



**May 2025**

**PO Box 35  
1011 Greenleaf Ave  
Burlington WA 98233**

**Open Mon-Fri, 8am—4pm  
360-755-0102  
[www.skagitcounty.net/  
BurlingtonSrCenter@yahoo.com](http://www.skagitcounty.net/BurlingtonSrCenter@yahoo.com)**

**Center Coordinator:**  
Jackie Cress  
[jcress@co.skagit.wa.us](mailto:jcress@co.skagit.wa.us)

**Nutrition Supervisor:**  
Cheryl Kaufman

**BSC Kitchen:**  
360-755-0942

### Mission Statement

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

### REGISTER NOW

#### Two Cyber Security Classes

20 spots—sign up at front desk.

- May 1 — 10:30am  
Cybersecurity Basics and Detecting Spam
- May 8 — 10:30am  
Cybersecurity Advanced Identity Theft

#### Powerful Tools for Caregiving

Skagit Adult Day Program

- Fridays- May 16-June 20  
10:30 to 12:00
- Space Limited! To register call 360-755-1235

### ACUPUNCTURE

#### Fridays in May

**\$20.00—30 minutes**

Enjoy acupuncture in a community setting, treating one area per session. Benefits include help with chronic pain, sleep disorders, anxiety, depression, headaches, and more!

To book appointments call Hadea at **360-661-3109** or email:  
[Happlyhadea@gmail.com](mailto:Happlyhadea@gmail.com)

### Farmers Market Benefit Cards available at Burlington Senior Center

**Friday, May 23 11am—12pm**

The Skagit County Senior Nutrition Program receives a limited number of benefit cards with up to \$80 to use at approved Skagit County Farmers Markets or Farm Stores. Skagit County seniors, age 60 years or older (55+ if Native American or Alaska Native) with incomes below \$2,413 for individuals and \$3,261 for couples, must complete paperwork with contact information and say that you meet the income guidelines to receive a benefit card on a first come/first served basis.

Farmers Market Benefit Cards are also available at the Mount Vernon Senior Center on May 12, 11am-12pm, the Sedro-Woolley Senior Center on May 16, 11am-12pm, and the Anacortes Senior Activity Center on May 19, 12:30pm-1:30pm. For details call Skagit County Public Health at (360) 416-1500.



### Mothers Day Luncheon May 8—11:30

**RSVP needed! Stop by front desk or call 360-755-0102.**



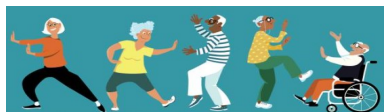
### United General Fitness is joining us!

**May 8 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 your insurance covers your membership. Membership is **FREE** for 80% of seniors on Medicare!



## Tai Chi

Interested in the benefits of Tai Chi? Wednesdays at 10am — \$3.00 per class. Call Mariana at 360-422-8549 for details.

Beginners always welcome!

## Bag a Beauty... Bid in Style!



BSC is holding a silent auction May 1 — May 15 ending at noon, featuring wonderful handbags.

All proceeds support our non-profit BSC Advisory Board.

Make a bid for a beautiful bag and show BSC your support!

## Need a Trim? Haircuts at BSC!

Licensed cosmetologist Shellie Reed is offering simple haircuts Tuesdays, 1—3pm by donation. Call 360-755-0102 to schedule.

Walk-in openings when available.

## FREE Virtual Exercise in the Community Hall

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



## 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!

Join us any Wednesday!

## BINGO Tuesdays at 1:00pm

Bingo is a Burlington Senior Center fundraiser and it's lots of fun!!!! Only \$.50 cents a card for the first 6 games, and the last 2 games cost \$1.00. Cards and daubers are provided and the winner from each game chooses the next game.

**Prizes!** Everyone is welcome to enter for a chance to win three **FREE** raffles for great prizes!

*Volunteers Needed* — Burlington Senior Center is looking for folks willing to train at calling bingo and bingo card sales. Have some fun, meet new people, and learn something new!

## Relief Programs for Seniors — Monday, May 19 — 12:30 to 1:30

The Skagit County Assessor's Office and the Skagit County Treasurer's office will be here Monday, May 19 from 12:30 to 1:30pm, answering questions and providing helpful information! Don't miss this chance to learn about assessments, property values, Senior Property Tax Exemptions, and Transfer on Death Deeds—legal paperwork allowing property owners to designate a beneficiary to automatically inherit property without the need for probate. Come ask about these topics and so much more!

## Free Movie Day! TWISTER Friday, May 23 at 12:30pm

**Don't miss this one...it'll blow you away!** Kate, a former storm chaser safely studying storm patterns from New York City, is lured back to the Midwest to test a groundbreaking new tracking system. She crosses paths with Tyler, a social-media superstar thriving on posting storm-chasing adventures—the more dangerous the better. As storm season intensifies, terrifying phenomena are unleashed. Kate, Tyler and their teams find themselves in the path of multiple storms in the fight of their lives.

## Dee Doyle Acrylic Art Classes



**Thursdays from  
12:30—3pm**

**\$20/class**

Drop-ins always welcome!

Some experience preferred but not necessary.

For further information and an art supply list, email Dee Doyle at [deedoyle11@gmail.com](mailto:deedoyle11@gmail.com) or

## Live Music!



Ward McCary — Tuesday, May 6 at 10:30am

David Lee Howard — Monday, May 12 at 10:30am on 12-string guitar

Steve Ellis — Wednesday, May 21 at 10:30am "Man of 1000 Songs"

Marcia Kester — Thursday, May 22 -10:30am

MBMS Mariachi Band — Friday, May 23 at 11am

## Lunch and Learn

Offered the last Monday of the month at 12 noon.  
RSVP: 360-707-8403

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

## Caregiver Support

All welcome! FREE classes at 1:30pm on the 2nd and 4th Wednesday of the month.

Offered by *Skagit Adult Day Care Program*

## Save a Tree!

Want your BSC newsletter delivered to your inbox?

Just email [BurlingtonSrCenter@yahoo.com](mailto:BurlingtonSrCenter@yahoo.com) to be added to our list.

## Enjoy coffee & tea at BSC?



Please donate to our Coffee Fund

## Foot Care \$35

30-minute appointments on most Tuesdays from 8:30am—2:30pm.

Call 360-755-0102 to schedule appointments. Time slots fill **fast!**

## Party Bridge

Fridays, 12—3:30pm

All bridge players are welcome!

Contact: [Deebaenroth@hotmail.com](mailto:Deebaenroth@hotmail.com)

## Skagit Widow Support

Board meeting and potluck lunch will be held the 2nd Friday of each month at 12:00 noon.

## Quilts of Valor

**10am**

Meeting on the 2nd and 4th Tuesdays of each month!

# May 2025

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

## Tax Stats...Super Awesome!

Did you know? Lead by Sue Curtis, the amazing volunteers for the AARP Tax Aide program filed 820 returns this year from the Burlington Senior Center, and a grand total of 1,284 returns in Skagit County!

With the average charge for paid tax providers being around \$300.00, the AARP Tax Aide program saved tax payers over \$385,200.00 in filing fees! Thank you to the volunteers for AARP Tax Aide program and of course, our BSC Front Desk!

**1**

10:30 Cyber Security Class  
11:00 Bridge  
12:15 Hand and Foot  
12:30 Art w/Dee Doyle

**2**

9:00 Acupuncture  
9:00 GUMBA Cards  
10:00 ZUMBA Gold  
10:00 Craft & Chat  
12:15 Bridge

**5**

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

**6**

8:30 **NO** Foot Care  
**10:30 Music with Ward McCary**  
1:00 BINGO  
1:00 Haircuts

**7**

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

**8**

10:30 Cyber Security Class  
11:00 United General Fitness info table  
11:00 Bridge  
12:15 Hand and Foot  
12:30 Art w/Dee Doyle

**9**

9:00 Acupuncture  
9:00 GUMBA Cards  
10:00 ZUMBA Gold  
10:00 Blood Pressure Checks  
10:00 Craft & Chat  
12:00 SWSS Potluck & Board Meeting  
12:15 Bridge

**12**

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

**13**

8:30 **NO** Foot Care  
10:00 Quilt and Craft  
10:00 Quilt and Craft & Quilts of Valor  
1:00 BINGO  
1:00 Haircuts

**14**

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

**15**

11:00 Bridge  
12:15 Hand and Foot  
12:30 Art w/Dee Doyle

**16**

9:00 Acupuncture  
9:00 GUMBA Cards  
10:00 ZUMBA Gold  
10:00 Craft & Chat  
10:30 Powerful Tools for Caregiving  
12:15 Bridge

**19**

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

**20**

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

**21**

9:00 GUMBA Cards  
10:00 Tai Chi  
**10:30 Music with Steve Ellis**  
12:30 Pinochle  
1:00 Ukulele  
1:30 Caregiver Support Class

**22**

**10:30 Music with Marcia Kester**  
11:00 Bridge  
12:15 Hand and Foot  
12:30 Art w/Dee Doyle

**23**

9:00 Acupuncture  
9:00 GUMBA Cards  
10:00 ZUMBA Gold  
10:00 Craft & Chat  
10:30 Farmers Market Benefit Cards  
10:30 Powerful Tools  
**11:00 Music with MBMS Mariachi Band**  
12:15 Bridge  
12:30 Movie Day-Twister

**26**

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

**27**

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

**28**

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

**29**

9:00 Marketing Meeting  
11:00 Bridge  
12:15 Hand and Foot  
12:30 Art w/Dee Doyle

**30**

9:00 Acupuncture  
9:00 GUMBA Cards  
10:00 ZUMBA Gold  
10:00 Craft & Chat  
10:30 Powerful Tools for Caregiving  
12:15 Bridge



# May 2025

**MONDAY**

**TUESDAY**


**WEDNESDAY**

**THURSDAY**

**FRIDAY**

## Join Us For Lunch 11:30-12:30 Monday—Friday

- Suggested donation \$5.00 if over 60, \$7.00 if under 60  
Please bring small bills to donate for your lunch or our coffee donation.
- 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.

5 Pastrami & Swiss on a Pretzel Roll served with Sauerkraut	6 Kaula Pig served with Cabbage Ramen Salad	7 Salisbury Steak served with Mashed Potatoes	1 Pork Roast served with Mashed Potatoes & Gravy	2 Beef Barley Stew served with Roasted Sweet Potatoes
12 Polo Con Crema served with Spanish Rice	13 Asian Chicken Salad served with a Fortune Cookie	14 Lasagna served with Italian Green Beans	8 <b>Mother's Day Luncheon</b> Chicken Cordon Blue served with Broccoli Grape Salad	9 Eggplant Parmesan served with a Yogurt Parfait
19 Eggs Benedict served with Green Salad	20 Beef Fajitas w/ Tortillas served with Peach Crisp	21 Clam Chowder served with Lentil Confetti Salad	15 Tuna Salad Sandwich served with a Spring Mix Salad	16 Swedish Meatballs served with Mashed Potatoes
26 <b>Closed</b> 	27 Biscuits & Gravy served with Hashbrowns	28 Chicken & Vegetable Curry served with Basmati Rice	22 Pulled Turkey & Gravy served with Mashed Potatoes	23 Chef Salad served with a Potato Roll
			29 Reuben Casserole served with Orange Sections	30 Paella w/ Rice served with Birthday Cake

## Happy May Birthday from Burlington Senior Center!

Betty Sebers 9    Bev Rudd 10  
Loren Dahl 17    Joyce Delk 24



## Mother's Day Lunch May 8

**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!