



Program Guide

Classes - Activities - Services

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.

Membership is open to anyone 50+ for \$50 for a one year or \$15 for three months.

315 Halleck Street
Bellingham, WA 98225

(360) 733-4030

whatcomcoa.org

Hours: M-F, 8am-4:30pm

Discover Classes and Activities



Current BSAC membership is required to participate in all classes and activities unless otherwise noted.

Fitness

Paying for fitness classes:

Punch cards can be purchased at the front desk and can be used for fee-based BSAC fitness class. Classes are ongoing. Punchcard of 11 classes: \$45. Individual classes cost \$5 (\$10 for Yoga). At this time, virtual classes are free.

Zumba

Zumba Gold is for active older adults who are looking for a modified Zumba® class that recreates

the original moves at a lower-intensity. The design of the class introduces easy-to-follow choreography that focuses on balance, range of motion, and coordination.

Tues & Thurs 9:30-10:30am

1 punch or \$5/class

Register for class - see page 5

Strength Training for Balance

An exercise class focusing on balance while building strength. Instructed by Dr. Elaine Cress. This class is intended for the vast array of abilities in older adults.

Mon & Wed 1:00-2:00pm

No charge - Virtual (on Zoom)

whatcomcoa.org/virtualprograms

Yoga

Instructors Mary Byrne and Dani Swanson have studied various disciplines of yoga. Classes are a compilation of what is most meaningful, useful, and accessible.

Mon & Thurs 10:00 - 11:30am

Mondays 2:00 - 3:15pm

2 punches or \$10/class

Register for class - see page 5

Chair Yoga

Practiced sitting on a chair, or standing using a chair for support. The poses are often adaptations of postures in modern yoga. Great for those who are unable to get up and down from the floor or rehabbing from an injury.

Tues & Thurs 8:30 - 9:30am

No charge, drop-in. Donations to the instructor are accepted

Tai Chi Qigong (Shi ba shi)

This gentle form emphasizes synchronizing movements with breath, focus, and attention. The effect is to reduce mental and physical stress, and improve concentration, agility, and flexibility. No experience necessary.

Wednesdays 1:30-2:30pm
1 punch or \$5/class

EnhanceFitness

A lively and interactive hour-long class filled with variety that combines the three key components of fitness: strength training, flexibility, and cardiovascular conditioning.

Mon, Wed, Fri 9:30-10:30am
1 punch or \$5/class

Longevity Stick

Low-impact exercise using a one-inch diameter dowel in a series of movements designed to improve balance, flexibility, and strength.

Mon 3:15-4:15pm
No charge - Auditorium

Wed 10:30-11:30am
No charge - On the lawn

Tue & Thur 11:00am - 12:00pm
No charge - Virtual

Sunday 11:00am - 12:00pm
Contact Bonnie, (360) 303-7924
for location & directions.



Open Gym

Available during open hours for those who have completed the Strength Training 101 class.

Closed on Mon. & Fri., 11am-12pm
for Strength Training Classes.

Strength Training 101

This small group interactive class provides a comprehensive overview of how to gain both muscular strength and muscular endurance, improve joint range of motion, and avoid injury in both gaining fitness and in everyday function. Cost: \$60 for the 8-session class. To be placed on the waiting list, please complete and return the Physician's Clearance Form, available at the Front Desk.



Personal Strength Training

Personal Training appointments are available for \$40+tax for 40 minutes, exclusively to BSAC members who have completed our Strength Training 101 course. To schedule an appointment, visit the front desk to pick up a form and Liane will be in touch with you.

Writing & Discussion

Brainpower!

Brainpower is a group of thoughtful, caring, dynamic people who love to be creative, introspective and engaged in fun experiences and assignments. More than a discussion group, this group aims for camaraderie through sharing memories and mental challenges from the day in history. Newcomers are always welcomed with open arms.

1st & 3rd Wed. 1:30 - 3:00pm

TED Talk Discussions

We invite you to join us to view and discuss selected TED Talks that will facilitate discourse on important subjects. Each viewing will feature a different topic from which two TED talks will be viewed and discussed.

2nd & 4th Fridays 1:00-3:00pm

Spanish Conversation

¿Hablas Español? Join us and practice your Spanish skills! Express yourself and learn from other fellow Spanish speakers at BSAC.

Wednesdays, Virtual 9:00-11:00am
Thursdays 10:00am-12:00pm

French Conversation

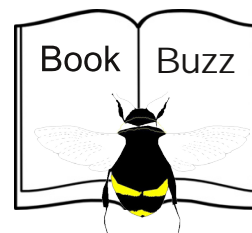
A casual French conversation group for beginning to intermediate speakers.

Tuesdays, 11:00am - 12:00pm

Book Buzz

A monthly book discussion group. "Bee" a part of the discussion! See current newsletter for more info.

2nd Mon./month 10:30am-12:00pm



Writers Group

To share wit, wisdom, and our words. Anything you want to write about and read to the group in 4-7 minutes or so. Essay, poetry, humor, memoir, book review, anecdote, or whatever thoughts you have put to words. Friendly association, discussion of ideas, and fun is what we're all about!

Thursdays 10:30am-12:00pm

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.

1st Wed. - Lunch, 11:30 am.

2nd Wed. - Coffee Talk, 2:00pm.

3rd Wed. - Discussion, 3:15pm

4th Wed. - Coffee Talk, 2:00pm.

Weekly Social Hour

Join other BSAC members at these gatherings to meet new friends List of weekly meeting locations available at the front desk.

4th Wednesday 4:00 - 5:00pm.

Wonders of the World

Slide show presentations on topics of art, culture, and nature in Whatcom County and beyond.

3rd Fridays 10:30am - 12:00pm

Artistic Opportunities

Open Art Time

Bring your painting or project and work with others.

Mondays 1:00-3:00pm



Rug Hooking

Learn how to make beautiful hooked rugs/hangings. Materials not provided.

Tuesdays 9:00am-2:00pm

Quilting

Bring your own materials and machine. Space is limited, so check with group prior.

Thursdays 12:15-4:00pm

Knitting & Crochet

Open to all, new or experienced. Bring your own project (materials are not provided).

Wednesdays 10:00-11:30am

Card Games

Chess & Backgammon

Players of all levels are welcome. Have a set, please bring it along with you. Sign up at the front desk.

2nd & 4th Thurs 2:30-4:30pm

Bridge

Contract (Rubber) Bridge.

A social card game, with competition to set trump, take tricks, fulfill the contract and score points.

*Tuesdays 12:30-3:30pm
(11:15am-12:30pm instruction)*

Pinochle

A classic card game with bidding, melds and taking tricks to score points. All are welcome to drop-in.

Mon & Fri 12:45-3:30pm

Bunco

Bunco is a social, group dice game. Fun and easy to learn! Drop in.

Thursdays 1:00-3:00pm



Mah Jongg

American Mah Jongg, following the rules of the National Mah Jongg League. Basic knowledge of the game is recommended.

Mondays 12:30-4:00pm

Tuesdays 9:00am-12:00pm

Scrabble

Drop-in and play with others.

Tuesdays 1:00-3:00pm

Tuesday Dance

Enjoy dancing to the great tunes by Sentimental Journey. \$5 to band for dancers or \$2 to listen/watch.

Tuesdays 2:00-4:00pm

Music & Dance



English Country Dancing

Learn and enjoy the country dances of England, gentle dances to beautiful music. Everyone is welcome to learn and no partner is needed. For information contact 360-715-1768.

*Thurs 2:00-3:15pm (all invited)
3:15-4:00pm (dance by invitation only, observers welcome)*

Senior Steppers

We welcome new tap dancers. Tap shoes available to loan and classes are free. Michelle: (360) 927-1365.

Mondays 1:30-3:30pm

Fridays 1:30-3:30pm

Beginning Tap Dance

Learn the basics and have fun. Tap shoes are provided.

Wednesdays 8:30 - 9:15am



Singing for Fun

Join others to sing together. Song books provided.

Mondays 10:30-11:30am

Ballet

Designed to introduce participants to classical ballet, striving to improve mobility, balance, strength, and coordination. All mobility levels are welcome as movements can be modified for seated and standing orientations. Instructed by Lacey Thompson.

Wed. & Fri. 3:15 - 4:15pm

Jam Session

If you have an instrument or a singing voice, come join us and have fun! The recommended skill level is intermediate to advanced.

Thursdays 9:30-11:15am

Kurt Aemmer

Kurt is one of the most celebrated Blues singers to come out of Bellingham in decades. Playing covers and originals.

2nd Fri./month 12:30-1:30pm

Mud Bottom Maddy

Maddy is a local singer/songwriter who performs folk music for the express purpose of having fun. Her performances are lively, fun, and smile-inducing.

3rd Thurs./month 12:30-1:30pm



Ukulele Practice

Join others to practice beginner ukulele songs. BYO uke.

Mondays 3:15 - 4:15pm

Thursdays 2:30 - 4:15pm

Ukulele Jam

(resumes Sept. 2024)

All levels of singers and strummers welcome for this play-along & sing-along.

4th Thu/month 2:30 - 3:30pm

Recreation

Table Tennis

Fun to play and gets you moving! Find a partner or drop-in to play.

Beginners/Intermediate: Wed & Fri 8:00-10:30am & Fri 1:30 - 3:30

Intermediate/Advanced: Tues & Thurs 1:30-3:30pm

Open play times: Mon 1:30-4:30pm, Tues & Thurs 8-10:30am

Pool

Suggested donation of \$1 per play to help with maintenance and up-keep of the tables and cue sticks.

Mon-Fri, 8:00am to 4:30pm

Ladies Pool

Let's chalk up the cue sticks and rack 'em up for weekly ladies pool group. Drop-in.

Wednesdays 1:00-4:30pm

The Button Walkabouts

Join us for a social, easy-paced walk. Please stay with a partner on designated trails. Most walks contain dirt trails which are not conducive for portable walkers. Monthly schedule of walks is available at the front desk or whatcomcoa.org. Need more information? Call Scott (812) 371-6005.

*Tues & Thurs 9:30-11:00am
Meet at trailhead*

Senior Trailblazers

Our philosophy is to promote fellowship and camaraderie in addition to keeping our bodies healthy and in shape. The hikes are mostly in the lowlands during the colder months and into the regions near Mt. Baker in the summer. The hikes range from 4-10 miles and are moderate to difficult. Carpooling is used to share the expense with the drivers.

*Tues & Thurs 8:00 and 8:30am
Visit geezerhiker.com/trailblazers/*



Bike Group Rides

Wednesdays at 10:00am
whatcomcoa.org/bikegroups for information.

Tech Help

One-on-one assistance with computers, tablets, and phones. Sign up at the front desk for a 30-minute appointment.
 Fridays 2:00-4:00pm

Health & Wellness

Blood Pressure Checks

High blood pressure may increase the risk of heart attack, stroke, and kidney disease. Knowing your blood pressure is part of self-care.

1st & 3rd Mon. 10:30am - 1:00pm

Sound Journey

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.

Last Fri./month 10:00 - 11:00am

Reiki

Reiki is an energy healing technique that promotes relaxation, 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.

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

Low Vision Support

This group offers recognition and support of the difficulties low vision may present in everyday life. Meetings will typically include sharing of personal experiences and informative tips and discussion.

4th Wednesday 1:00 - 2:00pm

Mindfulness Meditation

Guided meditation. Drop-in. All levels from first-timers to daily practitioners are encouraged to join.

Tuesdays 10:00-10:45am

Household Emergency Preparedness

In this series we will share and discuss a different topic each month. Presented by Greg Hope, Education & Outreach Coordinator for the Office of Emergency Management for the City of Bellingham.

4th Wed./month 1:00-2:30pm
 BSAC membership not required

Footcare

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

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

BSAC Classes offered online with Zoom



Links to our virtual programs on Zoom are included in the weekly enews from BSAC.

Weekly classes include: Strength Training for Balance, Zumba, Discussion Group and more!

whatcomcoa.org/virtualprograms for the complete schedule and to sign up for weekly enews.

Select videos of BSAC classes are available on our YouTube Channel:

youtube.com/@wcoabsac6465

Register online for Zumba, Yoga, and Bike Rides

Please register in advance for these classes. Reservations can be made up to a month in advance (registration for the following month opens on the 20th). 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.

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 Yoga or Zumba and do not cancel in advance, your punchcard will be punched for one full class.



Bellingham Senior Activity Center
 315 Halleck Street
 Bellingham, WA 98225

BSAC is Open On Saturdays
9am to 12pm!

Members only, must have BSAC keytag.

We will be open for you to enjoy the library, gym, table tennis room, pool room, and socializing.

Membership Options:

\$50 for one year

\$15 for a three month period.

Thanks for being a BSAC member!



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: 1015
- BSAC Director, Molly Simon ext: 1020
- BSAC Prog. Coordinator, Eric Pierson ext: 1035
- BSAC Volunteer Coord., Amy Wharton ext: 1024
- BSAC Program Concierge, Jeanne & Teresa ext: 1016
- Meals on Wheels & More ext: 1030
- WCOA Executive Director, Chris Orr ext: 1026
- Bellingham at Home ext: 2602



Senior Community Meals at BSAC

Senior Community Meals are in-person 5 days a week, Monday through Friday, 11:30-12:30.

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. Donations can be made by cash, check, or online at whatcomcoa.org/donate. No eligible person will be turned away due to the inability to donate. Those under age 60 can purchase a lunch for \$10. Bellingham Senior Activity Center membership is not required to participate in the Senior Community Meals.

