



Burlington Senior Center

March 2026 



PO Box 35
1011 Greenleaf Ave
Burlington WA
98233

Open Mon-Fri, 8am—4pm
360-755-0102

Center Coordinator:
Jackie Cress
jcress@co.skagit.wa.us

Nutrition Supervisor:
Cheryl Kaufman

BSC Kitchen:
360-755-0942

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



Spotlight on Mariana — BSC Tai Chi Instructor



Mariana Foliart, who turns 101 years old this month — carries a lifetime of Tai Chi knowledge learned from legendary Grandmaster T.Y. Pang. She passes that knowledge on with endless patience, humor, and a spark that lights inspiration in every one of her Burlington Senior Center Tai Chi students.

Now, as Mariana undergoes treatment for a serious medical challenge, our class wants her to feel the warrior's strength she has always given us. We are with you. We are rooting for you. And we are holding you in our hearts every step of your healing journey.

This month, as she celebrates 101 remarkable years, we celebrate Mariana. Our teacher. Our inspiration. ~Mariana's Warriors



BETH'S JOURNEY March 5th — 10:30

Beth Badour, author of *Never Say Never: Living Life with Kidney Disease — From Victim to Victorious*, has walked a path few can imagine. A couple of years ago, she learned she was in



end-stage kidney disease and suddenly faced life-and-death decisions.

Her story is one of courage, mindset, and transformation. Beth shares how she refused to be defined by her diagnosis, instead creating her own path from victim to victor. Through resilience and a commitment to living fully in each moment, she discovered how to find joy even in the midst of chronic illness—and now inspires others to do the same.



LEARN TO PLAY UKULELE IT'S EASY & FUN

8 week session begins Wed.
Mar. 4th 12:00pm at
Burlington Senior Center

Stay for the 1:00pm class if you want more Uke fun!
Loaner ukuleles provided

Chair Yoga — Mondays — 10am

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



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!

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 remaining mobile and active.

Professional 30-minute foot care appointments are available at \$40/session. Call BSC front desk at 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:
Haplhadea@gmail.com

Quilts of Valor

Will be returning after the AARP Tax Aide season is finished in April

Quilts of Valor is all about expressing gratitude and comfort to our veterans and active duty military members for their service to our nation. Healing quilts are awarded to Veterans touched by war to

Party Bridge Fridays at 12:15

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!

Haircuts! Wednesdays 1—3pm

Trims and haircuts are offered by donation from Shellie Reed, our talented Cosmetologist. Walk-ins are available if time allows. Call the BSC front desk at 360-755-0102 to schedule your "new do"!

Haircuts by Shellie will be offered on Wednesdays now through April, and on Tuesdays after May 1st, 2026.

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! 1:00 pm / March 17

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 are provided. Come meet Bingo Betty — our legendary Bingo Caller Extraordinaire! Great Prizes!

March Live Music!

- March 3 at 10:30 — Ward McCary on Piano
- March 6 at 10:30 — Odette Freels—Acoustic Gospel & Hymns
- March 9 at 10:30 — David Lee Howard on 12-String Guitar
- March 18 at 10:30 — Steve Ellis on Guitar
- March 24 at 10:30 — Greg Kirkpatrick on Mandolin

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's easy, it's fun, and it's perfect for seniors! Beginners are always welcome.

Call 360-755-0102 for more information or come watch a class.

BSC Movie Day! "Eleanor the Great" Friday — March 20th / 12:30pm

In *Eleanor the Great*, June Squibb brings to vivid life the witty and proudly troublesome 94-year-old Eleanor Morgenstein, who —after a devastating loss— tells a tale that takes on a dangerous life of its own. Scarlett Johansson's directorial debut is a comically poignant exploration of how the stories we hear become the stories we tell.

Learn Ukulele — Wednesdays NEW Beginner Class at 12:00 noon — Stay for the 1:00pm class if you want more!

New beginner's class at noon starting NOW! 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.

Lunch and Learn March 30 / 12:00 Noon

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

Caregiver Support March 11 & 25 / 1:30pm

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



March Activities

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

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|---|---|--|--|---|
| <p>2 9:00 GUMBA Cards 9:00 Weight Loss Class 10:00 Board Meeting 10:00 Chair Yoga 12:30 Art Group</p> | <p>3 8:30 Foot Care 9:00—3:00 AARP Tax Aide 10:00 Quilt and Craft 10:30 Ward McCary Live Music 1:00 BINGO</p> | <p>4 9:00 GUMBA Cards 10:00 Tai Chi Class 12:00 New Class! Beginner Ukulele 12:30 Pinochle 1:00 Advanced Ukulele 1:00 Haircuts by Shellie</p> | <p>5 9:00—3:00 AARP Tax Aide 10:30 Beth's Journey: Living with Chronic Disease 12:15 Hand and Foot 12:30 Art w/Dee Doyle</p> | <p>6 9:00 Acupuncture 10:00 ZUMBA Gold 10:30 Odette Freels Live Music 12:15 Party Bridge</p> |
| <p>9 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 Tarts Meeting</p> | <p>10 8:30 Foot Care 9:00—3:00 AARP Tax Aide 10:00 Quilt and Craft 1:00 BINGO</p> | <p>11 9:00 GUMBA Cards 10:00 Tai Chi Class 12:00 Beginner Ukulele 12:30 Pinochle 1:00 Advanced Ukulele 1:00 Haircuts by Shellie 1:30 Caregiver Support</p> | <p>12 9:00—3:00 AARP Tax Aide 12:15 Hand and Foot 12:30 Art w/Dee Doyle</p> | <p>13 9:00 Acupuncture 10:00 ZUMBA Gold 12:00 SWSS Potluck 12:15 Party Bridge</p> |
| <p>16 9:00 GUMBA Cards 9:00 Weight Loss Class 10:00 Chair Yoga 12:30 Art Group 1:00 Minis</p> | <p>17 <i>St. Patrick's Day</i> 8:30 Foot Care 9:00—3:00 AARP Tax Aide 10:00 Quilt and Craft 1:00 SUPER BINGO!</p> | <p>18 9:00 GUMBA Cards 10:00 Tai Chi Class 10:30 Steve Ellis Live Music 12:00 Beginner Ukulele 12:30 Pinochle 1:00 Advanced Ukulele 1:00 Haircuts by Shellie</p> | <p>19 9:00—3:00 AARP Tax Aide 12:15 Hand and Foot 12:30 Art w/Dee Doyle</p> | <p>20 9:00 Acupuncture 10:00 ZUMBA Gold 12:15 Party Bridge 12:30 Movie Day "Eleanore the Great"</p> |
| <p>23 9:00 GUMBA Cards 9:00 Weight Loss Class 10:00 Chair Yoga 12:30 Art Group</p> | <p>24 8:30 Foot Care 9:00—3:00 AARP Tax Aide 10:00 Quilt and Craft 10:30 Greg Kirkpatrick Live Music 1:00 BINGO</p> | <p>25 9:00 GUMBA Cards 10:00 Tai Chi Class 12:00 Beginner Ukulele 12:30 Pinochle 1:00 Advanced Ukulele 1:00 Haircuts by Shellie 1:30 Caregiver Support</p> | <p>26 9:00—3:00 AARP Tax Aide 12:15 Hand and Foot 12:30 Art w/Dee Doyle</p> | <p>27 9:00 Acupuncture 10:00 ZUMBA Gold 12:15 Party Bridge</p> |
| <p>30 9:00 GUMBA Cards 9:00 Weight Loss Class 10:00 Chair Yoga 12:00 Lunch and Learn 12:30 Art Group</p> | <p>31 8:30 Foot Care 9:00—3:00 AARP Tax Aide 10:00 Quilt and Craft 1:00 BINGO</p> | <p style="text-align: center;">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 style="text-align: center;">Save a Tree!</p> <p>Go paperless!</p> <p>Want your BSC monthly newsletter delivered to your inbox? Just email us at BurlingtonSrCenter@yahoo.com to be added to our list.</p> |



March 2026 Menu

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--------|---------|-----------|----------|--------|
|--------|---------|-----------|----------|--------|

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| 2 Hawaiian Chicken Sandwich served with Strawberries | 3 Baked Manicotti served with Caesar Salad | 4 Chicken Cacciatore served with Ambrosia | 5 Beef Stroganoff over Mashed Potatoes served with Spinach Salad | 6 Coconut Curry Pollock served with Basmati Rice |
| 9 Cheese Omelet served with Green Salad | 10 Swiss Chicken and Stuffing served with Mashed Potatoes | 11 Steak Salad w/ Hot Bacon Dressing served with Pears | 12 Shrimp & Sausage Gumbo served over Steamed Rice | 13 Turkey Pot Pie served with Baby Baked Potatoes |
| 16 Pub Battered Fish served with JoJo Potatoes and Coleslaw | 17  Happy St. Patrick's Day! St. Patty's Casserole served with Irish Soda Muffins | 18 Shredded Pork & Gravy served over Mashed Potatoes | 19 BBQ Chicken Wrap served with Sun Chips | 20 Sweet Potatoes, Kale and Sausage Bake served with Peaches |
| 23 Spaghetti and Meatballs served with Garlic Bread | 24 Cordon Blue Casserole served with Grapes | 25 Lemon Chicken Tagine served with Seasoned Couscous | 26 Baked French Toast served with Hot Fruit Compote | 27 Salisbury Steak served with Mashed Potatoes and Gravy & Birthday Cake |
| 30 Supreme Pizza Soup served with a Mocha Brownie | 31 Beef in Peanut Sauce served with Sugar Snap Peas | | | Enjoy coffee & tea at BSC? Please donate! Coffee & tea are provided by fundraised dollars and are not included with your lunch. Donations please. |

Happy March Birthdays!

Carol Fiske 7
 Beverly DeVere 14
 Debbie Whitney 17
 Pat Nickelson 18
 Dianna Cornelius 23
 Marianna Foliart 28 — She will be 101 yrs young!



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!