



Sedro-Woolley Senior Center

"Where Aging is Living"

www.skagitcounty.net/seniorcenters

**APRIL
2026**

Easter Luncheon

April 2nd

Baked Ham

Scalloped Potatoes

12—1pm Join us!



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

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**Senior Center
Coordinator**

Ellen Schweigert

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Nutrition Assistant

Merrilee Komboukos

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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.

SALE

You can start thinking about our upcoming flea market sale by doing some spring cleaning! We don't have much space to store items so would appreciate you holding them to bring in until the week of the sale. Thanks so much for supporting the senior center with this fundraiser!

Senior Center

"Flea Market"

Friday, June 5

9am -3pm

Saturday June 6

9am -2pm

Play **BINGO** on the
1st & 3rd

Wednesdays
every month at
1:00 pm

Prizes and fun!



NEED FIDDLERS!!!



W.O.T.F.A. D4 is

Expanding their Fiddle Tune Workshop;

It will take place 4pm - 6pm on

Friday April 10

at the M/V Sr. Ctr. See you there! The first hour, geared to newer fiddlers.

Tunes to be played slowly to learn.

The second hour, tunes played up to

speed. (or a speed

that all most are comfortable with)

~THEN JAM 6:30pm - 9:00pm!

GOODIE / COFFEE BREAK AT 8:00pm!

SEE YOU THERE

Center News...

Our **sign language** class returns to offer an engaging way to communicate and connect with the deaf and hard-of-hearing community, promoting inclusivity and understanding. Whether you're a complete beginner or looking to brush up on your skills, this class will provide a supportive environment to learn. Materials are provided. This class will be on Fridays at 11 am.

April STARTS a **beginner tai chi class**. The class will teach Ba Fa Wu Bu. Ba Fa Wu Bu is the foundation of all styles of Tai Chi. This will be a wonderful way to enhance your physical health while cultivating mindfulness and balance. The gentle movements and meditative focus of traditional tai chi make it suitable for all ages and fitness levels. They will help improve overall health, wellbeing and immune system functions. A \$3 donation per class will be welcomed. The master instructor is Guo Cheng and will be on Thursdays at 9:30am STARTING April 9th.

Join us this spring for these activities that promise to enrich your life and foster new friendships!

Ellen Schweigert, Senior Center Coordinator



Skagit Valley Tulip Festival all month long!



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!

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;">April 2026</p> <p style="text-align: center;">Sedro-Woolley Senior Center</p>		<p style="text-align: right;">1</p> <p>10:00 Pool Playing 11:30 Old Time Fiddlers Music 12:00—1:00 Lunch 12-2pm Drop in Tech Help 1:00 BINGO 🎵 3:45 Yoga</p>	<p style="text-align: right;">2</p> <p>10:00 Pool Playing 12:00—1:00 Easter Luncheon 3:45 Zumba!</p>	<p style="text-align: right;">3</p> <p>11:00 Sign Language Class 12:00—1:00 Lunch 12-2pm Drop in Tech Help 1:00 Watercolor Painting Circle 3:45 Yoga 5:00 Mixedfit</p>
<p style="text-align: right;">6</p> <p>12:00—1:00 Lunch 12:30 Pinochle 12-2pm Drop in Tech Help 1:00 Haircuts 3:45 Yoga</p>	<p style="text-align: right;">7</p> <p>10:00 Pool Playing 12:00—1:00 Lunch 1:00 Cribbage</p>	<p style="text-align: right;">8</p> <p>8-4 Tax Exemption Assistance 10:00 Pool Playing 12:00—1:00 Lunch 12-2pm Drop in Tech Help 3:45 Yoga</p>	<p style="text-align: right;">9</p> <p>9:30 Tai Chi 11:30 Paul Denning Music 12:00—1:00 Lunch 1:00 Retired Employee Mtg. 3:45 Zumba! 🎵</p>	<p style="text-align: right;">10</p> <p>11:00 Sign Language Class 12:00—1:00 Lunch 12-2pm Drop in Tech Help 1:00 Watercolor Painting Circle 3:45 Yoga 5:00 Mixedfit</p>
<p style="text-align: right;">13</p> <p>12:00—1:00 Lunch 12:30 Pinochle 12-2pm Drop in Tech Help 1:00 Haircuts 3:45 Yoga</p>	<p style="text-align: right;">14</p> <p>*Footcare by appointment 10:00 Pool Playing 11:00 Hospital Guild Mtg 12:00—1:00 Lunch Lunch 1:00 Cribbage 1:00 SUPER BINGO</p>	<p style="text-align: right;">15</p> <p>12:00—1:00 Lunch 12-2pm Drop in Tech Help 12-2 Community Action Table 1:00 BINGO 3:45 Yoga</p>	<p style="text-align: right;">16</p> <p>9:30 Tai Chi 11:30 Old Time Fiddlers Music 12:00—1:00 Lunch 3:45 Zumba! 🎵</p>	<p style="text-align: right;">17</p> <p>11:00 Sign Language Class 12:00—1:00 Lunch 12-2pm Drop in Tech Help 1:00 Watercolor Painting Circle 3:45 Yoga 5:00 Mixedfit</p>
<p style="text-align: right;">20</p> <p>12:00—1:00 Lunch 12-2pm Drop in Tech Help 12:30 Pinochle 1:00 Haircuts 3:45 Yoga</p>	<p style="text-align: right;">21</p> <p>10:00 Pool Playing 12:00—1:00 Lunch 1:00 Cribbage 1:30 Advisory Board</p>	<p style="text-align: right;">22</p> <p>10:00 Pool Playing 12:00 Odette Music 12:00—1:00 Lunch 12-2pm Drop in Tech Help 3:45 Yoga</p>	<p style="text-align: right;">23</p> <p>9:30 Tai Chi 11:30 Hometowners Music 12:00—1:00 Lunch 3:45 Zumba! 🎵</p>	<p style="text-align: right;">24</p> <p>11:00 Sign Language Class 12:00—1:00 Lunch 12-2pm Drop in Tech Help 1:00 Watercolor Painting Circle 3:45 Yoga 5:00 Mixedfit</p>
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