

THE BSAC CONNECTION

September 2022 Programs, Services, and Activities



National Senior Center Month
Celebrating Senior Centers

September 2022

Strengthening Community Connections





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, Sept. 5 (Labor Day)

Director's Greetings

Hello & Happy Fall!

September is National Senior Center Month and a time for us to celebrate our members, programs and connect with our community. I hope you will join us for some of the planned special activities this month, and why not bring a friend?!

As fall comes, I know there is continued concern about the Corona Virus. BSAC encourages folks to wear a mask especially when case counts increase in the greater community and if you have health concerns. If you are sick with cold or flu symptoms, please stay home! If you test positive for Covid-19 and have recently been to the Center please give me a call so I can let others know of a potential exposure. Thank you for helping to take care of one-another.

Thank you for being a part of the BSAC family!

Be well, Molly

where the heart is

BELLINGHAM SENIOR ACTIVITY CENTER

Farewell to PJ!

Well wishes to our EnhanceFitness and Strength Training 101 instructor on her next adventure. Classes will continue with a new instructor.



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 - Lawn

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 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.

Resumes on Sept. 30th & 4th Fri. of month 1:00-2:30pm

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

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 1:00pm-3:00pm
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



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.

Fridays 1:30pm-2:30pm
Auditorium

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.

Thursdays 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 7 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 11:30 - 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 11:00 Spanish Conversation 11:00 Longevity Stick (Virtual) 11:30 - 12:30 Lunch 12:15 Quilting Group 1:00 Bunco 1:00 Lawn Games: badminton, bocce, cornhole 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

What's Next: Exploring your Medicare & Healthcare Options

The Medicare Annual Enrollment Period is October 15 to December 7. This is the perfect time for those with Medicare to re-evaluate their current plans and decide if they are getting the coverage they need. During the Open Enrollment Period, you can join, switch, or drop a Medicare Health Plan.

This event provides a venue to hear presentations and meet with a variety of organizations and health insurance specialists to help with your decision-making.

Choose a date and location that works best for you!

- October 7th, 10am-2:30pm** ● Bellingham Senior Activity Center
 315 Halleck Street, Bellingham
October 14th, 10am-2:30pm ● Blaine Senior Center
 763 G St, Blaine
October 21st, 10am-2:30pm ● Lynden Community/Senior Center
 401 Grover St, Lynden
October 28th, 10am-2:30pm ● Ferndale Senior Center
 1999 Cherry St, Ferndale

Fitness classes update: coming in September, the fitness class paper sign-in sheets will be replaced with a sign in waiver when you sign in for class at the BSAC kiosk. This will help us streamline our class attendance and reduce paperwork. We are happy to help you with this new sign in if you have any questions!

BSAC Classes offered online with Zoom

Links to our virtual programs on Zoom are included in the weekly email from BSAC.



Weekly classes include: Strength Training for Balance, Zumba, and more!

Visit whatcomcoa.org/virtualprograms for the complete schedule.

Sign-up for our email list at:
whatcomcoa.org or call 733-4030 x1035 for instant access to all virtual programs.

September is National Senior Center Month

Today's senior centers are delivering vital connections to help all older adults age well. Senior centers offer a vibrant, action-packed combination of local fitness center, social hub, and tasty dining locale.

During the pandemic, senior centers have pivoted to provide online classes, fun activities, and grab and go meals. September is National Senior Center Month, and BSAC is celebrating these shared experiences that strengthen community connections for older adults.

Senior Center Month emphasizes the tremendous potential senior centers deliver in their communities, including programming that empowers older adults to holistically age well and strengthen mind, body, spirit, and community connections.

Under the theme of this year's National Senior Center Month of "Strengthening Community Connections", BSAC encourages you to participate in the following programs:



Grandparents Day Celebration at BSAC

Thursday, September 15th, 1-3pm, BSAC Garden & Lawn

Grandparents Day (which falls on Sept. 11) celebrates and honors the important role grandparents and older adults play across generations. It is also a great time to engage with another generation!

All are invited to join the celebration, regardless of if you are a grandparent, and are encouraged to invite friends or family of another generation. Bellingham elementary schools have an early release this day (12:45pm).

Live music from "Mud Bottom Maddy", lawn games & activities, and the kick-off of the:

Words of Wisdom Across Generations Project

Each of us have experiences, insights, and advice that we can share with younger generations and with each other for the knowledge and benefit of all. This project aims to capture that in a way that is fun, reflective, and shareable.

We will kick-off this project by asking those who want to participate questions that encourage the sharing of personal experiences and teachable moments. Questions such as "What is the most beautiful thing you've seen? What makes you smile the most? What are you most proud of?"

The responses will be recorded and shared with an elementary school class, who will then record their reaction to the responses and record their own answers to the questions to be shared back with BSAC. The result will be collection of "Words of Wisdom Across Generations" that can be shown and shared with the community.

If you would like to be interviewed or if you have questions or comments, please contact Eric at 733-4030 x1035 or inquire at the front desk.

Making Connections Social Hours

BSAC staff invite you to join them in the community for conversation and connection. These no host gatherings are sure to be a good time and we hope you'll make a new friend or two too!

- **Wednesday, September 7th** BSAC Director, Molly, will be at Wander Brewing from 4-5:30pm. Wander Brewing is located just a block from BSAC at 1807 Dean Ave.
- **Tuesday, September 13th**, 9:30-10:30am, BSAC Program Coordinator, Eric, invites you to coffee and conversation at Café Adagio. 1435 Railroad Ave. Conversation-starter cards will be placed at each table (examples: what is one thing, big or small that you are thankful for? What book/movie/tv show/podcast have you enjoyed recently?)

Please RSVP with the Front Desk. Friends and family are welcome to join.



The BSAC is partnering with Hoagland Pharmacy to host a flu shot clinic

The introduction of Fall and Winter means it's officially "flu season." Flu shots are recommended for everyone 6 months of age and older, especially seniors and people with underlying conditions. Protect yourself and help prevent the spread of the flu this season. High dose (for those 65 and older) and standard dose available.



Tuesday, September 13th. Appointments available from 10am –12pm. Register at the Front Desk.

Upon registration, you will be given a questionnaire and consent form to bring with you at your scheduled time. Bring your insurance card. The vaccine is free of charge under most plans, including Medicare.

“Your Voice, Your Choice” Advance Care Planning Workshop

Advance Care Planning – Conversations can make all the difference! Making your wishes known in advance of a crisis is one of the most profound gifts you can give yourself, your family and your friends.

“Your Voice, Your Choice” is an interactive discussion that will guide you through completing your advance directive and durable power of attorney for healthcare.

Advance care planning involves making decisions about the care you would want to receive if you were unable to speak for yourself because of illness or accident. The decisions are based on your personal values, preferences and discussions with your loved ones and health care providers. Putting your wishes in writing helps to minimize confusion of conflict in times of crisis or uncertainty.

Presentation, time for Q & A, and notarization of completed documents. Presented by the PeaceHealth Advance Care Planning Program.

Thursday, Sept. 29th, 10am - 12pm. Register at the Front Desk.

September Marks Fall Prevention Awareness Month

It is estimated that every one in four Americans aged 65+ takes a fall every year in the United States (Centers for Disease Control). This number is significant considering that falls can be detrimental to one's health, safety, and independence. The good news is that with increased awareness surrounding this issue both individuals and their loved ones can contribute to reducing the risk of falling and the serious impacts that may follow.

Every year in September, National Fall Prevention Awareness Month takes place. The purpose of fall prevention awareness is for organizations to share education on effective strategies for increasing mobility and strength, while also offering practical solutions for safety. It is also a great opportunity for individuals to reflect on their own risk factors or those of a loved one. (Google "ncoa free falls checkup" where you can answer 13 simple questions to get your falls risk score and resources to prevent falls.)

Currently the National Council on Aging offers six steps that can help prevent a fall:

- Find an exercise program that can help build strength and flexibility. (See BSAC classes below)
- Speak to a health care provider to understand the risk of falling.
- Regularly review medications with a doctor/pharmacist to understand the side effects.
- Get both hearing and vision checked annually.
- Reduce tripping hazards at home.
- Enlist the support of family and friends.

How is your balance? Here are 2 simple tests you can try at home: Stand next to a chair, wall, or counter. Have a watch with a second hand. 1) Try standing without support on 1 leg for 10 seconds or longer. 2) Try standing with the heel of one foot in front of the toe of your other foot for 30 seconds. How did you do?

Balance is a gateway fitness ability that allows you to have good function that is necessary for independent living, and good news: improving your balance can be achieved easier than you might think. Make a goal this Fall season to improve your balance for your health, function, and safety.... remember how treacherous walking on icy sidewalks can be in the winter?

Here are some fitness classes offered at BSAC to improve your balance:

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 & Thurs, 9:30-10:30am, \$5/class – Auditorium.*

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 (on Zoom) email epierson@whatcomcoa.org to register.*

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 – Lawn.*

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.*

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.*

Repeat the balance test (mentioned at the beginning) after a month of classes and see how you've improved!

Strength Training for Balance with Dr. Elaine Cress, the bi-weekly class on Zoom, will be offered in-person on Friday, Sept. 23rd 11am-12pm & Wednesday, Sept. 28th at 1pm. No charge for BSAC members. Sign up at the Front Desk to register.



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 stronger 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.

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

This class is free of charge to BSAC members. Fridays from 1:30 to 2:30pm in the Auditorium.

September 2nd – October 28th. Will take a break during November and December for the holidays, but will start back up again for the beginning of January for another eight weeks of class. Drop-ins welcome.

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.

Performing on the second Wednesday of each month (Sept. 14th), 12:30-1:30pm in the Coffee Bar.

Mud Bottom Maddy is a local singer/songwriter who performs folk music for the express purpose of having fun. Mud, as she is known by her friends, can currently be found performing every Friday evening at the Welcome Grocery on the Mt. Baker Highway. Maddy's songlist comprises music from several decades and an occasional original.

Performing on Thursday, Sept. 15th at 1:00pm during the Grandparents Day Celebration (BSAC Lawn).

Sumi-e Japanese ink painting class

This class introduces Sumi-e brush techniques such that participants will be able to paint and complete beautiful Sumi-e paintings as early as the second session.

Sumi-e painting emerged during the Tang dynasty of China between the years of 618–907 and was spread throughout Korea, Japan and Vietnam - largely by Buddhist monks that trained in China. The goal of Sumi-e ink wash painting is not simply to reproduce the appearance of the subject, but to capture its spirit.



Sumi-e produces not only beautiful paintings; participants will also benefit from the meditative and health benefits by using controlled breathing for relaxing the mind and strengthening the lungs.

Three separate 6-week courses to choose from:

- Mondays, 10-11:30am, starting Sept. 19th
- Wednesdays, 10-11:30am, starting Sept. 21
- Fridays, 10-11:30am, starting Sept. 9th

Instructor fee: \$40

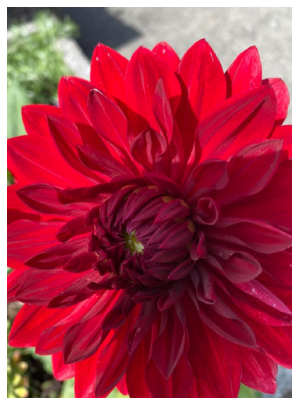
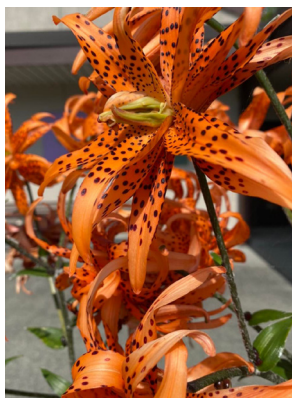
Materials: \$30 (links to purchase materials will be shared)

Sign up at the Front Desk.

Flower Garden Work Party

Monday, September 12th at 10:00am

Donna, a BSAC Advisory Committee member and garden volunteer, is hosting a work party to prepare the flower garden for fall and winter. We will be weeding, dead heading, and watering to improve our garden. If you would like to join, please let us know!



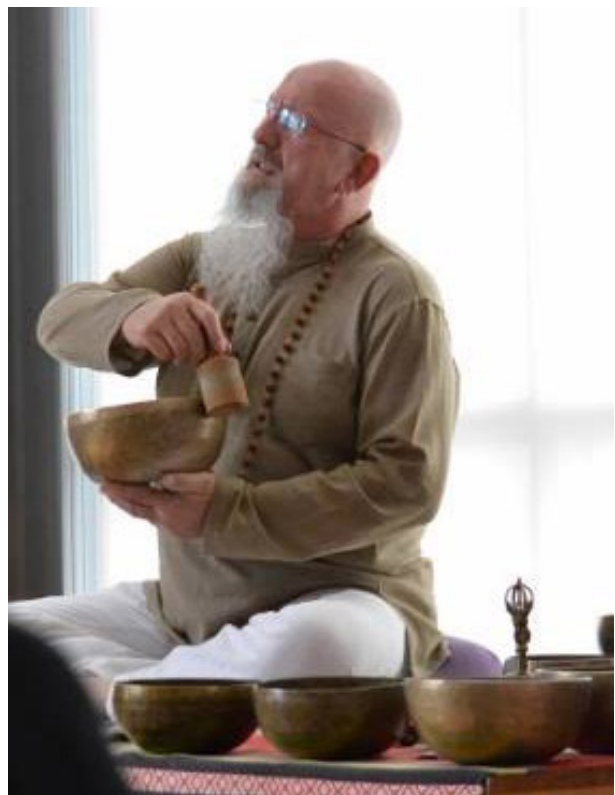
Voter Registration & General Election Information

The League of Women Voters will be in the BSAC lobby on **Friday, September 19th from 11am-1pm** to share relevant information related to the General Election such as forum information, materials with links for finding candidate information and other materials. You can also register to vote if you are not already or update your voter information if you have changed addresses since you've registered.

General Election	
October 19	Voting Center open, ballot packets mailed, drop boxes open
October 31	Online and mail registration deadline New registrations and changes to registration must be done in person
November 8	General Election Day General election ballot order (pending results of the August Primary Election) Register to vote or update registration in-person at the Voting Center before 8:00 pm Ballot Drop Boxes close at 8:00 pm
November 10	Audit of results (hand count)
November 29	Certification of Election

Weekly Scrabble Group

Fridays at 12:30pm in the coffee bar/lobby. Members have established a weekly Scrabble game and invite others to join. Sign up at the front desk for the dates would like to join.



Sound Journey Session using Himalayan and Crystal Bowls

A Sound Journey is a guided sound experience where participants comfortably lie (or sit) on the floor (or chair) with their eyes closed to obtain a relaxed state. A sound session or "sound bath" is referred to as such, because of the feeling of being bathed in sound – and experience that you must feel to truly believe.

The session includes breath work and listening to a variety of instruments in which frequencies assist the body in activating the parasympathetic nervous system, which controls the body's ability to relax. Once in this relaxed state, the parasympathetic nervous system naturally decreases blood pressure, slows breathing, and focuses on internal healing processes such as stimulating the immune system. In this way, sound therapy can reduce stress and anger, and increase mental and emotional clarity, promoting happiness and well-being.

Tuesday, September 20th, 10:00 - 11:00am. Space is limited, register at the Front Desk.

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, Sept. 9th at 1:00pm at BSAC - What do babies think?

What do babies think? - "Babies and young children are like the R&D division of the human species," says psychologist Alison Gopnik. Her research explores the sophisticated intelligence-gathering and decision-making that babies are really doing when they play.

The surprisingly logical minds of babies- How do babies learn so much from so little so quickly? In a fun, experiment-filled talk, cognitive scientist Laura Schulz shows how our young ones make decisions with a surprisingly strong sense of logic, well before they can talk.

Friday, Sept. 23rd at 1:00pm on Zoom - Fun & games

Play is more than just fun - A pioneer in research on play, Dr. Stuart Brown says humor, games, roughhousing, flirtation and fantasy are more than just fun. Plenty of play in childhood makes for happy, smart adults -- and keeping it up can make us smarter at any age.

Why having fun is the secret to a healthier life - Have you had your daily dose of fun? It's not just enjoyable, it's also essential for your health and happiness, says science journalist Catherine Price. She proposes a new definition of fun -- what she calls "true fun" -- and shares easy, evidence-backed ways to weave playfulness, flow and connection into your everyday life.

Book Buzz

A monthly book discussion group

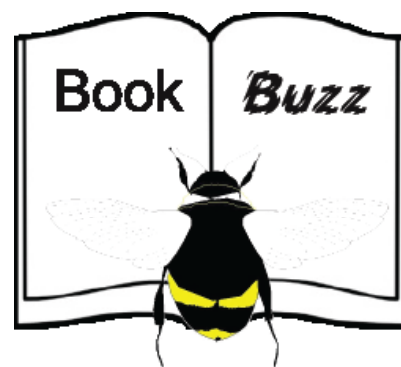
Bird's Eye View by Elinor Florence

Canada is a long way from Britain, but in a Commonwealth Country the call to arms was heard.

Points to Ponder: In Canada during World War II, young men and women want to serve; what drives them to enlist? Rose was assigned to "Intelligence" and was disappointed even though she didn't know what it was; in what ways does our ignorance defeat us? After Rose finds her orphaned niece, she gives the girl to her parents; why doesn't she keep her?

Buzz on in Monday, September 19th at 10:30am

Sneak Peak at book for October: *The Last Bookshop in London* by Madeline Martin 2021; Grace's life is full of disappointments, until she meets George.



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: Sept. 9th & Sept. 23rd, 1:00 - 3:00pm.*

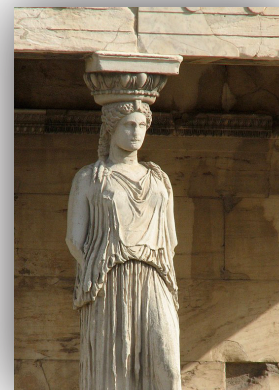
Wonders of Whatcom



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.

Greek Architecture - Take a trip through time to discover the ancient Hellenistic structures within and beyond Greece.

Friday, September 16th, 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.

Chuckanut Scenic Drive - Learn what there is to do and see along this picturesque road from Bellingham ending in Anacortes.

Wednesday, September 14th, 11:00am - 12:30pm.



Civil Discussion that Crosses Divides

All points of view welcome! Come to listen and learn. Talk and be heard.

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 monthly discussion group, hosted by BSAC members Mialee and Daniel. The discussion will be facilitated for lively participation and understanding between attendees. This group will continue to meet on the last Friday of each month at 1:00pm.

Friday, September 30, 1:00-2:30pm we will discuss:

How much does the future matter? Do we owe anything to future generations, and how can we make their lives better? It is interesting to think about and oddly not thought about enough. Discussing this puts allows us to see ourselves in the world with a bigger perspective and cultivate compassion for lives that do not yet exist.

Suggested reading: Google "Will MacAskill news" for recent articles on this topic.



Senior Community Meals are back at BSAC!

Senior Community Meals are back in-person three days a week. 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 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, 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!



Meet our new staff members!



Melody Philips, Lead Cook

You may have noticed a couple of new friendly faces in the BSAC kitchen over the past few weeks. The Whatcom Council on Aging is excited to reintroduce Melody Philips, as our new Lead Cook and to introduce new supporting cook, Tom Morey.

Melody, who previously served as the Blaine Senior Center Cook for 10 years, rejoined the Meals on Wheels and More Team after a brief hiatus. As Lead Cook at the BSAC, Melody is now leading the team that prepares meals not only for lunch at the BSAC, but also for Blaine, Ferndale, and Everson senior centers!

Tom who also recently joined the BSAC kitchen team, brings 22 years of cooking experience! If you haven't already introduced yourself to Melody and Tom, please say hello next time you are at the Center!

Senior Community Meals Menu - Sept. 2022

MONDAY	TUESDAY	THURSDAY
Kitchen Team: Esmeralda O. Christina M. Melody Tom *Vegetarian option in <i>Italics</i>	September is Eat Local Month Learn more at sustainableconnections.org 	1 Stuffed Cabbage Casserole (Beef) * <i>Veggie Casserole</i> Sweet Potato Garden Salad Dinner Roll Brownie
5 BSAC Closed Happy Labor Day :)	6 Bacon Cheeseburger * <i>Veggie Burger</i> w/ Lettuce & Tomato Potato Salad Fresh Grapes Ice Cream	8 Panko Crusted Cod Loin * <i>Breaded Tofu</i> Wild Rice Pilaf Orange Glazed Carrots Garden Salad Berry Crisp
12 Chicken Marsala * <i>Vegan Chicken Marsala</i> Over Buttered Noodles Green Beans w/ Crispy Onions Garden Salad Sliced Peaches	13 Cobb Salad * <i>Entrée Garden Salad</i> (Local Greens) Oatmeal Bread Berry Yogurt Parfait Cup	15 Chinese BBQ Pork * <i>BBQ Tofu</i> Egg Vegetable Fried Rice Veggie Spring Roll Fortune Cookies
19 Chicken Pasta w/ Pesto Cream Sauce * <i>Veggie Pesto Pasta</i> Roasted Carrots & Parsnips Caesar Salad Bread Stick Fresh Grapes	20 Sole Almondine w/ Citrus Caper Butter * <i>Vegan Cutlet</i> Garlic Parsley Potatoes Green Beans Fruited Jell-O	22 Eat Local Day! Locally Raised Beef Stew w/ Garden Vegetables * <i>Vegetable Stew</i> Buttermilk Biscuits Garden Salad Washington Apple Crisp
26 Steak Burrito Wrap (Locally Raised Beef) * <i>Veggie Wrap</i> Citrus Slaw Salad Cinnamon Rice Pudding	27 Chicken Phad Thai * <i>Tofu Phad Thai</i> Veg Potsticker Asian Mandarin Slaw Fresh Melon	29 Chicken Cordon Bleu Roast Sweet Potato Peas & Onions Garden Salad Berry Birthday Cake

Eat with Friends for Better Health

A recent call from a Meals on Wheels client who lives alone and complained of poor appetite reminded me how important the social aspect of eating and socialization in general is to our well-being. Loneliness is known to be a significant risk factor for malnutrition in older adults. It has also been linked to increased risk for stroke, heart disease, depression, and dementia. Socially isolated seniors tend to have decreased appetite, and decreased intake of protein, fruits, and vegetables. They are often less motivated to shop, cook, and eat. The COVID-19 pandemic put older adults even more at risk for the detrimental effects of social isolation and loneliness.

If you do find yourself mostly eating alone, or even if you eat with a partner most days, here are a few tips to help increase your motivation to shop, cook, and eat (healthfully) and improve the nutritional quality of your diet.

- ☐ **Join old and new friends for lunch at the BSAC.** Senior Community Lunch provides an excellent opportunity for older adults to enjoy a nutritionally balanced meal in a social setting. We offer in-person lunch each Monday, Tuesday, and Thursday served from 11:30am to 12:30pm. Lunch is offered on a donation-only basis for adults aged 60 and over, but no senior will be turned away due to inability to contribute. Come for the meal and stay for the other activities offered at the Center. You might learn something new or find a new friend who shares your interest in birdwatching, walking, or painting. Got extra time on your hands? Volunteers are almost always needed to help with meal preparation or service. Volunteering is a great way to give back, meet new friends, and stay busy.
- ☐ **Eat at regular mealtimes** instead of snacking throughout the day. It is okay to snack, but regular meals with 4-6 hours in between will give your body a chance to get hungry.
- ☐ **Eat at the table or counter.** Even if it is just you, make a point to eat in a designated dining area.
- ☐ **If you are eating a frozen meal, serve it on a plate-** not in the container.
- ☐ Turn off the television and remove other distractions.
- ☐ Keep seasoning blends, salsa, and sauces/dressings on hand to spice up frozen or cooked meals. Johnny's, Cajun, Italian, or Asian seasoning blends come in handy. Like it spicy? Keep a bottle of Sriracha or Tabasco at your disposal.
- ☐ Plan your meals in advance and choose meals that don't involve intense preparation.
- ☐ Keep staple foods in your pantry, especially foods that you enjoy regularly and have a long shelf life (Pastas, Rice, Canned Goods, etc.).
- ☐ Keep small quantities of fresh fruit and your favorite salad ingredients in your fridge for quick smoothies and salads and to add to cereal, yogurt or enhance a frozen meal.
- ☐ Make a grocery list and avoid shopping hungry.
- ☐ Call a friend and make plans to eat together.

While you might not be comfortable in all social settings quite yet, at least consider picking up the phone and calling a friend this week. Better yet, invite them to go on a walk or to join for lunch. You might find that it just improves your appetite and motivation to prepare and eat healthy meals throughout the rest of the week.

Footcare by Jennifer Thompson, RN, BSN, CFS

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.

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

myactivecenter.com

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 x0. 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 password for this account.



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Covid Precautions

After two years of mitigations to reduce COVID-19 infections we are currently seeing an increase in cases due to highly transmissible variants. We strongly encourage you to stay up to date with your COVID-19 vaccinations and booster shots. Being vaccinated (and boosted) reduces your risk of serious illness.

How can we continue to protect ourselves and each other at this time?

- Home test if feeling ill. Stay home while your symptoms last. BSAC has home tests available, and we recommend you keep some on hand. Have symptoms but testing negative? Try testing again in a day or two.
 - If you have been at BSAC within 10 days of testing positive for Covid-19 please let us know.
- If test is positive, you may be eligible for the antiviral medication Paxlovid. Check with your health care provider. This drug can help shorten the length of illness but must be taken quickly after symptoms begin/testing positive.
- If you must quarantine and have difficulty getting groceries or meals, please contact the Meals on Wheels office 360-746-6480.
- Wear a well-fitting mask when indoors with people outside your household.

Thank you for continuing to help take care of each other.

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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 Volunteer Coord., Teddi Anshus ext: 1024
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

