



PO Box 35
1011 Greenleaf Ave
Burlington WA 98233

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



Burlington Senior Center

May 2026



Center Coordinator:
Jackie Cress
icress@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

AI Classes Coming! June 15 & 22—10:30

A friendly, hands-on introduction to using Artificial Intelligence is coming soon to the BSC. Learning about AI can help us understand how this technology can improve our lives. See page 3 for more...

Spotlight on Jackie Cress

As many of you know, our Burlington Senior Center Coordinator is the wonderful Jackie Cress. When Jackie started her position over fourteen years ago, she joked that she felt *'like a 90-year-old stuck in a 39-year-old's body,'* because being around seniors felt like home from the beginning. Jackie's duties include coordinating the senior center volunteer program, classes, and activities—and, as she says with a smile, "everything in between."

Jackie and her husband Jeff have been married for 28 years and have three children and a beautiful grandchild. Their family enjoys life on a lovely acreage near Mount Vernon, fondly named "Rocky Top Ridge," where dogs, goats, 4-wheeling, bonfires, hiking and even a few peaceful hours spent on the riding mower make it a perfect retreat. Jackie is an active Christian and loves to travel, including an annual trip to Hawaii. In high school, Jackie was captain of the swim team and swam competitively. An accomplished athlete, she has competed in three triathlons.

Jackie serves on the Burlington Senior Center's Advisory Board, is on the Executive Team of the Burlington Healthy Community Coalition, and served at the Emergency Operations Command office during the December, 2025 flood evacuations. She has also served on the Burlington Little School Board, Children's Museum County Board, Skagit Hospital Foundation, Burlington Kiwanis Board, and is a 2018 Leadership Skagit Graduate. She's one busy and accomplished lady, and we are so very proud to have her at the Burlington Senior Center!

Another one of Jackie's quotes says everything about why she's so admired here: "I would do this for free. I would never tell my boss that, but I love it." Don't worry, Jackie — your secret is safe with us.

Powerful Tools for Caregivers Fridays, May 15 – June 12 • 10:30–12:00

Learn skills to care for yourself as you care for others. This free program helps family caregivers reduce stress, build confidence, communicate effectively, and find helpful resources. Led by two trained facilitators, you'll learn simple "tools" you can put to use right away, including your own copy of *The Caregiver Helpbook*, developed specifically for this course.

Learn About Devoted Health Medicare Advantage Plans May 7 / 11:00 — 1:00

Elise Hammer from Devoted Health will join us at the Mother's Day Luncheon on May 7th to hand out surprises and craft Italian sodas as a special treat for the ladies. Learn how a Devoted Health Medicare Advantage plan could help you save on healthcare costs! For info go to www.devoted.com.

Living Well Right Now May 19 / 10:00

The *Life Empowerment Series* with Terry Helmka is back, offering fresh insights on how to live your best life—right now. Don't spend time worrying about the future or holding on to the past.

This class will explore ways to stay engaged and purposeful in this stage of life. From nurturing friendships and trying new activities to caring for your home, health, and happiness, participants will leave with practical ideas to help make the most of each day.

Coffee With the Mayor May 22 / 10:00 — 12:00

Coffee with the Mayor is an opportunity for BSC members to engage with the mayor and discuss local news, events, and ideas.

It is a relaxed way to stay connected and stay informed about what's happening in Burlington, ask questions, and share your thoughts about our community and our senior centers.

Come enjoy some free coffee and a chat with our Mayor Bill Aslett at the Burlington Senior Center!



Chair Yoga — Mondays — 10:00am

Feel the benefits and enjoy better health through gentle yet effective Chair Yoga exercise by our experienced instructors. A suggested \$5.00 donation per class is requested. Beginners welcome!

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.

Haircuts!

Now on 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.

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

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.

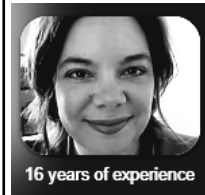
Let your creative side shine!

Acupuncture by Hadea

Starting 9am Fridays — \$30/session

Enjoy acupuncture in a welcoming and relaxing community setting, treating one area per session. To schedule call 360-661-3109, or email Hadea:

HappilyHadea@gmail.com.



Bingo! Tuesdays at 1:00pm

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. Great Prizes!

With a bit of luck, you might just meet the one-and-only Bingo Betty — our legendary Bingo Caller Extraordinaire!

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!

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.

May Live Music! 10:30am

May 1st — Odette Freels on Acoustic Guitar

May 5th — Ward McCary on Piano

May 11 — David Lee Howard on 12-String Guitar

May 19 — Greg Kirkpatrick on Mandolin

May 28 — Marcia Kester on Guitar



New! Meditation Class — 10:30am Wednesday, May 13 thru June 17

We invite you to attend a 6-week meditation class to help develop skills for staying centered during tumultuous times and relieving stress and anxiety. Instructor Thais Armstrong specializes in teaching concentration techniques. She has trained hospice volunteers for over 20 years to be a peaceful presence. Suggested \$5.00 donation. Beginners are welcome.

BSC Movie Day!

Friday — May 15 at 12:30pm

“Now You See Me: Now You Don't”

In the World of Magic, everything that disappears reappears. In this 2025 movie, the 4 Horsemen of Magic reunite with the newest generation of illusionists to perform mind-bending twists, turns and reveals to take down their most ruthless adversary yet.

Learn Ukulele — Wednesdays Beginner Class at 12:00 noon —

Stay for the 1:00pm class if you want more!

New beginner's class at noon! 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 May 25 / 12:00 Noon

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

Caregiver Support May 13 & 27 / 1:30pm

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

Powerful Tools for Caregivers

Fridays — Free classes starting May 15th thru June 12th at 10:30am.

May Activities

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

RSVP for May 7th Mother's Day Luncheon

All ladies will be entered in a raffle for a beautiful prize! Sign up or call the front desk. Be seated by 11:30am promptly please.

AI Got You Wondering? (Intro to Artificial Intelligence) New Series Coming! June 15 & 22 at 10:30am

Ever used Google Maps, online shopping chatbots, or Alexa? You're already using artificial intelligence. Come to our friendly, hands-on introduction to using AI to ask questions, understand documents, improve writing, learn skills and explore new hobbies. Taught by George Ridgeway—no experience needed. Bring your laptop, phone or tablet to class. Limited seating. Call or stop by front desk—360-755-

1
9:00 Acupuncture
10:00 ZUMBA Gold
10:30 Odette Freels Live Music
12:15 Party Bridge

4
9:00 GUMBA Cards
9:00 Weight Loss Class
10:00 Chair Yoga
12:30 Art Group
1:00 Board Meeting

5
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 *Now on Tues!*

6
9:00 GUMBA Cards
10:00 Tai Chi Class
12:00 Beginner Ukulele
12:30 Pinochle
1:00 Advanced Ukulele

7
11:00—1:00 **Elise Hammer & Devoted Health**
11:30 Bridge
11:30 Mother's Day Luncheon—RSVP
12:15 Hand and Foot
12:30 Art w/Dee Doyle

8
9:00 Acupuncture
10:00 ZUMBA Gold
12:00 SWSS Potluck
12:15 Party Bridge

11
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

12
8:30 Foot Care
9:30 Quilts of Valor
10:00 Quilt and Craft
1:00 BINGO
1:00 Haircuts by Shellie

13
9:00 GUMBA Cards
10:00 Tai Chi Class
10:30 Meditation Class
10:30 Simme Bobrosky Live Music
12:00 Beginner Ukulele
12:30 Pinochle
1:00 Advanced Ukulele

14
11:30 Bridge
12:15 Hand and Foot
12:30 Art w/Dee Doyle

15
9:00 Acupuncture
10:00 ZUMBA Gold
10:30 Powerful Tools for Caregivers Class
12:15 Party Bridge
12:30 BSC Movie Day: "Now You See Me: Now You Don't"

18
9:00 GUMBA Cards
9:00 Weight Loss Class
10:00 Chair Yoga
12:30 Art Group
1:00 Minis

1:00—2:00 Sign up for 2026 Farmer's Market Benefit Cards at BSC

19
8:30 Foot Care
9:30 Quilts of Valor
10:00 Life Empowerment: "Living Well Now"
10:00 Quilt and Craft
10:30 Greg Kirkpatrick Live Music
1:00 BINGO
1:00 Haircuts by Shellie

20
9:00 GUMBA Cards
10:00 Tai Chi Class
10:30 Meditation Class
12:00 Beginner Ukulele
12:30 Pinochle
1:00 Advanced Ukulele

21
11:30 Bridge
12:15 Hand and Foot
12:30 Art w/Dee Doyle
10:00-12:00 Community Action Info Table

22
9:00 Acupuncture
10:00 ZUMBA Gold
10:00—12:00 Coffee with Mayor Bill Aslett — Free Coffee!
10:30 Powerful Tools for Caregivers Class
12:15 Party Bridge

25
CLOSED FOR MEMORIAL DAY



26
8:30 Foot Care
9:30 Quilts of Valor
10:00 Quilt and Craft
1:00 BINGO
1:00 Haircuts by Shellie

27
9:00 GUMBA Cards
10:00 Tai Chi Class
10:30 Meditation Class
12:00 Beginner Ukulele
12:30 Pinochle
1:00 Advanced Ukulele
1:30 Caregiver Support

28
10:30 Marcia Kester Live Music
11:30 Bridge
12:15 Hand and Foot
12:30 Art w/Dee Doyle

29
9:00 Acupuncture
10:00 ZUMBA Gold
10:30 Powerful Tools for Caregivers Class
12:15 Party Bridge

May 2026 Menu

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

**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.

Narcan Training — June 4 / 10:30am

Overdoses can happen to anyone, even if you simply take the wrong dose of a prescribed medication. Learn what Narcan (naloxone) is, how it reverses overdoses, who should carry it, and how to use it safely in an emergency. Be prepared. The class is free, but space is limited. Sign up or call us at the BSC front desk: 360-755-0102.

**1
Beef Barley Stew served with Roasted Sweet Potatoes and Apricots**

**4
Beef Tips in Gravy served with Mashed Potatoes and Garlic Bread**

**5
Clam Chowder served with Lentil Confetti Salad and Blueberries**

**6
Moussaka Greek Casserole served with Greek Potatoes and Apple Slices**

**7
🌸 Mother's Day Luncheon 🌸
Chicken Cordon Bleu served with Caesar Salad and Chocolate Eclairs
*RSVP at Front Desk***

**8
Kalua Pig served with Jasmine Rice and Pineapple Chunks**

**11
Pollo Con Crema served with Spanish Rice and Orange Sections**

**12
Tuna Salad Sandwich served with Coleslaw and Macaroons**

**13
Turkey in Gravy served with Mashed Potatoes and Brownies**

**14
Lasagna served with Caesar Salad and Pudding with Bananas**

**15
Chef Salad served with Sun Chips and Fruit Crisp**

**18
Pastrami & Cheese on a Pretzel Roll and Sauerkraut served with Bug Bites® Grahams Crackers**

**19
Chicken Almond Casserole served with a Green Salad and Peaches**

**20
Asian Chicken Salad served with Mandarin Orange Sections and a Fortune Cookie**

**21
Pork Roast served with Mashed Potatoes and Gravy and Apple Cake**

**22
Beef Fajitas served with Tortillas, Corn Salad and Orange Sections**

**25
CLOSED FOR MEMORIAL DAY**



**26
Salisbury Steak served with Mashed Potatoes and Pears**

**27
Biscuits and Gravy served with Sausage Links Hashbrowns and Goofy Bars**

**28
Vegetable Lasagna served with Quinoa and Garlic Bread**

**29
Paella served with Rice and Luscious Lemon Birthday Cake**