



Burlington Senior Center

June 2026



PO Box 35
1011 Greenleaf Ave
Burlington WA 98233

Open Mon-Fri, 8am — 4pm
360-755-0102
www.skagitcounty.net/

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

Nutrition Supervisor:
Cheryl Kaufman

BSC Kitchen:
360-755-0942

Meals on Wheels:
360-416-1500

Newsletter & Facebook Page:
Michelle Barnhart

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.



Free Narcan Training Class June 4 — 10:30

Myth: You don't need Narcan unless someone is using street drugs. Actually, many overdoses happen to people taking prescribed medications. Come learn what Narcan (naloxone) is, how it reverses opioid overdoses, who should carry it, and how to use it safely in an emergency.

Space is limited. Sign up at the BSC front desk or call 360-755-0102. Be prepared!

Powerful Tools for Caregivers Fridays thru June 12 — 10:30

Learn skills to care for yourself as you care for others. This free program helps family caregivers reduce stress, build confidence, communicate effectively, and find helpful resources. Led by two trained facilitators, you'll learn simple "tools" you can put to use right away, including your own copy of *The Caregiver Helpbook*, developed specifically for this course.

2nd Graders Visit June 4th on "Know Your City" Field Trip

Every year, the city welcomes Bayview Elementary second-grade classes on their "Know Your City" field trip. On Thursday, June 4th they will visit the City Hall, Police and Fire Departments, Chamber of Commerce and the Senior Center in Burlington.

The BSC will host 80 children visiting in two groups from 11:00 to 11:45, and 12:30 to 1:15. The kids will decorate eco-friendly peat pots with stickers and plant flowers to take home as they learn about the Senior Center.

We will send them on their way with popsicles and hand wipes for their teachers!

Life Empowerment: Be Prepared June 16 — 10:00

While the loss of a loved one is never easy to think about, being prepared can bring comfort and clarity during difficult times. Join us for a supportive class focused on practical steps to take before and after loss occurs, including how to prepare so you can face the future with greater peace of mind.

The guest speaker will be David Mulqueen, the co-founder of AnnCare, a company that provides practical resources to families during one of their most challenging times. This is a difficult subject, but we will approach it together with compassion, understanding, and support.

Intro to AI Series June 15 & 22 — 10:30

Ever used Google Maps, online shopping Chatbots, or Alexa? You're using Artificial Intelligence. Learning about AI can help you understand the ways in which this technology can improve our lives, and it can also protect you from those who may abuse it. Come to a friendly, hands-on introduction to using AI to answer questions, understand confusing documents, improve writing, learn new skills and hobbies. Taught by George Ridgeway — and no experience needed.

REMINDER: Bring your laptop, phone or tablet to class and be prepared to have fun with AI! Limited seating. Call or stop by the BSC front desk to sign up for the series: 360-755-0102.



Move, Nourish & Thrive Rx Series June 18 — 10:30

Thrive Rx is a 6-month series for Skagit 55+ low-income adults at risk for diet-related illness who are ready to make positive lifestyle changes. It is available at no cost thanks to funding from PeaceHealth.

Participants receive monthly vouchers to purchase fruits & veggies at farmers markets, set SMART goals, check in with health educators, take group cooking classes, nature walks, and enjoy a free membership at the United Fitness Center including a customized workout plan.

Learn more at the United General info table at the BSC on June 18th at 10:30. Or call (360) 939-1833 or email: Maitea.Cox@UnitedGeneral.org



Chair Yoga — Mondays — 10:00am

Feel the benefits and enjoy better health through gentle yet effective Chair Yoga exercise by our experienced instructors. A suggested \$5.00 donation per class is requested. Beginners welcome!

Foot Care — Most Tuesdays Starting at 8:30am — \$40/session

Your feet always support you, so return the favor. As you age, healthy feet become essential for remaining mobile and active.

Professional 30-minute foot care appointments are available for \$40/session. Call BSC front desk at 360-755-0102 to schedule.

Haircuts!

Tuesdays from 1:00—3:00pm

Trims and haircuts are offered by donation from Shellie Reed, our talented and amazing BSC Cosmetologist.

Call the BSC front desk at 360-755-0102 to schedule your 'new do'! Walk-ins may be available if time allows.

Like Cards? We got 'em!

Pinochle! Wednesday at 12:30 — Score by trick-taking & forming melds.

Duplicate Bridge! Thursday at 11:30 — The same hands are played by two different pairs to compete for the best score. Let your fierce side show.

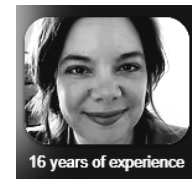
Party Bridge! Friday at 12:15 — Relaxed, social variation of the traditional game of Bridge...easy and FUN.

Dee Doyle Acrylic Art Class 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!



Acupuncture by Hadea

Starting 9am Fridays — \$30/session

Enjoy acupuncture in a welcoming and relaxing community setting, treating one area per thirty minute session. To schedule your session email Hadea: HappilyHadea@gmail.com, call her at

360-661-3109, or visit her website at www.hadeafisher.com.

Bingo! Tuesdays at 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 are provided. Great Prizes!

With a bit of luck, you might just meet the one-and-only Bingo Betty — our legendary Bingo Caller Extraordinaire!

Zumba Gold

Fridays — 10:00am

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!

Tai Chi — Wednesdays at 10:00am — \$3/class

Interested in learning the gentle art of Yang-style Tai Chi?

Known for graceful movements and many health benefits, Tai Chi promotes body relaxation, improved balance, and mental focus. It's easy, it's fun, and it's perfect for seniors! Call **360-755-0102** for more information or come watch a class. Our instructor is Jim Anders, and beginners are always welcome to join us.

June Live Music!

June 1 @ 10:00am— Mt. Baker Middle School Band & Mariachi

June 2 @ 10:30am— Ward McCary on Piano

June 5 @ 10:30am— Odette Freels on Acoustic Guitar

June 8 @ 10:30am— David Lee Howard on 12-String Guitar

June 16 @ 10:30am—Greg Kirkpatrick on Mandolin

June 24 @ 10:30am—Simme Bobrosky on Guitar & Ukulele

Meditation Class — 10:30am

Wednesdays through June 17th

We invite you to attend a 6-week meditation class to help develop skills at staying centered during tumultuous times. Instructor Thais Armstrong specializes in teaching concentration techniques and has trained hospice volunteers for over 20 years to be a peaceful presence. Suggested \$5.00 donation. Everyone is welcome.

BSC Movie Day! Friday — June 26 at 12:30pm

"Remarkably Bright Creatures"

Remarkably Bright Creatures follows Tova, a widowed aquarium cleaner, whose unlikely friendship with Marcellus, a giant Pacific octopus, and a drifting young man sparks a journey of mystery and wonder. Adapted from Shelby Van Pelt's bestselling novel, and starring Sally Field, the film blends warmth and emotional depth.

Learn Ukulele — Wednesdays at 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.

Come play or just sing along. Let the music soothe your soul!

Lunch and Learn June 29 / 12:00 Noon

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

Caregiver Support June 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*.

Powerful Tools for Caregivers

Free classes for family caregivers on **June 5 and June 12 / 10:30am**

June Activities

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>1 9:00 GUMBA Cards 9:00 Weight Loss Class 10:00 — 10:30 Mt Baker Middle School Band and Mariachi Live Music 10:00 Board Meeting 10:00 Chair Yoga</p>	<p>2 8:30 Foot Care 9:30 Quilts of Valor 10:00 Quilt and Craft 10:30 Ward McCary Live Music 1:00 BINGO 1:00 Haircuts by Shellie</p>	<p>3 9:00 GUMBA Cards 10:00 Tai Chi Class 10:30 Meditation Class 12:30 Pinochle 1:00 Ukulele Class</p>	<p>4 10:30 Narcan Training- Sign up at front desk 11:00-1:15 Bayview 2nd Grader Field Trip Visit 11:30 Bridge 12:15 Hand and Foot 12:30 Art w/Dee Doyle</p>	<p>5 9:00 Acupuncture 10:00 ZUMBA Gold 10:30 Odette Freels Live Music 10:30 Powerful Tools for Caregivers Class 12:15 Party Bridge</p>
<p>8 9:00 GUMBA Cards 9:00 Weight Loss Class 10:00 Chair Yoga 10:30 David Lee Howard Live Music 12:30 Art Group</p>	<p>9 8:30 Foot Care 9:30 Quilts of Valor 10:00 Quilt and Craft 1:00 BINGO 1:00 Haircuts by Shellie</p>	<p>10 9:00 GUMBA Cards 10:00 Tai Chi Class 10:30 Meditation Class 12:30 Pinochle 1:00 Ukulele Class 1:30 Caregiver Support</p>	<p>11 11:30 Bridge 12:15 Hand and Foot 12:30 Art w/Dee Doyle</p>	<p>12 9:00 Acupuncture 10:00 ZUMBA Gold 10:30 Powerful Tools for Caregivers Class 12:00 SWSS Potluck 12:15 Party Bridge</p> <p>FYI: NO Fiddle Tune Workshop in June at the Mount Vernon Senior Center</p>
<p>15 9:00 GUMBA Cards 9:00 Weight Loss Class 10:00 Chair Yoga 10:30 Intro to AI —bring phone, tablet or laptop to class 12:30 Art Group 1:00 Minis</p>	<p>16 8:30 Foot Care 9:30 Quilts of Valor 10:00 Quilt and Craft 10:30 Greg Kirkpatrick Live Music 1:00 BINGO 1:00 Haircuts by Shellie</p>	<p>17 9:00 GUMBA Cards 10:00 Tai Chi Class 10:30 Meditation Class 12:30 Pinochle 1:00 Ukulele Class</p>	<p>18 10:30—12:30 Thrive Rx Info Table from United General 11:30 Bridge 12:15 Hand and Foot 12:30 Art w/Dee Doyle</p>	<p>19</p> <p style="text-align: center;">Closed for Juneteenth National Independence Day</p>
<p>22 9:00 GUMBA Cards 9:00 Weight Loss Class 10:00 Chair Yoga 10:30 Intro to AI — bring phone, tablet or laptop to class 12:30 Art Group</p>	<p>23 8:30 Foot Care 9:30 Quilts of Valor 10:00 Quilt and Craft 10:00 Life Empowerment: Be Prepared 1:00 BINGO 1:00 Haircuts by Shellie</p>	<p>24 9:00 GUMBA Cards 10:00 Tai Chi Class 10:30 Simme Bobrosky Live Music 12:30 Pinochle 1:00 Ukulele Class 1:30 Caregiver Support</p>	<p>25 11:30 Bridge 12:15 Hand and Foot 12:30 Art w/Dee Doyle</p>	<p>26 9:00 Acupuncture 10:00 ZUMBA Gold 12:15 Party Bridge 12:30 BSC Movie Day: “Remarkably Bright Creatures”</p>
<p>29 9:00 GUMBA Cards 9:00 Weight Loss Class 10:00 Chair Yoga 12:00 Lunch and Learn 12:30 Art Group</p>	<p>30 8:30 Foot Care 9:30 Quilts of Valor 10:00 Quilt and Craft 1:00 BINGO 1:00 Haircuts by Shellie</p>	<p style="text-align: center;">Fundraiser for Meals on Wheels Sat. June 20 — 5:30pm Drinks, dinner, auctions & live music with Chris Eger! At Saltbox Barn — 17995 Fir Island Rd, Mt. Vernon Tickets: https://tiny.cc/#</p>  <p style="font-size: small;">SATURDAY JUNE 6, 2026 @ 11AM TIME TRIALS START @ 11AM WITH ROLLING SCHEDULE RACES LOCATED AT: 121 S. SECTION STREET</p>		<p style="text-align: center;">Lawn Mower Races Sat. June 6 — 11am At the Rotary Park Dirt Track — 821 S. Section St. in Burlington! Come enjoy some free fun, offered by the Burlington Parks & Rec.</p>

June 2026 Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Spaghetti & Meatballs served with Garlic Bread	2 Lemon Pepper Fish served with Rice Pilaf and Pineapple Chunks	3 Chicken Fried Steak served with Mashed Potatoes & Gravy and Apple Crisp	4 Ham & Pasta Bake served with Northwest Veggies and Apricots	5 Chicken Souvlaki served with Lemon Roasted Potatoes and Pita Bread
8 Cheese Omelet served with Sausage Links and Hashbrowns	9 German Sausage on a Hoagie Roll served with Baked Beans and Coleslaw	10 Hawaiian BBQ Chix Wraps served with Chips	11 Meatloaf served with Mashed Potatoes & Gravy and a Brownie	12 Chicken Taco Salad served with Chips and Creamy Corn Muffins
15 Hot Turkey Sandwich served with Mashed Potatoes and Gravy	16 Alpine Chicken served with Wild Rice Pilaf	17 Butternut & Sausage Soup served with 1/2 Egg Salad Sandwich	18 Father's Day Luncheon <i>RSVP at Front Desk</i> Beef Roast served with Potatoes, Carrots, and Onions with Strawberry Shortcake	19 Closed for Juneteenth National Independence Day
22 Eggplant Parmesan served with Italian Vegetables and Blueberry Parfait	23 Diced Pork in Gravy served with Mashed Potatoes	24 Pub Battered Fish served with JoJo Potatoes and Coleslaw	25 Orange Chicken served with Brown Rice and Asian Vegetables	26 3-Bean Casserole served with Malibu Vegetables and Birthday Cake
29 Pork Egg Roll served on Rice with Sesame Snap Peas	30 Brunswick Stew served with Garlic Bread and a Chocolate Chip Cookie	<p>COMING AGAIN THIS SUMMER! Skagit Senior Day in the Park Thursday, August 20th — 10:00 to 1:30</p> <p>Live Music and dancing with Marcia Kester 50+ vendors focused on helping older adults Free picnic lunch for the first 500 seniors!</p>		

