

THE BSAC CONNECTION



May 2024 Programs, Services, and Activities

SENIOR PROM

Friday, May 31st

2:00 - 4:00pm

**DANCE TO YOUR HEART'S CONTENT
WITH HITS FROM THE 50S, 60S & 70S**

REFRESHMENTS & SNACKS

PHOTOBOOTH

OPEN TO ALL!



FEATURING LIVE MUSIC!

tickets available in advance at:
Bellingham Senior Activity Center

315 Halleck Street

(360) 733-4030

whatcomcoa.org

\$10 PER PERSON

Sponsored by:



**What's Next:
Planning Ahead**

Making Choices
For Your Legacy
& Health Care

Sponsored by:



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

Let's talk about it! Planning your legacy and healthcare before something happens can give you peace of mind for not only you but your loved ones as well.

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. Areas covered include senior living options, caregiving, legal & financial services and more.

Presentations: Creating a Successful Estate Plan (10:30am) & Advance Care Planning (12:30pm)

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!

June 7th, 10:00am-2:00pm ● Bellingham Senior Activity Center

June 14th, 10:00am-2:00pm ● Blaine Senior Center

June 21st, 10:00am-2:00pm ● Lynden Community/Senior Center

June 28th, 10:00am-2:00pm ● Ferndale Senior Center

Whatcomcoa.org

315 Halleck Street

(360) 733-4030

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.

BSAC will be closed on:

Saturday, May 25th - Memorial Day weekend

Monday, May 27th - Memorial Day

Thursday, July 4th - Independence Day

Guests and Visitors Welcome

Members will agree that BSAC membership of \$50 for one year or \$15 for three months is a great deal with many benefits, but did you know that we also welcome guests and visitors to participate in a program?

Guests of any age are welcome to accompany members in a visit to the Center. That means friends, children, grandchildren can join a member lunch (\$10 for those under 60), a game of pool or ping-pong, conversation in the coffee bar, and most presentations and events.

Guests aged 50+ can attend a class or presentation unless otherwise noted. This allows folks to try out a class or attend a presentation if space allows.

Simply fill out a guest card at the front desk before attending a program. Up to three guest visits are allowed.

Note: BSAC membership is not required to participate in the Senior Community Meals which are available on a donation-only basis to anyone 60 and older. See page 14 for more information.

May 2024

| | | |
|------|---|---------|
| 5/1 | Group Bike Rides begin (p.12) | 10:00am |
| 5/3 | Create a Backyard Bird Haven (p.9) | 10:30am |
| 5/8 | Bellair Tours & Adventures Summer Tours (p.8) | 1:00pm |
| 5/8 | Saving Energy at Home (p.11) | 10:30am |
| 5/10 | Knife Sharpening (p.5) | 10a-4p |
| 5/10 | Beginning Acoustic Guitar (p.6) | 12:00pm |
| 5/10 | Northwest Girlchoir (p.10) | 12:45pm |
| 5/10 | TED Talks Discussion (p.13) | 1:00pm |
| 5/13 | Book Buzz (p.4) | 10:30am |
| 5/13 | Songbirds of your Backyard & Beyond (p.9) | 1:00pm |
| 5/15 | Meditation Plus (p.7) | 8:15am |
| 5/15 | Tour of Alaska Packers Museum (p.6) | 10:00am |
| 5/16 | Mud Bottom Maddy (p.4) | 12:30pm |
| 5/17 | Wonders of the World (p.4) | 10:30am |
| 5/17 | Kurt Aemmer Performs (p.4) | 12:30pm |
| 5/20 | Tour of Southeast Asia (p.9) | 1:00pm |
| 5/22 | Heart Healthy Eating for Life (p.14) | 11:00am |
| 5/22 | Household Emergency Preparedness: Important documents (p.4) | 1:00pm |
| 5/23 | Ukulele Jam & Sing-along (p.4) | 2:30pm |
| 5/24 | Wildlife Photography (p.7) | 10:30am |
| 5/24 | TED Talks Discussion (p.13) | 1:00pm |
| 5/29 | From Memory to Memoir (p.10) | 10:00am |
| 5/29 | Sculptural Portrait making (p.11) | 10:00am |
| 5/31 | Senior Prom (cover) | 2:00pm |
| 6/3 | Early Railroads of Whatcom (p.8) | 1:00pm |

| | |
|---|---|
| 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 (no classes May 8-May 30) 9:00 Rug Hooking 9:00 Mah Jongg 9:30 Button Walkabouts 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 1:30 Chinese Mah Jongg 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 (no classes May 8-May 30) 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 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 |

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 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

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

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 must be made in advance online: www.myactivecenter.com, by phone 360-733- 4030 x0, or at the front desk. Scheduling online is preferred. Registration opens on the 20th of each month for the coming month.

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.

*Gym closed 11am-12pm M-F

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.



May 17th at 10:30am: How Did We Count before there were Numbers? A slide illustrated presentation of the various ways in which our ancestors sought to enumerate the things necessary to the lives.

Book Buzz

May 13th at 10:30am:

Westering Women by Sandra Dallas, 2020; In 1852 a group of women leave Chicago to journey west, 2,000 miles into the unknown.



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

Sneak peak at June's book: *Goodbye Mr. Chips* by James Hilton, 1962.

Household Emergency Preparedness

May 22nd at 1:00pm - Important Documents: Do you have records of the important stuff? Be ready for insurance claims after a disaster by collecting copies of insurance policies and financial documents. Keep them secure and accessible, and keep them updated. Don't forget a photo or video record of your prized belongings!

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, May 17th, 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. 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, May 23rd, 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

May 10th, 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

*June 28th, 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

May 22nd, 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:

- 5/1: El Suenito Brewery, 1926 Humboldt Street
- 5/8: Larabee Lager Co., 4151 Meridian St.
- 5/15: Kulshan Brewing (Sunnyland), 2238 James St.
- 5/22: Big Stick Barbecue, 709 W Orchard Dr.
- 5/29: Fountain Brewing (Zeeks Pizza), 2416 Meridian St.



Tour the Alaska Packers Museum at Semiahmoo Park

Alaska Packers Museum is a small museum with a large amount of local history and artifacts from the days of salmon fishing from open boats and fish traps. Bill Brooks will lead a private tour of the museum for up to 20 BSAC members. The museum, a Whatcom County Parks facility located on Semiahmoo Spit in Blaine, is housed in the original cannery building that served as a center for salmon processing for nearly 80 years.



The exhibits tell a story of days gone by and include a scale model fish trap, antique machinery, a gallery of historic photos, and an original 28-foot Bristol Bay fishing boat. Take time to view "Sockeye and the Age of Sail" with early day film footage of the APA Star Fleet of tall ships under sail, connecting Blaine, Bristol Bay, and San Francisco in the fortunes of fishing.

Allow 1 hour & 45 minutes for the tour and viewing, and if you like, bring a picnic and explore the beaches of Semiahmoo Park and the scenic walking & biking trails along this unique 1/25 mile natural land spit.

Wednesday, May 15th at 10:00am, meeting at the Museum: 9261 Semiahmoo Pkwy, Blaine, WA. Sign up at the Front Desk to attend. BSAC members only.



One of the last fleets of tall ships, docked at the Semiahmoo Wharf



Alaska Packers Association cannery workers



The APA Museum is filled with artifacts from the 1880s to 1970s

Beginning Acoustic Guitar

This 8-session workshop is designed for people who are brand new to playing Guitar. No musical training or experience is necessary. All that is required is a strong desire to learn the basics of how to play the acoustic guitar. Thomas will introduce you to the basics such as finger chord shapes, rhythm patterns, and practice techniques. After 8 sessions, you will have the knowledge and motivation to continue on your own. Guitars will be provided, and available for loan if you are registered for the workshop.

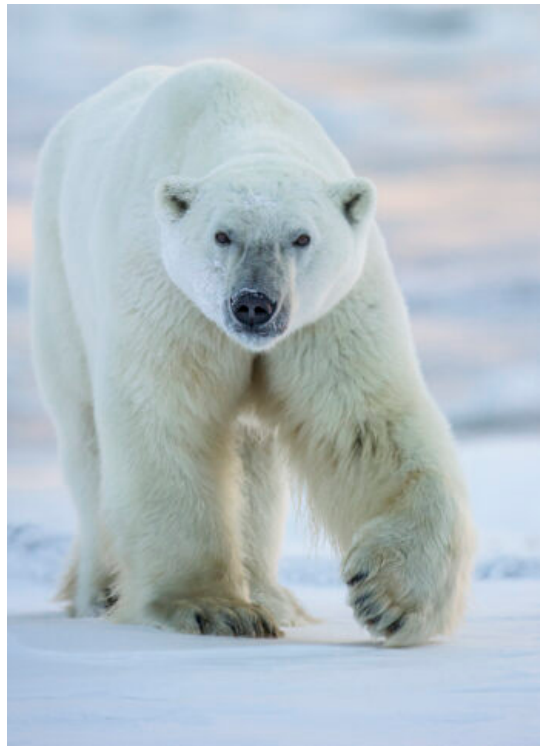
Fridays, 12:00-1:30pm, May 10th through June 28. -Or- July 12 through Aug. 30. Sign up at the front desk. BSAC members only.



Wildlife Photography from Alaska to Africa

Enjoy a visual feast of some of the world's wonderful wildlife, without the hassle of travel. As we retire and as we age, the value of having passions cannot be overstated, and Michael Caroff - an award winning wildlife photographer with 20 years of experience, will be sharing his passion and craft of photography, providing a look into the split second world we usually do not see. Q&A to follow the slide presentation.

Friday, May 24th 10:30am-12:00pm. Sign up at Front Desk.



Meditation Plus: An integrative approach for mind/body connection, higher consciousness, and a peaceful state of being.

In this class, we focus on mindfulness and meditation to bolster relaxation, healing and rejuvenation, integrating scientifically researched methods that have been shown to reduce stress and anxiety and promote wellbeing. Dana uses stress management tools together with ancient Asian health traditions that were developed over 2500 years ago: Yogic breathing, Chanting, Tai Chi and Qigong. This unique and innovative approach can aid and enhance the mindfulness and meditative process—mind can influence body and body can influence mind.

Stress is an inherent part of life resulting from changes in residence, social connection, health and lifestyle, adverse childhood experiences or a traumatic event, grief, loneliness and so forth. Unfortunately, many individuals lack the knowledge, skills and support to manage life's stressors. Unresolved or unattended stress can become long-term, increasing one's risk to mental health issues such as anxiety and depression, substance use problems, unhealthy sleep patterns, muscle tension, pain, and so on. With guidance and practice, it's possible to increase awareness and gain understanding of our physical, mental and emotional perceptions, ushering in joy and contentment.

3-week course. Wednesdays, 8:15-9:45am. May 15th through May 29th. Fee: \$5 cash per session paid to instructor at the start of each session. Sign up at the Front Desk.

Dana is a Japanese Euro-American, raised and educated in Japan, Germany, and the U.S. She blends eastern and western knowledge and perspectives. She has a M.Ed. and has studied Substance Use Disorder (SUD), counseling methodologies, and stress management. She also studies and practices Tai Chi, Qigong, Yogic Breathing, and Reiki.

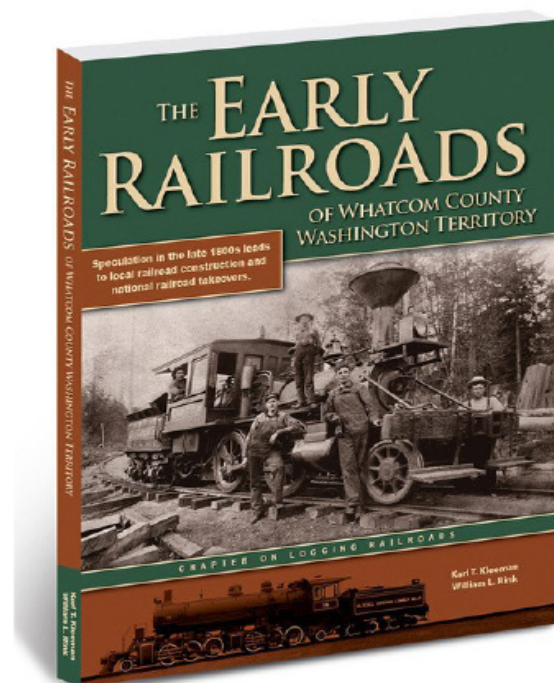
Early Railroads of Whatcom County

Local historians & authors, Karl Kleeman and Bill Rink, published the book, *Early Railroads of Whatcom County, Wasahington Territory*, in 2020. This is the story of the early railroads in Whatcom County, starting with the Bellingham Bay & British Columbia Railroad in 1883. Four transcontinental railroads would eventually serve Whatcom County: the Canadian Pacific, the Northern Pacific, the Great Northern and the Chicago, Milwaukee, St. Paul & Pacific Railroad. Before these large railroads reached Whatcom County, four small railroads were incorporated in the county: the Bellingham Bay & British Columbia, the Bellingham Bay Railroad and Navigation Company, the Fairhaven & Southern and the Bellingham Bay & Eastern Railroad.

This story is not only about the building of these railroads but about the people and the communities they served. Karl and Bill will share these stories as well as pictures and maps from that era. We hope you enjoy his wonderful story, yes about the railroads but even more about the people of that era who, like so many people from so many places built the society we enjoy today.

The book, available at Village Books, will be available for purchase at a discount following the presentation.

Monday, June 3rd, 1:00-2:30pm. Sign up at the Front Desk to attend.



This train from San Francisco became one of the first locomotives on Railroad Avenue. Photo courtesy: Bellingham Railway Museum

Bellair Tours & Adventures

Summer 2024 Tours Presentation

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

Wednesday, May 8th, 1:00-2:00pm.



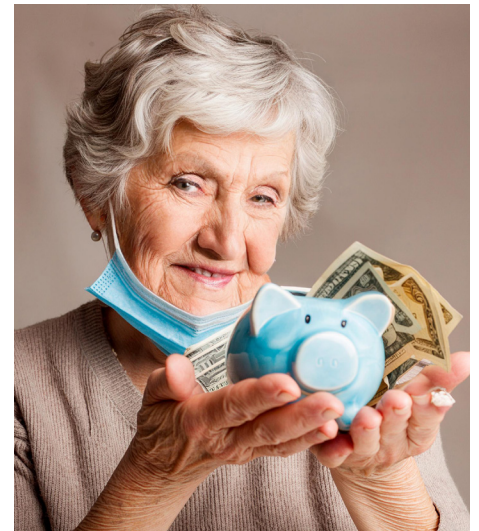
Recognize & Prevent Fraud

Members of “Consumer Protection Washington” will be at BSAC to share free resources and information about Elder Financial Fraud, Charity Fraud, Identity Theft and more!

Consumer Protection Washington is dedicated to educating and alerting the public on consumer issues, scams and investigations affecting residents in Washington State so consumers can be on top of issues and alerts happening in their community.

Don't miss this! You'll be equipped to protect yourself and your loved ones from scammers!

Wednesday, May 29th, 1:00-3:00pm. Sign up at the Front Desk.



Tour of Southeast Asia: Vietnam, Cambodia, Laos & Thailand

BSAC member and volunteer, Wally, will share highlights from a wonderful trip he and his wife experienced to become acquainted with Vietnam, Cambodia, Laos, and Thailand. This slideshow presentation will include photos and highlights that they encountered, including the people of those locations, an elephant sanctuary, markets, a boat ride to Ha Long Bay and down the Mekong River, the hero rats, several beautiful temples, the busy city of Bangkok, and more.

Monday, May 20th, 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.
Suggested donation: \$10*

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.



Take a Memory and turn it into Memoir: Our parents' untold stories.

“My father never spoke about the war.” Edith Zwartendijk

“The past comes to us in fragments finished off by imagination.” Laura Kalpakian, *MEMORY INTO MEMOIR*, University of New Mexico Press, 2021.

In this two-hour workshop, we will explore the concept of memoir through stories handed down in our families about the Second World War. Millions died during this pivotal event of the twentieth century; millions more were displaced, losing loved ones, country, culture and language. Young men—and some women—traveled overseas for the first time and returned forever changed by what they had witnessed.

The stories of ordinary people caught up in the war are disappearing as their generation dies. Our goal is to preserve these stories for future generations.

What we will cover:

- What is “memoir”? (NOT a biography, obituary, or catalog of achievements)
- Using a writing prompt to elicit description, context, and significance
- The story arc: beginning, middle, end/resolution
- Asking questions of the past: research to peel back the layers
- Next steps?

Come with something to write on, something to write with, and a photo of a parent or older relative.

Instructed by Marian Exall, an award-winning local author of historical fiction and mysteries. Her latest book “Daughters of Riga” is inspired by an untold story of courage and resilience in World War II.

Wednesday, May 29th, 10:00am-12:00pm. Sign up at the Front Desk. BSAC members only.



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

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

Online Dating 101: From Profile to First Date

New to online dating? This course is your beginner's guide, helping you understand different dating apps, what makes a standout profile, and navigate online dating norms.

Learn the differences between apps like Tinder and Match.com, and choose the right one for you. From choosing the right photos to crafting a compelling bio, you'll learn how to present your best self online. We'll also discuss the norms of online dating, from messaging etiquette to setting up that all-important first date.

The first part of this class will be a lecture and discussion. The last 30-45 minutes will be used to help anyone build an online dating profile or edit one that already exists!

Presented by Jenn Mason, certified sex educator, certified sex coach, owner of WinkWink, and online dating profile opinion-haver.

Friday, June 7th, 2:30-4:00pm. Sign up at the Front Desk.

Create a Sculptural Portrait of an Animal Friend

Become inspired to create a 3 dimensional animal friend, and enjoy the creative process!

Artist and educator, Ruth San Pietro, will guide participants in this creation using a clay made from recycled paper fiber, and empty water bottle, and acrylic paint. Bring a photo of an animal friend, such as a past or current pet, to drive your creative expression.

Visit ruthsanpietropaper.com to learn more about Ruth and her artwork.

Starting May 29th, 10:00-11:30am for 4 consecutive weeks. \$10 materials fee paid to instructor. Sign up at the Front Desk. BSAC members only.



SAVE THE DATE

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. Do you have an old prom dress or formal dress you can share to decorate our dance hall with? Contact Eric, Program Coordinator.

What's Next: Planning Ahead for your Legacy & Healthcare. *June 7th, 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

Group Bike Rides

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 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. Wanted: additional volunteer to help lead rides, contact Eric, epierson@whatcomcoa.org.

| 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 |

Chinese Mahjong - Tuesday's, 1:30 to 3:30 - *New ongoing weekly activity

This game group is open to those who have taken a class, played, or studied Official Chinese Mahjong whether recently or in the past. The rules used are based on Tom Sloper's *The Red Dragon & the West Wind*. Those who are curious are welcome to observe to help them decide if they want to delve into this ancient, challenging game.

We play a game variant where 3 or 4 people can play per table, where players are not limited to how much time they have to make their play, and where referring to Sloper's book or other printed materials is just fine and, in fact, expected. This friendly, welcoming group is open to anyone interested in advancing their skill in playing Chinese Mahjong.

NOTE: Those interested in taking a 4-week Beginning Mahjong Class at some point in the future are encouraged to sign up at the Front Desk. A more advanced class can also be available for those who have completed the beginner's class. Membership required to participate in these classes.

The Button Walkabouts

Join us for a social, easy-paced walk lasting approximately 1.5 hours. Frequent walking locations include, Whatcom Falls Park, Stimpson Nature Reserve, Lake Padden, and various interurban trails. Please stay with a partner on designated trails. Most walks contain dirt trails which are not conducive for portable walkers. All walkers must be Members of BSAC.

Every Tuesday and Thursday mornings 10:00am-11:00am. Meet directly at the trailhead before the 10am departure. View the monthly walking schedule at whatcomcoa.org/hiking-walking, or pickup a copy at the Front Desk.



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, May 10th at 1:00pm - Spinoza: A Complete Guide to Life

If you've ever wanted a complete scientific roadmap for how to live, a modern philosophy to go by, a lens through which to understand a complex world, a foundation, the 17th century Dutch philosopher Baruch Spinoza is as good as you'll find. He asked questions like: why are we so dogmatic? What makes us irrational? Why do we live as slaves to our emotions and others opinions.

We look at Spinoza's most influential text, The Ethics, look at what his ideas about god were and why he was a Pantheist, ask what substances, modes, and attributes are, and why he argues that the 'many is one'. We look at the affects, the idea of conatus, the 'free person', rationalism, his stoicism, and ideas of morality and benevolence.

Friday, May 24th at 1:00pm - Debunking doomerism: 4 futurists on why we're actually not doomed

Explore the future with visionaries Kevin Kelly, Peter Schwartz, Ari Wallach, and Tyler Cowen.

While each is looking into the future through a different lens, they all share a belief in the power of optimism and proactive engagement as essential tools for overcoming today's challenges.

Wallach introduces "Longpath," urging long-term thinking, while Kelly advocates for "Protopia," emphasizing gradual progress. Schwartz highlights scenario planning's importance, emphasizing curiosity and collaboration. Cowen reflects on America's progress and calls for urgency.

Together, they stress empathy, transgenerational thinking, and diverse futures to collectively build a better tomorrow. The message: the future is a continuous creation requiring proactive, collective action.

Bocce Ball - Bender Fields in Lynden

The Lynden Community/Senior Center welcomes senior center members throughout the county to join them in playing bocce ball on Tuesdays & Thursdays, 10am-12pm, at the Bender Fields Bocce Ball Court. Rain cancels, bring your lawn chair. Contact info: (360) 354-2921 or info@lyndencommunitycenter.org.



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

*Eligible seniors will receive a
Benefit Card redeemable for \$80
in produce at Farmers Markets.*

Introducing our New Volunteer Coordinator

Greetings to everyone! My name is Amy Wharton, and I will be your new Volunteer Coordinator. My background is in Restaurant Management and Events Coordination, as well as being a busy Mom of two teenagers, so coordinating events, schedules, job positions, and a variety of other activities is totally in my wheelhouse. I am an outdoor enthusiast, and love hiking, kayaking, and any sport that involves a racquet or a paddle. I am absolutely thrilled to join the WCOA team, and look forward to meeting each and every one of you!





a program of the
Whatcom Council on Aging

Senior Community Meals at BSAC

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

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

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

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



New Plated Salad Option at BSAC

Meals on Wheels and More is now offering a ***limited number** of plated green salads as an alternative to the regular hot lunch entrées. **Salads will be for dine-in only, not for take home. Salads are available on a FIRST come FIRST serve Basis (no saving for others).**

The plated green salad lunch will include the following:

- Various toppings (tomato, cheese, olive, hard boiled egg, cucumber etc) which may vary depending on what we have on hand.
- A packet of salad dressing (or dressing from salad bar when available).
- Choice of a ½ cup of protein which may include Turkey, Ham, Shrimp, or beans.
- Milk and fruit/ dessert offered with the daily menu.

*We will start with 10 salads available daily and adjust the number available as needed after a couple of weeks based on the demand.

Nutrition Seminar: Heart Healthy Eating for Life

Wednesday, May 22nd, 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

May 2024

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|---|---|
| Bellingham Kitchen Team Melody Phillips- Kitchen Supervisor Emy Olguin-Drep Cook Carmen Gonzalez-Ass. Cook Cadie Kipp-Ass. Cook Reece Booth-Ass. Cook Ian Cassinos-Food Service Mgr | Alternate Vegetarian Meal <i>In *Italics</i> Ferndale - Donna Kinley Blaine – Steve Wittwer | Panko Parmesan Cod *Veggie Cutlet Roasted Yam Balsamic Brussels Sprouts Coleslaw Raspberry Sherbet | Pesto Tortellini *Vegetarian Pesto Pasta Sautéed Zucchini & Peppers Caesar Salad Fresh Grapes | Cinco De Mayo Lunch Beef Fajitas w/ Flour Tortillas *Veggie Fajitas Cilantro Lime Rice Garden Salad Tropical Fruit |
| Spaghetti w/ Meat Sauce *Marinara Italian Vegetable blend Caesar Salad Sliced Peaches | Turkey Meatloaf *Vegan Cutlet Mashed Potatoes & Gravy Peas and Carrots Garden Salad Berry Crisp | Homestyle Chili *Vegan Chili w/ Cheese & Sour Cream Cornbread Green Salad Ice Cream | Chicken Tenders *Vegan Tenders Sweet Potato Fries Broccoli Bacon Salad Orange Creamsicle Salad | <i>Mother's Day Brunch</i> Eggs Benedict w/ Hollandaise Roasted Potatoes w/ Peppers Sausage Links Cheese Blintz w/ Berry Sauce Fresh Fruit Salad Brunch Punch |
| Chicken Cordon Blue *Veg Cordon Bleu Baked Yam Green Beans Spinach Salad Ambrosia | Shrimp & Sausage Gumbo *Vegan Gumbo Rice Broccoli Garden Salad Fresh Pineapple | Beef Stroganoff *Veg Burgandy Rotini Pasta Nantucket Vegetables Spinach Salad Apple Crisp | Chinese BBQ Pork *Chinese BBQ Tofu Veggie Fried Rice Sesame Broccoli Mandarin Oranges Fortune Cookie | Chicken Apple Walnut Salad *Garden Entrée Salad Oatmeal Bread Sliced Oranges |
| Swiss Steak *Veggie Patty Mashed Potatoes & Gravy Peas & Carrots Garden Salad Lime Jell-O Salad | Sweet & Sour Chicken *Vegan Sweet & Sour <i>Chicken</i> Brown Rice Asian Vegetables Asian Sesame Slaw Tropical Fruit Medley | Denver Omelets Roasted Potatoes Fresh Fruit Cinnamon Roll | Chicken Pot Pie *Mushroom Pot Pie Garden Salad Fresh Grapes | Bacon Cheeseburgers w/ Lettuce & Tomato *Garden Burger Baked Beans Colelaw Watermelon |
| | Vegetable Beef & Barley *Vegan Veggie Barley Soup Soup Grilled Cheese Garden Salad Chocolate Chip Cookie | Birthdays Lunch BBQ Chicken Scalloped Potatoes Nantucket Vegetables Citrus Kale Salad Birthday Cake | Pork Carnitas Street Tacos Spanish Rice Mexican Street Corn Salad Fresh Fruit Salad | Seared Ahi Tuna Salad Spring Rolls Orange Wedges |

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. We try our best to accommodate special dietary or food allergies but cannot guarantee their absence.

Bellingham Senior Activity Center

315 Halleck Street
Bellingham, WA 98225

Return service requested

**BSAC is Open On Saturdays
9am to 12pm!**

Members only, must bring 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., Amy Wharton ext: 1024
- BSAC Program Concierge, Jeanne ext: 1016
- Meals on Wheels & More ext: 1030
- WCOA Executive Director, Chris Orr ext: 1026
- Bellingham at Home ext: 2602

