



Program Guide

Classes - Activities - Services

Welcome

315 Halleck Street
Bellingham, WA 98225

(360) 733-4030

whatcomcoa.org

Hours: M-F, 8am-4:30pm

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.

Membership is open to anyone 50+ for \$50 for a one year or \$15 for three months.

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 (\$10 for Yoga). At this time, virtual classes are free.

Zumba

Zumba Gold is for active older adults who are looking for a modified Zumba® class that recreates the original moves at a lower-

intensity. The design of the class introduces easy-to-follow choreography that focuses on balance, range of motion, and coordination.

Tues & Thursdays 9:30-10:30am

Saturdays 9:15-10:00am

1 punch or \$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)

Yoga

Instructor Mary Byrne has studied Iyengar, Kundalini, Ashtanga Vinyasa and other disciplines. Her style is a compilation of what is most meaningful and useful.

Mon & Thurs 10:00 - 11:30am

2 punches or \$10/class - Room 16

Register for class - see pg 19.

Chair Yoga

Practiced sitting on a chair, or standing using a chair for support. The poses are often adaptations of postures in modern yoga. Great for those who are unable to get up and down from the floor or rehabbing from an injury.

Tues & Thurs 8:30 - 9:30am

No charge, drop-in. Room 16.

Flowing Water Qigong (Chi Kung)

Regular practice of this easy 12 movement Qigong set leads to happier, healthier joints by lubricating and loosening them with relaxing, flowing movements and imagery. No experience necessary.

Wednesdays 1:30-2:30pm

5 treasures Qigong - 1st Sat. of the month 10:00am

1 punch or \$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

1 punch or \$5/class

Longevity Stick

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

Mon & Wed 3:15 - 4:15pm

No charge - Auditorium

Tue & Thur 11:00am - 12:00pm

No charge - Virtual

Sunday 11:00am - 12:00pm

Contact Bonnie, (360) 303-7924

for location & directions.



Open Gym

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

Closed on Mon. & Fri., 11am-12pm for Strength Training Classes.

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.



Personal Strength Training

Personal Training appointments are available for \$40+tax for 40 minutes, exclusively to BSAC members who have completed our Strength Training 101 course. To schedule an appointment, visit the front desk to pick up a form and Liane will be in touch with you.

Writing & Discussion

Brainpower!

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

TED Talk Discussions

We invite you to join us to view and discuss selected TED Talks that will facilitate discourse on important subjects. Each viewing will feature a different topic from which two TED talks will be viewed and discussed.

2nd & 4th Fridays 1:00-3:00pm

Taste Buddies: A Recipe Club for All

The objective of this club is to improve our repertoire of tasty, easy-to-prepare meals at home.

Fridays 10:30am-12:00pm

Spanish Conversation

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

Wednesdays, Virtual 9:00-11:00am

Thursdays 10:00am-12:00pm

French Conversation

A casual French conversation group for beginning to intermediate speakers.

Tuesdays, 11:00am - 12:00pm

Book Buzz

A monthly book discussion group. "Bee" a part of the discussion! See page 16 for more info.

2nd Mon./month 10:30am-12:00pm

Writers Group

To share wit, wisdom, and our words. Anything you want to write about and read to the group in 4-7 minutes or so. Essay, poetry, humor, memoir, book review, anecdote, or whatever thoughts you have put to words. Friendly

association, discussion of ideas, and fun is what we're all about!

Thursdays 10:30am-12:00pm

Rainbow Elders

Are you part of the Lesbian, Gay, Bisexual, Transgender, Queer or Questioning (LGBTQ) community? Join us for monthly social discussion groups to meet new friends and be part of a supportive community.

1st Wed. - Lunch, 11:30 am.

2nd Wed. - Coffee Talk, 2:00pm.

3rd Wed. - Discussion, 3:15pm

4th Wed. - Coffee Talk, 2:00pm.

Weekly Social Hour

Join other BSAC members at these gatherings to meet new friends. List of weekly meeting locations available at the front desk.

4th Wednesday 4:00 - 5:00pm.

Wonders of the World

Slide show presentations on topics of art, culture, and nature in Whatcom County and beyond.

3rd Fridays 10:30am - 12:00pm

Artistic Opportunities



Open Art Time

Bring your painting or project and work with others.

Mondays 1:00-3:00pm

Rug Hooking

Learn how to make beautiful hooked rugs/hangings. Materials not provided.

Tuesdays 9:00am-2:00pm

Quilting

Bring your own materials and machine. Space is limited, so check with group prior.

Thursdays 12:15-4:00pm

Knitting & Crochet

Open to all, new or experienced. Bring your own project (materials are not provided).

Wednesdays 10:00-11:30am

Card Games

Chess & Backgammon

Players of all levels are welcome. Have a set, please bring it along with you. Sign up at the front desk.

2nd & 4th Thurs 2:30-4:30pm

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
(11:15am-12:30pm instruction)

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

Bunco

Bunco is a social, group dice

game. Fun and easy to learn! Sign-up at the Front Desk.

Thursdays 1:00-3:00pm

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

Tuesdays 9:30am-12:30pm

Scrabble

Drop-in and play with others.

Tuesdays 1:00-3:00pm

Music & Dance



Tuesday Dance

Enjoy dancing to the great tunes by Sentimental Journey. \$5 to band for dancers or \$2 to listen/watch.

Tuesdays 2:00-4:00pm

English Country Dancing

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

Thurs 2:00-3:15pm (all invited)
3:15-4:00pm (dance by invitation only, observers welcome)

Senior Steppers

We welcome new tap dancers. Tap shoes available to loan and classes are free. Michelle: (360) 927-1365.

Mondays 1:30-3:30pm
Fridays 1:30-3:30pm



Singing for Fun

Join others to sing together. Song books provided.

Mondays, 10:30-11:30am

Jam Session

If you have an instrument or a singing voice, come join us and have fun! The recommended skill level is intermediate to advanced.

Thursdays 9:30-11:00am



Kurt Aemmer

Kurt is one of the most celebrated Blues singers to come out of Bellingham in decades. Playing covers and originals.

2nd Fri./month 12:30-1:30pm

Mud Bottom Maddy

Maddy is a local singer/songwriter who performs folk music for

the express purpose of having fun. Her performances are lively, fun, and smile-inducing.

3rd Thurs./month 12:30-1:30pm

Recreation

Table Tennis

Fun to play and gets you moving! Find a partner or drop-in to play.

Beginners/Intermediate: Wed & Fri 8:00-10:30am & Fri 1:30 - 3:30

Intermediate/Advanced: Tues & Thurs 1:30-3:30pm

Open play times: Mon 1:30-4:30pm, Tues & Thurs 8-10:30am

Pool

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

Mon-Fri, 8:00am to 4:30pm

Ladies Pool

Let's chalk up the cue sticks and rack 'em up for weekly ladies pool group. Drop-in.

Wednesdays 1:00-3:00pm

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. Monthly schedule of walks is available at the front desk or whatcomcoa.org. Need more information? Call Scott (812) 371-6005.

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

Senior Trailblazers

Our philosophy is to promote fellowship and camaraderie in ad-

dition 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.

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

Bike Group Rides

Wednesdays at 10:00am
whatcomcoa.org/bikegroups 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 2:00-4:00pm

Health & Wellness

Blood Pressure Checks

High blood pressure may increase the risk of heart attack, stroke, and kidney disease. Knowing your blood pressure is part of self-care.

1st & 3rd Mon. 10:30am - 1:00pm

Sound Journey

A guided sound experience where participants comfortably lie (or sit) on the floor (or chair) with their eyes closed to obtain a relaxed state. 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. Facilitated by Everitt Allen, Sound Therapy of the Pacific Northwest.

Last Fri./month 10:00 - 11:00am

Hearing & Communication Consultations

Joel Bergsbaken from the Hearing Speech and Deaf Center in Bellingham will be on-site monthly at the Senior Activity Center to meet with individuals for one-on-one consultations to discuss hearing change, hearing loss, communication, community barriers, and listening technology.

1st Mon./month 10:00am - 3:00pm
Call or visit the front desk to schedule a 45-minute appointment.

Low Vision Support

This group offers recognition and support of the difficulties low vision may present in everyday life. Meetings will typically include sharing of personal experiences and informative tips and discussion.

4th Wednesday 1:00 - 3:00pm

Mindfulness Meditation

Guided meditation. Drop-in. All levels from first-timers to daily practitioners are encouraged to join.

Tuesdays 10:00-10:45am

Household Emergency Preparedness

In this series we will share and discuss a different topic each month, including: an overview of our local hazards, the fundamentals of emergency preparedness, starting your 2-week kit, preparing in a year, creating your household plan, and more. Presented by Greg Hope, Education & Outreach Coordinator for the Office of Emergency Management for the City of Bellingham.

4th Wed./month 1:00-2:30pm
BSAC membership not required

Register online for Yoga and Group Bike Rides

Please register in advance for these classes. Reservations can be made up to a month in advance (registration for the following month opens on the 20th). Reservations must be made in advance online: www.myactivecenter.com, by phone 360-733-4030 x0, or at the front desk. Scheduling online is preferred.

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. Please remember that if you register for Yoga class and do not cancel in advance, your punchcard will be punched for one full class.



a program of the
 Whatcom Council on Aging

Senior Community Meals at BSAC

Senior Community Meals are in-person 5 days a week, Monday through Friday, 11:30-12:30. Check out the menu on the next page. To-go meals are also available.

We will continue to offer bags of 5 frozen "to-go" meals by donation for those aged 60 and over each Monday from 10:00-11:00am. The meals are distributed through drive-up and walk-up lines outside of the Bridge Community Church located next to the Habitat for Humanity Store next to our building. We ask that you choose to participate in **either** the frozen "to-go" Meal program or the Senior Community Meals on a weekly basis (up to 5 meals per week). If you feel that you have a need for both the fresh and frozen meals, please contact Kathy Parker at 360-733-4030 x1030 or kparker@whatcomcoa.org.

All senior 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. Donations can be made by cash, check, or online at <https://whatcomcoa.org/donate/>. 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. Bellingham Senior Activity Center membership is not required to participate in the Senior Community Meals or Senior to-go Meals.

BSAC Classes offered online with Zoom



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

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

whatcomcoa.org/virtualprograms for the complete schedule and to sign up for weekly enews.

Select videos of BSAC classes are available on our YouTube Channel:

youtube.com/@wcoabsac6465

Bellingham Senior Activity Center

315 Halleck Street

Bellingham, WA 98225

Return service requested

BSAC is Open On Saturdays 9am to 12pm!

Members only, must have BSAC keytag.

We will be open for you to enjoy the
library, gym, table tennis room, pool
room, and socializing.

Membership Options:

\$50 for one year

\$15 for a three month period.

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, Sat. 9am-12pm

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 Program Concierge, Jeanne & Lindsey ext: 1016

Meals on Wheels & More ext: 1030

WCOA Executive Director, Chris Orr ext: 1026

Bellingham at Home ext: 2602



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