



Burlington Senior Center

July 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 the interactive programs from the 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.



BABY SHOWER for Megan & Lexie July 10th 1:30



Join us for coffee, tea & cake at the BSC!

Megan Schmit is registered on Amazon or stop by the front desk for a list of gift ideas. Diapers are always needed, but there's no obligation to bring a gift. Come celebrate the birth of baby Lexie with all of us!

Burlington Summer Nights Concerts

Join the BSC at the Burlington Visitor Center Amphitheater, 520 East Fairhaven, on the last three Friday nights in July for a fun, FREE concert series! Here's the music lineup:

July 11 | Troy Fair Band – Country Rock

July 18 | Dirty Pilots – 80's / 90's Rock & Country

July 25 | Minimum Wage Band – Rock n' Roll



OUTSMART THE SCAMMER
FRAUD PREVENTION SOCIETY

Looking to stay safe from scams?

Join us Thursday—July 17 at 12:30pm

Fraud and scams come in all shapes and sizes. The best advice: trust your instincts. Stay alert. And join us at the Burlington Senior Center for a seminar to learn about fraud prevention.

The **Outsmart the Scammers** seminar, taught by Instructor Kari Kennedy with Edwards Jones, will discuss how to spot red flags that may indicate a fraudulent encounter.

Learn about resources that help if you or a loved one are targeted, and easy steps you can take to protect yourself. It's information we all need to avoid the myriad of scams and fraud in the world today.



The **File of Life** is a medical document, providing first responders with important information during emergencies.

It typically includes your vital information such as medical conditions, medications, allergies and emergency contacts, giving paramedics quick access to critical data.

By keeping this form easily accessible, such as on a refrigerator, individuals can ensure prompt, accurate care in urgent situations.

Stop by the front desk to pick up a **File of Life**, courtesy of the BSC Advisory Board! While supplies last, and one to a person please.



Skagit County Meals on Wheels March for Meals 2025 Report

The 2025 *March for Meals* campaign was the most successful yet, raising a total of **\$131,707!** This was a **40% increase** over last year, with four times the amount of sponsorship support and nearly twice the amount of individual contributions from 2024.

This year's campaign not only strengthened community engagement but ensured critical funding to meet the growing needs of Skagit County seniors. Meals on Wheels and the Burlington Senior Center are grateful for the support from individuals, businesses, and community groups who made the 2025 *March for Meals* campaign such an outstanding success.



Tuesdays at 1:00pm

Bingo is lots of fun
& a BSC fundraiser! Only \$.50/
card for the first 6 games, and \$1/
card for the last 2 games.

Cards and daubers provided.
Winner from each game chooses
the next game.

More Prizes! Enter to win
three **free raffles!**
All Welcome!

SUPER BINGO – July 15th
— **FREE** to play!



Ukulele Fun & Song Circle

**Wednesdays
1-2pm**

Beginners welcome!

Play or just come to sing along.
Learning materials provided, and
loaner ukes available. Songs are
projected on a screen.

You'll have a ukedelic time!

FREE Virtual Exercise in the Community Hall

10am on Mondays and Fridays
No charge! All levels welcome!

Haircuts Tuesdays 1—3pm

By donation from Cosmetologist
Call Shellie Reed. 360-755-0102
to schedule. Walk-ins if time is
available.

Lunch and Learn July 28—12:30

RSVP to 360-707-8403

Sponsored by *Home Place*,
Where The Heart Is, and the
Skagit Adult Day Program.

Skagit Widow Support July 13—Noon

Board meeting and potluck
lunch will be held on the 2nd
Friday of each month at noon.

Caregiver Support 2nd and 4th Wednesdays 1:30pm

FREE classes!

Offered by *Skagit Adult Day
Care Program*

Live Music!



Starting off July with a bang, enjoy the marvelous melodies of Ward McCary on **July 1st** —10:30am.
David Lee Howard will serenade us with another soulful musical performance on **July 14** —10:30am.
Steve Ellis will once again charm us with lively lyrics and impressive guitar skills **July 16** — 10:30am.

ACUPUNCTURE

30 minutes—\$20.00 Fridays starting @ 9am



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: Haplhadea@gmail.com

Dee Doyle Acrylic Art Classes Thursdays 12:30—3pm \$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.

Drop-ins always welcome!



BSC Movie Day! "FIELD OF DREAMS" Friday July 18, 2:30pm

Iowa farmer Ray Kinsella (played by Kevin Costner) is inspired by a voice he can't ignore to pursue a
dream he can hardly believe. Ray hears a voice whispering, "If you build it, he will come." and sees a
vision of a baseball diamond in the cornfield with the ghost of "Shoeless" Joe Jackson standing in the
middle. Supported by his wife, Ray begins the quest by turning his ordinary cornfield into a place where
dreams can come true.

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

Interested in the benefits and beauty of learning the gentle
martial art of Tai Chi? Call Mariana Foliart at 360-422-8549
for information. Beginners always welcome!



Foot Care \$35 Most Tuesdays 8:30—2:30

30-minute appointments on
most Tuesdays. Call 360-755-
0102 to schedule appointments.
Time slots fill fast!

Party Bridge Fridays Noon—3:30

All bridge players are welcome!
For more information contact:
Deeabenroth@hotmail.com

Lunch and Learn July 28—12:30

RSVP to 360-707-8403

Sponsored by *Home Place*,
Where The Heart Is, and the
Skagit Adult Day Program.

Caregiver Support 2nd and 4th Wednesdays 1:30pm

FREE classes!

Offered by *Skagit Adult Day
Care Program*

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

Our mission is to help bring
comfort to our Veterans.
www.qovf.org

Craft & Chat Fridays 10am

Call ahead to make sure the
group is meeting. Bring your
crafts & join in some creative fun!

July 2025

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Need Something Notarized? BSC can help!
We can notarize simple documents like wills or a Power of Attorney at no charge. Contact the front desk for an appointment. A donation to the BSC is always appreciated.

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

2
9:00 GUMBA Cards
10:00 Tai Chi
12:30 Pinochle
1:00 Ukulele

3
11:00 Bridge
11:30 **Independence Day Trivia**— answer a question about history and get a prize if you are correct!
12:15 Hand and Foot
12:30 Art w/Dee Doyle

4
CLOSED


7
9:00 GUMBA Cards
9:00 Weight Loss Class
10:00 Board Meeting
10:00 Exercise
12:30 Art Group

8
8:30 Foot Care
10:00 Quilt and Craft
1:00 BINGO
1:00 Haircuts

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

10
11:00 Bridge
12:15 Hand and Foot
12:30 Art w/Dee Doyle
1:30 Baby Shower for Megan Schmitt ...It's a GIRL!

11
9:00 Acupuncture
10:00 ZUMBA Gold
12:00 SWSS Potluck & Board Meeting
12:15 Bridge

14
9:00 GUMBA Cards
9:00 Weight Loss Class
9:00 Red Hat Re-Sale
10:00 NO EXERCISE
10:30 David Lee Howard Music
12:30 Art Group
1:00 SHIBA
1:00 Tarts Meeting

15
8:30 Foot Care
9:30 Quilts of Valor
10:00 Quilt and Craft
1:00 Haircuts
1:00 SUPER BINGO

16
9:00 GUMBA Cards
10:00 Tai Chi
10:30 Steve Ellis Music
12:30 Pinochle
1:00 Ukulele

17
9:00 Marketing Meeting
11:00 Bridge
12:15 Hand and Foot
12:30 Art w/Dee Doyle
12:30 Scam Class

18
9:00 Acupuncture
10:00 ZUMBA Gold
12:15 Bridge
12:30 Movie Day — "Field of Dreams"

21
9:00 GUMBA Cards
9:00 Weight Loss Class
10:00 Exercise
12:30 Art Group
1:00 Minis

22
8:30 Foot Care
10:00 Quilt and Craft
1:00 BINGO
1:00 Haircuts

23
9:00 GUMBA Cards
10:00 Tai Chi
12:30 Pinochle
1:00 Ukulele
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
10:00 ZUMBA Gold
12:15 Bridge

28
9:00 GUMBA Cards
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
1:00 Haircuts

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

31
11:00 Bridge
12:15 Hand and Foot
12:30 Art w/Dee Doyle

Save a Tree!
Go paperless! Want your BSC newsletter delivered to your inbox?
Just email us at BurlingtonSrCenter@yahoo.com to be added to our list.

July 2025

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



1
Chicken Divan
served with
Peaches

2
Chef Salad
served with
Fruit and
Wheat Roll

3
Pulled Pork
Sandwich served
with Baked
Beans
Fourth of July Luncheon



7
Mac & Cheese
w/ Kielbasa
served with
Spinach Salad

8
Salisbury Steak
served with
Mashed
Potatoes and
Gravy

9
Aztec Pork w/
Spanish Rice
served with a
Lemon Bar

10
Pesto Chicken
served with
Smashed Baby
Bakers

11
Fish in Cilantro
Sauce served
with Bean
Salad

14
French Dip
Sandwich
served with a
Brownie

15
Baked Ham
served with
Au Gratin
Potatoes

16
Butternut
Squash Lasagna
served with
Pineapple

17
Beef Tips served
with Mashed
Potatoes and
Gravy

18
Country Pork &
Kraut served
with a Soft
Pretzel

21
Pub Battered
Fish served
with Coleslaw

22
Mushroom Swiss
Burger served
with Onion
Rings

23
Turkey w/ Gravy
served with
Mashed
Potatoes

24
Moroccan
Chicken Soup
served with
Pepperoni Salad

25
Stuffed Pepper
Cups served
with Birthday
Cake

28
Pork Roast
served with
Mashed
Potatoes and
Gravy

29
Tarragon
Chicken served
over Herbed
Pasta

30
Beef in Peanut
Sauce served
with Mandarin
Oranges

31
Turkey Croissant
served with a
Bar Cookie

**Enjoy coffee &
tea at BSC?**

Coffee and tea are being
provided with fundraised
money, and aren't part of
lunch. Please donate to
the BSC Coffee Fund.



Happy July Birthdays!

Jody Louia 8

Yelena Prisyazhnyuk 16

Doug Johnson 20

Sharon Cooper 27

Laura Gilbert 28

Jean Bass 28

Paula Holland 20

Terry Pursley 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!