



Bellingham
Senior
Activity
Center

Connect with life!

THE BSAC CONNECTION

June 2022 Programs, Services, and Activities

Whatcom County Senior Centers present:

What's Next: Housing Options as We Age

Planning for
care when
you need it

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

OPEN TO
THE PUBLIC

Understanding the wide range of senior care and senior living options is the first step to selecting the best fit for yourself or a loved one. Effective planning will make these transitions easier.

FREE

Friday, July 8th, 10:00am - 2:30pm at BSAC
See page 7 for more info

Senior Community Meals are back at BSAC!

Senior Community Meals are back in-person three days a week starting Thursday, June 2nd.

Lunch will be served each Monday, Tuesday, and Thursday from 11:30am-12:30pm.

See page 8 for details.





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:
Monday, May 30th
Monday, July 4th

Director's Greetings

Greetings!

While it might not feel like summer here in Whatcom County, we are nonetheless busy making summer plans. Mark your calendar for Senior Day in the Park at Hovander Homestead Park on Wednesday, August 3rd. Join us on the BSAC lawn for a variety of activities from Longevity Sticks to Badminton and Cornhole. Try out a bike ride with our newly formed biking groups.

The real big news is that Senior Community Meals are back! Lunch will be served at BSAC each Monday, Tuesday, and Thursday from 11:30am-12:30pm. We are excited to welcome you into the dining room and hope you will join us and try out our new menu items and set-up. Don't worry we will still have some crowd favorite lunches making a return to the menu in addition to vegetarian and gluten free options. If you aren't comfortable with dining in person or are not vaccinated, we will continue to have to-go meals available. Fresh meals to-go will be available Monday, Tuesday, and Thursday. A bag of 5 frozen meals will continue to be available on Wednesdays for pick-up between 11:30am-12pm.

Lastly, my deepest appreciation to each of you who has donated to BSAC during the recent fund drive these past few weeks. If you haven't yet contributed and would like to be a part of helping achieve the Center's goal of \$30,000 it's not too late!

I hope to see you soon,

Molly

Celebrate the Summer Solstice



The June solstice occurs on Tuesday, June 21. This marks the official beginning of summer in the Northern Hemisphere, occurring when Earth arrives at the point in its orbit where the North Pole is at its maximum tilt (about 23.5 degrees) toward the Sun, resulting in the longest day and shortest night of the year.

There are many people—like the Swedes—who celebrate the beginning of summer by eating the first strawberries of the season. Indulging in some strawberries and cream is the perfect way to celebrate the June solstice, since June's full Moon is also known as the Strawberry Moon. This is a great time of year to enjoy strawberries from a local "you-pick" farm!

Did you know that the Sun actually sets more slowly around the time of a solstice, in that it takes longer to set below the horizon? This is related to the angle of the setting Sun. The farther the Sun sets from due west along the horizon, the shallower the angle of the setting Sun. Bottom-line, enjoy those long romantic summertime sunsets at or near the solstice!

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
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

Register for class - see pg 17.

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 11:00am - 12:00pm

No charge - Virtual

Tai Chi Qigong (Shibashi)

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: willilee@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

Register for Wed. class - see pg 17.

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 email 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 Wed. 1:30 - 3:00pm
Room 16 or Virtual

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 1:00-3:00pm
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

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

Wednesdays 9:00am - 11:00am
Virtual

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

Book Buzz

A monthly book discussion group. "Bee" a part of the discussion!

3rd Mon. 10:30am - 12:00pm
Room 1



Artistic Opportunities

Watercolor Painting

Classes are currently full.

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

Open Art Time

Bring your painting or project and work with others.

Mondays 9:00am - 12:00pm
Room 9

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

Knitting Group

Join us to knit, crochet, embroider, needle point, or whatever project you have. We're a group of happy stitchers, beginners to expert.

Wednesdays 1:00-3:00pm
Room 9

Card Games



Bridge

Party Bridge (Contract Bridge). A social bridge game distinguished by the fact that overtricks do not count toward game or slam bonuses.

Tuesdays 12:30-3:30pm
Room 16

Bunco

Bunco is a social, group dice game. Fun and easy to learn!

Thursdays 10:00am-12:00pm
Room 16

Mah Jongg

American Mah Jongg, following the rules of the National Mah Jongg League. Basic knowledge of the game is recommended.

Mondays 12:30-4:00pm
Room 1

Tuesdays 9:30am-12:30pm
Room 2

Pinochle

A classic card game with bidding, melds and taking tricks to score points. All are welcome to drop-in.

Mon & Fri 12:45-3:30pm
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

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

Tuesdays 11:00am-12:00pm
Room 16

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 2:00-4:00pm
Auditorium

Senior Steppers

We welcome new tap dancers. Classes are free. Michelle: 927-1365.

Mondays 1:30-3:30pm
Fridays 3:00-4:30pm
Auditorium



Dance Fusion

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

On hold, resumes in September. Fridays, 1:30pm-2:30pm

Recreation

Table Tennis

Fun to play and gets you moving! Sign up in the lobby to play with other beginners, or drop-in to play with the intermediate group.

Beginners

Mon, Wed, Fri 9:00-10:30am

Intermediate

Tues & Thurs 2:00-3:30pm

Pool

Suggested donation of \$1 per play to help with maintenance and upkeep of the tables and cue sticks.

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. Sign up at the front desk or drop-in.

Wednesdays 1:00pm-3:00pm

Badminton

Join us for casual badminton games with other members on our lawn.

Wednesdays 1:00pm-2:00pm

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. Monthly schedule of walks is available at the front desk or what-

comcoa.org. Need more information? Call Scott (812) 371-6005.

Tues & Thurs 9:30am-11:00am
Meet at trailhead

Senior Trailblazers



Our philosophy is to promote fellowship and camaraderie in addition to keeping our bodies healthy and in shape. The hikes are mostly in the lowlands during the colder months and into the regions near Mt. Baker in the summer. The hikes range from 4-10 miles and are moderate to difficult. Carpooling is used to share the expense with the drivers. Contact: Alan Heezen (360) 738-9311.

Tues & Thurs 8:00 and 8:30am
Visit geezerhiker.com/trailblazers/

Bocce Ball & Cornhole

Equipment is available to check-out for use during open hours.

Bike Group Rides

See page 9 for information.

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	Table Tennis (beginners)
	9:30	EnhanceFitness
	10:00	Yoga
	11:30 - 12:30	Lunch
	12:30	Mah Jongg
	12:45	Pinochle
	1:00	Strength Training for Balance (Virtual)
	1:30	Senior Steppers
T U E S D A Y	8:15	Senior Trailblazers
	9:00	Rug Hooking
	9:30	Button Walkabouts
	9:30	Mah Jongg
	9:30	Zumba
	11:00	Longevity Stick
	11:00	Senior Singers
	11:30 - 12:30	Lunch
	12:30	Bridge
	2:00	Ballroom Dance
	2:00	Table Tennis (intermediate)
W E D N E S D A Y	9:00	Bike Group 3 Ride
	9:00	Table Tennis (beginners)
	9:00	Spanish Conversation (Virtual)
	9:00	Watercolor Painting (current class is full)
	9:30	EnhanceFitness - see pg. 13 for registration
	1:00	Ladies Pool Group
	1:00	Watercolor Painting (current class is full)
	1:00	Knitting Group
	1:00	Strength Training for Balance (Virtual)
	1:30	BrainPower (1st & 3rd Wed.)
	1:30	Tai Chi
T H U R S D A Y	7:45	Senior Trailblazers
	9:30	Button Walkabouts
	9:30	Zumba
	10:00	Bunco
	11:00	Spanish Conversation
	11:00	Longevity Stick (Virtual)
	11:30 - 12:30	Lunch
	12:15	Quilting Group
	1:00	Badminton
	2:00	Table Tennis (intermediate)
	2:00	English Country Dance
F R I D A Y	9:00	Table Tennis (beginners)
	9:30	EnhanceFitness
	11:00	Longevity Stick
	12:45	Pinochle
	1:00	Tech Help
	1:00	TED Talk Discussions (2nd & 4th Fri.)
	1:00	Civil Discussion (1st & 3rd Fridays)
	1:00	Bike Group 1 Ride
	3:00	Senior Steppers
SAT.	9:00	Zumba (Virtual)
	12:00	Bike Group 2 Ride

*Gym closed 11am-12pm for a Strength Training Class




Presents:

Senior Day in the Park

a picnic with a purpose

BBQ Lunch, resources, activities & fun!

Wednesday, August 3rd
Hovander Homestead Park
10am-2pm

Now open at 8:00am for the early birds

We are now open earlier in the morning. Hours are now 8:00am-4:30pm Monday-Friday. While most of our classes and activities do not begin before 9am, the gym, library & lobby, and table tennis & pool rooms will be open for use starting at 8am.

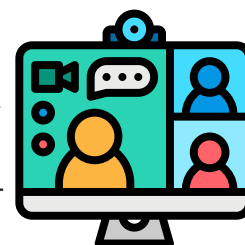
Bocce ball & cornhole sets are available to use on our lawn during open hours

The equipment can be checked out from the front desk. Interested in organizing a group of players? Contact Eric, Program Coordinator.



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 or call 733-4030 x1035 for instant access to all virtual programs.



Whatcom County Senior Centers present:

What's Next: Housing Options as We Age

Planning for
care when
you need it

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

OPEN TO
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Understanding the wide range of senior care and senior living options is the first step to selecting the best fit for yourself or a loved one. Effective planning will make these transitions easier.

FREE

Each event date will feature presentations addressing senior living options, what to consider when navigating a move, and options that can help us age in our own homes.

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!

July 8th, 10am-2:30pm ● Bellingham Senior Activity Center
315 Halleck Street, Bellingham

July 15th, 10am-2:30pm ● Blaine Senior Center
763 G St, Blaine

July 22nd, 10am-2:30pm ● Lynden Community/Senior Center
401 Grover St, Lynden

July 29th, 10am-2:30pm ● Ferndale Senior Center
1999 Cherry St, Ferndale

Senior Community Meals are back at BSAC!

Senior Community Meals are back in-person three days a week starting Thursday, June 2nd. Lunch will be served each Monday, Tuesday, and Thursday from 11:30am-12:30pm. A different meal will be served each day and there will also be a vegetarian option. The June menu is on the next page.

All meals are available on a donation-only basis to anyone 60 and older. Others eligible for a donation-based meal include: the spouse/domestic partner of an eligible senior, the unpaid caregiver of an eligible senior, the disabled dependent of an eligible senior, and volunteers of any age who support the meal program. The suggested donation is \$5 per meal or whatever is affordable. No eligible person will be turned away due to the inability to donate. Those under age 60 who wish to participate in the meal program will be charged \$8.50.

We will continue to offer bags of 5 frozen meals by donation for those 60 and over each Wednesday from 11:30-12:00pm in June, however, there will be no hot meal provided on those days. Those receiving the frozen meals on Wednesdays are also welcomed to join us for the Senior Community Meal on Mondays, Tuesdays, and Thursdays.

Bellingham Senior Activity Center membership is not required to participate in the Senior Community Meals or Senior To-go Meals. However, proof of COVID-19 vaccination is currently required to enter the Center. On the Senior Community Meals days, to-go meals will be available from 11:30am-12:00pm to those who are not vaccinated or those who are not comfortable dining in a congregate setting.

Questions? Contact Julie at jmeyers@whatcomcoa.org or 360-733-4030 x1025. Have menu ideas you'd like to share with us? Send them to Ian at icassin@whatcomcoa.org or drop them off at the front desk. Interested in volunteering at the Senior Community Meals? Contact Molly at x1020 or msimon@whatcomcoa.org.

See you at lunch!



Senior Community Meals Menu - June 2022

MONDAY	TUESDAY	THURSDAY
	<i>*Vegetarian option is in italics</i>	2 Chicken Parmesan Buttered Noodles <i>Eggplant Lasagna</i> Fresh Green Beans Peach Crisp Caesar Salad
6 Pulled Pork with BBQ Sauce <i>Kichari Red Lentil Patties</i> Parsley New Potatoes Roasted Brussel Sprouts w/ Balsamic Glaze Applesauce Carrot Raisin Salad	7 Greek Lemon Oregano Cod <i>White Bean Vegetable Pasta</i> Greek Potatoes Nantucket Vegetables Fresh Fruit Greek Salad	9 Pineapple Ginger Chicken Pineapple Ginger Tofu Jasmine Rice Asian Vegetables Tropical Fruit Asian Slaw
13 Orange Glazed Salmon <i>Spinach Veggie Protein</i> <i>Scramble</i> Wild Rice Fresh Green Beans Blueberries Kale Citrus Salad	14 Asian Chicken Salad <i>Asian Salad w/ Sesame Tofu</i> Oatmeal Bread Fresh Berries with Whipped Cream	16 Father's Day Meal! Roast Beef <i>Gardein Veggie Beef Strips</i> Mashed Potatoes & Gravy Baby Carrots Cookie Fresh Fruit Salad
20 Shrimp & Veggie Yakisoba <i>Vegetable Millet Pilaf</i> Nantucket Vegetables Apple Crisp Spinach Salad	21 Turkey Dinner <i>Tofurkey Dinner</i> Mashed Potatoes & Gravy Cranberry Sauce Green Beans Pumpkin Pie Garden Salad	23 Chicken Pot Pie <i>Veggie Mushroom Pot Pie</i> Green Beans Fresh Grapes Waldorf Salad
27 Beef Enchilada Casserole Quinoa Enchiladas Sauteed Zucchini & Squash Apples Garden Salad	28 Adobo Chicken <i>Adobo Tofu</i> Brown Basmati Rice Roasted Veggie Medley Fresh Pineapple Sesame Cabbage Slaw	30 Pork Loin w/ Apple Chutney <i>Veggie Brat w/ Apple Chutney</i> Wild Rice Pilaf Steamed Broccoli Birthday Cake

**BSAC**

Bike Groups



A fun way to stay active



Join a group that fits your
desired ride length and terrain



Meet new friends

Three bike groups have formed to allow BSAC members to enjoy weekly rides with other members to enjoy exercise, scenery, and socialization with others.

Group 1: 3-6 mile rides, mix of gravel paths and roads, minimal elevation gain/loss. This group is best for folks interested in shorter, slower rides. **Fridays at 1:00pm.**

Group 2: 6-10 mile rides, mix of roads and gravel paths, moderate elevation gain/loss. This group is best for more confident riders. **Saturdays at 12:00pm.**

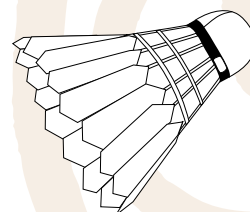
Group 3: 10-20 mile rides, mostly road surfaces, varying amount of elevation gain/loss. This group is best for experienced riders interested in longer rides. **Wednesdays at 9:00am.**

Riders must register for each ride. Visit whatcomcoa.org/bikegroups for detailed route information and registration.

Questions or comments? Contact Eric at 733-4030x1035 or epierson@whatcomcoa.org.

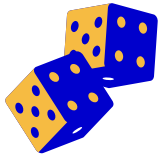


BADMINTON



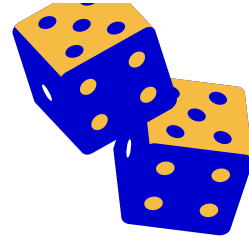
THURSDAYS, 1:00-2:00PM

Join us for casual badminton games with
other members on our lawn.



BSAC members are invited to the

BUNCO BASH!



Bunco is a dice game of luck, laughter & fun!

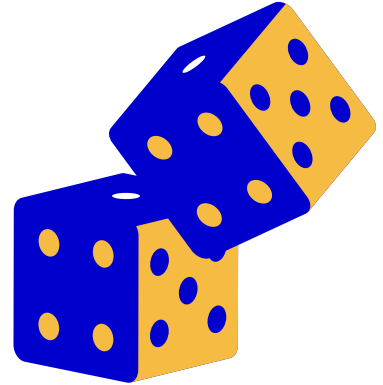
Easy to play with no experience necessary and a great way to meet new friends!

Prizes, appetizers & desserts!

July 15, 2022 • 2:00 - 4:00 PM

BSAC Auditorium

**RSVP IS REQUIRED
AT THE FRONT DESK
OR CALL 350-733-4030 EXT. 0**



Civil Discussion that Crosses Divides

All points of view welcome! Conversation is where many ideas take shape. And sometimes where they get blocked. In conversations with people who hold opposing views, being able to cross divides empowers you both. The art of crossing divides enables you to take your opponent's side and find that it agrees with yours. Come engage in productive conversation.

Join us for a bimonthly 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.

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

Friday, June 3rd, 1:00-2:30pm - How do we raise the best Grandchildren we can? Teach them right from wrong? Teach them how to win? Save the planet? Build their self-esteem? Emphasize education? Just love them? Let's discuss what's best for our families and our future.

Friday, June 17th, 1:00-2:30pm - Make some new mistakes! Let's quit repeating history. What can we do to make it come out better this time? What is most important, and how can we cooperate to achieve it?

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, June 10th at 1:00pm at BSAC - How we can have better political conversations

How to have better political conversations - Robb Willer studies the forces that unite and divide us. As a social psychologist, he researches how moral values -- typically a source of division -- can also be used to bring people together. Willer shares compelling insights on how we might bridge the ideological divide and offers some intuitive advice on ways to be more persuasive when talking politics.

Can a divided America heal? - How can the US recover after the negative, partisan presidential election of 2016? Social psychologist Jonathan Haidt studies the morals that form the basis of our political choices. In conversation with TED Curator Chris Anderson, he describes the patterns of thinking and historical causes that have led to such sharp divisions in America -- and provides a vision for how the country might move forward.

Friday, June 24th at 1:00pm on Zoom - age, authenticity, and success

How to discover your authentic self -- at any age - In a talk packed with wry wisdom, pop culture queen Bevy Smith shares hard-earned lessons about authenticity, confidence, mature success and why, if you put in the work, "life gets greater later."

The real relationship between your age and your chance of success - Backed by mathematical analysis, network theorist Albert-László Barabási explores the hidden mechanisms that drive success -- no matter your field -- and uncovers an intriguing connection between your age and your chance of making it big.

Book Buzz

A monthly book discussion group

Outlawed by Anna North, 2021.

Midwifery, Witchery and Banditry are woven into a story of evasion, survival and determination. When a woman is shunned by her community, who is responsible for what she does in order to survive?

Buzz on in, June 20th at 10:30am in Room 1.

Sneak Peak at the book for July: Angels of the Pacific.



Senior Singers Group welcomes new members!

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

Tuesdays, 11:00am - 12:00pm in Room 16.

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. This ongoing workshop takes place on the 2nd & 4th Fridays of each month. Drop-ins are welcome.

Next workshop dates: June 10th & June 24th



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.



Roses & Trees of Peace Arch Park

Discover the beautiful blooms and terrific trees of our State Park on the Canadian border.

Friday, June 17th, 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.

Paint the Walls!

Marilyn's slides of murals in Whatcom County will be accompanied by information about the artists and art works.

June 8th, 11:00am - 12:30pm.



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: June 8th & July 13th.





2022 Senior Farmers Market Vouchers

Funded by the USDA, the Senior Farmers Market Nutrition Program (SFMNP) provides low-income seniors with coupons/ vouchers that can be exchanged for fruits, vegetables, honey, and fresh-cut herbs at approved farmers markets and farm stores. This year eligible seniors will receive \$80 in vouchers (two packets of \$40 in vouchers). To be eligible to receive Senior Farmers Market Vouchers, you must meet **all** of the following:

- ☐ Be 60 years old or older (55+ if Native American or Alaska Native)
- ☐ Be a resident of Washington State
- ☐ Have an income below:
 - \$25,142 Annual / \$2,096 Monthly for 1 person, **or**
 - \$33,874 Annual / \$2,823 Monthly for 2 people
 - Add \$728 monthly for each additional person in the household.

Senior Farmers Market Coupons can be redeemed starting June 1st at The Bellingham, Ferndale and Lynden Farmers Markets.

To apply for Senior Farmers Market Coupons, pick up an Affidavit at the Bellingham Senior Activity Center (BSAC) starting in early May. Return it to a staff member or to our office via mail, email, or fax:

Address: Meals on Wheels and More, 315 Halleck Street, Bellingham, WA 98225

Fax: 360-647-7952

Email: jmeyers@whatcomcoa.org

The Affidavit will also be available to download at <https://whatcomcoa.org/meals-on-wheels-and-more>

Senior Farmers Market Coupons will be distributed by mail.

****One set of vouchers (\$80) per person. *Proof of income not required. *Supplies are limited.***

Footcare

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.

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.

Appointments are required and can be made at the BSAC front desk or by calling 360-733-4030 ext. 0. \$30 for members, \$35 for non-members payable by check or cash to the provider.

Return your fund drive donation today!

Our annual fund drive campaign mailer was sent to all BSAC members in May. You can return yours in the mail or make a donation at the Center.

**Thank You
FOR YOUR
SUPPORT**



Register online for EnhanceFitness (Wednesday's class), Yoga & Bike Group Rides



Due to increase in class sizes and limited space, we ask that you please register in advance for these classes. Reservations can be made up to a month in advance. Reservations must be made in advance online www.myactivecenter.com or by phone 360-733-4030. Scheduling online is preferred.

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.

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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 8:00am 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
Meals on Wheels & More ext: 1030
WCOA Executive Director, Chris Orr ext: 1026
Bellingham at Home ext: 2602



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