



# March 2023

**PO BOX 35**  
**1011 Greenleaf Ave.**  
**Burlington, WA. 98233**  
**360-755-0102**  
Mon.– Fri. 8am-4pm

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

**Nutrition Supervisor**  
Cheryl Kaufman  
**BSC Kitchen:**  
360-755-0942

**Meals on Wheels**  
360-416-1511

The Senior Center and Nutrition Program are programs of Skagit County Public Health, in partnership with the City of Burlington.

**Mission Statement**  
Our center reaches out to the community by providing:  
health and nutrition, entertainment and travel, and intellectual stimulation through classes, speakers, interactive programs and camaraderie in a warm and welcoming environment.

Our center does not discriminate against participants, clients, volunteers, or employees on the basis of race, color, creed, religion, orientation, gender, gender identity, age or disabilities.



## AARP Foundation Tax-Aide

### DON'T WAIT UNTIL THE LAST MINUTE TO MAKE YOUR APPOINTMENT!

Call the Burlington Senior Center at 360-755-0102. Once you have made your appointment, please pick up a tax packet at either the Burlington Senior Center, or the Sedro-Woolley Senior Center and complete before your appointment. On the day of your appointment, please arrive no more than 5 minutes before your scheduled time with your completed paperwork, picture ID, Social Security cards for everyone on the return, your original tax documents and your 2021 tax return. If you are filing a joint return, both taxpayers need to be present at the appointment with the appropriate paperwork, signatures, ID, and documents.

If you have questions about your return, please contact us at 360-386-5801 and leave a voicemail or text. **Masks are required, at the Burlington Senior Center** if you feel ill or have any symptoms, please cancel your appointment, and reschedule for another day and time.

**More questions? Visit [taxaideskagit.org](http://taxaideskagit.org)**

### COVID AND FLU VACCINE AND COVID TESTING CLINIC HERE

COVID-19  
INFLUENZA VACCINATION +  
HOME TESTS MOBILE CLINIC

Skagit County Public Health Department will be here every 2nd Thursday of each month from 10:30 to 1:30

No appointment is necessary.

Upcoming dates:  
**Thursday March 9th**  
April 13th



### More details inside.....

March for Meals/ Meals on Wheels events and fundraisers on page 2 and Acupuncture dates on our monthly calendar!

Get this Newsletter in your email or online. Email:

**[BurlingtonSrCenter@yahoo.com](mailto:BurlingtonSrCenter@yahoo.com)**  
to be added to our email list.

View the newsletter online at [www.skagitcounty.net/SeniorCenters](http://www.skagitcounty.net/SeniorCenters).



### Special Music Guest Colleen Raney and Friends Tues. March 7th at 10:30 a.m.

Vocalist Colleen Raney has been referred to as

"among the best in her genre,"  
(*Irish Music Magazine*) and

"one of America's best traditional singers" (*Tradconnect*).

Her ability to convey this love of Irish music makes every performance a captivating experience, no matter the setting. Raney sings with an enchanting yet unaffected style allowing the listener to enjoy her selection of songs whether they are familiar or more obscure.

### Catch a glimpse of spring time!

Stop by to check out our beautiful display case! Artfully designed by Julie Stanley

Thank you Julie!!!!



### LIVE MUSIC 10:30-11:30

**COLLEEN RANEY**– Tues. March 7th  
(Irish Music) details above

**DAVID LEE HOWARD**– Mon. March 13th

**STEVE ELLIS**– Wed. March 15th

**MARCIA KESTER**– Thurs. March 30th



## Happy March Birthday



Marilyn Koeing 1  
Susan Grenier 1  
Nancy VanAusdle 2  
Carol Fiske 8

Barb McNab 14  
Beverly DeVere 14  
Pat Nickelson 18  
Wanda Woodworth 20  
Pat Holden 23  
Dianna Cornelius 23  
Marianna Foliart 28

Thanks to Jeanette Wolfrank  
for making our birthday  
board each month!

## MOVIE DAY– Friday, March 24th 12:30 PM

In partnership with the House of Dior, **MRS. HARRIS GOES TO PARIS** tells the story of a widowed cleaning lady in 1950s London who falls madly in love with a couture Dior dress, and decides that she must have one of her own. After she works, starves and gambles to raise the funds to pursue her dream, she embarks on an adventure to Paris which will change not only her own outlook, but the very future of the House of Dior.

### TAI CHI

Interested in Tai  
Chi?  
Call Mariana  
360-422-8549  
Or stop by and  
check it out!  
Wednesday

### Computer and Phone Lessons

By Appointment  
Wednesdays  
9 a.m.-12 p.m.  
Call 360-755-0102  
FREE


### Foot Care

Please call  
360-755-0102 to  
make your 30 min.  
appointment!  
Time slots fill up  
fast.  
Cost is \$30.00  
8:30 am -3 pm

### CHAIR YOGA

Mondays  
10:00 to  
10:30  
\$3.00-\$5.00  
suggested  
donation  
drop in.

**CAREGIVER SUPPORT CLASS**—Offered through Skagit Adult Day Care Program and takes place on the second and fourth Wednesday of each month at 1:00 p.m. Lunch and Learn is offered on the last Monday of each month. Contact Gavin Ellis 360-755-1235 for info.

**ART CLASS with Dee Doyle Thursdays 12:15 p.m.** Art Instructor, Dee Doyle, is teaching Still Lives and Florals in March and April. Contact Dee for more details [deedoyle11@gmail.com](mailto:deedoyle11@gmail.com) Dee will be “studying abroad” on April 16th and 23rd but the art space is open to her students who wish to practice. 

### Ukulele Fun & Song Circle

**Beginners welcome.** Learning materials for beginners are provided. Loanerukes available. Play along or just come to sing with us. Songs are projected on a screen. Wednesday, 1-2pm at the Burlington Senior Center. More info: 206-790-4862 or [yogaheartspace0@gmail.com](mailto:yogaheartspace0@gmail.com). You're guaranteed to have a ukedelic time. Burlington Public Library also has ukulele's that you can check out ...just like a library book!

**SKAGIT WIDOW SUPPORT**-Potluck on the 4th Friday of each month. Anyone can come— we have all experienced loss at some level. This is a great support group where you can connect with others and find local resources and tools to help ease life's hardships.

**MSkateers! MS. SUPPORT GROUP** All welcome!  
Social meeting and support group 2nd Fri. of every month 11:00-1:00

### Downsizing & Organizing Tips and Tricks with Terry

**Tues. March 28th at 10:00**

Learn simple techniques that you can start doing at home to downsize and organize. Discussions include decision making regarding paperwork and collectables— what to keep and what to recycle or re-home!

### Burlington Library Classes

#### Energy Efficient Class

Thursday, March 2 at 6:30PM

#### Aging Mastery Class

Saturday, March 25th at 2:00PM

### March for Meals Fundraisers

Donate to ensure that our homebound seniors receive the nutrition and social connections they need to thrive at home. Your generosity will be felt by many older adults who need it now, more than ever!

#### Spaghetti Dinner and BINGO– At Anacortes Senior Activity Center

March 8th Dinner at 5:00 and BINGO 6:00 to 7:00 Adults \$20.00/ Children \$10.00

Tickets highly encouraged and available at Anacortes Senior Center or online at [marchformeals.org/fundraisers/spaghetti-and-bingo](http://marchformeals.org/fundraisers/spaghetti-and-bingo)

#### The Rhythm of Giving!

Light meal, live music and lots of fun at Bertelsen Winery in Thursday, March 23rd at 6:00 P.M.  
[MARCHFORMEALS.ORG/FUNDRAISERS/RHYTHM-OF-GIVING/](http://MARCHFORMEALS.ORG/FUNDRAISERS/RHYTHM-OF-GIVING/)

**To donate please send a check to:**

**Skagit County Meals on Wheels PO Box 693 Mount Vernon, WA 98273**

# MARCH

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

**ACUPUNCTURE— March 2, 14, 23, 30**


This is acupuncture in a community setting. Each session treats one main area and last 30 min. Cost: \$20.00 For appointment, call 360-661-3109 or email Happilyhadea@gmail.com  
Common things people use acupuncture for: Sleep Disorders, Stress, Anxiety, Joint Pain, Muscle Pain, Headaches, Depression, Digestive Issues, Fatigue and so much more. Also super relaxing!

**1**  
9:00 Computer Lessons  
10:00 SWSS Board Mtg  
10:00 Tai Chi  
12:30 Pinochle  
1:00 Ukulele

**2**  
9:00 Acupuncture  
9:00 AARP Taxes  
12:15 Hand and Foot (in dining room )  
12:15 Art w/Dee Doyle

**3**  
9:00 Quilts of Valor  
9:00 Diamond Art  
  
10:00 Private Event in Community Hall)


**6**  
9:00 Weight Loss Class  
10:00 Board Meeting  
10:00 Chair YOGA  
12:30 Art Chicks

**7**  
8:30 Foot Care  
9:00 AARP Taxes  
10:00 Quilt and Craft  
**10:30 Colleen Raney**  
1:00 Bingo 

**8**  
9:00 Computer Lessons  
10:00 Tai Chi  
12:30 Pinochle  
1:00 Caregiver Class  
1:00 Ukulele  
5:00 Meals on Wheels Spaghetti Dinner and Bingo (page 2)

**9**  
9:00 AARP Taxes  
10:30 Vaccine Clinic  
12:15 Hand and Foot  
12:15 Art w/Dee Doyle

**10**  
9:00 Quilts of Valor  
9:00 Diamond Art  
10:00– 2:00 Red Hats Workshop  
11:00 MS Support

**13**  
9:00 Weight Loss  
10:00 Chair YOGA  
**10:30 Music with David Lee Howard**  
12:30 Art Chicks  
1:00 Strawberry Tarts   
1:00 SHIBA

**14**  
8:30 Foot Care  
9:00 AARP Taxes  
9:00 Acupuncture  
9:00 Quilt and Craft (shared space w/ foot-care)  
1:00 Bingo

**15**  
9:00 Computer Lessons   
10:00 Tai Chi  
**10:30 Music with Steve Ellis**  
12:30 Pinochle  
1:00 Ukulele

**16**  
9:00 AARP Taxes  
12:15 Hand and Foot (in Dining Room )  
12:15 Art

**17**  
9:00 Quilts of Valor  
9:00 Diamond Art  
10:00—2:00 Red Hats Workshop

**20**  
9:00 Weight Loss Class  
10:00 Chair YOGA  
12:30 Art Chicks  
12:30 Miniaturists

**21**  
8:30 Foot Care  
9:00 AARP Taxes  
10:00 Quilt and Craft  
1:00 Bingo

**22**  
9:00 Computer Lessons  
10:00 Tai Chi  
12:30 Pinochle  
1:00 Caregiver Class  
1:00 Ukulele


**23**  
9:00 Acupuncture  
9:00 AARP Taxes  
12:15 Hand and Foot (in Dining Room )  
12:15 Art  
6:00 Meals on Wheels Rhythm of Giving Bertelsen Winery

**24**  
9:00 Quilts of Valor  
9:00 Diamond Art  
12:30 Movie Day Mrs. Harris Goes to Paris

**27**  
9:00 Weight Loss Class  
10:00 Chair YOGA  
12:30 Art Chicks  
12:00 Lunch and Learn Caregiver Support Lunch

**28**  
8:30 Foot Care  
9:00 AARP Taxes  
10:00 Downsizing and Organizing class  
10:00 Quilt and Craft  
1:00 Bingo

**29**  
9:00 Computer Lessons  
10:00 Tai Chi  
12:30 Pinochle  
1:00 Caregiver Class  
1:00 Ukulele

**30**   
9:00 Acupuncture  
9:00 AARP Taxes  
**10:30 Marcia Kester**  
12:15 Hand and Foot (in Dining Room )  
12:15 Art w/Dee Doyle

**31**  
9:00 Quilts of Valor  
9:00 Diamond Art

# MARCH

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

		1 Chicken Cacciatore served with Ambrosia	2 Salisbury Steak served with Mashed Potatoes and Gravy	3 Shrimp & Sausage Gumbo served with a Peach Crisp
6 Cheese Omelet served with a Spinach Salad	7 Swiss Chicken and Stuffing served with Apricots	8 Supreme Pizza Soup served with a Cheese Roll	9 Hawaiian Chicken Sandwich served with a Seven Layer Bar	10 Beef Pot Pie served with Herb Roasted Potatoes
13 Pub Battered Fish served with JoJo Potatoes and Coleslaw	14 Lemon Chicken Tagine served with a Lemon Bar	15 Hot Turkey Sandwich served with Blueberries	16 Baked Manicotti served with Caesar Salad	17 St. Patrick's Day Lunch St. Patty's Casserole served with a Pistachio Dessert
20 Broccoli Cheddar Soup served with a ½ Deli Sandwich	21 Tater Tot Casserole served with Pickled Beets	22 Sweet Potatoes, Kale and Sausage Bake served with Apple Crisp	23 Coconut Curry Pollock served with Jasmine Rice	24 Cordon Bleu Casserole served with Grapes
27 Pesto Chicken over Rice served with Garlic Bread	28 Chili Cheese Baked Potato served with a Cookie	29 Steak Salad served with a Hawaiian Roll	30 Baked French Toast served with a Hot Fruit Compote	31 Shredded Pork & Gravy served over Mashed Potatoes with Birthday Cake

*Lunch is offered at a suggested donation of \$5.00 per person for those 60 years old and better. Anyone 59 years of age and below is required to pay \$7.00 per person.*

**Lunch is served from 11:30 to 12:30 Monday– Friday**

*Menu substitutions or changes are sometimes necessary.*

*We are unable to make change for bills over \$20.00. Thank you for your understanding.*

**Please try to bring small bills for lunch. Thank you**