



Bellingham
Senior
Activity
Center

Connect with life!

THE BSAC CONNECTION

December 2021 Programs, Services, and Activities

BELLINGHAM SENIOR ACTIVITY CENTER'S 5TH ANNUAL

Festival of Trees

FRIDAY, DECEMBER 3, 2021 AT 6PM

Virtual Event

Featuring a live auction of beautifully decorated Christmas Trees and a silent auction filled with gift baskets, artwork, gift cards, and more!

Visit [WHATCOMCOA.ORG](https://www.whatcomcoa.org) to register as a bidder, view the trees & auction items, and to donate to the cause!

Here's What's New: The Art of Aging Showcase (p.8) - Learn to Swing Dance (p.6) - Dance Fusion (p.9) - Cognitive Biases Discussion (p.10) - Live Music (p.11) & More!

Vaccination required for all in-person classes & activities starting Dec. 13th - See page 7 for more info

Please note: BSAC will be closed for a Holiday break the last week of December



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:

Friday, December 24th
through January 2nd.

Director's Greeting

Greetings Members & Friends,

This year seems to have flown by. It seems like just yesterday we re-opened, were playing games on the lawn, had our open house in celebration of National Senior Center Month and now the year is drawing to a close.

Now is the time to renew your BSAC membership. New membership cards and parking decals are available at the front desk. Membership fees remain unchanged, \$50 per person or \$15 per quarter and those aged 90 or better are free (please still fill out a new membership card). We hope you will continue to be a member of BSAC in 2022!

As part of our continued commitment to keep our members, volunteers and staff as safe as possible during the pandemic The Whatcom Council on Aging is implementing a vaccine requirement for access to the Bellingham Senior Activity Center and participation in our in-person programming. Effective Monday, December 13th all persons using the Center for in-person activities will need to show their vaccine card. You can show your vaccine card or digital copy to a staff member at the front desk. We will add vaccinated members to our membership group to make it easy for you to check in without showing your card each time you are at the Center. Please have patience with us as we process this information. At this time, we will continue to require masks indoors following the state mandate. If you have any questions or concerns, please reach out to me.

Thank you for your patronage and participation.

Warmly,
Molly

Happy Holidays
To you

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 (see pg. 13 for registration)

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 (on hold Nov & Dec)

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,
Outside: not windy or wet? We're all set!

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 & 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

¿Hablas 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

Classes are currently full.

Wednesdays 9:00am-11:00pm &
1:00-3:00pm
Room 1

Open Art Time

Bring your painting or project and work with others.

Wednesdays 9:00am - 11:00am
Room 9

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

Party Bridge (Contract Bridge)

Tuesdays 12:30-3:30pm
Room 16

Hand & Foot

Thursdays 1:00-3:00pm
Room 16

Cribbage

Thursdays 1:00-3:00pm
Room 9

Mah Jongg

A tile game similar to Rummy.

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

Pinochle

Double Deck

Mondays 12:45-3:00pm
Room 16

Deck & a half

Fridays 12:45-3:00pm
Room 16

Music & Dance



Tuesday Dance

Enjoy dancing to the great tunes by Sentimental Journey. Donations to the band accepted.

Tuesdays 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.

Thursdays (starting 12/16)
1:30-2:30, Auditorium

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

Learn the country dances of England, gentle dances to beautiful music. Everyone is welcome and no partner is needed. For information contact (360) 715-1768

Thursdays 2:45-4:45pm
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

Ladies Pool

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

Wednesdays 1:00pm-3:00pm

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 informa-

tion? 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/



Bocce Ball & Cornhole

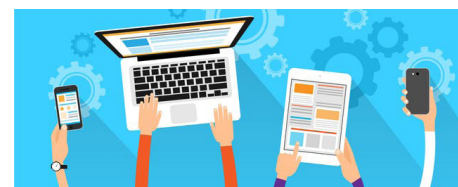
Available to checkout for use during open hours.



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 - see pg. 13 for registration 12:30 Mah Jongg 12:45 Pinochle 1:00 BrainPower (1st & 3rd Mondays) 1:00 Strength Training (Virtual) last class 12/13 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) 12:30 Bridge 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 Open Art Time 9:00 Watercolor Painting (current class is full) 9:30 EnhanceFitness - see pg. 13 for registration 10:00 Yoga (Virtual) 1:00 Ladies Pool Group 1:00 Strength Training (Virtual) last class 12/15 1:00 Watercolor Painting (current class is full) 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 1:00 Cribbage 1:30 Ping Pong 2:30 English Country Dance
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 1:00 Tech Help 1:00 Civil Discussion that Crosses Divides (first Friday of each month)
S A T	9:00 Zumba (Virtual) 10:00 5 Treasures of QiGong (1st Saturday, Outside on the lawn: not windy or wet? we're all set!)

Learn to Swing Dance!



Love Rock and Roll music? Why not learn to swing dance.

Boogie to those great old tunes and many new ones too. It is fun and easy.

Bill and Jackie will be teaching a class in basic East Coast swing every Friday for 6 weeks starting January 14, 2022. Classes will start at 3pm and last for one hour.

No partner? take control, learn to lead. It is loads of fun and partners are easy to find. Bill and Jackie volunteer their time just for the fun of it, but there is a \$30.00 (just \$5.00 per week) fee for the class that goes to help support the senior center.

Space is limited. Call or visit the front desk to sign up.

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



*Gym will be closed Mon & Fri from 12-1pm through Dec. 13 for a strength training class.

*No ping-pong through Dec. 3rd. This area will be used for the Festival of Trees event.

*If you are coming for a class or gym use on Wednesdays before noon, please use the parking lot on the north side of Halleck St.



WHATCOM Council on Aging

Dear Bellingham Senior Activity Center Members and Guests,

Across the country, the COVID-19 pandemic continues to have devastating effects. We appreciate how much you have already done to adapt during this challenging time. As you know, we have been taking preventive measures against COVID-19 for nearly two years to help keep our members, program participants, staff, volunteers, and your families safe. We have worked under some uncertain and often stressful conditions, and you have helped make it possible for us to continue our important mission.

The Whatcom Council on Aging has implemented a mandatory vaccination policy requiring COVID-19 vaccination for access to the Bellingham Senior Activity Center and participation in our in-person programming beginning Monday, December 13, 2021. WCOA's mission requires us to provide a safe and welcoming environment for the high-risk population we serve. We are adopting this policy to safeguard the health of our program participants and the community at large from an infectious disease that may be reduced by vaccinations. This is also an important step as we work to rebuild our senior center program participation and restart our congregate meals in the future.

Bellingham Senior Activity Center members and guests can verify their vaccination by showing a copy of their vaccination card to the front desk at check-in. Our membership software allows us to record vaccination confirmation and will allow future access without having to present your vaccination card again. No personal or medical information will be recorded or kept on file.

Our organization is committed to serving all seniors in our community. We will continue to provide virtual programming, and home delivered or drive-up meals for those who are not vaccinated or are uncomfortable returning to in person programming. I am also proud to say our Board, staff and volunteers are all leading by example, and will be fully vaccinated by December 13th. We will continue to follow the information and guidance from our local health officials and lift this requirement when we can safely return to normal operations.

Thank you all for your commitment to the health and safety of all involved. To learn more about COVID-19 vaccines, visit [COVID-19 Vaccine Information | Whatcom County, WA - Official Website](#). Should you have any questions regarding this new policy, please contact me at (360) 733-4030 x1026 or corr@whatcomcoa.org.

Sincerely,

Chris Orr
Executive Director



We are hosting an in-person unveiling of The Art of Aging Project and a facilitated conversation on aging and shifting the culture around ideas of aging.

Friday, December 10th, 1:00 – 2:30pm at BSAC.

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. The project was developed by Marie Eaton, Community Champion for the Palliative Care Institute. Portraits were painted by Sarah Lane and audio engineering and “audio sculpting” was provided by Richard Scholtz. Our collaboration brought together wonderfully different ways of “paying attention” to our conversation partners, the visual and the auditory revealing different details.

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.

“Our community has an incomplete and often negatively biased vision of aging.” One of the expressed goals of starting this dialogue is that “our community will have a full, honest understanding of the entire range of the realities of aging.”

We invite you! See the unveiling of the portraits. hear from the creators, listen to some of the short interviews paired with each portrait, and take part in a discussion about creating a cultural shift in ideas about aging.



Program:

- Welcome and Introduction of Art of Aging visionaries - Molly Simon, BSAC Director
- Art of Aging goals and vision - Sarah Lane, Marie Eaton or Richard Scholtz
- What we gained from the experience - Sarah Lane, Marie Eaton or Richard Scholtz
- Recognition of interviewees / Introduce any present - Sarah Lane, Marie Eaton or Richard Scholtz
- Comments from one interviewee - TBD
- Recognize Chuckanut Health Foundation Grant - Sarah Lane, Marie Eaton or Richard Scholtz
- Unveiling of the Artwork - Sarah Lane & Interviewee
- Group discussion on the aging experience- Lara Welker

Dance Fusion Class

With Eileen

Dance Fusion is a mix of Belly Dance, Bollywood Style (Hindi Folk), and Modern Jazz

Purpose: Fun and health

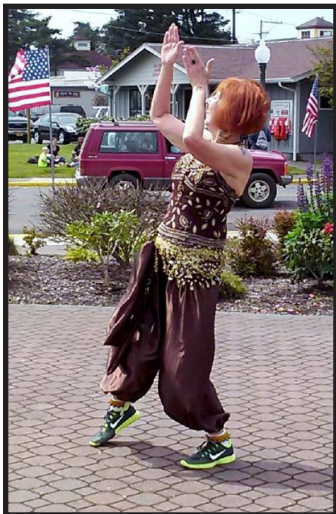
Benefits: The isolation exercises in this class strengthen the core muscle groups of the body. These aid in better posture, help with one's balance and hip muscles, and help to strengthen muscles of the arms and legs. In this class you will learn dances that strengthen your core and moves that improve your flexibility.

The class: As we age and/or are more sedentary our muscles atrophy. We need to move! In this dance class the focus is on keeping the body agile and getting even stronger. Through the first twenty minutes of isolation exercises, using both inner and outer muscles, we first strengthen our bodies and wake up our muscles. Then we do about 20 – 30 minutes of Bollywood type dances (similar to Zumba). Lastly, we do another 10-15 minutes of cool down exercises. The instructor has modified the movements and choreography over the years as she is also now in her 70's, making the dances more appropriate for those in their late 60's and on up. Dress in comfortable exercise clothing that allows movement and bring a water bottle for hydration.

This class is free of charge to BSAC members and is ongoing each Friday from 1:30 to 2:30pm in the Auditorium. First class is on January 7th.

The instructor: Eileen Angilletta grew up as a theatre kid and still loves performing and choreographing numbers for kids and adults. As a Junior High social studies teacher, she held afterschool Cultural Club events teaching African drum and dance. Eileen holds an Education Masters in Instruction, a Masters in Psychology, and a degree in Physical Education.

In the late 90's she joined a Belly dance troupe in Poulsbo, WA where she learned the dances of Bollywood films and the group performed around the county. After moving to Florence, Oregon in 2014, Eileen taught exercise classes and other classes at the local community college of Lane County. Through her class in dance, she became known for her choreography and was asked to organize many local events in town for the eight years she lived there.



Cognitive biases and their role in human behavior

Let's Learn and Discuss!

The BSAC is forming a discussion group for people interested in learning how cognitive biases impact our behavior and those around us. We occasionally react and make decisions that are almost like reflexes, without realizing the ingrained psychology that may lead to those reactions or decisions.

We will be reminded that we occasionally act and make decisions; sometimes accompanied by remarks like, "what was I thinking?", and often we do not even realize that our brains are wired in ways that can limit our logical thinking. These unconscious decisions often involve cognitive biases and are sometimes to our advantage, but many are not. Biases also make it difficult to exchange accurate information and derive truths, allowing for misinformation or misconceptions to spread.

You may have heard of the confirmation bias, where we listen and trust only information that confirms our beliefs, or the negativity bias, where we focus on negative events at the expense of positive or neutral events (think about why negative events in the news capture our attention).

Identifying cognitive biases that we experience in everyday interactions is the first step to understanding how our mental processes work so that we can begin to make better, more informed decisions.

This group's objective is to get together to explore various cognitive biases and learn how to bring more of our behaviors under our conscious control. We will explore and discuss examples that have come up in our lives or that we notice around us and come up with ways to identify and challenge our own biases. Facilitated by Richard Lewis. Vaccinations are required of all participants. Limited to 8 participants.

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

Thursday, December 16th, December 23rd, January 6th and January 13th, 10am-11am.

Civil Discussion that Crosses Divides

Join us for a monthly 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.

This group will meet on the First Friday of each month at 1:00pm.

Friday, December 3rd, 1:00-2:30pm

Gun rights vs gun control - How can we keep ourselves safe from the government - and from each other?

Please register for this meeting. Visit the front desk, call us at 733-4030 or email epierson@whatcomcoa.org.

Is there an issue or problem - personal or global - that is not being solved to your satisfaction? Have an idea for a topic of future discussion? Bring your ideas to the group. We'll exercise our peace muscles and identify new approaches that can improve the situation. (This will likely involve crossing divides!) Leave with new insights and inspiration to be more intentionally peaceful in how we go about things.



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

What can we do about the increasing extreme weather? - Friday, Dec. 3, 10am (virtual)

- Is the weather actually becoming more extreme
- The science of extreme weather and how to reduce the harm

Creative thinking for environmental preservation- Friday, Dec. 10, 10am, at BSAC

- A smog vacuum cleaner and other magical city designs
- This country isn't just carbon neutral it's carbon negative

Changing the narrative about aging - Friday, Dec. 17, 10am (virtual)

- Why we should embrace aging as an adventure
- The secret to living longer may be your social life

No meeting on 12/24 or 12/31



Live Music!

Kevin & Rick Duo

Kevin Milton and Rick Baunach of the Song Wranglers Trio will perform hits from the 60s from artists such as Elvis, The Everly Brothers, The Beatles and the Drifters. Kevin Milton plays acoustic guitar and sings. Rick Baunach backs him up with harmonica and accordion.

First Tuesday of each month, 12:30 - 1:30pm in the Coffee Bar. Next Dates: Dec. 7 & Jan. 4



Kurt Aemmer

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.

Second Wednesday of each month, 12:30-1:30pm in the Coffee Bar. Next Dates: Dec. 8th & Jan. 12th.



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.

When in Whatcom: the 1890s

Marilyn continues her historical series describing what was happening in the World, Washington and Whatcom County during the last decade of the 19th Century.

Friday, December 17th at 10:30am in Room

Book Buzz



No meetings in December or January. Join us in February for a discussion on:



The Whole Town's Talking, by Fannie Flag

During the 1800s, conditions in Sweden, which had a strict class division, led to crop failures, malnutrition and disease. But until 1840, Swedish law restricted emigration; after that, between 1851 and 1930, 1.2 million Swedes emigrated to North America. Many of the immigrants settled in the Midwestern States. At the time of the story, you could order a house from the Sear's catalog.

Buzz on in, Feb. 21st at 10:30am in Rm. 1

Some questions to ponder about the book: Why was the Nordstrom's marriage a success? Why was owning their own land so important? Why was it crucial to depend on your neighbors? How did the author use the town to reveal the wider world? What was the significance of the cemetery?

Sneak Peak at the book for March: The Light Over London by Julia Kelly 2019: Cara finds a diary of a woman who lived through World War II in England, with a love affair in a war torn country.

The Senior Singers resume

The Senior Singers group will resume on Thursday, December 16th at 1:30pm in the Auditorium. If you have an interest in joining this group, we welcome you! This group meets weekly each Thursday at 1:30 to practice and when it's safe to do so, the group will volunteer to give performances in the area. The group is also looking for a piano player, so if you are interested, please come to one of our meetings.

Hand & Foot

Hand and Foot card game, also known as Headers & footers, is a game related to Canasta and Rummy. In Hand and Foot, players are dealt two sets of cards: the hand, which is played with first, and the foot, which is played after. The objective is to get rid of all your cards by forming them into books.

Each Thursday, 1:00-3:00pm in Room 16

Pumped Bellingham: December 15th in the BSAC Parking Lot from 12-2pm

Pumped Bellingham is a zero-waste inspired mobile shop offering everyday household essentials that help you find the balance between sustainability and affordability. Pumped Bellingham sells household and self-care products in a refillable format. Bring your own container, take one from us on deposit, or buy a bottle for your product. Everything is sold by the ounce or by the each so you can buy as much or as little as you like.

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 1/6, 2/3 & 3/3 from 1:00 - 3:00pm

Celebrating the Work & Retirement of Dr. Elaine Cress

Many of you know Dr. Elaine Cress from her work with the Bellingham Senior Activity Center & Bellingham at Home. Elaine has been a driving force in both programs; with innovative ideas, leadership and a commitment to active aging.

Under her stewardship the Bellingham Senior Activity Center health & wellness programs have grown and changed to fit the needs of today's older adults. In 2017 Elaine led the project to update and expand the strength training gym. The new gym made space for additional endurance and strength training equipment and increased the capacity for participants. Elaine updated the introduction to strength training class, trained volunteer gym docents and created a community of gym users.

Additionally Elaine is responsible for bringing the EnhanceFitness program to our center. This evidence based program has become one of the Center's most popular exercise class options. Each September for the past 5 years Elaine has led the Fall Prevention Program. She has taught countless balance workshops and performed innumerable assessments. When the pandemic forced us all to stay home Elaine pivoted quickly to create a virtual strength training class that continues to have a strong following.

One of Elaine's greatest gifts is her ability to form relationships and bring folks together. Elaine has been a connector between the medical community and the Whatcom Council on Aging. She has actively engaged many individuals from various community organizations to share their time and expertise with Center members by arranging presentations and workshops. She shares her passion for our Center and programs with those in the greater community.

Elaine has been a wonderful part of the Bellingham Senior Activity team and will be missed greatly. Please join us all in thanking Elaine for her service to seniors and wishing her all the best in her retirement.



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

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

Registration 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 at 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 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.

CHAPLAIN LYNNE LOHR, M.

Div., A.P.C.

is available to

- Hear your story
- Pray for healing
- Share Reiki
- Guide sustainable eating

(360) 733-3305

(paid advertisement)

Emergency Planning

Meals on Wheels and More

The early summer heat wave and recent flooding have made it clear that while we never know exactly what the weather will bring, we need to be prepared for a (wide) variety of emergencies. If you lived here in February 2001 you know that this area of the Northwest can also experience earthquakes. Having emergency supplies for weather events or other disasters or in case you need to isolate due to COVID-19 is more important than ever.

What should you have on hand to keep you safe and nourished in case of emergency? Disaster preparedness planners recommend that we have at least 3 days of emergency supplies. The American Red Cross recommends that we have 2 weeks of supplies. Everyone's situation is different, but here are some suggestions to help you and your family prepare:

- Keep enough water on hand for at least 3 days. The recommendation is for one gallon per person per day.
- Consider your medications. Talk to your pharmacist about stockpiling an emergency supply of your essential medications. Include some over the counter pain medications in your emergency supplies. Be sure to check expiration dates on all medications.
- Flashlight and some extra batteries.
- Transistor radio and extra batteries.
- If you have pets, make sure you have some emergency food and water for them as well.
- Other supplies to have on hand include: a whistle, some cash (ATMs may not be working), an emergency blanket and one or more fans.
- Every cupboard should have an emergency food supply for those times when you cannot cook or get out of the house to get supplies. Stock up on foods that you like; rotate and use when they are nearing the expiration date. Here are some suggestions for your emergency food supply. (If you are on a special diet or have food allergies be sure to adjust accordingly.)
 - ☐ Milk or milk alternative in cans or shelf stable boxes
 - ☐ Canned fruit and vegetables
 - ☐ Tuna and/or canned meats
 - ☐ Canned or boxed soups and stews
 - ☐ Canned Chili
 - ☐ Crackers
 - ☐ Peanut butter and nuts
 - ☐ Breakfast bars/energy bars
 - ☐ Hot and cold cereal
 - ☐ Shelf stable juice
- In addition to food, your emergency supplies should include a can opener, knife, scissors, paper towels, hand wipes, eating utensils, and paper plates.

It is always a good idea to have an out of area contact that you can call in an emergency to let know that you are safe. Sometimes local lines get busy and it is easier to call out of area folks. With a little preparation you will be ready for any emergency this winter might bring.



Meals on Wheels and More is thrilled to announce that we recently received a \$35,000 grant from Haggen to provide nutritious meals to local seniors. Thanks to the generosity of the Haggen Foundation and Bellingham Haggen guests who contributed to their "Heroes Against Hunger" campaign!





Dewey Griffin Subaru supports Meals on Wheels through 2021 Share the Love Event.

Meals on Wheels and More is thrilled to once again be Dewey Griffin Subaru's Hometown Charity for the 2021 Subaru Share the Love Event. For each new Subaru purchased or leased at Dewey Griffin Subaru between November 18th, 2021 and January 3rd, 2022, Subaru of America will donate \$250 to the customer's choice of four national charities, including Meals on Wheels America, or to the Whatcom Council on Aging's Meals on Wheels and More program. Over the past nine years Meals on Wheels and More has received nearly \$250,000 in Subaru Share the Love Event related funding from a combination of donations from Subaru of America and Dewey Griffin Subaru and grants from Meals on Wheels America. Yes, you read that right, a quarter of a million dollars!!!



WCOA Staff and Volunteers Celebrate the 2020 Subaru Share the Love Event Donation from Subaru of America and Dewey Griffin Subaru

For more information about the Subaru Share the Love Event, contact Julie at jmeyers@whatcomcoa.org, or 360-733-4030 x1025 or visit Dewey Griffin Subaru at 1800 Iowa Street.

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.

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

Dec. 1st: Roast Chicken, Wild Rice Pilaf, Garden Salad, Baby Carrots, Apple Crisp

Dec. 8th: Taco Salad, Cornbread, Fresh Grapes

Dec. 15th: Roast Pork w/ Garlic Mashed Potatoes, Green Beans, Caesar Salad, Peach Crisp

Dec. 22nd: Roast Beef, Mashed Potatoes, Nantucket Veggies, Blueberry Crisp, Fresh Fruit

Dec. 29th: No meal distribution. BSAC Closed this week. If you have concerns about getting meals contact Meals on Wheels at 360-746-6480

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
WCOA Volunteer Coordinator, Tim Van Beek . . x:1024
Bellingham at Home ext: 2602

