



**Bellingham  
Senior  
Activity  
Center**

*Connect with life!*

# THE BSAC CONNECTION

**April 2022** Programs, Services, and Activities

A fun and social way to  
stay active!



## BSAC Cycling Groups

*forming in April*



See page 8

Whatcom County Senior Centers present:

### What's Next: Planning Ahead

Making Choices  
For Your Legacy  
& Health Care

**Let's talk about it! Planning your legacy and healthcare before something happens can give you peace of mind for not only you but your loved ones as well.**

This informative fair is free to attend and open to the entire community. This important to discuss topic will focus on:

OPEN TO  
THE PUBLIC

- Advance Directives
- Palliative care
- Wills & trusts
- Durable powers of attorney
- End-of-life choices
- and more

FREE

Each event date will feature presentations on Advance Care Planning and end-of-life legal planning and other considerations that help you protect your assets and reduce the burden on your loved ones.

Representatives from organizations and businesses to help with your planning will be on-hand to assist you and answer questions.

**Choose a date and location that works best for you!**

- May 6th, 10am-2:30pm** ● Bellingham Senior Activity Center  
315 Halleck Street, Bellingham
- May 13th, 10am-2:30pm** ● Blaine Senior Center  
763 G St, Blaine
- May 20th, 10am-2:30pm** ● Lynden Community/Senior Center  
401 Grover St, Lynden
- May 27th, 10am-2:30pm** ● Ferndale Senior Center  
1999 Cherry St, Ferndale

### HERE'S WHAT'S NEW:

Fly-Tying Class (p.9)

Guitar Tips & Tricks  
with Stan (p.10)

Strength Training for  
Hiking & Walking (p.9)

Men's Shed Social  
Gatherings (p.9)

and more!

### BLOSSOMTIME BINGO!

**Friday, April 22nd  
3:00pm**

**Join the Fun!  
Open to all 18+**

**Cash payouts on all  
10 games**

See page 9



## 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

### Spring Greetings!

As the days are longer and warmer, we are pleased to expand our BSAC hours till 4:30pm every afternoon. We have many activities each day and are glad to be offer extended program hours again.

BSAC doors are open Monday-Friday from 9am-4:30pm. Please note if you are coming in Wednesday mornings the parking lot in front of the center is unavailable. Lunch pick-up continues each Wednesday in the parking lot from 11:30am-12pm.

We appreciate everyone's feedback with the survey last month regarding masking & vaccine requirements at BSAC. With nearly 400 participants we had the following results:

- Regarding Covid-19 vaccination status: 92% are fully vaccinated and boosted, 4% are fully vaccinated, not boosted and 4% are unvaccinated.
- Regarding Covid-19 mitigation strategies at BSAC: 32% prefer a vaccine & mask requirement, 46% prefer a vaccine requirement with masks optional, 7% prefer no vaccine requirements & masks required, 10% No vaccine requirement & no mask requirement, 5% other.

We have remained cautious throughout the pandemic and will continue to do so. At this time, we have not lifted the mask or vaccine requirement but will re-evaluate in mid-April. Our priority is the health & safety of our participants, volunteers and staff.

We are so glad you are here with us.  
Thank you, Molly

### The Enkindled Spring

By D.H. Lawrence

This spring as it comes bursts up in bonfires green,  
Wild puffing of emerald trees, and flame-filled bushes,  
Thorn-blossom lifting in wreaths of smoke between  
Where the wood fumes up and the watery, flickering rushes.

I am amazed at this spring, this conflagration  
Of green fires lit on the soil of the earth, this blaze  
Of growing, and sparks that puff in wild gyration,  
Faces of people streaming across my gaze.

And I, what fountain of fire am I among  
This leaping combustion of spring? My spirit is tossed  
About like a shadow buffeted in the throng  
Of flames, a shadow that's gone astray, and is lost.





# 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 fee-based BSAC fitness class.

Classes are ongoing. Punchcard of 11 classes: \$45. Individual classes cost \$5. 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  
\$5/class - Auditorium

Saturdays 9:00–10:00am  
No charge - Virtual

### Strength Training for Balance

An exercise class focusing on balance while building strength. Instructed by Dr. Elaine Cress. This class is intended for the vast array of abilities in older adults.

Mon & Wed 1:00–2:00pm  
Resumes 4/11 - No charge - Virtual

### 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.

Mondays 10:00 - 11:30am  
\$5/class - Room 16

Wednesdays 10:00 - 11:30am  
No charge - Virtual

### Longevity Stick

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

Tues & Fri 11:00am - 12:00pm  
No charge - Auditorium

Tues, Thurs, Sun 11:00am  
No charge - Virtual

### Tai Chi Qigong (Shi-bashi)

This is a gentle and strengthening whole body exercise routine; It introduces key principles of weight shifting, mindfulness, and coordination of movement and breath with mindful awareness.

Wednesdays 1:30–2:30pm  
\$5/class - Auditorium

### 5 Treasures QiGong

Beautiful and harmonizing practice set. An introduction to the healing art of energy cultivation. The movements are sim-

ple and can be easily modified to fit individual circumstances.

1st Sat. of month 10:00–11:00am  
\$5/class - BSAC Lawn

Class will be cancelled if it is rainy or windy. contact: Lee: willielee@comcast.net

### 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  
\$5/class - Auditorium

### Open Gym

Available during open hours for those who have completed the Strength Training 101 class.

### Strength Training 101

This small group 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 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 Wed. of the month

1:30 - 3:00pm

Room 16

3rd Wed. of the month

1:30 - 3:00pm

Virtual

### Personal Writing (on hold)

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.



### 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 Fridays

1:00-3:00pm

Room 2

4th Fridays

1:00 - 3:00p

(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.

1st & 3rd Fri. of month 1:00-2:30pm

Room 2 or Virtual

### 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 (on hold)

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

### Bunco

Thursdays

10:00am-12:00pm

### Mah Jongg

A tile game similar to Rummy. basic knowledge of the game is recommended.

Mondays

12:30-4:00pm

Tuesdays

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 (on hold)

We are a group that likes to sing all kinds of songs. We sing for fun and we're happy to have new members.

## Rhythm Band (on hold)

If you have an instrument stashed away, find it and come join us!

## 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

## Dance Fusion

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

Fridays 1:30pm-2:30pm  
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 Wed: 11am-3pm)

## 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



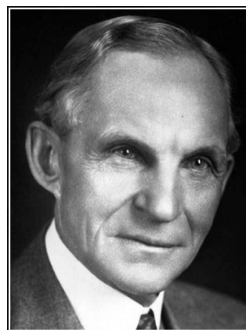
M O N D A Y	9:00	Open Art Time
	9:00	Ping Pong
	9:30	EnhanceFitness
	10:00	Yoga
	12:30	Mah Jongg
	12:45	Pinochle
T U E S D A Y	1:00	Strength Training for Balance (Virtual)
	1:30	Senior Steppers
	8:15	Senior Trailblazers
	9:00	Rug Hooking
	9:00	Ping Pong
	9:30	Button Walkabouts
W E D N E S D A Y	9:30	Mah Jongg
	9:30	Zumba
	11:00	Longevity Stick
	12:30	Bridge
	2:00	Ballroom Dance
	1:30	Ping Pong
T H U R S D A Y	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)
F R I D A Y	1:00	Knitting Group
	1:00	Strength Training for Balance (Virtual)
	1:30	BrainPower (1st Wed rm. 16, 3rd Wed online)
	1:30	Tai Chi
	7:45	Senior Trailblazers
	9:00	Woodcarvers (on hold)
S A T	9:00	Ping Pong
	9:30	EnhanceFitness
	11:00	Longevity Stick
	12:45	Pinochle
	1:00	Tech Help
	1:00	TED Talk Discussions (2nd Fri. @BSAC, 4th Fri. Virtual)
	1:00	Civil Discussion (1st & 3rd Fridays)
	1:30	Dance Fusion
	9:00	Zumba (Virtual)

## April Programs and Events

4/1	Civil Discussion that Crosses Divides (p.12)	1:00
4/8	TED Talk Discussion (p.13)	1:00
4/12	Gift Shop Final Days (p.15)	11:00
4/13	Gift Shop Final Days (p.15)	12:00
4/13	Kurt Aemmer Performs (p.12)	12:30
4/13	Wonders of Whatcom Originals: Mt. Baker Scenic Highway (p.13)	11:00
4/13	Strength Training for Hiking & Walking (p.10)	3:00
4/14	George's Fly-Tying Class begins (p.9)	10:00
4/14	Men's Shed Social Gathering (p.11)	10:00
4/15	Wonders of Whatcom: North Cascades National Park (p.13)	10:30
4/15	BSAC Cycling Groups meeting (p.8)	1:00
4/15	Civil Discussion that Crosses Divides (p.12)	1:00
4/18	Book Buzz: The Shape of Water (p.12)	10:30
4/22	Guitar Tips & Tricks with Stan begins (p.10)	1:00
4/22	TED Talk Discussions (p.13)	1:00
4/22	Blossomtime Bingo! (p.9)	3:00
4/28	Men's Shed Social Gathering (p.11)	10:00

### 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](http://whatcomcoa.org)



Anyone who stops learning is old — whether this happens at twenty or at eighty. Anyone who keeps on learning not only remains young but becomes constantly more valuable — regardless of physical capacity.

— Henry Ford —



Whatcom County Senior Centers present:



**Let's talk about it! Planning your legacy and healthcare before something happens can give you peace of mind for not only you but your loved ones as well.**

This informative fair is free to attend and open to the entire community. This important to discuss topic will focus on:



- Advance Directives
- Palliative care
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- |                              |  |
|------------------------------|--|
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| <b>May 13th, 10am-2:30pm</b> | ● <b>Blaine Senior Center</b><br>763 G St, Blaine                            |
| <b>May 20th, 10am-2:30pm</b> | ● <b>Lynden Community/Senior Center</b><br>401 Grover St, Lynden             |
| <b>May 27th, 10am-2:30pm</b> | ● <b>Ferndale Senior Center</b><br>1999 Cherry St, Ferndale                  |



# BSAC Cycling Groups



*forming in April*

*A fun way to stay active*



*Help form and shape a new  
bicycling program at BSAC*



*Meet new friends*

*Enjoy the beautiful northwest  
summer from the seat of your bike!*



*Join a group that fits your  
desired ride length and terrain*



## Join us!

Join us for a gathering, a cycling safety & basic maintenance presentation, and an opportunity to sign up for the group that best fits your riding style.

Based on the interest list that folks have signed up on, we have a good mix of riders, and we will use this time to setup groups for everyone to join. We also have a chance to get creative in the naming of the groups! Let's have fun and do this together.



This meeting will also include a short **Cycling Safety and Basic Bike Maintenance presentation** from Merdie Muller, that will cover proper helmet fitting, safety tips while riding (especially on roads), and how to check your brakes and change a tire. You will also have an opportunity to ask questions.

If you have signed up for the bike group interest list and you cannot attend the meeting, we will send you follow-up notes and the groups list for you to sign up for. If this is all new to you and you'd like to sign up, attend this meeting or call/visit the front desk starting in May to sign up for a group. Questions or comments? Contact Eric at 733-4030x1035 or [epierson@whatcomcoa.org](mailto:epierson@whatcomcoa.org).



## Friday, April 15th at 1:00pm



# BLOSSOMTIME BINGO!

Friday, April 22nd, 3:00-5:00pm



Open to everyone 18 and over



Cash prizes on all 10 games!



50/50 raffle tickets sold for \$1 a piece. Winning ticket receives half the pot and the other half goes to support BSAC programs.



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



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## George's Fly-Tying Class

This fly-tying class will be geared to the beginner or novice, with potential for some advanced tying, but mostly for fun and learning. One of the greatest rewards in angling is to catch a fish with a fly that one has tied. All my tying experience (since 1980) has been through trial and error, and I would like to help others to avoid some of the most common mistakes.

Let's not stray from the proven flies that work. We will tie an assortment of wet flies, nymphs, muddlers, and dry flies. We will learn about hook size, materials, and proportions, but will focus mostly on hands-on learning.

Tools, hooks, and materials will be provided. Donations to the instructor are welcome, but not necessary. This is a class designed for fun, learning, and enthusiasm for the sport of fly fishing. Some fly-tying books can be loaned out for those needing "recipe" books during non-class time.

Thursdays, 10:00-11:30am, Starting April 14<sup>th</sup> for 6 consecutive weeks.

To sign up, call 733-4030, or visit the front desk.





## Guitar Tips & Tricks with Stan

A hands-on guitar workshop tailored to those who play guitar and wish to add to their skills and techniques of playing particular songs.

The focus of each workshop will be on the songs that each attendee already plays (or wishes to play better), and to identify and teach the guitar licks that can make each song more interesting to an audience of family and friends, and more fun for the guitarist to play.

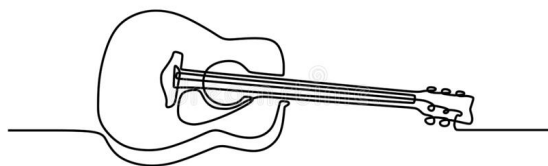
This continuing workshop will help you add bass-runs and finger picking to your folksongs, and jazz chords to your blues, rock, and pop songs. We will explore interesting chords and where to find them up and down the neck of the instrument.

Stan has been playing guitar since he was 14 years old (60 years, and counting), including playing with various bands over the years in college and in the Navy, and more recently at open-mic nights here in Bellingham.

This workshop will be fun and beneficial to anyone who has played guitar in the past and is interested in taking up the in-

strument again or to those who currently play and want to expand their abilities and add style and techniques that give songs more character. Take this opportunity to have some fun, learn new skills, and make music to share with family and friends.

Offered twice a month (2<sup>nd</sup> and 4<sup>th</sup> Fridays), 1:00-3:00pm, starting April 22<sup>nd</sup>. This workshop will be ongoing, and you are not required to attend all sessions, but please register at the front desk if you have interest in joining.



## Strength Training for Hiking and Walking

Hiking and walking are great cardiovascular and endurance exercises; this presentation will discuss how adding in strength training can help to improve performance during hiking and walking. We will cover the latest research supporting strength training for active adults including osteoporosis health, maintaining muscle mass, and power. A basic strength training plan will be provided to participants at the end of the presentation.

Presented by Katie Schaner, DPT, OCS, TPS. Katie graduated with her Doctorate of Physical Therapy (DPT) degree from the University of Puget Sound. She completed her Bachelor of Science degree in Kinesiology, Exercise Science, at California State University Fresno. She is passionate about helping people get back to the activities they love.



Wednesday, April 13th, 3:00-4:00pm. Virtually on Zoom (link in Enews and at [whatcomcoa.org](http://whatcomcoa.org)), or attend at BSAC in room 16.







Within the last year, the Whatcom Council on Aging has been supported by over 230 individual volunteers providing over 5,300 volunteer shifts and over 12,500 hours of service!

At a time when we were all affected by the pandemic, especially our most vulnerable seniors, volunteers were with us to help provide support. We are grateful for all our volunteers who stepped up in various roles in our programs.

This includes Meals on Wheels volunteers who responded to the growth in the program, Bellingham at Home volunteers providing check-ins and transportation to their members, BSAC volunteers who led on-line programs during the closure and made it possible to welcome people back to the center for activities, and board members and advisory committee members who helped us safely navigate ways to connect and support our community.

National Volunteer Week is April 17-23, and throughout the entire month of April, we are shining a light on our volunteers to make what we do possible. Follow our Facebook page and view our weekly Enews that will highlight our volunteers in photos and stories that celebrate the impact of their volunteer service.

Volunteers needed

# MAKE A DIFFERENCE

BSAC is looking for a few good folks to volunteer at the Center on a weekly basis.

Opportunities include:  
Coffee Bar Attendant  
Greeter

More information:  
360-728-7129 Cell  
TVanBeek@WhatcomCOA.org

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## Men's Shed Thursday Morning Social Gatherings

Guys are getting together for conversation and socializing between 10am and noon on March 31st, April 14th and April 28th in Room 1 at the Senior Center. Feel free to drop in early, late, or in between. There is no structure or theme, just guys talking to guys about whatever is on their mind, and building camaraderie in a relaxed social setting. Please RSVP at the front desk. And bring a guest--the more the merrier!

For more information about the Men's Shed group, visit [whatcomcoa.org/mensshed](http://whatcomcoa.org/mensshed) or contact Rupert at (503) 333-2275.





## Book Buzz

The Shape of Water by Guillermo Del Toro, 2018

Elisa leads a boring life until she meets "The Asset."

Questions to ponder: 1. Why was Elisa kind to the Asset? 2. Why does she teach him to sign? 3. Why does Elisa risk everything for the Creature? 4. Why did Elisa refuse to take the Devonian to the river? 5. Why did she finally take him to the river?

Buzz on in, April 18th at 10:30am in Rm. 1

Sneak Peek at the book for May: The Alchemist by Paul Coelho; Is this a myth? Allegory? Fable? Or is it about Destiny? Or Self Realization?

## Live performances from 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.

Second Wednesday of each month, 12:30-1:30pm in the Coffee Bar.

Next Dates: April 13 and May 11.



## Civil Discussion that Crosses Divides

All points of view welcome! Bring your voice to add to the conversation. 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.

Civil Discussion that Crosses Divides will meet on the first & third Fridays of each month from 1:00 - 2:30pm.

Friday, April 1, 1:00-2:30pm

There's Been a Coup! We Now Run the Government. The mess is before us. We're in charge. Where do we start? What do we do? The new Council of Elders meets...

Friday, April 15, 1:00-2:30pm

The Council of Elders Meets Again! Like any good congress, we need benefits! Let's give ourselves the very best! In this discussion we'll design a two-tiered system of health care that works for everyone.

Please register for this meeting. Visit the front desk, call us at 733-4030. Would you like to attend virtually through Zoom? Registration link is included in the weekly Enews.

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. TED Talks are designed to help students, professors, researchers and self-guided learners explore important topics from science & the environment to social sciences & humanities. They serve as a great jumping-off point for discussion and sharing of ideas, and we welcome suggestions for topics to explore together. Join us!

Each viewing will feature a different topic from which two TED talks will be viewed and discussed. Second Friday of each month, 1-3pm at BSAC, and fourth Friday of each month, 1-3pm on Zoom.

### Friday, April 8th at 1:00pm at BSAC - Comedy & New Age Awareness

Origins of Self - Swami Beyondananda: Steve Bhaerman is an internationally known author, humorist, and workshop leader. For more than 25 years, he has written and performed as Swami Beyondananda, the "Cosmic Comic." Swami's comedy has been described both as "comedy disguised as wisdom" and "wisdom disguised as comedy." Noted author Marianne Williamson has called him "The Mark Twain of our generation."

Swami Beyondananda's Top 11 Ways to World Peace: The Swami's lighthearted prescription to achieve world peace.

### Friday, April 22nd at 1:00pm on Zoom - Our consciousness and our stories that make meaning in our life

Consciousness : The Final Frontier - Dada Gunamuktananda: The exploration of inner space, our own consciousness, is ultimately connected to our discovery of outer space. Just as the world becomes a smaller place with increase in communication and transport technology, so the universe becomes a smaller place with the increase in meditation technology.

The power of storytelling - Andrea Gibbs: Stories are how we think and how we make meaning of our lives. What happens when the only story you tell yourself is the one about your mental illness? Through storytelling we can understand ourselves better and find our commonality with others. We can share passions, hardships, embarrassments, joys, griefs and our overall human experience. Using stories we can connect and feel less alone in the world.



## 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.

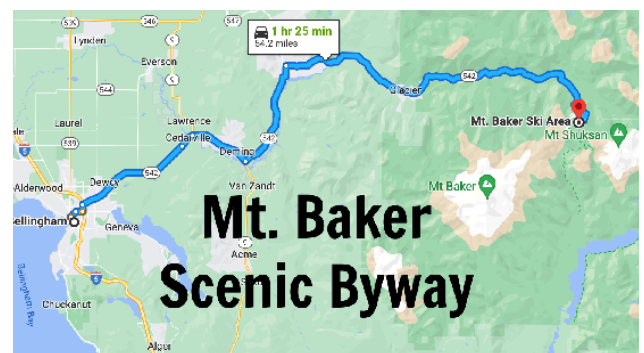
North Cascades National Park: Travel with Marilyn to our closest federal park as she reveals the geology, flora, and fauna of this wonderland among the clouds. Friday, April 15th, 10:30am

## Wonders of Whatcom Originals

By Request! Wonders of Whatcom will present illustrated programs about our wonderful county. Starting at the beginning, Marilyn will reprise the slide shows of architecture, travel, nature, art, and history, with her own photographs and well researched narratives. These programs will occur on the:

Second Wednesdays of every month through November, 11:00am - 12:30pm, in Room 16.

Mount Baker Scenic Highway: Marilyn will reveal what there is to do and see along the picturesque road to our very own volcano. April 13th, 11:00am - 12:30pm



## Volunteer Spotlight

This month's Volunteer Spotlight is on Linda and Frank White. Originally from Butte, Montana, they lived in the Seattle area for over 40 years, and moved to Bellingham over 11 years ago. After retiring they wanted to find some volunteer work that they could do together and had heard of Meals on Wheels. Knowing it was such an important asset to the community, they signed up to be substitute drivers.

As part of their onboarding as new volunteers, Linda and Frank participated in an orientation at BSAC and a "drive-along" with one of the regular drivers. Here is what they shared about that experience: "The volunteer Meals on Wheels driver was so thoughtful of the people he visited and so respectful of them. I remember him saying that it was important to not take their dignity away or make them feel like a burden on the program."

Linda and Frank remained as substitutes for a few years, and they enjoyed trying out all the different routes. They were surprised when they returned to a route they hadn't done for a while and clients remembered them and would pick up right where they had left off in conversation. When Covid hit and the demand in the Meals on Wheels program grew significantly, Linda and Frank took on regular weekly route that they have been doing for the last two years.

Here is what Frank and Linda shared about their volunteer experience: "What we really like about our clients is they are usually smiling and welcoming when we arrive. For folks that are mainly home bound they are happy folks who care about the world we live in and have opinions that are framed by lives that have been fulfilling and interesting. The people are really like family and now they don't just share their smiles with us but keep us up to date with their news and stories about their families. We worry about them when they are sick or hospitalized and they are concerned if we are off the route due to illness and always welcome us back when we have been gone. It just touches your heart."

When not volunteering, Linda and Frank love to go on road trips, go camping and be outdoors. Frank has built an amazing model train layout from scratch and Linda loves to sew and garden. They have two wonderful daughters, three grandchildren and two step-grandkids. Coming out of the pandemic, they are excited to have more opportunities to travel, take a cruise, visit with folks, go to restaurants/movies, and use the Senior Activity Center!

## Volunteer Spotlight



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## Footcare returns to BSAC

Jennifer Thompson, RN, BSN, CFS offers footcare services each month.

Jennifer is a certified foot care specialist with professional training to provide medically essential trimming of thick, long, or ingrown toenails and calluses for adults, seniors, and the diabetic population.

With more than 30 years' experience as a public health nurse providing services in the homes of individuals and families in the Bellingham area, she is passionate about providing appropriate foot and nail care to maintain mobility and to promote health and quality of life.

Routine foot care is the key to early identification and treatment of potentially serious problems that arise in people with poor circulation to their legs and feet.

During your visit, the following is provided:

- COVID-19 screening with a temperature check
- Due to COVID-19, masks are required during the visit.
- Trimming and reducing of thick, long, or ingrown toenails and calluses
- Education on proper foot care
- Referrals to your primary care physician or local podiatrist for infections, sores, or wounds you might have
- Personalized foot care

Appointments are required and can be made at the BSAC front desk or by calling 360-733-4030 ext. 0. April 11th, April 25th, May 9th, May 16th between 9am-2pm. \$30 for members, \$35 for non-members payable by check or cash to the provider.



The gift shop will be closing this month, so take the opportunity to make final purchases. Thank you to our gift shop volunteers and crafters for years of dedication and creativity.



## Break that Fast

Julie Meyers, RD  
Meals on Wheels and More

This April marks an important month of fasting and feasting for Muslims, Jews, and Christians around the world as they observe Ramadan, Passover, and Easter respectively. Whether or not you observe one of these religions, you likely participate in a daily fast every night between dinner (or your midnight snack) and whenever you finally break your fast the next day.

Breakfast is my favorite meal of the day. Don't tell my boss, Chris Orr, but I will be late for work before I skip breakfast. Besides enjoying typical breakfast foods, I rely on a hearty breakfast (and strong coffee) to help me face whatever the day throws at me for the next 4-5+ hours before lunch. If I go too long after waking up before eating breakfast (or too long between breakfast and lunch) I am more irritable than usual and have trouble concentrating.

My personal experience reflects the scientific research, which has shown that skipping breakfast disrupts circadian rhythms involved in eating and fasting including regulation of blood sugar. Breakfast has also been shown to help with concentration and memory. If that isn't enough to convince you to start eating breakfast, people who skip breakfast are at higher risk for developing both type 2 diabetes and coronary heart disease.

Although eating breakfast may not help you lose weight, people who eat breakfast are less likely to overeat later in the day. Breakfast also provides a great opportunity to start the day with important nutrients including calcium, vitamin D, vitamin C, and fiber.

For a healthy breakfast that will keep you going all morning long, include a source of protein such as eggs, dairy, nuts, or nut butter. Protein not only provides the building blocks for your muscles, it takes longer to digest than carbohydrates and will help prevent that mid-morning blood sugar drop. Add fiber and nutrient-rich whole grains such as oatmeal, or whole grain bread. Increase the fiber, vitamin, and antioxidant punch of your breakfast with some fresh or frozen fruit (or veggies) and/or even a small glass of orange juice.

Not into traditional breakfast fare? Leftovers from dinner will work just fine. Or, maybe try a fruit, yogurt and peanut butter smoothie. Throw in some ice, a little juice or milk and a handful or two of spinach if you dare. I promise, you won't even taste it. I love frozen berries in smoothies in lieu of ice. However, they can get kind of pricy. Berry season can't come soon enough! If you have never been a breakfast eater, it is okay to start small. Try a piece of toast with cheese or peanut butter.

Got a great idea for quick and nutritious breakfast? Email me at [jmeyers@whatcomcoa.org](mailto:jmeyers@whatcomcoa.org)



We are very appreciative that Whatcom County Executive, Satpal Sidhu, Representative Sharon Shewmake and Whatcom County Council Member, Carol Frazey took time out of their busy schedules to tour the Bellingham Senior Activity Center and help with our weekly To-Go Meal bag assembly and distribution as part of March for Meals Community Champions Week!

## 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.

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

April 6th: Chicken & Dumplings, Carrots, Spinach Salad, Fresh Fruit

April 13th: Turkey and Cranberry, Mashed Potatoes and Gravy, Nantucket Veggies, Garden Salad, Cake or Cookie

April 20th: Taco Salad, Cornbread, Fruited Jello or Grapes

April 27th: Pulled Pork w/ BBQ, Brown Rice, Hawaiian Roll, Kale Cabbage Slaw, Steamed Veggies, Fruit



Register online for EnhanceFitness (Wednesday's class) & Yoga (Monday's Class)

Due to increase in class sizes and limited space, we ask that you please register in advance for these classes. Wednesday's EnhanceFitness class now has two class times to choose from: 9:30am and 11:00am. Reservations can be made up to a month in advance.

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

**myactivecenter**


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.

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40537 03/21/22

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 4:30pm

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

