

APRIL 2024



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.



AARP TAX AIDE ASSISTANCE— Last Day is April 9th!

Questions? Visit the website, taxaideskagit.org for more information.

SHIBA- State Health Insurance Benefits Advisors are here on the 2nd Monday of each month to help you make the best Medicare and insurance decisions for you. Please call the front desk for a 60 min. appointment. 360-755-0102



6 Week Course: **Powerful Tools for Caregiving**—Class starting in May. Call Skagit Adult Day Program to register 360-755-1235 Space is limited Free to attend

PARTY BRIDGE ON FRIDAYS 12:00 to 3:30 p.m.

Contact Deeabenroth@hotmail.com All bridge players welcome!

Senior Life Empowerment Series with Terry Tuesday, April 16th at 10:00 a.m.

Senior Life Empowerment Series with Terry Helmka: Transitions Exploration Class! Drawing from a wealth of knowledge and experience, we'll explore various aspects of senior living, including inquiries into senior communities, insights, and practical tips for navigating this important phase of life. Whether you're seeking information on downsizing, relocation, or aging in place modifications, our session promises to provide valuable insights and guidance. Don't miss out on this information. See you there.

1 Day ONLY Spring Rummage Sale

**Saturday, April 27th
9:00 a.-2:00 pm**

Donations that are in good condition, can be delivered all day on Fri. April 26th Rummage Sale Galore! There will be a book sale at the library as well as a thrift sale at the Parks and Recreation building!

ACUPUNCTURE— Most Fridays in April Special Date: Thursday, April 4th

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! Acupuncture is also very relaxing. Book your appointment now. Cost: \$20.00 Call Hadea at **360-661-3109** or email Happilyhadea@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 2nd 10:30 am (new time)

DAVID LEE HOWARD 12 string guitar
Mon. April 8th 10:30 am

STEVE ELLIS— The man of 1000 songs
Wed. April 17th 10:30 am



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.
Moving 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/ See
calendar

TAI CHI

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



BINGO— Every Tuesday at 1:00. This is a Burlington Senior Center Fundraiser and it is lots of fun!!!! \$.50 cents a card for the first 6 games The last 2 games cost \$1.00 Winner from each game choses 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 and information and assistance with finding and scheduling your vaccines. February health topic is Parkinson's. They will have the most recent information on the upcoming respiratory infection season as well as free COVID test kits.

Pinochle Tournament— Wednesday, May 15th at 12:00 p.m.

at The Burlington Senior Center

Sign Up sheets for lunch and the tournament will be available in April at Mount Vernon, Sedro-Woolley and Burlington Senior Centers.

\$3.00 to play in the tournament.

Cake, Coffee and Tea will be served.

Movie Day: Friday April 19th Boys in the Boat

The Boys in the Boat is a sports drama based on the #1 New York Times bestselling non-fiction novel written by Daniel James Brown. The film, directed by George Clooney, is about the 1936 University of Washington rowing team that competed for gold at the Summer Olympics in Berlin. This inspirational true story follows a group of underdogs at the height of the Great Depression as they are thrust into the spotlight and take on elite rivals from around the world.

Showing in the Art Room. Feel free to bring a snack and a friend!!!

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

Faces & Figures— No Class on 4/ 11 and 4/18

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

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 at 11:00 a.m.

and Lunch potluck on the 2nd Friday of the month 12:00 PM contact John at jarblack@outlook.com

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 2024





MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>1</p> <p>9:00 Weight Loss Class 10:00 Exercise 10:00 Board Mtg 12:30 Art Group</p>	<p>2</p> <p>8:30 Foot Care  9:00 AARP Tax Aide 10:00 Quilt and Craft 10:30 Music with Ward McCary 1:00 BINGO</p>	<p>3</p> <p>9:00 GUMBA Cards 10:00 Tai Chi 12:30 Pinochle 1:00 Ukulele 1:00 Haircuts</p>	<p>4</p> <p>9:00 AARP Tax Aide 12:15 Hand and Foot 12:30 Art w/Dee Doyle 9:00 Acupuncture</p>	<p>5</p> <p>8:30 Foot Care 9:00 GUMBA Cards 10:00 ZUMBA Gold 10:00 Chat and Craft</p>
<p>8</p> <p> 9:00 Weight Loss Class 10:00 Exercise 10:30 David Lee Howard 12:30 Art Group 1:00 NO Tarts Meeting 1:00 SHIBA</p>	<p>9</p> <p>8:30 Foot Care 9:30 Quilts of Valor 9:00 AARP Tax Aide 10:00 Quilt and Craft 1:00 BINGO</p>	<p>10</p> <p>9:00 GUMBA Cards 10:00 Tai Chi 12:30 Pinochle 1:00 Ukulele 1:00 Haircuts 1:30 Caregiver Support Class</p>	<p>11</p> <p>9:00 AARP Tax Aide 12:15 Hand and Foot 12:30 Art w/Dee Doyle</p>	<p>12</p> <p>NO Acupuncture today 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 </p>
<p>15</p> <p>9:00 Weight Loss Class 10:00 Exercise 12:30 Art Group</p>	<p>16</p> <p>8:30 Foot Care 10:00 Senior Life Empowerment Class See page 2 10:00 Quilt and Craft 1:00 Bingo</p>	<p>17</p> <p> 9:00 GUMBA Cards 10:00 Tai Chi 10:30 Music w/Steve Ellis 12:30 Pinochle 1:00 Ukulele 1:00 Haircuts</p>	<p>18</p> <p>11:00 Bridge 12:15 Hand and Foot 12:30 Art w/Dee Doyle</p>	<p>19</p> <p>9:00 Acupuncture 9:00 GUMBA Cards 10:00 ZUMBA Gold 10:00 Chat and Craft 12:30 Movie Day See pg. 2 for details 12:15 Bridge</p>
<p>22</p> <p>9:00 Weight Loss Class 10:00 Exercise 12:30 Art Group 1:00 Minis</p>	<p>23</p> <p>8:30 Foot Care 9:30 Quilts of Valor 10:00 Quilt and Craft 1:00 Bingo</p>	<p>24</p> <p>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</p>	<p>25</p> <p>11:00 Bridge 12:15 Hand and Foot 12:30 Art w/Dee Doyle</p>	<p>26</p> <p>9:00 Acupuncture 9:00 GUMBA Cards 10:00 NO ZUMBA Gold 10:00 Chat and Craft 12:15 Bridge</p>
<p>29</p> <p>9:00 Weight Loss Class 10:00 Exercise 12:30 Art Group</p>	<p>30</p> <p>8:30 Foot Care 9:00 Acupuncture 10:00 Quilt and Craft <i>1:00 Bingo</i></p> <p>Tax Aide Volunteer</p>	<p style="text-align: center;">Important class coming soon! Basic first aid/ Naloxone (NARCAN) training</p> <p>Did you know that Narcan can work on dogs? Did you know that it is as simple to administer as a nasal spray? Did you know that Narcan can save the life of someone who has, even by accident come in contact with fentanyl or another opioid and overdosed? Narcan is recommended for people to have on hand or in their first aide kits and is available free of charge and also at most pharmacies. Mon. May 13th at 12:30 p.m.</p>		

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Mac & Cheese w/ Kielbasa served with Pears	2 Bacon Cheeseburger Salad served with a Lemon Bar	3 Baja Fish Sticks w/ Tortillas served with Cilantro Lime Slaw	4 Chicken Fried Steak served with Mashed Potatoes and Gravy	5 Teriyaki Chicken w/ Steamed Rice served with Broccoli Salad
8 Meatball Chowder served with Apple Crisp	9 Ham & Swiss Impossible Pie served with Grape Salad	10 Turkey Croissant served with Green Salad	11 Schnitzel served with Hot Potato Salad	12 Home-style Chicken Bowl served with Strawberry Jello
15 Honey Mustard Chicken served with Wild Rice Pilaf	16 Panko Breaded Fish served with Roasted Potatoes	17 Swiss Steak w/ Tomatoes served with Grapes	18 Supreme Cobb Salad served with Pickled Beets	19 Deluxe Cheeseburger served with Berry Cobbler
22 Turkey A La King served with Roasted Potatoes	23 Meatloaf served with Mashed Potatoes and Gravy	24 Hawaiian Slider Casserole served with Spinach Salad	25 Minestrone Soup served with Tortellini Salad	26 Pulled Pork Sandwich served with Birthday Cake
29 Cheese Omelet served with Hashbrowns and Kale Salad	30 Cheesy Southwest Chicken and Rice served with Grapes	<p>A few things to remember when having lunch at the senior center...</p> <ul style="list-style-type: none"> * Please try to bring small bills to donate for your lunch, when you are able. * If you drink coffee, please donate to the coffee fund. * Volunteers are allowed to obtain a space in line for lunch without waiting for table numbers to be called so they can get back to volunteering. <p>THANK YOU!!! We love having you as our lunch guests !</p>		

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

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