



Burlington Senior Center

November 2025



PO Box 35
1011 Greenleaf Ave
Burlington WA 98233

Open Mon-Fri, 8am—4pm
360-755-0102

www.skagitcounty.net/
BurlingtonSrCenter@yahoo.com

Center Coordinator:

Jackie Cress
jcress@co.skagit.wa.us

Nutrition Supervisor:

Cheryl Kaufman

BSC Kitchen:

360-755-0942

Mission Statement

We reach out to the Skagit community by providing camaraderie, good nutrition, and health information.

We offer entertainment and intellectual stimulation through classes, speakers, and interactive programs from 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.



Cheers to 40 Years!

Helping Hands Food Bank Info Table Nov. 20 — 10am

We're more than a Food Bank...the mission of Helping Hands is to nourish our community with kindness and respect without judgement. Helping Hands has grown and changed over the past 40 years, but what has remains the same is our vision: to ensure every citizen has access to the food and resources to help them thrive.

We are Skagit County's largest direct food provider through community support, donations and programs like grocery rescue, with over 9,500 households served last year.

Stop by our info table and visit with us.

Thanksgiving Luncheon Nov. 20 11:30—12:30 RSVP Needed!

Come enjoy turkey with all the fixin's! Sign up after Nov. 3 at the front desk or call 360-755-0102. Limited seating for 120. Be seated promptly by 11:30 so we can start serving. Serving ends at 12:30.



"Having an Adult Conversation with Your Adult Children" with Terry Nov. 18 — 10am

"Having an Adult Conversation with Your Adult Children" is a gentle, practical class designed to help families talk about the important things in life—like future plans, housing, health, and finances—without stress or tension.

Parent-adult child relationships can be difficult due to lingering emotional scars. We'll share simple ways to open the conversation, set healthy boundaries, and keep family relationships strong. This is a wonderful opportunity to learn how to talk with your loved ones, not at them, so everyone feels heard and respected.

Join our conversation, and learn how to begin healing fractured family relationships with positive communication.

HAPPY THANKSGIVING
FROM
THE BSC ADVISORY BOARD

Pumpkin Pie Social



Please come and socialize
with pie & coffee!
One piece per person
no charge



Tuesday, November 25th
12:30 p.m. to 2:00 p.m.
or until we run out of pie

Chair Yoga — Mondays — 10:00

Chair yoga is a gentle way for older adults to enjoy the benefits of yoga without strain, improving flexibility, balance, circulation, and mental well-being. Enjoy better health and have fun with yoga instructor Melissa Kay Hansen.

Suggested \$5.00 donation per class.

Dee Doyle Acrylic Art Classes Thursdays — 12:30 — \$20/class

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

Let your creative side shine!

Foot Care — Tuesdays Starting at 8:30 — \$35/session

Your feet always support you, so return the favor. As you age, your healthy feet become essential for being mobile, active, and safe. Professional 30-minute foot care appointments are available on most Tuesdays. Call 360-755-0102 to schedule your appointment. Don't delay...time slots fill fast!

Quilts of Valor Tuesdays — 9:30

Quilts of Valor is all about expressing gratitude and comfort to our veterans and active duty military members for their service to our nation. Quilts are awarded to Veterans touched by war to thank them for serving our nation. For more info go to: www.govf.org.

Haircuts! Tuesdays 1:00 — 3:00

If you've ever wondered what to do with your hairstyle, the BSC can help! Trims and haircuts are offered by donation from talented Cosmetologist Shellie Reed.

Call 360-755-0102 to schedule your "new do"!

Walk-ins available if time allows.

SuperBingo is BAAAACK! Tuesday, Nov. 4th — 1:00

SuperBingo is SuperFun! Everyone's a winner...even if they lose!

Regular Bingo is held most Tuesdays at 1:00. It's a great BSC fundraiser! \$.50/card for the first 6 games, and \$1/card for last 2 games.

Tai Chi — Wednesdays / 10:00 — \$3/class

Interested in learning the gentle art of Yang-style Tai Chi? Known for it's graceful movements and health benefits, Tai Chi promotes relaxation, balance, and focus. It is perfect for seniors!

Led by experienced instructor Mariana Foliart. Call 360-422-8549 for more information or just stop by. Beginners warmly welcomed.

Ukulele Fun & Song Circle Wednesdays — 1:00

Learn to play one of the worlds greatest, and zaniest, instruments! Ukulele lovers, brace yourselves for a fun-filled musical journey. Loaner ukes and learning materials provided. Songs & lyrics are projected on a screen. **Beginners welcome!**

Acupuncture

Fridays starting at 9:00 — \$20/session

Enjoy acupuncture in a welcoming community setting, treating one area per 30-minute session. Acupuncture's benefits include helping chronic pain, anxiety, depression, headaches, and more! To book call Hadea at **360-661-3109** or email: Happlhadea@gmail.com

Zumba Gold Fridays — 10:00

Perfect for active older adults who are looking for a Zumba class that recreates the original moves you love, but at a lower-intensity. Our class offers easy-to-follow Zumba® choreography focusing on balance, range of motion and coordination. Free to participate! Get in the groove with us at the BSC...it's FUN!

BSC Live Music!

Nov. 4th at 10:30 — Ward McCary Music

Nov. 12th at 10:30 — Tony and Lori Phillips Duet

Nov. 17th at 10:30 — David Lee Howard Music

Nov. 18th at 10:30 — Greg Kirkpatrick Music

Nov. 19th at 10:30 — Steve Ellis Music

Party Bridge Fridays at Noon

Party bridge is a relaxed and social variation of the traditional card game bridge, often played in informal settings with a focus on enjoyment rather than strict competition. It's fun for players of all skill levels. All bridge players are welcome. Join us!

Movie Day: The Ballad of Wallace Island Nov. 21st — 12:30

A big-hearted, eccentric and delightful comedy featuring quirky, very British characters and humor. An eccentric lottery winner who lives alone on a remote island tries to make his fantasies come true by getting his favorite musicians to perform at his home.

Lunch and Learn Nov. 24 — 12:00

Caregivers are offered the opportunity to learn from local experts while enjoying lunch sponsored by *Whispering Willows Memory Care*.

Caregiver Support Nov. 12 & 26 — 1:30

Free support classes offering a safe, supportive environment to share and learn from other caregivers, sponsored by *Skagit Adult Day Care*.

November Activities

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

3
9:00 GUMBA Cards
9:00 Weight Loss Class
10:00 Chair Yoga
10:00 Board Meeting
12:30 Art Group

4
8:30 Foot Care
9:30 Quilts of Valor
10:00 Quilt and Craft
10:30 Ward McCary Music
1:00 Haircuts
1:00 SuperBingo!

5
Silent Auction Begins
9:00 GUMBA Cards
10:00 Tai Chi
12:30 Pinochle
1:00 Ukulele

6
11:00 Bridge
12:15 Hand and Foot
12:30 Art w/Dee Doyle

7
9:00 SHIBA
OPEN ENROLLMENT
9:00 Acupuncture
10:00 **NO ZUMBA Gold**
10:30 Powerful Tools for Caregivers
12:15 Bridge

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

11
Closed to Honor Our Veterans



12
9:00 GUMBA Cards
10:00 Tai Chi
10:30 Tony and Laurie Phillips Duet Ukulele
12:30 Pinochle
1:00 Ukulele
1:30 Caregiver Support Class

13
11:00 Bridge
12:15 Hand and Foot
12:30 Art w/Dee Doyle

14
9:00 Acupuncture
10:00 ZUMBA Gold
10:30 Powerful Tools for Caregivers
12:00 Skagit Widow Support Potluck
12:15 Bridge

17
9:00 GUMBA Cards
9:00 Weight Loss Class
10:00 Chair Yoga
12:30 Art Group
1:00 Minis

18
8:30 Foot Care
9:30 Quilts of Valor
10:00 Quilt and Craft
10:00 "Having an Adult Conversation" by Terry
10:30 Greg Kirkpatrick Music
1:00 Haircuts
1:00 BINGO

19
9:00 GUMBA Cards
10:00 Tai Chi
10:30 Steve Ellis Music
12:30 Pinochle
1:00 Ukulele

20
10:00 Helping Hands Food Bank Info Table
11:00 Bridge
11:30 Thanksgiving Luncheon — RSVP Be here by 11:15
12:15 Hand and Foot
12:30 Art w/Dee Doyle

21
9:00 Acupuncture
10:00 ZUMBA Gold
10:30 Powerful Tools for Caregivers (last of series)
12:00 Silent Auction ends
12:15 Bridge
12:30 Movie Day — "The Ballad of Wallace Island" British comedy

24
9:00 GUMBA Cards
9:00 Weight Loss Class
10:00 Chair Yoga
12:00 Lunch and Learn
12:30 Art Group

25
8:30 Foot Care
10:00 Quilt and Craft
12:30-2:00 Pumpkin Pie Social
1:00 Haircuts
1:00 **NO BINGO**

26
9:00 GUMBA Cards
10:00 Tai Chi
12:30 Pinochle
1:00 Ukulele
1:30 Caregiver Support Class

27 **Closed**



28 **Closed**

Update on the Skagit County Senior Nutrition Program

The Skagit County Commissioners have asked the Northwest Regional Council to find a new nonprofit provider for the senior nutrition program by July 1, 2026. The change is intended to ensure long-term sustainability for the program, as costs rise and the demand grows. There will be no changes to the senior center's congregate meals or Meals on Wheels through June 30, 2026.

The County and Northwest Regional Council will work closely with the new provider to ensure a smooth transition and continued service for local seniors.

For more information, pick up a flyer in the Burlington Senior Center's lobby.

Save a Tree! Go paperless!

Want to receive your monthly BSC newsletter online?

Find us on Facebook or email us at BurlingtonSrCenter@yahoo.com.

Enjoy coffee & tea at BSC?

Coffee and tea are provided at the front desk with fundraised money.

Thank you to Fidalgo Coffee Roasters for helping with Coffee!

Support BSC

Time for some holiday shopping at BSC!

Bid on our Silent Auction with lots of great gifts!

Wed. Nov. 5th through **NOON** on Fri. Nov. 21st

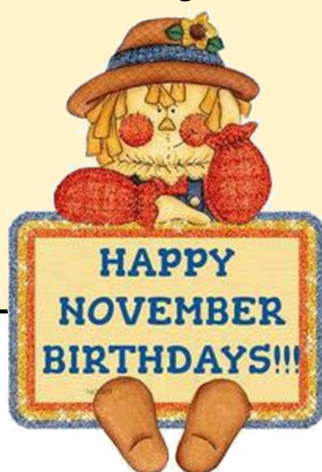
November Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Sweet & Sour Meatballs served over Rice	4 Ham and Swiss Quiche served with Peas and Carrots	5 Tomato Basil Soup served with a ½ Egg Salad Sandwich	6 Pork Roast served with Mashed Potatoes	7 Chicken Almond Casserole served with Orange Sections
10 Ginger Chicken w/ Peaches served with Asian Slaw	11 CLOSED 	12 Chicken Fried Steak served with Mashed Potatoes and Gravy	13 Fish w/ Cilantro Sauce served with Tex-Mex Salad	14 Vegetable Lasagna served with Salad and Garlic Bread
17 Bacon Cheeseburger served with Onion Rings	18 Split Pea Soup served with a ½ Turkey Sandwich	19 Chicken Caesar Salad served with Garbanzo Bean Salad	20 Thanksgiving Feast Turkey & Stuffing w/ Mashed Potatoes served with a Pumpkin Dessert	21 Cheese Omelet served with Hashbrowns and Birthday Cake
24 Meatball Chowder served with Green Salad	25 Baked Chicken Thigh served Mashed Potatoes and Gravy	26 Pork Egg Roll Bowl over Rice served with a Brownie	27 CLOSED 	28 CLOSED 

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

BSC November Birthdays!

Sue Zimmerman 1
Judy Bailey 2
Raymond Scott 3
Larry Gilbert 8
Bob Ferdig 13
Judy Bowers 16
Cherie Scott 28



Join Us For Lunch 11:30—12:30

- Suggested donation \$5.00 if over 60, \$7.00 if under 60. Volunteers may obtain a space in line for lunch without waiting for table numbers to be called so they can get back to volunteering.
- BSC HOLIDAY LUNCHEON! Thursday, Dec. 18— 11:30**
RSVP after Dec.1st: call 360-755-0102 or stop by the front desk. Limited seating for 120. Please be seated promptly by 11:30, and serving ends at 12:30.

