



Bellingham  
Senior  
Activity  
Center

*Connect with life!*

# THE BSAC CONNECTION

January 2022 Programs, Services, and Activities



where the heart is

BELLINGHAM SENIOR ACTIVITY CENTER

Whatcomcoa.org

315 Halleck Street

(360) 733-4030



## Welcome

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



BSAC will be closed in observance of MLK Jr. Day on Monday, January 17th

## Director's Greeting

Greetings and Happy New Year!

Before we jump into 2022, I'd like to say thank you for a weird & wonderful 2021. I was so happy that the Center was able to reopen last summer & I was grateful to see many of you returning to programs, activities & volunteering. The care everyone continues to show by wearing their masks & sharing their vaccination cards in an effort to keep one another healthy is truly a beautiful thing. We had a tremendous amount of support from our members, volunteers, & local business community in supporting our two fundraising events which resulted in the Center meeting our budgeted goals for the year despite the long closure with reduced revenue. Thank for continuing to show up & be a part of BSAC!

With the new year, it is time to renew your BSAC membership. New membership cards & 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!

May you fill your New Year with new adventures, accomplishments, & learnings. May your New Year bring you reasons to smile. May the year 2022, bring you love, happiness, & health.

Cheers,  
Molly



*From all of us at the Whatcom Council on Aging*



# 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

\*This class will be using video recordings of Zumba leaders until an instructor is hired. There is no charge to attend.

## 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 (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 & Fri 11:00am - 12:00pm  
First class is on 1/18 Auditorium



## 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.

Wednesdays 1:30–2:30pm  
(Sat. class on hold during winter)

## 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 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  
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.

Mondays 9:00am - 12:00pm  
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 open during open hours except for Wed 11am-1pm

### 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 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 & 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 Open Art Time 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) 1:30 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 (first class 1/18) 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 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 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 Senior Singers 1:30 Ping Pong 2:45 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) 11:00 Longevity Stick (first class 1/21) 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)

## Longevity Stick Returns at BSAC!

The “Longevity Stick” regime incorporates a series of 12 movements designed to improve balance, flexibility, strength, mental focus, breathing capacity, and vitality.

This activity is a low-impact exercise done while standing, using a long, one-inch diameter dowel (or stick) that reduces the risk of injury while improving circulation and balance.

If you have not participated in Longevity Stick before, we recommend that you attend one or both of the first scheduled classes on January 18th or January 21st at 11:00am. Loaner sticks will be available to use on these dates, and our instructors can advise you on getting your own stick. Please wear loose clothing, athletic shoes, and bring a water bottle.

**Tuesdays & Fridays, 11:00am-12:00pm in the Auditorium. Free for all BSAC members.**



## 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)



### \*Gym Closed for Strength Training Classes:

Jan 3-31<sup>st</sup>: Mondays 11am-12pm, Wednesdays 12:15-1:15pm, Fridays 11am-1:15pm

\*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.





It's time to renew your membership or join BSAC for the year 2022!

This year we have been grateful to provide in-person and online classes & activities, community resources, and other valuable opportunities that kept us active and engaged with one another throughout a time that proved difficult but showed the importance of connection. With in-person activities in full swing and online classes continuing, we are looking forward to your continued or new membership at BSAC!

Membership is open to anyone age 50 and better. Our programs and services include health and fitness, lifelong learning, recreation, arts, and social interactions. The annual membership fee of \$50 is based on the calendar year. Quarterly memberships are available at BSAC for just \$15 per quarter (Jan-Mar, Apr-June, July-Sept, Oct-Dec).

#### Membership Benefits:

As a member, you have access to:

- Over 100 programs and activities each month
- Access to certified instructor-led exercise classes
- Access to one-on-one tech help
- Access to free-of-charge classes & activities
- E-mail subscription to weekly e-news and special events announcements
- Fitness Center with strength training and aerobic equipment
- Free Internet access and WIFI (wireless internet access) at the Center
- Countless opportunities to meet new friends and share the companionship of long-time friends
- Opportunity to help the Center implement its strategic plan by becoming a member of the Advisory Committee
- Members-only events
- A volunteer coordinator who can help you engage in volunteering at the Center

Thank you for being a member of the Bellingham Senior Activity Center!

## 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 7<sup>th</sup>.



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## 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.



## Book Reading

### Autumn Light: My fifty years in Zen

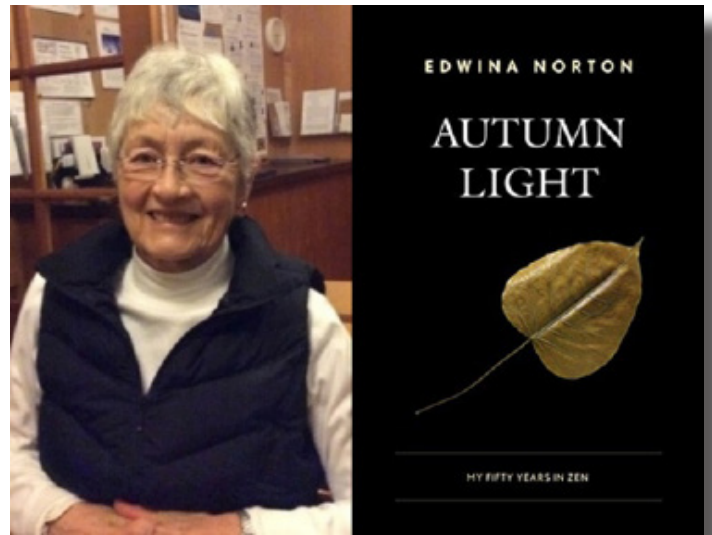
Come join us for a one-hour author's reading of selections from, *Autumn Light*. Published in 2020, the book is Edwina Norton's story of the life challenges that led her to Zen Buddhism in her late 30s, and how over many years, Zen meditation and Buddhist teachings gradually helped her understand her life and herself. Edwina offers her story to encourage others, perhaps especially women, to challenge long-held, wrong beliefs about themselves.

At age 78, Edwina was ordained as a Zen priest, a requirement of which was to do a rigorous three-month practice period at Tassajara Zen Mountain Monastery in California. The Tassajara schedule involved little sleep, learning many complex ceremonial forms, and an exhausting, fast-paced schedule. The program's hardships, while very difficult to endure, opened her mind to earlier life conditioning and how it had caused suffering over her lifetime. Through the process of writing the story, Edwina was able to resolve deeply held misunderstandings about herself and her life – amazing and unexpected outcomes.

Edwina wrote this book to encourage others to believe that they, too, might resolve impediments to their happiness, and to demonstrate that even as we grow old, we can continue to grow emotionally and psychologically.

Edwina Norton is a life-long amateur painter, published poet, and peace activist. She earned BA and MA degrees, taught English in community college, and had a long career in organizational development. Now an ordained Zen priest, she mentors Zen students in the Red Cedar Zen Community in Bellingham, Washington.

Wednesday, January 26th at 1:00pm in Room 16



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## Civil Discussion that Crosses Divides

Join us for a monthly 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.

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

Friday, January 7th, 1:00-2:30pm

The Supreme Court will rule on abortion rights. Do you think the state should have the right to commandeer someone's body to save a life?

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

## Strength Training for Balance

We have 4 areas of fitness that work in coordination for our physical daily function and our recreational ability. These areas are aerobic ability (sometimes called endurance), strength, flexibility, and balance.

Balance is the gateway to fitness, for without balance our ability to perform aerobic exercise through biking or walking/running are severely limited if not totally curtailed. So too, balance is the gateway to performing everyday functional tasks.

As a young person, we could count on having enough balance to do whatever else we wanted to. However, as we age, we must train for balance specifically, like we do for strength and flexibility.

You may ask: “Doesn’t balance get enough training when I’m building strength in the gym and walking for aerobic exercise?” While these activities certainly reinforce the balance you have and can help to maintain your balance ability, to train balance you also need to challenge it through narrowing the base of support, decreasing reliance on sight, and using other methods that enhance our balance ability.

An exercise class focusing on balance while building strength is proposed by Dr. Elaine Cress. This class is intended for the vast array of abilities in older adults. This class is useful in recovery from hip, knee surgery or any other reason we may have lost fitness. It is not intended to replace physical therapy but to be a bridge after physical therapy or in conjunction with it. People who experience frequently falling or worry about falling should have another person with them when starting this class.

Here is what is needed: a chair (essential), hand weights or cuff weights (could be water bottles), elastic band or cord. Abdominal muscles are done from lying on a floor or bed.

The class is one-hour, held over Zoom, 2x/week (Monday & Wednesday), 1:00 PM. Frail to Robust join us for this class. If you use the gym for strength training, this class can be done on the same day or consecutive day. First class is on Monday, January 31<sup>st</sup>. Link to join will be included in the Enews.



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## Plan Ahead for Phase Out of 3G Cellular Networks and Service

If your mobile phone is more than a few years old, you may need to upgrade your device before your mobile provider shuts down its 3G network, to avoid losing service. For more information on your mobile providers' plans for 3G retirement and how you can prepare, contact your provider directly. Carriers may be offering discounted or free upgrades to help consumers who need to upgrade their phones.

**What is happening?** Mobile carriers are shutting down their 3G networks, which rely on older technology, to make room for more advanced network services, including 5G. As a result, many older cell phones will be unable to make or receive calls and texts, including calls to 911, or use data services. This will affect 3G mobile phones and certain older 4G mobile phones that do not support Voice over LTE (VoLTE or HD Voice).

**When is it happening?** As early as January 1, 2022, though plans and timing to phase out 3G services will vary by company and may change. Consult your mobile provider's website for the most up-to-date information.

**What do I need to do?** Contact your mobile provider or consult your provider's website for more information about their 3G retirement plan and whether your phone, or other connected device, may be affected. It is important to plan now so that you don't lose connectivity, including the ability to call 911.



## 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

Memory - Friday, Jan. 7, 10am (virtual)

- How memories form and how we lose them
- How your memory works - and why forgetting is totally okay

Building a future together- Friday, Jan. 14, 10am, at BSAC

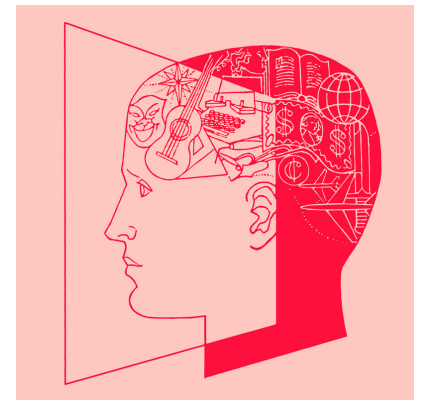
- How we can face the future without fear, together
- Why the only future worth building includes everyone

How our brain constructs our reality- Friday, Jan. 21, 10am (virtual)

- Do we see reality as it is?
- How your brain invents your "self"

Black holes- Friday, Jan. 28, 10am, at BSAC

- Hawking's black hole paradox explained
- Could the earth be swallowed by a black hole?



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## 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: Jan. 4 & Feb. 1



### 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: Jan. 12th & Feb. 9th.



## 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.

January: no program

February 18th: Historic Highway 99: For decades Highway 99 was THE road to travel north and south from border to border through Washington, Oregon and California. Marilyn will unveil the original route, some of the iconic landmarks, and what's left along the way.

## 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.

## 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

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

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 will be available each month for the following month on the 25<sup>th</sup>.

A tutorial on how to set-up your [www.myactivecenter.com](http://www.myactivecenter.com) account can be found at [mytutorialcenter.com/myactivecenter](http://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)*



## A Resolution of Moderation

### Meals on Wheels and More Staff

For many, January is a time when we resolve to make diet or exercise related changes to improve health and/or lose weight. Often these resolutions are somewhat extreme and very difficult to maintain long-term. We might resolve to cut out simple sugars or caffeine or to exercise for one hour every day. However, after a week or two we miss a day of exercise or eat a cookie and then ditch the plan altogether. While resolving to embrace moderation may not feel like a true New Year's resolution, it can be much healthier and easier to maintain than more extreme alternatives. One area where we can resolve to incorporate moderation is in our food portions. Overeating is not only a challenge for weight control, but also for those with diabetes who are concerned about maintaining their blood sugar levels. Here are a few suggestions to help you adopt a moderate eating approach for 2022.

- Use smaller plates. You will feel more satisfied if your plate looks full, even if the portions are smaller.
- Make healthy choices easier. Stock up on healthy food choices and keep the high calorie, high sugar and high fat foods out of the house or at least out of sight!
- Check your emotional state: You are more likely to overeat when you are sad, stressed, bored, or anxious. Realizing your mood is the first step to combat those feelings, rather than eating as a solution.
- Occasionally allow yourself small portions of your favorite treats. Enjoy them without guilt and you will be less likely to feel deprived or overeat.
- Don't skip meals even if time is limited as you will likely overeat later. Make a plan and stick to it! If the plan needs changing, do it and keep going! For example, for breakfast keep simple and fast foods handy like bread or English muffins to toast. Add peanut butter or a hard-boiled egg (keep cooked hard boiled eggs in the fridge for easy access) and a piece of fruit and you are on your way in no time!
- Do not go to a restaurant or event overly hungry. Eat a healthy snack at home before leaving.
- Set aside half of large restaurant meals before eating. Not only will this provide you with tomorrow's lunch, but you will be less likely to keep taking "one more bite."
- When you mess up, forgive yourself. Tomorrow is a new day. Start fresh and move on.

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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.

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

Jan. 5th: BBQ Chicken, Potato wedges, Broccoli, Garden Salad, Apple crisp

Jan. 12th: Chicken Pot Pie, Spinach Salad, Banana

Jan. 19th: Pub Fish w/ Tartar over Roasted Potatoes, Broccoli, Coleslaw, Fresh Grapes

Jan. 26th: Turkey Meatloaf, Mashed Potatoes & Gravy, Nantucket Veggies, Mandarin Oranges

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 - 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

