



# Sedro-Woolley Senior Center

“Where Aging is Living”

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

## February 2024



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

**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.

**free dental clinic**




**FEBRUARY 18 & 19, 2024**

**WHAT:** CLEANINGS, FILLINGS, EXTRACTIONS  
**WHERE:** SKAGIT ADVENTIST ACADEMY - BURLINGTON, WA  
**WHO:** ANY IN NEED; FIRST COME, FIRST SERVED  
**WHEN:** DOORS OPEN AT 8:00 AM

FIND ALL OF THE INFORMATION ONLINE:  
[WWW.NORTHCASCADECARES.ORG](http://WWW.NORTHCASCADECARES.ORG)

north cascade cares



### Old Time Fiddlers Music Program

Feb. 1st

Feb.15th

Two performances  
a month now!

11:30–12:30

Lunch served at 12:00



Center closed on Feb.19 for  
~ Presidents Day ~

### AARP TAX AIDE ASSISTANCE

Burlington Senior Center will start taking appointments for AARP Tax Aide on Tuesday, January 16th. When they start making appointments, they will be scheduling from the earliest appointment available on the day that you request and filling the time slots from morning to afternoon. **IF** you need an afternoon appointment, you may need to check back. Please visit the website, [taxaideskagit.org](http://taxaideskagit.org) for more information.

Or call the Burlington Senior Center at 360-755-0102

### Volunteer Meals On Wheels Drivers Needed!!!

Come and join our team of volunteers to deliver noon meals to home bound seniors. You must use your own car and provide proof of insurance. It is a weekly commitment once a week for approximately 1.5 hours. The days available are Tue., Wed., or Thurs. Mileage reimbursement is available and enjoy a lunch as a benefit also. As long as you are over the age of eighteen you are welcome to apply. It is a rewarding and necessary service to our community of seniors who are homebound.

Call Ellen at the Center for more information. 360-855-1531



## Center News...

February is traditionally the month of "love" and we would **love** to see you join us for lunch, music or an activity! If you are looking to make new friends, engage in activities, or access resources for your well-being, our **welcoming** senior center is the perfect place for you! We do not have membership fees and if you are age 60 or older lunch is a suggested donation of \$5 but not necessary to eat lunch with us.

The **Old Time Fiddlers** will now be with us most months on the 1st and 3rd Thursdays of the month! The **Hometowners** were scheduled for the 4th Thursday every month but have to postpone until further notice. I have confidence they will return soon! Catch **Paul D.** the 2nd Thursday for some laid back tunes to enjoy during lunch.

We have a **Valentine Raffle Basket** at the reception desk to buy a chance on ...drawing will be at lunch on Valentine's Day. You will not need to be present to win and the money raised supports the Senior Center. Good luck & thank you in advance!

*Ellen Schweigert, Center Coordinator*

If I had a flower for every time I thought of you ... I could walk through my garden forever. -*Alfred Tennyson*



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!

Amy has been teaching Zumba since 2011 and is bringing her passion for it to you for **free**

### Thursday & Friday

The Thursday class will be a Zumba & Zumba Gold Hybrid. This class offers Latin dance inspired fitness for all fitness levels! Gold is tailored to beginners, seniors, and those with limited range of motion.

Higher intensity modifications will be added for those that want to pump up their workout! Registration begins at 3:45 pm, class starts at 4:00 pm Thursdays

Fridays MixedFit Zumba 5:00 pm



All classes held here!

## Yoga for EveryBody

*"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 4:00 - 5:00

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](mailto:samanthatara801@gmail.com)



<p><b>February 2024</b> Sedro - Woolley Senior Center Center</p>		<p>Age does not protect you from love. But love, to some extent, protects you from age. <i>Anais Nin</i></p>	<p>1 10:00 Pool Playing <b>11:30 Old Time Fiddlers Music</b> 12:00—1:00 <b>Lunch</b>  <b>3:45 Zumba!</b></p>	<p>2 Groundhog Day 10:00 Pool Playing 12:00—1:00 Lunch <b>3:45 Yoga</b> <b>5:00 Mixxedfit</b></p>
<p>5 10:00 Pool Playing 12:00—1:00 Lunch <b>12:30 Pinochle</b> <b>1:30 Haircuts</b> <b>4:00 Yoga</b></p>	<p>6 10:00 Pool Playing 12:00—1:00 Lunch <b>1:00 Cribbage</b></p>	<p>7 10:00 Pool Playing 12:00—1:00 Lunch <b>3:45 Yoga</b></p>	<p>8 10:00 Pool Playing <b>11:30 Paul Denning Music</b> 12:00—1:00 Lunch 1:00 Retired Public Employee Mtg. <b>3:45 Zumba!</b> </p>	<p>9 10:00 Pool Playing 12:00—1:00 Lunch <b>3:45 Yoga</b> <b>5:00 Mixxedfit Zumba!</b></p>
<p>12 10:00 Pool Playing 12:00—1:00 Lunch <b>12:30 Pinochle</b> <b>1:30 Haircuts</b> <b>4:00 Yoga</b></p>	<p>13 Footcare by Appointment 10:00 Pool Playing <b>11:00 Hospital Guild Mtg.</b> 12:00—1:00 Lunch <b>1:00 Cribbage</b></p>	<p>14 10:00 Pool Playing 12:00—1:00 <i>Valentine Lunch</i> <b>3:45 Yoga</b> </p>	<p>15 10:00 Pool Playing <b>12:00—1:00 Lunch</b> <b>11:30 Old Time Fiddlers Music</b> <b>12:45 Bunco</b> <b>3:45 Zumba!</b> </p>	<p>16 10:00 Pool Playing 12:00—1:00 Lunch <b>*No Yoga or Zumba classes today only</b></p>
<p>19 <b>Closed for Presidents Day</b> </p>	<p>20 10:00 Pool Playing 12:00—1:00 Lunch <b>1:00 Cribbage</b></p>	<p>21 10:00 Pool Playing 12:00—1:00 Lunch <b>1:30 Advisory Board Mtg.</b> <b>3:45 Yoga</b> </p>	<p>22 10:00 Pool Playing <b>10:30 Skagit County Public Health Info</b> 12:00—1:00 Lunch <b>3:45 Zumba!</b></p>	<p>23 12:00—1:00 Lunch <b>3:45 Yoga</b> <b>5:00 Mixxedfit Zumba!</b>  <b>4% Friday at Skagit Valley Food Co-Op to benefit Meals on Wheels</b></p>
<p>26 10:00 Pool Playing 12:00—1:00 Lunch <b>12:30 Pinochle</b> <b>1:30 Haircuts</b> <b>4:00 Yoga</b></p>	<p>27 10:00 Pool Playing 12:00—1:00 Lunch <b>1:00 Cribbage</b></p>	<p>28 10:00 Pool Playing 12:00—1:00 Lunch <b>3:45 Yoga</b></p>	<p>29 10:00 Pool Playing <b>12:00—1:00 Lunch</b> <b>3:45 Zumba!</b></p>	<p>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!</p>