



# THE BSAC CONNECTION

September 2021 Programs, Services, and Activities



## OPEN HOUSE

BELLINGHAM SENIOR  
ACTIVITY CENTER

- LEARN MORE ABOUT OUR CLASSES & ACTIVITIES FROM INSTRUCTORS AND GROUP LEADERS
- GET TO KNOW OUR STAFF & VOLUNTEERS
- PLAY LAWN GAMES & SOCIALIZE!

**FREE & OPEN TO ALL!**

**BBQ LUNCH AVAILABLE BY DONATION**

**SEPT. 17TH 11:30AM - 1:30PM**





## 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, September 6th

## Director's Greeting

Greetings BSAC members & friends,

September finds us busier each day with more members coming regularly to participate in classes and activities. We have heard from many of you about how much it means to have the Center open again and having this return to normalcy. We agree! All the staff and volunteers here at BSAC are enjoying seeing you, catching up and in many cases meeting our newest members for the first time!

As a staff team we were hoping that we would begin having our Senior Community Meals again in September but, with the surge of cases in Whatcom County and beyond we have made the hard decision to postpone reopening for meals and the coffee bar. We will continue to require masks, take extra steps to sanitize frequently touched surfaces, asking folks to stay home if they are under the weather and do all we can to keep each other safe. We are proud to say that what we are doing works as we have not had any known positive cases of Covid-19 associated with the Center since we opened our doors in June. Your continued assistance in keeping each other safe by wearing your mask properly and taking other steps to stop the spread is appreciated.

This month we do have a few programs returning and we will have a fun open house, complete with refreshments (outside, if the weather allows). If there is an activity you are interested in trying out here at the Center I'd love to hear from you.

Warmly,  
Molly

## Looking for a way to make a difference at the Senior Center? We need you!

Apply to serve on the BSAC Advisory Committee

The committee consists of nine members of the Center. Advisory Committee members must be knowledgeable of all Center activities, have concern for seniors and their needs, be a dues paying member of the BSAC and be willing to devote time and energy to committee duties. The Committee meets monthly on the third Thursday at 3:30pm. The Committee utilizes the skills and talents of Senior Center members to assure that the needs and interests of the membership are being met.

Members of the committee function as "Interest Group Representatives", seeking information and giving feedback of the groups they represent, and then reporting to the Advisory Committee monthly. We are particularly looking for representatives from the following groups:

- Exercise classes
- Hiking/Walking groups
- Pool Room
- Card Players





# 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.

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

Auditorium

### Yoga

Instructor Mary Byrne has studied Iyengar, Kundalini, Ashtanga Vinyasa 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 all.

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 (on hold)

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

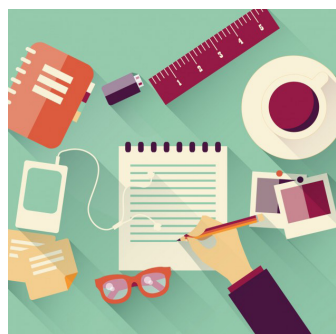
See Pg. 11 for info on interest list

### 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 (on hold)

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.

See Pg. 11 for info on interest list

### Spanish Conversation

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

Wed. (Virtual) 9:00am - 11:00am

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](http://myactivecenter.com)

Wednesdays 9am-12pm&1-4pm  
See Pg. 9



### Portrait Drawing

Any experience welcome. Bring your own drawing materials. Participants share the cost of a model fee. Contact Eric at 733-4030 x1035 if you are interested in participating. If there is enough interest, this group will start in September.

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

### Knitting Group

All levels, beginners to advanced knitters are welcome. Some instruction is available

Wednesdays 1:00-3:00pm  
Room 9

## Card Games

### Bridge (on hold)

Party Bridge (Contract Bridge) for people with basic knowledge of the game.

See pg. 11 for info in interest list

### Cribbage

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

See Pg. 11 for info on interest list

### Mah Jongg

A tile game similar to Rummy. Beginners welcome!

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

**Pinochle (on hold)**

Double Deck. \$2 to play.

See pg. 11 for info in interest list

Pinochle Party, Deck & 1/2. \$2

See pg. 11 for info in interest list

**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 (on hold)**

This group gives performances around the area. We sing for fun and for others. Newcomers welcome. Maggie Malone. (425) 747-8684.

Return 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  
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 1:30-3:30am  
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  
Coffee Bar

**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 9:30am-11:00am  
Meet in Coffee Bar or trailhead

**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/](http://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





M O N D A Y	9:00 Spanish Conversation (Virtual) 9:00 Ping Pong 9:30 EnhanceFitness 10:30 Yoga 12:30 Mah Jongg 12:45 5-handed Pinochle - on hold 1:00 BrainPower (1st & 3rd Mondays) 1:00 Strength Training (Virtual) 1:30 Senior Steppers
T U E S D A Y	8:15 Senior Trailblazers 9:00 Rug Hooking 9:00 Ping Pong 9:30 Button Walkabouts 9:30 Mah Jongg 9:30 Zumba 11:00 Longevity Stick (Virtual) 11:30 Bridge - on hold 1:00 Personal Writing 1:00 Bocce 2:00 Ballroom Dance 1:30 Ping Pong
W E D N E S D A Y	9 - 3 Open Gym 9:00 Watercolor Class 9:30 EnhanceFitness 10:00 Yoga (Virtual) 1:00 Strength Training (Virtual) 1:00 Watercolor Class 1:00 Knitting Group -NEW! 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 9:30 Button Walkabout 9:30 Zumba 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 9:30 EnhanceFitness 10:00 TED Talk Discussions (1st & 3rd Virtual, 2nd & 4th in-person) 12:45 Deck & 1/2 Pinochle - on hold 1:00 Tech Help 1:00 Peaceful Solutions
S A T	9:00 Zumba (Virtual) 10:00 5 Treasures of QiGong (1st Saturday, outside)

## Things to know about our reopening

After over a year of our doors being closed, we are happy to welcome you back to BSAC. Here is a brief run-down of what you can expect and some changes as we return to programs in-person at BSAC:

- Masks are required for everyone in the Center.
- Center hours will be 9am-3pm\* Monday, Tuesday, Thursday, Friday.
  - Wednesdays are open for the following: Watercolor 9am, Gym 9am-3pm, Knitting Group 1:00pm, Watercolor 1pm, Tai Chi 1:30pm
- Senior Community Meals
  - At this time, we will not have our Senior Community Meals available in the building.
  - 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.
- We will continue to offer virtual programs even when we are open (signup for our email at [whatcomcoa.org](http://whatcomcoa.org)).
- 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!

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



## EnhanceFitness Class returns this September



EnhanceFitness is a lively and interactive hour-long class filled with variety. Participants are so enthusiastic that 99.4% say they would recommend this program to a friend. This fitness class is different from the start because it is based on scientific research and input from older adults like you. The result is one of the most effective fitness classes ever offered.

EnhanceFitness combines the three key components of fitness: strength training, flexibility, and cardiovascular conditioning. And to ensure safety, each exercise was developed by experts in the field of physical therapy, in conjunction with agencies serving older adults. The result is a fun and lively program that works! And always you work at your own pace.

Your instructor provides individual attention, and demonstrates variations and modifications to the program, so you can find a level that is a perfect fit for you. We are pleased to welcome PJ Beaven to BSAC as your new EnhanceFitness instructor. PJ believes in making fitness fun. During the pandemic PJ worked as a health & wellness consultant and created her own workouts which she shared on YouTube. She has years of experience working with older adults and is skilled at teaching modifications for all participants to ensure an inclusive experience. Come join PJ for EnhanceFitness starting Wednesday, September 8<sup>th</sup>.

In a typical class, participants will experience:

- A certified instructor with special training in bringing out the physical best from older adults
- A 5-minute warm-up to get the blood flowing to the muscles
- A 20-minute aerobic workout that gets participants moving to (optional) lively music that the class chooses
- A 5-minute cool-down
- A 20-minute strength training workout with soft cuff weights on the arms and legs (0 up to 20 pounds)
- A 10-minute stretching workout to keep the muscles flexible
- Dynamic and static balance exercises throughout the class
- Lots of opportunities for participants to make new friends and acquaintances
- Each class may include up to 25 participants, from the frail to the more fit adult.

Mondays & Fridays 9:30am-10:30am in the auditorium

Wednesdays by advance reservation only (see pg. 13) 9:30am-10:30am in Room 15



# Ballroom Basics and Intro to Foxtrot

## A Six Session Class Covering:

# BALLROOM

### **The Ballroom dance overview**

*The dances and their music*

**Ballroom traffic patterns**

*Dance floor patterns and right of way*

*Progressive, spot and slot dances*

**Frame and Connection**

*Open and closed frames*

*Practice frames*

*Frame variations*

**Principles of lead and follow**

*Safety for both partners*

*Timing for leaders and followers*

*Pre-leads and leads*

**Turns, spins and pivots**

*The hows and whys of each*

*Taught by  
**Jackie & Bill***

**Classes begin Fri, Oct. 1 at 3:00 – 4:00 PM and  
run through Nov. 5**

Signup at front desk

Bring dance shoes or leather soled if you have them

### **Introduction to Foxtrot**

*The dance and its music*

**Basic steps**

*Box basic and its uses*

*Progressive basic in action*

*Getting around the ballroom*

**Foxtrot frame and connection**

*Leading variations*

**Safety in turns for both partners**

*Timing for turns*

*Pre-leads and leads*

Note: With COVID considerations in mind we will reduce the switching of partners as much as possible. Ideally couples will sign up together and we can try to pair up singles for the duration of classes.



## Finding Happiness in Your Life

Retired mental health therapist, Peggy Sullivan, author of *Blissfully Single*, *A Single's Guide to Happiness* and *Twelve Secrets of Happily Ever After Couples* presents a holistic look at happiness. Research on happiness has found the answers to what is necessary to be happy. Ms. Sullivan presents what you need to find your own happiness no matter your status in life. She generously gives her expertise on alternative methods to enjoy good mental health.

This interactive presentation provides an opportunity to acknowledge your community role, to identify the sources of your own happiness, and to add to your strengths to be the best possible version of you. For *Blissfully Single*, Sullivan interviewed 100 single people to find out what works for their happiness quotient. Now it's your turn.



Wednesday, September 22nd at 1:00pm in Room 16

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### Balance: the most basic skill for all exercise

As the earth balances the light and dark portions of the day, we turn out focus to balance in our bodies. Dr. Elaine Cress will present information on the redundancies in our bodies to help us balance and how we can enhance and accommodate change in the systems to prevent falls.

In this interactive session you'll learn simple balance static and dynamic exercises and experience how quickly balance can be trained. Finally, we'll engage in a class discussion of the balance exercises within types of exercise (strength training, aerobic training, Tai Chi, Yoga). Bring you questions about balance and fall prevention. For people regardless of whether you use a walking aid or climb mountains! Wear flat shoes and comfortable clothing.

Wednesday, September 15th, 1:00-2:30pm in Room 16. Call or Signup at the front desk.

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## Watercolor Class

We will explore the behavior of water on paper and the behavior of pigments when they are added to the water. The essence of watercolor is its fluidity. We will learn to dance with the watercolor, allowing the watercolor to do what it does best within the parameters we set.

We will learn a variety of techniques and methods used by a wide range successful artists. Class members will then choose the techniques and methods they like and apply them to their own paintings.

We explore the many decisions a watercolorist has to make: what supplies to purchase, how to select a subject to paint, how to compose a painting, how to draw for watercolor, how to prepare the paper, how to apply paint, how to manipulate the paint, how to remove paint, how to sign your painting, how to mat and frame your creation. This will all be done in a very playful and supportive environment.

The class is ongoing; it is not a 3-day workshop or an 8-week course with a beginning and an ending date.

There are two classes each Wednesday, 9am to 11am & 1pm to 3pm. Space is limited to 8 participants for each class. We will use [myactivecenter.com](http://myactivecenter.com) for registraion. Registration will be open on each Friday before the week's class. See page 13 for registraion instructions.

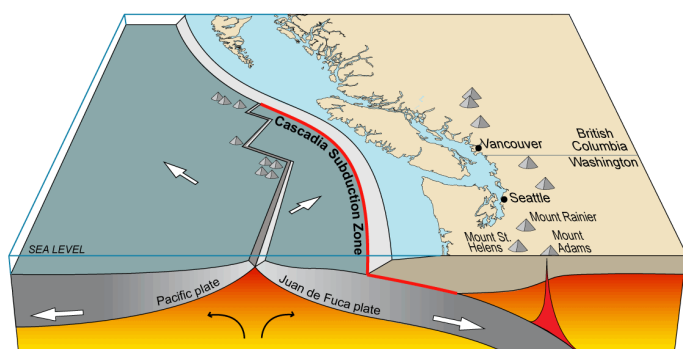
## Wonders of Whatcom

Join us on the third Friday of each month at 10:30am for "Wonders of Whatcom" featuring slide show presentations on topics of art, culture, and nature in Whatcom County and beyond.

### Geological History of Washington

Marilyn will reveal what shaped our landforms? How were the courses of our rivers determined? When will our volcanoes erupt?

Friday, September 17th at 10:30am in Room 16



\*figure modified from USGS Cascadia earthquake graphics at <http://geomaps.wr.usgs.gov/pacnw/pacnwq/index.html>

## Portrait Drawing Resumes on Sept. 16th

Any experience welcome. Bring your own drawing materials. Participants share the cost of a model fee (\$5-10, please bring one dollar bills). Thursdays from 10am to 12pm in Room 1.

## BSAC Classes offered online with Zoom

Links to our virtual programs on Zoom are included in the weekly email from BSAC. Sign-up for our mailing list at [whatcomcoa.org](http://whatcomcoa.org)

## Gift Shop

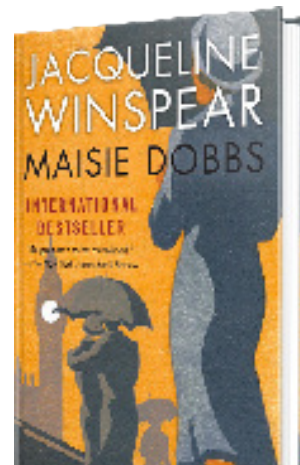
The gift shop will be open on Tuesdays from 11:30am to 1:30pm. If you are interested in volunteering or selling your wares/crafts in the shop please stop by the gift shop to speak with LaVoun.

## Book Buzz

BSAC's book discussion group. "Bee" a part of the discussion of:

Maisie Dobbs by Jacqueline Winspear

Set in England and France in the 1910s and 1920s, Maisie Dobbs steps beyond the conventional confines of a mystery novel by telling the story of a brave, brilliant young woman who rises from her working-class origins to study at Cambridge and earn a place as a respected detective.



Buzz on in, Mon. Sept. 20th at 10:30am in Rm 2

## 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



Join a community that has your back!



**Bellingham At Home**

A Senior Village Without Walls  
[BellinghamAtHome.org](http://BellinghamAtHome.org) 360 746-3462  
 A program of the Whatcom Council on Aging





## 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. (No discussion on Friday of Labor Day weekend, 9/3)

What makes great teachers and great learners? - Friday, September 10th at 10:00am at BSAC

- The one thing all great teachers do
- The super Mario effect - tricking your brain into learning more

The Exponential Growth of Technology - Friday, September 17th at 10:00am on Zoom

- A University for the Coming Singularity
- The Accelerating Power of Technology

How meritocracy and a market society harm America's shared civic life - Friday, September 24th at 10:00am at BSAC

- Why we shouldn't trust markets with our civic life
  - The tyranny of merit
- 

## Activity Interest Lists

Let us know if you are interested in joining these groups. Once there are enough people signed up, we will contact you to let you know when the group will start meeting.

Sign up at the Front Desk or call 733-4030 to add your name to the interest list.

**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.

**Peaceful Solutions Discussion Group** - 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, 1:00-3:00pm

**Cribbage** - Join with others to play Cribbage. Bring your board if you have one. Weekday afternoons. Specific day(s) and time will be determined by the most common availability of those who sign up.

**Bridge** - Party Bridge (Contract Bridge) for people with basic knowledge of the game. Tuesdays, 12:00-3:00pm.

**Pinochle** - Mondays & Fridays, 12:45-3:00pm

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## Bocce Ball and Cornhole sets now available to checkout and use on our lawn

Play at your leisure! We will keep the scheduled times (1pm on Tuesdays for Bocce & 1pm on Thursdays for Cornhole) for players to gather, but if you aren't able to make it at those times, feel free to checkout the equipment at the front desk to use during our open hours. We are happy to give new players instructions on how to play and set up the games.

## Meet our New Staff Members!



Kay Hageman  
Program Concierge

Hello! My name is Kay Hageman and I am very pleased to join the BSAC team as a Program Concierge. I have lived and worked in Whatcom County since 1993, having moved here from California. I recently retired after 32 years of teaching high school music, most recently at Ferndale High School. When I'm not at BSAC, I can be found teaching lessons at Evergreen Music School in Bellingham, attempting to garden, taking walks, or deep in a good book. My husband Dave and I have two daughters: Emma is a senior at WSU, and Sarah is starting WWU this month. Our older sons Matt and Josh and their families live in Kirkland and Boston, respectively.

My first days at BSAC have been very welcoming and a flurry of learning for me. I'm at BSAC on Mondays, Wednesday, and alternating Fridays. I look forward to meeting you, so please stop by the front desk and say hello.



Teresa Sommers  
Program Concierge

Hi! My name is Teresa Sommers and I am so excited to start my journey at BSAC as a Program Concierge. My duties will be part time, Tuesdays, Thursdays, and every other Friday. My family and I moved to Washington state about ten years ago from the Mojave Desert. We love it here, although I occasionally miss the year-long California sun. I have five children and recently just celebrated my 19<sup>th</sup> wedding anniversary. Since moving, my husband and I have started a plumbing business, became foster parents, and I am an active volunteer with Hospice of the Northwest. Recently I graduated with a BS in Psychology from Capella University.

In my free time I like to read, listen to audio books, take long walks, spend time with my family and friends, and eat ice cream. I am looking forward to meeting you all, working in this community and making lasting friendships!



PJ Beaven  
EnhanceFitness Instructor

We are pleased to welcome PJ Beaven to BSAC as your new EnhanceFitness instructor. PJ believes in making fitness fun. During the pandemic PJ worked as a health & wellness consultant and created her own workouts which she shared on YouTube. She has years of experience working with older adults and is skilled at teaching modifications for all participants to ensure an inclusive experience.

Come join PJ for EnhanceFitness starting Wednesday, September 8. (See page 9 for details)



## Register online for Yoga, EnhanceFitness (Wed), and Watercolor Class starting in September

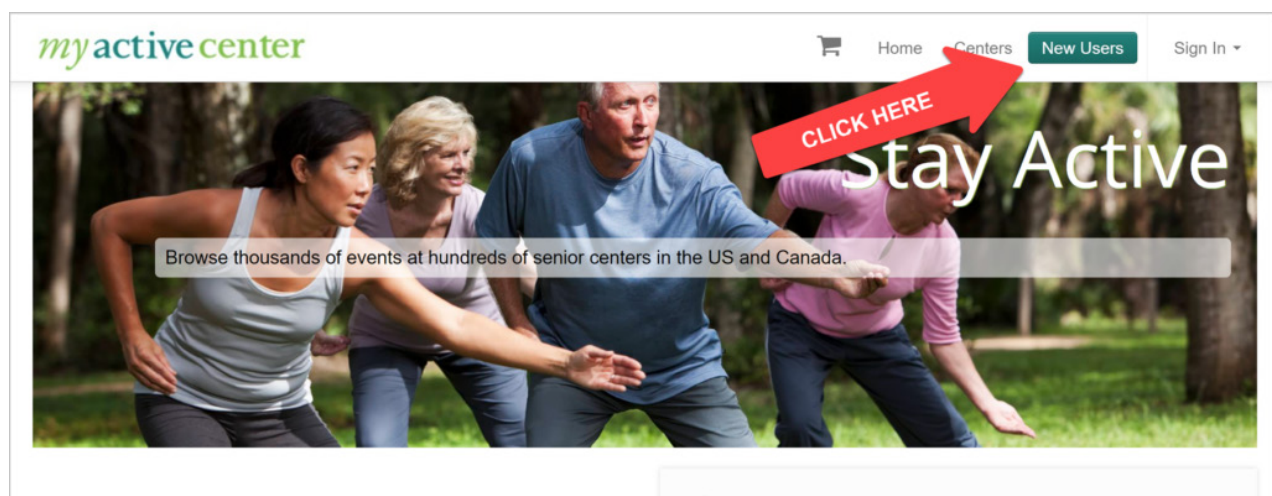
To register for an activity, you must be a current 2021 Bellingham Senior Activity Center Member.

Reservations must be made in advance online [www.myactivecenter.com](http://www.myactivecenter.com) or by phone 360-733-4030. Scheduling online is preferred.

Registration for Yoga and EnhanceFitness will be available each month for the following month on the 25<sup>th</sup>. Registration for Watercolor Class will be available each week on Friday before the week's class.

A tutorial on how to set-up your [www.myactivecenter.com](http://www.myactivecenter.com) account can be found here <https://www.mytutorial-center.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 new password for this account.

Class reservations that are no shows or not cancelled 24 hours in advance will be charged to a punch card if a card is on file.



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## Postponement of Congregate Meals

Everyone involved in the Meals on Wheels and More Program including myself had hoped that we would be welcoming you back to the BSAC auditorium for Senior Community Meals in September. Unfortunately, due to the recent surge in COVID-19 infections and hospitalizations, we have decided to postpone the reopening of meals at all Senior Community Meals sites throughout Whatcom County. We will continue to provide drive-thru Senior To-Go Meals on Wednesdays and will resume lunch service inside the Center when it is safe to do so. Thank you for your patience. Stay healthy!

Julie Meyers - Meals on Wheels and More Director - 360-733-4030 x1025 - [jmeyers@whatcomcoa.org](mailto:jmeyers@whatcomcoa.org)

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## Senior Community Meals

Wednesdays, pick up time 11:30am-12:00pm

Each Wednesday the Bellingham Meals on Wheels cooks will provide 1 fresh meal and 6 frozen meals for pick-up. These meals are available by donation for anyone in the community who is 60 or older. Vegetarian meals now available! Let us know if you would like this option when you drive or walk up.

This meal pickup will continue each Wednesday until the congregate meals return.

Bellingham Senior Activity Center  
315 Halleck Street  
Bellingham, WA 98225

Return service requested



Bellingham Senior Activity Center & Whatcom Council on Aging

Phone: (360) 733-4030      Fax: (360) 647-7952      Web: [whatcomcoa.org](http://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  
BSAC Prog. Concierge, Kay & Teresa . . . . . ext: 1016  
WCOA Nutrition (Meals on Wheels & More) ext: 1030  
WCOA Executive Director, Chris Orr . . . . . ext: 1026  
Bellingham at Home . . . . . ext: 2602

