



Burlington Silliness Center

SPECIAL APRIL 1ST EDITION



PO Box 35
1011 Greenleaf Ave
Burlington WA 98233

Open Mon-Fri, 8pm—4am if
anyone's there. 360-755-0102
www.skagitcounty.net/

Chief Chaos Coordinator

Jackie Cress (email *compliments ONLY* today. April Fool's orders!)
jcress@co.skagit.wa.us

Supreme Snack Strategist:

Cheryl "Cookie Queen" Kaufman

Kitchen Culinary Commandos:

360-755-0942 Now featuring our
new "Guess What's Cookin'" hotline!

Newsletter & Facebook Faker

Michelle Barnhart — Editor-in-Chief
of BSC Giggles, Gags & Goofiness.

Mobile Munch Bunch 360-416-1500

Serving up meals that really *move*
you — literally, they're on wheels.
And they're *wheelie* very good!

Mission Statement

We reach out to the Skagit
community by providing fun,
camaraderie, yummy food, and
fake news every April 1st.

Today we offer total intellectual
confusion with faux classes and
ridiculous programs—not by
Skagit County Public Health or
the city of Burlington—who do
offer great programs, although
today's April 1st Edition is not.

We do not discriminate based on
race, color, creed, religion, orien-
tation, gender, gender identity,
age, disability, or whether you
think Bingo should truly be a
competitive sport.



Join us on
Facebook

New Program

**Competitive Chair Yoga
Debuts at the BSC to
Thunderous Applause**

**Gold medal awarded for "Most
Graceful Attempt to Stand Up."**

Participants will compete in
categories such as:

- Speed Stretching
- Synchronized Breathing
- Most Inspirational Groan

Spectators encouraged to clap
quietly so no one loses balance.

First Annual Tai Chi Speed Tournament

Winner is the person who moves
the *least* in 10 minutes. Judges may
need binoculars to confirm any
motion. Most seniors are betting
Alice is on her way to Gold!

New Tai Chi Form

The Tai Chi class will also debut a
brand-new form this week: *Confused
White Crane.* It looks exactly like the
regular *White Crane Spreads its
Wings...* except nobody remembers
which foot goes up, so everyone just
picks one and hopes for the best.

Faux Pet Therapy Meeting April 1st

For National Pet Day the BSC is
featuring a meet-up with fuzzy
faux-fur friends to help folks
suffering from pet allergies.

Enjoy pet-reminiscent activities
like snuggling plush pup stuffies,
squeaking squishy dog toys,
batting kitty puffer balls, strings &
feathers, and creating balloon
poodles.

Zero sneezing guaranteed!

Ask Aunt Pranky



*Your trusted
guide for
mischief,
mayhem,
and mild
confusion.*



Dear Aunt Pranky, My friend
Earl keeps bragging that he
can predict the weather.
Yesterday he said it would
"rain opinions." Should I be
worried? — Skeptical in Skagit

Dear Skeptical, Absolutely.
*Earl is entering his meteoro-
logical poetry phase. It hap-
pens to men of a certain age.*



Dear Aunt Pranky, Someone
keeps rearranging the puzzles
so all the edge pieces are
missing. Is this a prank or a
cry for help? — Puzzled

Dear Puzzled, Both. *It's a
classic case of "April Fools'
Shenanigans Meets Mild
Chaos Gremlin." Leave a note
that says, "We know what you
did. Please return the puzzle
edges. We can negotiate."*



Dear Aunt Pranky, Is it wrong
to replace the dining room's
"Today's Specials" sign with
"Mystery Soup. Don't Ask?"
— Soup-er Curious

Dear Curious, No—it's *in-
spired. Be prepared for some-
one to ask if it's gluten-free or
existentially free. Just smile
mysteriously and say "Yes."*

Shhh! Coming Soon Silent Karaoke

All the enthusiasm, none of the
noise.

Think you've got what it takes to
bring down the house... quietly?
Join us for the only singing event
where the audience can't hear
you but absolutely judge facial
expressions. Highlights include:

- Dramatic lip-syncing
- Overly confident dance
moves
- Microphones that are purely
decorative
- Standing ovations for anyone
who remembers all the words
(silently)

Silent Karaoke — Come belt your
heart out ...internally.

(Loved by Bridge players everywhere)

— Important! Today Only —

Bingo Betty has implemented
a new game rule change.

Every time she calls B-12
everyone has to take their
vitamins (they're good for you!)

Lost & Found Blowout Everything must go!

- 14 boring beige cardigans
- A single left orthopedic shoe
- A pair of pink dollar-store
readers with a broken lens
- A mysterious Tupperware
container labeled "Do Not
Open" (with something green
suspiciously moving inside)

All items priced at "Make us an
offer, please, **we beg you.**"

Lost & Found Fashion Show! Art Hallway at 2 PM—Models will showcase the finest unclaimed cardigans.

APRIL FOOLS' DAY WORD SEARCH

Solve the following puzzle by finding all the hidden words!



- | | | |
|----------|-------|------------|
| PRANK | JOKE | DECEPTION |
| HOAX | GAG | BAMBOOZLE |
| FARCE | FOOL | LAUGHTER |
| MISCHIEF | TRICK | SURPRISE |
| HUMOR | SPOOF | TOMFOOLERY |
| FUNNY | JEST | TRICKERY |



Breaking News at the Burlington Senior Center

Cheese Bingo Declared a Public Safety Hazard

In a report by Bingo Betty, after last week's chaotic "Cheese Coverall Round," Cheese Bingo has been temporarily suspended.

BSC Kitchen Officials cite:

- Excessive enthusiasm
- Flying Cheez-Its crumbs damaged several piano keys
- One participant tried to trade their bingo card for a wheel of *Ile de France* Brie

A full investigation is currently underway.

New Program: "Ask a Teenager" Tech Support Booth

Every Thursday, a local teenager will sit at a table in the BSC Community Room and answer technology questions such as:

- Why does my phone keep yelling at me?
- How come my Facebook Avatar gets more "likes" than my actual face?
- Why does ChatGPT finish my sentences and we're not even dating?

Teenagers will be paid in snacks and emotional resilience. Please do not fling devices at the volunteers—they startle easily.

BSC Academic Department Faculty Announcement

The April Fools' Academic Department is excited to introduce its newest senior-centric course: "Intro to Remembering Why You Walked Into the Room." Final exam will be held in... well... um.... whichever room you ended up in.

Extra Credit Riddle

Brain Teaser: What's the only subject where everyone gets an A on April 1st?

Answer: "Fooling Around 101." Attendance is optional, but effort is mandatory.

The Observational Chuckle

April Fools' Day is the only day of the year when forgetting where you put your glasses can be considered a prank... instead of just Wednesday.

Just In Today!

For those who enjoy a *real* challenge and have an impressive amount of "puzzle patience," we proudly present our brand-new **Brain Teaser: Advanced Pro Puzzle Edition**.

This state-of-the-art set includes a whopping **three puzzle pieces**—each one lovingly crafted to ensure maximum, mind-bending confusion.

Highlights include:

- Three pieces — all corners
- Three pieces — all the same color
- And, in a bold design choice, **none** of them fit together in any way known to science.

Early testers report spending hours turning the pieces, flipping the pieces, staring at the pieces, and eventually questioning the meaning of life.

Rolling Right Along

Why did the senior citizen put a "For Sale" sign on his walker? He said it was "time to move on."

Free Sock Matching

The BSC is proud to launch a new service—free or by donation. Bring us your lonely, single socks and we'll introduce them to promising partners, giving them the second chance at companionship we all deserve, no matter how faded, stretched, or questionably scented.

Give us your tired, your poor, your holey socks ...dam it! Black, white, argyle, or purple polka dots—we'll work hard to match them all.



Burlington Senior Center

April 2026



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360-755-0102
www.skagitcounty.net/

Center Coordinator:
Jackie Cress
jcress@co.skagit.wa.us

Nutrition Supervisor:
Cheryl Kaufman

BSC Kitchen:
360-755-0942

Newsletter & Facebook Page:
Michelle Barnhart

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.



Spotlight on Artist Dee Doyle



Art has been a lifelong passion for Dee Doyle, but raising her family as a single parent put her career on hold for many years. Once she was able to return to her craft, she took community college art courses and attended workshops with nationally recognized artists across the country to refine her skills.

Relocated to the Pacific Northwest, Dee now teaches art and occasional workshops locally in Skagit and Whatcom Counties. She shows and sells her award-winning art work at regional art shows and was selected as an Emerging Artist in the La Connor Arts Alive Show.

Dee Doyle's current Acrylic Art class at the BSC has a focus on color theory, design elements, and composition. And

although experience is preferred, all skill levels are welcome in Dee's classes. We are blessed to have such an accomplished, talented art instructor at the Burlington Senior Center!

For class information or an art supply list, contact Dee at (360)630-0208 or deedoyle11@gmail.com.

Spring Into Organization with Terry Tuesday, April 21st — 10:30

Spring is the perfect time to refresh our homes and simplify our spaces. Having too many things can quietly drain our energy and make our lives more complicated.

In this interactive class we'll talk about fun, easy ways to start spring cleaning without feeling too overwhelmed. You'll learn simple organizing tips, how to decide what stays and what goes, and even how your smartphone can help identify mystery items by using tools like Google Lens.

When something has served its purpose, learn how let it go with gratitude. The real value of your belongings isn't the money spent or gained—it is the life you lived around them. The conversations. The laughter. The love.

Bring your curiosity, and maybe a photo of an item you've always wondered about!

Thriftopia

A FLEA MARKET BLOCK PARTY

SATURDAY, APRIL 25 | 10AM - 3PM

OPEN TO ALL SELLERS
Thrifiers! Crafters! Makers! Kids!

RESERVE YOUR SPOT BY:
APRIL 22
\$30 PER/BOOTH



Burlington Parks & Recreation
Thriftopia Indoor & Outdoor Flea Market
900 E. Fairhaven Ave.

Burlington Public Library
Friends of the Library Book Sale
820 E Washington Ave

Maiben Park & Burlington Senior Center
Thriftopia Indoor & Outdoor Flea Market
1011 Greenleaf Ave



360.755.9649
recreation@burlingtonwa.gov





Chair Yoga — Mondays — 10am

Feel the benefits and enjoy better health through gentle yet effective Chair Yoga exercise led by experienced instructors. A suggested \$5.00 donation per class is requested. Beginners are always welcome!

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

Come learn art color theory, design, and composition. Have fun and improve your skills. Some experience preferred but not necessary. For information contact Dee Doyle at deedoyle11@gmail.com or (360)630-0208. Let your creative side shine!

Foot Care — Most Tuesdays Starting at 8:30am — \$40/session

Your feet always support you, so return the favor. As you age, your healthy feet become essential for remaining mobile and active. Professional 30-minute foot care appointments are available at \$40/session.

Call BSC front desk at 360-755-0102 to schedule a time.

Acupuncture — \$30/session Fridays starting at 9am

Acupuncture can help treat chronic pain, migraines, insomnia, and allergies, and other health conditions. Enjoy acupuncture at the BSC in a welcoming, private setting, treating one area per 30-minute session. To book your session call Hadea at **360-661-3109** or email Haplhadea@gmail.com.

Quilts of Valor Most Tuesdays / 9:30am

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

Like Cards? We Got ‘Em!

Pinochle! Wednesdays at 12:30 — Players score points by trick-taking and forming melds. Experience preferred but all welcome.

Thursday Bridge! After 4/16 the regular Bridge group is back at 11:30

Friday Party Bridge! The Party Bridge Group @ 12:15 is a relaxed and social variation of the traditional card game bridge.

Haircuts! Wednesdays 1—3pm

Trims and haircuts are offered by donation from Shellie Reed, our talented Cosmetologist. Walk-ins are available if time allows. Call the BSC front desk at 360-755-0102 to schedule your “new do”!

Haircuts by Shellie will be offered on Wednesdays in April, and on **Tuesdays after May 1st, 2026.**

Zumba Gold Dance Class Fridays — 10am

Perfect for active older adults who are looking for a Zumba dance 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. Get in the groove with us at the BSC...it's FUN!

BINGO! Tuesdays at 1:00

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

Come meet Bingo Betty — our legendary Bingo Caller Extraordinaire! Great Prizes!

BSC April Live Music — 10:30am

- April 3 — Odette Freels—Acoustic Guitar
- April 7 — Ward McCary on Piano
- April 13 — David Lee Howard on 12-String Guitar
- April 15 — Steve Ellis on Guitar
- April 21 — Greg Kirkpatrick on Mandolin
- April 23 — Marcia Kester on Guitar — She's BACK!



Tai Chi — Wednesdays / 10am — \$3/class

Interested in learning the gentle art of Yang-style Tai Chi? Known for its graceful movements and health benefits, Tai Chi promotes our relaxation, balance, and mental focus. It's easy, it's fun, and it is perfect for seniors! Beginners are always welcome.

Call **360-755-0102** for more information or come watch a class.

BSC Movie Day! “Storm Boy” Friday — April 17 / 12:30pm

When Michael Kingley, a successful retired businessman starts to see images from his past he can't explain, he's forced to remember his childhood. As a boy, Kingley rescued and raised an extraordinary orphan pelican, Mr. Percival. Based on the classic Australian novel, this film earned the coveted DOVE seal of approval.

Learn Ukulele — Wednesdays NEW Beginner Class at 12:00 noon — Stay for the 1:00pm class if you want more!

New beginner's class at noon starting now! Learn to play one of the world's 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.

Lunch and Learn April 27 / 12:00 Noon

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

Caregiver Support April 8 & 22 / 1:30pm

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

April Activities

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>Fiddle Tune Workshop Friday, April 10 — 4:00pm at the Mount Vernon Senior Center</p> <p>Washington Old Time Fiddlers Association (WOTFA) is offering a workshop for musicians to learn new tunes or sharpen their skills. Hour 1: new fiddlers—slower tunes. Hour 2: Tunes at regular speed. Hour 3: JAM! Coffee & goodies too. Fiddlers needed!</p>		<p>1</p> <p>9:00 GUMBA Cards 10:00 Tai Chi Class 12:00 NEW Beginner Ukulele Class 12:30 Pinochle 1:00 Advanced Ukulele 1:00 Haircuts by Shellie</p>	<p>2</p> <p>9:00—3:00 AARP Tax Aide 12:15 Hand and Foot 12:30 Art w/Dee Doyle</p>	<p>3</p> <p>9:00 Acupuncture 10:00 ZUMBA Gold 10:30 Odette Freels Live Music! 12:15 Party Bridge</p>
<p>6</p> <p>9:00 GUMBA Cards 9:00 Weight Loss Class 10:00 NO Board Meeting 10:00 Chair Yoga 12:30 Art Group</p>	<p>7</p> <p>8:30 Foot Care 9:00—3:00 AARP Tax Aide 9:30 NO Quilts of Valor 10:00 Quilt and Craft 10:30 Ward McCary Live Music! 1:00 BINGO</p>	<p>8</p> <p>9:00 GUMBA Cards 10:00 Tai Chi Class 12:00 Beginner Ukulele 12:30 Pinochle 1:00 Advanced Ukulele 1:00 Haircuts by Shellie 1:30 Caregiver Support</p>	<p>9</p> <p>9:00—3:00 AARP Tax Aide *LAST DAY!* <i>Over 1000 appointments and 2500 volunteer hours this tax season alone!</i> 12:15 Hand and Foot 12:30 Art w/Dee Doyle</p>	<p>10</p> <p>9:00 Acupuncture 10:00 ZUMBA Gold 12:00 SWSS Potluck 12:15 Party Bridge 4:00 Fiddle Tune Workshop at the Mount Vernon Senior Center</p>
<p>13</p> <p>9:00 GUMBA Cards 9:00 Weight Loss Class 10:00 Chair Yoga 10:30 David Lee Howard Live Music! 12:30 Art Group 1:00 Tarts Meeting</p>	<p>14</p> <p>8:30 Foot Care 9:30 NO Quilts of Valor 10:00 Quilt and Craft 1:00 BINGO</p>	<p>15</p> <p>9:00 GUMBA Cards 10:00 Tai Chi Class 10:30 Steve Ellis Live Music! 12:00 Beginner Ukulele 12:30 Pinochle 1:00 Advanced Ukulele 1:00 Haircuts by Shellie</p>	<p>16</p> <p>11:30 Bridge 12:15 Hand and Foot 12:30 Art w/Dee Doyle</p>	<p>17</p> <p>9:00 Acupuncture 10:00 ZUMBA Gold 12:15 Party Bridge 12:30 BSC Movie Day "Storm Boy"</p>
<p>20</p> <p>9:00 GUMBA Cards 9:00 Weight Loss Class 10:00 Chair Yoga 12:30 Art Group 1:00 Minis</p> <p>RSVP starting today for the Mother's Day Luncheon on May 7th—Call or stop at the front desk 360-755-0102</p>	<p>21</p> <p>8:30 Foot Care 9:30 Quilts of Valor 10:00 Quilt and Craft 10:30 Spring into Organization with Terry 10:30 Greg Kirkpatrick Live Music! 1:00 BINGO</p>	<p>22</p> <p>9:00 GUMBA Cards 10:00 Tai Chi Class 12:00 Beginner Ukulele 12:30 Pinochle 1:00 Advanced Ukulele 1:00 Haircuts by Shellie 1:30 Caregiver Support</p>	<p>23</p> <p>10:30 Marcia Kester is back! Live Music! 11:30 Bridge 12:15 Hand and Foot 12:30 Art w/Dee Doyle</p>	<p>24</p> <p>9:00 Acupuncture 10:00 ZUMBA Gold 12:15 Party Bridge</p> <p>***</p> <p>Saturday April 25th 10:00—3:00 Thriftopia — details & locations on newsletter front page</p>
<p>27</p> <p>9:00 GUMBA Cards 9:00 Weight Loss Class 10:00 Chair Yoga 12:00 Lunch and Learn 12:30 Art Group</p>	<p>28</p> <p>8:30 Foot Care 9:30 Quilts of Valor 10:00 Quilt and Craft 1:00 BINGO</p>	<p>29</p> <p>9:00 GUMBA Cards 10:00 Tai Chi Class 12:00 Beginner Ukulele 12:30 Pinochle 1:00 Advanced Ukulele 1:00 Haircuts by Shellie (Changing to Tuesdays next month)</p>	<p>30</p> <p>11:30 Bridge 12:15 Hand and Foot 12:30 Art w/Dee Doyle</p>	<p>Save a Tree!</p> <p>Go paperless! Want your BSC monthly newsletter delivered to your inbox? Just email BurlingtonSrCenter@yahoo.com to be added to our list.</p>

April 2026 Menu

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

April Birthdays

Betty Sebers 9
 Bev Rudd 10
 Sheila Hart 11
 Loren Dahl 17
 Shirley Jones 26
 Joyce Delk 24



1

Panko Breaded Fish served with Roasted Sweet Potatoes

2 **Easter Luncheon**

Baked Ham served with Scalloped Potatoes and Blueberry Coffee Cake

3

Cheesy Southwest Chicken and Rice served with Orange Slices

6

Mushroom & Swiss Burger served with Apricots

7

Home-style Chicken Bowl served with Strawberries

8

Minestrone Soup served with Tortellini Salad

9

Honey Mustard Chicken served with Wild Rice Pilaf

10

Hawaiian Slider Casserole served with Spinach Salad

13

Navy Bean & Ham Soup served with Macaroni Salad

14

Teriyaki Chicken w/ Steamed Rice served with Mandarin Oranges

15

Supreme Cobb Salad served with Pickled Beets

16

Swiss Steak w/ Tomatoes served with Pears

17

Baja Fish Sticks w/ Tortillas served with Cilantro Lime Slaw

20

Turkey A La King served with Roasted Potatoes

21

Western Frittata served with Mixed Berries

22

Meatloaf served with Mashed Potatoes and Gravy

23

Bacon Cheeseburger Salad served with a Lemon Bar

24

Mac & Cheese with Kielbasa served with Birthday Cake

27

Ham & Swiss Impossible Pie served with Green Salad

28

Meatball Chowder served with Cabbage

29

Turkey Croissant served with Cold Rice Salad

30

Pork Schnitzel served with Hot Potato Salad



Enjoy coffee at the BSC?

Coffee & tea are provided by fundraising dollars and not included with lunch.

Please donate!