



Burlington Senior Center

August 2026



PO Box 35
1011 Greenleaf Ave
Burlington WA 98233

Open Mon-Fri, 8am — 4pm
360-755-0102

www.skagitcounty.net/

Nutrition Supervisor:
Cheryl Kaufman

BSC Kitchen:
360-755-0942

Meals on Wheels:
360-872-7395

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.



Skagit Senior Day in the Park

August 20 / 10:00 to 1:30

Maiben Park
1011 Greenleaf Ave
Burlington, WA 98233

Skagit Senior Day in the Park is a free, community-focused event designed to bring older adults together for a day of connection, education, and fun.

- Live music by Marcia Kester and a dance floor to show off your best moves!
- Free bag lunch provided by local senior centers for the first 500 seniors.
- Health and safety resources, such as Stop the Bleed training, fall prevention, and stroke awareness.
- Over 50+ vendor booths offering information on housing, senior services, and community programs.
- Giveaways and fun swag from participating organizations.
- Mopars Unlimited Northwest Chapter car display.

Skagit Senior Day in the Park is an excellent opportunity for seniors to stay informed, active, and connected while enjoying a fun, supportive community environment.



Free Estate Planning Class August 27th 10:30 am

Join us for our free estate planning seminar with Safe Harbor Legal Solutions, where attorney Phillip George will share insights on estate planning with purpose! Call 360-746-7169 to sign up. Space is limited.

After 15 incredible years serving as your Burlington Senior Center Coordinator, it is with a heart full of gratitude (and maybe a river of tears) that I say goodbye and begin a new chapter serving seniors in the same capacity, as the Sedro-Woolley Senior Center Coordinator. What began as a job quickly became so much more—it became a calling, a community, and a place that has forever changed my life. It has been one of the greatest honors of my career to serve the seniors of this community, and I will always cherish the friendships, laughter, stories, and countless memories we've created together. I have learned so much here including the fact that coffee is ESSENTIAL, snacks are serious business, and seniors can absolutely outwit you when it comes to almost anything.

I want to extend my deepest thanks to our remarkable Advisory Board, whose vision, leadership, and unwavering commitment have made this center such a special place. To our extraordinary volunteers, you are truly the heart of this organization. Your generosity, compassion, and willingness to serve have touched thousands of lives, and I have been continually inspired by your dedication. To every participant, donor, community partner, and friend—thank you for welcoming me into your lives and allowing me to be part of your journey. While I am grateful and excited for the next chapter, I will miss this community more than words can express. I leave knowing the Senior Center is filled with caring people who will continue its important mission, and I will always be grateful for the privilege of spending the past 15 years with all of you. Thank you for the honor of serving you and this is not a real “goodbye”....it's a “see ya down the road”..... please stop in, to your neighbor senior center to say hello! With much love, *Jackie Cress*

Coming in September!

Scam Class Sept. 11 at 10:30am

Scamming is alive and thriving! From romance and investment fraud to blackmail, impersonation, check washing, mail fraud, and even pet fraud ...scams are becoming increasingly sophisticated with the rise of AI.

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

Your feet always support you, so return the favor. As you age, healthy feet become essential for remaining mobile and active.

Professional 30-minute foot care appointments are available for \$40/session. Call BSC front desk at 360-755-0102 to schedule.

Like Cards? We got 'em!

Pinochle! Wednesday at 12:30 — Score by trick-taking & forming melds.

Duplicate Bridge! Thursday at 11:30 — The same hands are played by two different pairs to compete for the best score. Let your fierce side show.

Party Bridge! Friday at 12:15 — Relaxed, social variation of the traditional game of Bridge...easy and FUN.

Dee Doyle Acrylic Art Class Thursdays — 12:30pm — \$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.

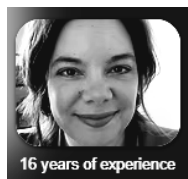
Let your creative side shine!

Haircuts!

Tuesdays from 1:00—3:00pm

Trims and haircuts are offered by donation from Shellie Reed, our talented and amazing BSC Cosmetologist.

Call the BSC front desk at 360-755-0102 to schedule your 'new do'! Walk-ins may be available if time allows.



Acupuncture by Hadea

Starting 9am Fridays — \$30/session

Enjoy acupuncture in a welcoming and relaxing community setting, treating one area per thirty minute session. To schedule your session email Hadea: HappilyHadea@gmail.com, call her at

360-661-3109, or visit her website at www.hadeafisher.com.

Quilts of Valor Most Tuesdays / 9:30am

Quilts of Valor is all about expressing gratitude and comfort to our veterans and active 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 can be found on their website at www.govf.org.

Zumba Gold Fridays — 10:00am

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 1:00pm

Bingo is held most Tuesdays at 1:00, with an occasional **Super Bingo** game day. Only \$.50/card for the first 6 games and \$1/card for the last 2 games. Cards and daubers are provided.

Great Prizes! With a bit of luck, you might just meet the one-and-only Bingo Betty — our legendary Bingo Caller Extraordinaire!

BSC Monthly Live Music Days @ 10:30am

- ◆ 1st Tues.— Ward McCary on Piano
- ◆ 1st Friday — Odette Freels Acoustic Gospel & Hymns
- ◆ 2nd Monday — David Lee Howard on 12-String Guitar
- ◆ 3rd Tuesday — Greg Kirkpatrick on Mandolin
- ◆ Last Thursday — Marcia Kester on Guitar

Tai Chi — Wednesdays at 10:00am — \$4 / Donation

Interested in learning the gentle art of Yang-style Tai Chi?

Known for graceful movements and many health benefits, Tai Chi promotes body relaxation, improved balance, and mental focus. It's easy, it's fun, and it's perfect for seniors! Call **360-755-0102** for more information or come watch a class. Our instructors are Jim and Gina Anderson and beginners are always welcome to join us.

Chair Yoga — Mondays — 10:00am

Feel the benefits and enjoy better health through gentle, effective Chair Yoga exercise by instructor Melissa Kay Hansen. A suggested \$5.00 donation per class is requested. Beginners welcome!



Learn Ukulele — Wednesdays at 1:00pm

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.

Come play... or just sing along. Let the music soothe your soul!

Lunch and Learn Last Monday @ Noon

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

Caregiver Support 2nd & 4th Wed @ 1:30pm

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

August Activities

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

3 9:00 GUMBA Cards 9:00 Weight Loss Class 10:00 Chair Yoga 10:00 NO 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 Live Music 1:00 BINGO 1:00 Haircuts by Shellie	5 9:00 GUMBA Cards 10:00 Tai Chi Class 12:30 Pinochle 1:00 Ukulele Class	6 11:30 Bridge 12:15 Hand and Foot 12:30 Art w/Dee Doyle	7 9:00 Acupuncture 10:00 ZUMBA Gold 10:30 Odette Freels Live Music 12:15 Party Bridge
10 9:00 GUMBA Cards 9:00 Weight Loss Class 10:00 Chair Yoga 10:30 David Lee Howard Live Music 12:30 Art Group	11 8:30 Foot Care 9:30 Quilts of Valor 10:00 Quilt and Craft 1:00 BINGO 1:00 Haircuts by Shellie	12 9:00 GUMBA Cards 10:00 Tai Chi Class 12:30 Pinochle 1:00 Ukulele Class 1:30 Caregiver Support	13 11:00 Community Action Info Table 11:30 Bridge 12:15 Hand and Foot 12:30 Art w/Dee Doyle	14 9:00 Acupuncture 10:00 ZUMBA Gold 12:00 SWSS Potluck 12:15 Party Bridge
17 9:00 GUMBA Cards 9:00 Weight Loss Class 10:00 Chair Yoga 12:30 Art Group	18 8:30 Foot Care 9:30 Quilts of Valor 10:00 Quilt and Craft 10:30 Greg Kirkpatrick Live Music 1:00 BINGO 1:00 Haircuts by Shellie	19 9:00 GUMBA Cards 10:00 Tai Chi Class 12:30 Pinochle 1:00 Ukulele Class	20 9:00 Marketing Meeting 11:30 Bridge 10—1:30 Skagit Sr. Day in the Park with Marcia Kester Live Music 12:15 Hand and Foot 12:30 Art w/Dee Doyle	21 9:00 Acupuncture 10:00 ZUMBA Gold 12:15 Party Bridge
24 9:00 GUMBA Cards 9:00 Weight Loss Class 10:00 Chair Yoga 12:30 Art Group 1:00 Minis	25 8:30 Foot Care 9:30 Quilts of Valor 10:00 Quilt and Craft 1:00 BINGO 1:00 Haircuts by Shellie	26 9:00 GUMBA Cards 10:00 Tai Chi Class 12:30 Pinochle 1:00 Ukulele Class 1:30 Caregiver Support	27 10:30 Estate Planning Class — Call 360-746-7169 to sign up. 11:30 Bridge 12:15 Hand and Foot 12:30 Art w/Dee Doyle	28 9:00 Acupuncture 10:00 ZUMBA Gold 12:15 Party Bridge
31 9:00 GUMBA Cards 9:00 Weight Loss Class 10:00 Chair Yoga 12:00 Lunch and Learn 12:30 Art Group	A HUGE thank you to Michelle Barnhart for years of genius Facebook assistance, and Newsletter creations. Her creativity, talent, and dedication bring our newsletter and Facebook page to life each month. Your eye for design, thoughtful ideas, and countless hours behind the scenes help keep our community informed, connected, and engaged. Your works impact is felt by everyone who reads our updates.			

August Menu

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

3 Turkey Cheddar BBQ Dip served with Jo Jos	4 Ham & Swiss Pie served with Sunshine Pears	5 Coconut Curry Pollock served with Peanut Butter Bar	6 Meatloaf served with Mashed Potatoes and Gravy	7 Cheese Ravioli Primavera served with Green Beans
10 Sausage & Tortellini Soup served with Green Salad	11 Tuna Casserole served with Caesar Salad	12 Home-style Chicken Bowl served with Grapes	13 ASAC Picnic in the Park 14 Bratwurst on a Bun w/ Sauerkraut served with Watermelon	14 Taco Salad served with Corn Bread
17 Biscuit & Gravy w/ Egg served with Hot Fruit Compote	18 Crispy Teriyaki Chicken Sandwich served with Coleslaw	19 Baked Potato w/ Beef Chili served with Peaches	20 Senior Day in the Park Chicken, Bacon, Ranch Wrap served with Wa- termelon No lunch service at: Burling- ton, Mount Vernon and Sedro-Woolley	21 Chicken Fried Steak served with Mashed Potatoes and Gravy
24 Sweet & Sour Meatballs served over Rice	25 Chicken Caesar Salad served with Cucumber Salad	26 Deluxe Cheeseburger served with Apple Crisp	27 Lasagna w/ Garlic Bread served with Spinach Salad	28 Chicken Alfredo served with Birthday Cake
31 Hamburger Gravy served over Mashed Potatoes				

Lunch 11:30am Mon — Fri. | Suggested donation: \$5.00 if over 60, \$7.00 if under 60. | Substitutions are sometimes necessary.