

## MOUNT VERNON SENIOR CENTER NEWS

FEBRUARY 2012

HOURS, MON – FRI 8 AM-4 PM LUNCHESES AT NOON – NO RESERVATION NEEDED  
CENTER COORDINATOR - KRISTL TORSET MEALS ON WHEELS – Ana Rivera  
1401 CLEVELAND AVE. [WWW.SKAGITSENIORS.ORG](http://WWW.SKAGITSENIORS.ORG) 360-336-5757



### CENTER CLOSED FEBRUARY 20<sup>TH</sup> FOR PRESIDENTS DAY

VOLUNTEERS NEEDED to help at the Mount Vernon Senior Center. We have opening in the kitchen, gift shop and meals on wheel drivers.

Please call or come in and visit with Kristl.

MARCH FOR MEALS is coming soon. Look for our special events to raise money for food for Meals On Wheels. Events include Olive Garden March for Meals Kickoff Dinner and West County Bowling Bash. Watch for more information.

VALENTINE LUNCH will be held February 14th at noon. Plan to come and enjoy lunch with all your friends.

### CLASSES

COMPUTER CLASSES AND PUBLIC ACCESS TO INTERNET start as soon as we have 6 students. Sign up now.

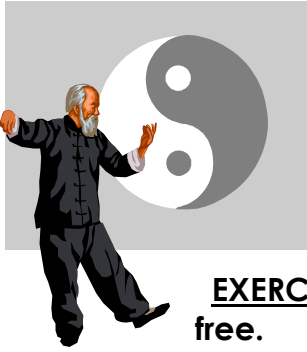
Senior Driving Class now conducted through AARP will be held on Thursday, February 9 and Friday, February 10 from 9 am to 1 pm. Appointments made in the Mount Vernon Senior Center Office. Charge \$12.00 for AARP Members and \$14.00 for Non-Members.

LINEDANCING - Meets on Tues.- Beg at 8:30 am, High Beg at 10:00 am, Intermediate, 1-3 pm , \$5.00. New students welcome. Call Kathy VanLuven, 360-540-2378 for more info.

BEGINNING SPANISH – Sharon Budd teaches classes on Wed. afternoons at 1pm.  
Classes are \$10.00 per 6 week session.

### FOR YOUR HEALTH

Smiles for Life Senior Dental Program will be here February 13<sup>th</sup>. We have a licensed Dental Hygienist here to screen and clean your teeth one day a month. Please call to set up your appointment.



**TAI CHI FOR HEALTH** Class meets as follows: Beginning Sessions Class Thurs. 9 am Intermediate Class Mon. 12 Advanced Class Wed. 1:45 pm. Classes are free/donation. Our instructor also teaches at the YMCA. Please sign up.

**EXERCISE CLASS** Every Mon. and Fri. at 10am; Wed. at 10:45. Low impact & free.

**FOOTCARE CLINICS** will be Thursday, February 2, 9, 16, and 23. Appt required. Cost \$19.

**TOPS (TAKE OFF POUNDS SENSIBLY)** weight loss group **TOPS Chapter 253 WEIGHT LOSS** meets Friday with Weigh-in at 7:30 am.

**PAY OR PRAY MASSAGE** is a licensed professional Massage Therapist who specializes in elderly care and individuals with special needs. He will be here for massage Friday mornings. Suggested donation of \$10. for 15 minutes of therapy.

## **CARDS**

**DUPLICATE BRIDGE** Meets here every Thurs. at 11:30am. Lessons are available. Call Audrey- 757-9064. Call ahead if you do not have a partner.

**PINOCHLE** Fridays at 12:45, new players welcome. Please join us for lunch @ 12 noon.

## **CRAFTS AND HOBBIES**



**QUILTERS** – We have a Quilter's Group Meeting on Tuesdays from 1-4pm. Come on in and get that project finished.

**KNIT AND CROCHET GROUP** (Yarn Craft) Meets Tuesdays at 10:00 am. New crafters are always welcome, experienced or not. An instructor is available for help.

**DESIGNING WOMEN Floral Arranging** - meets the 3rd Tuesday, monthly, 2-4 Pm.

**WATERCOLOR PAINTING GROUP** Meets every Wednesday at 1 pm. All art mediums.

**CERAMICS** -- Meets Monday and Wednesday at 9:00 am. New students are welcome. No experience necessary. Come and make new friends.

## MEETINGS

SENIOR CENTER ADVISORY COMMITTEE. Next meeting will be Wednesday, March 14, at 9:30 AM.

TOASTMASTERS- Early morning group meets here Tues. at 6:45am. New members welcome.

CRONE MEETING Mature Women's Discussion Group meets on the 2nd & 4th Tues. 9:30 am.

OLD TIME FIDDLERS, Always meet the 2nd and 4th Fridays each month, 7:00 pm, public is welcome.

SKAGIT WIDOWED SUPPORT SERVICES (SWSS) holds Grief Workshops to help cope with grief. For further information, contact Mary at (360) 848-1872.

SKAGIT COUNCIL ON AGING (SCOA) Meets the 3rd Tuesday of the month. Next Meeting Jan. 16.

## February Birthdays

Idese Holland	1	Sharon Budd	1	Jim Hobbs Jr.	2
Pat Helliard	8	Gladys Kruyt	17		
Joan Cheney	18				

## COMMUNITY EVENING GROUPS at MOUNT VERNON SENIOR CENTER

<u>Sweet Adeline's</u>	Mondays 7pm	<u>Toastmasters</u>	every Tues. 7am
<u>Skagit Squares</u>	Tuesdays 7pm	<u>Dahlia Society Meeting</u>	4th Wednesday
<u>Highland Dancers</u>	Wednesday 3pm	<u>Retired Foresters Meeting</u>	4th Thurs.
<u>Round Dancing</u>	S-M-Tu & Th 7pm	<u>Skagit Writer's League</u>	4th Thursday
<u>Hula Dance</u>	Lessons Thursdays	<u>MV Plant Society</u>	1st Tues. 6:30pm
<u>Old Time Fiddlers</u>	2nd & 4th Fri. 7 pm	<u>Faceting</u>	3rd Saturday
<u>Skagit Squares</u>	3rd Saturdays	<u>Ballroom Dancing</u>	1st & 3rd Fri. 6:30-8:00 pm
<u>AA</u>	Wednesdays 6:30pm	<u>Skagit Rock and Gem</u>	1st Sat. 9:30am
<u>AL Anon</u>	Weds & Fri 6:30pm	<u>Trinity Baptist Church</u>	Sundays 8:30am

## ENSURE PLUS-LIQUID MEAL SUPPLEMENT

-The Skagit County Senior Nutrition Program can offer up to 2 cases per month of liquid meal supplements (Ensure Plus) to Seniors on a donation basis that are:

- \* 60 years of age or older ; Live in Skagit County; Have a prescription from their Physician or Registered Dietician (A new Prescription will be needed every 6mo)