



# Burlington Senior Center

January 2026

## HAPPY NEW YEAR!

Wishing you warmth, laughter, and happiness in 2026.  
Sending love and laughter from your Burlington Senior Center family!



PO Box 35  
1011 Greenleaf Ave  
Burlington WA 98233

Open Mon-Fri, 8am—4pm  
360-755-0102  
[www.skagitcounty.net/](http://www.skagitcounty.net/)  
[BurlingtonSrCenter@yahoo.com](mailto:BurlingtonSrCenter@yahoo.com)

**Center Coordinator:**  
Jackie Cress  
[jcress@co.skagit.wa.us](mailto: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.



### Outsmart the Scammers

**Jan. 8 / 10:30am**

The Outsmart the Scammers seminar will discuss how to spot certain red flags

that may indicate a fraudulent encounter, resources individuals can turn to in the event they or a loved one are targeted, and steps attendees can take now to help protect themselves and loved ones.

This 30 minute class will be taught by expert financial planner Kari Kennedy, from Edward Jones Investments. [www.edwardjones.com](http://www.edwardjones.com)

### Have questions about the upcoming tax season? Jan. 9 / 10am

AARP Tax volunteer Sue Curtis will be here on Friday, January 9th at 10:00 am to offer insights and explanations about 2025 and 2026 tax changes in an informative one-hour meeting.

In addition, the **AARP Tax Aide** program will offer free tax assistance services Tuesdays, Thursdays and some Saturdays beginning Feb 3rd. You don't need to be an AARP member to use the service. Trained volunteers help with tax preparation, answer tax-related questions, and help you receive any applicable tax credits and deductions.

Appointments for the AARP Tax Aide program can be scheduled **beginning Jan. 20th**. Call BSC front desk at **(360) 755-0102** to make an appt.

### Life Enrichment Series with Terry Helmka Jan. 13 / 10am

Your kids don't want your stuff ,, and that's okay! Let's get together and talk about what to do with all our memories, photos and items we treasure. Even if you don't plan on moving right away, we still need to start downsizing. Your kids won't want the dishes, hutches, or knick-knacks, so we will explore options for moving these items along to places and people that *do* need them and will use them.

Let's start the ball rolling now, so your family won't have to do it later. Bring your 2026 calendar and let's make a plan, gather tips to down-size, and get organized with Terry Helmka.

### Journey Safely: Travel Planning for Chronic Illness & Mobility Support by Beth Badour

**COMING Feb. 12 / 10:30**

Beth Badour is a world traveler and retired physical therapist who empowers individuals to travel safely and confidently.

Drawing on her professional expertise and real-world travel experience, Beth provides practical guidance, reassurance, and education so travel feels possible again.

This session is designed to restore confidence, expand possibilities, and remind you that travel is still within reach—with the right knowledge and support. More details coming in our Feb. newsletter!

### **Chair Yoga — Mondays — 10am**

Feel the benefits and enjoy better health through gentle Chair Yoga exercise with instructor Melissa Kay Hansen. Beginners welcome!  
Suggested \$5.00 donation per class.



### **Dee Doyle Acrylic Art Classes Thursdays — 12:30pm — \$20/class**

For further information and an art supply list, contact Dee Doyle at (360) 630-0208 or [deedoyle11@gmail.com](mailto:deedoyle11@gmail.com). Some experience preferred but not necessary. **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 being mobile and active.

Professional 30-minute foot care appointments are available at **\$40/session starting Jan. 6th**. Call 360-755-0102 to schedule a time.

### **ACUPUNCTURE**

#### **Fridays starting at 9am — \$30/session**

Enjoy acupuncture in a welcoming community setting, treating one area per 30-minute session. To book call Hadea at **360-661-3109** or email: [Happlhadea@gmail.com](mailto:Happlhadea@gmail.com). Added service starting in January!

**Note: Acupuncture will be \$30/session after Feb. 1st.**

### **Quilts of Valor 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. Quilts are awarded to Veterans touched by war to thank them for serving our nation. For more info go to: [www.govf.org](http://www.govf.org).

### **Party Bridge Fridays**

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!- Games start around 12:15

### **Haircuts! Tuesdays 1—3pm**

If you've ever wondered what to do with your hairstyle, 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"!

### **ZUMBA GOLD 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!

### **Super Bingo! Jan. 13 / 1:00pm**

"Regular" 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 provided.  
**Our BSC Legend *Bingo Betty* welcomes all! Great Prizes!**

### **January Live Music!**



Jan. 6 at 10:30 — Ward McCary  
Jan. 12 at 10:30 — David Lee Howard  
Jan. 21 at 10:30 — Steve Ellis  
Jan. 27 at 10:30 — Greg Kirkpatrick

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

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

Led by instructor Marianna Foliart. Call 360-422-8549 for more information or come watch a class. Beginners welcome.

### **BSC Movie Day! "The Mehta Boys" Friday Jan. 16 / 12:30pm**



After the loss of his mother, Armay, a struggling young architect is forced to live for 48 hours with the one person he cannot stand: his father. Will this bumpy ride help him rebuild his relationship with his crabby old man? NO Charge

### **Ukulele Fun & Song Circle Wednesdays / 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. Beginners welcome.  
Let music soothe your soul!

### **Lunch and Learn Jan. 26 12:00 — 2:00pm**

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

### **Caregiver Support Jan. 14 & 28 — 1:30pm**

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

# January Activities

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

## Save a Tree!

Go paperless! Want your BSC newsletter delivered to your inbox? Just email us at [BurlingtonSrCenter@yahoo.com](mailto:BurlingtonSrCenter@yahoo.com) to be added to our list.

## Did you know?

The Burlington Senior Center can notarize simple documents such as a will or Power of Attorney at no charge. Donations are always appreciated.

Call 360-755-0102 or stop by the BSC front desk to schedule an appointment with our Notary.

## 1 New Year's Day

**CLOSED**



2

9:00 Acupuncture  
10:00 ZUMBA Gold  
12:15 Bridge

5

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

6

8:30 Foot Care  
9:30 Quilts of Valor  
10:00 Quilt and Craft  
**10:30 Ward McCary Live Music**  
1:00 Haircuts by Shellie  
1:00 BINGO

7

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

8

10:30 Bridge  
**10:30 Outsmart the Scammers seminar**  
12:15 Hand and Foot  
12:30 Art w/Dee Doyle

9

9:00 Acupuncture  
10:00 ZUMBA Gold  
**10:00 AARP Tax Changes class with Sue Curtis**  
12:00 SWSS Potluck  
12:15 Bridge

12

9:00 GUMBA Cards  
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10:00 Chair Yoga  
**10:30 David Lee Howard Live Music**  
12:30 Art Group  
1:00 Minis

13

8:30 Foot Care  
9:30 Quilts of Valor  
10:00 Quilt and Craft  
**10:00 Life Enrichment Series with Terry**  
1:00 Haircuts by Shellie  
**1:00 Super Bingo!**

14

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

15

10:30 Bridge  
12:15 Hand and Foot  
12:30 Art w/Dee Doyle

16

9:00 Acupuncture  
10:00 ZUMBA Gold  
12:15 Bridge  
**12:30 Movie Day "The Mehta Boys"**

19

**CLOSED**  
**Martin Luther King Jr. Day**

20

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

21

9:00 GUMBA Cards  
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**10:30 Steve Ellis Live Music**  
12:30 Pinochle  
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29

10:30 Bridge  
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30

9:00 Acupuncture  
10:00 ZUMBA Gold  
12:15 Bridge



# January 2026 Menu

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

## Enjoy coffee & tea at BSC?

Coffee and tea are provided at the front desk with fundraised money.

Please donate to the BSC Coffee Fund.

## Community Action of Skagit County

Looking for resources? The mission of Community Action is to foster and advocate for self-sufficiency among low-income people in Skagit County. Offering over 20 core programs to low-income community members, Community Action's actual product is

1 **CLOSED**  
**NEW YEARS DAY**



2 Aztec Pork & Vegetables served with Kale Salad

5 Teriyaki Chicken w/ Steamed Rice served with Pineapple Chunks

6 ½ Meatball Sub Sandwich served with Bean Salad

7 Northwest Clam Chowder served with a Pastrami & Swiss Slider

8 Swiss Steak w/ Tomatoes served with Pears

9 Turkey Pot Pie served with Roasted Herb Potatoes

12 Ham Frittata served with Orange Sections

13 Hungarian Mushroom Soup served with Apple Crisp

14 Homestyle Chicken Bowl served with Pineapple

15 Lemon Pepper Fish served with Caesar Salad

16 Reuben Casserole served with Sunshine Carrots

19 **CLOSED**  
**MARTIN LUTHER KING JR. DAY**



20 Krabby Cake served with Pasta Alfredo

21 Manicotti w/ Marinara served with Spring Mix Salad

22 Pork Roast served with Mashed Potatoes & Gravy

23 Butternut Squash w/ Italian Sausage Soup served with a ½ Deli Sandwich

26 Chicken Fried Steak served with Mashed Potatoes

27 Chicken and Vegetable Curry served with Mango Chunks

28 Mushroom-Swiss Burger served with Pea and Cheese Salad

29 Inside Out Ravioli served with Pepperoni Salad

30 Chicken Caesar Salad served with Birthday Cake

## Happy January Birthdays!

Ritsuko Wright 2  
Don Baldwin 2  
Sandra Roberts 13  
Loraine Newcomer 14  
Jeanette Wolfrank 23  
Jean Brawley 27



## 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!