



PO Box 35
1011 Greenleaf Ave
Burlington WA
98233

Open Mon-Fri, 8am—4pm
360-755-0102
www.skagitcounty.net/

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.



HALLOWEEN SCAVENGER HUNT

**Win a \$25.00
Fred Meyer Gift Card!**

Starting Oct. 1st
get your entry at
the front desk,
get started and
keep hunting!



The drawing for the winner will
be held on Halloween. Caution!
Watch out for bats, witches, and
zombies—it may be the last
thing you do. Mwaaahaahaha!

Skagit Transit Info Table Oct. 31, 11:45—1:00

Skagit Transit will be at the BSC,
offering information about public
transportation improvements.



Stop by the info table
to learn about new
accessible transit
options sure to make
coming to the BSC
even better...

HAPPENINGS IN OCTOBER!

Harvest Swing Dance Oct. 3 — 7:00pm

A fund raiser dance featuring the Skagit Swings Band will be held at the Mount Vernon Senior Center to help raise money toward their needed new building. Come cut the rug and show your support!

Outsmart the Scammers Oct. 9 — 10:30

A new fraud awareness class by Kari Kennedy of Edward Jones is coming Oct. 9th. The seminar will discuss how to spot red flags indicating fraud, offer resources to turn to if you're targeted, and steps to take now to help protect yourself. Q&A afterwards.

SHIBA Medicare Open Enrollment Help Nov. 7 — **FREE** Call for appointment!

The *Statewide Health Insurance Benefits Advisors* (SHIBA) are trained volunteers who educate and advocate for people with Medicare. SHIBA handouts are available at the BSC front desk. SHIBA volunteers will be at the Burlington Senior Center **Nov. 7th** to answer questions about Open Enrollment for Medicare's 2026 health insurance plans, including Medicare Advantage and Part D drug plans. They can help you navigate Medicare's changes.

To request an in-person appointment to meet with SHIBA at the BSC call the **Skagit message line at 360-826-8828** after Oct. 1st. SHIBA will get back to you to schedule your session. Assistance is also available by phone or an online Zoom meeting. SHIBA volunteers are unbiased, respectful of your privacy, and there is no cost for their assistance. Appointments fill fast.

Senior Options /Smooth Transitioning: Empowering information from Terry Oct. 7 10:00 am Sign Up at the Front Desk! Join us for an informative class on navigating senior living choices! Know your options, understand your budget, and plan for the best retirement years possible. We'll cover local senior housing, care alternatives, tips for making confident decisions, and resources to support a smooth transition. Empower yourself to make choices that fit your lifestyle, needs, and peace of mind.

Powerful Tools for Caregivers Oct. 17- Nov. 21 10:30am

Are you taking care of a loved one? Don't miss this important series of six classes by experienced instructors Gavin Ellis and Amy Erie, RN where you'll develop a wealth of selfcare tools through interactive lessons, brainstorming, and discussions. Classes will be Fridays from 10:30 until noon, beginning October 17th. Call 360-755-1235 to register.

NEW CLASS! Chair Yoga
Mondays — 10:00

Chair yoga is a gentle and accessible way for older adults to enjoy the benefits of yoga without strain. Taught by Melissa Kay Hansen, chair yoga improves flexibility, balance, circulation, and mental well-being. Suggested \$5/class donation. **NOTE: Virtual Exercise Class will now start at 9am, and Chair Yoga at 10am on Monday's.**

Quilts of Valor
1st & 3rd 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.qovf.org.

Haircuts Tuesdays 1:00—3:00

Having a bad hair day? The BSC can help!
Trims and haircuts are offered by donation from talented Cosmetologist Shellie Reed. Walk-ins are available if time allows. Call 360-755-0102 to schedule your "new do," and banish the bad hair day blues.

BINGO! Tuesdays — 1:00

Bingo is lots of fun & a great BSC fundraiser!
Only \$.50/card for the first 6 games, and \$1/ card for the last 2 games. Cards and daubers provided. **Great Prizes!**



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!

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

Interested in learning the gentle art of Tai Chi? It is suitable for beginners and focuses on relaxation, balance, and emphasizes softness, gracefulness, and flowing movements. It is perfect for seniors!

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

Caregiver Support
October 8 & 22 — 1:30

Our free support classes offer a safe, relaxing, and supportive environment to share and learn from other family caregivers. Classes are held at 1:30pm on the 2nd & 4th Wednesdays of each month

Offered by *Skagit Adult Day Care Program*.

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!

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

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!

ZUMBA GOLD
Fridays — 10:00

Perfect for active older adults who are looking for a Zumba class that recreates the original dance moves you love, but at a lower-intensity. Our class offers easy-to-follow Zumba® choreography focusing on balance, range of motion and coordination. Perfect for seniors!

October Live Music — Scary GOOD!

Oct. 7 at 10:30 — Ward McCary Music
Oct 13 at 10:30 — David Lee Howard Music
Oct.15 at 10:30 — Steve Ellis Music
Oct. 21 at 10:30 — Greg Kirkpatrick
Oct. 30 at 10:30 — Marcia Kester



BSC Movie Day — SUPERMAN
October 17 — 12:30

New in 2025! When Superman gets drawn into new conflicts, his actions are questioned, giving the tech billionaire Lex Luthor an opportunity to get the Man of Steel out of the way for good. Stars David Corenswet.

Lunch and Learn
October 27th 12:00 — 2:00

The "Lunch and Learn" meetings offer caregivers the opportunity to learn from local experts while enjoying a homemade lunch. Meetings are held the last Monday of each month starting at noon at BSC.

Sponsored by *Whispering Willows Memory Care*

October Activities

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

TIME CHANGE !
FREE Virtual
Exercise Class
Now at 9:00 am
Mondays

Foot Care Most
Tuesdays
Starting at
8:30am — \$35

Call 360-755-0102 to
schedule your
appointment.

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

2
11:00 **NO** Bridge
12:15 Hand and Foot
12:30 Art w/Dee Doyle

3
9:00 Acupuncture
10:00 ZUMBA Gold
12:15 Bridge
7:00pm Harvest Swing
Dance fund raiser at Mt.
Vernon Senior Center

6
9:00 Virtual Exercise
9:00 Weight Loss Class
9:00 GUMBA Cards
10:00 Chair Yoga
10:00 Board Meeting
12:30 Art Group
1:00 Tarts Meeting

7
8:30 NO Foot Care
10:00 Quilt and Craft
10:00 Senior Options
class with Terry-
10:30 Ward McCary Live
Music
1:00 Haircuts
1:00 BINGO

8
9:00 GUMBA Cards
10:00 Tai Chi
12:30 Pinochle
1:00 Ukulele
1:30 Caregiver Support

9
10:30 Outsmart the
Scammers Seminar
11:00 **NO** Bridge
12:15 Hand and Foot
12:30 Art w/Dee Doyle

10
9:00 Acupuncture
10:00 ZUMBA Gold
12:00 Skagit Widow
Support Potluck
12:15 Bridge

13
9:00 Virtual Exercise
9:00 Weight Loss Class
9:00 GUMBA Cards
10:00 Chair Yoga
10:30 David Lee Howard
Live Music
12:30 Art Group
1:00 Minis
1:00 SHIBA

14
8:30 Foot Care
9:30 Quilts of Valor
10:00 Quilt and Craft
1:00 Haircuts
1:00 BINGO

15
9:00 GUMBA Cards
10:00 Tai Chi
10:30 Steve Ellis Live
Music
12:30 Pinochle
1:00 Ukulele

16
11:00 **NO** Bridge
12:15 Hand and Foot
12:30 Art w/Dee Doyle

17
9:00 Acupuncture
10:00 ZUMBA Gold
10:30 Powerful Tools
for Caregivers
12:15 Bridge
12:30 Movie Day —
“Superman”

20
9:00 Virtual Exercise
9:00 Weight Loss Class
9:00 GUMBA Cards
10:00 Chair Yoga
12:30 Art Group

21
8:30 Foot Care
10:00 Quilt and Craft
10:30 Greg Kirkpatrick
Live Music
1:00 Haircuts
1:00 BINGO

22
9:00 GUMBA Cards
10:00 Tai Chi
12:30 Pinochle
1:00 Ukulele
1:30 Caregiver Support

23
11:00 Bridge
12:15 Hand and Foot
12:30 Art w/Dee Doyle

24
9:00 Acupuncture
10:00 ZUMBA Gold
10:30 Powerful Tools
for Caregivers
12:15 Bridge

27
9:00 Virtual Exercise
9:00 Weight Loss Class
9:00 GUMBA Cards
10:00 Chair Yoga
12:00 Lunch and Learn
12:30 Art Group

28
8:30 Foot Care
10:00 Quilt and Craft
1:00 Haircuts
1:00 BINGO

29
9:00 GUMBA Cards
10:00 Tai Chi
12:30 Pinochle
1:00 Ukulele

30
9:00 Marketing Meeting
10:30 Marcia Kester
Live Music
11:00 Bridge
12:15 Hand and Foot
12:30 Art w/Dee Doyle

31 **Halloween**
Scavenger Hunt
drawing today! Cos-
umes welcome!
9:00 Acupuncture
10:00 ZUMBA Gold
10:30 Powerful Tools
for Caregivers
11:45-Skagit Transit
12:15 Bridge

October Menu

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Save a Tree! Go paperless!

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

Enjoy coffee & tea at BSC?

Coffee and tea are provided with fundraised money. Please donate to the BSC Coffee Fund.

1 Potato Corn Chowder served with a ½ Deli Sandwich

2 Octoberfest Lunch
Schnitzel served with Hot Potato Salad and Kraut

3 Western Frittata served with Green Salad

6 Biscuits & Gravy served with Hashbrowns and Sausage

7 Patty Melt on Rye served with Sweet Potato Fries

8 Honey Mustard Chicken served with Spinach Salad

9 Corndog Casserole served with Orange Sections

10 Hot Turkey Sandwich served with Peas and Carrots

13 Spaghetti & Meatballs served with Green Salad

14 Meatloaf served with Mashed Potatoes and Gravy

15 Tuna Sandwich served with Vegetable Salad

16 Pesto Chicken served with a Potato Medley

17 Butternut Squash Lasagna served with Bean Salad

20 Turkey Croissant served with Berry Cobbler

21 Asian Chicken Salad served with Pickled Beets

22 Salisbury Steak served with Mashed potatoes and Gravy

23 Supreme Pizza Soup served with a Brownie

24 Apricot Glazed Pork served with Citrus Couscous

27 Chicken Saag served with Basmati Rice

28 Macaroni & Cheese w/ Beef hotdogs served with Apricots

29 Pulled Pork Sandwich served with Baked Beans

30 Swiss Chicken & Stuffing served with Mashed Potatoes

31 Halloween Lunch
Bats & Cobwebs Casserole served with Undead Birthday Cake

Dress up for Halloween!

BSC October Birthdays!



Martha Stout 1
Mae Greathouse 2
Donna Kelly 18
Laura Bennett 19
Terry Helmka 22

Join Us For Lunch 11:30—12:30 Monday through 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 fund.
- Volunteers may obtain a space in line for lunch without waiting for table numbers to be called so they can get back to volunteering.

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