

THE BSAC CONNECTION



March 2024 Programs, Services, and Activities

What's Next:
Resources as
We Age

Planning for
care and
support

Sponsored by:



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 in-home care, senior living options, dementia support, Medicare, 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, 10:00am-2:00pm ● Bellingham Senior Activity Center
315 Halleck Street, Bellingham
- March 15th, 10:00am-2:00pm ● Blaine Senior Center
763 G St, Blaine
- March 22nd, 10:00am-2:00pm ● Lynden Community/Senior Center
401 Grover St, Lynden
- March 29th, 10:00am-2:00pm ● Ferndale Senior Center
1999 Cherry St, Ferndale

Visit with more than a dozen local resources (vendors) who specialize in working with older adults in our community. Vendors will be available at the Center between 10am-2pm.

Join in the conversation with two special presentations:

10:30am – *Getting to know NAMI Whatcom and Peer Support* – Everyone has mental health – this is a way to start the conversation about mental health and talk about local resources.
Presented by Summer Star, Deputy Director NAMI Washington.

12:45pm – *Dementia 101* - Learn about the programs offered by Dementia Support Northwest and the basics of dementia. Presented by Leslie Jackson, RN BSN.

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.

Irish Dance Performance

Tuesday, March 12th at 12:30pm in the Auditorium

Experience the talent, athleticism and artistic flair of the Penk O'Donnell Irish Dancers!

Students of the Penk O'Donnell School have achieved massive success at local, national & international levels. Producing dancers who have won medals at World Championships, titles at the North American Championships and gone on to dance professionally with shows such as "Riverdance" and "Lord of the Dance".



March 2024

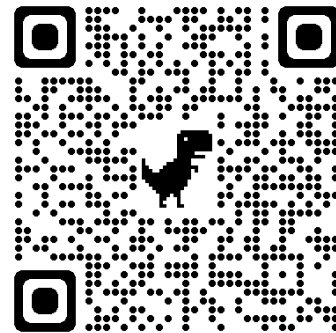
Classes • Presentations • Events

3/8	"What's Next: Resources as We Age" (p.6)	10a-2p
3/8	Knife Sharpening (p.5)	10a-4p
3/11	Visual Communication Course begins (p.8)	1:30pm
3/11	How to Identify Misinformation & Propaganda Course begins (p.8)	3:00pm
3/11	Book Buzz (p.4)	10:30am
3/12	Irish Dance Performance (p.2)	12:30pm
3/13	Guided Bus Trip: Lunch at the Fairhaven Cruise Terminal (p.9)	10:00am
3/13	Aging in Place by Design (p.9)	1:00pm
3/15	Wonders of the World (p.4)	10:30am
3/15	Bunco Bash! (p.11)	2:00pm
3/18	The Bellingham Plan - Community Engagement Event (p.7)	1:30pm
3/20	What it Means to be Men (p.10)	2:30pm
3/21	Mud Bottom Maddy Performs (p.4)	12:30pm
3/22	Kurt Aemmer Performs (p.4)	12:30pm
3/22	Beginning Backyard Birding (p.9)	10:30am
3/22	TED Talks Discussion (p.12)	1:00pm
3/25	Paws to Ponder: Land Mammal Tales & Tracks (p.10)	1:00pm
3/25	Senior Steppers Perform (p.13)	1:30pm
3/27	Reducing Sodium for Better Blood Pressure (p.14)	11:00am
3/27	Household Emergency Preparedness (p.4)	1:00pm
3/27	Ukulele Jam & Sing-along (p.4)	2:30pm
3/29	Sound Journey (p.5)	10:00am
4/5	More than A "Senior Moment": Brain Changes & Aging (p.10)	2:30pm

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 3:00 The More Beautiful World Project (p.12) 3:15 Ballet
SAT.	9:15 Zumba 10:30 Belly Dance Fitness (no class 3/9) 9:00 - 12:00 Open Gym, Table Tennis, Library

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, 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

Sign-up for our email list at:
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

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.



March 15th at 10:30am - Sea Weeds: a slide illustrated presentation of these amazing and lovely organisms that function as the plants of the tide pools and provide us with food, fodder, oxygen and beauty.

Book Buzz

March 11th at 10:30am: *The Guernsey Literary and Potato Peel Pie Society* by Mary Ann Shaffer & Annie Barrows, 2008; During Post World War II rationing in England, Juliet, a London author, once owned a book acquired by a farmer on the island of Guernsey; they begin to write to each other...

Book Buzz will continue on the second Monday of each month. Sneak peak at April's book: *Rollback* by Robert J. Sawyer.



Household Emergency Preparedness

March 27th at 1:00pm -Water: Everyone needs water everyday! Your emergency planning should include one gallon per person per day for consumption, cooking, and hygiene. Store purified water in thoroughly cleaned, sealed containers, and replace it every six months. Don't forget water for your 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, March 22nd, 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, March 21st, 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

March 28th, 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, 3:15-4:30pm

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

Whatcom Edge Sharpening Service

March 8th, 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

March 29th, 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 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:

3/6: Fountain Brewing (Zeek's Pizza), 2416 Meridian

3/13: Big Stick Barbecue, 709 W. Orchard Dr.

3/20: Structures Brewing, 601 W. Holly St.

3/27: Goods Local Brews, 2620 Northwest Ave.



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12:45pm – *Dementia 101* - Learn about the programs offered by Dementia Support Northwest and the basics of dementia. Presented by Leslie Jackson, RN BSN.

Lunch will be available at BSAC between 11:30am-12:30pm. Teriyaki chicken sandwich or a veggie teriyaki cutlet, sweet potato fries, pineapple, coleslaw & watermelon. Lunch is available for those over 60 with a suggested donation of \$5 or whatever is affordable. For those under 60 years of age the fee for lunch is \$10.



The Bellingham Plan Community Engagement Event

Our City is Growing. We need to plan intentionally for more housing and jobs. What types of buildings should we encourage? Where will community members gather? How will we tackle some of the biggest challenges we face?

The Bellingham Plan addresses important topics such as housing, transportation, and climate resilience, and established high-level goals and policies for the city. These goals and policies will guide development, capital investments, city programs, and other actions across Bellingham as we work toward our vision for 2045.

The key to the Bellingham Plan is community feedback. We want to know how you want us to plan for Bellingham's future.

City planners will give an overview of the Bellingham Plan on March 18th with an opportunity for targeted feedback from seniors through small group activities. Planners will ask participants a variety of questions related to housing, transportation, and community well-being.

Key Facts:

- The Bellingham Plan is a two-year project to update the City's Comprehensive Plan.
- The Bellingham Plan will guide the city's growth for the next 20 years.
- State law requires that we update the plan once every decade.

Older adults have unique life experiences and special considerations for city planning and aging in place. Take this opportunity to learn more about what is happening at the City through this engagement event and to provide feedback directly to the Bellingham Plan Team.

Sydney Prusak and Anya Gedrath will be presenting and leading the small group activities. They are both long range planners on the Bellingham Plan Core Team at the City.

Monday, March 18th, 1:30-3:00pm in the BSAC Auditorium. Open to all. All older adults in our community are encouraged to attend.



Hard of Hearing? Try Visual Communication

Many people experience hearing loss and feel lonely or excluded from family conversations and social activities. What to do? This series will help you navigate your hearing loss and feel more optimistic about the future.

5 one-hour classes consist of presentations, discussions and workshops that celebrate the visual strengths of hard of hearing people and acknowledge our challenges in our aural-dominant society. We will find camaraderie and support. Those interested in learning ASL/American Sign Language will find these classes useful preparation.



What is visual communication? You may not realize it, but everyone uses visual skills during conversation; 55% of communication is visual, 38% vocal and 7% verbal. Those who are deaf or hard of hearing are often especially skilled in “reading” nonverbal aspects of “speech”.

Topics include: Tips for conversation in noisy places, hearing aids, local resources, gesture, facial expression, body language, hand and eye coordination, self-care, gaze, and technology. A few basic classroom-related ASL signs will be taught.

Each class meeting has two parts. The first 30 minutes will consist of a short presentation (with microphone) and discussion. The second 30 minutes will be “voices off”, that is, a quiet time without talk. Gradually your skills will build as we learn about the wonderful benefits of communicating with each other visually. Participation in activities and discussions is appreciated but optional; you are in charge of your own comfort level. If you prefer to simply listen or watch, that will be fine.

The instructor - as a life-long hearing aid user with a hearing loss level of severe-profound — has first-hand experience interacting in the three worlds of hearing, hard-of-hearing, and deaf/Deaf cultures. Cynthia is experienced in teaching and facilitating, and she intends to create an encouraging, compassionate, and playful environment where everyone feels respected and valued.

Mondays 1:30-2:30pm, March 11 & 18, April 1, 8 & 15. Sign up at the front desk, space is limited. Series cost is \$50 (\$10 per class) payable by check or cash to instructor at the first class.

How to Identify Misinformation & Propaganda



Misinformation and propaganda (M&P) are communication strategies used to manipulate people into buying a particular product, or voting for a particular candidate or adopting a particular narrative (story). We all have been and still are targets for M&P and some of our beliefs are as a result of their effect on our behavior. Since the authors of these communications always benefit from successful manipulations at the expense of the targets, many people have become interested in learning how to protect themselves from M&P. Many researchers, have analyzed M&P communications, and have discovered that they leave “fingerprints”.

Facilitated by Richard Lewis, who will share how to identify these M&P fingerprints. Because we have all encountered and learned about M&P, our “class” will be more of an open forum where all participants will have opportunities to teach each other, often based on personal experience. The hoped for outcome of these discussions is that all participants will be better equipped to detect and analyze M&P.

Monday, March 11th, 3:00-4:30pm, continuing for 6 consecutive weeks. Sign up at front desk.

Guided Bus Trip

Lunch at the Fairhaven Cruise Terminal

Where: Fairhaven Cruise Terminal

When: Wednesday, March 13, 10:00am-1:00pm

Join us for a guided bus trip to the Fairhaven Cruise terminal. We'll take in the views from the dome room, meet a stingray and have time for fish and chips. It'll be a tasty way to practice getting to this transit hub by bus.

Meet in the lobby at the Bellingham Senior Center 10 am sharp! Dress for a short walk and wait at the bus stop. Bring money for lunch. WTA passes will be provided if needed, bring a gold card if you have one. The group will return by 1:00pm.

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

WTA**SMART
TRIPS**

Beginning Backyard Birding



Come discover the world of birds in your backyard. The Instructor will show slides of birds in breeding and non-breeding plumage and discuss feeding, nesting and behavior of birds around Bellingham. Course content will include discussion of best practices for bird watching and tips for buying binoculars. Presented by the North Cascades Audubon Society.

Friday, March 22nd, 10:30am-12:00pm. Sign up at the front desk.

Aging in Place by Design

Do you or a loved one want to stay independent and safe in your home? Learn about solutions, modifications and strategies for your home and how to achieve your goals. It's never too early to begin.

Susie Landsem is a Certified Aging in Place Specialist. She provides design and building solutions for people who want to remain in their homes. She will demonstrate some of the techniques and materials she uses to help her clients make their homes safer; her goal is to make sure you can live independently after retirement. This is a great opportunity to learn more about how you can do the same.

Wednesday, March 13th, 1:00-3:00pm.



Natural History Program Series

Paws to Ponder: Land Mammal Tales & Tracks

Anytime of day or night, you might view native mammals going about their activities. Join us to investigate their life histories, tracks and sign!

March 25, 1:00-2:30pm. Sign up at the front desk.

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.

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.



What it Means to be Men

What does it mean to be a man in these strange times? How do we best channel our instinctual energies in our environment of cell phones, cultural tension, and social media? In this 6-week course, we will explore issues such as family roles, aggression, health, sex, and technology by discussing our experiences. We will practice truthful speech in a relaxed and open environment.

Older men can easily become isolated in today's world, and this is an opportunity to form fun and meaningful relationships with other men.

The first session will be mainly ice-breaker activities to get to know each other, and subsequent sessions will focus on the various topics and through our interactions we will identify themes that are of value to our group and our shared stories.

Facilitated by Kai Cone, Clinical Counseling Intern & Clinical Mental Health Counseling Student.

Wednesday, March 20th, 2:30-4:00pm, continuing for 6 weeks. Sign up at the Front Desk.

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).

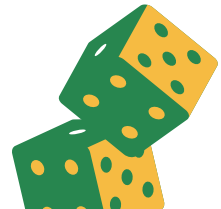
Friday, April 5th, 10:30-11:30am

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+.**



Blossomtime *Bingo!*



Friday, April 12th

2:00 – 4:00pm

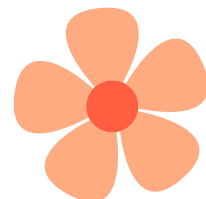
Cash prizes on all 10 games!

50/50 Raffle, win half the pot!

Open to all 18 and over!



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.



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.*

No meeting on Friday, March 8th (see pg. 6 for info on the resource event this day).

Friday, March 22nd at 1:00pm - Teams & Trust

How to turn a group of strangers into a team - Business school professor Amy Edmondson studies "team-ing," where people come together quickly (and often temporarily) to solve new, urgent or unusual problems.

How to build (and rebuild) trust - Trust is the foundation for everything we do. But what do we do when it's broken? In an eye-opening talk, Harvard Business School professor Frances Frei gives a crash course in trust: how to build it, maintain it and rebuild it -- something she worked on during a recent stint at Uber. "If we can learn to trust one another more, we can have unprecedented human progress," Frei says.

The More Beautiful World Project: Laying the foundation for a future our hearts know is possible

Even though people everywhere would welcome a more life-enhancing and enriching experience of being alive and believe it must be possible, up until now, there has been no viable way to overcome the persistent conditions of separation and alienation which appear to be fundamental to the experience of living in the world today. Experiences to the contrary are considered to be exceptions to the rule. It can be said that conditions of conflict, scarcity and alienation stem not from external realities but are manifestations of the context or the mindset of separation.

The More Beautiful World Project™ is people learning and practicing a way to approach the conditions in the world that will make a real difference to ourselves and to the people around us.

This is an exciting time to be alive and anyone of any age or any physical capability can contribute to a future worth living into. You are invited to join our weekly gatherings which are blazing new trails and laying new tracks in the realm of what is possible. *Fridays, 3:00-4:30pm.*

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.

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

Ups & Downs of Needle Point

Are you interested in stitching or learning how? Are you a stitcher and want to join with other stitchers? Mary Rice has 50 years of experience to share with other members who are interested in a weekly group on Mondays at 10am. *Sign up at the front desk if you are interested.*

Got Medicare questions? We've got answers!



- Local and trusted Medicare advisors
- Variety of plans to review
- Get a FREE plan check-up

Call us!

(866) 733-5111 (TTY: 711)

Monday - Friday, 8:30 am - 5:00 pm

📍 3800 Byron Ave, Suite #148
Bellingham, WA 98229

📍 504 Front St, Suite #101
Lynden, WA 98264

GUIDED
SOLUTIONS

Formerly VibrantUSA

guidedolutions.com/medicare

INDEPENDENT. TRUSTED. LOCAL.

We do not offer every plan available in your area. Any information we provide is limited to those plans we do offer in your area. Please contact Medicare.gov or 1-800-MEDICARE to get information on all of your options. Guided Solutions is not affiliated with or endorsed by Medicare or any government agency. Guided Solutions does not discriminate based on race, color, national origin, age, disability, or sex. Calling this number will direct you to a licensed agent. No obligation to enroll. Guided Solutions is a division of BRP Insurance III, LLC; all insurance services is the responsibility of BRP Insurance III, LLC, NPN 17880298.

The Senior Steppers Perform

Monday, March 25th, 1:30pm in the Auditorium

BSAC's own "Senior Steppers" will showcase their talents in this tap dance performance.



**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





Senior Community Meals at BSAC

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

We will continue to offer bags of 5 frozen “to-go” meals by donation for those aged 60 and over each Monday from 10:00-11:00am. The meals are distributed through drive-up and walk-up lines outside of the Bridge Community Church located next to the Habitat for Humanity Store next to our building. We ask that you choose to participate in **either** the frozen “to-go” Meal program or the Senior Community Meals on a weekly basis (up to 5 meals per week). If

you feel that you have a need for both the fresh and frozen meals, please contact Kathy Parker at 360-733-4030 x1030 or kparker@whatcomcoa.org.

All senior meals are available on a donation-only basis to anyone 60 and older. Others eligible for a donation-based meal include: the spouse/domestic partner of an eligible senior, the unpaid caregiver of an eligible senior, the disabled dependent of an eligible senior, and volunteers of any age who support the meal program. The suggested donation is \$5 per meal or whatever is affordable. Donations can be made by cash, check, or online at <https://whatcomcoa.org/donate/>. No eligible person will be turned away due to the inability to donate. Those under age 60 who wish to participate in the meal program will be charged \$10. Bellingham Senior Activity Center membership is not required to participate in the Senior Community Meals or Senior to-go Meals.

Shaking the Salt Habit to Lower High Blood Pressure

Do you know the most common sources of sodium?

Many Americans have acquired a taste for a high salt diet. One way to cut back is to skip the table salt. However, most of the sodium in our diets comes from packaged, processed foods. Eating these foods less often can help reduce your sodium intake, lower your blood pressure and/or prevent high blood pressure, also known as hypertension, from developing in the first place.

The American Heart Association recommends no more than 2,300 milligrams (mg) a day and an ideal limit of no more than 1,500 mg per day for most adults, especially for those with high blood pressure. Even cutting back by 1,000 mg a day can improve blood pressure and heart health.

(From American Heart Association, heart.org)

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Nutrition Seminar:

Reducing Sodium for Better Blood Pressure

Wednesday, March 27th, 11:00am-12:00pm

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





Meals on Wheels and More

BSAC, Blaine, Ferndale Community Meals

March, 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Alternatce Vegetarian Meal <i>In *Italics</i> Ferndale - Donna Kinley Blaine – Steve Wittwer	Bellingham Kitchen Team Melody Phillips-Kitchen Supervisor Emyr Olguin-Prep Cook Carmen Gonzalez-Assst. Cook Gale Klipp-Assst. Cook Reece Booth-Assst. Cook Ian Cassinos-Food Service Mgr			Chicken Cobb Salad *Garden Salad Oatmeal Bread Fresh Orange Wedges
4 Chicken Rueben Wild Rice Pilaf Nantucket Vegetables Carrot Raisin Salad Orange Creamside Salad	5 Beer Brat *Vegan Brat Sweet & Sour Red Cabbage German Potato Salad Garden Salad Cherry Apple Crisp	6 Beef Stroganoff *Mushroom Stroganoff Rotelle Pasta Honey Glazed Carrots Spinach Salad Fresh Fruit	7 Creamy Clam Chowder *Creamy Corn Chowder Tuna Salad Pita Oyster Crackers Garden Salad Honey Oat Bar	8 Teriyaki Chicken Sandwich *Veggie Teriyaki Cutlet Sweet Potato Fries Pineapple Coleslaw Watermelon
11 Country Fried Steak *Vegetarian Fritter Mashed Potatoes & Gravy Butter Peas Garden Salad Vanilla Ice Cream	12 BBQ Pulled Pork *Vegan Pulled Chicken Hawaiian Rice Steamed Broccoli Coleslaw Applesauce	13 Lemon Pepper Cod *Veggie Lemon Pepper filet Scallop Potatoes Peas & Carrots Kale Citrus Salad 7-Layer Bar	14 Chicken Bruschetta *Vegan Cutlet Pesto Noodles Italian Green Beans Caesar Salad Tropical Fruit Salad	15 St. Paddy's Day Lunch Corned Beef & Cabbage *Veggie & Cabbage Boiled Potatoes Carrots Garden Salad Green Fruited Jell-O
18 Shrimp Fettuccine Alfredo *Vegetarian Chicken Alfredo Italian Vegetables Caesar Salad Sliced Peaches	19 Tomato Basil Soup Country Chicken Salad Wrap *Vegan Tomato Soup & Wrap Garden Salad Chocolate Chip Cookie	20 Sweet & Sour Meatballs *Vegetarian Meatballs Brown Rice Asian Vegetables Sesame Asian Slaw Mandarin Oranges	21 Pork Chops *Veggie Cutlet Mashed Potatoes w/ Mushroom Gravy Roasted Zucchini & Peppers Orange & Pecan Spring Salad Pudding	22 Asian Chicken Salad *Asian Tofu Salad Spring Rolls Fresh Grapes
25 Beef Stew *Vegetable Stew Buttermilk Biscuit Garden Salad Peach Crisp	26 Green Chicken Enchiladas Spanish Rice Cilantro Corn Relish Rice Pudding	27 Birthday Lunch Roasted Turkey *Roasted Veggie Cutlet Mashed Potatoes & Gravy Buttered Green Beans Garden Salad Birthday Cake	28 Spinach & Mushroom Quiche Roasted Potatoes Orange Juice Fruit & Yogurt Parfait	29 Easter Lunch Ham & Pineapple *Veggie Patty Baked Yam Green Beans Spinach Salad Pistachio Fluff

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

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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Council on Aging**



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