

## MOUNT VERNON SENIOR CENTER NEWS

AUGUST 2010

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

CENTER CLOSED Friday August 20<sup>th</sup> for County Closure.

SPECIAL EVENTS- SENIOR DAY IN THE PARK! Aug. 19 11am Maiben  
Park in Burlington. Lunch provided. SENIOR RESOURCES AND FUN

SKAGIT COUNTY FAIR VOLUNTEERS NEEDED TO HELP WITH OUR ANNUAL PARKING  
FUNDRAISER. DATES ARE AUG. 11-14. THIS IS OUR MAIN FUNDRAISER FOR THE SENIOR  
CENTER. PLEASE SIGN UP IF YOU ARE ABLE. IT IS GREAT FUN!

COMMUNITY SERVICES WALK – Jan, from Community Services would like you to  
join her on a short walk on Wednesday, August 4, from 11:30-1:00pm,  
nearby the Mount Vernon Senior Center and picnic lunch. We will bring  
a packed lunch from the Center. Nothing too strenuous, just a little walk  
and lunch. The more that come, the more fun we will have. Sign up.

### CLASSES

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

NEW! PHOTOGRAPHY CLASS If you are interested please sign up. We have an expert  
teacher and the class is FREE!!

SENIOR DRIVER REFRESHER COURSE - Class will be Thursday, Aug. 12 and Friday, Aug 13.  
9am-1pm Cost is \$10.00. Call 336-9400 ext 3140 to register.

SPANISH CLASS- Cancelled til September. Wednesdays at 1pm. Great instructor, class FREE.

### TRIPS COMING

Vancouver Art Gallery- Vancouver, B.C. The Modern Woman, Wed, August 25<sup>th</sup>. Drawings by  
Degas, Renoir, Toulouse-Lautrec and Other Masterpieces from the Musée d'Orsay,  
Paris Wednesday, August 25th Cost is \$49pp Departure Location: Anacortes (8:30a.m.)  
Burlington (9:00 a.m.)

Bard on the Beach - Much Ado About Nothing Wed, September 15

Now celebrating it's 21st season, Bard on the Beach is Western Canada's largest professional Shakespeare  
Festival. Bring money for food and purchases. Wear weather appropriate clothing and comfortable  
walking shoes. *Please note: Proof of citizenship (passport preferred), NEXUS OR DMV enhanced approved  
driver's license is required to cross the border.* Depart Burlington Sr Center 9am, Anacortes 8:30am. \$60.00

Register for this and all of the other wonderful trips through your senior center.

## **MEETINGS**

**Mount Vernon Sr. Center Advisory Board meets the second Wednesday of each month at 9:30 am. The next meeting will be on Wed. August 11.**

**SKAGIT COUNCIL ON AGING** , will not meet in August, next meeting Sept 21 1pm.

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

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

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

## **HEALTHY LIVING CLASSES**

**NEW! TAI CHI FOR HEALTH --BEGINNERS** Mondays at 12:30. Classes are free/donation. Our instructor also teaches at the YMCA. Please sign up.

**TAI CHI FOR HEALTH ( Intermed)** Class meets every Wed. at 2pm. Classes are free/donation. Our instructor also teaches at the YMCA. Please sign up.

**LINEDANCING** - Meets on Tues: Novice at 8:30 am, Beg at 10:00am, Intermediate at 1:00 pm, \$5.00 per class. New students welcome, call Kathy at 360-540-2378.

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

**FOOTCARE CLINICS**- will be Thurs., Aug. 19 and 26. at 8:30. Appts required. **Fee** \$17.

**TOPS (TAKE OFF POUNDS SENSIBLY)**, an international, non-profit, non-commercial weight loss group providing group support, information and enhanced health and well being with affordable membership. **TOPS Chapter 253 WEIGHT LOSS** meets Friday with Weigh-in at 7:30 am. **TOPS Chapter 1372 WEIGHT LOSS** meets Wednesday at 9:30 am.

## **ARTS & CRAFTS**

**Designing Women Gardening** meets the 3rd Tuesday each month from 1-3 pm.

**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.

**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.

## CARDS

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

PARTY BRIDGE Meets on Thursdays 1-3 pm.

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

## AUGUST BIRTHDAYS

Conrad Peterson	1	Lars Delaney	4	Irene Peterson	5
Merilee Wheelhouse	8	Dee Camp	14	Elaine Huffstetter	14
Juanita Otis	14	Daphne Violich	14	Ruth Mischke	15
Viola Hauck	17	Lou Snyder	18	Phyllis Sather	18
Merle Thompson	18	Della Blanchard	18	Alex Cobbin	19
Myrna Brown	19	Delores Tawes	19	Joan Herman	26
June Keepers	26	Demetra Karras	27	Blanche Hanson	30

## EVENING COMMUNITY 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>	4 <sup>th</sup> Wednesday
<u>Highland Dancers</u>	Wednesday 3pm	<u>Retired Foresters Meeting</u>	4 <sup>th</sup> Thurs.
<u>Round Dancing</u>	Thursdays 7pm	<u>Skagit Writer's League</u>	4 <sup>th</sup> Thursday
<u>Hula Dance</u>	Lessons Thursdays	<u>MV Plant Society</u>	1 <sup>st</sup> Tues. 6:30pm
<u>Old Time Fiddlers</u>	2 <sup>nd</sup> & 4 <sup>th</sup> Fri. 7 pm	<u>Faceting</u>	3 <sup>rd</sup> Saturday
<u>Skagit Squares</u>	1 <sup>st</sup> & 3 <sup>rd</sup> Saturdays	<u>Ballroom Dancing</u>	1 <sup>st</sup> & 3 <sup>rd</sup> Fri. 6:30-8:00 pm
<u>AAUW</u>	3 <sup>rd</sup> Tuesday 6:30pm	<u>Skagit Rock and Gem</u>	1 <sup>st</sup> Sat. 9:30am

## Coming Soon! New Senior Center Check-in Procedure!

You will soon be "checking in" on a touch screen computer when you enter the Senior Center. This check-in process will replace the current sign-in sheets. Each person will be issued a "key tag" (similar to what you see at Fred Meyer, Rite-Aid, or other Grocery Stores) and when you join us at the Senior Center, you will scan your card and "touch" your activities on the screen that you are joining us for. This new system will allow for so many reports on the administration end (plus we will be able to save trees by not having the sign in sheets each day!) But the main reason is that this will enable us to accurately track our visitors and what activities and events are most attended. As many of you know, the more people that we report that are visiting, attending activities and eating lunch, the better chance we have to continue with the services we provide you! In order to issue you a "key tag", we will be asking you for some basic information to keep our system current. This will include Name, Phone Number, Address, and Date of Birth. This information can only be accessed by our staff and would never be shared with others. \*You may opt out of providing Address and/or Phone Number, but in order to track our clients accurately, we must have a Name & Birthdate)\* We expect to start rolling out this new system soon. Thank you for your patience during the transition.