



Burlington Senior Center

OCTOBER 2017



PO BOX 35
1011 Greenleaf Ave.
Burlington WA. 98233

360-755-0102

Mon—Fri 8am to 4pm

Senior Center Coordinator

Jackie Cress

jcress@co.skagit.wa.us

Nutrition Supervisor

Cheryl Kaufman

BSC Kitchen: 360-755-0942

Meals on Wheels

360-416-1500

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



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

Mark Your Calendar

Thursday, October 5th

BSC Rummage Sale

9:00 a.m. to 2:00 p.m.

Tuesday, October 17th

“The Power of Play”

11:00 a.m. to 11:30 a.m.

Presentation— Jackie Cress

Friday, October 20th

SHIBA Open Enrollment

9:00 a.m. to 3:00 p.m.



Please try your best to **print legibly** when you sign in at the front desk. **THANK YOU**

Because we care...



There are optional emergency contact forms available at the front desk. These forms are used if there happens to be an emergency in anything from medical/ physical or even classes that get cancelled. Please consider updating yours or filling a new one out!

BE A BINGO BIG WINNER

BRING A FRIEND FOR THE FUN!!!

Every Tuesday at 12:30



**Burlington Senior Center
Advisory Board
Mission Statement**



Our center reaches out to the community by providing:

** health and nutrition * entertainment and travel* intellectual stimulation, through classes, speakers, interactive programs and camaraderie in a warm and welcoming environment.*



MUSIC



Tuesday, October 10th 10:30

Steve Ellis

Thursday, October 12th 10:30

David Lee Howard

12 String Guitar (NEW)

Friday, October 13th 10:30

Hometowners

Monday, October 16th 10:30

Old Time Fiddlers

Thursday, October 19th 10:30

The Esquires

Thursday, October 26th 10:30

Marcia Kester

RUMMAGE SALE



Thursday Oct. 5th 9:00– 2:00

All welcome to bring donated items

BSC CAN NOT STORE YOUR ITEMS EARLY.

Please have items to center **BY 9:00 a.m.**

Place items on tables in Community Room

All items not sold by 2:00 will be donated to a local charity or thrift store. **IF you'd like your donated**

item back, please pick up by 1:30 p.m.

Please try to be generous when shopping—

This is a fundraiser for the senior center.

THANK YOU

Wi-Fi Notice



Wi-Fi is temporarily unavailable.

The Burlington Public Library has

Wi-Fi available. This affects technology classes, SHIBA, AARP Tax program, genealogy and more.

Please check back soon as we work to restore this service to you.



Get Your Newsletter Online

The newsletter is available online and in color on our website!

www.skagitcounty.net/SeniorCenters

Happy OCTOBER Birthday

Exercise at BSC

Exercise does not have to be difficult, painful or boring!!!! It's never too late to start and exercise is one of the best ways to increase the numbers of **QUALITY** years for seniors.

Flyswatter Practice
12:30 1st/3rd Mon.
each month. Flyswatter game on first day!



Silver Sneakers© with Jennifer Eddleman
Mon. and Fri. 9:00 & 10:00
Strength and Balance exercise for seniors that increase muscle strength, range of motion, and agility. **Strength and Balance/** a low impact class designed to help you improve flexibility and balance.



Tai Chi - Wed. at 9:00 Mariana Foliart 360-422-8549 Stop in and observe or call Mariana for information. \$3.00 drop in fee.

Zumba Gold— Jennifer Eddleman
Dancing Fun on Wed. at 10:00 is also a Silver-Sneakers class and available for no cost to Silver Sneakers members OR \$3.00 drop in fee or \$25.00 punch card purchased at class time. Nationally Accredited program and SO MUCH FUN!

This is the most fun you will have in a group fitness class!!!!

- Martha Stout 1
- Mae Greathouse 2
- Gilbert Crapson 11
- Sybil Burgess 14
- Donna Kelly 18
- Georgia Kensmoe 31



- Laura Bennett 19
- Larry Frizzell 20
- Alfred Bonnelle 29
- Nancy Lanphere 21
- Terry Peters 24

Please share your birth date with the front desk we'd like to celebrate YOU!



Summer was much cooler for our guests in the dining room with the generous air conditioner donated by the Jordan Family! We love our front desk and board volunteers! They make BSC wonderful for us ALL!

A great big thank you to Marge Cowee, Jeanette Wolfrank and Nona Avery who worked so hard to help re-organize our front desk. We are more efficient AND grateful! Shirley Benson is the newsletters best friend! Thank you Shirley for helping with the nuts and bolts of editing this BSC gem! Bingo is our biggest fund (and friend raiser and it would not happen without YOU and Betty Sebers and Jeanette! Jim Powers helps us each morning as we prepare for a day of hospitality— thank you Jim!!!! Thanks for all of the anonymous cookie donors— you know who you are!!! We love you!

Golden Years Smiles can do cleanings and screenings at a very reasonable price right here. Golden Years Smiles **425-343-7510** Call to schedule an appointment. They are gentle and affordable.



affordable.

Come in and play **BINGO** with us~
Tuesdays at 12:30 6 games ~.50 cents per CARD 2 Blackout games are \$1.00
Free raffle prizes weekly~
Winner of each game chooses the next game~



Swatter Blotter- 1st and 3rd Monday: We will be playing a variety of fun games!

The POWER of PLAY Tues. Oct. 17th 11:00-11:30

“We don't stop playing because we grow old; we grow old because we stop playing.” □
– George Bernard Shaw Most of us think of adult play as respite or indulgence, but having fun is no trivial pursuit. In fact, it's crucial to put mental creativity, health and happiness. It may in fact be the highest expression of our humanity, both imitating and advancing the evolutionary process. Play allows our brain to exercise their very flexibility, to maintain and even perhaps renew the neural connections that embody our human potential to adapt, to meet any possible set of environmental conditions. Join us as Jackie Cress leads this fun, interactive and light hearted presentation.



TRIPS

Registration forms are available at all Skagit County Senior Centers. Please pay with check or cash when you register to hold your spot; credit/debit cards are not accepted at this time. Payment is non-refundable. Unless otherwise noted, travel will be in Recreation Without Borders vans. Bring money for food and purchases. Wear weather appropriate clothing and comfortable sturdy, walking shoes. and of course don't forget your camera! The trips have limited space and sell out fast.

Seattle FBI and Pike Place Market- Wednesday, October 25 FULL WAIT LIST ONLY

Nifty and Thrifty Store Tour- Wednesday, November 15 It's that time of year again...time to update your wardrobe, get a jump on the holidays and perhaps find a hidden treasure or two! And what better way to do it than at bargain prices? Throughout the day we will visit several high-end consignment and thrift stores in the Seattle-metro area that offer value, selection, imports and more. From earrings and elves to everything else there's sure to be something for everyone! Time will also be set aside for a delicious no-host lunch as well. Sign up today for this one-of-a-kind, fun-filled treasure hunt. Time: 8:00 am - 4:30 pm Anacortes/8:30 am - 4:00 pm Burlington Fee* \$55.00

Victoria B.C. Holiday Getaway! Saturday & Sunday, December 16 & 17 One of our most highly-requested trips! Join us as we head to Victoria via van and ferry. We'll catch the Anacortes ferry to Sidney and stay in the heart of downtown at the Best Western Plus Carlton Plaza Hotel. You'll be within walking distance to countless shops, cafes and wonderful holiday attractions. On Saturday evening, we'll visit Butchart Gardens, celebrating its 31st season of festive Christmas displays and featuring tens of thousands of twinkling lights and seasonal decorations. On Sunday morning, you are free to explore the Inner Harbor before heading over to the Royal BC Museum. Once here you'll enjoy all the wonderful exhibits as well as a spectacular IMAX movie. Lastly, time will be given for you to enjoy a no-host lunch and perhaps stroll the harbor once more before departing for the Tsawwassen ferry home.

Fee includes transportation, accommodations (based on double occupancy), and all advertised entry fees. It does not include meals or purchases. A complete supplies list and itinerary will be available upon registration. Please note: Proof of citizenship...current passport, DMV enhanced driver's license or NEXUS card...is required to cross the border. Time: 7:00 am Saturday - 7:30 pm Sunday from Anacortes OR 6:30 am Saturday - 7:00 pm Sunday from Burlington * Fee: \$289.00 based on double occupancy



SIMPLE PHONES FOR SENIORS PRESENTATION

Jethro Technology will be here on **Thurs. Oct. 26th at 12:30 p.m.** to show us a line of cell phones made specifically for seniors. You could keep your same number, pay by the minute and they help every step of the way. This is a non-soliciting, informative class about some of the options that are available to seniors who are not interested in all the bells and whistles of a complicated, "smart phone" but still want one push emergency service options and simple texting or camera abilities. Phones range about \$30.00 to \$35.00 and the purchaser can use any provider they like or use a simple SIM card to pay by the minute. There are 2 models to chose from and both will be available to test out here.

Jethro is based in Washington State and prides themselves on excellent customer service.



Classes and Care



FOOTCARE

Sign up for foot care at the front desk or call 360-755-0102 for appointments on most Tuesdays. **Appointment times book up fast!**
Price \$24.00 This includes warm foot soak, trim and/or file nails as indicated, lotion application, non-medical services and suggested follow-up with podiatrist when needed.



LOW VISION– 1-3 pm

(Skagit and Island and County Council for the Blind)

All meetings are at Washington Federal Bank. 300 E. Fairhaven in Burlington. Enter through the back of the building. Call 425-218-0190 or email aarvidson@earthlink.net. for details.

MS SUPPORT– October 13th

Second Friday of every month. Sept.– Jun.
 All welcome and free to attend.

Guest Speakers* Games* Friends* and more!
 Call Ginger for info 360-428-5729



SLUGS Genealogy–

First and Third Wednesdays of each month
 September through June. Call Barbara Johnson for details and info. 360-770-0762

Skagit Widow Support Services

Will begin in March to offer another 6 week workshop. If you have suffered the loss of a loved one, come join the group. Registration required.
 Call Terry Hueterman for info. 360-336-3037



AARP Driving Class October 11th & 12th

8:30 a.m. to 12:30 p.m.

This two-session program for people older than 50 is designed to enhance the driving skills of the mature adult. Insurance companies are required to give a discount on auto insurance for those over age 55 who complete the course. Registration is required, call BSC at 755-0102 to register. \$15.00 for AARP members \$20.00 for non-members. Please call the front desk for AARP classes offered in 2018!

Individual Computer Help

This service is on hold due to the discontinuation of Wi-Fi services. Please check back as we work to restore Wi-Fi access to our valued guests.



Annual Meeting for Meals on Wheels Volunteer Drivers

We will be holding our annual meeting for all active and substitute Meals on Wheels delivery drivers. Your attendance is essential to enable us to meet our grant requirements. We will review the revised Guide Book, discuss new important policies and procedures and be able to answer any questions you may have. Please contact Renee Corcoran at 416-1511 for questions. Please plan to attend one of the sessions listed below. See you there!

Anacortes Senior Center- Wed. Nov 1 at 1:00pm

Burlington Senior Center- Fri. Oct 27 at 1:00pm

Mount Vernon Senior Center- Thurs. Nov 2 at 1:00pm or
 Tue. Nov 7 at 1:00pm

Sedro Woolley Senior Center- Mon. Oct 30 at 1:00pm

Art with Dee

Art instructor Dee Doyle will be teaching a series on "Figures and Faces" from 12:30 p.m. on Thursdays. The class is not portrait-making, so there will be no pressure to make figures and faces look like anyone. You will learn how to put a figure in a painting to create scale, and to further develop a painting of a figure or a face. Classes are drop-in, and the cost per class is \$15 per class. All levels are welcome. For further information and supply list, contact Dee Doyle at deedoyle11@gmail.com or call (360) 630-0208.

Monday Art Chicks

(Roosters Welcome) Open to all levels, free to attend, working together on a wide variety of art.
 Watercolor, acrylics, mixed media projects and more!



Goldfinch Gourds and Crafts

Art and Craft Social Session

Bring your arts and crafts of any kind!

Beads, sewing, watercolors, oil painting, mosaics, pastels, scrap booking, ceramics, crocheting, knitting, driftwood, rock painting, clay sculpting, jewelry making, wood burning, soap making, and so much more!!!! **THURSDAY FROM 9:00 TO 12:30** This group enjoys exchanging ideas and sharing the joys of creative learning with each other.

EVERYONE WELCOME!!!!



OCTOBER

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

2 Deli Sandwich served with a Green Salad	3 Mac & Cheese w/ Bacon served with Grapes	4 Swiss Chicken and Stuffing served with Fruited Jello	5 Oktoberfest Luncheon German Sausage w/ Sauerkraut served with Peach Crisp	6 Butternut Squash Lasagna served with Garlic Bread
9 Hawaiian Chicken served with Rice Pilaf and a Cookie	10 Meatloaf served with Mashed Potatoes and Gravy	11 BBQ Pork Sandwich served with Macaroni Salad	12 Supreme Cobb Salad served with Plums	13 Chicken Verde Casserole served with a Corn Salad
16 Pork Roast served with Mashed Potatoes and Gravy	17 Chicken Cacciatore served over Herbed Pasta	18 Mongolian Beef served with an Asian Salad	19 Pesto Chicken served with Tri-Colored Potatoes	20 Supreme Pizza Soup served with a Cookie
23 Taco Salad served with Cornbread	24 Pub Style Fish served with Jo Jo's and Broccoli Slaw	25 Stuffed Pepper Cups served with Sea Foam Salad	26 Apricot Glazed Pork Chops served with a Citrus Couscous	27 Swedish Meatballs served with Birthday Cake
30 Broccoli Cheddar Soup served with a ½ Tuna Sandwich	31 Halloween Luncheon Halloween Pasta and Zombie Brains served with a Chocolate Cookie			

*All meals include a vegetable, salad and/or fruit, dinner roll or specialty bread and milk.
Menu substitutions or changes are sometimes necessary. Thank you for your understanding.

Burlington Senior Center serves lunch between 11:30am-12:30pm

Suggested donation for lunch is \$3.50 to \$5.50 per meal for those 60 years and better.

\$6.00 flat rate for those under 60 years of age.



OCTOBER 2017



Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>9:30 Weight Loss Class 9:00 Strength & Balance 10:00 Strength & Balance 10:00 Board Meeting 12:30 Flyswatter 12:30 Art Chicks</p>	<p>3</p> <p>8:30 Foot Care 10:00 Quilt and Craft 12:30 BINGO!!! 12:30 SWSS 2:30 Card Games</p>	<p>4</p> <p>9:00 Computers and Cell Phone Classes 9:00 Tai Chi 9:00 Genealogy 10:00 Zumba Gold 12:30 Pinochle</p>	<p>5</p> <p>RUMMAGE SALE 9:00 a.m. -2:00 p.m.</p> <p>9:00 Goldfinch Gourds 9:00 Walkers 12:15 Hand and Foot 12:30 Art w/Dee Doyle</p>	<p>6</p> <p>9:00 Strength & Balance 10:00 Strength & Balance 12:30 Bridge</p>
<p>9</p> <p>9:30 Weight Loss Class 9:00 Strength & Balance 10:00 Strength & Balance 12:30 Art Chicks 1:00 Red Hats</p>	<p>10</p> <p>8:30 Foot Care 10:00 Quilt and Craft 10:30 Steve Ellis 12:30 BINGO!!! 12:30 SWSS 2:30 Card Games </p>	<p>11</p> <p>8:30 AARP 9:00 Computers and Cell Phone Classes 9:00 Tai Chi 10:00 Zumba Gold 12:30 Pinochle</p>	<p>12</p> <p></p> <p>8:30 AARP 9:00 Goldfinch Gourds 9:00 Walkers 10:30 David Lee Howard (12 string guitar) 12:15 Hand and Foot 12:30 Art w/Dee Doyle</p>	<p>13</p> <p></p> <p>9:00 Strength & Balance 10:00 Strength & Balance 10:30 Hometowners 12:30 Bridge 12:30 MS Support 12:30 Pumpkin Doodle</p>
<p>16</p> <p>9:30 Weight Loss Class 9:00 Strength & Balance 10:00 Strength & Balance  10:45 Old Time Fiddlers 12:30 Flyswatter 12:30 Art Chicks 1:00 Red Hats 1:00 Miniaturists</p>	<p>17</p> <p>8:30 Foot Care 10:00 Quilt and Craft 11:00 Power of Play Presentation 12:30 BINGO!!! 2:30 Card Games</p>	<p>18</p> <p>9:00 Computers and Cell Phone Classes 9:00 Genealogy 9:00 Tai Chi 10:00 Zumba Gold 12:30 Pinochle</p>	<p>19</p> <p>9:00 Goldfinch Gourds 9:00 Walkers  10:30 Esquires 10:30 COSTCO Info Table 12:15 Hand and Foot 12:30 Art w/Dee Doyle 12:30 Front Desk Mtg.</p>	<p>20</p> <p>SHIBA OPEN ENROLLMENT 9:00 Strength & Balance 10:00 Strength & Balance 12:30 Bridge</p>
<p>23</p> <p>9:30 Weight Loss Class 9:00 Strength & Balance 10:00 Strength & Balance 12:30 Art Chicks</p>	<p>24</p> <p>8:30 Foot Care 10:00 Quilt and Craft 12:30 BINGO!!! 2:30 Card Games</p>	<p>25</p> <p>9:00 Computers and Cell Phone Classes 9:00 Ombudsman 9:00 Tai Chi 10:00 Zumba Gold 12:30 Pinochle</p>	<p>26</p> <p></p> <p>9:00 Goldfinch Gourds and Crafts 9:00 Walkers 10:30 Marcia Kester 12:15 Hand and Foot 12:30 Art w/Dee Doyle 12:30 Jethro Senior Cell Phones Presentation</p>	<p>27</p> <p></p> <p>9:00 Strength & Balance 10:00 Strength & Balance 12:30 Bridge 12:30 The Longest Ride 1:00 MOW Drivers Refresher Course</p>
<p>30</p> <p>9:30 Weight Loss Class 9:00 Strength & Balance 10:00 Strength & Balance 12:30 Art Chicks 12:30 Lunch and Learn</p>	<p>31</p> <p></p> <p>HALLOWEEN Costumes Encouraged 8:30 Foot Care 10:00 Quilt and Craft 11:20 Costume Contest PRIZES 12:30 BINGO!!! 2:30 Card Games</p>	<p>Lunch is always served between 11:30am-12:30pm Suggested Donation for Lunch is \$3.50- \$5.50 per person over 60 yrs. of age. \$6.00 for anyone under 60 yrs.</p>		<p>Some activities are subject to change QUESTIONS? 360-755-0102– We are always happy to assist you !</p>