">23</p> <p><b>9:30 Tai Chi</b> <b>11:30 Hometowners Music</b> 12:00—1:00 Lunch <b>1:00 Reflexology Appointments</b></p> 	<p style="text-align: right;">24</p> <p>12:00—1:00 Lunch <b>12-2pm Drop in Tech Help</b> <b>1:00 Watercolor Painting Circle</b> 3:45 Yoga 5:00 Mixedfit</p>
<p style="text-align: right;">27</p> <p>12:00—1:00 Lunch 12:30 Pinochle <b>12-2pm Drop in Tech Help</b> <b>1:00 Haircuts</b> 3:45 Yoga 5:00 Zumba</p>	<p style="text-align: right;">28</p> <p><b>9:30 Tai Chi</b> 10:00 Pool Playing 12:00—1:00 Lunch 1:00 Cribbage</p>	<p style="text-align: right;">29</p> <p>10:00 Pool Playing <b>12:00 Odette Music</b> 12:00—1:00 Lunch <b>12-2pm Drop in Tech Help</b> <b>3:45 Yoga</b></p>	<p style="text-align: right;">30</p> <p><b>9:30 Tai Chi</b> 12:00—1:00 Lunch 3:45 Zumba!</p>	<p style="text-align: right;">31</p> <p>12:00—1:00 Lunch <b>12-2pm Drop in Tech Help</b> <b>1:00 Watercolor Painting Circle</b> 3:45 Yoga 5:00 Mixedfit</p>