

APRIL 2025



Burlington Senior Center

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

360-416-1500

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

View the newsletter online at :

[www.skagitcounty.net/
SeniorCenters](http://www.skagitcounty.net/SeniorCenters)

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.



Farmers Market Vouchers: Friday May 23rd 11:00 a.m. to 12:00 p.m.

Cards will be available on a first come/first served basis. The Skagit County Senior Nutrition Program receives a limited number of cards for Skagit County seniors, age 60 years or older (55+ if Native American/Alaska Native), who meet certain income requirements. Each eligible person will receive up to \$80 to use at any approved Skagit County Farmers Market or Farm Store. Incomes must be below \$2,413 for individuals and \$3,261 for couples. You must be willing to fill out paperwork with your contact information and sign an affidavit saying you are eligible. For more information, contact Skagit County Public Health at (360) 416-1500. Farmers' Market Benefit Cards

Available : **Anacortes Senior Activity Center-** Monday, May 19th 12:30 - 1:30 PM

Burlington Senior Center: Friday, May 23rd 11:00 AM -

12:00 PM **Concrete Community Center-** Tuesday, May

13th 10:30 -11:30 AM and **Mount Vernon Senior Center-**

Monday, May 12th 11:00 AM - 12:00 PM **Sedro-Woolley**

Senior Center-Friday, May 16th 11:00 AM - 12:00 PM

Classes coming in May

2 CYBER SECURITY CLASSES

May 1st 10:30am

Cybersecurity Basics and

Detecting Spam

May 8th 10:30am

Cybersecurity Advanced
Identity Theft

20 Spots- sign up at the
front desk.

Powerful Tools for Caregiving

Fridays- May 16 -June 20
10:30—12:00

Skagit Adult Day Program
to register 360-755-1235

Space Limited

THRIFTOPIA Sat. April 26th 10:00 a.m. to 3:00p.m.

The Parks and Rec Building will be brimming with new and gently used items from local vendors to create a community flea market block party. Burlington Parks and Recreation Building/Parking Lot, Burlington Public Library and the Burlington Senior Center will be filled for the ultimate trifecta of shopping: Thriftopia Flea Market Block Party, Kids Giant Garage Sale and Friends of the Library Used Book Sale. Register to participate as a vendor by contacting the Burlington Parks and Recreation Dept 360-755-9649 or sign up online burlingtonwa.gov/parksandrec

ACUPUNCTURE- Most Fridays in April

This is acupuncture in a community setting. Each session treats one main area and last 30 minutes. So many benefits including but not limited to chronic pain, sleep disorders, anxiety, depression, headaches, and so much more! Book your appointment now. Cost: \$20.00 Call Hadea at **360-661-3109** or email

Happyhadea@gmail.com

Get this Newsletter delivered to your inbox

Email:

BurlingtonSrCenter@yahoo.com

to be added to our email list.



Mission Statement

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

LIVE MUSIC



WARD MCCARY- Piano Music

Tues. April 1st 10:30 am (**new time**)

DAVID LEE HOWARD 12 string guitar

Mon. April 14th 10:30 am

STEVE ELLIS- The man of 1000 songs

Wed. April 16th 10:30 am

BINGO Announcement Volunteers Needed!

We are looking for a couple of folks willing to train in calling bingo and card sales. Also starting in May, Bingo will be offered once a month until September.

Happy
April
Birthday



Chum Hill 8
Jane Hoessman 15
John Ihde 17
Chris Hoffman 28

Get your haircut at BSC!

Licensed
cosmetologist Shellie Reed
is offering simple
haircuts by
donation.



Wednesdays

1:00-3:00 pm

Call for appointment

360-755-0102

Walk in's when available.

Back to Tuesdays in May!

Bradford House Gala
Fundraiser
Saturday, April 13, 2024,
5:30 pm at
Bertelsen Winery
360-755-1235

Virtual Exercise in the Community Hall

10:00 A.M.
Mondays and
10:00 A.M. on
Fridays
No Charge/
All levels welcome!



TAI CHI

Interested in Tai
Chi? Call
Mariana
360-422-8549
Wednesday at
10:00 a.m.
\$3.00 per class



Foot Care

Please call
360-755-0102
to make your
30 min.
appointment!
Time slots fill
up fast.
Cost is \$35.00
8:30 am -
2:30 pm
Most
Tuesdays



BINGO— Every Tuesday at 1:00. This is a Burlington Senior Center Fundraiser and it is lots of fun!!!! \$0.50 cents a card for the first 6 games The last 2 games cost \$1.00 Winner from each game chooses next game There are 3 free raffle prizes that everyone is welcome to enter. Cards and Daubers provided.

Skagit County Public Health will be here on the SECOND Friday of every month, from 10:30a.m. to 1:30 p.m. helping you with free blood pressure checks, a monthly health topic, information and assistance with finding and scheduling your vaccines. They will have the most recent information on the upcoming respiratory infection season as well as free COVID test kits.

Please take a moment to thank a volunteer!

Did you know that our senior center is 99% volunteer run? We have over 115 regular volunteers including program volunteers, Meals on Wheels, our Front Desk and Advisory Board. We simply would not be able to operate without these amazing and generous humans! You will see their names displayed throughout the center during April for Volunteer Appreciation month!

Movie Day: Friday April 25th at 12:30 p.m.

Showing this month: **SEPTEMBER 5th**. This movie is based on the true story... During the 1972 Munich Olympics, an American sports broadcasting crew finds itself thrust into covering the hostage crisis involving Israeli athletes.
Released in December 2024, 1 hr. 35 min. R— language

Dee Doyle Acrylic Art Class Thursday 12:30 P.M.

Faces & Figures— No Class on 4/3 Class is working on figurines.

Classes are from 12:30 to 3 pm on Thursdays. Some experience is preferred, but not necessary. Drop-ins are welcome. The cost is \$20 per class. For further information and a supply list, contact Dee Doyle at deedoyle11@gmail.com or (360) 630-0208

Quilts of Valor -Returning in May— 1st and 3rd Tuesday at 10:00 a.m.

Party Bridge— Fridays 12:00 to 3:30 Contact Deeabenroth@hotmail.com
All bridge players welcome!

Ukulele Fun & Song Circle

Have fun strumming and singing at the Ukulele Fun & Song Circle.

Beginners welcome. Learning materials for beginners are provided. Loaner ukes available. Play along or just come to sing with us. Songs are projected on a screen. We meet every Wednesday, 1-2pm at the Burlington Senior Center. Guaranteed to have a ukedelic time. More info: Call Simme 206-790-4862

LUNCH AND LEARN Monday

Offered on the *last
Monday of each
month 12:00 pm -
RSVP
360-707-8403
Lunch Sponsored By:
Home Place, Where
The Heart Is &
Skagit Adult Day
Program*

CAREGIVER SUPPORT

This class is offered through Skagit Adult Day Care Program and takes place on the second and fourth Wednesday of each month at 1:30 p.m.
All welcome—
Free to attend

SKAGIT WIDOW SUPPORT

Board meeting
Lunch
potluck
on the 2nd
Friday of the
month
12:00 PM

CRAFT & CHAT

(formerly known as DIAMOND ART)
10:00 a.m.
Fridays
Bring your crafts & join us!
Call ahead first to make sure the group is meeting.

APRIL 2025



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Egg Hunt Find an egg, get a treat! Find a golden egg, get a bigger treat! All day... Thurs. April 17th 	1  8:30 Foot Care 9:00 AARP Tax Aide 10:00 Quilt and Craft & Quilts of Valor 10:30 Music with Ward McCary 1:00 BINGO	2 9:00 GUMBA Cards 9:00 Computer Lessons 10:00 Tai Chi 12:30 Pinochle 1:00 Ukulele 1:00 Haircuts	3 8:30 Added Footcare date 9:00 AARP Tax Aide 12:15 Hand and Foot 12:30 NO Art w/Dee Doyle	4 9:00 Acupuncture 9:00 GUMBA Cards 10:00 ZUMBA Gold 10:00 Chat and Craft 12:15 Bridge
7 9:00 Weight Loss Class 10:00 Exercise 12:30 Art Group	8 Last AARP Tax Day 8:30 Foot Care 9:00 AARP Tax Aide 10:00 Quilt and Craft 1:00 BINGO	9 9:00 GUMBA Cards 9:00 Computer Lessons 10:00 Tai Chi 12:30 Pinochle 1:00 Ukulele 1:00 Haircuts 1:30 Caregiver	10 12:15 Hand and Foot 12:30 Art w/Dee Doyle	11 9:00Acupuncture 9:00 GUMBA Cards 10:00 ZUMBA Gold 10:00 Blood Pressure Checks 10:00 Chat and Craft 12:00 SWSS Potluck & Board mtg. 12:15 Bridge 
14  9:00 Weight Loss Class 10:00 Exercise 10:30 David Lee Howard 12:30 Art Group 1:00 Tarts Meeting 1:00 SHIBA	15 8:30 Foot Care 10:00 Quilt and Craft 1:00 BINGO Tax Volunteer Party	16 9:00 GUMBA Cards 9:00 Computer Lessons 10:00 Tai Chi 10:30 Music w/Steve Ellis 12:30 Pinochle 1:00 Ukulele 1:00 Haircuts 	17 All day Egg Hunt 10:30 Compost Info Table— see below for info 11:00 Bridge 12:15 Hand and Foot 12:30 Art w/Dee Doyle	18 9:00 Acupuncture 9:00 GUMBA Cards 10:00 ZUMBA Gold 10:00 Chat and Craft 12:15 Bridge
21 9:00 Weight Loss Class 10:00 Exercise 12:30 Art Group 1:00 Minis	22 8:30 Foot Care 9:30 Quilts of Valor 10:00 Quilt and Craft 1:00 BINGO	23 9:00 GUMBA Cards 9:00 Computer Lessons 10:00 Tai Chi 12:30 Pinochle 1:00 Ukulele 1:00 Haircuts 1:30 Caregiver Support Class	24 9:00 Marketing Meeting 11:00 Bridge 12:15 Hand and Foot 12:30 Art w/Dee Doyle	25 9:00 Acupuncture 9:00 GUMBA Cards 10:00 ZUMBA Gold 10:00 Chat and Craft 12:15 Bridge 12:30 Movie Day See pg. 2 for details
28 9:00 Weight Loss Class 10:00 Exercise 12:30 Art Group 1:00 Lunch and Learn	29 8:30 Foot Care 10:00 Quilt and Craft 1:00 BINGO	30 9:00 GUMBA Cards 10:00 Tai Chi 12:30 Pinochle 1:00 Ukulele 1:00 Haircuts	Master Composter-Recyclers Information Table Thursday April 17th 11 a.m. – 1 p.m.  Learn how you can contribute to a more sustainable future. Skagit County Master Composter-Recyclers will be on hand to offer information and answer questions.	

APRIL 2025

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

	1 Cheesy Southwest Chicken and Rice served with Orange Slices	2 Bacon Cheeseburger Salad served with a Lemon Bar	3 Swiss Steak w/ Tomatoes served with Pears	4 Panko Breaded Fish served with Roasted Sweet Potatoes
7 Ham & Swiss Impossible Pie served with Green Salad	8 Minestrone Soup served with Tortellini Salad	9 Chicken Fried Steak served with Mashed Potatoes and Gravy	10 Teriyaki Chicken w/ Steamed Rice served with Broccoli Salad	11 Hawaiian Slider Casserole served with Spinach Salad
14 Turkey A La King served with Roasted Potatoes	15 Meatloaf served with Mashed Potatoes and Gravy	16 Baja Fish Sticks w/ Tortillas served with Cilantro Lime Slaw	17 Easter Luncheon 18 Baked Ham served with Scalloped Potatoes and Blueberry Coffee Cake	18 Mac & Cheese w/ Kielbasa served with Pears
21 Meatball Chowder served with Apricots	22 Honey Mustard Chicken served with Wild Rice Pilaf	23 Supreme Cobb Salad served with Pickled Beets	24 Schnitzel served with Hot Potato Salad	25 Navy Bean & Ham Soup served with Birthday Cake
28 Home-style Chicken Bowl served with Strawberries	29 Cheese Omelet served with Hashbrowns and Kale Salad	30 Turkey Croissant served with Green Salad	Easter Luncheon is Thurs. April 17th RSVP by calling 360-755-0102 or at the front desk, starting April 1st. 100 spots available Please be seated by 11:30 for the Easter Luncheon	

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

Menu substitutions or changes are sometimes necessary.

Thank you for your understanding.

Anacortes (360)299-4135, Burlington (360)755-0942,
Mount Vernon (360)416-1589, Sedro-Woolley (360)855-1531

