

# THE BSAC CONNECTION



January 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 • SEE PAGE 3 FOR DETAILS

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 lifestyle.*

### 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](http://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.

BSAC will be closed on:

*New Year's Day - Monday, January 1st*

*MLK Jr. Day - Monday, January 15th*

## Bellingham Senior Activity Center Advisory Committee

Did you know that BSAC has a group of committed volunteers that serve as an Advisory Committee?

The committee consists of nine members of the Center. Advisory Committee members are knowledgeable of all Center activities, have concern for seniors and their needs, be a dues paying member of the BSAC and be willing to devote time and energy to committee duties. The Committee meets monthly.

Some of the responsibilities of The Committee include:

- Evaluating and approving programs and activities available at the Center.
- Planning programs and events which will generate income.
- Reviewing and updating policies and rules for the operation of the Center programs and use of the facility.
- Receiving and providing feedback about the Center and our programs.

Being a member of the Advisory Committee is an honor and a responsibility. The 2024 Advisory is in need of two additional members. If you are interested in serving please contact Molly, Eric or any of the current members.

Please consider lending your skills and expertise to the betterment of BSAC. The Center is here to serve membership!

Current members include:

Alice Ellingson	Darcy Fusch
Stephanie Sarver	Frank McDonald
Phil George	Nancy Mitchell
Genie Kline	Donna Mehann
Phil Wolff	

### Membership Renewal Reminder

Does your membership expire at the end of 2023? You can renew at the front desk, or over the phone or online with a card - 733-4030 or [whatcomcoa.org/become-a-member/](http://whatcomcoa.org/become-a-member/)



## 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.”

*Pickford Film Center, in conjunction with BSAC, is offering a public screening of the film, 10:30am on February 14 - 1318 Bay St.*

*Tickets are \$10 and proceeds benefit the Bellingham Senior Activity Center. Tickets are available for purchase at BSAC starting January 8th. Limited seating.*

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 Senior Speed Dating (or friendship/companionship) Event on March 9, 4-6pm, venue to be determined.***

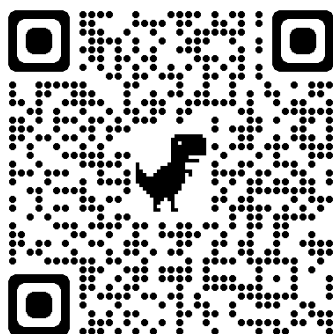
Bellingham's very first speed dating event for older adults offers a new way to break down boundaries and reach out to new people, allowing older adults connection and empowerment. Whether it's to meet new friends, to find someone to share a meal or a movie or a conversation, or to find a romantic partner, 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 March 1st. \$10. Register at the front desk or call (360) 733-4030.



## Ongoing Classes & Activities Schedule

This schedule to the right lists the weekly or bi-monthly classes & activities. For details on each, 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 limited-time classes and workshops - events, articles, and interviews, as well as news and achievements 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)

M O N D A Y	9:30 EnhanceFitness 10:00 Yoga 10:30 Singing for Fun 10:30-1:30 Blood Pressure Check (1st & 3rd Mon.) 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) 9:30 EnhanceFitness 10:00 Knitting & Crochet 11:30 - 12:30 Lunch 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
SAT.	9:00 Zumba 10:30 Belly Dance Fitness 9:00 - 12:00 Open Gym, Table Tennis, Library
SUN.	11:00 Longevity Stick (Virtual)



## January Programs & Events

1/6	Saturday Zumba Class begins (p.10)	9:15
1/6	Bellydance Fitness Class begins (p.10)	10:30
1/10	Collective Intelligence Gathering (p.5)	1:00
1/12	TED Talks Discussion (p.13)	1:00
1/12	Kurt Aemmer Performs (p.14)	12:00
1/12	Knife Sharpening Service (p.16)	10-4
1/16	Intro to Chinese Mahjong (p.9)	2:00
1/17	Meditation Class begins (p.9)	10:00
1/17	Blood Pressure Program begins (p.7)	10:00
1/18	Dealing w/Dementia begins (p.11)	1:00
1/18	Mud Bottom Maddy performs (p.14)	12:30
1/18	Mariachi Whatcom Performs (p.14)	1:45
1/19	Bellair Tours Presentation (p.6)	1:00
1/24	Guided Bus Trip (p.11)	12:30
1/24	Emergency Prep. Presentation (p.12)	1:00
1/25	Ukulele Jam & Sing-along (p.14)	2:30
1/26	TED Talks Discussion (p.13)	1:00
1/31	Intro to the DASH Diet (p.8)	11:00
1/31	Recycled Paper Art class begins (p.8)	1:00
1/31	Salish Sea Birds presentation (p.6)	1:00
2/2	Harmony Northwest Chorus (p.14)	1:00
2/2	Ballet Class begins (p.10)	3:15
2/3	Kayak Paddle Carving (p.12)	9-12

## 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.*

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## The Love Shack Boogie Valentine's Day Dance

**Featuring Live Music  
from High Tide**

*Wednesday, February 14th, 2-4pm*

*Free Admission! Guests welcome!*

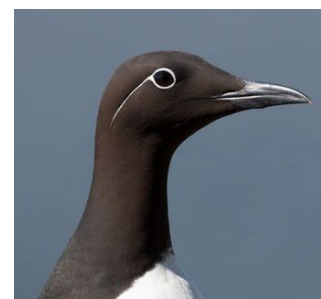
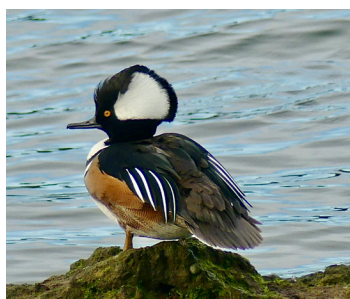
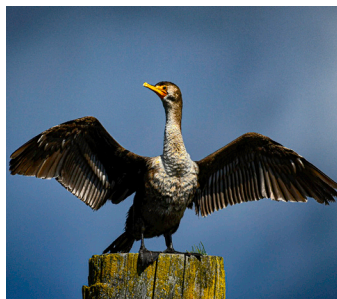


## An Ornithological Overview: Salish Sea Marine Birds

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.**



## BSAC Archives

One of several projects here at BSAC is the Historical Archives Group. Volunteer members are working on organizing items which are up to 40+ years old for both long-term storage and display. The group is currently working on the addition of 2023 programs to the history collection.

We are seeking from members and volunteers: photos, stories, flyers and more, related to any and all activities here at BSAC for this year and beyond. Examples: Fitness programs, art projects, recreation, workshops, tech programs, special events, bike rides and more. We are requesting photos, articles, stories, flyers, etc., related to events you are involved in. All donations should be labeled with information such as dates, events, names, etc. Please submit to the front desk, attn: BSAC Archives or email to [epierson@whatcomcoa.org](mailto:epierson@whatcomcoa.org). Thank you!

## Bellair Tours & Adventures

### Spring 2024 Tours Presentation

Lori Reese, of Bellair Tours & Adventures, will be giving a presentation of the Spring 2024 Tours Schedule, which includes day tours, multi-day adventures, and flyaway trips.

**Friday, January 19th, 1:00 - 2:00pm**







# TAKE ACTION TO IMPROVE HEART HEALTH

## Blood Pressure Self-Monitoring Program

January 17–April 24 | Every other Wednesday, 10am–11am

Class Location: Bellingham Senior Activity Center 315 Halleck St

High blood pressure is a silent killer. Learn to better manage yours through proper measuring techniques, individualized support, and nutritional education during our four month program led by a Y Healthy Heart Ambassador!

### CLASS DETAILS

- January 17–April 24
- Wednesdays, 10am–11am  
(10 minute allotted check-in time)
- Nutrition seminars  
(see back for details)
- Free of charge thanks to the **Mount Baker Foundation**
- Class located at:

Bellingham Senior Activity Center  
315 Halleck St,  
Bellingham WA, 98226

Contact Tammy Bennett to register!  
E [tbennett@whatcomymca.org](mailto:tbennett@whatcomymca.org)  
P 360 255 0490

**WHATCOM FAMILY YMCA**  
1256 N State St, Bellingham, WA, 98225  
P 360 733 8630 | W [whatcomymca.org](http://whatcomymca.org)

**For a better us.®**

### WHO QUALIFIES?

- Be at least 18 years old
- Be diagnosed with high blood pressure
- Not have experienced a recent cardiac event
- Not have atrial fibrillation or other arrhythmias
- Not be at risk for lymphedema

### GOALS

- Reduction in blood pressure
- Better blood pressure management
- Increased awareness of triggers that elevate blood pressure
- Enhanced knowledge to develop healthier eating habits

**FREE blood pressure  
monitors available  
for participants  
without one!**

### PROGRAM PARTNERS:



## 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.*



## Creating Handmade Recycled Paper Greeting Cards

Learn how to make unique art from recycled mail and old magazines. Artist, Ruth San Pietro will demonstrate and teach the method she has developed to create a cast of 100% recycled paper fiber and then transform that into beautiful greeting cards.

Ruth San Pietro creates one-of-a-kind "sculptural paintings" inspired by a heart felt love of animals and trees. Her art is dedicated to inspiring creativity and helping with support and protection of endangered wildlife. Her work has been exhibited in museums, universities, hospitals, and galleries.

*Wednesdays, 1:00-2:30pm, starting February 7, ending February 28 (4 weeks). Limited Space, sign up at the front desk.*



## One-on-One Medicare Counseling Appointments

Statewide Health Insurance Benefits Advisors (SHIBA) is providing one-on-one Medicare counseling appointments held here at BSAC. A free, unbiased and confidential service of the Washington state Office of the Insurance Commissioner, SHIBA volunteers help people of all ages and backgrounds with their Medicare questions and options.

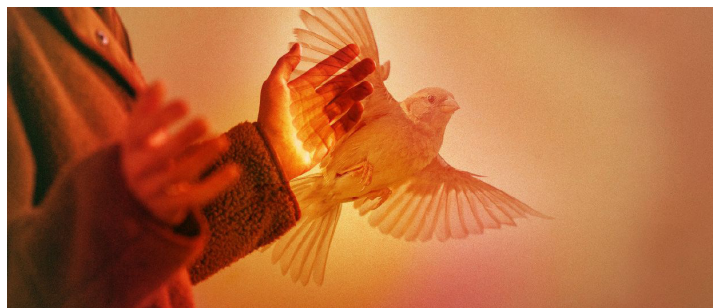
*Appointments are made by calling the SHIBA number, (360) 788-2725. Mondays (9am-4pm), Tuesdays (2-4pm), Thursdays (1-4pm).*



## 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.**

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## Introduction to Chinese Mahjong

Chinese Mahjong is very different from American Mahjong which is currently offered at BSAC. If you are interested in this mental challenge, please know that it is not too difficult to learn at its foundation, but takes years to really master.

If you are interested in learning more about the game and how it is played, attend this introduction presentation on **Tuesday, January 16th at 2:00pm. Sign up at the front desk.**



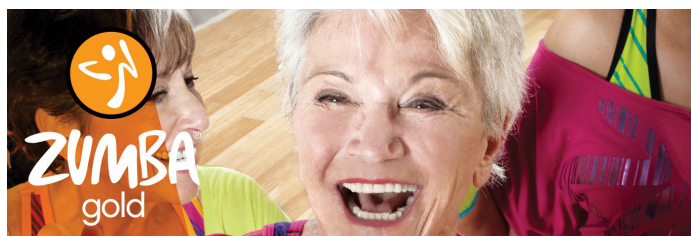
**For those who would like to take a class on how to play, sign up at the front desk to be placed on the "interest list" for Beginning Chinese Mahjong:**

This 4-week class teaches participants how to set up the game, game structure and flow, and how to build basic Chinese Mahjong hands. It includes a copy of Tom Sloper's book: *The Red Dragon and the West Wind* plus 4 weeks of lessons. Tuesdays, 2:00 - 3:30pm. Cost: \$55 (\$40 if you have the book). Instructed by Roni Lenore, who has been playing Chinese Mahjong for over 8 years and has taught several groups the basics of Chinese Mahjong in Whatcom County. Once there is enough interest to start a class, we will contact you with the start date.

## Zumba Gold with Mikari

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.

This class which is currently offered through Zoom on Saturdays, will transition to an in-person class starting in January.



***Saturdays, 9:15-10:00am. Starting January 6th. Drop-in. 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.

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## Belly Dance Fitness Class with Eileen

***Saturdays, 10:30-11:30am for 8 weeks. Starting, January 6<sup>th</sup>***

This new Saturday morning class focuses on strengthening the core muscles through belly dance exercises. We will not be jumping around as we did in the Bollywood Dance Fusion class. However, we will be getting a great workout to wonderful music Eileen has used in her other classes.

Our core muscles are what keep us strong as we age. We will do repetitive belly dance moves focused on different muscle groups, getting a good workout. At the end of each class, we will spend a few minutes stretching out. Please wear comfortable clothing and lightweight shoes. Feel free to wear a belly dance hip scarf (Eileen always has extras).



We may even do a few dances as we go through the eight week Class. **Free for BSAC members! Sign up at the front desk.** Facebook: The Dancing Divas, [www.facebook.com/dancefillsmysoul](https://www.facebook.com/dancefillsmysoul)

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## Everyone Can Do Ballet!

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. This will be a welcoming space for all to explore the creative limits of their body, breathe deeply as you awaken and engage neglected muscles, and achieve increasingly challenging personal goals. Whether it be increasing flexibility in your legs, or decreasing shoulder pain, dance can improve many aspects of health, both physical and mental. Let me be your guide as you (re)discover and nurture your inner dancer. Everyone can dance, many of us have just forgotten how.

Learning the fundamentals of ballet/dance is low impact and requires very little personal space. It is especially helpful for mobility and balance, both of which become harder to maintain as we age. All mobility levels are welcome as movements can be modified for seated and standing orientations. Instructed by Lacey Thompson.

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





## Dealing with Dementia: A Workshop for Family Caregivers



Many people are living with loved ones who are living with dementia. This is a challenging time for everyone in the family. This class will give you, the caregiver, more support and knowledge in how to navigate life when having a loved one living with dementia.

*Dealing with Dementia*, a workshop that comes from the Rosslyn Carter Institute; is a four-hour workshop (split across two sessions), paired with the comprehensive Dealing with Dementia Guide, a detailed workbook designed to help family caregivers and families.

Participation in the Dealing with Dementia workshop is proven to increase dementia knowledge and confidence in the caregiver's ability to provide care.

Participants in the workshop will be provided with a comprehensive guide on a broad range of topics, including information about the stages of dementia, how dementia affects the brain, safety tips, managing medications, building a care and support team, and creating a dementia-friendly home environment.

If you are a caregiver or know someone who is caring for a loved one with dementia, don't miss this important opportunity. Come and learn together in a non-stressful atmosphere.

**The workshop will take place in two sessions: January 18th and January 25th, from 1:00 to 3:00pm. \$40 per person to cover the cost of the comprehensive guide book. Sign up at the Front Desk.**

## Guided Bus Trip to Bellis Fair Mall

**Where:** Bellis Fair Mall

**When:** Wednesday, January 24, 12:30-4:00pm

Learn to ride the WTA bus to a place where you can admire gems, check out a bestselling novel and try your hand at 3D printers...The Bellis Fair Mall!

This trip will be fun no matter what the winter weather does. We'll explore some of the community organizations that call the mall home with visits to Bellingham Makerspace, Mt. Baker Rock and Gem Club and the newest branch of the Bellingham Public Library.



Meet in the Senior Center lobby at 12:30pm. WTA passes will be provided if needed, bring your Gold Card if you have one. Bring money for coffee or shopping after our tours. The group will return by 4pm. SPACE IS LIMITED. RSVP or ask for more info at 360-756-TRIP (8747) or [info@WhatcomSmartTrips.org](mailto:info@WhatcomSmartTrips.org).

Itinerary:

12:30 Meet at BSAC

12:41 Catch Route 331 Cordata

1:10 Mall tours and free time

3:48 Catch Route 15 Downtown

4:00 Arrive at BSAC



## Taste Buddies: A Recipe Club for All

Discuss food and cooking with like-minded folks who have a wide range of cooking experience. New & seasoned cooks are invited to join us to discuss cooking for one, meal planning, freezer meals & more.

**Resuming in January on Fridays at 10:30am. Drop-in!**

## 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.*

## 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.

This series is based on the Prepare in a Year program developed by the WA Emergency Management Division. Each gathering will include a brief slideshow and one or more handouts for attendees, and these will vary according to the

topic of the month. Presented by Greg Hope, Education & Outreach Coordinator for the Office of Emergency Management for the City of Bellingham.

**January 24th at 1:00pm: Communication Plan** - Stay connected with your loved ones in a disaster! Identify at least one person who can serve as an out-of-area contact and relay messages between members of the household. Each household member should know how to contact this person and practice your communication plan annually.

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. January's topic is developing a communication plan. 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.*

## Book Buzz

No meeting in January. Resuming in February on the second monday of each month.

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.

**Monday, February 12th at 10:30am**





## 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 12th at 1:00pm - Personal development*

*The power of believing that you can improve* - Carol Dweck researches “growth mindset” — the idea that we can grow our brain's capacity to learn and to solve problems. In this talk, she describes two ways to think about a problem that's slightly too hard for you to solve. Are you not smart enough to solve it ... or have you just not solved it yet? A great introduction to this influential field.

*Why comfort will ruin your life* - After documenting and researching over 50,000 coaching interactions in the workplace, Bill Eckstrom shares life-altering, personal and professional development ideas through the introduction of the “Growth Rings.” The rings illustrate how dangerous it can be to remain in a state of comfort and how being in discomfort is the only way to sustain growth. You'll be amazed at the world-changing outcomes discomfort can have on your life and the lives of others.

### *Friday, January 26th at 1:00pm - The power of humor*

*How to find humor in life's absurdity* - With levity and profound insight, artist Maira Kalman reflects on life, death, dinner parties, not knowing the right answers, the joys of eating a hot dog from a street vendor and more. This talk, interwoven with her delightful paintings, is itself an artwork that seems to hold the entirety of life in all its absurd glory.

*The power of humor in leadership* - 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.



## 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. This program resumes in February. Topics include: World Heritage Sites, European Architecture, Views of Earth from Space, and more.

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

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## Footcare with Christa at the Bellingham Senior Activity Center

Starting each Wednesday in January Christa Cooney, foot care nurse, will provide basic footcare for older adults at the Bellingham Senior Activity Center. 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.

*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.*



## Kurt Aemmer

**Friday, January 12th, 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. He has produced or co-produced 9 full CDs, and has a songwriter's credit on a 10th.

## Mariachi Whatcom

**Thursday, January 18th, 1:45 - 2:00pm**

Come hear the first Bellingham Schools' Mariachi Group ever show what they've learned the past couple months! Several Whatcom Middle School students have come to school early every other day to learn Trumpet, Violin, Guitar, Bass, and sing in traditional Mariachi style and they're excited to share in a very brief set just what they've learned.



## Mud Bottom Maddy

**Thursday, January 18th, 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.

## Harmony Northwest Chorus

*Postponed due to building maintenance.*

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.



## 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.



## 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 evolution. I believe we are here to learn from each other and gain personal growth."

### Class Information

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.**

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## Beginning Tap Dance

An enjoyable way to challenge your brain and body in a dance activity with no pressure to perform, just to learn the basics and have fun. This will be a physically active class and an activity that is helpful for balance coordination and strength. Tap shoes are provided.

*Wednesdays, 8:30 - 9:15am in the auditorium. Drop-in, no experience necessary.*

## Happy New Year!

As we welcome the extending daylight that post-winter solstice brings and we welcome a new year, let's take a moment to celebrate the vibrant tapestry of life at our Center. Amidst the laughter, shared stories, and the warmth of friendship, our community brings connection to one another. Remember, your presence and contributions are important. Let's share our joys, and continue creating memories together. Happy New Year to all!

-Eric, BSAC Program Coordinator

## Weekly 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:

Jan. 3: Boundary Bay Brewery, 1107 Railroad Ave.

Jan. 10: Kulshan Brewery (Roosevelt) 1538 Kentucky St.

Jan. 17: Nicki's Bella Marina, 2615 S Harbor Loop Dr,

Jan. 24: Ponderosa Beer & Books, 1225 Roeder Ave. #101

Jan. 31: Wander Brewing, 1807 Dean Ave.



## Group Bike Rides

*Wednesdays at 10:00am*

We invite you to weekly rides with other members to enjoy exercise, scenery, and socialization. 8 to 20 mile rides on a mix of roads and gravel paths with moderate elevation gain/loss. Riders must register for each ride. Visit [whatcomcoa.org/bikegroups](http://whatcomcoa.org/bikegroups) for detailed route information and registration.



## Whatcom Edge Sharpening Service comes to BSAC

**Friday, Jan. 12th, 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 from 10:00am - 4:00pm.

Rates: Knives \$1/inch, Scissors \$2/inch.

An advertisement for SHIBA. It features a close-up of an elderly woman smiling while talking on a black mobile phone. The background is a soft-focus outdoor scene.

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📍 3800 Byron Ave, Suite #148 📍 504 Front St, Suite #101  
Bellingham, WA 98229 Lynden, WA 98264



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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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## Getting Enough Potassium?

Meals on Wheels & More

At this time of year, we often think about a new year’s resolution to “cut down” or cut out a food or certain foods for any number of reasons. However, there are foods you may want to increase because of nutrients that are lacking in most diets. One of these nutrients is potassium. Labeling laws require that companies list the content of potassium and vitamin D on food labels.

Potassium is one mineral that can help prevent and/or control high blood pressure and other heart-related diseases. Two out of three people in the USA over 65 have high blood pressure. Many medications for high blood pressure may be potassium-wasting and consuming high potassium foods daily (4700mg) is recommended. Ask your pharmacist if you are taking a drug that may be potassium-wasting (or potassium-sparing).

### Excellent and/or Very Good sources of Potassium:

Dark green leafy vegetables  
Sweet potato and Winter Squash and Carrots  
Tomato Sauces  
Dried Beans, Lentils, Split Peas  
Soy Beans

Bananas  
Yogurt  
Clams, Halibut, Tuna  
Prunes/Prune Juice

Avocado  
Orange Juice  
Milk  
White Potatoes

If you have kidney disease, you can potentially end up with too much potassium in your blood and that can be life-threatening. Do not take a potassium supplement without a physician’s advice.

Potassium citrate from high potassium fruits and vegetables may prevent kidney stones. Studies have shown that the more potassium you have from fruits and vegetables, your urine citrate goes up, and calcium crystals (stones) are less likely to form. Potassium also helps in body fluid regulation by blunting the effects of high salt (sodium) intake. In fact, a high potassium intake and a low sodium intake can reduce stroke risk by 21 percent as well as lower blood pressure. Plan a new year’s resolution to increase high potassium foods in your meals. Have a healthy 2024!





Meals on Wheels and More

BSAC, Blaine, Ferndale Community Meals

January 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p>Swiss Steak *Veggie Patty Mashed Potatoes &amp; Gravy Brussels Sprouts Garden Salad Ambrosia</p>	<p>2</p> <p>Porto Salsa Verde *Vegan Salsa Verde Rice Fiesta Corn Garden Salad Fresh Citrus</p>	<p>3</p> <p>Swedish Meatballs *Veggie Swedish Meatballs Egg Noodles Nantucket Vegetables Spinach Salad Sherbet</p>	<p>4</p> <p>Chicken Rubeen *Veggie Cutlet Vegetable Rice Pilaf Green Beans Garden Salad Fudge Brownie</p>	<p>5</p> <p>Broccoli Cheddar Soup Whole Grain Roll Garden Salad Chocolate Chip Cookie</p>
<p>8</p> <p>Swiss Steak *Veggie Patty Mashed Potatoes &amp; Gravy Brussels Sprouts Garden Salad Ambrosia</p>	<p>9</p> <p>Creole Jambalaya w/ Chicken, Shrimp, &amp; Sausage *Vegan Jambalaya Zucchini &amp; Peppers Garden Salad Tropical Fruit Medley</p>	<p>10</p> <p>Port w/ Apple Chutney *Vegan Cutlet Sweet Potatoes Buttered Peas Garden Salad Sherbet</p>	<p>11</p> <p>Chicken Picatta *Vegan Cutlet Pasta Italian Vegetables Caesar Salad Sliced Peaches</p>	<p>12</p> <p>Ahi Tuna Salad *Garden Salad Spring Rolls Fresh Orange Slices</p>
<p>15</p> <p>White Chicken Chili *Vegan Green Chili Tortilla Chips &amp; Salsa Garden Salad Fresh Citrus</p>	<p>16</p> <p>Baked Ziti w/ Italian Sausage *Veggie Baked Ziti Italian Green Beans Caesar Salad Fruited Jell-O</p>	<p>17</p> <p>Chicken Ala King *Veggie Ala King Brown Rice Normandy Vegetable Blend Kale Citrus Salad 7 Layer Bar</p>	<p>18</p> <p>Creamy Tomato Basil Soup Country Chicken Salad Wrap *Veggie Chicken Wrap Broccoli Cauliflower Salad Peach Crisp</p>	<p>19</p> <p>Cheeseburger *Veggie Burger w/ Lettuce &amp; Tomato Potato Wedges Coleslaw Fresh Fruit</p>
<p>22</p> <p>Lemon Pepper Cod *Lemon Pepper Tofu Potatoes Au Gratin Roasted Carrots Spinach Salad Peaches</p>	<p>23</p> <p>Ginger Chicken *Vegan Ginger Tofu Steamed Rice Asian Slaw Mandarin Oranges</p>	<p>24</p> <p><b>Birthday Lunch</b> Turkey Meatloaf *Veggie Cutlet Mashed Potatoes &amp; Gravy Peas &amp; Carrots Garden Salad Birthday Cake</p>	<p>25</p> <p>Egg &amp; Sausage Casserole *Egg Casserole Roasted Veggies Fruit &amp; Yogurt Parfait Orange Juice</p>	<p>26</p> <p>Alternate Vegetarian Meal In *Italics</p>
<p>29</p> <p>Jerh Chicken w/ Mango Salsa *Veggie Cutlet Roasted Yams Nantucket Vegetables Spinach Salad Ice Cream</p>	<p>30</p> <p>Beef Fajitas *Vegan Fajitas Spanish Rice Corn Salad Rice Pudding</p>	<p>31</p> <p>Tuna Noodle Casserole *Vegetable Noodle Casserole Buttered Dill Carrots Spinach Salad Banana Cream Pudding</p>	<p>Bellingham Kitchen Team Melody Phillips-Kitchen Supervisor Ermy Olguin-Prep Cook Carmen Gonzalez-Ass. Cook Cale Klipp-Ass. Cook Reece Booth-Ass. Cook Ian Cassino-Food Service Mgr</p>	<p>Ferndale - Donna Kinley Blaine - Steve Wittwer</p>

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



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