

# THE BSAC CONNECTION



April 2024 Programs, Services, and Activities

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## **Here's What's New:**

*Blossomtime Bingo! April 12th (p.6)*

*Confident City Cycling for Older Adults & Return of  
Group Bike Rides (p.6)*

*Musical Performances from Northwest Girlchoir,  
Harmony Northwest Chorus, & The Northwinds  
Quintet (p.8)*

*Senior Farmers Market Nutrition Program (p.12)*

*and more!*

# Welcome



**Bellingham  
Senior  
Activity  
Center**

*Connect with life!*

*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.*

## Getting Acquainted

Whether you're new to the Center or a longtime member, we invite you to come together in a welcoming atmosphere to meet new friends, and learn about each other and about BSAC and the activities we offer.



These meetings will foster a sense of belonging and camaraderie among attendees, especially for newcomers who may feel isolated or uncertain in a new environment. We will facilitate introductions and provide opportunity to connect and share with one another.

Hosted by Director, Molly Simon, and Program Coordinator, Eric Pierson, who will give an orientation to our programs and services, allowing you to make the most of your membership and be engaged in building our community.

*Wednesday, April 17th, 10:30-11:00am,  
hosted by Molly.*

*Friday, April 19th, 2:00-3:00pm,  
hosted by Eric.*

## April 2024

### Classes • Presentations • Events

4/5	More than A "Senior Moment": Brain Changes & Aging (p.11)	10:30am
4/5	Northwinds Quintet (p.8)	1:00pm
4/5	Guided Bus Trip: Whatcom Museum (p.9)	1:00pm
4/8	Book Buzz (p.4)	10:30am
4/10	Confident City Cycling for Older Adults (p.6)	1:00pm
4/12	Knife Sharpening (p.5)	10a-4p
4/12	Kurt Aemmer Performs (p.4)	
4/12	TED Talks Discussion (p.10)	1:00pm
4/12	Blossomtime Bingo! (p.6)	2:00pm
4/17	Become a Dementia Friend (p.11)	10:30am
4/19	Wonders of the World (p.4)	10:30am
4/19	Advance Care Planning appts (p.7)	9a-4p
4/22	Climate Vulnerability Assessment Focus Group (p.9)	10:30am
4/22	Spring Wildflowers of the Lowlands (p.10)	1:00pm
4/24	Shopping & Preparing Food for Better Blood Pressure (p.14)	11:00am
4/24	Household Emergency Preparedness: Grab & Go Kit (p.4)	1:00pm
4/26	Ukulele Jam & Sing-along (p.4)	2:30pm
4/26	Advance Care Planning appts (p.7)	9a-4p
4/26	Sound Journey (p.5)	10:00am
4/26	Harmony Northwest Chorus (p.8)	1:00pm
4/26	TED Talks Discussion (p.10)	1:00pm
4/30	Guided Bus Trip: Birding by Bus (p.9)	8:00am

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 3:30 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
SAT.	9:15 Zumba 9:00 - 12:00 Open Gym, Table Tennis, Library

\*Gym closed 11am-12pm M-F

## 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 this QR code.



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)

## Register online for Yoga Classes

Due to increase in class sizes and limited space, we ask that you please register in advance for these classes. Reservations can be made up to a month in advance. Reservations must be made in advance online: [www.myactivecenter.com](http://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 class and do not cancel in advance, your punchcard will be punched for one full class.



## 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.



*April 19th at 10:30am* - Earth From Space: A slide illustrated presentation of stunning photographs taken from orbiting satellites and telescopes.

### Book Buzz

*April 8th at 10:30am:*

*Rollback* by Robert J. Sawyer, 2007; Suspend your disbelief and immerse yourself in a future of endless possibility



Book Buzz will continue on the second Monday of each month.

Sneak peak at May's book: *Westering Women* by Sandra Dallas, 2020.

### Household Emergency Preparedness

*April 24th at 1:00pm - Grab & Go Kit:* Are you ready to go? There might not be time or space to carry your 2-weeks ready kit if you need to evacuate quickly. Each person's grab-and-go kit should have just enough food, water, meds, and small supplies for 2 to 3 days. Don't forget kits for house pets!

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, April 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.



### Mud Bottom Maddy

*Thursday, May 16th, 12:30 - 1:30pm (No April performance). 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

*Thursday, April 25th, 2:30-4:30pm. Continuing 4th Thursdays of each month.*

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, 3:15pm  
4th Wed., Rainbow Elders Coffee Talk, 2:00pm.



## Whatcom Edge Sharpening Service

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

## Sound Journey

*April 26th, 10:00 - 11:00am. Continuing Last Fri./month (no session in May).*

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

*March 27th, 1:00 - 2:00pm. Continuing 4th Wednesday of each month.*

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 & 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 10 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:

4/3: Menace Brewing, 2529 Meridian St.

4/10: Port Fairhaven Fish & Chips (ferry terminal), 255 Harris Ave.

4/17: Nicki's Bella Marina, 2615 S Harbor Loop Dr.

4/24: Elizabeth Station, 1400 W. Holly St.



## Confident City Cycling for Older Adults

“It’s like riding a bicycle!” they say. But if it’s been a while since you’ve pedaled on Bellingham streets are new to you, it can feel intimidating to get back on a bike.

Libby Chenault of Whatcom Smart Trips will give a presentation to improve your confidence cycling around town. She’ll cover smart cycling basics, special considerations for older adults and answer questions about e-bikes. You’ll leave inspired to experience the fun, fitness, and freedom of travelling by bicycle this spring. For more info or to schedule an on-bike session, call 360-756-TRIP (8747) or email [info@WhatcomSmartTrips.org](mailto:info@WhatcomSmartTrips.org).

*Wednesday, April 10, 1:00 - 2:00pm.*

## Group Bike Rides - Starting May 2024

We invite you to weekly rides with other members to enjoy exercise, scenery, and socialization.

**Wednesdays at 10:00am.** 5 to 15 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. Please arrive at the starting point at least 10 minutes before departure time to gear up and sign the attendance/waiver.

DATE	RIDE ROUTE	START POINT	MILES	SURFACES	LEADER
5/1	Squalicum Creek, Bay Loop	BSAC	12	Road & Gravel path	Don
5/8	Hot Laps Loop	BSAC	15	Road	Don
5/15	Fairhaven Fun Ride	BSAC	9	Road & Gravel path	Don
5/22	Whatcom Falls Loop	BSAC	9	Road & Gravel path	Don
5/29	Cornwall Park, Squalicum Harbor, Blvd Pk Loop	BSAC	12	Road & Gravel path	Don



# Blossomtime Bingo!



Thanks to our sponsors:



**Friday, April 12th**  
**2:00 - 4:00pm**

**Cash prizes on all 10 games!**  
**50/50 Raffle, win half the pot!**  
**Open to all 18 and over!**  
**Refreshments provided!**

Bingo cards: 10 sheets (with 3 cards per sheet)  
for \$15. Play 3 cards on each game!  
or one sheet of 3 cards for \$2, or one card for \$1.





## One-on-One Advance Care Planning Support Appointments To Complete your Advance Directive/Power of Attorney for Healthcare

*April 19th & April 26th. Sign up at the front desk.*

Meet with Lindsey Boldrin, Program Coordinator and ACP Facilitator from PeaceHealth's Advance Care Planning Program to complete your medical Advance Directive, which includes a durable Power of Attorney for Healthcare.

One-on-one Advance Care Planning appointments are available with Lindsey at BSAC, Friday, April 19<sup>th</sup> and Friday, April 26<sup>th</sup>. All documents and free notary service are provided to complete your document if desired. Appointments are up to 45 minutes, and couples are welcome to complete their documents together! **Sign up at the Front Desk to reserve your spot** and pick up the information packet which includes the DPOA-HC document to review ahead of time. Appointment times available: 9:30, 10:30, 12:30, 1:30, 2:30, 3:30.

Advance care planning is similar to much of the other big life planning that we do: planning a wedding, prepping for a baby, saving for college and retirement, etc. All of that is good stuff. In much the same way, advance care planning enables us to plan for our inevitable ends in a positive way that can give us peace. That's because we've planned for it. When we focus on the positive (wishes), the end (death) gets a lot less daunting.

So, for National Healthcare Decisions Day (NHDD) on April 16<sup>th</sup>, focus on the positive of what advance care planning is and does. It is an initiative to encourage people to talk...to express their wishes regarding healthcare and for providers and facilities to respect those wishes, whatever they may be. It's important to understand that NHDD is not only about care through the end of life but is meant to reach a much broader spectrum so that every individual may have their healthcare wishes understood and met." For more information: [theconversationproject.org/nhdd/](http://theconversationproject.org/nhdd/)

APRIL IS NATIONAL HEALTHCARE DECISIONS MONTH

### DON'T WAIT FOR A CRISIS TO MAKE YOUR HEALTHCARE DECISIONS

Join us for our Advance Care Planning workshop  
"YOUR VOICE, YOUR CHOICE"  
Proactive Planning for Your Healthcare Wishes

While we can't help  
you complete your tax  
forms...we can help  
you start to think and  
talk about your health  
care wishes.

Nothing is  
certain except  
death and taxes

**April 20th -10:00 am - 12:30 pm**  
Health Education Center (HEC)  
3333 Squalicum Parkway, Bellingham, WA



For **FREE** tickets, please register at:  
Your Voice, Your Choice: Proactive  
Planning for your Healthcare Wishes



For information call Advance Care Planning at 360-752-5267  
or email [lboldrin@peacehealth.org](mailto:lboldrin@peacehealth.org)

PeaceHealth Advance Care Planning Program  
Email: [RSSSC-ACPTeam@peacehealth.org](mailto:RSSSC-ACPTeam@peacehealth.org)

## The Northwinds Quintet

Northwinds woodwind quintet was formed in 2020 during the pandemic out of a common love of playing and sharing chamber music.

The members of Northwinds are as diverse as the instruments that they play. Among us you will find an avid birder and mycologist, a thrice retired accountant, a former lawyer turned tennis club owner, and two music teachers who find their joy in singing and playing music with youngsters. In addition, Beverly Dooley, flute; Ken Bronstein, oboe; Barry Ulman, clarinet; Jackson Stewart-DeBelly, bassoon; and Doug Robertson, horn are well-trained musicians who perform with various local ensembles including the Skagit Symphony and Bellingham Symphony Orchestra.



Together, Northwinds has an ever-expanding and diverse repertoire that draws on various genre all the way from arrangements of 17th century dances through works by 21st century composers.

*Friday, April 5th, 1:00-2:00pm in the Auditorium*



## Harmony Northwest Chorus

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.

*Friday, April 26th, 1:00-2:00pm in the Auditorium*

## Northwest Girlchoir Amabile Choir Performance & Sing-along

Amabile of Northwest Girlchoir features Seattle-area singers in grades 5-7. Our youth are pleased to share the joy of singing with its audiences and cultivate community through shared experience. Our program will consist of choral music as well as an audience sing-along; some pieces may be new to you (we'll teach you!) and others may be familiar.

We believe that music-making can be both joyful and participatory; rather than simply present a concert performance, we enjoy singing with our audience and guiding them into participation with ease. In this instance, intergenerational music-making can be even more impactful as youth and seniors lift their voices together.

Northwest Girlchoir has more than 50 years of experience providing youth choir education and community performances. For more details: [northwestgirlchoir.org](http://northwestgirlchoir.org)

*Friday, May 10th, 12:45-1:15pm in the Auditorium*





## Guided Bus Trips

### Whatcom Museum by Bus

**Where:** Cordata Station to Whatcom Museum

**When:** Friday, April 5, 1:00-3:30pm

Enjoy an afternoon exploring the arts district with no worries about parking or admission fees! Practice taking the WTA bus from the Cordata Station to the Whatcom Museum downtown to enjoy Free First Friday. Photographs from National Geographic will be on display at the Lightcatcher Museum along with the permanent collections at Old City Hall.



For this trip we will MEET AT THE CORDATA STATION AT 1PM 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 to Cordata Station by 3:30pm.

**Space is limited, RSVP or ask for more info at 360-756-TRIP (8747) or info@WhatcomSmartTrips.org.**

### Birding by Bus

**Where:** Cornwall Park

**When:** Tuesday, April 30, 8:00-11:15am

**SMART  
TRIPS**



Join us for some Urban Birding and learn how easy it is to use the WTA bus system. No experience necessary with birds or buses, Smart Trips and the North Cascades Audubon Society will be your guides! Wear walking shoes and clothing appropriate for the weather. We will be walking to the city bus stop and through Cornwall Park so you must be able to walk or use your motorized transportation device to travel.

Meet in the lobby at the Bellingham Senior Activity Center 8:00am sharp! WTA passes will be provided if needed, bring a gold card if you have one. The group will return by 11:15am.

**Space is limited, RSVP or ask for more info at 360-756-TRIP (8747) or info@WhatcomSmartTrips.org.**

## Climate Vulnerability Assessment Focus Group

Whatcom County Health and Community Services is conducting a climate vulnerability assessment focused on the public health impacts of extreme heat and wildfire smoke on residents of Whatcom County. As part of the assessment, we're interested in learning from older adults about how they plan for and cope with wildfire smoke and extreme heat events.

We're looking for 10-15 people to participate in a 90-minute conversation to learn more about your experiences. No technical knowledge is necessary, and participants will receive a \$20 gift card for their time. Our conversation will be held Monday, April 22<sup>nd</sup> from 10:30-12:00 at the Bellingham Senior Center.

**If you are interested in participating, please contact Andrea Petzel at: [andrea@broadviewplanning.com](mailto:andrea@broadviewplanning.com) to register.**



## Natural History Program Series

### Spring Wildflowers of the Lowlands

Learn the representative showy plant life families of conifer meadows and closed mixed forests and their field ID and ecological connections in this easy to understand program.

*April 22, 1:00-2:30pm. Sign up at the front desk.  
Suggested donation: \$10*



### Songbirds of Your Backyard & Beyond

Join us to better contemplate our myriad migrant and resident feathered buddies and their field ID, nesting strategies and behavioral ecology.

*May 13, 1:00-2:30pm. Sign up at the front desk  
Suggested donation: \$10*



These "Fresh from the Field" perspectives are offered to enrich your enjoyment and appreciation of our kindred life forms.

*Presented by David Drummond, Wildlife Biologist & Naturalist Educator. David's enthusiasm and expertise has opened numerous hearts and minds to natural and cultural history around the world.*

## TED Talk Discussions

We invite you to join us to view and discuss selected TED Talks (or other similar 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, 1-3pm.*

### *Friday, April 12th at 1:00pm - Quantum Concepts*

*Top 5 Evidence That We're Living In A Simulation* - Elon Musk is a prominent advocate of the simulation hypothesis. He remarked, "There's a billion to one chance we're living in base reality." This viewpoint is shared by an increasing number of academics. Exploring the likelihood of our existence within a simulation, examining supporting evidence, and considering the potential implications of such a reality is the focus of this discussion. Do we live in a simulation?

*Why Physicists Think The Future Changes the Past - Retrocausality Explained* - Retrocausality, a mind-blowing quantum concept, proposes that future events impact the past. Challenging time's traditional flow and exploring interconnected temporal relationships. Can the universe communicate with its past-self?

### *Friday, April 26th at 1:00pm - Minimalism*

*The Less You Want The More You Get - Minimalist Philosophy* - Have you ever found yourself struggling to get what you want and it felt like the universe is working against you? Well this is a very common problem in this day and age and in today's topic of the Minimalism Philosophy we will discuss the true methods to a better and more fulfilled life with a more simple mind.

*Less stuff, more happiness* - Writer and designer Graham Hill asks: Can having less stuff, in less room, lead to more happiness? He makes the case for taking up less space, and lays out three rules for editing your life..



## More than A "Senior Moment": Considerations on Brain Changes & Aging

We all slow down a bit as we age, but how do we know when to worry about forgetfulness? The answer to this and other commonly asked questions about brain health will be addressed in this presentation focused on reducing the stigma around memory loss and aging.

Presented by Kelsey Lovik & Kate Massey. Both Kate and Kelsey are Dementia Program Specialists at NWRC and are Certified Independent Trainers with Positive Approach to Care™ and Certified Raters in Montreal Cognitive Assessments (MoCA).

*Friday, April 5th, 10:30-11:30am*



## Join the Movement! Become a Dementia Friend

A Dementia Friend learns about dementia and then turns that understanding into action. We all have a part to play in creating dementia friendly communities!

Dementia Friends USA is part of a global movement that is changing the way people think, act, and talk about dementia. Anyone can be a Dementia Friend – we all have a part to play in creating dementia friendly communities!

A Dementia Friend is someone who, through viewing a series of online videos or attending a live interactive session, learns about what it's like to live with dementia and then turns that understanding into action. From telling friends about the Dementia Friends program to visiting someone who is living with dementia, every action counts.

Learn about this program and how you can easily become a Dementia Friend. Presented by Kelsey Lovik & Kate Massey, Dementia Program Specialists at NWRC.

*Wednesday, April 17th at 10:30am*

**SAVE THE DATE**

### Blossomtime Bingo!

*April 12th, 2-4pm.* Join the fun, cash payouts on all 10 games.

**"Senior" Prom.** *May 31st, 2-4pm.* Let's give new meaning to the phrase Senior Prom! We'll dress up, feel special, and have fun! Sponsored by Silverado Memory Care Community.

### What's Next: Planning Ahead for your Legacy & Healthcare.

*June 6th, 10am-2pm.* Sharing information on palliative care, advanced directives, wills and estate planning, end-of-life choices, and other resources for seniors in our community. Sponsored by Guided Solutions.

### Senior Day in the Park.

*August 7th, 10am-2pm.* Older adults in Whatcom County are invited to enjoy a resource fair, delicious BBQ lunch, live music, activities & games, door prizes, and more at Hovander Homestead Park in Ferndale.

**Help with Medicare is just a phone call away!**

**Call SHIBA for FREE, UNBIASED help in Whatcom County**

**360-788-2725**

We're your local Statewide Health Insurance Benefits Advisors (SHIBA) program

**SHIBA** OFFICE of the INSURANCE COMMISSIONER WASHINGTON STATE



## Spring is Here and Soon Senior Farmers Market Nutrition Program Benefits Cards

A very popular produce program benefitting lower income older adults is back this spring! The Senior Farmer's Market Nutrition Program (SFMNP) funded by the State, will provide lower income seniors with an electronic benefits card that will be used to purchase \$80 in fresh fruits, vegetables, honey, and fresh-cut herbs at approved farmers markets and farm stores throughout Washington State. WCOA's Meals on Wheels and More program is responsible for distributing the SFMNP benefits cards to eligible seniors throughout Whatcom and San Juan Counties.



**Senior Farmers  
Market Card  
Applications are  
Now Available**

To be eligible to receive a SFMNP Electronic Benefits Card, you must meet **all** of the following:

- Be 60 years old or older (55+ if Native American or Alaska Native)
- Be a resident of Washington State
- Have an income below:
  - \$27,860 Annual / \$2,322 Monthly for 1 person, **or**
  - \$37,814 Annual / \$3,151 Monthly for 2 people
  - For larger households, add \$829 for each additional person per month

2024 SFMNP Affidavits/Applications will be available on the WCOA website, <https://whatcomcoa.org>, and at your local senior center by April 1, 2024. Benefits cards will be mailed to eligible seniors from our Bellingham office starting at the end of May and will be redeemable between June 1<sup>st</sup> and October 31<sup>st</sup>. If you receive your benefit card in the mail in May, you will not be able to access your benefits or balance until June 1<sup>st</sup>. Information about approved markets and farm stores will be available mid-May. We will provide updated information on our website as it becomes available.

There is a SFMNP Mobile App available for download to help you access your SFMNP benefit information, purchase history, and find local vendors. If you are interested in downloading this app, it is available on Apple/iOS and Android as "SFMNP app".

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**It's Cool to Be Kind** - In an age of digital communication and polarizing opinions, maintaining a sense of civility has become more important than ever. As we are in an election year, it is crucial to acknowledge that civility goes hand in hand with fostering diversity, inclusion, equity, and belonging. Now is a good time to reflect on the importance of respectful communication and promoting healthy dialogue.

BSAC is often a place of lively conversations and sharing of opinions. Many members of the Center enjoy participating in conversations that might be considered political or difficult with friends and new acquaintances. It is important to remember that many others are not interested or not comfortable having political or personal discussions at the Center.

If you are interested in talking politics at BSAC we ask that you keep it civil and ask before you dive into a political discussion. Saying something as simple as, "I am interested in getting your thoughts on X. Is that something you'd be interested in discussing with me?" This simple question can get the conversation started and gauge the other parties' willingness to talk. Asking for permission gives others an opportunity to opt out of the discussion, so you don't create an awkward situation for someone else.

If you are on the receiving end of a discussion that you don't want to have we recommend saying something like, "This isn't something I want to talk about any more. Can we move on?" or, "For my own reasons, I'd rather not discuss this topic. Mind if we ditch it?" Few people will push back once you've clearly communicated you want to talk about something else.

Let's all do our part to keep BSAC welcoming and interesting while respecting one another. BSAC offers some great discussion groups including: Ted Talks, Writers Groups and occasional other discussion groups.

## Never Too Late to Date

### Speed Dating Event Sparks Connections and New Relationships

BSAC recently played host to Bellingham's first Speed Dating event for older adults, uniting attendees in a quest for love and friendship.

Participants embarked on a series of brief, yet meaningful conversations with each other, guided by prompts designed to spark connection. Whether seeking a romantic partner or simply craving companionship, everyone found a welcoming space to express themselves authentically and forge meaningful connections.

The event reaffirmed the importance of social connection in later life and the truth that love and companionship know no bounds. The newfound friendships serve as a testament to the importance of human connection, reminding us that it's never too late to find love and companionship.




## BSAC Phone & Text Communications

From time to time you may receive personalized messages from Bellingham Senior Activity Center through My Senior Center (the computer system you sign into when you enter the center).

📞 Outgoing Phone:	(617) 855-0125
📱 Outgoing SMS:	(855) 953-2720

These messages are sent when there is a program change, cancellation or important notification that relates to a class you have been participating in or have expressed interested in taking.


These messages do not come from our regular BSAC phone line. We want to make sure you have these two numbers to program into your phone's address book so you don't miss important notifications from the staff at BSAC. You can respond to the Text/SMS email directly or call us back at on our regular phone line 360-733-4030 ext. 0. Questions? Please ask a staff member for help!



**ROBIN**

**MY SYSTEMS MAKE IT EASY TO**  
**SELL YOUR HOME**  
**...ASK ME HOW!**  
**YES! IT'S A**  
**SELLER'S MARKET!**

*"Robin helped me buy a condo and then sold my house in 5 days! I wasn't an easy buyer or seller, but she was patient and positive. She got me through the stress of leaving a house I'd lived in for 45 years!"*  
*L.Murray*



**~25 YEARS Specializing in Serving Seniors!**  
**ROBIN LYNN KAGAN @ 360.303.0479**  
**ROBINLYNNREALTY@GMAIL.COM BERKSHIRE HATHAWAY HOMESERVICES**



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 \$10. Bellingham Senior Activity Center membership is not required to participate in the Senior Community Meals or Senior to-go Meals.

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## Natural Sugars and Added Sugars

Natural sugars are found in fruit (fructose), and milk and yogurt (lactose) without any additional processing. **Natural sugars** are naturally in the food.. These foods (milk and fruits and vegetables for example) have healthy benefits (vitamins, minerals, and fiber). **Added sugars** are natural sugars that have been processed and added to a food giving it little or no added nutritional value except for calories.

If you compare the added sugars in cereals or even soups, and all else being equal (serving size and general quality), why wouldn't you buy the one with less added sugar? Excess calories in our diets are linked to chronic diseases such as obesity, heart disease, and diabetes. Added sugars contribute to added calories! When the new labels show us how much sugar is being added to our foods, we can make better food choices for our health and show the food companies that we want less added sugar in our foods!

Reading the nutrition facts label for "added sugars" will be only one source of information you need to make wise food choices. You must read the ingredient list to determine which added sugars are in the foods you buy. Many added sugars have names that end with "ose". The names of a few added sugars include: dextrose, fructose, maltose, corn sweetener, corn syrup, honey, invert sugar, malt sugar, molasses, and syrup. Be a smart shopper and know your sugars.



## Nutrition Seminar:

### Shopping and preparing food for better blood pressure management

Wednesday, April 24th, 11:00am-12:00pm

Presented by Karrie Inman, Blood Pressure Self-Monitoring program Healthy Heart Ambassador.







## Meals on Wheels and More BSAC, Blaine, Ferrndale Community Meals

April 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Swedish Meatballs * <i>Veggie Meatballs</i> Egg Noodles Normandy Veggie Blend Garden Salad Peaches	2 Kung Pao Chicken * <i>Vegan Kung Pao Tofu</i> Basmati Rice Asian Vegetables Sesame Soy Slaw Mandarinns	3 Beef Shepherd's Pie * <i>Vegetable Pie</i> Roasted Zucchini Garden Salad Apple Crisp	4 Sausage & Egg Casserole * <i>Egg &amp; Mushroom Casserole</i> Roasted Vegetables Orange Juice Fruit & Yogurt Parfait	5 Shrimp Salad * <i>Vegetable Salad</i> Oatmeal Bread Fresh Grapes
8 Beef Burgandy * <i>Vegan Burgandy</i> Brown Rice Honey Glazed Carrots Spinach Salad Ambrosia	9 Chicken Tortilla Soup * <i>Vegan Veggie Soup w/ Rice</i> Whole Grain Roll Garden Salad Fresh Fruit Salad	10 British Bangers (Sausage) * <i>Veggie Sausage</i> Mashed Potatoes Onion Gravy Buttered Peas Garden Salad Rice Pudding	11 BBQ Chicken * <i>Vegan BBQ Nuggets</i> Roasted Sweet Potato Green Beans Coleslaw Raspberrry Sherbet	12 French Dip w/ Au Jus * <i>Veggie Beef Strip Dip</i> Garlic Red Potatoes Green Beans Kale Citrus Slaw Cookie
15 Battered Pub Fish * <i>Breaded Veggie strips</i> Potato Wedges Buttered Carrots Coleslaw Ice Cream	16 Salisbury Steak * <i>Vegan Steak Strips</i> Mashed Potatoes & Gravy Mixed Vegetables Garden Salad Fresh Banana	17 Honey Mustard Chicken * <i>Vegan Honey Mustard Cutlet</i> Vegetable Rice Plof Brussels Sprouts Mixed Berry Crisp	18 Sausage Lasagna * <i>Mushroom Lasagna</i> Garlic Breadstick Italian Vegetables Caesar Salad Sliced Peaches	19 Taco Salad * <i>Veggie Taco Salad</i> Cornbread Orange Slices
22 Butternut Squash Ravioli Sage Cream Sauce Italian Vegetables Caesar Salad Rainbow Sherbet	23 Aloha Chicken * <i>Aloha Vegan Cutlet</i> Pineapple Rice Spring Salad Tropical Fruit Salad	24 <b>Birthdlay Lunch</b> Maple Soy Glazed Salmon * <i>Vegan Glazed Cutlet</i> Baked Potato Nantucket vegetables Spinach Salad Birthdlay Cake	25 Tuscan Sausage & Kale Soup * <i>Veggie Tuscan Kale Soup</i> Garlic Focaccia Greek Vegetable Salad Fruited Jell-O	26 All-Beef Frank w/ Onions & Sauertrout Sweet potato Fries Coleslaw Watermelon
29 Sweet Chili Chicken * <i>Sweet Chili Tofu</i> Thai Noodles Steamed Broccoli Fresh Pineapple	30 Portr w/ Apple Chutney * <i>Vegan Cutlet /w Chutney</i> Wild Rice Plof Nantucket Vegetables Spinach Salad Pistachio Pudding	Alternate Vegetarian Meal <i>In *Italics</i> Ferrndale - Donna Kinley Blaine – Steve Wittwer	Bellingham Kitchen Team Melody Phillips-Kitchen Supervisor Emy Olguin-Prep Cook Carmen Gonzalez-Ass. Cook Cale Klipp-Ass. Cook Reece Booth-Ass. Cook Ian Cassinos-Food Service Mgr	

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

