

# THE BSAC CONNECTION



February 2024 Programs, Services, and Activities

THE BELLINGHAM SENIOR ACTIVITY CENTER PRESENTS A SPECIAL FILM EVENT...



WEDNESDAY, FEBRUARY 14 • 10:30AM - 12:00PM

PICKFORD FILM CENTER • 1318 BAY ST, BELLINGHAM, WA



LIMITED SEATING • \$10 PER TICKET •  
TICKETS: QR CODE OR WHATCOMCOA.ORG OR (360) 733-4030

Whatcomcoa.org

315 Halleck Street

(360) 733-4030



## Welcome

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

## AARP Tax-Aide Appointments

BSAC is pleased to once again partner with AARP Tax Aide to offer free tax preparation to seniors in our community. AARP will have appointments available Tuesdays and Fridays starting in February.




Advance appointments are required and can be made at the front desk or by calling (360) 733-4030 x0. Those with appointments must pick up the registration forms in advance from Bellingham Senior Activity Center.

Nationwide AARP Foundation Tax-Aide provides in-person and virtual tax assistance to anyone free of charge with a focus on taxpayers who are over 50 and have low-to-moderate income. Tax-Aide volunteers are located coast-to-coast and are trained and IRS-certified every year to make sure they know about and understand the latest changes and additions to the tax code. Those with appointments must pick up the registration forms in advance from Bellingham Senior Activity Center.

BSAC will be closed on:

*Jan. 31 through Feb. 2 due to construction. (see below for details)*

*President's Day - Monday, February 19*



# BSAC

# UNDER CONSTRUCTION

**DRAIN REPAIR**

**BSAC will be closed**

Wednesday, January 31- demolition  
Thursday, February 1- water shut off  
Friday, February 2- water shut off

Lunch available at the Ferndale & Blaine Senior Centers or pick up a bag of frozen meals on Monday, January 29.

Some programs & activities may be cancelled or rescheduled due to construction noise on other dates as well.

**Expect sustained LOUD noise & disruptions**  
**January 29-February 8**

## As we enter the winter months a note on inclement weather closures

At times it can be unsafe to drive and BSAC may need to close for the day or open later than usual to give the roads time to thaw and clear the parking lot. Closures and delays will be reported by 7:30am on, our website (whatcomcoa.org), our BSAC Facebook page and on the outgoing message which can be heard by calling 360-733-4030.

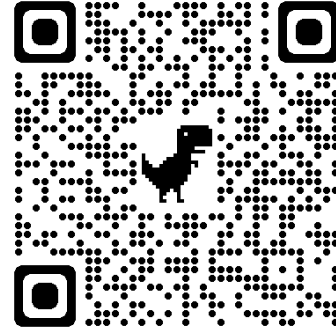
If in doubt please stay home and stay safe! If you are in need of emergency food in case of inclement weather please call the Meals on Wheels & More office at 360-746-6480.



M O N D A Y	9:30 EnhanceFitness 10:00 Yoga 10:30 Singing for Fun 11:30 - 12:30 Lunch 12:30 Mah Jongg 12:15 Pinochle 1:00 Strength Training for Balance (Virtual) 1:00 Open Art Time 1:30 Senior Steppers 3:15 Longevity Stick 3:15 Ukulele Practice
T U E S D A Y	8:15 Senior Trailblazers 8:30 Chair Yoga 9:00 Rug Hooking 9:30 Button Walkabouts 9:30 Mah Jongg 9:30 Zumba 10:00 Mindfulness Meditation 11:00 French Conversation Group 11:30 - 12:30 Lunch 12:30 Bridge (11:15-12:30 instruction) 1:00 Scrabble 2:00 Ballroom Dance 1:30 Table Tennis (intermediate/advanced)
W E D N E S D A Y	8:00 Table Tennis (beginners/intermediate) 9:00 Spanish Conversation (Virtual) 9:00 Footcare 9:30 EnhanceFitness 10:00 Knitting & Crochet 11:30 - 12:30 Lunch (pg.5) Rainbow Elders 1:00 Ladies Pool Group 1:00 Strength Training for Balance (Virtual) 1:30 BrainPower (1st & 3rd Wed.) 1:30 Tai Chi 2:45 Longevity Stick 4:00 Weekly Social Hour
T H U R S D A Y	7:45 Senior Trailblazers 8:30 Chair Yoga 9:30 Button Walkabouts 9:30 Zumba 9:30 Jam Session 10:00 Yoga 10:00 Spanish Conversation 10:30 Writer's Group 11:00 Longevity Stick (Virtual) 11:30 - 12:30 Lunch 12:15 Quilting Group 1:00 Bunco 2:00 Table Tennis (intermediate/advanced) 2:00 English Country Dance 2:30 Ukulele Practice
F R I D A Y	8:00 Table Tennis (beginners/intermediate) 9:30 EnhanceFitness 10:30 Taste Buddies Recipe Club 11:30 - 12:30 Lunch 12:15 Pinochle 1:00 TED Talk Discussions (2nd & 4th Fri.) 1:30 Table Tennis (beginners/intermediate) 1:30 Senior Steppers 2:00 Tech Help 3:15 Ballet

## Ongoing Classes & Activities Schedule

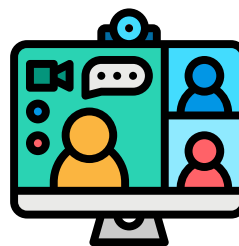
This schedule to the left lists the weekly or bi-monthly classes & activities. For details on all ongoing programs, pickup the Program Guide at the front desk, visit our website: [whatcomcoa.org](http://whatcomcoa.org), or scan the QR code below.



All new members will be provided with a Program Guide and this monthly newsletter *The BSAC Connection* upon registration.

This *BSAC Connection* newsletter will feature upcoming programs - such as monthly programs, limited-time classes and workshops, events, articles, and news from our Center and organization.

## 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, Spanish Conversation, and more!

Visit [whatcomcoa.org/virtualprograms](http://whatcomcoa.org/virtualprograms)

Sign-up for our email list at: [whatcomcoa.org](http://whatcomcoa.org) or call 733-4030 x1035 for instant access to all virtual programs.

Select videos of BSAC classes are available on our YouTube Channel: [youtube.com/@wcoabsac6465](https://youtube.com/@wcoabsac6465)

## Monthly Ongoing Programs

### Wonders of the World

Join us on the third Friday of each month for "Wonders of the World" featuring slide show presentations on topics of art, culture, and nature in Whatcom County and beyond.



**February 16th at 10:30am** - World Heritage Sites: a slide illustrated presentation of the world's most important historical and cultural sites.

### Book Buzz

**Monday, February 12th at 10:30am.** February's book: *The Bear* by Andrew Krivak, 2020; a Girl and her Father live along a mountain ridge; they are the last of their kind; but when he dies, the Girl is not alone; Bear comes for her; author PhD from Rutgers, former Jesuit Priest.



Book Buzz will continue on the second Monday of each month. Sneak peak at March's book: *The Guernsey Literary and Potato Peel Pie Society* by Mary Ann Shaffer & Annie Barrows.

### Household Emergency Preparedness

**February 28th at 1:00pm - Action Plan:** Develop your disaster plan before you need it! Practice safely exiting your home during an emergency and meeting up outside. Make sure that all members of the household know how to find and use your fire extinguisher, utility controls, and fire aid supplies.

Continuing on the 4th Wednesday of each month at 1:00pm in 2024 following the 12 topics from the Prepare in a Year program. One hour each month to make disaster readiness less daunting. For a complete list of all 12 topics and access to the booklet, visit: <https://mil.wa.gov/personal>

**Sign up at the front desk to attend any or all of these presentations! Free for members & guests.**



### Kurt Aemmer

**Friday, February 9th, 12:30 - 1:30pm.** Continuing on the 2nd Friday of each month.

Kurt 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.



### Mud Bottom Maddy

**Thursday, February 15th, 12:30 - 1:30pm.** Continuing on the 3rd Thursday of each month.

Maddy is a local singer/songwriter who performs folk music for the express purpose of having fun.

Maddy's songlist comprises music from several decades and an occasional original. Her performances are lively, fun, and smile-inducing.



### Ukulele Jam & Sing-along

**4th Thursdays of each month, 2:30-4:30pm**

Come one! Come all! All levels of singers and strummers welcome. Cynthia Rogers will be our MC to lead the sing-along, and you can play your ukulele, just sing, or both. We will also set aside time for an "open mic" for those who want to perform solo or lead the group in a song. "The Daily Ukulele (yellow)" by Jim Beloff is our songbook, and extra copies will be available to share. Come early if you want uke tuning assistance. A social intermission will also be included.





## 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. We will have the group provide direction for our discussions.



1st Wed., Rainbow Elders Lunch, 11:30 am.

2nd Wed., Rainbow Elders Coffee Talk, 2:00pm.

3rd Wed., Rainbow Elders Discussion, 3:15-4:30pm

4th Wed., Rainbow Elders Coffee Talk, 2:00pm.

## Whatcom Edge Sharpening Service

*Friday, Feb. 9th, 10:00am-4:00pm. Continuing on the 2nd Friday of each month.*

Take this opportunity to sharpen your knives, scissors, hair shears, garden tools, etc. The mobile sharpening service will be parked outside. Rates: Knives \$1/inch, Scissors \$2/inch.

## Sound Journey

*Friday, Feb. 23rd, 10:00 - 11:00am. Continuing Last Fri./month.*

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.



## Low Vision Support

*4th Wednesday of each month, 1:00 - 3:00pm.*

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.

## Hearing & Communication Consultations

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

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.

## TED Talk Discussions

We invite you to join us to view and discuss selected TED Talks (or other similar talks & presentations) that will facilitate discourse on important subjects. The videos 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 gathering will feature two talks to be viewed and discussed.

*Second & fourth Friday of each month, 1:00-3:00pm. See page 13 for this month's discussion.*

## Social Hour

Are you looking for an opportunity to get out and meet others for friendly conversation? Join other BSAC members at these gatherings to meet new friends, spark up conversations and enjoy some food and beverages. Hosted by BSAC members.

Meetups are Wednesdays at 4:00pm at the following locations:

Feb. 7: Nicki's Bella Marina, 2615 S Harbor Loop Dr.

Feb. 14: Twin Sisters Brewing, 500 Carolina St.

Feb. 21: Aslan Brewing, 1330 N Forest St.

Feb. 28: Larabee Lager Co., 4151 Meridian St.



## THE AGE OF LOVE Offers a New Wrinkle in Our Search for Love

Award-Winning Documentary Comes to Pickford Film Center on Valentines Day, February 14th

Senior Speed Dating Event to follow on March 9th

Speed dating for the booming 70+ generation has become a growing trend across the country thanks to *The Age of Love*, a groundbreaking documentary that *The Huffington Post* calls, “a touching and funny look into the lives of seniors who just want to find love.”

*We invite you to a public screening of the film, February 14, 10:30am at the Pickford Film Center - 1318 Bay St.*

*Tickets: \$10*

*Limited seating.*

*Tickets available at the front desk,  
by phone (360) 733-4030  
or online: [whatcomcoa.org/events](http://whatcomcoa.org/events)*



The film intimately follows the playful and poignant adventures of thirty Rochester, NY seniors who sign up for a first-of-its-kind speed dating event for 70 to 90-year-olds. Fearlessly candid as they take stock of life-worn bodies yet still-hopeful hearts, they soon discover how the search for love changes—or doesn’t change—from first love to the far reaches of life.

Winner of NYC’s Paley Center Doc Competition and awarded a Fledgling Fund grant for its “potential to change American culture,” *The Age of Love* takes aim at ageist stereotypes and taboos, opening eyes of all generations with an unexpected story of emotional growth and new beginnings regardless of age.

***All ages are invited to the screening of the film and adults 60 and over are invited to the Speed Dating (or friendship/companionship) Event on March 9.***

Bellingham’s very first speed dating event for older adults offers a new way to break down boundaries and reach out to new people, allowing older adults connection and empowerment. Whether it’s to meet new friends, to find someone to share a meal or a movie or a conversation, or to find a romantic partner, it’s an opportunity to connect that’s rarely offered in our society for this age group. This event focuses on the hearts and emotions of older adults, a topic that often falls secondary to other concerns of aging but is vitally important for wellbeing.

Speed dating is a fun, lively way to meet like-minded singles one-on-one and without commitment. Whether you’re seeking a companion or a soulmate, here’s your chance to get to know a variety of interesting people in a series of five-minute chats. Light refreshments will be served. Space is limited. Registration opens January 8th. Must register by February 23rd. Register at the front desk or call (360) 733-4030.



# The Love Shack Boogie Valentine's Day Dance

Featuring Live Music  
from High Tide

Wednesday, February 14th, 2-4pm  
Free Admission! Guests welcome!



Ladies Valentine's Day

# TEA PARTY

This party will be held on  
**Friday, February 16th at 2pm**

Light refreshments & fun!

Space is limited please sign up at  
the front desk.

**Home Instead**  
*To us, it's personal*

## What's Next: Resources as We Age

Planning for  
care and  
support



*This informative fair is free to attend and open to the entire community.*

**Discover a variety of resources for older adults in our community.**

Areas covered include senior living options, caregiving, dementia support, financial services and more. Our goal is for people to receive information on the various resources to help with planning for future and present needs, for not only themselves, but their families and loved ones as well.

Representatives from organizations and businesses offering senior services will be on-hand to assist you and answer questions.

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

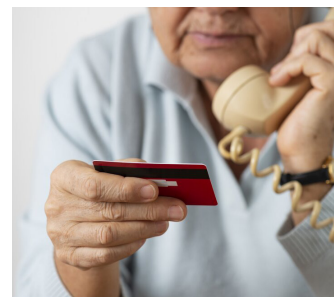
**Fridays in March:**

- March 8th, 9:00am-2:00pm ● Bellingham Senior Activity Center  
315 Halleck Street, Bellingham
- March 15th, 9:00am-2:00pm ● Blaine Senior Center  
763 G St, Blaine
- March 22nd, 9:00am-2:00pm ● Lynden Community/Senior Center  
401 Grover St, Lynden
- March 29th, 9:00am-2:00pm ● Ferndale Senior Center  
1999 Cherry St, Ferndale

## How to Identify and Avoid Financial Fraud & Scams

In this session, you will discover the warning signs of fraud, learn about current scams, and explore effective strategies to safeguard your personal information, including how and when to get a credit freeze. You'll also receive a take-home resource sheet. As a local financial cooperative founded by teachers in 1936, WECU has a long-standing commitment to promoting community financial education.

*Friday, February 9th at 10:30am. Sign up at the front desk.*

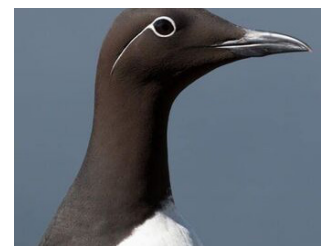
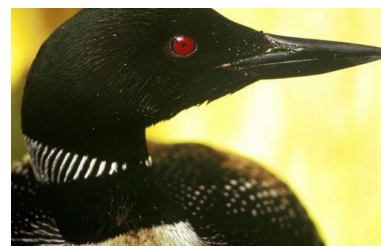
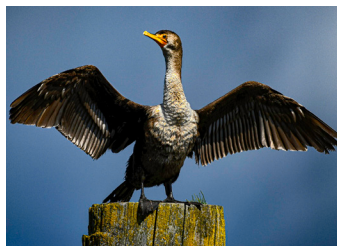


## An Ornithological Overview: Salish Sea Marine Birds

We Washingtonians, are blessed with a diverse and rich avifauna! Join us, to learn and better appreciate the offshore, maritime members, as well as, their bio-ecology and behaviors. We will cover auks, cormorants, loons, grebes, mergansers, kingfishers and more in this fun, local "Tour de Birds"!

Presented by David Drummond, Wildlife Biologist & Naturalist Educator. David has studied marine organisms from the Arctic to Antarctic and in between. He has also collaborated with world marine life experts onboard regional and international ships as he continues to learn about these fascinating organisms of the evolving oceans. David's enthusiasm and expertise has opened numerous hearts and minds to natural and cultural history around the world.

*Monday, February 26th, 1:00-2:30pm. Suggested Donation: \$10. Sign up at the front desk.*



## Meditation for ushering in peacefulness while living with past trauma

In this class one will learn strategies in: sensory awareness and breathing and meditation techniques. When used with support and practice, one can manifest a sense of calm and peace while lowering unwholesome feelings and thoughts that can cause feelings of discomfort: anxiety, fear, anger, loneliness, and sadness.

Many of us can use strategies to either get to or maintain a state of relaxation and calm. Meditation is a scientifically proven method to achieve this state with guidance and practice. As we age, there is still a continued need for these strategies as many individuals may carry past trauma which can add to the stressors that come along with aging. Understanding and being aware of one's physical and emotional senses, that can bring on anxiety, fear, sadness, loneliness or anger, allows one to have some control over how they perceive their senses and change them if they have the tools and support. Meditation is such a tool and a meditation teacher, who understands stress and trauma, is the support.

Instructed by Dana Dardis. Dana's relevant experience and qualifications include: meditation steeped in eastern and western perspectives; M.Ed.—teaching K-12 and adults; 2nd Degree Reiki: Usui Shiki Ryoho Tradition; Facilitation training in Adverse Childhood Experiences (ACEs), Talk Saves Lives: Suicide Prevention; and Certification in Area Health Education (AHEC) for Urban and Rural Underserved and Underrepresented populations; Studying Substance Use Disorder, and Tai Chi and QiGong Practitioner.

*6-week course. Wednesdays, 10:00 - 10:50am, starting on February 21st. \$5 for each session paid to instructor. Sign up at the front desk.*



## Guided Bus Trip to Spanel Planetarium

**Where:** Spanel Planetarium at WWU

**When:** Friday, Feb. 16, 10am-12:30pm

Explore local transportation options and the skies in one fantastic adventure. Smart Trips will lead you by WTA bus to the WWU planetarium for their presentation *Dream to Fly*.

“Discover the mystery of flight with Leonardo da Vinci, the Montgolfier brothers, the Wright brothers and other inventors in this poetic story about the history of aviation. It presents the milestones on our route to conquering the skies—both in terms of technological breakthroughs, as well as our perceptions on flying itself. Rich visuals, an original soundtrack and a poetic narration make this show an exceptional experience.”

Meet in the lobby at the Bellingham Senior Center 10am sharp! Dress for a short walk and wait at the bus stop. WTA passes will be provided if needed, bring a gold card if you have one. The group will return by 12:30pm. SPACE IS LIMITED.

RSVP or ask for more info at 360-756-TRIP (8747) or [info@WhatcomSmartTrips.org](mailto:info@WhatcomSmartTrips.org).



## Introduction to the DASH Diet:

### Healthy eating to lower your blood pressure

Discover how DASH can help you lower your blood pressure and improve your health. DASH stands for Dietary Approaches to Stop Hypertension. The DASH diet is a healthy-eating plan designed to help treat or prevent high blood pressure (hypertension).

The DASH diet includes foods that are rich in potassium, calcium and magnesium. These nutrients help control blood pressure. The diet limits foods that are high in sodium, saturated fat and added sugars. Studies have shown that the DASH diet can lower blood pressure in as little as two weeks. Presented by Karrie Inman, Blood Pressure Self-Monitoring program Healthy Heart Ambassador.

**Wednesday, February 28th, 11:00am-12:00pm. Sign up at the front desk.**



## Tai Chi for Arthritis and Fall Prevention

This lovely short form is based on Sun style Tai Chi . It was adapted by Dr. Paul Lam specifically for people with musculoskeletal conditions, however it is accessible and beneficial for almost everyone. Practitioners report feeling stronger, better and having more control of their condition. Its broad benefits include improved flexibility, balance and muscle strength, calmer breathing, and a deep sense of relaxation and well-being.

**Wednesdays, 1:30-2:30pm. Instructed by Lee Willis. Drop-in. \$5/class or fitness punchcard.**



## Harmony Northwest Chorus

*Friday, March 1st at 1:00pm in the Auditorium*

Harmony Northwest Chorus sings 4-part a-cappella music in the barbershop style. Providing a variety of musical programs throughout the year with a wide range of music that includes Broadway classics and yesterday's and today's popular songs, the Harmony Northwest Chorus will provide an entertaining program that includes audience participation in a sing-along and historical references about the music. The chorus has been a member of Sweet Adelines International for over 40 years and has twice won the Audience Choice Award at the regional contest.



## Kulshan Chorus presents Music to Go!

*Saturday, March 2nd, 10:30 - 11:30am*

Kulshan Chorus has been entertaining audiences in Bellingham for many years. Please join us for this one hour performance of some of our favorite choral selections designed to travel well!



## Newly Added to the Ongoing Programs Guide:

- **Zumba Gold with Mikari, Saturdays, 9:15 - 10:00am. Must have Fitness Class Punchcard.**

Punchcards available for purchase at the front desk - \$45 for 11 classes, and can also be used for Yoga, Tai Chi (Qigong), EnhanceFitness and weekday Zumba classes.

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

- **Ballet, Fridays, 3:15-4:15pm, starting February 2nd. No charge.**

This is a movement class designed to introduce participants to classical ballet as the basis for all Western dance forms, striving to improve mobility, balance, strength, and coordination.

- **Ukulele Jam & Sing-along, 4th Thursdays of each month, 2:30-4:30pm**

All levels of singers and strummers welcome. Cynthia Rogers will be our MC to lead the sing-along, and you can play your ukulele, just sing, or both.

- **Footcare with Christa, Wednesdays, 45 minutes per appointment; \$45 for members \$50 for non-members, payable to provider at time of appointment with cash or check. Call or stop by the front desk to secure your appointment.**

A basic appointment will include an inspection and assessment of your feet, routine care such as callous removal, trimming toenails, and referrals as needed. Preventative foot care can improve your comfort & mobility, address diabetic foot complications, and enhance your quality of life.



## TED Talk Discussions

We invite you to join us to view and discuss selected TED Talks (or other similar talks & presentations) that will facilitate discourse on important subjects. The videos 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 gathering will feature two talks to be viewed and discussed. *Second & fourth Friday of each month, 1:00-3:00pm.*

### *Friday, January 9th at 1:00pm - Generosity*

*Helping others makes us happier -- but it matters how we do it* - Research shows that helping others makes us happier. But in her groundbreaking work on generosity and joy, social psychologist Elizabeth Dunn found that there's a catch: it matters how we help. Learn how we can make a greater impact -- and boost our own happiness along the way -- if we make one key shift in how we help others. "Let's stop thinking about giving as just this moral obligation and start thinking of it as a source of pleasure," Dunn says.

*It's time for infectious generosity. Here's how* - What would happen to humanity if generosity went viral? Sharing transformative stories from around the world, head of TED Chris Anderson outlines why the time has come for the internet to realize its power to supercharge small acts of kindness, changing lives at a scale never experienced before. Learn how to cultivate a generous mindset — with or without giving money — and get inspired with tools to amplify your impact. "Be brave. Give what you can, and then be absolutely amazed at what happens next," Anderson says.

### *Friday, January 23rd at 1:00pm - Finding common ground*

*How to disagree productively and find common ground* - Some days, it feels like the only thing we can agree on is that we can't agree -- on anything. Drawing on her background as a world debate champion, Julia Dhar offers three techniques to reshape the way we talk to each other so we can start disagreeing productively and finding common ground -- over family dinners, during work meetings and in our national conversations.

*Why it's worth listening to people you disagree with* - A specialist in conflict resolution, Paul works as a speaker and consultant, advising companies and educational institutions on issues that range from diversity and compassion fatigue to using humor in leadership.

# BUNCO BASH!



Bunco is a dice game that is fun,  
exciting, and easy to play!

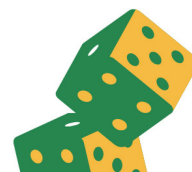
No experience necessary. The game  
is easy to learn and a joy to play.



**Tickets: \$20. Includes snacks & beverages, one raffle ticket (additional raffle tickets \$1 each), and chances to win cash prizes and raffle items!**

**Friday, March 15th • 2:00 - 5:00 PM**  
**Bellingham Senior Activity Center**

**PRE- REGISTRATION REQUIRED. PAYMENT DUE UPON REGISTRAION. SPACE IS LIMITED. 18+.**



## PRESIDENT'S VOLUNTEER SERVICE AWARD RECIPIENTS

The Whatcom Council on Aging is excited to announce our 2023 President's Volunteer Service Award Winners. These are outstanding volunteers in our organization who have dedicated over 100 hours with the Whatcom Council on Aging (including the Bellingham Senior Activity Center, Meals on Wheels and More and Bellingham At Home). These volunteers are all members of our community who have gone above and beyond for our local seniors, while supporting their physical health, emotional health and overall well-being.

Name	Award
Ablondi, Jeannette	Silver
Altschuler, Dean	Bronze
Armstrong, Joan	Silver
Atchley, Sharon	Bronze
Atkinson, Patricia	Bronze
Attard, Jack	Silver
Barton, Roger	Bronze
Birr, Kate	Silver
Blake, Diane	Bronze
Blazier, Edward	Bronze
Bonnickson, Nancy	Gold
Brown, Brenda	Silver
Brown, Scott	Bronze
Burlingame, Marilyn	Bronze
Burns, Daniel	Bronze
Bynon, Valerie	Bronze
Calabretta, Sofia	Silver
Carter, Roberta	Bronze
Chesson, Chris	Bronze
Clark, Patrice	Bronze
Coleman, Raquel	Bronze
Collman, Sandy	Silver
Cress, Elaine	Bronze
Cross, Rhonda	Bronze
Dalzell, William	Bronze
Deets, Daniel	Bronze
Dhillon, Gurpreet	Bronze
Dorr, Tom	Bronze
Fisher, Candyce	Bronze
Ford, Kenneth	Bronze
Fox, LeAnn	Bronze
Gagne, Nan	Gold
Garnett, James	Bronze
Gilbert, Deborah	Bronze
Grubbs, Sam	Bronze

Name	Award
Grunhard, Tamara	Bronze
Hamilton, Carol	Silver
Ho, Peter	Bronze
Hoffman, Kathleen	Bronze
Hoffmann, Gunther	Bronze
Hoffmann, Marijo	Bronze
Horton, Thomas	Silver
Jackson, Loren	Bronze
Jager, Duane	Bronze
John, Adelle	Bronze
Johnson, Jean	Bronze
Johnson, Theodore	Bronze
Keegan, Michael	Bronze
Kelly, Cheryl	Gold
Kihm, Ruth	Bronze
Kim, Zachary	Bronze
Kipp, Gale	Silver
Kirkland, Dennis	Bronze
Kirkland, Mary Ann	Bronze
Klein, Genie	Gold
Koontz, Judith	Silver
Kuntz, Marcella	Bronze
Landis, Linda	Silver
LeClair, Donna	Bronze
Leiske, Laura	Bronze
Lintz, Cynthia	Bronze
Malone, Margaret	Bronze
Matijascic, Kristine	Bronze
McBride, Kreig	Silver
McDade, Thomas	Silver
Meehan, Donna	Bronze
Mercy, Angela	Bronze
Morris, Gary	Bronze
Mouat, Wendy	Bronze
Newell, Sarah	Gold

Name	Award
Ng, Bill	Bronze
Nishimura, Catherine	Bronze
O'Grady, Pat	Bronze
Olsen, Lynda	Silver
Parker, Iris	Bronze
Peterson, Penny	Bronze
Pettersen, Pauline	Silver
Phillips, Lauren	Bronze
Preston, Theresa	Silver
Pryce, Elizabeth	Silver
Pucket, Richard	Bronze
Racer, Alice	Bronze
Reddell, Katherine	Bronze
Reitzug, Mat	Bronze
Salstrom, Jan	Silver
Schork, Lisa	Bronze
Shepherd, Arleen	Bronze
Simpson, Janet	Gold
Solum, Mary	Silver
Spillman, David	Silver
Theobald, Donald	Bronze
Therkelsen, Ann	Bronze
Thomas, Theresa	Gold
Thompson, Mei Sie	Silver
Thompson, William	Bronze
Tomlinson, Michele	Bronze
Tugel, Sandee	Bronze
Turner, Debra	Bronze
Vander Linden, Jeff	Bronze
VanKirk, Lola	Bronze
White, Frank	Bronze
White, Linda	Bronze
Whitlock, Charlyn	Bronze
Yawitz, Catherine	Bronze
Yereance, Jackie	Bronze

*The President's Council on Service and Civic Participation outlines the criteria for who can receive an award and what the hourly requirements are for each award level.*

*Gold Award 500+ hours, Silver Award 250-499 hours, Bronze Award 100-249 hours.*

**"WE CAN FIND MEANING AND REWARD BY SERVING SOME HIGHER PURPOSE THAN OURSELVES, A SHINING PURPOSE, THE ILLUMINATION OF A THOUSAND POINTS OF LIGHT... WE ALL HAVE SOMETHING TO GIVE." — PRESIDENT GEORGE H.W. BUSH, FOUNDER OF POINTS OF LIGHT**

(continued on next page)



All volunteers are invited to a special event to celebrate our service award winners.

**Date:** February 15th at 1:30pm

**Location:** Bellingham Senior Activity Center Dining Room

### ABOUT THE PRESIDENT'S VOLUNTEER SERVICE AWARD

The **President's Volunteer Service Award** is a [civil award](#) bestowed by the [President of the United States](#). Established by an executive order by [George H. W. Bush](#), the award was created to honor volunteers across the nation who give hundreds of hours per year helping others and making communities better. The **President's Volunteer Service Award** has continued under each Presidential administration since George H.W. Bush, honoring the volunteers who are using their time and talents to solve some of the toughest challenges facing our nation. These awards are promoted/supported by the [AmeriCorps](#), and this program allows Certifying Organizations in the United States (such as the Whatcom Council on Aging) to recognize their most exceptional volunteers.

The award is granted to individuals based on the amount of service hours completed; individuals can receive the Bronze, Silver, and Gold level awards. There is also an award called the "[President's Call to Service Award](#)" (also referred to as the "*President's Lifetime Achievement Award*"). The President's Call to Service Award is the most prestigious of the awards, and it has been awarded to few Americans to recognize over 4,000 hours of extraordinary volunteer service. Some of our amazing volunteers have been working their way towards this goal. We recognize that we couldn't do what we do without each of our volunteers who make our mission a reality. So we give this award with an incredible amount of appreciation and pride, as we honor all of our dedicated volunteers.

**Please join us as we congratulate the 2023 Award Winners!**

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## Carving a Greenland Kayak Paddle

For millennia, native inhabitants of Greenland relied on their seafaring skills in small kayaks to survive and thrive in a challenging environment. Unlike most modern kayak paddles – metal or plastic shafts with scoops mounted on each end – the paddles used by Greenlanders are long, slender shafts carved from a single piece of wood. Now, that ancient paddle design is enjoying a renaissance, including here in the Pacific Northwest, people are learning the pleasure of this style of paddling and of carving their own paddle from a piece of red cedar.



Now, master paddle carver Don Beale of Portland, Oregon is coming to Bellingham to guide a group of 10 local participants as they make their own Greenland paddles in a day-long class. The class is organized by the Whatcom Association of Kayak Enthusiasts and will take place at BSAC on Saturday, February 3rd.

BSAC members are invited to come watch and learn as Beale shares his wisdom and as people use hand tools to transform blocks of sweet-smelling red cedar into paddles.

***People can come and go as they please to watch (as long as you stay out of reach of the tools!) on Saturday February 3rd, between 9am and 12pm. BSAC members only.***

## Communication for Quality of Life

Lora Winslow, M. A.

“You Cannot Not Communicate.” – Paul Watzlawick

In our daily life, we are constantly communicating with ourselves and others. Even silence is a way to communicate. This series of eight one-hour classes takes us on a journey through the complexity of understanding Communication and a perspective on how our Communication Creates the Quality of Our Lives.

I often hear people ask the complex question, “Why do they think that way?” Perhaps you know why, or you might be curious and want to learn why. I have also listened intently to people who believe that their way is the only way. However, generally people do want to be understood and they want to understand others. This series of communication classes will assist with that understanding and far more.

Communication is a fascinating field of study. In the weeks ahead we will explore, discuss, and learn about the following:

### Understanding Communication

- I. Let’s Talk About Communication.
- II. Communication and the Self.
- III. Perception and What That Means to You.
- IV. Thoughts and Feelings Affect Communication.
- V. Communication Fallacies.
- VI. The Loudness of Nonverbal Communication.
- VII. The Value of Listening.
- VIII. The Importance of Relationships and Communication Climate

### Meet the Instructor

Lora Winslow became a full-time faculty member of Skagit Valley College in Oak Harbor, WA beginning in the fall of 2008 and retired from full-time employment in June 2018. After 6 months of retirement, she returned to teach Interpersonal Communication part time until June of 2023. Passionate about her field of study and with a desire to assist others, she has created “Communication for Quality of Life” giving group presentations and individual consultation.



“I am delighted to teach Interpersonal Communication and enjoy sharing with others a fascinating subject that has taken me on a journey of personal growth and involvement. I believe we are here to learn from each other and gain personal growth”.

Classes will be held at the Bellingham Senior Activity Center on Wednesdays, **February 21st – April 3rd** from 3:30 to 4:30 in Room #16. Cost for each class is \$10 or \$75 for the series, paid to the instructor before class. Attend all eight one-hour sessions or join us at any time throughout the eight-week series. If you would like, bring a notebook. “I do hope you will join me each week as we explore this fascinating study of communication.” **Sign up at the front desk.**

## Beginning Bridge Lessons: Introduction to the game of bridge.

Entry level introduction and practice in counting points, bidding and playing of hands in Bridge. Introduction and practice in using common bidding conventions and common playing tactics that make bridge the fascinating game that it is.

Open to players of beginning to intermediate skill levels. Students are encouraged to stay after class to play amongst themselves, or to observe the players in the afternoon Bridge Group.



**Tuesdays, 11:15am - 12:30pm. Starting February 20th and continuing through end of May. Sign up at the front desk**



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## Vibrant SENIOR OPTIONS

*The Resource Guide Magazine*

We have been publishing since 2014!  
Thank you to all who have encouraged  
us and continue to read Vibrant Senior  
Options Resource Guide Magazine!



We look forward to continue serving you as  
a resource for our area communities!

~ Kirk & Christine Blankenship, Publishers



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COMMISSIONER**  
WASHINGTON STATE



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](mailto: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.

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## Not All Sweets Are Created Equal!

Meals on Wheels & More

Giving sweets to your sweetie this month is a fine tradition. You will have lots of choices so why not consider those with a health benefit as well as a gift of love and/or friendship.

Many ingredients in sweets contain plant substances that are known to lower the risk of cancer, heart and other chronic diseases. Of course some benefits may be outweighed by the fats and sugars they contain, but in moderation, there are some sweets you can feel good about.

Ginger, fresh and dried, has antioxidant properties. Gingerol, found in fresh ginger, is used for treating nausea and other digestive troubles. A fresh gingerbread, ginger cookies, or other desserts containing ginger such as pumpkin pie would be a wonderful gift.

Fruitcake is something you may be using as a doorstop since December, but the variety of fruits in fruitcake in their dried form (not candied) such as cherries, raisins, cranberries, figs, pineapple, citron, etc. all have vibrant color, excellent fiber, and antioxidant properties. Giving cookies, cakes, bars, or any dessert made with dried fruits is lovable.

Mixed or Candied Nuts are always welcome in my house, by themselves or as an ingredient in cookies, cakes or just about anything. Most of the fats in nuts are mono- and polyunsaturated. These types of fats can lead to lower LDL (bad) cholesterol. Walnuts, for example, contain ellagic acid, which laboratory studies have found to kill certain cancer cells. Nuts are also a source of zinc, magnesium, vitamin E and selenium. A beautiful tin of nuts is a thoughtful gift.

Chocolate, of course, is the favorite gift of love. Although unromantic, the flavanoids, flavanols and procyanidins are powerful antioxidants found in the cacao bean. The darker the chocolate, the more powerful (is that sexy?) so look for high percentages of cocoa (over 60%) in the chocolates that you choose.

As with all foods, including sweets, variety and moderation are the keys to good nutrition. Have a sweet and healthy February!





Meals on Wheels and More

BSAC, Blaine, Ferndale Community Meals

February, 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5 Denver Omelet <i>*Mushroom Omelet</i> Breakfast Potatoes Fruit & Yogurt Parfait Orange Juice	6 Beef Tacos <i>*Vegan Tacos</i> Flour Tortillas Spanish Rice Chuckwagon Corn Snickerboodle	7 Honey Lemon Herb Chicken <i>*Honey Lemon Cutlet</i> Potatoes Colcannon Peas & Carrots Kale Citrus Salad Sherbet	8 Vegetable Barley Soup Grilled Swiss & Pastrami <i>*Grilled Cheese</i> Garden Vegetable Salad Banana Pudding	9 <b>CHINESE NEW YEAR</b> Chinese BBQ Pork <i>*BBQ Tofu</i> Vegetable Fried Rice Asian Stir Fry Vegetables Sesame Slaw Mandarin Oranges Fortune Cookie
12 Chicken Tenders w/ Honey Mustard Dipping Sauce <i>*Veggie Tenders</i> Macaroni & Cheese Buttered Dill Carrots Fresh Pineapple	13 Chili Stuffed Baked Potato <i>*Vegan Chili</i> w/ Cheese and Green Onion Steamed Broccoli Garden Salad Fresh Oranges	14 Valentine's Day Lunch Cranberry Mustard Pork Loin <i>*Cranberry Mustard Cutlet</i> Roasted Yams Normandy Vegetable Blend Fudge Brownie	15 Creamy Baked Salmon <i>*Creamy Baked Veggie Tofu</i> Scallop Potatoes Green Beans Pineapple Coleslaw Apple Cake	16 Chicken Pot Pie <i>*Mushroom Vegetable Pot pie</i> Garden Salad Fresh Red Grapes
19 <b>CLOSED</b> <b>PRESIDENTS DAY</b>	20 Chicken Marsala <i>*Vegan Marsala</i> Brown Rice Maple Glazed Carrots Spinach Salad Coconut Cream Pudding	21 Spaghetti and Meatballs <i>*Veggie Meatballs</i> Italian Vegetable Blend Caesar Salad Sliced Peaches	22 Loaded Baked Potato Soup <i>*Veggie Baked Potato Soup</i> Breadstick Orange & Almond Spring Salad 7 Layer Bar	23 BBQ Chicken <i>*BBQ Veggie Patty</i> Roasted Sweet Potato Brussels Sprouts Garden Salad Ice Cream
26 Cajun Pasta with Shrimp Peas And Onions Garden Salad Lime Jell-O Salad	27 Orange Chicken <i>*Vegan Orange Chicken</i> Brown Basmati Rice Sesame Broccoli Asian Cabbage Salad Tropical Fruit	28 <b>Birthday Lunch</b> Braised Burgundy Beef Pasta Nantucket Vegetable Blend Spinach Salad Lemon Cream Cake	29 Beer Brat & Red Cabbage <i>*Veggie Brat</i> German Potato Salad Garden Salad Cherry Apple Crisp	

Menus are subject to change due to food cost and availability. Meals on Wheels and More is a program of the Whatcom Council on Aging.

**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.

**Thanks  
for being  
a BSAC  
member!**

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

**Hours: Mon - Fri from 8:00am to 4:30pm, Sat. 9am-12pm**

- BSAC Front Desk Reception . . . . . ext: 1017
- 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

