

# Mount Vernon Senior Center

## Senior Moments

### October 2021

## Skagit County Senior Centers

**MOUNT VERNON SENIOR  
BUSINESS HOURS 8AM-4PM  
CENTER LUNCH SERVICES AT  
12 NOON.**

**MASKS ARE REQUIRED FOR ALL  
PARTICIPANTS IN ANY ACTIVITY AT THE  
SENIOR CENTER. THIS INCLUDES DAY  
TIME ACTIVITIES AND AFTER HOURS  
GROUPS.**

### COVID-19 Testing and Vaccination

at Skagit County Fairgrounds :

Beginning Monday, October 1, Skagit County will be operating a COVID-19 testing and vaccination site at the Skagit County Fairgrounds. Both testing and vaccination will be available to the public free of cost, Monday through Friday from 3:00 – 7:00 p.m. For more information call Skagit County Health at 360-416-1500.

**Mark your calendars for Center's Holiday Meals...**

**Thanksgiving Meal November 18 featuring Music by  
Gene Oates**

**Christmas Meal December 16**

### **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**

360-336-0954 (FAX)

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

### **Senior Center Coordinator**

Kristl Hobbs

[kristlh@co.skagit.wa.us](mailto:kristlh@co.skagit.wa.us)

### **Nutrition Assistant**

Lisa Ferris

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.



## WHATS HAPPENING NOW!?!

TAI CHI ( with Camille Drotts) Mondays 1:30 and Thursday 9:00AM Tai Chi for Strength & Balance– Sun Style Tai Chi

...learning to connect our mind to our body through movement using Tai Chi principles. Becoming aware of our Balance starting at our feet up to our head making gravity our friend over time. Donations welcomed!!

UKULELE FUN and SONG CIRCLE –is on hold. Look forward to coming back soon!

*IF YOU WOULD LIKE TO ADD JOY TO YOUR LIFE BY LEARNING MUSIC,  
AND FOR INFO ABOUT FUTURE MUSIC CLASSES AT THE MOUNT VERNON  
SENIOR. PLEASE CALL DORIS at 360-336-3453 THANK YOU!!*

JOLLY TIME DANCE UPDATE!!! Cancelled until after January 1, 2022 !! See you all then!  
1-3PM Thursdays. Come and enjoy live music and dancing!

Donations will be accepted in order to pay the Bands!!

PINOCHLE will be Fridays at 12:45pm.

LINEDANCE STILL ON HOLD

FOOTCARE WILL RETURN THE 3RD THURSDAY IN OCTOBER. CALL FOR APPT.  
360-416-1585.

OLD TIME FIDDLERS- Meet here to jam on the 2nd and 4th Fridays every month at 6:30pm.  
Public Welcome

INTERESTED IN WRITER'S GROUP? Let Kristl know in the office.

LET KRISTL KNOW IF YOU KNOW OF GROUPS OR MEETINGS THAT WOULD LIKE  
TO USE OUR CENTER DURING THE DAYS!

THANKS AND WELCOME BACK!!

# October 2021 Menu

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

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


Monday

Tuesday

Wednesday

Thursday

Friday

				<p>1 Honey Mustard Chicken served with a Caesar Salad</p>
<p>4 Spaghetti &amp; Meatballs served with a Cookie</p>	<p>5 Oriental Chicken Salad served with Pickled Beets</p>	<p>6 Swiss Chicken &amp; Stuffing served with Mashed Potatoes</p>	<p>7 Octoberfest Lunch Schnitzel served with Hot Potato Salad and Kraut</p>	<p>8 Baked French Toast served with Sliced Strawberries</p>
<p>11 Patty Melt served with Sweet Potato Fries</p>	<p>12 Jambalaya w/ Rice served with a Caesar Salad</p>	<p>13 Apricot Glazed Pork served with Orange Slices</p>	<p>14 Turkey Croissant served with an Apple Broccoli Salad</p>	<p>15 Meatloaf served with Mashed Potatoes and Gravy</p>
<p>18 Chicken Saag served with Basmati Rice</p>	<p>19 Pulled Pork Sandwich served with Baked Beans</p>	<p>20 Supreme Pizza Soup served with a Cookie</p>	<p>21 Butternut Squash Lasagna served with a Bean Salad</p>	<p>22 Glazed Chicken Thigh served with Mandarin Fruited Jello</p>
<p>25 Pub Style Battered Fish served with Coleslaw</p>	<p>26 Hawaiian Chicken served with a Spinach Salad</p>	<p>27 Hot Turkey Sandwich served with a Blueberry Parfait</p>	<p>28 Halloween Lunch Bats and Cobwebs Casserole served with Carmel Apple Slices</p>	<p>29 Potato Corn Chowder served with Birthday Cake</p>

Menu substitutions or changes are sometimes necessary.

Thank you for your understanding.

# OCTOBER ACTIVITIES 2021

				<b>1</b> 12 Lunch 12:45 Pinochle-MPR
<b>4</b> 9 Ceramics 12 Lunch 1:30 Tai Chi for Strength	<b>5</b> 10 Needle Work-Craft Rm  12 Lunch 2 North Cascade Tai Chi	<b>6</b> 9 Ceramics-Craft Rm  12 Lunch 1 Art Group-Craft Rm	<b>7</b> 9 Tai Chi for Strength- MPR  12 Lunch	<b>8</b> 12 Lunch 12:45 Pinochle-MPR  6:30pm Old Time Fiddlers
<b>11</b> 9 Ceramics-Craft Rm 12 Lunch  1 C.O.P.D. & Chronic Conditions Support  1:30 Tai Chi for Strength-MPR	<b>12</b> 10 Needle Work-Craft Rm  11 SCOA Mtg-Rm A 12 Lunch 2 North Cascade Tai Chi	<b>13</b> 9 Ceramics-Craft Rm 12 Lunch 1 Art Group-Craft Rm	<b>14</b> 9 Tai Chi for Strength- MPR  12 Lunch	<b>15</b> 12 Lunch 12:45 Pinochle
<b>18</b> 9 Ceramics-Craft Rm 12 Lunch 12:45 Dicey Dames Bunco Game Rm 1:30 Tai Chi for Strength- MPR	<b>19</b> 10 Needle Work Craft Rm 12 Lunch 2 North Cascade Tai Chi	<b>20</b> 9 Ceramics-Craft Rm  12 Lunch 1 Art Group-Craft Rm	<b>21</b> 9 FOOTCARE 9 Tai Chi for Strength- MPR 10 SRH Estate Planning Presentation 12 Lunch	<b>22</b> 12 Lunch 12:45 Pinochle  6:30pm Old Time Fiddlers
<b>25</b> 9 Ceramics-Craft Rm 12 Lunch 1:30 Tai Chi for Strength-MPR	<b>26</b> 10 Needle Work-Craft Rm 12 Lunch <b>12:45 Dicey Divas Bunco-Game Rm</b> 2 North Cascade Tai Chi	<b>27</b> 9 Ceramics-Craft Rm  12 Lunch 1 Art Group-Craft Rm	<b>28</b> 9 Tai Chi for Strength- MPR  12 Lunch	<b>29</b>  12 Lunch 12:45 Pinochle

## COPD AND CHRONIC CONDITIONS SUPPORT GROUP

LET'S GET TOGETHER AGAIN ! Fall back into activity that helps you feel better.

2nd Monday of the month, our COPD and Chronic Conditions SUPPORT GROUP will be again gathering together in the Arts, Crafts and Activities Room generally, right after the daily Senior Luncheon from Noon to 1:00 PM. It's a short walk along the corridors past the Welcome Desk into the Activities Room where we'll be chatting about getting old, some of the things we face as we approach the threshold of senior living, and what we have to look forward to as we continue to travel together and share our experiences and knowledge. Yes, we're here each 2nd Monday of each month from 1:00 PM to 2:00 PM and Fliers, Cards, other publications available at the Welcome Desk and of course, at [www.facebook.com/GlenHill.COPD](http://www.facebook.com/GlenHill.COPD) ; the Main Office at the Front of the Center near the Front Entry ; Glen's phone at 360-424-5668 and E-Mail Glen at [glenhill4all@outlook.com](mailto:glenhill4all@outlook.com) . The best and preferred method of course is to simply walk through that huge front door right up to that immense Welcome Desk, sign in, grab a Newsletter while browsing the news and deciding where to go or what to do next ! Oh yeah, if you see us, you can say "Hi" to both Barbara and I, Kristl, your Center Coordinator and the Office Staff . . we're here to help you get around and find things . . . have a wonderful day !

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ESTATE PLANNING/LIVING WILLS WORKSHOP— Here, Thurs. Oct. 21 10am Sponsored by the Skagit Valley Hospital Foundation. Attorney James Dolan presents on estate planning, trusts, powers of attorney, and wills. No charge but pre-registration is required by calling 360-814-2424.



**Please come and check out our Senior Center Gift Shop and Library! Hand Crafted Items made by local seniors! Great Gifts! Puzzles and Books to Borrow!! We have a great Assortment of books and puzzles that you are welcome to borrow.**