

MOUNT VERNON SENIOR CENTER

OCTOBER 2024



The Senior Center and Nutrition Program are programs of Skagit County Public Health, in partnership with the City of Mount Vernon.
Mon—Fri 8am –4pm

1401 Cleveland Ave.
Mount Vernon, WA 98273
360-416-1585
www.skagitcounty.net/seniorcenters

Senior Center Coordinator
Kristl Hobbs
kristlh@co.skagit.wa.us

The center does not discriminate against participants, clients, volunteers, or employees on the basis of race, color, creed, religion, orientation, gender, identity or expression, age or disabilities.



FALL IS HERE! OPPORTUNITIES ABOUND!! BRING A FRIEND, JOIN A NEW CLASS, HAVE LUNCH!!!



WITH FALL COMES SOME CHALLENGING WEATHER. PLEASE MAKE SURE YOU ARE READY FOR IT BY PUTTING TOGETHER AN EMERGENCY KIT. PREPAREDNESS IS THE BEST WAY TO SURVIVE POWER OUTAGES AND EMERGENCY CLOSURES. THE SENIOR CENTER WILL BE OPEN FOR OUR MEALS ON WHEELS, BUT IF YOU ARE CONCERNED ABOUT TRAVEL, PLEASE CALL US BEFORE YOU LEAVE HOME.

EXERCISE, FITNESS, AND WELL-BEING

YOGA FOR EVERY BODY— Fun and Gentle-No prior Yoga necessary. Bring your own mat. FRIDAYS AT 11AM. Taught by Pam Granston. Suggested Donation \$10 per class. Chairs used also for more fitness work!

SKAGIT COUNTY PUBLIC HEALTH NURSE HERE on the 1st Thursday EVERY MONTH FROM 10:30-1:30PM To give information on medical topics.

NEW EXERCISE CLASS!!! Mondays at 9am and Fridays at 10am Low impact cardio and strength, and stretching! Donation Come check it out!

CREATIVE HEALING— TUESDAYS 2PM Jan Coffey and Lydia Sterling are offering an amazing opportunity to learn about connecting mind, body, and spirit in healing.

Explore alternative and creative healing, Reiki, Healing Touch, Tapping, Acupressure, Chakra Balance, Reflexology, Reconnection, and more.

FOOTCARE —3rd Thursday each month. CALL FOR APPT. 360-416-1585.

CHAIR YOGA—Mondays at 2:45 and Wednesdays at 1:30. Great for Strength and Balance! Donations welcomed!

TAI CHI for STRENGTH AND BALANCE Mondays 1:30 with Margo Cunningham and Thursdays 9:00AM with Camille Drotts These classes are Sun-Style Tai Chi emphasizing learning to connect your mind to your body through movement using Tai Chi principles, and becoming aware of your balance starting at your feet up to your head making gravity your friend over time.

NORTH CASCADES TAI CHI - Sensei/Sifu Larry

Mondays 12:10 Old Warrior Karate This class moved to Larry's Dojo.

Tuesdays 1:15 Tai Chi Weapons

Tuesdays 2:15pm Traditional Yang,

Wednesdays 2:45 WuHao,

Thursdays 10:15 Sun Family Style,

Thursdays 11:15 Free open beginner Tai Chi class.



has

GAMES/FUN/TOPICS

CARDS AND GAMES! TUESDAYS @ 10am AND FRIDAYS @ 12:30 PM. Mahjong, Canasta, Hand and Foot... Wednesday afternoon 1pm is Mexican Train,



CHESS Wednesdays at 2pm.

PINOCHLE Meets every Friday at 12:30.

BINGO!!!!!! EVERY Monday EXCEPT THE 3RD MONDAY at 1pm. 5\$ for 5 cards!! Callers wanted!!

IMPROV GROUP Meeting here on the 3rd Sunday monthly at 1:30-4pm.

Improv is a fun way to play as an adult! NO ACTING OR PERFORMING! Improv helps with creativity, spontaneity, and collaborative skills. Taught by Jeff Smith and Margo Cunningham. Donations welcome.

WRITER'S GROUP For Children's Lit meets 1st and 3rd Weds at 11am. Lead by Margo Cunningham.

BIBLE STUDY Non Denominational meets Thursdays at 1pm

ALZHEIMER'S SUPPORT GROUP— Meets on the 3rd Wednesday of each month at 2:30pm. This group is for caregivers to help them develop a support system, exchange practical information on challenges, coping skills, and learn about local resources.

SHIBA REPRESENTATIVE HERE—On the 2nd & 4th Thursday of each month for appointments. Statewide Health Insurance Benefits Advisors are trained volunteers who can help sift through Medicare and Health insurance issues for you. Call to schedule an appointment.

Mount Vernon Senior Center Evening Activities

Tulip Valley Gardeners

Harmony Northwest Choir Monday Evenings

Skagit Square Dancing Tuesday Evenings

Round Dancing Thursday Evenings

Washington Old Time Fiddlers Jam 2nd & 4th Friday Evenings

12 Step Recovery Meetings Call for information

Hobby Groups... Rock & Gem, Faceting, Model Railroad



CALL US AT 360 416 1585 FOR INFORMATION ON THESE GROUPS

DANCING

NEW ABSOLUTE BEGINNER LINEDANCE 8wks 9/9 at 10am \$50 for 8 wks.

LINEDANCE BEGINNER CLASS - 10am –12 on Wed. Suggested donation \$10.

LINEDANCE Beginners at 8:30am every Tuesday! Interm. at 9:30. Advan 10:30.

JOLLY TIME DANCE 1-3pm Thursdays. Oct 3 with Randy Hamilton, Oct.10 with The Skippers, Oct 17 with Country Jim, Oct 24 with Marcia Kester. Oct 31 with Connie and Gary. \$5 Cover to pay for the Bands.

BALLROOM DANCE LESSONS—Wednesdays at 4pm. \$10.00 per class. No partner needed.

WEDNESDAY NIGHT DANCE!!! This month is on Sep 25. Taylor Winningham, Ballroom Dance Instructor, will be hosting a dance on the 4th Wednesday of each month from 6-8pm. \$10 at the door for a fun evening of dancing!

NEW TIME HELP WITH TECHNOLOGY !!—Phones, tablets, e-readers, will be provided here **EVERY WEDNESDAY 10-11am NEW TIME!!!.**

SENIOR CENTER ADVISORY BOARD MEETING 2nd Tue. of each month at 1.

BOB ROSS PAINTING CLASS -Julie Curry, a Bob Ross Certified Instructor Tues Sept 24 1pm. Need 4 students to have class. juliecurry2009@hotmail.com or call the senior center for more information.



MULTI- MEDIA PAINTING GROUP– Meets Thursdays at 1:15. Bring your own projects and work with other artists.

CRAFTS, CERAMICS, NEEDLEWORK –Meets Wednesdays at 10am.



**COME IN AND CHECK OUT OUR REMODELED
CRAFTY CREATIONS BOUTIQUE!**

OPEN HERE AT THE SENIOR CENTER MONDAY–FRIDAY 10AM–3PM

ALL HANDMADE ITEMS. WONDERFUL GIFT IDEAS!

Skagit County Public Health Nurses

Will be in the MV Senior Center the 1st Thursday of every month

(THIS MONTH ONLY) WEDNESDAY JULY 3rd AT 10:30am - 1:30pm

Beginning in October, our Skagit Public Health visits will be transitioning to chronic health & wellness education and Blood pressure checks. All vaccines, including Covid, are to be accessed through local pharmacies or medical clinics. We will also:

- Have updated guidance materials for the upcoming respiratory infection season (COVID, RSV, & Flu)
- Monthly health topics and resources
- Free Blood Pressure checks
- Offer FREE Covid test kits
- Free Condoms & sexual health education

Assist in making online appointments @ pharmacies for updated COVID, Flu, & RSV shots, and any other adult vaccines

VOLUNTEERS NEEDED FOR OUR MEALS ON WHEELS AND LUNCH PROGRAM. IF YOU OR SOMEONE YOU KNOW WOULD LIKE TO HELP US FEED OUR FOLKS PLEASE LET US KNOW!



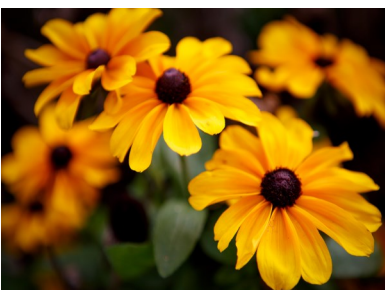
CALLING FOR MUSICIANS AND ANYONE WHO LOVES MUSIC !!

Musicians / Listeners Invitation; please come, and join in on the 2nd and 4th Fridays 6:30 - 9 p.m with Old Time Fiddlers Jam, with your Fiddle, Guitar, Harmonica, Bass, Mandolin, Banjolin, Banjo, your voice, or other stringed instrument; we look forward to having a good time together making music at Mount Vernon Sr. Ctr, 1401 Cleveland Ave. District <https://wotfa.org/!!>

TULIP VALLEY GARDENERS INVITES YOU TO JOIN THEM AT THEIR MONTHLY MEETING.

The 1st Wednesday of every month at 5:30pm at our Senior Center .The group gets together and does flower and plant design and is involved in local Garden events and maintains City of Mount Vernon floral displays.

Anyone interested is invited to join.



OCTOBER 2024 ACTIVITIES

Monday	Tuesday	Wednesday	Thursday	Friday
	1 8:30 Beg Line dance 10:30 Intermed. Line dance 10:00 Cards & Games 1:15 Tai Chi Weapons 2 Creative Healing 2:15 Yang Tai Chi	2 9:00 Ceramics 10 ULTRA Beg Line Dc 10 Tech Help 11 Writers Grp Child 1:30 Chair Yoga 2:00 Chess 2:45 WuHao Tai Chi 4 Ballroom Dc Lessons	3 9:00 Tai Chi for Strength 10:15&11:15 Open Sun Tai Chi 10:30-1:30 Public Health Nurse 1 Jolly Time Dance 1 Bible Study 1:30 Painting Group	4 9:00 CD WA 10 Exercise Cls 11 YOGA FOR EVERYBODY 12:30 Pinochle 12:30 Cards & Games
	7 9 Spinning 9 Exercise Cls 10 Absolute Beg Line Dance 1 BINGO 1:30 Tai Chi for Strength 2:45 Chair Yoga	8 8:30 Beg Line dance 10:30 Intermed. Line dance 10:00 Cards & Games 1 Advisory Bd Mtg 1:15 Tai Chi Weapons 2 Creative Healing 2:15 Yang Tai Chi	9 9:00 Ceramics 10:ULTRA Beg Line Dc 10 Tech Help 10:30 Vets 1:30 Chair Yoga 2:00 Chess 2:45 WuHao Tai Chi 4 Ballroom Dc Lessons	10 9:00 Tai Chi for Strength 10:15&11:15 Open Sun Tai Chi 1 Jolly Time Dance 1 Bible Study 1:30 Painting Group
14 9 Exercise Cls 10 Absolute Beg Line Dance 1 BINGO 1:30 Tai Chi for Strength 2:45 Chair Yoga	15 8:30 Beg Line dance 10:30 Intermed. Line dance 10:00 Cards & Games 1:15 Tai Chi Weapons 2 Creative Healing 2:15 Yang Tai Chi	16 9:00 Ceramics 10 ULTRA Beg Line Dc 10 Tech Help 11 Writers Grp Child 2:30 Alzheimer's Support 1:30 Chair Yoga 2:00 Chess 2:45 WuHao Tai Chi 4 Ballroom Dc Lessons	17 8:30 Footcare 9:00 Tai Chi for Strength 10:15&11:15 Open Sun Tai Chi 1 Jolly Time Dance 1 Bible Study 1:30 Painting Group	18 9:00 CD WA 10 Exercise Cls 11 YOGA FOR EVERYBODY 12:30 Pinochle 12:30 Cards and Games
21 9 Exercise Cls 10 Absolute Beg Line Dance 12:30 Bunco 1:30 Tai Chi for Strength 2:45 Chair Yoga	22 8:30 Beg Line dance 10:30 Intermed. Line dance 10:00 Cards & Games 12:45 Bunco 1:15 Tai Chi Weapons 2 Creative Healing 2:15 Yang Tai Chi	23 9:00 Ceramics 10 ULTRA Beg Line Dc 10:30 Vets 10 Tech Help 1:30 Chair Yoga 2:00 Chess 2:45 WuHao Tai Chi 4 Ballroom Dc Lessons 6PMWed Night Dance	24 9:00 Tai Chi for Strength 9:30 SHIBA REP 10:15&11:15 Open Sun Tai Chi 1 Jolly Time Dance 1 Bible Study 1:30 Painting Group	25 10 Exercise Cls 11 YOGA FOR EVERYBODY 12:30 Pinochle 12:30 Cards and Games 6:30 pm Old Time Fiddlers
28 9 Exercise Cls 10 Absolute Beg Line Dance 1 BINGO 1:30 Tai Chi for Strength 2:45 Chair Yoga 6	29 8:30 Beg Line dance 10:30 Intermed. Line dance 10:00 Cards & Games 11:30 THRILLER PERFORMANCE 1:15 Tai Chi Weapons 2 Creative Healing 2:15 Yang Tai Chi	30 9:00 Ceramics 10 ULTRA Beg Line Dc 10:30 Vets 10 Tech Help 1:30 Chair Yoga 2:00 Chess 2:45 WuHao Tai Chi 4 Ballroom Dc Lessons	31 9:00 Tai Chi for Strength 9:30 SHIBA REP 10:15&11:15 Open Sun Tai Chi 1 Jolly Time Dance 1 Bible Study 1:30 Painting Group	



OCTOBER 2024 MENU

Anacortes (360)299-4136, Burlington (360)755-0942

Mount Vernon (360)416-1589, Sedro-Woolley (360)855-1531

Monday

Tuesday

Wednesday

Thursday

Friday

	1 Potato Corn Chowder served with a ½ Deli Sandwich	2 Honey Mustard Chicken served with Spinach Salad	3 Octoberfest Lunch Schnitzel served with Hot Potato Salad and Kraut	4 Biscuits & Gravy served with Hashbrowns and Sausage
7 Chicken Saag served with Basmati Rice	8 Patty Melt on Rye served with Sweet Potato Fries	9 Pulled Pork Sandwich served with Baked Beans	10 Lemon Pepper Fish served with Roasted Potatoes	11 Swiss Chicken & Stuffing served with Mashed Potatoes
14 Supreme Pizza Soup served with a Brownie	15 Western Frittata served with Green Salad	16 Asian Chicken Salad served with Pickled Beets	17 Salisbury Steak served with Mashed potatoes and Gravy	18 Butternut Squash Lasagna served with a Bean Salad
21 Spaghetti & Meatballs served with Caesar Salad	22 Tuna Sandwich served with Apple Crisp	23 Meatloaf served with Mashed Potatoes and Gravy	24 Baked French Toast served with Sliced Strawberries	25 Apricot Glazed Pork served with Toffee Caramel Birthday Cake
28 Hot Turkey Sandwich served with Peas & Carrots	29 3 Bean Casserole served with Roasted Sweet Potatoes	30 Pesto Pasta Chicken served with Pear Gingerbread Cake	31 Halloween Lunch Spook-ghetti w/ Eyeballs served with Carmel Apple Slices	

Menu substitutions or changes are sometimes necessary.

Thank you for your understanding.