



# Sedro-Woolley Senior Center

"Where Aging is Living"

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

**JULY  
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.



We are looking for people that have a craft or a hobby that we could share in the lobby showcase. This display would be for the month of September. Please sign up at the desk or speak with our Wednesday morning receptionist, Beth M. who is organizing this display. You would need to be prepared to share one or two items highlighting your hobby.

Thank you so much for your

**Loggerodeo Schedule July 4th 2025**

8 am to 5 pm Chainsaw Carving  
9:30 am to 11 am GS-W Footrace start  
**11 am Grand Parade**  
1pm Carnival opens  
11pm to 8pm Food vendors  
12pm to 7pm Arts and Crafts vendors  
1:30 pm to 2:45 pm Quick Carve  
5 pm Auction of Quick Carve  
**10 pm Fireworks show**

**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.



**Wednesday, July 16 at 11:00 am  
~ Rose Ann Dane ~**

Will share stories from her awesome Adventures! Rose Ann is an author and experienced speaker. Join us to listen to these entertaining tales beginning at 11am and concluding before lunch.

**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.

## Center News...

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. Music by Country Jim starts off the celebration at 3pm followed by refreshments provided by Country Meadow Village.

As you can see the **patio** and **bocci court** is well on its way to completion! This is a combined effort between the City of SW and the Senior Center Advisory Board. SW Rotary Club has also provided some funding for the project. We are grateful and thankful to all for this amazing addition to Memorial Park for all to enjoy! Special thanks to Nathan, Brent and Kevin who work for the city for their masterful skills—those guys can do anything!

Our next **Flea Market Fundraiser** is August 15/16. Our shed is filling up with items for the sale! Please plan to bring your donations later in the month if you possibly can.

We hope you visit us soon for lunch and activities!

*Ellen Schweigert, Center Coordinator*



Who made the world?

Who made the swan, and the black bear?

Who made the grasshopper?

This grasshopper, I mean —

the one who has flung herself out of the grass,

the one who is eating sugar out of my hand,

who is moving her jaws back and forth instead of up and down —

who is gazing around with her enormous and complicated eyes.

Now she lifts her pale forearms and thoroughly washes her face.

Now she snaps her wings open, and floats away.

I don't know exactly what a prayer is.

I do know how to pay attention, how to fall down

into the grass, how to kneel down in the grass,

how to be idle and blessed, how to stroll through the fields,

which is what I have been doing all day.

Tell me, what else should I have done?

Doesn't everything die at last, and too soon?

Tell me, what is it you plan to do with your one wild precious life?

~ Mary Oliver

Have a fabulous summer!

~ Center Closed on July 4th ~



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](mailto:samanthatara801@gmail.com)



<p><b>July 2025</b></p> <p>Sedro-Woolley Senior Center</p>	<p>1</p> <p>10:00 Pool Playing 2:00—1:00 Lunch 1:00 Cribbage 3:45 Zumba</p>	<p>2</p> <p>10:00 Pool Playing 12:00—1:00 Lunch 3:45 Yoga</p> 	<p>3</p> <p>10:00 Pool Playing <b>11:30 Old Time Fiddlers Music</b>  <b>12:00—1:00 Independence Day Lunch</b> 3:45 Zumba</p>	<p>4</p> <p>Closed for July 4th</p> 
<p>7</p> <p>10:00 Pool Playing 12:00—1:00 Lunch 12:30 Pinochle <b>1:00 Haircuts</b> 3:45 Yoga 5:00 Zumba</p>	<p>8</p> <p><b>*Footcare by Appointment</b> 12:00—1:00 Lunch 1:00 Cribbage</p>	<p>9</p> <p>10:00 Pool Playing 12:00—1:00 Lunch <b>12-2pm Drop in Tech Help</b> 3:45 Yoga</p>	<p>10</p> <p>10:00 Pool Playing <b>11:30 Paul Denning Music</b>  <b>12:00—1:00 Lunch</b> 3:45 Zumba 3:45 Zumba!</p>	<p>11</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 Mixxedfit Zumba!</p>
<p>14</p> <p>10:00 Pool Playing 12:00—1:00 Lunch 12:30 Pinochle <b>1:00 Haircuts</b> 3:45 Yoga 5:00 Zumba</p>	<p>15</p> <p>10:00 Pool Playing 12:00—1:00 Lunch 1:00 Cribbage</p> 	<p>16</p> <p>10:00 Pool Playing <b>11:00 Stories with Rose Ann</b> 12:00—1:00 Lunch <b>12-2pm Drop in Tech Help</b> 3:45 Yoga</p>	<p>17</p> <p>10:00 Pool Playing <b>11:30 Old Time Fiddlers Music</b> 12:00—1:00 Lunch <b>2:00 Reflexology Appt.</b> 3:45 Zumba</p>	<p>18</p> <p>12:00—1:00 Lunch <b>12-2pm Drop in Tech Help</b> <b>1:00 Watercolor Painting Circle</b> <b>3-6 Anniversary Party</b></p> 
<p>21</p> <p>10:00 Pool Playing 12:00—1:00 Lunch 12:30 Pinochle <b>1:00 Haircuts</b> <b>1:30 Advisory Board Mtg.</b> 3:45 Yoga 5:00 Zumba</p>	<p>22</p> <p>10:00 Pool Playing 12:00—1:00 Lunch 1:00 Cribbage</p>	<p>23</p> <p>10:00 Pool Playing 12:00—1:00 Lunch <b>12-2pm Drop in Tech Help</b> 3:45 Yoga</p>	<p>24</p> <p>10:00 Pool Playing 12:00—1:00 Lunch <b>2:00 Reflexology Appt.</b> 3:45 Zumba!</p> 	<p>25</p> <p>12:00—1:00 Lunch <b>1:00 Watercolor Painting Circle</b> <b>12-2pm Drop in Tech Help</b> 3:45 Yoga/5:00 Zumba 5:00 Mixxedfit Zumba!</p>
<p>28</p> <p>10:00 Pool Playing 12:00—1:00 Lunch 12:30 Pinochle <b>1:00 Haircuts</b> 3:45 Yoga 5:00 Zumba</p>	<p>29</p> <p>10:00 Pool Playing 12:00—1:00 Lunch 1:00 Cribbage</p>	<p>30</p> <p>10:00 Pool Playing 12:00—1:00 Lunch <b>12-2pm Drop in Tech Help</b> 3:45 Yoga</p>	<p>31</p> <p>10:00 Pool Playing <b>11:30 Hometowners</b> 12:00—1:00 Lunch 3:45 Zumba!</p>	<div> <p>Calendar</p> <p>Activities are subject to change without notice. Cancellations happen due to weather related issues, sickness or emergencies.</p> <p>Please don't hesitate to call and check in with the reception desk when in doubt.</p> <p>Thank You!</p> </div>