



Burlington Senior Center

January 2026

HAPPY NEW YEAR!



PO Box 35
1011 Greenleaf Ave
Burlington WA 98233

Open Mon-Fri, 8am—4pm
360-755-0102
www.skagitcounty.net/
BurlingtonSrCenter@yahoo.com

Center Coordinator:
Jackie Cress
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

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 downsize, and get organized with Terry Helmka.

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.

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!



Join us on
Facebook

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.



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.

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.

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"!

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!

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 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.

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!

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. Some experience preferred but not necessary. Let your creative side shine!

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: Happyhadea@gmail.com Added service starting in January!

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

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

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!

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

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

After the loss of his mother, Amay, 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

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

<p>Save a Tree!</p> <p>Go paperless! Want your BSC newsletter delivered to your inbox? Just email us at BurlingtonSrCenter@yahoo.com to be added to our list.</p>	<p>Did you know?</p> <p>The Burlington Senior Center can notarize simple documents such as a will or Power of Attorney at no charge. Donations are always appreciated.</p> <p>Call 360-755-0102 or stop by the BSC front desk to schedule an appointment with our Notary.</p>	<p>1 New Year's Day CLOSED</p> 	<p>2 9:00 Acupuncture 10:00 ZUMBA Gold 12:15 Bridge</p>	
<p>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</p>	<p>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</p>	<p>7 9:00 GUMBA Cards 10:00 Tai Chi 12:30 Pinochle 1:00 Ukulele</p>	<p>8 10:30 Bridge 10:30 Outsmart the Scammers seminar 12:15 Hand and Foot 12:30 Art w/Dee Doyle</p>	<p>9 9:00 Acupuncture 10:00 ZUMBA Gold 10:00 AARP Tax Changes class with Sue Curtis 12:00 SWSS Potluck 12:15 Bridge</p>
<p>12 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 Minis</p>	<p>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!</p>	<p>14 9:00 GUMBA Cards 10:00 Tai Chi 12:30 Pinochle 1:00 Ukulele 1:30 Caregiver Support Class</p>	<p>15 10:30 Bridge 12:15 Hand and Foot 12:30 Art w/Dee Doyle</p>	<p>16 9:00 Acupuncture 10:00 ZUMBA Gold 12:15 Bridge 12:30 Movie Day "The Mehta Boys"</p>
<p>19 CLOSED Martin Luther King Jr. Day</p>	<p>20 8:30 Foot Care 9:30 Quilts of Valor 10:00 Quilt and Craft 1:00 Haircuts by Shellie 1:00 BINGO</p>	<p>21 9:00 GUMBA Cards 10:00 Tai Chi 10:30 Steve Ellis Live Music 12:30 Pinochle 1:00 Ukulele</p>	<p>22 10:30 Bridge 12:15 Hand and Foot 12:30 Art w/Dee Doyle</p>	<p>23 9:00 Acupuncture 10:00 ZUMBA Gold 12:15 Bridge</p>
<p>26 9:00 GUMBA Cards 9:00 Weight Loss Class 10:00 Chair Yoga 12:00 Lunch and Learn 12:30 Art Group</p>	<p>27 8:30 Foot Care 9:30 Quilts of Valor 10:00 Quilt and Craft 10:30 Greg Kirkpatrick Live Music 1:00 Haircuts by Shellie 1:00 BINGO</p>	<p>28 9:00 GUMBA Cards 10:00 Tai Chi 12:30 Pinochle 1:00 Ukulele 1:30 Caregiver Support Class</p>	<p>29 10:30 Bridge 12:15 Hand and Foot 12:30 Art w/Dee Doyle</p>	<p>30 9:00 Acupuncture 10:00 ZUMBA Gold 12:15 Bridge</p>

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
Lorraine 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!