



Burlington Senior Center

SEPTEMBER 2026



PO Box 35
1011 Greenleaf Ave
Burlington WA 98233

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

Nutrition Supervisor:
Cheryl Kaufman

BSC Kitchen:
360-755-0942

Meals on Wheels:
360-872-7399

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

Receive your email online

If you would like to receive an email copy of the monthly newsletter, please send a request to BSC98233@gmail.com or leave your email with the front desk.



Senior Centers to Be Managed by Skagit Council on Aging

Skagit County and the cities of Mount Vernon and Burlington are working with the Skagit Council on Aging (SCOA) to transition the management of the Mount Vernon and Burlington Senior Centers to SCOA.

The goal is to provide a strong, sustainable future for senior services while keeping programs and activities available to local older adults.

What to expect:

- **Services will continue without interruption.** Meals, classes, activities, and other programs will remain available.
- **Mount Vernon:** SCOA is expected to begin managing the senior center in **early October 2026.**
- **Burlington:** SCOA will hire a new senior center coordinator and will take over management once that position is filled.
- **Building ownership will not change.** Skagit County will continue to own the Mount Vernon Senior Center, and the City of Burlington will continue to own the Burlington Senior Center.
- **Local support will continue.** Skagit County and the cities of Mount Vernon and Burlington will continue providing financial support for the centers through the end of 2026.

SCOA is a nonprofit organization focused on serving older adults. Managing both senior centers along with senior nutrition services will allow SCOA to better coordinate programs, volunteers, community partnerships, and other services.

The transition is expected to provide more opportunities to seek grants and donations, strengthen volunteer programs, reduce administrative duplications, and expand services for older adults.

Skagit County, Mount Vernon, Burlington and SCOA are working together to make the transition as smooth as possible and to support the long-term success of both senior centers.

Questions or comments? Contact the Skagit County Commissioners Office at commissioners@co.skagit.wa.us.

Medicare Open Enrollment occurs

Oct. 15-Dec 7

Help with Medicare is available in-person, by Zoom or phone

SHIBA can help you review Medicare Advantage plans and Part D Plans, and compare your options for 2027 coverage.

Starting Oct. 1, you can schedule your free, unbiased consultation.

To request and appointment, here are your options:

1. Call our message line: 425-290-1276 (Snohomish) or 360-826-8828 (Skagit)
2. Email: shiba.OE@edmondswaterfrontcenter.org
3. Go to www.edmondswaterfrontcenter.org/ewc-programs/shiba

We're your Statewide Health Insurance Benefits Advisors (SHIBA) program

Brain Health & Dementia Awareness in Our Communities

Monday, Sept. 28th 10:30-12:30

An Interactive class where you will:

- Learn about and reflect on brain health and dementia in our community
- Understand potentially modifiable risk factors and the benefits of early detection for dementia
- Explore resources for further learning, action, and support around brain health and dementia

Questions? Contact
Stephanie.Morgareidge@UnitedGeneral.org

Scam Class

Sept. 11 at 10:30 a.m.

Scamming is alive and thriving! From romance and investment to fraud to blackmail, impersonation, check washing, mail fraud, and even pet fraud...scams are becoming increasingly sophisticated with the rise of AI.

Foot Care - Most Tuesdays Starting at 8:30 am - \$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

Tuesdays from 1:00 - 3:00 pm

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.

Quilts of Valor

Most Tuesdays - 9:30 am

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

Bingo

Tuesdays - 1:00 pm

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!

Tai Chi

Wednesdays - 10:00 am - \$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.

Learn Ukulele

Wednesdays - 1:00 pm

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!

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!

Dee Doyle Acrylic Art Class

Thursdays - 12:30 pm - \$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!

Zumba Gold

Fridays - 10:00 am

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!

Chair Yoga - Mondays - 10:00 a.m.

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!

Live Music at the BSC!

- 1st Tues. - Ward McCary on Piano
- 1st Friday - Odette Freels Acoustic Gospel & Hymns
- 2nd Monday - David Lee Howard on 12-String Guitar
- 3rd Tues. - Greg Kirkpatrick on Mandolin

Lunch and Learn

Last Monday @ Noon

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

Caregiver Support

2nd & 4th Wednesdays @ 1:30

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

Paint from Your Soul - Coming in October

Tuesdays @ 1:30

New four week class - watch the October newsletter for more information.

Acupuncture by Hadea

*****New Location*****

Skagit Community Acupuncture

160 Cascade Place #106, Burlington

To book your appointment call: 360-661-3109

September Activities				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 8:30 Foot Care 9:30 Quilts of Valor 10:00 Quilt and Craft 10:30 Ward McCary Live Music 1:00 Super BINGO 1:00 Haircuts by Shellie	2 9:00 GUMBA Cards 10:00 Tai Chi Class 12:30 Pinochle 1:00 Ukulele Class	3 11:30 Bridge 12:30 Art w/Dee Doyle	4 10:00 ZUMBA Gold 10:30 Odette Freels Live Music 12:15 Party Bridge
7 9:00 GUMBA Cards 9:00 Weight Loss Class 10:00 Chair Yoga 12:30 Art Group	8 8:30 Foot Care 9:30 Quilts of Valor 10:00 Quilt and Craft 1:00 BINGO 1:00 Haircuts by Shellie	9 9:00 GUMBA Cards 10:00 Tai Chi Class 12:30 Pinochle 1:00 Ukulele Class 1:30 Caregiver Support	10 11:00 Community Action Info Table 11:30 Bridge 12:30 Art w/Dee Doyle	11 10:00 ZUMBA Gold 10:30 Scam Class 12:00 SWSS Potluck 12:15 Party Bridge
14 9:00 GUMBA Cards 9:00 Weight Loss Class 10:00 Chair Yoga 10:30 David Lee Howard Live Music 12:30 Art Group	15 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	16 9:00 GUMBA Cards 10:00 Tai Chi Class 12:30 Pinochle 1:00 Ukulele Class	17 9:00 Marketing Meeting 11:30 Bridge 12:30 Art w/Dee Doyle	18 10:00 ZUMBA Gold 12:15 Party Bridge 1:00 Movie Day - TBD
21 9:00 GUMBA Cards 9:00 Weight Loss Class 10:00 Chair Yoga 12:30 Art Group 1:00 Mini's	22 8:30 Foot Care 9:30 Quilts of Valor 10:00 Quilt and Craft 1:00 BINGO 1:00 Haircuts by Shellie	23 9:00 GUMBA Cards 10:00 Tai Chi Class 12:30 Pinochle 1:00 Ukulele Class 1:30 Caregiver Support	24 11:30 Bridge 12:30 Art w/Dee Doyle	25 10:00 ZUMBA Gold 12:15 Party Bridge
28 9:00 GUMBA Cards 9:00 Weight Loss Class 10:00 Chair Yoga 10:30 Brain Health & Dementia Awareness 12:00 Lunch & Learn 12:30 Art Group	29 8:30 Foot Care 9:30 Quilts of Valor 10:00 Quilt and Craft 1:00 BINGO 1:00 Haircuts by Shellie	30 9:00 GUMBA Cards 10:00 Tai Chi Class 12:30 Pinochle 1:00 Ukulele Class		



September 2026 Client Menu

Anacortes, Burlington, Mount Vernon, Sedro Woolley

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Baked Manicotti served with Italian Veggies	2 Alpine Chicken served with Rice Pilaf	3 Baked Ham served with Scalloped Potatoes	4 Cheeseburger Salad served with a Pretzel Roll
7 Closed  LABOR DAY	8 Broccoli Cheese Soup served with $\frac{1}{2}$ Deli Sandwich	9 Swedish Meatballs served with Mashed Potatoes & Gravy	10 Turkey Pot Pie served with Roasted Potatoes	11 Lemon Pepper Fish served with Citrus Couscous
14 Orange Chicken with Brown Rice	15 Cheese Omelet with Sausage Links	16 Moussaka Greek Casserole	17 Swiss Steak w/Tomatoes	18 Hawaiian Slider Casserole
21 Pork Roast served with Mashed Potatoes and Gravy	22 Sloppy Jos w/Cheese served with Tater Tots	23 Japanese Glazed Chicken served over Rice	24 Club Wrap served with Pea and Cheese Salad	25 Mediterranean Chicken with Seasoned Rice
28 Krabby Cake served with JoJos	29 Cornflake Chicken served with Mashed Potatoes	30 3 Bean Casserole served with Roasted Sweet Potatoes		

Menu substitutions or changes are sometimes necessary. Thank you for your understanding.