



Bellingham
Senior
Activity
Center

Connect with life!

THE BSAC CONNECTION

July 2021 Programs, Services, and Activities

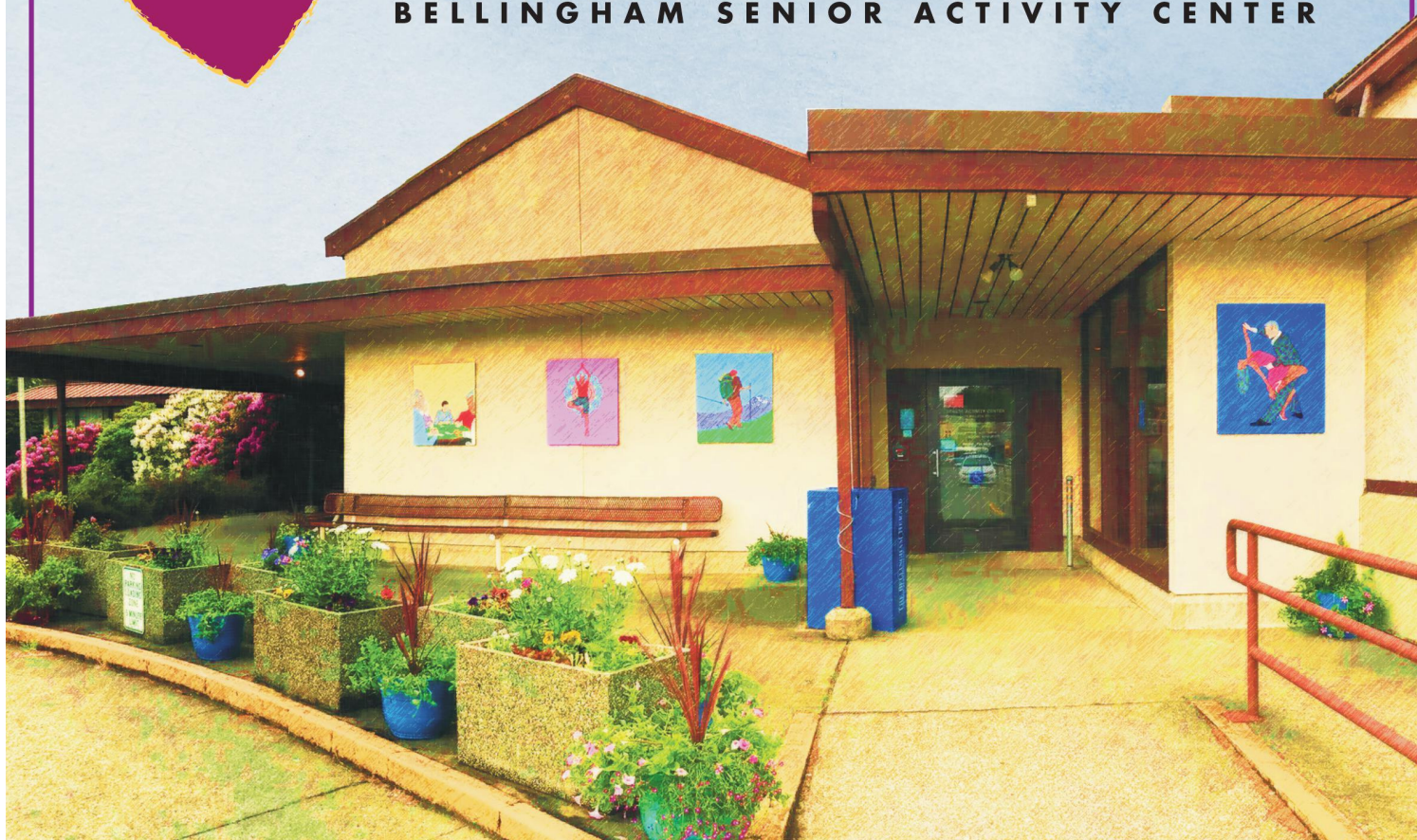
I ♥ BSAC!

REOPENING THURSDAY, JULY 1



where the heart is

BELLINGHAM SENIOR ACTIVITY CENTER



Whatcomcoa.org

315 Halleck Street

(360) 733-4030



Welcome

Our mission is to offer a wide range of classes, activities and services for persons 50 years of age and over to encourage emotional, mental, and physical wellness for a healthy, active, and independent lifestyle.



BSAC will be closed on the following dates:

Monday, July 5th

Friday, August 27th

Monday, September 6th

Director's Greeting

Hello Friends,

Soon our doors will be open and, I am so looking forward to seeing you again (and meeting some of you in person for the first time)! I can't thank you enough for all the support you've shown us throughout the pandemic and our closure. Whether you attended an on-line class, participated in a virtual program, sent in a donation, renewed your BSAC membership or shared a kind word via email/phone/mail, I am tremendously grateful for your support.

The safety of you our members, our volunteers and staff remain our top priority as our community reopens. We will continue to work closely with our partner agencies ensure we are maintaining proper sanitation and safety guidelines and monitor data on break through cases, variants and community vaccination to keep us all healthy. We will re-evaluate our procedures and rules regularly and communicate any changes with you.

While our summer schedule is different than our regular pre-pandemic schedule, please know this is not a permanent schedule change. Once all of our leaders and volunteers are ready to come back, we are fully staffed, and we have a better feel for what makes sense post-pandemic we will increase hours and programs and re-evaluate the need for masks in the building.

Lastly,

If you have any questions please give me a call, 360.733.4030 ext 1020

See you soon,
Molly



Discover Classes and Activities



Current BSAC membership is required to participate in all classes and activities unless otherwise noted.

Fitness

Paying for fitness classes: Punch cards can be purchased at the front desk and can be used for ANY BSAC fitness class. Classes are ongoing.

Punchcard of 10 classes: \$45 for members. If you wish to pay for an individual class, the cost is \$5.00.

At this time, virtual classes are free

Zumba

Zumba Gold is for active older adults who are looking for a modified Zumba® class that recreates the original moves at a lower-intensity. The design of the class introduces easy-to-follow choreography that focuses on balance, range of motion, and coordination. Instructed by Christina Winkler.

Tues & Thursdays 9:30–10:30am
Saturdays (Virtual) 9:00–10:00am

Auditorium

Yoga

Instructor Mary Byrne has studied Iyengar, Kundalini, Ashtanga Vin-

yasa and other disciplines. Her style is a compilation of what is most meaningful and useful.

Mon 10:30am (Rm.16) &
Wed 10:00am–11:30am (Virtual)

Longevity Stick

Low-impact exercise using a one-inch diameter dowel in a series of movements designed to improve balance, flexibility, and strength. Free for members.

Tues & Thurs (Virtual)
11:00am - 12:00pm

Strength Training at Home

Join Elaine for simple and adaptable exercises that you can do from home.

Mon & Wed (Virtual) 1:00–2:00pm

Flowing Water Qigong & Tai Chi Walking

Regular practice of this easy 12 movement Qigong set leads to happier, healthier joints by lubricating and loosening them with relaxing, flowing movements and imagery. We will also practice mindful Tai Chi walking which has been proven to be very effective for improving balance (inner as well as outer). No experience necessary!

Wednesdays 1:30–2:30pm

5 Treasures of QiGong

Beautiful and harmonizing practice set that was created by the National QiGong Association as an introduction to the healing art of energy cultivation. The movements are simple and can be easily modified to fit individual circumstances.

First Saturday of each month

10:00–11:00am

Open Gym

Available during open hours for those who have completed the Strength Training 101 class (see below). Donation \$2.00/use.

Strength Training 101

This one-on-one interactive class provides a comprehensive overview of how to gain both muscular strength and muscular endurance, improve joint range of motion and avoid injury in both gaining fitness and in everyday function.

Cost: \$60 (BSAC member) for the 8-session class. To be placed on the waiting list, please complete and return the Physician's Clearance Form, available at the Front Desk. We will call you to register for the next class.

Writing & Discussion

Brainpower & so much More!

Brainpower is a group of thoughtful, caring, dynamic people who love to be creative, introspective and engaged in fun experiences and assignments. More than a discussion group, this group aims for camaraderie through sharing memories and mental challenges from the day in history. Newcomers are always welcomed with open arms.

1st & 3rd Mondays 1:00 - 2:30pm
Room 1

Personal Writing

Share own unique story and come meet with us to hear our writings. No experience needed. We welcome all who wish to share.

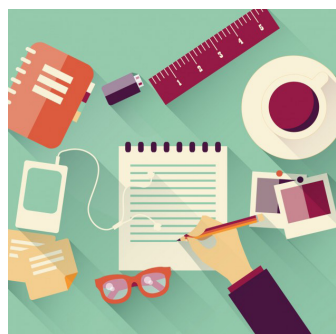
Tuesdays 1:00-2:30pm
Room 1

TED Talk Discussions

View and discuss selected TED Talks that will facilitate discourse on important subjects.

2nd & 4th Fridays, 10:00a-12:00p
Room 16

1st & 3rd Fridays (Virtual),
10:00am - 12:00pm



Peaceful Solutions

Let's discuss some problems - personal or global - that are not being solved to your satisfaction. We'll exercise our peace muscles and see if we can identify new approaches that can improve the situation. Leave with new insights, and inspired to be more intentionally peaceful in how we go about things.

Fridays, starting July 9th (no meeting July 30) 1:00-3:00pm
Room 1

Spanish Conversation

¿Hablas Español? Join us and practice your Spanish skills! Express yourself and learn from other fellow Spanish speakers at BSAC.

Mon. (Virtual) 9:00am - 10:00am
Thursdays 11:00am - 12:00pm
Room 2

Artistic Opportunities

Watercolor Class

Learn the art of watercolor painting. Free for members. Must pre-register at myactivecenter.com

Wednesdays 9am-12pm
1:00pm - 3:00pm
Room 1



Portrait Drawing

Any experience welcome. Bring your own drawing materials. Participants share the cost of a model fee. Bring \$5 to class.

Thursdays 10:00am-12:00pm
Room 1

Rug Hooking

Learn how to make beautiful hooked rugs/hangings. Materials not provided.

Tuesdays 9:00am-3:00pm
Room 9

Quilting

Bring your own materials and machine. Space is limited, so check with group prior.

Thursdays 1:00pm-4:00pm
Room 1

Woodcarving



Join others with interest in woodcarving. Materials not provided.

Thursdays
9:00-11:00am
Room 9

Card Games

Bridge

Party Bridge (Contract Bridge) for people with basic knowledge of the game. If interested in playing please contact Mary Margaret Richter 224-3500.

Cribbage

Cribbage Boards and cards are located on the bookcase near the puzzle table in the Lobby area.

Mah Jongg

A tile game similar to Rummy. Beginners welcome!

Mondays 12:30-4:00pm
Tuesdays 9:30am-12:30pm
Room 1

Pinochle

Double Deck. \$2 to play.

Mondays 12:45-3:00pm
Room 16

Pinochle Party, Deck & 1/2. \$2
Fridays 12:45-3:00pm
Room 16

Music & Dance



Tuesday Dance

Enjoy dancing to the great tunes by Good Vibrations. Donations to the band accepted.

Tuesdays (starts 7/20) 2:00-4:00pm
Auditorium

The Senior Singers

This group gives performances around the area. We sing for fun and for others. Newcomers welcome. Maggie Malone. (425) 747-8684. will return in Aug. or Sept. Date TBD

Rhythm Band

If you have an instrument stashed away, find it and come join us! Mary VanderVeen 647-5334.

Thursdays 10:30am-11:30am
Resumes Sept. 9th* Auditorium

English Country Dancing

Gentle dancing to beautiful music. Free. Newcomers welcome. (360) 834-2674 or sounds.trad@gmail.com

Thursdays 2:30-4:30pm
Auditorium

Senior Steppers

Welcomes new tap dancers. Classes are free. Michelle 927-1365

Mondays 9:00-11:00am
Auditorium



Recreation

Ping Pong

Ask at Front Desk for help with set up. Paddles and balls are available.

M,T,Th,F 9:00am-10:30am
Tues & Thurs 1:30pm - 3:00pm
Room 15

Pool

Please place a donation in the box to help with maintenance and upkeep of the tables and cue sticks. Thanks! Pool room is available during open hours



The Button Walkabouts

Join us for a social, easy-paced walk. Please stay with a partner on designated trails. Most walks contain dirt trails which are not conducive for portable walkers. \$1.00 minimum

gas donation. Need more information? Call Scott (812) 371-6005.

Tues&Thurs 9:45am-11:00am
Meet in Coffee Bar

Senior Trailblazers

The hikes range from 6-10 miles and are moderate to difficult. Carpooling is used to share the expense with the drivers. Contact: Alan Heezen (360) 738-9311.

Visit geezerhiker.com/trailblazers/

Bocce Ball

Learn the game and have fun! New players are welcome.

Tuesdays 1:00 - 2:30pm
Lawn



Cornhole

Learn the game and have fun! New players are welcome.

Thursdays 1:00 - 2:30pm
Lawn

Tech Help

One-on-one assistance with computers, tablets, and phones. Sign up at the Front Desk.

Fridays 1:00-3:00pm



Things to know about our reopening

The Whatcom Council on Aging is thrilled to announce that the Bellingham Senior Activity Center is reopening on Thursday, July 1st!

After over a year of our doors being closed, we can't wait to welcome you back to BSAC. As we reopen things may look and feel a little different. Here is a brief run-down of what you can expect and some changes as we return to programs in-person at BSAC:

- Masks will be required for everyone in the Center.
- Initially our center hours will be 9am-3pm* Monday, Tuesday, Thursday, Friday.
 - Wednesdays we will not be open except for the parking lot meal pick-up and some programs by advance registration only (see program schedule pg. 3-5).
 - We are using myactivecenter.com for reservations (preferred) or by phone if you cannot access on-line reservations. (see pg. 7 for instructions to register)
- Senior Community Meals
 - At this time, we will not have our Senior Community Meals available in the building. Our plan is to welcome you back for in-person meals on September 7th.
 - Weekly to-go meals will continue to be provided on Wednesdays from 11:30-12noon until the congregate meals return in the building.
- Outdoor activities are available. Masks are optional for fully vaccinated individuals outside.
- The Coffee Bar will be open, but food and beverages will not be available at this time.
- We will continue to offer virtual programs even when we are open (see program schedule pg. 9 for more info.).
- We will be re-using the 2020 parking stickers. If you need one please ask for one at the front desk! If parking becomes problematic with neighbors and non-members using the lot we will order 2021 stickers and pass them out to members.
- Credit/debit cards and checks are preferred for payment.
- Guest passes are available to newcomers who would like to try a class or activity before joining as a member, we encourage you to bring a friend!
- Starting in August, our monthly bulletin will be mailed only to those who have paid the \$1/ month fee. It is also available at the Center and on our website whatcomcoa.org.

*some activities may start before 3pm and end after 3pm such as: the Tuesday Dance, quilting, English Country Dancing, Senior Steppers, pinochle, and the strength training gym.



M O N D A Y	9:00 Senior Steppers 9:00 Spanish Conversation (Virtual) 9:00 Ping Pong 10:30 Yoga 12:30 Mah Jongg (Starts July 12) 12:45 5-handed Pinochle 1:00 BrainPower (1st & 3rd Mondays) 1:00 Strength Training (Virtual)
T U E S D A Y	8:15 Senior Trailblazers 9:00 Rug Hooking 9:00 Ping Pong 9:45 Button Walkabouts 9:30 Mah Jongg 9:30 Zumba 11:00 Longevity Stick (Virtual) 1:00 Personal Writing 1:00 Bocce 2:00 Ballroom Dance (resumes on July 20) 1:30 Ping Pong
W E D N E S D A Y	9 - 3 Open Gym (*Registration required) 9:00 Watercolor Class (*Registration required) 10:00 Yoga (Virtual) 1:00 Watercolor Class (*Registration required) 1:00 Strength Training (Virtual) 1:30 Tai Chi (Outside on the lawn)
T H U R S D A Y	7:45 Senior Trailblazers 9:00 Woodcarvers 9:00 Ping Pong 9:45 Button Walkabout 9:30 Zumba 10:00 Portrait Drawing 11:00 Spanish Conversation 11:00 Longevity Stick (Virtual) 1:00 Quilting Group 1:00 Cornhole 2:30 English Country Dance 1:30 Ping Pong
F R I D A Y	9:00 Ping Pong 10:00 TED Talk Discussions (1st & 3rd Virtual, 2nd & 4th in-person) 12:45 Deck & 1/2 Pinochle 1:00 Tech Help 1:00 Peaceful Solutions
S A T	9:00 Zumba (Virtual) 10:00 5 Treasures of QiGong (1st Saturday, outside)

At this time Wednesday activities will be by reservation only.

To register for an activity, you must be a current 2021 Bellingham Senior Activity Center Member.

Reservations must be made in advance online www.myactivecenter.com or by phone 360-733-4030. Scheduling online is preferred.

Appointments will be available each Thursday by 4:30pm for the following week.

A tutorial on how to set-up your www.myactivecenter.com account can be found here <https://www.mytutorialcenter.com/myactivecenter> Please note you will need your BSAC Keytag, the phone number we have on file for you and an email address. You will be asked to create a password for this account.

On Wednesdays before 12noon we ask that you please use the small parking lot across Halleck street as our meal program uses the main large parking lot in front.

If you have any questions, please give us a call at 360-733-4030 ext 0





In Our Own Words: How our lives have changed during the pandemic

Our lives have changed due to the pandemic. We missed in-person gatherings and special events. We changed our routines and activities. Some of us had family and friends who died due to COVID-19. Some of us ended careers unexpectedly. The list could continue.

There have been struggles as well as some silver linings from the COVID-19 pandemic that dramatically changed our lives over the past year and a half. Join us as we gather to share our experiences, good and bad, living through this time in history.

Have your experiences led to anxiety about re-emerging into this new world of social life? What are some lessons from your experience that you will take with you? Is there something in your life you have realized that you were taking for granted or missing entirely? A good amount of kindness is welcomed in our first stages of post-pandemic social integration.

This group will be facilitated by Linda Portwood who has been a Social Worker since her 20's. She retired after working as a hospice social worker for 20 years. Linda is new to Bellingham moving here in June, 2020.

Following our discussion and opportunities to share with others, you are also welcome to contribute to the Whatcom County Health Department's COVID impact assessment by recording or writing a short statement describing whatever impacts you'd like to share. These pieces may be included in the COVID Impact Assessment as examples to bring charts and graphs to life. Please note that you will be contacted before any submissions are publicly shared.

Friday, July 2nd at 10:00am in Room 16 and Thursday, August 5th at 10:00am in Room 16

MEET OUR WIHS TEAM
LEARN ABOUT OUR VOLUNTEER OPPORTUNITIES,
AND ENJOY SOME
FREE ICE CREAM!



Volunteer Today!



WEDNESDAY JULY 21

Come meet Whatcom Intergenerational High School on July 21st to learn more about our intergenerational community!

In the Fall, our high school will be launching the Intergenerational Learning Alliance, where we invite elders to volunteer as learning allies to students as they explore their interests and our broader Whatcom community. For more information, please contact Hoku at hoku.rivera@intergenerational.school or submit an interest form at <https://bit.ly/ila-interest>

Wednesday, July 21st at 3:00pm

Great Musical Performances of the 40's, 50's & 60's!

Dave Black presents a music program providing entertainment that is truly meaningful and enjoyable. He has created a playlist of fantastic and memorable musical performances spanning many decades from the 20s through the 60s. The quality of the sound equipment and video song selection will bring you back to the fun and excitement of the Big Band Sound and original performances from popular artists of the 40s through 60s. You will not find this activity anywhere.

Playlist: Includes: Frank Sinatra – Peggy Lee - Judy Garland - Dinah Shore – Big Band Artist: Duke Ellington, Glenn Miller, Artie Shaw, Benny Goodman, Count Basie, Stan Kenton, Harry James and Tommy Dorsey. Plus more!

Presented by Dave Black, retired owner of Bellingham View Adult Family Home, who during many years being involved with seniors has made it his mission to provide quality and memorial experiences.



**Thursday, July 22nd at
1:00pm in Room 16**



BSAC WEEKLY VIRTUAL PROGRAMS SCHEDULE

Staying Connected and Active



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Spanish Conversation 9:00am Hablas Espanol? Join us and practice your Spanish skills!	Longevity Stick 11:00am Join Bonnie for a live Longevity Stick exercise	Yoga 10:00am Mary Byrne has studied Iyengar, Kundalini, Ashtanga, Vinyasa and other disciplines. Her style is a compilation of what is most meaningful and useful.	Longevity Stick 11:00am Join Bonnie for a live Longevity Stick exercise	TED Talk Discussion 10:00am Join Marilyn to discuss the weekly TED Talk. Links to the talks are in the weekly enews. 1st & 3rd Fri of each month is online, and 2nd & 4th Fri of the month is at BSAC	Zumba Gold 9:00am Zumba Gold is for active older adults who are looking for a modified Zumba class that recreates the original moves at a lower intensity.
Strength Training 1:00pm Join Elaine for simple and adaptable exercises you can do from home.		Strength Training 1:00pm Join Elaine for simple and adaptable exercises you can do from home.			

TED Talk Discussions

We invite you to join us to view and discuss selected TED Talks that will facilitate discourse on important subjects. Each viewing will feature a different topic from which two TED talks will be viewed and discussed.



Friday, July 2nd at 10:00am (Virtual)

- How trees talk to each other
- Be humble - and other lessons from the philosophy of water

Friday, July 9th at 10:00am (at BSAC)

- What makes the earth so special?
- What rivers can tell us about the earth's history

Friday, July 16th at 10:00am (Virtual)

- Hunting for dinosaurs showed me our place in the universe
- Discoveries awaiting us in the ocean's twilight zone

Friday, July 23rd at 10:00am (at BSAC)

- Greif and love in the animal kingdom
- What are animals thinking and feeling?

Friday, July 30th at 10:00am (Virtual)

- How your brain decides what is beautiful
- How playing an instrument benefits your brain

Encounters with Critical Thinking and Propaganda - A member-led workshop

Critical thinkers are presumably able to make sounder judgments and better decisions than the rest of us. More specifically, critical thinkers are less vulnerable to attempts to manipulate or defraud them whether by propaganda or shady sales techniques. This class will demonstrate how the use of critical thinking techniques can help us to recognize and combat misinformation and propaganda, and also identify some of the techniques used by retailers to maximize their gains at our expense.

Facilitated by Richard Lewis, whose teaching background includes three years in a public junior high school in Connecticut before moving to a 30-year career of university teaching in Biology and Health Science in Connecticut, Ohio, Wisconsin and Arkansas. After retirement, Richard worked as a tutor, both in Vancouver BC., and also with the Bellingham school system.

Classes for this course will be held outdoors on Monday and Thursday afternoons starting on July 19th. Since students will be using chairs without armrests they will have to bring a clipboard or other smooth surface to serve as a writing desk. If a class is cancelled because of rain the scheduled classes will be extended into the second week of August. Each class will meet for 90 minutes.

Sign-up at the front desk or call 733-4030.

Mondays & Thursdays, 1:00-2:30pm for four consecutive weeks starting July 19th



Northwest Tulip Trekkers

One Day Traditional Event

Saturday August 7, 2021

Come join the NW Tulip Trekkers for a walk in Bellingham. NW Tulip Trekkers and Bellingham Senior Center, 315 Halleck Street invite you to join us in our walk around Bellingham City, Bay, Whatcom Creek and Farmer's Market. This walk is mostly on sidewalks some paved & gravel paths, includes some stairs, a small incline and amazing views!! Not suitable for strollers, wagons & wheelchairs.

Start Time: 9:30am until 11:30am

Distances: 6k and 11k

AVA Credit: \$3.00. Non-credit walkers are encouraged to make a donation. All walkers must register. AVA sanctioned event – Eligible for credit toward IVV Achievement Awards.

This event is open to everyone. We are proud of our beautiful area and can enjoy it everyday. We would like to share some of the things in Bellingham that we should never take for granted:

The Whatcom County Museum, Bellingham Railway Museum, Spark Museum of Electrical Inventions, Whatcom Falls Park, Washington State Route 11, Larabee State Park, Lake Padden, Lake Whatcom, North Lookout Mountain, and Whale watching in the waters of Georgia Strait and Puget Sound.

NW Tulip Trekkers website: NW Tulip Trekkers | AVA - Walking Club (nwtrekkers.org)

Information contact: NWTclub@gmail.com



Housing Lab from Opportunity Council



- Tenant-focused resources
- Eviction prevention
- Roommate Cafe
- Housing search

For individuals and families experiencing difficulty finding safe, affordable housing, Opportunity Council may be able to help.

Housing Lab will be setup to help at the BSAC on July 8th and August 12th from 1:00 - 3:00pm

Tech Help

Need help with your phone, laptop, or tablet? Book a half-hour session with BSAC's own Tech Help at the Front Desk. We coach through the unfamiliar and difficult, troubleshoot problems, and get you connected. Free with your BSAC Membership.

Fridays, from 1:00 – 3:00pm



Gift Shop

The BSAC Gift Shop will be open from 11:00am to 1:00pm on Mondays, Tuesdays, and Thursdays.



Bellingham Senior Activity Center
315 Halleck Street
Bellingham, WA 98225

Return service requested

PRESORTED
STANDARD
U.S. POSTAGE
PAID
BELLINGHAM, WA
PERMIT NO. 135



Bellingham Senior Activity Center & Whatcom Council on Aging

Phone: (360) 733-4030 Fax: (360) 647-7952 Web: whatcomcoa.org

Hours: Mon, Tues, Thurs, Fri from 9:00am to 3:00pm

BSAC Front Desk Reception ext: 1015
BSAC Director, Molly Simon ext: 1020
BSAC Prog. Coordinator, Eric Pierson ext: 1035
WCOA Nutrition (Meals on Wheels & More) ext: 1030
WCOA Executive Director, Chris Orr ext: 1026
Bellingham at Home ext: 2602

