



Burlington Senior Center

July 2026



PO Box 35
1011 Greenleaf Ave
Burlington WA 98233

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

Center Coordinator:

Jackie Cress
jcress@co.skagit.wa.us

Nutrition Supervisor:

Cheryl Kaufman

BSC Kitchen:

360-755-0942

Meals on Wheels:

360-416-1500

Newsletter & Facebook Page:

Michelle Barnhart

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.



Join us on
Facebook



Coming in August! Skagit Senior Day in the Park

Aug. 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.



Skagit County Meals on Wheels

Meals on Wheels volunteers deliver nutritionally balanced hot or frozen meals to homebound seniors in Skagit County on a donation-only basis to age 60 and older persons unable to shop for or prepare healthy meals for themselves.

The goal is to enable seniors to live independent lives, even though they may not be able to prepare nutritious and well-balanced meals.

The suggested donation is \$5.00 per meal for those age 60+ or \$7.00 if under 60. To sign up for services or to donate to our fundraising efforts, call Meals on Wheels at (360)416-1500.

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.

Join us to learn new strategies to protect your hard-earned money.





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!

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.

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.

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.

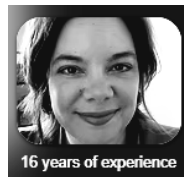
Let your creative side shine!

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!

Live Music at the BSC!

July 7 @ 10:30am— Ward McCary on Piano

July 13 @ 10:30am— David Lee Howard on 12-String Guitar

July 15 @ 10:30am— Simme Bobrosky on Guitar & Ukulele

July 21 @ 10:30am— Greg Kirkpatrick on Mandolin

Tai Chi — Wednesdays at 10:00am — \$3/class

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 instructor is Jim Anders, and beginners are always welcome to join us.

BSC Movie Day! Friday — July 17 at 12:30pm "Project Hail Mary"

Science teacher Ryland Grace (Ryan Gosling) wakes up on a spaceship light years from home with no recollection of who he is or how he got there. As his memory returns, he begins to uncover his mission: solve the riddle of the mysterious substance causing the sun to die out and save everything on Earth from extinction.

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 July 27 / 12:00 Noon

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

Caregiver Support July 8 & 22 / 1:30pm

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

July Activities

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Burlington Summer Concerts



**Fridays in July
6—8pm**

Visitor Info Center
and Amphitheater
520 East Fairhaven
Burlington, WA

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

2
11:30 Bridge
12:15 Hand and Foot
12:30 Art w/Dee Doyle

3
**Closed to
Celebrate
Independence
Day**

6
9:00 GUMBA Cards
9:00 Weight Loss Class
10:00 Chair Yoga
10:00 Board Meeting
12:30 Art Group

7
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

8
9:00 GUMBA Cards
10:00 Tai Chi Class
12:30 Pinochle
1:00 Ukulele Class
1:30 Caregiver Support

9
11:30 Bridge
12:15 Hand and Foot
12:30 Art w/Dee Doyle

10
9:00 Acupuncture
10:00 ZUMBA Gold
12:00 SWSS Potluck
12:15 Party Bridge

13
9:00 GUMBA Cards
9:00 Weight Loss Class
10:00 Chair Yoga
**10:30 David Lee Howard
Live Music**
12:30 Art Group

14
8:30 Foot Care
9:30 Quilts of Valor
10:00 Quilt and Craft
1:00 BINGO
1:00 Haircuts by Shellie

15
9:00 GUMBA Cards
10:00 Tai Chi Class
**10:30 Simme Bobrosky
Live Music**
12:30 Pinochle
1:00 Ukulele Class

16
11:30 Bridge
12:15 Hand and Foot
12:30 Art w/Dee Doyle

17
9:00 Acupuncture
10:00 ZUMBA Gold
12:15 Party Bridge
**12:30 BSC Movie Day:
"Project Hail Mary"**

20
9:00 GUMBA Cards
9:00 Weight Loss Class
10:00 Chair Yoga
12:30 Art Group
1:00 Minis

21
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

22
9:00 GUMBA Cards
10:00 Tai Chi Class
12:30 Pinochle
1:00 Ukulele Class
1:30 Caregiver Support

23
11:30 Bridge
12:15 Hand and Foot
12:30 Art w/Dee Doyle

24
9:00 Acupuncture
10:00 ZUMBA Gold
12:15 Party Bridge

27
9:00 GUMBA Cards
9:00 Weight Loss Class
10:00 Chair Yoga
12:00 Lunch and Learn
12:30 Art Group

28
8:30 Foot Care
9:30 Quilts of Valor
10:00 Quilt and Craft
1:00 BINGO
1:00 Haircuts by Shellie

29
9:00 GUMBA Cards
10:00 Tai Chi Class
12:30 Pinochle
1:00 Ukulele Class

30
11:30 Bridge
12:15 Hand and Foot
12:30 Art w/Dee Doyle

31
9:00 Acupuncture
10:00 ZUMBA Gold
12:15 Party Bridge

July 2026 Menu

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

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
Pesto Chicken served with Smashed Baby Bakers

2
4th of July Luncheon
Pulled Pork Sandwich served with Baked Beans

3
Closed to Celebrate Independence Day

6
French Dip Sandwich served with Green Salad

7
Swedish Chicken & Pear Hash served with a Breadstick

8
Aztec Pork w/ Spanish Rice served with a Lemon Bar

9
Salisbury Steak served with Mashed Potatoes and Gravy

10
Clam Chowder served with a ½ Deli Sandwich

13
Moroccan Chicken Soup served with Pepperoni Salad

14
Country Pork & Kraut served with a Soft Pretzel

15
Turkey w/ Gravy served with Mashed Potatoes

16
Chef Salad served with Fruit and a Wheat Roll

17
Butternut Squash Lasagna served with Strawberries

20
Fish Sandwich served with Coleslaw

21
Pork Roast served with Mashed Potatoes and Gravy

22
Chicken Divan served with Grapes

23
Turkey Croissant served with a Cookie

24
Stuffed Pepper Cups served with Pineapple

27
Baked Ham served with Au Gratin Potatoes

28
Mac & Cheese w/ Kielbasa served with Spinach Salad

29
Mushroom Swiss Burger served with Onion Rings

30
Fish in Cilantro Sauce served with Bean Salad

31
Beef Tips served with Mashed Potatoes and Birthday Cake