



Burlington Senior Center

December 2025



PO Box 35
1011 Greenleaf Ave
Burlington WA 98233

Open Mon-Fri, 8am—4pm
360-755-0102

www.skagitcounty.net/
BurlingtonSrCenter@yahoo.com

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

Nutrition Supervisor:
Cheryl Kaufman

BSC Kitchen:
360-755-0942

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.



Happy Holidays from Your Gnome Away from Home!

Wishing you warmth, laughter, and a beard full of cheer this December. May your days be merry, your cocoa be hot, and your socks be as pointy as your hat.
Sending love and laughter from your Burlington Senior Center family!

HOLIDAY LUNCHEON

Thursday, Dec. 18 — RSVP on and after Dec. 1st: Call 360-755-0102 or stop by the front desk. Limited seating. **Please arrive by 11:15** as serving starts promptly at 11:30 until 12:30. Happy Holidays!



Community Action Info Table Thursday, Dec. 18—10:00-1:00

Community Action is a private, nonprofit agency serving homeless and low-income families and individuals. They help find support and services to equip people to stabilize their lives and move out of poverty, while providing the basic needs of those struggling to make ends meet.

Services include Family Resource Centers, housing help and homelessness prevention, street outreach, food/nutrition and WIC, energy assistance, education & job skills training, and opportunities for volunteering and building a stronger community.

They will have updated resource guides for Skagit County, information on housing and energy assistance, senior services materials and veterans information available at their Info Table on Dec. 18.



Questions about the upcoming tax season?

AARP Tax Volunteer Sue Curtis will be here on **Friday, December 12th 10:00 to 11:00 a.m.**

2025 Tax Changes Explained and Upcoming 2026 Changes Discussed in this informative one-hour meeting, We will begin taking tax aide appointments on Tues. Jan. 20th

Why is Monday the best day of the week?

Chair Yoga at 10am!



Chair Yoga is more than just gentle stretches—it's a way to keep bodies moving, minds engaged, and spirits lifted. It's accessible to everyone, regardless of mobility, improving flexibility, circulation, and stiffness in joints. Suggested \$5.00 donation per class. Beginners welcome. Come join the fun!

Help Spread Some Joy This Holiday!

The Meals on Wheels program will be providing gifts to clients who may not receive gifts during the holiday season. Please help us by giving a cash donation of any amount.

Donations will be accepted at all Senior Center locations through Monday, December 15th.



Chair Yoga — Mondays — 10am

Feel the benefits and enjoy better health through gentle Chair Yoga exercise with instructor Melissa Kay Hansen. Beginners welcome!
Suggested \$5.00 donation per class.



Dee Doyle Acrylic Art Classes Thursdays — 12:30pm — \$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!**

Foot Care — Most Tuesdays Starting at 8:30am — \$35/session

Your feet always support you, so return the favor. As you age, your healthy feet become essential for being mobile, active, and safe. Professional 30-minute foot care appointments are available on most Tuesdays. Call 360-755-0102 to schedule your appointment. Don't delay...time slots fill fast!

ACUPUNCTURE

Fridays starting at 9am — \$20/session

Enjoy acupuncture in a welcoming community setting, treating one area per 30-minute session. Acupuncture's benefits include helping chronic pain, anxiety, depression, headaches, and more! To book call Hadea at **360-661-3109** or email: Happlhadea@gmail.com

Quilts of Valor 1st & 3rd Tuesdays — 9:30am

Quilts of Valor is all about expressing gratitude and comfort to our veterans and active duty military members for their service to our nation. Quilts are awarded to Veterans touched by war to thank them for serving our nation. For more info go to: www.govf.org.

Party Bridge Fridays at Noon

Party bridge is a relaxed and social variation of the traditional card game bridge, often played in informal settings with a focus on enjoyment rather than strict competition. It's fun for players of all skill levels. All bridge players are welcome. Join us!

Haircuts! Tuesdays 1—3pm

If you've ever wondered what to do with your hairstyle, the BSC can help! Trims and haircuts are offered by donation from talented Cosmetologist Shellie Reed. Walk-ins are available if time allows.

Call 360-755-0102 to schedule your "new do"!

ZUMBA GOLD Fridays — 10am

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!

BINGO Tuesdays — 1:00pm

Bingo is held most Tuesdays at 1:00. It's a great BSC fundraiser! Only \$.50/card for the first 6 games, and \$1/card for the last 2 games. Cards and daubers provided. **Great Prizes!**



December Live Music!

Dec. 2 — Ward McCary
Dec. 4 — Marcia Kester
Dec. 8 — David Lee Howard
Dec. 17 — Steve Ellis
Dec. 23 — Greg Kirkpatrick

Tai Chi — Wednesdays / 10am — \$3/class

Interested in learning the gentle art of Yang-style Tai Chi? Known for it's graceful movements and health benefits, Tai Chi promotes relaxation, balance, and mental focus. It is perfect for seniors!

Led by instructor Mariana Foliart. Call 360-422-8549 for more information or come watch a class. Beginners welcome.

Movie Day: "Coming Home for Christmas" Dec. 19 — 12:30pm

Sisters Kate and Melanie haven't spoken to each other in years since a hurtful scene at Melanie's wedding, and their parents have separated. Kate is determined to reunite the entire family for Christmas, and has the perfect spot...their old family home.

Ukulele Fun & Song Circle Wednesdays — 1:00pm

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. Beginners welcome.
Let music soothe your soul!

Lunch and Learn Dec. 29 12:00 — 2:00pm

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

Caregiver Support Dec. 10 & 24 — 1:30pm

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

December Activities

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1
Taking RSVP's for Christmas Lunch
9:00 GUMBA Cards
9:00 Weight Loss Class
10:00 Chair Yoga
10:00 Board Meeting
12:30 Art Group

2
8:30 Foot Care
9:30 Quilts of Valor
10:00 Quilt and Craft
10:30 Ward McCary Music
1:00 Haircuts by Shellie
1:00 BINGO

3
9:00 GUMBA Cards
10:00 Tai Chi
12:30 Pinochle
1:00 Ukulele

4
10:30 Bridge (**New time**)
10:30 Marcia Kester
12:15 Hand and Foot
12:30 Art w/Dee Doyle

5
9:00 Acupuncture
10:00 ZUMBA Gold
12:15 Bridge

8
9:00 GUMBA Cards
9:00 Weight Loss Class
10:00 Chair Yoga
10:30 David Lee Howard Music
12:30 Art Group
1:00 NO Tarts Meeting

9
8:30 Foot Care
9:30 Quilts of Valor
10:00 Quilt and Craft
1:00 Haircuts by Shellie
1:00 BINGO

10
9:00 GUMBA Cards
10:00 Tai Chi
12:30 Pinochle
1:00 Ukulele
1:30 Caregiver Support Class

11
10:30 Bridge
12:15 Hand and Foot
12:30 Art w/Dee Doyle

12
9:00 Acupuncture
10:00 AARP Tax Info Class
10:00 ZUMBA Gold
12:00 Skagit Widow Support Potluck
12:15 Bridge

15
9:00 GUMBA Cards
9:00 Weight Loss Class
10:00 Chair Yoga
12:30 Art Group
1:00 Minis

16
8:30 Foot Care
9:30 Quilts of Valor
10:00 Quilt and Craft
1:00 Haircuts by Shellie
1:00 BINGO

17
9:00 GUMBA Cards
10:00 Tai Chi
10:30 Steve Ellis Music
12:30 Pinochle
1:00 Ukulele

18 Wear your Christmas Sweater!
10:30 Community Action info table
10:30 Bridge
12:15 Hand and Foot
11:30 Christmas Lunch RSVP needed
12:00 Elf Drawing
12:30 Art w/Dee Doyle

19
9:00 Acupuncture
10:00 ZUMBA Gold
12:00 Skagit Widow Support Potluck
12:15 Bridge
12:30 Movie Day — "Coming Home for Christmas"

22
9:00 GUMBA Cards
9:00 Weight Loss Class
10:00 Chair Yoga
12:30 Art Group

23
8:30 Foot Care
9:30 Quilts of Valor
10:00 Quilt and Craft
10:30 Greg Kirkpatrick Music
1:00 Haircuts by Shellie
1:00 BINGO

24 Christmas Eve
9:00 GUMBA Cards
10:00 Tai Chi
12:30 Pinochle
1:00 NO Ukulele
1:30 NO Caregiver Support Class

25 Christmas Day CLOSED

Reminder:
Closed
Jan. 1—Happy New Year
Jan. 2— Furlough

26
9:00 Acupuncture
10:00 ZUMBA Gold
12:15 Bridge





29
9:00 GUMBA Cards
9:00 Weight Loss Class
10:00 Chair Yoga
12:30 Art Group

30
8:30 Foot Care
9:30 Quilts of Valor
10:00 Quilt and Craft
1:00 Haircuts by Shellie
1:00 BINGO

31 New Year's Eve
9:00 GUMBA Cards
10:00 Tai Chi
12:30 Pinochle
1:00 NO Ukulele

You better not pout!
Once everyone goes home from BSC, **Scout**, the BSC Elf, flies back to the North Pole to report to Santa, the good & bad, that have taken place throughout the day. In the wee hours of the morning, he will find a new hiding spot in the center. This starts the tradition of an on-going game of hide & seek. If you spy Scout, fill out a form at the front desk to be entered in a drawing for a \$50.00 Fred Meyer gift card. Drawing on the 18th.
You don't need to be present to win

December Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Orange Chicken served with Steamed Rice	2 Western Frittata served with Green Salad	3 Milanese Minestrone Soup served with White Bean Salad	4 Salisbury Steak served with Mashed Potatoes and Gravy	5 Chef Salad served with Grapes
8 Deluxe Cheeseburger served with Green Salad	9 Chicken Cacciatore served with Garlic Bread	10 German Sausage served with a Roasted Potato Medley	11 Lemon Chicken served with Citrus Couscous	12 Tuna Sandwich served with Tomato Soup
15 Aztec Pork and Vegetables served with kale Salad	16 Broccoli Cheese Soup served with a ½ Sandwich	17 Baked Ham served with Au Gratin Potatoes	18 Christmas Day Lunch Roast Beef served with Garlic Mashed Potatoes and Specialty Dessert	19 Chicken Divan served with Apricots
22 Baja Fish Sticks served with Cilantro Lime Coleslaw	23 Hawaiian Chicken Sandwich served with Strawberries	24 Pork Tips in Gravy served with Mashed Potatoes	25 Christmas Day Closed 	26 Sloppy Joes served with Birthday Cake
29 Hot Turkey Sandwich served with Mashed Potatoes and Gravy	30 Chili Cheese Baked Potato served with Apple Crisp	31 Mediterranean Chicken served with Turtle Squares	New Year's Day Jan 1, 2026 Closed 	Jan 2, 2026 Closed

BSC December Birthdays!



Jim Hill 5
Bob McIntyre 10
Evelyn Kay DeVries 13
Eleanor Van Tol 13
Michele Power 14
Gordon Nickelson 14
Carolyn Ihde 24

Join Us For Lunch 11:30—12:30 Monday through Friday

- Suggested donation \$5.00 if over 60, \$7.00 if under 60
Please bring small bills to donate for your lunch or our coffee fund.
- Volunteers may obtain a space in line for lunch without waiting for table numbers to be called so they can get back to volunteering.

Menu substitutions or changes are sometimes necessary. Thank you for your understanding, and enjoy your lunch!