

THE BSAC CONNECTION

Bellingham Senior Activity Center

July 2024 Programs, Services, and Activities



Come & Enjoy



WHATCOM
Council on Aging

Presents

Resources
Activities
Entertainment
Lunch and More!



Wednesday
August 7,
2024

Sponsored by:



*A festival for
older adults*



10am-2pm
Hovander
Homestead Park
in Ferndale

**New Monday afternoon
Yoga class added!**
(page 8)

**How to Write & Draw your
own Children's Book**
(page 9)

**How (and why)
to Lift Heavy**
(page 8)



**Barkley Market
by Bus**
(page 9)

Welcome

July 2024



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.

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A festival for older adults

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Resources
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**Wednesday
August 7,
2024**

10am-2pm
Hovander
Homestead Park
in Ferndale



Sponsored by:
GUIDED SOLUTIONS
Formerly VibrantUSA

7/4	BSAC closed. Happy 4th!	---
7/8	Book Buzz (p.4)	10:30am
7/10	How to Lift Heavy (p.8)	1:30pm
7/12	Knife Sharpening (p.5)	10a-4p
7/12	Kurt Aemmer Performs (p.4)	12:30pm
7/12	TED Talks Discussion (p.11)	1:00pm
7/17	Navigating Mobility Equipment (p.10)	10:30am
7/18	Barkley Market by Bus (p.9)	11:30am
7/18	Mud Bottom Maddy (p.4)	12:30pm
7/19	Wonders of the World (p.4)	10:30am
7/19	Harmony Northwest Chorus (p.10)	1:00pm
7/22	How to Write & Draw your own Children's Book (p.9)	12:45pm
7/24	Household Emergency Preparedness: Fire Safety (p.4)	1:00pm
7/24	Low Vision Support Group (p.5)	1:00pm
7/26	Sound Journey (p.5)	10:00am
7/26	TED Talks Discussion (p.11)	1:00pm

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BSAC will be closed on:

Thursday, July 4th - Independence Day

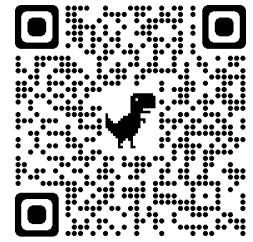
Wednesday, Aug. 7th - Senior Day in the Park

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 9:00 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 10:00 Group Bike Ride 10:30 Longevity Stick 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 4:15 Exploring Music through Dance 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.	9:00 - 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, 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, Zumba, Bike Rides & other programs marked as registration required

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 for yoga opens on the 20th of each month for the coming month, and on the 25th for Zumba at 9am.

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: if you register for a fee-based class and do not cancel in advance, your punchcard will be punched for the 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.



July 19th at 10:30am: European Architecture - A slide illustrated presentation of the amazing buildings of the continent "across the pond".

Book Buzz

July 8th at 10:30am:

The Book Woman of Troublesome Creek, by Kim Michelle Richardson, 2019. Cussy, one of the blue people of Kentucky, delivers books to isolated people in the hills in 1936.



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

Sneak peak at August's book: : *The Eagle of the Ninth* by Rosemary Sutcliffe, 2010.

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 11 for this month's discussion.

Blood Pressure Checks

1st & 3rd Mondays from 10:30am to 1:00pm

Knowing your blood pressure is part of self-care. High blood pressure may increase the risk of heart attack, stroke, and kidney disease. You will be provided with a blood pressure log card to keep track of your blood pressure.

Kurt Aemmer

Friday, July 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, July 18th, 12:30 - 1:30pm. Continuing on the 3rd Thursday of each month.

Maddy is a local singer/songwriter who performs folk music for the express purpose of having fun. Maddy's songlist comprises music from several decades and an occasional original. Her performances are lively, fun, and smile-inducing.



Household Emergency Preparedness

July 24th at 1:00pm - Fire Safety: Fires can occur without warning. Learn where the nearest fire extinguisher is and how to use it safely. Every member of the household should know what to do when a smoke detector sounds an alert. Manage flammable items with care and eliminate as many as possible at home.

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.



Free for members & guests.

For a complete list of all 12 topics and access to the booklet, visit: <https://mil.wa.gov/personal>

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

July 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

*July 26th, 10:00 - 11:00am.
Continuing Last Fri./month.*

A guided sound experience where participants comfortably lie (or sit) on the floor (or chair) with their eyes closed to obtain a relaxed state. The session includes breath work and listening to a variety of instruments in which frequencies assist the body in activating the parasympathetic nervous system, which controls the body's ability to relax. Facilitated by Everitt Allen, Sound Therapy of the Pacific Northwest.



Low Vision Support

July 24th, 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.

Join a community that has your back!



**Bellingham
At Home**

A Senior Village Without Walls

BellinghamAtHome.org 360 746-3462

A program of the Whatcom Council on Aging

Footcare

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

A basic appointment will include an inspection and assessment of your feet, routine care such as callous removal, trimming toenails, and referrals as needed.

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:*

July 3: Kulshan Trackside Biergarten, 298 W. Laurel St.

July 10: Aslan Brewing, 1330 N Forest St.

July 17: Goods Local Brews, 2620 Northwest Ave.

July 24: El Suenito Brewing, 1926 Humboldt St.

July 31: Elizabeth Station, 1400 W Holly St.





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Senior Day in the Park

A festival for older adults

10am-2pm

Hovander Homestead Park, Ferndale

360.733.4030 | whatcomcoa.org

**Live Music, Food, Games, Variety of Vendors,
Special Performances, Meet Your Elected Officials**

*Bus transport from
BSAC & back.
Sign up at front desk.*

*Un festival para los adultos mayores
Recursos, Actividades, Entretenimiento, Almuerzo y más!*

Sponsored By:



Phillips 66 | Thrivent | Bellevue Healthcare | Hoagland Pharmacy | Eden Health |
PugetSound Energy | Vineyard Park of Lynden Manor

Senior Day in the Park

A festival for older adults
August 7th, 10am-2pm

ACTIVITIES & PERFORMANCES & WALKING TOURS



Pakawalups

11:45 - 12:15

Take a musical trip back to the 40s!
Three sisters perform their USO style show backed
by full orchestral studio recordings, featuring songs
made famous by the beloved Andrew Sisters and
others from the Big Band Swing Era.

Hovander Garden Tours

20-minute small-group tours led by
master gardeners. Sign up at the

Activities Table. Tour times:

11:00 & 12:00



Walk to the
Lookout Tower &
Frangrance
Garden



10:30

Leaves at 10:30 from
the Activities Table

Bocce Ball & Cornhole

come play!
setup for play 10am-2pm
near the Activities Table

10:00-2:00

Activity Demos

Join in instructor-led demonstrations:

Tai Chi demo at 1:00pm
Longevity Stick demos at 10:45am & 1:15pm
Pickleball demo 10am-2pm at the Laura
Sanderson Medicare Insurance table

Yoga **New Monday afternoon class added*

Mondays, 2:00-3:15pm, starting July 1. \$10 or 2 punches on fitness card. Register at MyActiveCenter.com or at front desk (registration opens on the 20th of each month for the next month's classes). This class is in addition to the weekly Monday and Thursday morning classes.



Meet instructor, Dani Swanson: I have a 17+ year history of practicing yoga. My personal experience and passion to help others with the benefits led me to pursue training. Since 2019 I've been certified in Hatha yoga, with my personal practice focusing on the Iyengar tradition. I'm very excited to help make yoga accessible to people of all ages and abilities. When I'm not practicing or teaching yoga you'll find me spending time with my husband and two teenage daughters, running on mountain trails, walking my dog, or enjoying time with friends.

How to Lift Heavy

Wednesday, July 10th, 1:30-4:00pm. \$15. Members only. Register at MyActiveCenter.com or front desk.

- Are over the age of 50?
- Have you been diagnosed with osteoporosis or osteopenia?
- Has your doctor said to get more active and lift weights?
- Do you want to get stronger and build lean muscle?
- Do you have new hips, knees or shoulders?
- Do you want to reduce your risk of falling?
- Do you want the ability to sit and stand from a chair with ease?
- Do you want the ability to get up off the floor with ease?
- Do you want to increase your balance?
- Do you want to decrease arthritis pain and discomfort?
- Have you been using the gym, but don't know how to take it to the next level?



If your answer is yes to any of these questions, you could benefit from learning why and how to lift heavy. During this workshop you will learn about the benefits of a regular strength training program, how to plan a program around your lifestyle, abilities and limitations. You will also learn what the difference is between several programming modules, and what heavy lifting means, how it feels and how often to do it. You will receive a four-week programming template along with a sample program to get you started.

As a small group of like-minded participants, we will have a round table discussion about our struggles and achievements. An opportunity to use free weights, in a safe and controlled environment, to challenge yourself into feeling what heavy lifting is all about!

Instructed by Liane Budden, BSAC's strength training coach, a certified Personal Trainer, and an Enhance Fitness instructor who brings a personalized approach to fitness, especially when we are talking about strength training. Anybody, no matter where they are in life, can build lean muscle as long as they commit to an intentional and consistent routine. Liane's saying is "make it attainable, doable and achievable."



How to Write & Draw your own Children's Book

Bob Zaslow, aka "Mr. Z", a children's book author and former art teacher, leads this course for you to learn the process and get the excitement started to create your own children's book. You might have grandchildren that inspire you to create a book, or you can enjoy learning and creating a story for yourself or others.

Children have a natural curiosity about the world, and grand - sometimes unanswerable - questions about what is or could be possible.

We will harness that spirit to come up with our own unique stories.

Mr. Z will lead the process of creating a children's book step-by-step, and also show us how to create simple illustrations to bring our stories to life. Information will also be shared about publishing or printing your completed book. Learn more about Bob and his writing at mrzstorytime.com.

4 sessions of 45-minutes each. Mondays, July 22 - Aug. 12, 12:45-1:30pm. Members only. Register at the front desk or MyActiveCenter.com

Exploring Movement Through Dance

Wednesdays, 3:15-4:15pm, through Sept. Free for members.

This class is an offshoot of the Ballet class (Fridays at 3:15), but that class is not a prerequisite to attend this new class. In Friday's class, we learn about the mechanics of classical ballet, becoming strong and adept as we practice the movements. In this "Exploring Movement" class, we will apply what we learn by: looking for the influence of ballet as we experiment with other styles; comparing and contrasting western dance to non-western dance/movement; choreographing small pieces; workshopping specific movements or skills; inviting guest teachers to introduce different styles; and exploring anything else students are passionate about. Instructed by Lacey Thompson.

Barkley Market by Bus

Let's have a picnic at the Barkley Market! Bring your own lunch or try one of the food trucks and enjoy the live music and lively atmosphere. While we're there, grab some fresh produce or crafts from a local vendor. Meet in the lobby at the Bellingham Senior Center 11:30am sharp! Dress for a short walk and time on the lawn. WTA passes will be provided if needed, bring a gold card if you have one. The group will return by 1:30pm.

Where: Barkley Village Green

When: Thursday, July 18, 11:30am-1:30pm

SPACE IS LIMITED. RSVP or more info at 360-756-TRIP (8747) or info@WhatcomSmartTrips.org.



Make a difference anywhere you go



Harmony Northwest Chorus

Friday, July 19th, 1:00-2:00pm in the Auditorium.

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



Reiki with Dana

Reiki is an energy healing technique that promotes relaxation and reduces stress and anxiety. Reiki practitioners use their hands to deliver energy to your body, improving the flow and balance of your energy to support healing. It is not a replacement for medical treatment.

Register for a 30-minute reiki session at MyActiveCenter.com or the front desk. \$20 for the session, paid to the provider. 4:00-4:30pm appointments available on Wednesdays & Thursdays.

Navigating Mobility Equipment

Wednesday, July 17th, 10:30-11:30am.

Learn how the right mobility equipment can help you live a fuller life. Join Adrienne Wellendorf and Matt Long, Liaisons from Eden Health to learn about assistive device options, which device is right for you and how to use your insurance benefit to obtain a device.



Group Bike Rides

We invite you to weekly rides with other members to enjoy exercise, scenery, and socialization. **Wednesdays at 10:00am.** The rides are 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 before departure time to sign the waiver.

Bridge Instruction

Are you Bridge curious and want to see if this game is for you? Are you a recent student still working on your 1,000 hands? Have you played Bridge before but feel a bit rusty and want a tune-up before joining the BSAC Bridge Group?



Come to Room 16 at BSAC every Tuesday at 11:15am through the end of August for no-harm no-foul, bid and play your hand bridge playing. Plenty of discussion on Bridge bidding and playing topics, plenty of table talk, rotating partners and no scoring. Informal instruction on a hand-by-hand basis.

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, July 12th at 1:00pm - Sleep

Sleep is your superpower - Sleep is your life-support system and Mother Nature's best effort yet at immortality, says sleep scientist Matt Walker. In this deep dive into the science of slumber, Walker shares the wonderfully good things that happen when you get sleep -- and the alarmingly bad things that happen when you don't, for both your brain and body. Learn more about sleep's impact on your learning, memory, immune system and even your genetic code -- as well as some helpful tips for getting some shut-eye.

Stories from the sleep clinic - In one of the UK's largest NHS sleep clinics, Dr Anderson listens to every kind of bedtime story – the sleepy, the sleepless, things that go bump in the night and those out of sync with the rest of the world. When sleep deteriorates, mood, memory and metabolism suffer. Stabilising sleep is vital for those with severe mental health problems. Yet how can we understand and protect our own sleep and why bother?

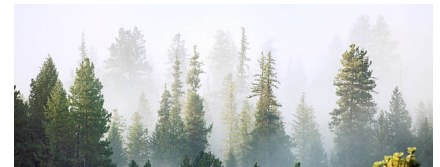
Friday, July 26th at 1:00pm - How-to Guides

How to speak up for yourself — Speaking up is hard to do, even when you know you should. Learn how to assert yourself, navigate tricky social situations and expand your personal power with sage guidance from social psychologist Adam Galinsky.

How to make stress your friend - Stress. It makes your heart pound, your breathing quicken and your forehead sweat. But while stress has been made into a public health enemy, new research suggests that stress may only be bad for you if you believe that to be the case. Psychologist Kelly McGonigal urges us to see stress as a positive, and introduces us to an unsung mechanism for stress reduction: reaching out to others.

Northwest Native Trees and Their Ecology

August 14th, 1-3pm. Suggested donation \$10. Register at MyActiveCenter.com or at the front desk.



Fascinating facts about our forests and all those individual trees living there are coming to light each year! We will begin by learning the local families and species of conifers and deciduous trees from lowlands, foothills and up onto the Cascade and Olympic mountain slopes both east and west of the crest. Classic and contemporary descriptions of their life zones and “communities” will be shared via power point presentation, hard copy, online references, field experience and lively discussion. Challenges to forest survival in the form of insect infestation, fire, and interactions with neighbors will be explored.

Presented by David Drummond, Naturalist-Ecologist with interest in both conifer and broadleaf trees and their forest matrix. From climbing them as a kid and on his field research of Northwest Merlins, clearing big ones off National Park trails, four decades of cutting dead and down logs for firewood and carving blanks, as well as both taking and teaching classes about their ecology, and writing arboreal poetry. Throughout, tree warmth, beauty and their adaptive nature has been a source of inspiration and awe.

Future presentations:

Sept. 18, 10:00am-12:00pm - Whales of the Northern Hemisphere

October 9, 3pm – South America: “Chimba Colombia”

November 13, 1-2:30pm – Ice Bear Ecology



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INSURANCE
COMMISSIONER
WASHINGTON STATE



a program of the
Whatcom Council on Aging

Senior Community Meals at BSAC

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

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

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

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.



Meals on Wheels and More

BSAC, Blaine, Ferndale Community Meals

July, 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Tuna Noodle Casserole Dill Carrots Kale Citrus Salad Sherbet	2 Apricot Glazed Porkchops *Apricot Glazed Vegan Cutlet Vegetable Rice Pilaf Nantucket Vegetables Cucumber Tomato Salad Spiced Applesauce	3 All Beef Hotdog *Veggie Dog W/ Onions & Sauerbrout Baked Beans Pineapple Coleslaw Watermelon	4 Happy 4th of July Center Closed	5 Asian Chicken Salad *Asian Tofu Salad Vegetable Spring Rolls Fresh Grapes
8 Beef Pot Roast Mashed Potatoes & Gravy Honey Glazed Carrots Spinach Salad Peach Crisp	9 Orange Chicken *Vegan Orange Chicken Brown Rice Broccoli Asian Slaw Fresh Pineapple	10 Spaghetti w/ Meat Sauce *Spaghetti Marinara Italian Vegetable Blend Caesar Salad Fruited Jell-O	11 Creamy Clam Chowder *Creamy Corn Chowder Tuna Salad on Pita Garden Salad Fresh Melon Medley	12 Grilled Pastrami Rueben *Grilled Swiss & Kraut Roasted Red Potatoes 4 Bean Salad Chocolate Chip Cookie
15 Roasted Chicken Scallop Potatoes Buttered Peas Broccoli Bacon Salad Ambrosia	16 Beef Soft Tacos *Vegan Tacos w/ Black Beans Spanish Rice Corn & Pepper Salad Coconut Cream Pudding	17 Mushroom Omelets Breakfast Potatoes Fruit & Yogurt Parfait Orange Juice	18 Port Souvlaki on Pita *Veggie Chicken Souvlaki Greek Potatoes Roasted Zucchini & Peppers Greek Salad Lemon Cheesecake Bar	19 Mediterranean Chicken Salad *Mediterranean Veggie Salad Garlic Focaccia Bread Fresh Fruit
22 Broccoli Cheddar Soup Country Chicken Salad Wrap *Vegetarian Chicken Wrap Garden Salad 7 Layer Bar	23 BBQ Pulled Pork *Vegan BBQ Cutlet Pineapple Rice Potato wedges Coleslaw Watermelon	24 Birthday Lunch Salisbury Steak Mashed Potatoes & Gravy Peas & Carrots Garden Salad Birthday Cake	25 Creamy Dill Salmon Wild Rice Pilaf Nantucket Vegetables Garden Salad Pistachio Pudding	26 Teriyaki Chicken Burger w/ Pineapple *Teriyaki Veggie Burger Sweet Potato Fries Kale Citrus Salad Ice Cream
29 Vegetable Lasagna Italian Vegetables Caesar Salad Sliced Peaches	30 Indian Butter Chicken *Vegan Butter Chicken Basmati Rice Broccoli Cauliflower Blend Garden Salad Orange Slices	31 Swedish Meatballs *Veggie Swedish Meatballs Egg Noodles Normandy Veggie Blend Spinach Salad Mixed Berry Crisp	Alternate Vegetarian Meal In *Italics Entrée Salad Option Available Every Day Ferndale - Donna Kinley Blaine - Steve Wittwer	26 Bellingham Kitchen Team Melody Phillips-Kitchen Supervisor Emmy Olguin-Prep Cook Carmen Gonzalez-Ass. Cook Gale 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 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



**WHATCOM
Council on Aging**



**Bellingham
Senior
Activity
Center**

Connect with life!



*Bellingham
At Home*