



Burlington Senior Center



PO Box 35
1011 Greenleaf Ave
Burlington WA 98233
360 550 102
Open Mon-Fri, 8am-4pm
☐

Center Coordinator:
Jackie Cress



Nutrition Supervisor:
Cheryl Kaufman

BSC Kitchen:
360 550 942

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

We offer entertainment, 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.



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Over thirty young people from the Mount Baker Middle School will be performing solo and ensemble chamber music pieces in small groups at the Burlington Senior Center.

Chamber music is defined as classical music performed in more intimate settings for smaller audiences, including rich and diverse compositions for string or woodwind Quartets or Quintets, or trios such as the piano, violin, and cello.

Because of its intimate nature, chamber music is a great way to have our friends from the Mount Baker Middle School here to share their music with us!



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for Chronic Illness & Mobility Support

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Beth Badduworld traveler and retired physical therapist empowers individuals to travel safely and confidently. Drawing on professional expertise and world travel experience, Beth provides practical guidance, reassurance, and education so travel feels possible again. Topics include flying with oxygen, traveling with medical equipment or mobility aids, and dialysis cruises. This session is designed to boost confidence, expand possibilities, and remind you that you are still within reach of the right knowledge and support.

Offered on Tuesdays and Thursdays. Please call the Burlington Senior Center 360 550 102 for an appointment. 3 Saturday dates available for taxpayers and folks needing Spanish translation. Saturdays: 2/21, 3/7, 3/23-3/28/2020

Please watch our newsletter and Facebook page for updates.

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Brought to you by: Burlington Parks and Recreation. As its name suggests, it is a theatrical, professional wrestling style that originated in Lucha Libre wrestling known as Luchadores. Wear colorful masks to keep their identities secret. Free to attend Location: Valley Dreams Sports Center 1645 S. Walnut St./ Burlington 98203 333 75

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U n f \$ · ☐ The First Step to Decluttering Your Home and Life!
Feeling overwhelmed by clutter and not sure how to begin? This gentle, supportive class is designed especially for seniors who want to organize their homes. We'll discuss how to get started, what basic tools and supplies you need, and most importantly, how to discover the joy in decluttering. Through thoughtful questions and answers, we'll explore how to let go of things that no longer serve you and that respects your memories and energy, and your goals. Please come share your questions and join in the discussion.



For further information and an art supply list, contact Doreen at (360) 632-0801 or ddoreen@artsonthebeach.org. Some experience preferred but not necessary. Let your creative side shine!

Professional shoe foot care appointments are available at \$40 per session. Call 735-1012 to schedule a time.

<p>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 and hardship and them for serving our nation. For more info go to:</p>	<p>Party bridge is a relaxed and social variation of the traditional game bridge, often played in informal settings with a focus on fun and enjoyment. All bridge players are welcome. Join us!</p>
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<p>Trims and haircuts are offered by donation from talented Cosmetologists. Walk-ins are available if time allows. Call 360-755-8800 for info.</p>	<p>Need Co-smeo for active older adults who are looking for a class that recreates the original moves you love, but at intensity. Our class offers follow Zumba choreography.</p>
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Haircuts by Shellie will be offered on Wednesdays from February through April, and on Tuesdays after May 1st, 2026.

Only \$.50/card for the first 6 games, and \$1/card for the last 2 games. Cards and daubers provided. Our BB Legend (the best bingo caller ever) will call!	Feb. 9 at 10:30 David Lee Howard	
Great Prizes!	Feb. 18 at 10:30 Steve Ellis	
	Feb. 26 at 10:30 Marcia Kester	



Interested in learning the gentle style of Tai Chi? Known for its slow, flowing movements, Tai Chi is a perfect exercise for seniors, promoting balance, and mental focus. It is perfect for seniors!	Interested in learning the gentle style of Tai Chi? Known for its slow, flowing movements, Tai Chi is a perfect exercise for seniors, promoting balance, and mental focus. It is perfect for seniors!
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Led by instructor Marianna Folian, 423-436-0 for more information or come watch a class. Beginners welcome.

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 Caregivers are offered the opportunity to learn from local
 enjoying lunch sponsored by

Ukulele lovers, brace yourselves for a musical journey. 7 U f Y [] j Y f . . G i d d c f h . . . : Y V " %
 Loaner ukes and learning materials provided. Songs & lyrics are
 projected on a screen. Beginners welcome. Come strum and sing
 with us! and learn from other caregivers, sponsored by

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<p>2</p> <p>9:00 GUMBA Cards</p> <p>9:00 Weight Loss C</p> <p>10:00 Board Meeting</p> <p>10:00 Chair Yoga</p> <p>12:30 Art Group</p>	<p>3 8:30</p> <p>9:00 9:00 AARP Tax Help</p> <p>9:30 Quilts of Valor</p> <p>10:00 Quilt and Cra</p> <p>10:30 Ward McCary Live Music</p> <p>1:00 BINGO</p>	<p>4</p> <p>9:00 GUMBA Cards</p> <p>10:00 Tai Chi</p> <p>12:30 Pinochle</p> <p>1:00 Ukulele</p> <p>1:00 Haircuts by Sh</p> <p>Now on NEW DAY!</p>	<p>5</p> <p>NO Bridge</p> <p>9:00 9:00 AARP Tax Help</p> <p>12:15 Hand and Fo</p> <p>12:30 Art w/Dee D</p>	<p>6</p> <p>9:00 Acupuncture</p> <p>10:00 ZUMBA Gold</p> <p>11:30 ANZMBMS Live Chamber Music</p> <p>12:15 Bridge</p>
<p>9</p> <p>9:00 GUMBA Cards</p> <p>9:00 Weight Loss Cl</p> <p>10:00 Chair Yoga</p> <p>10:30 David Lee How</p> <p>Live Music</p> <p>12:30 Art Group</p> <p>1:00 Tarts Meeting</p>	<p>10</p> <p>8:30 Foot Care</p> <p>9:00 9:00 AARP Tax Help</p> <p>10:00 Quilt and Cra</p> <p>1:00 BINGO</p>	<p>11</p> <p>9:00 GUMBA Cards</p> <p>10:00 Tai Chi</p> <p>12:30 Pinochle</p> <p>1:00 Ukulele</p> <p>1:00 Haircuts by Sh</p> <p>1:30 Caregiver Supp</p>	<p>12</p> <p>NO Bridge</p> <p>9:00 9:00 AARP Tax Help</p> <p>12:15 Hand and Fo</p> <p>12:30 Art w/Dee D</p>	<p>13</p> <p>9:00 Acupuncture</p> <p>10:00 ZUMBA Gold</p> <p>12:00 SWSS Potluck</p> <p>12:15 Bridge</p>
<p>CLOSED FOR PRESIDENT'S DAY</p> <p>★★★  ★★★</p> <p>FEBRUARY 16</p>	<p>17</p> <p>8:30 Foot Care</p> <p>9:00 9:00 AARP Tax Help</p> <p>9:30 Quilts of Valor</p> <p>10:00 Quilt and Cra</p> <p>10:30 Life Enrichme</p> <p>Series with Terry</p> <p>1:00 BINGO</p>	<p>18</p> <p>9:00 GUMBA Cards</p> <p>10:00 Tai Chi</p> <p>10:30 Steve Ellis Live Music</p> <p>12:30 Pinochle</p> <p>1:00 Ukulele</p> <p>1:00 Haircuts by Sh</p>	<p>19</p> <p>NO Bridge</p> <p>9:00 9:00 AARP Tax Help</p> <p>12:15 Hand and Fo</p> <p>12:30 Art w/Dee D</p>	<p>20</p> <p>9:00 Acupuncture</p> <p>10:00 ZUMBA Gold</p> <p>12:15 Bridge</p> <p>12:30 Movie Day: "Under the Stars" a romantic comedy!</p>
<p>23</p> <p>9:00 GUMBA Cards</p> <p>9:00 Weight Loss C</p> <p>10:00 Chair Yoga</p> <p>12:00 Lunch and Lea</p> <p>12:30 Art Group</p>	<p>24</p> <p>8:30 Foot Care</p> <p>9:00 9:00 AARP Tax Help</p> <p>10:00 Quilt and Cra</p> <p>1:00 BINGO</p>	<p>25</p> <p>9:00 GUMBA Cards</p> <p>10:00 Tai Chi</p> <p>12:30 Pinochle</p> <p>1:00 Ukulele</p> <p>1:00 Haircuts by Sh</p> <p>1:30 Caregiver Supp</p>	<p>26</p> <p>NO Bridge</p> <p>9:00 9:00 AARP Tax Help</p> <p>10:30 Marcia Keste Live Music</p> <p>12:15 Hand and Fo</p> <p>12:30 Art w/Dee D</p>	<p>27</p> <p>9:00 Acupuncture</p> <p>10:00 ZUMBA Gold</p> <p>12:15 Bridge</p>
<p>8] X ' m c i ' _ b c k 3 ' · · · · ·</p> <p>The Burlington Senior Center can notarize documents such as a will or Power of Att charge. Donations are always appreciated.</p> <p>Call 360-550-102 or stop by the BSC front schedule an appointment with our Notary</p>				
<p>· G U j Y ' U ' H f</p> <p>Go paperless! Want y</p> <p>BSC newsletter deliv</p> <p>to your inbox?</p> <p>Just email u <u>at</u></p> <p><u>to</u></p> <p>to be added to our lis</p>				
<p>9 b ^ c m ' W c Z :] b X ' h \ Y ' 6 G</p> <p>h Y U ' U h ' 6</p> <p>Coffee and tea are</p> <p>vided at the front o</p> <p>with fundraised mo</p> <p>Please donate to th</p> <p>BSC Coffee Fund. W</p> <p>appreciate every do</p>				
<p>:] b X ' h \ Y ' 6 G</p> <p>: U W Y V c c -</p> <p>Did you know our Face-</p> <p>book page has nearly</p> <p>800 followers? We have</p> <p>fun stories plus local an</p> <p>community information.</p> <p>6] b V I _ b I FREE!</p>				

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Paulette Peasley 3
 Chris Petersen 8
 Arnie Bernick 8
 Bob Frank 19
 Laney Marshall 25

Meals on Wheels delivers nutritionally balanced hot or frozen meals to homebound seniors in Skagit County. ed volunteers and are provided on a basis to age 60 and older persons unable to shop for and/or prepare themselves. The goal of the Meals on Wheels program is to enable seniors to remain at home, though they may not be able to prepare nutritious meals. The suggested donation is \$4.00 per meal. For information or services or donate to the Meals on Wheels fundraising efforts, call (360) 416

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