



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

A T g g] c b . G h U h Y a Y b h
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, or disability.

Join us on
Facebook



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Over thirty young people from the Mount 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 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 often performed in smaller groups. To have our friends from the Mount Baker Middle School here to share their music with us

Offered on Tuesdays and Thursdays. Please call 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, 3/28. Call 360.550.102 for detailed voicemail. (Do not call the Center for Sat. appointments). All Appointments are scheduled for the earliest appointment available. 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, is a theatrical, professional wrestling style that originated in Lucha Libre wrestling known as Luchadores. They wear colorful masks to keep their identities free. To attend Location: Valley Dreams Sports Center 1645 S. Walnut St./ Burlington 360.538.375



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for Chronic Illness & Mobility Support

Beth Baddour, world 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 increase confidence, expand possibilities, and remind you that you are still within reach. The right knowledge and support.

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The First Step to Decluttering Your Home and Life!

Feeling overwhelmed by clutter and not sure where to begin? This gentle, supportive class is designed especially for seniors who want to organize their homes. Topics include how to get started, what basic tools and supplies are needed, and how to maintain organization. Most importantly, how to discover joy in the process.

Through thoughtful questions and a safe environment, this class is designed to forward that respects your memories, energy, and your goals. Please come share questions and join in the discussion.

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

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2 Mojo Cuban Pork served with Green Salad	3 Pastrami & Swiss on Rye served with Pears	4 Greek Fish Florentine served with Sunshine Carrots	5 Hamburger Gravy served over Mashed Potatoes	6 Sweet & Sour Chicken over Rice served with Strawberries
9 Mac & Cheese w/ Ham served with Peach Crisp	10 Oven Baked Corn-flake Chicken served with Bean Salad	11 Pork Roast and Gravy served over Mashed Potatoes	12 Spaghetti & Meat-balls served with Green Beans	13 Valentine's Day Lunch Salmon Filet served with Roasted Potatoes
16 CLOSED FOR PRESIDENT'S DAY 	17 Biscuits & Gravy served with Peas and Carrots	18 Greek Lentil Soup served with a ½ Deli Sandwich	19 Three Bean Casserole served with Cornbread	20 Baked Ham and Scalloped Potatoes served with a Breadstick
23 Baja Fish Sticks with Salsa served with Cilantro Lime Coleslaw	24 Beef Tips with Mushroom Gravy served over Mashed Potatoes	25 Asian Chicken Salad served with Mandarin Oranges	26 Pulled Pork Sandwich served with Coleslaw	27 Butternut Squash Lasagna served with Birthday Cake

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



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- Suggested donation \$5.00 if over 60, \$7.00 if under 60. Please bring small bills to donate for your lunch or our meal.
- Volunteers may obtain a space in line for lunch without table numbers to be called so they can get back to volunteer.

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Meals on Wheels delivers nutritionally balanced hot or frozen meals to homebound seniors in Skagit County. Skagit County
fed volunteers and are provided on a job 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, during the day, when they may not be able to prepare nutritionally balanced 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, a