

THE BSAC CONNECTION

Bellingham Senior Activity Center

August 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

**Body Basics: Fitness
Assessments**
(page 8)

**Northwest Native Trees &
Their Ecology**
(page 8)

Dance Fusion
(page 9)



**Weekly Activity
Schedule**
(page 3)

Welcome



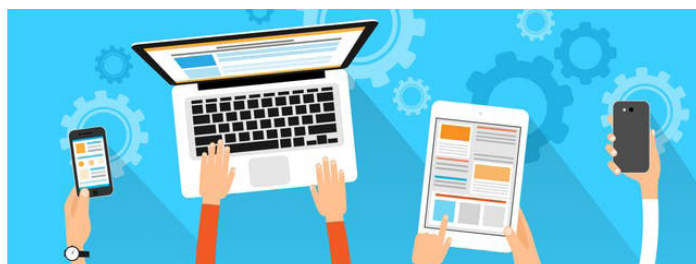
Our mission is to offer a wide range of classes, activities and services for persons 50 years of age and over to encourage emotional, mental, and physical wellness for a healthy, active, and independent lifestyle.

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Tech Help is Available!

Having difficulty with your phone, laptop or tablet? Book a half-hour session with BSAC's own tech support volunteers. We coach through the unfamiliar and difficult, troubleshoot problems, and get you connected. Free with your BSAC Membership.

Fridays, 30-minute appointments from 2:00-4:00pm. Register at the front desk.



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BSAC will be closed on:

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

Monday, Sept. 2nd - Labor Day

August 2024

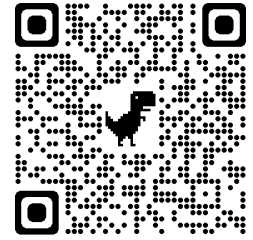
8/6	Craft Group meet up (p.14)	12:30pm
8/7	<i>Senior Day in the Park</i> (p.6-7)	10a-2p
8/9	Kurt Aemmer Performs (p.4)	12:30pm
8/9	Knife Sharpening (p.5)	10a-4p
8/9	TED Talks Discussion (p.11)	1:00pm
8/12	Book Buzz (p.4)	10:30am
8/14	Walker Rodeo (p.10)	10:30am
8/14	Body Basics: Fitness Assessments (p.8)	by appt.
8/14	Northwest Native Trees & Their Ecology (p.8)	1:00pm
8/15	Mud Bottom Maddy (p.4)	12:30pm
8/16	Wonders of the World (p.4)	10:30am
8/21	Kick Scootering for Adults (p.10)	10:30am
8/23	TED Talks Discussion (p.11)	1:00pm
8/28	Household Emergency Preparedness: Utility Safety (p.4)	1:00pm
8/28	Low Vision Support Group (p.5)	1:00pm
8/30	Sound Journey (p.5)	10:00am
9/4	Fall Prevention (p.10)	10:30am
9/7	Dance Fusion begins (p.9)	10:30am

M O N D A Y	9:30 EnhanceFitness 10:00 Yoga 10:30 Singing for Fun (not meeting in Aug.) 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 4:00 Reiki 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 4:00 Reiki
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.



August 16th at 10:30am: Pompeii. The Italian city that was covered by, and preserved in, volcanic ash in 79 CE.

Book Buzz

August 12th at 10:30am:

The Eagle of the Ninth by Rosemary Sutcliffe, 2010; A Roman Centurion in Britain has his life planned, until an unexpected injury ends his career.

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

Sneak peak at September's book: : *The Nature of Fragile Things* by Susan Meissner, 2021.



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, Aug. 9th, 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, Aug. 15th, 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

Wednesday, Aug. 28th at 1:00pm - Utility Safety: Be ready to stop gas leaks and prevent fires after a major earthquake. Learn how and when to safely shut off your gas and electricity.

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

Friday, Aug. 9th, 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

Friday, Aug. 30th, 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

Wednesday, Aug. 28th, 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:

August 7th: Menace Brewing, 2529 Meridian St.

August 14th: Wander Brewing, 1807 Dean Ave.

August 21st: Kulshan Trackside Biergarten, 298 W Laurel St.

August 28th: Stemma Brewing, 2039 Moore St.





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**Wednesday
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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
Hovander Park, Ferndale

ACTIVITIES & PERFORMANCES & WALKING TOURS



Pakawalups

11:45 - 12:15

Take a musical trip back to the 40s! Three sisters perform their USO style show featuring songs from the Big Band Swing Era.

Chuck & Carr Band

12:30 - 1:00

Chuck & Carr play an eclectic variety of songs by the Beatles, Cat Stevens, Paul Simon, Elton John, Pink Floyd, and others.



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:

Longevity Stick demo, 10:45-11:00am

Balance Exercise demo, 11:15-11:30

Pickleball demo 10am-2pm

Tai Chi demo at 1:00pm

Longevity Stick demo, 1:15-1:30pm

Body Basics: Fitness Assessments

August 14th, 30-minute appointments from 1:30-3:30pm. \$25, sign up at front desk.

One-on-one appointments to go through three important assessments that can help prevent injury, improve functional movement, and help identify exercise programs to address your individual needs. Facilitated by Liane Budden, certified Personal Trainer and BSAC's strength training and EnhanceFitness instructor.

If you are new to fitness, but you are taking the next step to start participating in physical activity, this is a great place to start gathering the baseline information that will help you get started on the right foot! If you are active in the strength training gym or any fitness classes, such as EnhanceFitness, Zumba, or Yoga, this assessment will help you set realistic and achievable fitness goals based on your current fitness level, enhance the effectiveness of your exercises, and help prevent injury.

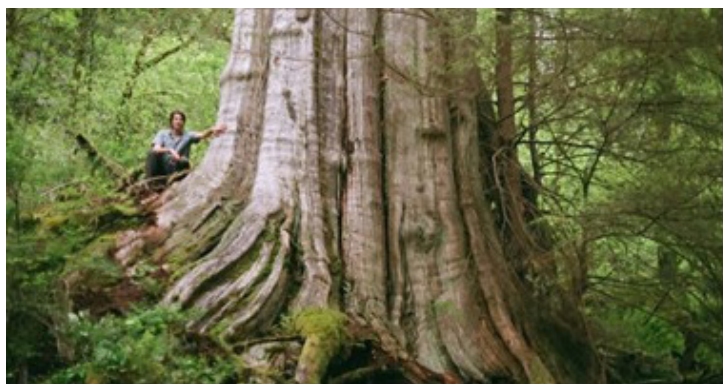
The three assessments are: Postural Assessment, Movement Screen and a Fitness Test. Having a better understanding of your posture, how your body works throughout the five movement patterns (bend and lift, lunge, pull, push, and rotate), and having baseline information from a fitness test, will be good knowledge to have and can be used to improve your fitness.

Assessments such as these are the normal protocol that a Personal Trainer uses to determine where a client may need to start in their training. It is intended to be information seeking. The thirty-minute sessions are to gather baseline data, and to share basic training ideas if time allows. These assessments are not a diagnosis of any kind, and If you suffer from chronic pain or postural deviations that have not been treated by a specialist, you are encouraged to seek help from a medical professional first.

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:

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

South America: “Chimba Colombia” - Oct. 9, 3:00pm

Ice Bear Ecology - Nov. 13, 1:00pm



Dance Fusion for Fun & Health

A mix of Belly Dance, Bollywood Style (Hindi Folk), and Modern Jazz.

Saturdays, 10:30-11:30am, September 7th through November 16th. Free for BSAC members, register at the front desk or MyActiveCenter.com.

We need to move to stay healthy. In this dance class the focus is on fun and keeping the body agile and strong. Using both inner and outer muscles, we first strengthen our bodies and wake up our muscles. The isolation exercises in this class strengthen the core muscle groups of the body. This will be our warm up.

For the dance portion, we will learn some new routines that will focus on different forms of Belly Dance. We will learn the fun Egyptian Saidi using a cane. Eileen will provide a few of these for students to purchase (\$6 – 10). To end each class, we will do 10 minutes of cool down exercises.

Instructor's Background: Eileen holds both an Education Masters in Instruction and a Psychology Masters, as well as a degree in Physical Education. Growing up she was a Theatre kid and still loves performing and choreographing numbers for kids and adults. Eileen taught public school for 25 years. As a Junior High social studies teacher, she held afterschool Cultural Club events teaching African drum and dance.

In the late 90's Eileen joined a belly dance troupe in Poulsbo, WA where she learned the dances of Bollywood films and performed around the county. After moving to Florence, Oregon in 2014, Eileen taught exercise classes the local community college of Lane County. Through her dance classes, she became known for her choreography and was asked to organize many local events in town for the eight years she lived there. More about events, exercises, and performances may be found on her Dancing Divas Facebook page, <https://www.facebook.com/dancefillsmysoul>



Attention Active Gym Users! Our strength training program is growing and we are in need of a few on-going volunteers in the gym.

Opportunities include:

- Docent-Assisting with training classes for new gym users.
- Adopting machines to clean.
- Updating the bulletin board.

The ideal volunteer docent will be training in the gym currently at least on a weekly basis with a strong understanding of each machine and the principles of strength training. Training is provided.

If you are interested in assisting with training classes for new gym users, please stop by and talk with Liane on Wednesdays in the gym between 12-1pm or send her an email at LBudden@whatcomcoa.org

If you'd like to be part of maintaining the gym, please see Molly or send an email to MSimon@whatcomcoa.org



Kick Scootering for Adults

Wednesday, August 21st, 10:30-11:30am. Presented by Robin Rieck.

Five years ago, physical issues in my groin and neck from 70,000 miles of lifetime bicycle riding required me to stop riding (recumbent bicycles are OK but pose other problems). I've been a two-wheel vehicle enthusiast since I was five years old in the early 1950's when my parents bought me a scooter while my father was stationed in Bremen, Germany. I had ridden my bike all the years I was a graduate student at the University of Washington, often on very long rides and all the years I taught at Western Washington University, commuting to my office as well as pulling a trailer with my twin sons to Ferndale and back to get my ride in.



Losing my ability to ride long distances on my bicycle felt painful and made me sad, but serendipitously I found a kids' scooter with a "Free" sign on it on a street corner. I brought it home, thinking that I would repair it for my grandchildren (only the brakes were not working). Before I gave it to my son for his children, I rode it on the street. Although it was too small for me, I suddenly felt the same exhilaration I had as a 5-year-old riding my scooter in Germany. Immediately that got me to wondering: Are there non-electric scooters for adults? (The answer is yes!)

I ride my kick scooters all over Bellingham and even take them on the WTA bus (they fold). I often ride to the Senior Center, where many of you have asked me about them. So I thought I would offer a BSAC class to discuss what I've learned about adult kick scooters, why I love riding them so much (had I known about them, I would have been riding them much sooner), what I've found to be the safest way to ride them around town, what equipment I use, which designs serve which purposes, whether balance is an issue, where and when I ride them (day and night), what things to look for when purchasing one, what adaptations I have added, their exercise potential, etc. I'll bring my two scooters to the class where those attending can try them out.

Walker Rodeo

August 14th, 10:30am-12:30am

Please join Adrienne Wellendorf, PTA and Matt Long, Liaisons from Eden Health to get a free tune up on your assistive device. Brake tightening, adjustments and device sizing of walkers, canes and manual wheelchairs.

Fall Prevention

September 4th, 10:30-11:30am

Join Adrienne Wellendorf, PTA/Clinical Liaison from Eden Health to learn about fall prevention strategies.

Falls prevention



Footcare Appointments Added

Our weekly Wednesday Footcare appointments are full through September, so we've added two days for appointments in August:

August 6th and 20th. 45 minutes per appointment; \$45 for members \$50 for non-members, payable to provider at time of appointment with cash or check. Call (733-4030) 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.



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, August 9th at 1:00pm - Communication

10 ways to have a better conversation - When your job hinges on how well you talk to people, you learn a lot about how to have conversations -- and that most of us don't converse very well. Celeste Headlee has worked as a radio host for decades, and she knows the ingredients of a great conversation: Honesty, brevity, clarity and a healthy amount of listening. In this insightful talk, she shares 10 useful rules for having better conversations. "Go out, talk to people, listen to people," she says. "And, most importantly, be prepared to be amazed."

The listening bias - Listening to both customers and colleagues to gather insights and information is a key ability that successful people possess. Tony Salvador shares some strategies for being a better listener: to lose preconceptions, be vulnerable and open to new ideas, and to not be afraid to hear what we'd rather not hear.

Friday, August 23rd at 1:00pm - Eastern Philosophies

The art of not trying — A curious Taoist sage, Lao Tzu, was aware of the human quirk of getting so lost in intellectual prisons that people forget the natural way. And so, they force and strive, swimming against the stream, sometimes ending up further away from their goals than when they started. So, what if we stopped trying so hard and found a different, more effortless way of getting things done? This video explores Lao Tzu & The art of not trying.

The illusion of money, time and ego - Alan Wilson Watts was a well-known British philosopher, writer and speaker, best known for his interpretation of Eastern philosophy for Western audiences. He left behind more than 25 books and an audio library of nearly 400 talks, which are still in great demand.

A Focus on Balance

In ecology the term known as a "keystone species" refers to a disproportional effect of that species in supporting the health of that ecological system. For example, beavers are a keystone species for wetlands ecology. So too, **balance** is a keystone area of fitness exerting a disproportional impact on our physical health and wellbeing. If balance is poor the ability to maintain our fitness ecology is compromised.

This year, we bring attention to **Falls Prevention Awareness Week (Sept. 23-27)**, a nationwide observance with state coalitions and partners to raise awareness on preventing falls, reducing the risk of falls, and helping older adults live without fear of falling.

The prevalence of falls in people over 65 is 1 in 5, and by the age of 80 that frequency is 1 in 2! That 15 years between 65 and 80 offer a critical opportunity for improving balance.

Exercise is key to improving balance and BSAC offers a variety of exercise options to improve and sustain good balance physically: Strength Training for Balance zoom class or Enhanced Fitness, an evidence-based class offered in-person at BSAC. Several dance classes (Zumba, English Country, Tap, Tuesday Dance) help to improve balance while improving cardiovascular fitness. Yoga combines balance in standing poses along with ways to improve flexibility, range of motion, core strength and alignment. Fall prevention is a multipronged strategy.

Use September to assess your risk and take steps to improve your overall health and wellbeing. For more information on fall prevention visit: www.cdc.gov/falls



- Free & open to all!
- Learn more about our classes & activities from instructors and group leaders
 - Get to know our staff & volunteers
 - Play lawn games & socialize!

Whatcom County Senior Centers present:

What's Next: Exploring your Medicare Options

Sponsored by:



The Medicare Annual Enrollment Period is October 15 to December 7. This is the perfect time for those with Medicare to re-evaluate their current plans and decide if they are getting the coverage they need. During the Open Enrollment Period, you can join, switch, or drop a Medicare Health Plan.

This event provides a venue to learn about your Medicare options and meet with a variety of organizations and health insurance specialists to help with your decision-making.

Free and open to the public

October 4th, 10am-2pm ● Bellingham Senior Activity Center
315 Halleck Street, Bellingham



Mobility



Respiratory



Home Accessibility



Home Medical Equipment

1025 North State Street
Bellingham, WA 98225

Open Mon - Fri 8:00am - 5:00pm

360.527.0475

www.bellevuehealthcare.com

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

 OFFICE of the
INSURANCE
COMMISSIONER
WASHINGTON STATE



BOCCE BALL TOURNAMENT 2024

Lynden Community/Senior
Center is hosting a Bocce Ball
Tournament for Whatcom
County Seniors!

Date: August 29, 2024 (Rain or Shine)
Time: 10AM-1pm

Place: Bender Field Bocce Ball Court
8770 Bender Field Rd. Lynden WA

Tournament Fee will be \$10 for LC/SC members,
\$15 for non-members (fee includes lunch)
Please RSVP with us by 8/19/2024

Hope You Can Join Us!

**Remember to bring a
lawn chair!**



WTA Guided Bus Trips

We will be back with two trips in September to take advantage of the still nice weather and get up to the WWU campus again before all the students arrive. Details will be in the September newsletter. Hosted by Libby Chenault, Smart Trips Education Coordinator.

Newly added to the Weekly Schedule (page 3):

Reiki - 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.

Do you love to craft?

There has been interest in starting a crafting group where we share and teach our crafting skills.

- Do you love to hand-make things and want new ideas and instructions?
- Do you have a special craft skill you would love to share or teach?
- Are you new to crafting and want to learn new skills in a fun environment?

We would love to hear from you! Let's meet on **August 6th at 12:30pm in Room 2** and discuss some ideas for a fun, instructive crafting group. Sign-up at the front desk. Can't attend this date? Sign-up and we will let you know of future meetings.

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.

All senior meals are available on a donation-only basis to anyone 60 and older.

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.

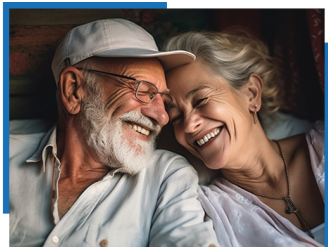
Others eligible for a donation-based meal include: the spouse/domestic partner of an eligible senior, the unpaid caregiver of an eligible senior, the disabled dependent of an eligible senior, and volunteers of any age who support the meal program.

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.



Every family benefits from a safe harbor

If you feel overwhelmed when you think about retirement, don't be. You can count on Safe Harbor Legal Solutions to help you find your bearings as you embark on your journey to a thriving and successful retirement.



At Safe Harbor Legal Solutions, we specialize in helping families prepare for and navigate through the complexities of retirement. Your dreams are important, and we're here to help you achieve them by creating a comprehensive, individualized plan tailored to your unique circumstances.

Visit our website at safeharborlegal.com to learn more and to see a list of our upcoming speaking events.

Safe Harbor 360.746.7169
LEGAL SOLUTIONS



Meals on Wheels and More

BSAC, Blaine, Ferndale Community Meals

August, 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Bellingham Kitchen Team Melody Phillips-Kitchen Supervisor Emy Olguin-Prep Cook Carmen Gonzalez-Kitchen Asst. Gale Klipp-Kitchen Asst. Reece Booth-Kitchen Asst. Ian Cassinos-Food Service Mgr.	Alternate Vegetarian Meal <i>In *Italics</i> Entrée Salad Option Available Every Day Ferndale - Donna Kinley Blaine – Steve Wittwer		Creamy Chicken Soup *Creamy Vegetable Soup Buttermilk Biscuit Kale Citrus Salad Fresh Baked Cookie	Italian Antipasto Salad *Veg, Antipasto Salad Rosemary Focaccia Fresh Grapes
5 Sweet & Sour Meatballs *Vegan Sweet & Sour Tofu Brown Rice Steamed Broccoli Spinach Salad Tropical Fruit Salad	6 Pub Fish w/ Tartar Sauce *Vegan Nuggets Potato Wedges Honey Glazed Carrots Coleslaw Fresh Apple Slices	7 Senior Day in the Park Centers Closed	8 Beef Chili Mac *Vegetarian Chili Mac Green Beans Garden Salad Pistachio Fluff	9 Chef Salad *Veggie Salad w/ Egg Oatmeal Bread Banana
12 Rubeen Chicken *Veggie Rubeen Cutlet Roasted Yams Broccoli & Cauliflower Blend Garden Salad Mixed Berry Crisp	13 Chinese BBQ Pork *Vegan Chinese BBQ Tofu Vegetable Fried Rice Asian Vegetables Sesame Asian Slaw Mandarin Oranges	14 Turkey Tetrazzini *Mushroom Tetrazzini Roasted Zucchini & Peppers Caesar Salad Ice Cream	15 Lemon Pepper Cod *Lemon Pepper Cutlet Scallop Potatoes Nantucket Vegetables Spinach Salad Fresh Fruit Salad	16 Cream of Mushroom Soup Chicken Salad Wrap *Veggie Wrap Garden Salad 7 Layer Bar
19 Sloppy Joes On a Whole Wheat Bun Tater Tots Green Beans Coleslaw Sherbet	20 Chicken Fajitas *Vegan Fajitas Spanish Rice Mexican Salad Coconut Cream Pudding	21 Birthday Lunch British Bangers (Sausage) *Veggie Sausage Mashed Potatoes & Gravy Buttered Peas Garden Salad Birthday Cake	22 Pesto Tortellini w/ Sundried Tomatoes Roasted Carrots Caesar Salad Orange Cream Salad	23 Taco Salad *Veggie Taco Salad Cornbread Fresh Red Grapes
26 Chicken Tenders w/ Honey Mustard Sauce *Vegan Tenders Sweet Potato Fries Peas & Onions Coleslaw Melon Medley	27 Creole Jambalaya w/ Shrimp & Sausage *Vegan Jambalaya Garden Salad Fresh Pineapple	28 Beef Stroganoff *Mushroom Stroganoff Rotini Pasta Normandy Veggie Blend Kale Citrus Salad Apple Crisp	29 Chicken Tortilla Soup *Veggie Tortilla Soup w/ Sour Cream Whole Grain Roll Garden Salad Fruited Jell-O	30 Ahi Tuna Salad *Grilled Tofu Salad Veggie Spring Rolls Orange Slices

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



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Council on Aging**



**Bellingham
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