



THE BSAC CONNECTION

October 2021 Programs, Services, and Activities

Here's What's New:

- The Art of Aging shows at BSAC (p.6)
- Kurt Aemmer performs live each Monday (p.7)
- A Civil Discussion that Crosses Divides (p.7)
- Medicare Open Enrollment (p.8)
- Tai Chi for Arthritis & Fall Prevention (p.9)
- Card Games Resume (Bridge, Pinochle, Cribbage (p.9)
- Ladies Pool Group (p.9)



BINGO SPOOKTACULAR!



Friday, October 29th
12:00 - 2:00pm



BINGO! CASH PRIZES ON ALL 10 GAMES

COSTUME PARTY! GET CREATIVE FOR A CHANCE TO WIN A PRIZE

50/50 RAFFLE! WIN HALF OF THE POT

Bingo cards: 10 sheets (with 3 cards per sheet) for \$15. Play 3 cards on each game!
one sheet of 3 cards for \$2, one card for \$1.

All proceeds support the programs of the Bellingham Senior Activity Center.

Open to all 18+



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.

Director's Greeting

Hello & Happy Fall!

As the days grow shorter and colder I hope you will consider coming into the center to try a program or activity. If you aren't comfortable yet coming in for an in-person activity we still have a host of exercise classes taking place virtually six days a week! All virtual classes are free for you to attend on Zoom.

This October finds me and my family in the full swing of fall. My daughters are playing volleyball and soccer along with being back-to-school full-time. It feels strange but good to be so busy after the past year and a half of months on end without social or sport obligations. My weekly walks with friends on local trails are bringing me joy. I hope that you too have found ways to bring some normalcy back into your everyday in ways that feel safe. I hope the Senior Center is a part of your return to normalcy.

Warmly,
Molly



Thank you to all who participated in or attended our Open House in September! This was a great opportunity to learn more about the activities offered at BSAC and to reconnect with friends. As always, feel free to contact us if you have any questions about our offerings or if we could help you get involved in an activity, virtual or in-person.



BSAC will be closed on the following dates:

Thursday, November 25th
Friday, November 26th
Friday, December 24th
Monday, December 27th



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 11 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 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 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

EnhanceFitness

A lively and interactive hour-long class filled with variety that combines the three key components of fitness: strength training, flexibility, and cardiovascular conditioning.

Mon, Wed, Fri 9:30–10:30am

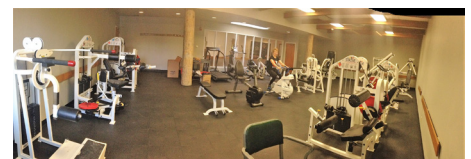
Open Gym

Available during open hours for those who have completed the Strength Training 101 class (see below).

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 your own unique story or writings 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

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.

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

1st & 3rd Fri. 10:00a - 12:00p
(Virtual)

Civil Discussion that Crosses Divides

Join us for a weekly discussion group, hosted by BSAC members Mialee and Daniel. Join the conversation to listen and learn. Talk and be heard. The discussion will be facilitated for lively participation and understanding between attendees.

Fridays 1:00-2:30pm
Room 1

Spanish Conversation

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

Wednesdays 9:00am - 11:00am
(Virtual)

Thursdays 11:00am - 12:00pm
Room 2

Artistic Opportunities

Watercolor Painting

There is no instructor at this time, but we welcome you to come and paint with others.

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



Portrait Drawing (on hold)

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. Once masks are no longer required, the group will resume.

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 12:15pm-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 (Resumes on 10/19)

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

Tuesdays 12:30-3:30pm
Room 16

Cribbage (starts 10/21)

Get together with other Cribbage players to play games.

Thursdays 1:00-3:00pm
Room 16

Mah Jongg

A tile game similar to Rummy.

Mondays 12:30-4:00pm
Tuesdays (Beginners welcome!)
9:30am-12:30pm
Room 1

Pinochle (Resumes 10/22)

We welcome everyone who knows pinochle or wants to learn. We suggest that beginners learn about the game before attending a regular activity.

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 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 (on hold)

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

Return date TBD

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
Thursdays 11:00am-1:00pm
Auditorium



Recreation

Ping Pong

Fun to play and gets you moving! 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. Car-pooling is used to share the expense with the drivers. Contact: Alan Heezen (360) 738-9311.

Visit geezerhiker.com/trailblazers/



Bocce Ball & Cornhole

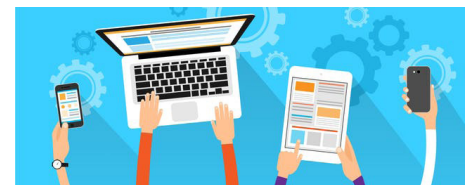
Available to checkout for use during open hours.



Tech Help

One-on-one assistance with computers, tablets, and phones. Sign up at the front desk for a 30-minute appointment.

Fridays 1:00-3:00pm



M O N D A Y	9:00 Ping Pong 9:30 EnhanceFitness 10:30 Yoga 12:30 Mah Jongg 12:45 Pinochle - on hold, Friday gp. resumes 10/22 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 - Resumes 10/19 1:00 Personal Writing 2:00 Ballroom Dance 1:30 Ping Pong
W E D N E S D A Y	9 - 3 Open Gym 9:00 Spanish Conversation (Virtual) 9:00 Watercolor Painting 9:30 EnhanceFitness - see pg. 13 for registration 10:00 Yoga (Virtual) 1:00 Strength Training (Virtual) 1:00 Knitting Group 1:30 Tai Chi
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 Senior Steppers 11:00 Longevity Stick (Virtual) 12:15 Quilting Group 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 Pinochle - Resumes 10/22 1:00 Tech Help 1:00 Civil Discussion that Crosses Divides
S A T	9:00 Zumba (Virtual) 10:00 5 Treasures of QiGong (1st Saturday, outside)

The Art of Aging Showing at BSAC in October

"The Art of Aging project was started because we recognized that although we know a lot about aging, most of what we know are broad brushstrokes. The details are missing. Important details. Reading statistical and demographic data, we cannot see the unique features that grace the face of each aging person. When we look across our community, as a whole, we cannot possibly see the laugh lines and creases of sorrow of each individual's experiences or hear their voice or rhythms of their thoughts.

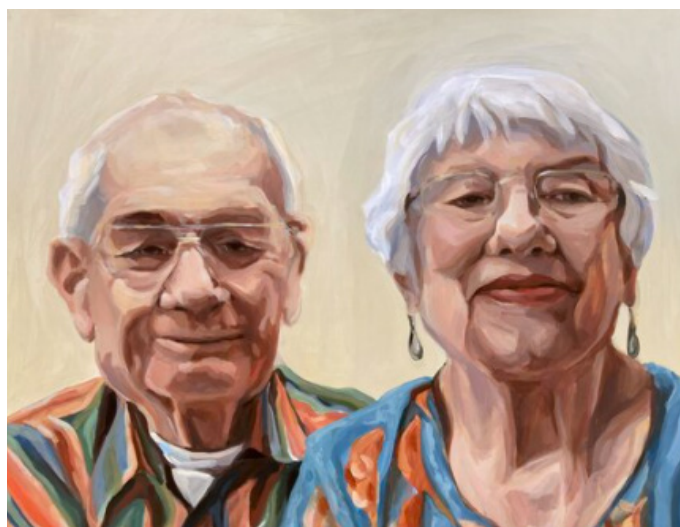
The Art of Aging project is one step toward exploring some of the details of aging through series of portraits and recorded interviews reflecting diverse experiences of older adults in Whatcom County, as told through their own words.

A collaboration between Marie Eaton, Sarah Lane, and Richard Scholtz, the project will produce 20 painted and audio portraits throughout 2021.

We hope these portraits and the words of each participant will illustrate some of the richness of experiences, cultures, ethnicities and identities of older adults in our community." - Aginigwellwhatcom.org

The Art of Aging show will be displayed in the BSAC coffee bar in October. This will include portraits accompanied by a recorded interview with each subject that is displayed.

Along with each potrait, there will be a QR code you can scan on your smartphone to listen to the interview. There will also be a laptop to listen to the interviews if you do not have a smartphone.



Kurt Aemmer Performs

Kurt Aemmer is one of the most celebrated Blues singers to come out of Bellingham in decades, having garnered 7 Best Blues Award Nominations from the Washington Blues Society between 2003 - 2008. He has produced or co-produced 9 full CDs, and has a songwriter's credit on a 10th.

In recent years he has performed as a solo artist, accompanying his powerful baritone voice with acoustic guitar and harmonica; singing Blues, Rock & Roll, Folk and Jazz covers and original compositions. His primary performing and songwriting influences include Muddy Waters, Delbert McClinton, Tony Joe White, James Taylor, and Bob Dylan.

Mondays in October, 12:30 - 1:30 in the Coffee Bar

October 4, 11, 18, 25



A Civil Discussion that Crosses Divides

Join us for a weekly discussion group, hosted by BSAC members Miale and Daniel. Join the conversation to listen and learn. Talk and be heard. The discussion will be facilitated for lively participation and understanding between attendees.

Fridays, 1:00-2:30pm in Room 1

October 1 - Mandates: A Civil Discussion that Crosses Divides

Are you appalled by mandates? Relieved by them? Does your opinion change depending on the mandate? What do mandates, and our reaction to them, accomplish in society?

October 8 - Mask/Vaccine Mandates at BSAC: A Civil Discussion that Crosses Divides

BSAC is your clubhouse, your home. You want to be safe, and courteous, and have a say over your environment. There are people with different opinions. How do you keep people safe with minimal interference?

October 15 - Mandates in a Free Democracy? A Civil Discussion that Crosses Divides

How do you reconcile the idea of mandates, which can be seen as the opposite of choice, in a free democracy? How do you oppose a mandate in a way that's civil and constructive?

October 22 - Do Mandates Erode Trust or Increase It? A Civil Discussion that Crosses Divides

Do mandates make you feel safer, because we're all in the same boat, or take away your dignity and build a wall?

Oct 29 - taking the day off for Halloween. :-)

Have an idea for a topic for future discussion? We'd love to hear it! Following these, discussions, we will take recommendations for future topics.



Medicare open enrollment – also known as Medicare’s annual election period – runs from October 15 through December 7 each year. Take this time of year to learn about Medicare and your coverage options

During this annual window, Medicare plan enrollees can reevaluate their coverage – whether it’s Original Medicare with supplemental drug coverage, or Medicare Advantage – and make changes or purchase new policies if they want to do so.

During the Medicare open enrollment period, you can:

- Switch from Original Medicare to Medicare Advantage (as long as you’re enrolled in both Medicare Part A and Part B, and you live in the Medicare Advantage plan’s service area).
- Switch from Medicare Advantage to Original Medicare (plus a Medicare Part D plan, and possibly a Medigap plan).
- Switch from one Medicare Advantage plan to another.
- Switch from one Medicare Part D prescription drug plan to another.
- Enroll in a Medicare Part D plan if you didn’t enroll when you were first eligible for Medicare. If you haven’t maintained other creditable coverage, a late-enrollment penalty may apply.

Take this time of year to learn about Medicare and your coverage options by attending a presentation from Kenzie Nelson of VibrantUSA:

- Refresher on Original Medicare Part A and B.
- Optional coverages to go along with Original Medicare
 - Medicare Advantage
 - Medicare Supplement
 - Prescription Drug plans
- Things to consider during the Annual Enrollment Period

Thursday, October 14th, 1:00-2:00pm

&

Thursday, October 28th, 1:00-2:00pm

Open to all. BSAC membership not required to attend.



KENZIE NELSON

BUSINESS DEVELOPMENT MANAGER &
LICENSED INSURANCE SPECIALIST

IT'S HERE! MEDICARE ANNUAL ENROLLMENT



Medicare Advantage Plans
Supplement Plans | Prescription Drug Plans

- Our services are always **free**
- **Year-round customer service** assistance
- Monthly Medicare 101 **educational seminars**
- **Independent, trusted, and unbiased**



VISIT US ONLINE
[vibrantusa.com](https://www.vibrantusa.com)



CALL US
866-733-5111

VIBRANTUSA

3800 Byron Ave
Suite 148
Bellingham, WA 98229
Monday - Friday
8:30 AM - 5:00 PM



VIBRANT USA
YOUR MEDICARE INSURANCE SPECIALISTS

VibrantUSA is not affiliated with or endorsed by Medicare or any government agency. VibrantUSA Does not discriminate based on race, color, national origin, age, disability, or sex. The Centers for Medicare & Medicaid Services has neither reviewed nor endorsed this information. Calling this number will connect you with one of our employees and/or agents. There is no obligation to enroll.

40124 10/01/2021

Dr. Paul Lam's Tai Chi for Arthritis and Fall Prevention

This is a shortened version of Sun style Tai Chi specifically designed to address joint and balance concerns.

Tai Chi for Arthritis (TCA), developed by Dr. Paul Lam at the Tai Chi for Health Institute, is used for fall prevention and is an evidenced based program recommended by the CDC. Evidence has shown that the TCA program reduced recurring falls by nearly 70%, marking this program as one of the most effective approaches for older people who are more likely to fall due to lack of confidence, muscle weakness, poor vision, poor balance and the effects of medication.



Tai Chi for Arthritis has been shown to:

- Improve balance • Increase muscular strength • Improve mobility • Increase flexibility • Improve psychological health • Decrease pain • Prevent falls

“Tai chi is practiced in every corner of the world for health improvement— for good reasons. Scientific studies show that the practice of tai chi improves, and prevents, chronic conditions such as arthritis, heart disease and diabetes. In addition, it improves balance, immunity, and reduces stress. In fact, tai chi improves practically every aspect of health.” ~ Dr. Paul Lamw

Instructed by Lee Willis.

November 3rd through December 22nd (no class 11/26), Wednesdays & Fridays, 1:30–2:30pm

For those currently attending the Wednesday Tai Chi class: this class will take the place of the current class during Nov. & Dec., and you are encouraged to register.

\$70 for the complete series. Space is limited. Please register and pay to reserve your space (call or visit the front desk). Class size limit: 16.

Ladies Pool Group

Let's chalk up the cue sticks and rack 'em up for a weekly Ladies Pool Group.

Join us for some friendly competition and social interaction.

Experience in playing pool not required, new players welcome!

Hosted by BSAC members, Kathy & Char.

Wednesdays, 1:00-3:00pm starting Oct. 6th.



Card Games Resume!

Bridge (Resumes on 10/19)

For people with basic knowledge of the game.
Tuesdays, 12:30-3:00pm, Room 16

Cribbage (Starts 10/21)

Get together with other Cribbage players to play games.
Thursdays, 1:00-3:00pm, Room 16

Pinochle (Resumes 10/22)

We welcome everyone who knows pinochle or wants to learn. We suggest that beginners learn about the game before attending a regular activity.

Fridays 12:45-3:00pm, Room 16

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.



Tuesday, October 5th at 1:00pm in Room 16

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.

1st & 3rd Fridays, meeting virtual via Zoom
2nd & 4th Fridays, at BSAC, Room 16

Forming habits and finding "Flow" to increase our wellbeing - Friday, Oct. 1, 10am (virtual)

- How to stop languishing and start finding flow
- The 1-minute secret to forming a new habit

Finding wisdom in life's lessons - Friday, Oct. 8, 10am, at BSAC

- "Everything happens for a reason" - and other lies I've loved
- 12 truths I've learned from life and writing

The Oceans - Friday, Oct. 15th, 10am (virtual)

- How human noise affects ocean habitat
- Animal tales from icy wonderlands

The future of learning - Friday, Oct. 22, 10am, at BSAC

- Online learning could change academia for good
- Let's use videos to reinvent education

Friday, Oct. 29th, 10am (virtual) - Topic TBD



Handmade by You

BSAC's 5th annual Festival of Trees (our largest fundraising event) will be December 3rd. As part of the fundraiser we are looking for unique handmade items made by our own BSAC members, to be sold in the silent auction. If you would like to contribute an item please bring it to the Center by November 16th. Your support is appreciated!



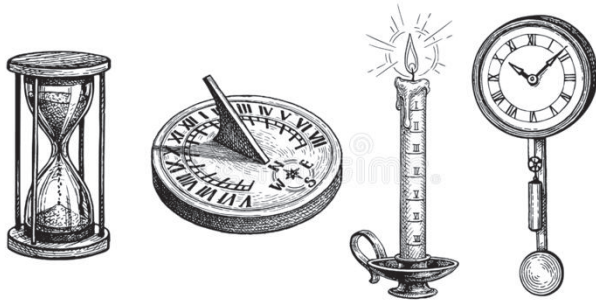
Wonders of Whatcom

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.

History of Time Keeping

What time was it before there were clocks? Marilyn will discover how ancient people kept track of time, how calendars and clocks were devised, and what keeps our watches running.

Friday, October 15th at 10:30am in Room 16

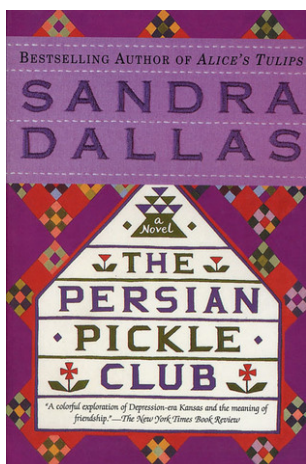


Book Buzz

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



The Persian Pickle Club, by Sandra Dallas



It is the 1930s, and hard times have hit Harveyville, Kansas, where the crops are burning up, and there's not a job to be found. For Queenie Bean, a young farm wife, a highlight of each week is the gathering of the Persian Pickle Club, a group of local ladies dedicated to improving their minds, exchanging gossip, and putting their quilting skills to good

use. When a new member of the club stirs up a dark secret, the women must band together to support and protect one another.

Buzz on in, Mon. Oct. 18th at 10:30am in Room 1

BSAC Classes offered on-line 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



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 Oct. 15th & Nov. 8th from 1:00 - 3:00pm

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.

Things to note:

- The Gym will be closed Wednesdays & Fridays, 11am-12pm from October 6 to October 29, due to a Strength Training 101 class taking place.
- The Senior Steppers have added another weekly practice time: Thursdays, 11am -1pm in the auditorium.
- The monthly schedules for the Senior Trailblazers and the Button Walkabouts are available on our website, and paper copies can be picked up at the front desk.
- If you are attending an activity on Wednesday mornings (EnhanceFitness, Watercolor Painting, Open Gym), please park in the lot across Halleck St. on the north side of the building. The main lot will be used for the weekly meal distributions.

Tales of Kale

Meals on Wheels and More!

From the archives of Carol Simmer, RD

You might think of kale as a salad bar garnish, but it is also a versatile year-round nutritional powerhouse. Kale has been eaten in Europe since Roman times but was not brought to North America until Russian traders introduced kale into Canada in the 19th century. After WWII, the UK initiated the Dig for Victory campaign. The cultivation of kale was encouraged because kale was easy to grow. Its high nutrient content was thought important to supplement the nutrients missing in diets (such as vitamins A, K, and C) after years of food rationing.

Did you know?

- Kale can be grown year-round but it tastes sweeter and more flavorful after being exposed to a frost. This is because kale responds to colder temps by producing sugars that offer its cells protection.
- Kale “chips” are a great potato chip substitute.
- You can grow kale in a container or in the garden.
- Kale leaves are curly or flat and a variety of green colors.
- Kale is a cousin of broccoli, cauliflower, and collards
- One cup of kale has 33 calories, 3 grams of protein, and 2.5 grams of fiber- suitable for any eating pattern!
- Kale gets its deep dark green from the nutrients lutein and zeaxanthin, known to aid in protection against macular degeneration and cataracts.

Tips and cooking kale:

- Sauté: Wash and shake off as much water as possible. Pull leaves off the tough center rib (not necessary if baby kale). Add olive oil and chopped garlic to hot pan and sauté slightly. Add kale to pan and gently turn it until wilted down about ½. Sprinkle a bit of salt during this process. Serve immediately.
- Salads: Raw kale can stand-up to heavier dressings such as Caesar or mustard. It will not wilt as fast as spinach or lettuces. Strong flavors such as peanuts, soy sauce, roasted nuts, chili flakes, or citrus juice concentrates are good additions to a kale salad or dressing. Kale will be more tender if chopped or sliced and mixed with a salad dressing thoroughly and let stand a few minutes. The acidity of the dressing helps tenderize the kale.
- Baking: For chips, curly kale is best. Pull kale leaves from ribs and dry thoroughly. Sprinkle with olive oil and toss with hands to coat. Spread leaves out on baking sheet. Sprinkle lightly with salt. Heat in oven at 275 degrees for 20-25 minutes until crisp.
- Smoothies: Chop finely before adding to a fruit smoothie (no tough rib!).

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!

Register online for Yoga (Mondays) and EnhanceFitness (Wednesdays),

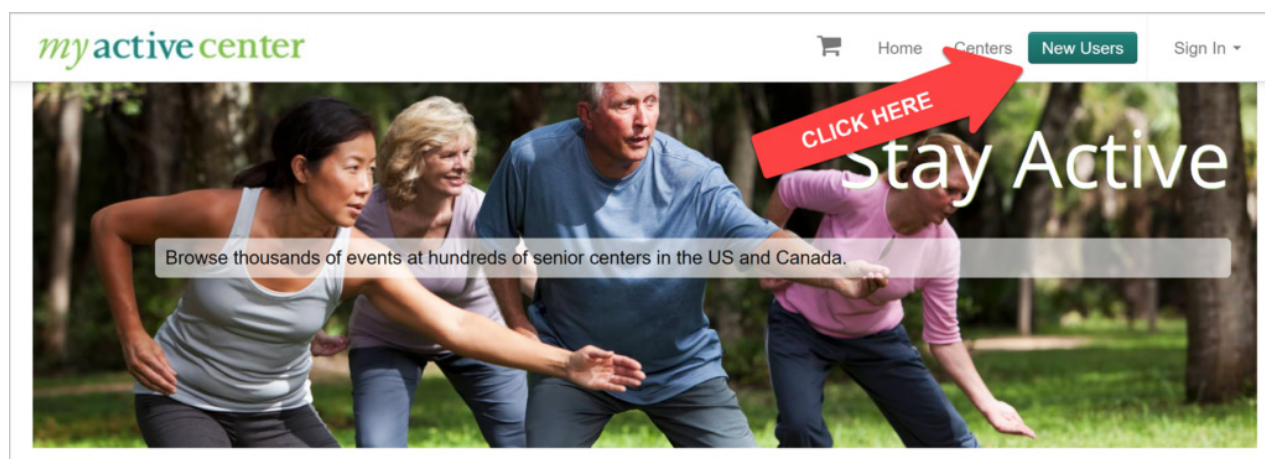
To register for an activity, you must be a current 2021 Bellingham Senior Activity Center Member.

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

Registration for Yoga and EnhanceFitness will be available each month for the following month on the 25th.

A tutorial on how to set-up your 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.



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.

October Fresh Meal Menu (each week a fresh meal will be included with 6 frozen meals):

October 6th: Taco Salad, Cornbread, Fresh Grapes

October 13th: Oktoberfest German Sausage & Kraut, Roast Potatoes, Apple Crisp, Salad & Roll

October 20th: Pot Roast, Mashed Potatoes, Baby Carrots, Spiced Peaches, Garden Salad

October 27th: BBQ Chicken Drumsticks, Baked Beans, Coleslaw, Roast Potatoes, Berry Crisp



a program of the

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

Hours: Mon - 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

