



Sedro-Woolley Senior Center

"Where Aging is Living"

www.skagitcounty.net/seniorcenters

**JUNE
2025**



The Senior Center and Nutrition Program are programs of Skagit County Public Health, in partnership with the City of Sedro-Woolley.



Celebrate 40 Years!

Friday, July 18th 3 - 6 pm

~ Sedro-Woolley Senior Center 715 Pacific St. ~

Join us for a celebration to acknowledge, with thanks, our 40th anniversary in our present location.

Open house from 3-6pm - Music by Country Jim 3-4pm followed by refreshments sponsored by Country Meadow Village.



Woolley Fiber Quilters' annual quilt and fiber art show will be July 18-19-20

At Cascade Middle School in Sedro-Woolley, WA. The 2025 theme is "Scrap Happens" and will feature 250+ quilts and fiber art pieces as well as demonstrations, People's Choice voting, kids' scavenger hunt, member boutique, quilt supply vendors, and the popular Bed Turning. Entries must be preregistered; registration forms are available May 1 and due June 30. Anyone can enter; pick up a form from Cascade Fabrics, download a form from the WFQ Facebook page, or ask any member to email a form to you. Featured Artists for 2025 are the Fidalgo Island Quilters art quilt group. There will be a special exhibit of quilts made from Elizabeth Hartman patterns. Show hours are 10 to 5 on Friday and Saturday, 10 to 4 on Sunday. Admission \$5. Kids 19 and under free.



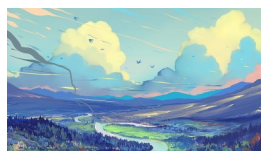
Come Sketch with the Sisters

Learn to Nature Journal

Tuesday June 3, 10 am -12 pm

We are sisters on a watercolor nature journaling adventure. The journey began during the covid years when we signed up for a beginner watercolor class. Zoom lessons evolved into a study group of like minded individuals. We share a passion for hiking in the beautiful PNW, gardening and knitting.

No experience necessary. We are drawing to learn about the world that surrounds us. We will provide a water brush, an accordion journal to sketch in, a simple triad of water colors. You will need to bring a pen and/or pencil. You are welcome to bring any painting /sketching supplies you already have.



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

Pinochle Players are welcome to join in the weekly games!

They are looking for more card players to join the group

Mondays at 12:30pm -3pm.

Preferably knowledge of how to play the game as this group has seasoned skills.



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...

Hi everyone! Our recent flea market sale brought in **\$1600.00!** Thank you for all your donations and shopping! This is an important fundraiser for the center to pay for music, the copy machine and other items that we need. Next sale is slated for **August 15th**. Accepting items when you bring them in over the next two month.

The **Meals on Wheels "Rhythm of Giving"** was successful in raising **\$42,954** needed funds for the program! A total of all giving events in 2025 this year has lead to a total of **\$131,707**.

The Tuesday crib group is expanding and there is definitely room for more folks to join in. Kudos to **Richard J.** who recently achieved **a 28 hand with 21 in the crib!** That's pretty lucky or should I say ...rather skillful! **Congratulations!**

You may have noticed that there is a new door on the north side of the building...coming soon, a patio to enjoy activities and the park. Adjacent to the patio will be a bocci ball court. This is funded by the City of SW, our advisory board and the SW Rotary Club. It will all be a nice addition to the park!

Keep our **anniversary date, July 18th** on your calendar and plan to join us! 40 years in this location is a milestone. The history of senior services in Skagit Valley goes back to 1973 and we will have displays with pictures to show the entire history.

We hope you visit us soon for lunch and activities!

Ellen Schweigert, Center Coordinator



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 All Ages

"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



2 10:00 Pool Playing 12:00—1:00 Lunch 12:30 Pinochle 1:00 Haircuts 3:45 Yoga 5:00 Zumba	3 10:00 Pool Playing 10:00 Sketch with the Sisters 2:00—1:00 Lunch 1:00 Cribbage	4 10:00 Pool Playing 12:00—1:00 Lunch 12-2pm Drop in Tech Help 3:45 Yoga	5 10:00 Pool Playing 11:30 Old Time Fiddlers Music 12:00—1:00 Lunch  3:45 Zumba	6 12:00—1:00 Lunch 1:00 Watercolor Painting Circle 12-2pm Drop in Tech Help 3:45 Yoga 5:00 Mixedfit Zumba!
9 10:00 Pool Playing 12:00—1:00 Lunch 12:30 Pinochle 1:00 Haircuts 3:45 Yoga 5:00 Zumba	10 *Footcare by Appointment 11:00 Hospital Guild Mtg. 11:30 United Fitness Info Table 12:00—1:00 Lunch 1:00 Cribbage	11 10:00 Pool Playing 12:00—1:00 Lunch 12-2pm Drop in Tech Help 3:45 Yoga	12 10:00 Pool Playing 11:30 Paul Denning Music  12:00—1:00 Fathers Day Lunch 1:00 Ret. Public Employees Mtg. 2:00 Reflexology Appt. 3:45 Zumba	13 12:00—1:00 Lunch 1:00 Watercolor Painting Circle 12-2pm Drop in Tech Help 12:30 County Wide Pinochle Tournament in Mount Vernon 3:45 Yoga 5:00 Mixedfit Zumba!
16 10:00 Pool Playing 12:00—1:00 Lunch 12:30 Pinochle 1:00 Haircuts 1:30 Advisory Board Mtg. 3:45 Yoga 5:00 Zumba	17 10:00 Pool Playing 12:00—1:00 Lunch 1:00 Cribbage	18 10:00 Pool Playing 12:00—1:00 Lunch 12-2pm Drop in Tech Help 3:45 Yoga	19 Closed to observe 	20 12:00—1:00 Lunch 1:00 Watercolor Painting Circle 12-2pm Drop in Tech Help 3:45 Yoga 5:00 Mixedfit Zumba!
23 10:00 Pool Playing 12:00—1:00 Lunch 12:30 Pinochle 1:00 Haircuts 3:45 Yoga 5:00 Zumba	24 10:00 Pool Playing 12:00—1:00 Lunch 1:00 Cribbage	25 10:00 Pool Playing 12:00—1:00 Lunch 12-2pm Drop in Tech Help 3:45 Yoga	26 10:00 Pool Playing 11:30 Hometowners 12:00—1:00 Lunch 2:00 Reflexology Appt. 3:45 Zumba! 	27 12:00—1:00 Lunch 1:00 Watercolor Painting Circle 12-2pm Drop in Tech Help 3:45 Yoga/5:00 Zumba 5:00 Mixedfit Zumba!
30 10:00 Pool Playing 12:00—1:00 Lunch 12:30 Pinochle 1:00 Haircuts 3:45 Yoga 5:00 Zumba	BLAST FROM THE PAST JUNE 6TH, 7TH, 8TH, 2025 Street Fair, Sidewalk Sales, Live Music, Car Show special guest Ryan Evans, Cornhole Tournament, and Local Eats!			June 2025 Sedro-Woolley Senior 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!