



PO Box 35
1011 Greenleaf Ave
Burlington WA 98233

Open Mon-Fri, 8am—4pm
360-755-0102

[www.skagitcounty.net/
BurlingtonSrCent-](http://www.skagitcounty.net/BurlingtonSrCent-)

Center Coordinator:

Jackie Cress
jcress@co.skagit.wa.us

Nutrition Supervisor:

Cheryl Kaufman

BSC Kitchen: 360-755-0942
Meals on Wheels: 360-416-1500

Mission Statement

We reach out to the community by providing camaraderie, health, and nutrition. We offer entertainment and intellectual stimulation through classes, speakers, and interactive programs of Skagit County Public Health in partnership with the City of Burlington. We do not discriminate against participants, clients, volunteers, or employees on the basis of race, color, creed, religion, orientation, gender, gender identity, age or disability.

Questions for the Reader:

~What part of the excerpt impacted you the most?

~What feelings did this story evoke?

~Would you read future short stories by this author?

~Were there any words that needed articulation?



Baby Shower Postponed

BABY is here!

Congratulations to Megan and Family! Baby Lexie was born on May 27th weighing 4 lbs, 4 oz. Baby Shower is postponed to early July— Check-in with the center and the July newsletter.

Megan Schmit is registered on Amazon or stop by the desk for a list of gift ideas. Diapers are always needed! **No Obligation to bring a gift— come celebrate with us if you'd like!**

Summer is a great time to relax and enjoy a good book! Below is a short story and if you enjoy reading, we'd love your feedback!

140764. Yehudit. She is known as bat Yehudit. She sees and touches Ima's mark every day. Ima was often found digging at the mark as if evil burned beneath. Many years would pass before she learned the hellish history of this mark. The girl often wonders why she has no such mark. She now stands on the precipice of hell, horror, and history. The sky is eternally gray, and the air holds death in its embrace. Rain cries silently as she faces the gate. Her heart is full of monstrous rage. The rage she inherits from Ima. She slowly lifts her eyes and there are the words Ima saw that day *Arbeit Macht Frei - Work Makes You Free*.

Rage leaks from her eyes. Ima's decimated body, mind and spirit never recovered from the hell she endured beyond this gate. Family members never returned. Most were shot to death, and others, gassed. Ima said, in later years, she should have perished there. There would be no nightmares, no memories, no hellish dreams, no mark upon her body.

As she entered the gate, she saw Ima arriving in the cattle car. The fear, the past, and the future grip her heart. She gathers tightly to her body, Papa's prayer shawl, and Ima's yellow star. Around her neck hangs a Star of David, she rubs it as if it were talisman. Could it erase the horror of the past? Could it make the world a better place? Could it secure peace?

As she continued to walk the grounds of Auschwitz, there is a small pile of rocks, just small rocks. Each rock represents a life lost within the walls of Auschwitz. She added to that pile another rock. The rock's meaning is we know you, we hear you, and our history is forever written upon the hearts of all the Jewish people. As time ended, having come to the last pile of rocks, she opened her prayer book and recited the Mourner's Kaddish. She mourns for all those who lay within the hellish death camp without family, without Jewish burial, and no one to mourn for them. Her last task within these walls is to leave her father's tefillin. The mantle of prayer, a Jewish man wears in the synagogue to pray.

She looks around one more time before exiting the hellish gate. She inhales the lessons her people have died for. In a final declaration she screams out. I am D'vorah. I am bat Yehudit. I am the daughter of Yehudit. My people's history will never be exterminated. 140764 may her memory be for a blessing.

~Written by: Bat Yehudit- Daughter of Judith



TAI CHI Wednesdays 10am \$3/class

Interested in the benefits and beauty of learning the martial art of Tai Chi? Beginners always welcome! Call Mariana: 360-422-8549

Live Music!

Ward MCCary—June 3 @ 10:30

David Lee Howard—June 9 @ 10:30

Steve Ellis—June 18 @ 10:30

Alice & Sand's Musical Show—June 26 @ 11:00

FREE Virtual Exercise in the Community Hall

10am on Mondays and Fridays
No charge—All levels welcome!

Save a Tree!

Go paperless! Want your BSC newsletter delivered to your inbox? Just email us at BurlingtonSrCenter@yahoo.com to be added to our list.

BINGO Tuesdays at 1:00pm

Bingo is lots of fun & a BSC fundraiser! Only \$.50/card for the first 6 games, and \$1/card for the last 2 games. Cards and daubers provided. Winner from each game chooses the next game.

More Prizes! Enter to win three **free raffles!**

Ukulele Fun & Song Circle

**Wednesdays
1-2pm**

Beginners welcome!

Play or just come to sing along. Learning materials provided, and loaner ukes available. Songs projected on a screen. Guaranteed you'll have a ukedelic time!



Homemaker Home Health Aide (HHHA) Program

Have you heard about the HHA program through Veterans Affairs? It's a program for Veterans of any age who need personal care and help with daily living activities. It also helps Veterans who are isolated, or when their family caregivers are experiencing burnout and need time off.

Homemaker Home Health Aides who work for companies contracted with Veterans Affairs can be used by Veterans as an alternative to nursing home care, or to get respite care at home for family caregivers.

You can apply online or in person to see if you're eligible for the HHA program, although there may be a wait list. Visit the VA Website: www.va.gov/health-care for more information or call 877-222-8387.

United General Fitness is joining us! June 12th from 11am — 12:30pm

Stop by their info desk and say hello! United Fitness Center specializes in fitness programs designed for seniors and those with specific health conditions. The friendly staff can share information, answer questions, and see if Medicare will cover your membership.

BSC Movie Day! "Because I Said So" Friday, June 20 12:30pm

Daphne is the loving, but overbearing mother who tries to set her daughter up with the right man by secretly placing a personal ad. Stars Dianne Keaton & Mandy Moore in a comedy you'll love!



Dee Doyle Acrylic Art Classes Thursdays

12:30—3pm \$20/class

Drop-ins always welcome!

For further information and an art supply list, email Dee Doyle at deedoyle11@gmail.com or call (360) 630-0208. Some experience preferred but not necessary.

ACUPUNCTURE

Fridays \$20.00—30 minutes

Enjoy acupuncture in a welcoming community setting, treating one area per session. Acupuncture's benefits include helping with chronic pain, sleep disorders, anxiety, depression, headaches, and more! To book appointments call Hadea at 360-661-3109 or email: Happyhadea@gmail.com

Lunch and Learn June 30—Noon

RSVP: 360-707-8403

Sponsored by *Home Place, Where The Heart Is*, and the *Skagit Adult Day Program*.

Caregiver Support 2nd and 4th Wednesdays 1:30pm

FREE classes!

Offered by *Skagit Adult Day Care Program*

Craft & Chat Fridays 10am

Call ahead to make sure the group is meeting.

Bring your crafts & join in some creative fun!

Quilts of Valor 9:30 am—1st & 3rd Tues- days

Our mission is to help bring comfort to our Veterans.

Foot Care \$35 Most Tuesdays 8:30—2:30

30-minute appointments on most Tuesdays.
Call 360-755-0102 to schedule appointments.

Party Bridge Fridays Noon—3:30

All bridge players are welcome! Contact: Deeabenroth@hotmail.com

Skagit Widow Support June 13—Noon

Board meeting and potluck lunch will be held the 2nd Friday of each month at noon.

Haircuts Tuesdays 1—3pm

By donation from Cosmetologist Shellie Reed. 360-755-0102 to schedule. Walk-ins when available.

June 2025

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

2

9:00 GUMBA Cards
9:00 Weight Loss Class
10:00 Board Meeting
10:00 Exercise
12:30 Art Group

3

8:30 Foot Care
9:30 Quilts of Valor
10:00 Quilt and Craft
10:30 Ward McCary Music
1:00 BINGO
1:00 Haircuts

4

9:00 GUMBA Cards
10:00 Tai Chi
12:30 Pinochle
1:00 Ukulele

5

8:30 Special Foot Care day added
11:00 Bridge
12:15 Hand and Foot
12:30 Art w/Dee Doyle

6

9:00 Acupuncture
10:00 ZUMBA Gold
10:30 Powerful Tools Class
12:15 Bridge

9

9:00 GUMBA Cards
9:00 Weight Loss Class
10:00 Exercise
10:30 David Lee Howard Music
12:30 Art Group
1:00 SHIBA
1:00 Tarts Meeting

10

8:30 Foot Care
10:00 Quilt and Craft
1:00 BINGO
1:00 Haircuts

11

9:00 GUMBA Cards
10:00 Tai Chi
12:30 Pinochle
1:00 Ukulele
1:30 Caregiver Support Class

12

11:00 United General Fitness info table
11:00 Bridge
11:30 Father's Day Luncheon —RSVP
12:15 Hand and Foot
12:30 Art w/Dee Doyle

13

9:00 Acupuncture
10:00 ZUMBA Gold
10:30 Powerful Tools Class
12:00 SWSS Potluck & Board Meeting
12:15 Bridge

16

9:00 GUMBA Cards
9:00 Weight Loss Class
10:00 Exercise
12:30 Art Group
1:00 Minis

17

8:30 Foot Care
9:30 Quilts of Valor
10:00 Quilt and Craft
1:00 Haircuts
1:00 BINGO

18

9:00 GUMBA Cards
10:00 Tai Chi
10:30 Steve Ellis Music
12:30 Pinochle
1:00 Ukulele

19

**Closed
Juneteenth**

20

9:00 Acupuncture
10:00 ZUMBA Gold
10:30 Powerful Tools Class
12:15 Bridge
12:30 Movie Day
"Because I Said So"

23

9:00 GUMBA Cards
9:00 Weight Loss Class
10:00 Exercise
12:30 Art Group

24

8:30 Foot Care
10:00 Quilt and Craft
1:00 BINGO
1:00 Haircuts

25

9:00 GUMBA Cards
10:00 Tai Chi
12:30 Pinochle
1:00 Ukulele
1:30 Caregiver Support Class

26

9:00 Marketing Meeting
11:00 Bridge
11:00 Alice & Sand's Musical Show/ Cello and Piano Music
12:15 Hand and Foot
12:30 Art w/Dee Doyle

27

9:00 Acupuncture
10:00 ZUMBA Gold
12:15 Bridge

30

9:00 GUMBA Cards
9:00 Weight Loss Class
10:00 Exercise
12:30 Art Group
1:00 Lunch and Learn

Seniors Face Growing Challenges to Aging in Place

Most seniors prefer to stay in their homes as they age, however, it can be challenging due to increasing physical/cognitive changes and limited incomes. Governor Ferguson signed a new law expanding options for long-term care support through the *WA Cares Fund*, helping qualified seniors address some of these challenges.

You can learn more about the *WA Cares Fund* through the Northwest Regional Council, a human services agency serving Skagit County. NWRC funds and/or provides community-based programs to help older adults, people with disabilities, and people living with behavioral health disorders live in their own homes and communities for as long as possible, postponing or eliminating the need for institutional care. For more information contact NWRC at nwrcwa.org or visit the *WA Cares Fund* website at wacaresfund.wa.gov.

June 2025

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

2 Spaghetti & Meatballs served with Garlic Bread	3 Butternut & Sausage Soup served with Apple Slices	4 Chicken Souvlaki served with Lemon Roasted Potatoes	5 Meatloaf served with Mashed Potatoes and Gravy	6 Chicken Taco Salad served with Cornbread Muffins
9 Cheese Omelet served with Sausage Links and Hashbrowns	10 Chicken Fried Steak served with Mashed Potatoes and Gravy	11 Lemon Pepper Fish served with Pineapple Chunks	12 Father's Day Luncheon Beef Roast w/ Gravy served with Strawberry Shortcake	13 Hawaiian BBQ Chicken Wrap served with Vegetable Salad
16 Hot Turkey Sandwich served with Mashed Potatoes	17 Ham and Pasta Bake served with Green Salad	18 Orange Chicken over Rice served with Sesame Slaw	19 CLOSED 	20 3 Bean Casserole served with Pea & Cheese Salad
23 Pork Egg Roll Bowl served with Peaches	24 Alpine Chicken served with Orange Sections	25 Brunswick Stew served with Green Salad	26 Vegetable Lasagna served with Garlic Bread	27 Hamburger Gravy served over Mashed Potatoes and Birthday Cake
30 Pub Battered Fish served with Apple Crisp	Enjoy coffee & tea at BSC? Coffee and tea are being provided with fundraised money, and aren't part of lunch. Please donate to the BSC Coffee Fund.	Join Us For Lunch 11:30—12:30 Monday—Friday <ul style="list-style-type: none"> Suggested donation \$5.00 if over age 60, \$7.00 if under 60 Please bring small bills to donate for your lunch or our coffee fund. Volunteers are allowed to obtain a space in line for lunch without waiting for table numbers to be called so they can get back to volunteering. 		

Happy June Birthday!

Jo Klop 2
Jim Stout 2
Keith Larson 5
Jackie Cress 7
Gary Winroth 12
Dee Abenroth 21



Father's Day Luncheon

June 12

RSVP: Sign up at the front desk or call 360-755- 0102.
Only 100 spots available! Please be seated by 11:30am.



Menu substitutions or changes are sometimes necessary. Thank you for your understanding, and enjoy your lunch!