

# THE BSAC CONNECTION



Bellingham Senior Activity Center

September 2024 Programs, Services, and Activities

September is National Senior Center Month, and BSAC is celebrating the powerful connections between and for older adults.

National Senior Center Month emphasizes the tremendous value senior centers deliver in their communities, including programming that empowers older adults to holistically age well and strengthen mind, body, spirit, and community connections.

## National Senior Center Month

*Powering Connections*



*How will you connect?*

**Open House**

**September 18, 2024**

**10:30am-1:00pm**

Free & open to all!

Sponsored by:



- Learn more about our classes & activities from instructors and group leaders
- Get to know our staff & volunteers
- Learn about the Senior Community Meal program & volunteer opportunities
- Enjoy a treat from the Sugar Shack Ice Cream Truck
- Connect with others & socialize!

# Welcome

# September 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.



# BSAC

Open

House

**September 18, 2024**

**10:30am - 1:00pm**

**Free & open to all!**

- Learn more about our classes & activities from instructors and group leaders
- Get to know our staff & volunteers
- Learn about the Senior Community Meal program & volunteer opportunities
- Connect with others & socialize!



BSAC will be closed on:  
*Monday, Sept. 2nd - Labor Day*

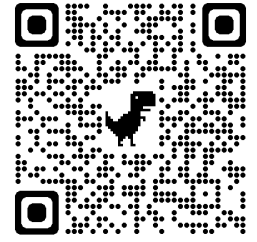
9/4	How to Prevent Falls (p.11)	10:30am
9/5	Cordata Park by Bus (p.10)	8:45am
9/7	Dance Fusion begins (p.12)	10:30am
9/9	All About e-bikes (p.8)	12:30pm
9/9	Book Buzz (p.4)	10:30am
9/13	Kurt Aemmer Performs (p.4)	12:30pm
9/13	Knife Sharpening (p.5)	10a-4p
9/13	TED Talks Discussion (p.11)	1:00pm
9/17	Explorations Academy Project (p.8)	9a-11a
9/18	BSAC Open House (cover)	10:30a-1p
9/18	Whales of the Northern Hemisphere (p.8)	10:00am
9/18	WWU Sculpture Tour (p.10)	9:30am
9/19	Mud Bottom Maddy (p.4)	12:30pm
9/20	Wonders of the World (p.4)	10:30am
9/24	Flu & Covid Vaccine Clinic (p.7)	11a-1p
9/25	Household Emergency Preparedness: Under the bed (p.4)	1:00pm
9/25	Low Vision Support Group (p.5)	1:00pm
9/27	TED Talks Discussion (p.11)	1:00pm
9/26	Ukulele Jam /Sing-along (p.12)	2:30pm
9/27	Sound Journey (p.5)	10:00am
10/4	Exploring Medicare (p.7)	10:00am
10/4	Acoustic Guitar class (p.9)	12:00pm

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 9:00 Rug Hooking 9:00 Mah Jongg 10:00 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 10:00 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](http://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](http://whatcomcoa.org/virtualprograms)

Sign-up for our email list at: [whatcomcoa.org](http://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](https://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](http://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.



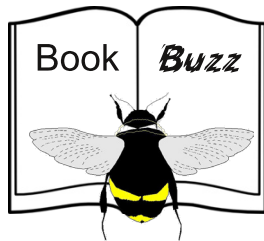
**September 20th at 10:30am: Adorable Animals.**

A slide illustrated presentation of the cutest animals in the world.

### Book Buzz

**Sept. 9th at 10:30am:**

*The Nature of Fragile Things* by Susan Meissner, 2021. After the 1906 earthquake in San Francisco, Sophie finds that more than her city is shattered.



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

Sneak peak at October's book: : *Frankenstein* by Mary Shelley 1818; Who is the monster: the creator or his creature?

### 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, Sept. 13th, 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, Sept. 19th, 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.

### Tech Help

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.**

### Household Emergency Preparedness

**Wednesday, Sept. 25th at 1:00pm - Under the Bed:** What's under your bed? All the things you need to be safe and effective after an earthquake, we hope! This means sturdy shoes and work gloves, a flashlight, protection for your head and eyes.

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, Sept. 13th, 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, Sept. 27th, 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, Sept. 25th, 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:*

*Sept. 4:* Stones Throw Brewery (Fairhaven), 1009 Larrabee Ave

*Sept. 11:* Applebee's, 1069 E Sunset Dr.

*Sept. 18:* Goods Local Brews, 2620 Northwest Ave.

*Sept. 25:* Kulshan Brewing (Sunnyland), 2238 James St.



## A Focus on Balance and Preventing Falls

By Dr. Elaine Cress

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.

Balance is our ability to manage to keep our center of body mass over our base of support. We may move our feet apart, use a cane, walker or furniture to broaden our base of support. When the center of mass is outside the base of support we fall.

Implementing a strategy to improve balance as a part of your regular fitness program is the best way to hedge against the risk of falls. Muscle strength helps to manage and correct the center of mass when it nears the edge of the base of support. Visual cues also help in managing balance. Imagine taking a shower and closing your eyes to wash your hair, having something to hold onto is an important safety feature. The inner ear helps to maintain balance as it detects radical changes in the motion of the head. Finally, the feeling in the feet and position of the feet (proprioception) give input to the brain on managing balance. Diabetes and numbness in the feet can decrease this ability to detect uneven surfaces, and some medications can also interfere with these processes and increase the risk of falls.

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.

In addition to exercise, check with your pharmacist or health care practitioner to evaluate the number and types of medications you take with respect to falls. The home, particularly the bathroom, is a high-risk area for falls and hard surfaces result in greater injury. Be sure grab-bars are installed in the shower, declutter the floors and walkways, install good lighting, and have handrails on steps.

Fall prevention is a multipronged strategy. Use September to assess your risk and take steps to improve your overall health and wellbeing. Visit [www.ncoa.org/tools/falls-free-checkup](http://www.ncoa.org/tools/falls-free-checkup) to complete a short survey that screens you for the most common falls risk factors. Paper copies are also available at the Center. For more information on fall prevention visit: <https://www.cdc.gov/falls/about/index.html>

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.



**FallsFree CheckUp**

YOU CAN PREVENT A FALL

**Be empowered and be independent!**

Get a personalized  
#FallsFree CheckUp today.

[ncoa.org/FallsFreeCheckUp](http://ncoa.org/FallsFreeCheckUp)



# What's Next: Exploring your Medicare Options



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.*

Presentation, 10:30am

### Preparing for the Medicare Annual Enrollment Period

We will cover the basics of Medicare and discuss the Annual Enrollment Period and changes to Medicare Part D for 2025.

### Choose a date and location that works best for you!

Free and open to the public

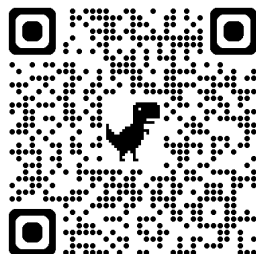
- October 4th, 10am-2pm ● Bellingham Senior Activity Center  
315 Halleck Street, Bellingham
- October 11th, 10am-2pm ● Blaine Senior Center  
763 G St, Blaine
- October 18th, 10am-2pm ● Lynden Community/Senior Center  
401 Grover St, Lynden
- October 25th, 10am-2pm ● Ferndale Senior Center  
1999 Cherry St, Ferndale

## Flu & Covid Vaccine Clinic

Tuesday, September 24th, 11:00am to 1:00pm

Open to all and administered by Hoagland Pharmacy. Providing regular flu vaccine, highdose flu vaccine, and COVID vaccine. No cost with Medicare and covered by all insurances except Veteran's Administration.

Consent form required and recommended to complete ahead of time to avoid lines. Scan the QR code to complete the form on your phone or visit:



[form.jotform.com/241447247697165](http://form.jotform.com/241447247697165)



## All About e-Bikes

*Monday, September 9th, 12:30-1:30pm*

Spend an hour discussing electric bikes (e-bikes) with John Roy of Birch Bay Bike Shop and ask all the questions you want. No question is off limits concerning e-bikes. Have an opportunity to demo an e-bike and get a feel for them. Come away with an understanding of how e-bikes can impact your daily life in a positive way. John will present the information in a fun energetic way. Be prepared with questions and curiosity.



## EXPLORATIONS ACADEMY

### We want to hear your story!

Work with our student story collectors to contribute your experiences, perspectives, and values to our project.

**About the Project:** This term Explorations Academy students are asking the question: In what ways do your brain, body, and upbringing come together to make you who you are? Identity Cluster is a multi-disciplinary course of study that combines science, social studies, English, and art to explore how each of us becomes the person we are.

Inspired by popular projects like "StoryCorps" and "Humans of New York", we will engage in social learning while collecting stories and oral histories from folks across our community. Every week throughout the term, our class will visit different populations to gather stories about their experiences, perspectives, and values. The interviews and story prompts will be student-led, designed to help learners examine the intersection of genetics, neurology, culture, individuality, and life experience. To conclude the project, we will compile our stories and reflections in an exhibit open to our neighbors and community partners. In an era so often described as "divisive," we aim to break down stereotypes and find the human commonalities that can bring us back together.

Explorations Academy is a fully accredited independent school for students in 6th through 12th grades providing relevant, experiential, and hands-on learning. Our mission is to ignite a passion for learning that inspires participants to collaborate effectively for a healthy and sustainable future.

***Sign up at the front desk to participate in the "Explorations Academy Project"***

***Interviews will be held on Tuesday, September 17th at BSAC between 9am-11am.***

Our student story-collectors will talk with you individually for 15-20 minutes, taking notes and audio recordings of the conversation. We will arrive with a few juicy prompts prepared, and are happy to let the talk flow from there. We hope to include 10-12 BSAC members in our project.

Potential prompts include:

- What is the most difficult decision you ever had to make?
- If you were leader of the world, what would be your first action?
- Tell us about an experience that changed or reshaped your values.

Questions? Please reach out to [marley@explorationsacademy.org](mailto:marley@explorationsacademy.org)





## Whales of the Northern Hemisphere

*Wednesday, September 18<sup>th</sup>, 10:00am-12:00pm.  
Suggested donation \$10. Register at MyActiveCenter.com or at the front desk.*

One of the most intriguing families of animals are the Odontacidae (toothed) and Mysticidae (Baleen) Giants!! They have many amazing adaptations, interesting bio-ecology, distributions and habitat preferences. Join us for this in-depth discovery program!

David Drummond, Wildlife Biologist, Naturalist-Educator enjoys sharing the synergies of the marine mammal and human connection. He has worked on regional to international ships interpreting the ocean's phenomenon and teaching classes on these subjects for many years.

Future presentations:

*South America: "Chimba Colombia" Oct. 9, 3:00pm  
Ice Bear Ecology, Nov. 13, 1:00pm*




---

## 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, Oct. 4th through Nov. 22nd. Sign up at the front desk.*




---

## Guitar Practice

*Tuesdays, 8:30-10:30am. Drop in.*

Learning the guitar offers a thrilling and fulfilling journey. Establishing a systematic practice schedule is crucial for individuals aiming to enhance their skills and advance more rapidly. Our goal is to support one another in becoming organized, concentrated, and inspired. By collaborating in a shared practice environment, we can track our development and build confidence in our musical capabilities. To optimize our skill enhancement, we have designated a convenient time for group practice at the center. Please bring your guitar and participate with us.

## WTA Guided Bus Trips

### *Cordata Park by Bus*

*Thursday, Sept. 5th, 8:45am-11:45am.*

Bring your pickleball paddle, walking shoes or just a spirit of play! We'll learn how to ride the bus to this dynamic, newly-completed northside park and then have time for fun. This trip uses pairs of bus routes that connect without needing to leave the bus. Meet in the lobby at the Bellingham Senior Center 8:45am sharp! Dress for a short walk and fun at the park.

WTA passes will be provided if needed, bring a gold card if you have one. The group will return by 11:45am. SPACE IS LIMITED. RSVP or ask for more info at 360-756-TRIP (8747) or [info@WhatcomSmartTrips.org](mailto:info@WhatcomSmartTrips.org).

#### Itinerary:

8:45 Meet at BSAC  
 8:57 Catch Route 15 Cordata Station  
 9:20 Continue on Route 29 to Cordata Park  
 9:22 Pickleball, walking trails, people watching...  
 11:10 Catch Route 24 to Cordata Station  
 11:15 Continue on Route 15 Downtown  
 11:35 Back at BSAC

### *Sculpture Tour, Western Washington University Campus*

*Wednesday, Sept. 18th, 9:30am-noon*

Take the bus with us to WWU and learn how easy it is to use the WTA bus system. We'll have approximately 1 hour and 40 mins on campus, enough time to grab a coffee and see the sculpture collection. Wear walking shoes and clothing appropriate for the weather. We will be walking to the city bus stop and through campus so you must be able to walk or use your motorized transportation device to travel. Meet in the lobby at the Bellingham Senior Center 9:30am sharp!

WTA passes will be provided if needed, bring a gold card if you have one. Bring money for coffee or a snack if you choose. The group will return by 12:00pm. SPACE IS LIMITED. RSVP or ask for more info at 360-756-TRIP (8747) or [info@WhatcomSmartTrips.org](mailto:info@WhatcomSmartTrips.org).



Make a difference anywhere you go



#### Itinerary:

9:30 Meet at BSAC  
 9:46 Catch Route 331 to Downtown  
 9:55 From Downtown catch Route 196  
 10:01 Arrive at WWU  
 11:43 Catch Route 14 back Downtown  
 11:55 Catch Route 331 back to Senior Center  
 12:00 Arrive at BSAC

## 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, September 13th at 1:00pm - Happiness*

What makes a good life? Lessons from the longest study on happiness - What keeps us happy and healthy as we go through life? If you think it's fame and money, you're not alone – but, according to psychiatrist Robert Waldinger, you're mistaken. As the director of a 75-year-old study on adult development, Waldinger has unprecedented access to data on true happiness and satisfaction. In this talk, he shares three important lessons learned from the study as well as some practical, old-as-the-hills wisdom on how to build a fulfilling, long life.

The secret to a happy life — lessons from 8 decades of research - The happiest and healthiest people are those who have warm connections with others, says psychiatrist Robert Waldinger, who leads the Harvard Study of Adult Development -- one of the longest-running studies of adult life ever conducted. Exploring the crucial link between social bonds and quality of life, he shares wisdom and insights into how to identify and strengthen the relationships that impact your well-being most. When it comes to the people in your inner circle, "Turn toward the voices that make you feel more open and more inclusive," he says.

### *Friday, Sept. 27th at 1:00pm - Ask the Experts*

Biologist Answers Biology Questions From Twitter — Biologist Thor Hanson answers the internet's burning questions about biology. How do extinct species come back? How will the human species evolve? Are viruses alive? Thor answers all these questions and much more!

Biomedical Scientist Answers Pseudoscience Questions From Twitter — Biomedical scientist Dr. Andrea Love answers your questions about pseudosciences and false health claims from Twitter. What red flags should you look out for when gauging trust in health influencers? How harmful are cell phone towers to our health? Are organic foods actually free from pesticides? Answers to these questions and many more await—it's Pseudoscience Support.



## How to Prevent Falls

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

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



## 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! Meeting *Tuesdays at 12:30pm in Room 2* and discuss some ideas for a fun, instructive crafting group.

## Seniors & Cannabis: Let's Talk

*Friday, October 18th, 1:30-3:00pm, BSAC Auditorium*

Cannabis (a.k.a. marijuana) use is not for everyone yet during the pandemic it was considered an essential service. Here's a chance to update yourself with knowledge and common sense.

Cannabis for health and well-being is a constantly changing field of information and product options. Be an educated shopper/user and you will likely have a successful experience. One size does not fit all, so being mindful and patient with how to use it usually results in the best outcomes. Just remember: Educate before you Medicate. Start Low and Go Slow.



Join Nancy Southern MSW, and Angela Williams, Certified Medical Cannabis Consultant, for an informative presentation on the mindful use of cannabis for seniors. Nancy will share her personal story with cannabis and address some basic Facts and Fiction about it. They will then be available for a Q & A discussion.

Nancy Southern, MSW is a Creative Life Coach, Emotional Freedom Technique Specialist, Reiki Master and a state-certified medical cannabis consultant and can be reached at: [happytapping@gmail.com](mailto:happytapping@gmail.com).

Angela Williams is a Certified Medical Cannabis Consultant who has been in the medical cannabis industry since 2011 working with patients and doctors. She explains new legislation that benefits medical patient use.

*Note: This discussion is intended to provide information only and should not be considered a substitute for obtaining medical advice about specific issues from a qualified healthcare provider.*

## 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](http://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.



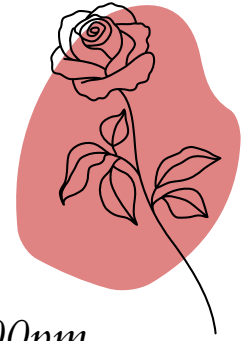
## Ukulele Jam & Sing-along

*Thursday, September 26th, 2:30-4:30pm. Continuing 4th Thursdays of each month.*

All levels of singers and strummers welcome. You can play your ukulele, just sing, or both. There will be 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.

# Whatcom Cares:

## A Town Hall Conversation about Advance Care Planning, Palliative Care, End-of-Life Choice and After-Death Care



*Open to All. Tuesday, October 8th, 4:30–7:00pm*

*Bellingham Senior Activity Center, 315 Halleck Street.*

*RSVP with the Bellingham Senior Activity Center: (360) 733-4030 x0.*

4:30–5:00pm - Information Tables in the Lobby and Q & A with Experts

5:00–6:30 pm - Town Hall Meeting

6:30–7:00pm - Information Tables in the Lobby and Q & A with Experts

Join us! We're a group of local and state community members who lead work in the areas of Advance Care Planning, Palliative Care, Dementia & Alzheimer's Care, End-of-Life and After-Death Care. We are gathering to answer your questions and provide guidance around the most recent information around these sensitive areas of healthcare.

In our Town Hall meeting, we will talk with a panel of experts who will share the most up-to-date information on the essential processes and documents that allow you and your loved ones to have a say in your care and a voice regarding the important decisions that are made at end-of-life and after you die. This meeting will include a special section on dementia and Alzheimer's as we see rising concerns in our community.

During the time set aside before and after the Town Hall meeting, our panelists and other experts can help guide you to understand your choices around what medical care you do and don't want as your health changes, the quality of care you receive and how to improve it, what options you have living with dementia, how to reduce the burden for your loved ones at life's end, "greener" options for after-death care, and most importantly, how to ensure that your values and preferences are respected throughout your healthcare journey.

There are several local and statewide organizations that support this important work in our community. If you feel compelled to donate, we have compiled a list of non-profit organizations that would benefit from your support. VSED Resources Northwest, The Last Dance Caregiver Collective via the Chuckanut Health Foundation, Dementia Support Northwest and End of Life Washington are important organizations involved in essential work supporting our community.

Panel includes:

**Wendy Norman** - Worry-Free Wednesdays, Founder and Healthcare Advocate

**Hilary Walker** - PeaceHealth Advance Care Planning Program, System Manager, Chair of the Washington Serious Illness Care Coalition, and member of the Washington State POLST Task Force and Education Committee.

**Brian Flowers** - Wildflower Funeral Concepts, Owner & Funeral Director

**Erica Crichton** - Open Ended Support, MSW, LASW Medical Social Worker

**Kelsey Lovik** - Northwest Regional Council, Dementia Program Specialist

**Plus, other special guests and community healthcare advocates!**



OUR VISION

"A thriving community where every child gets a healthy start and every person receives the care they need throughout their lifetime."



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



If you want to stay home and safe, Home Instead can help.



Call (360) 982.2461 or visit [HomeInstead.com/717](http://HomeInstead.com/717)

Each Home Instead® office is an independently owned and operated franchise of Home Instead, Inc., an Home Company. © 2023 Home Instead, Inc.

*Services*

- Personal Care
- Companionship
- Meal Prep
- Transportation
- Hospice Support
- Memory Care
- Arthritis Care
- Diabetes Care
- Chronic Conditions Support

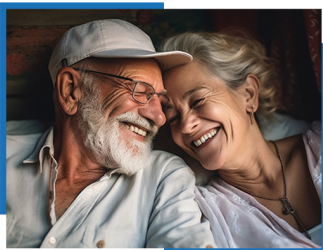


*This year's Senior Day in the Park was so much fun! Thanks to all of our sponsors, volunteers, vendors and most importantly all 1,500 of you that came out to the park!*



**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](http://safeharborlegal.com) to learn more and to see a list of our upcoming speaking events.

**Safe Harbor** LEGAL SOLUTIONS 360.746.7169



**ASSISTED LIVING WAS THE ANSWER FOR US**



**Join us for a tour & lunch today!**



[AvistaSeniorLiving.com/Ferndale](http://AvistaSeniorLiving.com/Ferndale)

(360) 858-6739



## Meals on Wheels and More

Serving Whatcom and San Juan Counties

**Meals on Wheels and More is proud to be partnering again with our local Haggen grocery stores as part of their Heroes Against Hunger campaign!**

*This year's campaign runs from: September 4<sup>th</sup> – October 15<sup>th</sup>*

At checkout, customers will be able to donate to the Heroes Against Hunger campaign, and a portion of those donations at participating locations will be given to the Meals on Wheels and More program!

We are pleased to be partnering with two local Haggen stores this year:

Fairhaven Haggen – 1401 12th Street, Bellingham (Store #3439)

Ferndale Haggen – 1815 Main Street, Ferndale (Store #3493)



The 2023 campaign resulted in a \$16,400 gift towards our Meals on Wheels and More program, helping ensure no senior in need is ever turned away. Please consider shopping and donating at these locations during the campaign if you can!

---

## 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, with a Participant Information Form (PIF) on file. PIFs are available at the front desk.***

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.







## Meals on Wheels and More

## BSAC, Blaine, Ferndale Community Meals

September 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Labor Day  CLOSED	3 Jerk Chicken w/Mango Salsa * <i>Vegan Patty</i> Roasted Sweet Potato Green Beans Kale Citrus Salad Ice Cream Cup	4 Ham & Broccoli Quiche * <i>Mushroom &amp; Spinach Quiche</i> Fruit & Yogurt Parfait Orange Juice	5 Chili Stuffed Baked Potato w/ Sour Cream & Onions Steamed Broccoli Garden Salad Fruit Crisp	6 Chicken Apple Walnut Salad * <i>Veggie Salad</i> Whole Grain Roll Fresh Grapes
9 Lemon Pepper Cod * <i>Grilled Lemon Pepper Tofu</i> Vegetable Rice Pilaf Broccoli Blend Coleslaw Orange Creamside Salad	10 Honey Mustard Chicken * <i>Vegan Cutlet</i> Roasted Yam Green Bean Almondine Garden Salad 7 Layer Bar	11 Burgandy Braised Beef * <i>Vegan Burgundy Beef</i> Brown Rice Steamed Dill Carrots Spinach Salad Fruited Jell-O	12 Turkey Meatloaf * <i>Vegan Meatloaf</i> Mashed Potatoes & Gravy Peas & Carrots Garden Salad Ambrosia	13 Tuscan Sausage Soup * <i>Tuscan Potato &amp; Bean Soup</i> Rosemary Focaccia Caesar Salad Fresh Fruit
16 Cheese Ravioli w/ Marinara Wheat Bread StICK Italian Vegetables Caesar Salad Sliced Peaches	17 Chicken Enchiladas w/ Sour Cream * <i>Vegan Black Bean Enchiladas</i> Spanish Rice Cabbage Salad Fresh Pineapple	18 Swiss Steak * <i>Veggie Swiss Cutlet</i> Mashed Potatoes & Gravy Peas & Pearl Onions Spinach Salad Raspberry Sherbet	19 Chicken Pot Pie * <i>Mushroom Pot Pie</i> Garden Salad Fresh Fruit	20 Shrimp Salad * <i>Veggie w/ Tofu Salad</i> Oatmeal Bread Orange Slices
23 Chicken Bruschetta * <i>Vegan Cutlet</i> Pesto Pasta Italian Vegetables Caesar Salad Tropical Fruit Salad	24 Hearty Beef Stew * <i>Vegan Beef Stew</i> Buttermilk Biscuit Garden Salad Orange Slices	25 Birthday Lunch Pork Tenderloin w/ Apple Chutney Wild Rice Pilaf Brussels sprouts Garden Salad Birthday Cake	26 Lemon Herb Roasted Chicken * <i>Veggie Cutlet</i> Scalloped Potatoes Roasted Zucchini & Peppers Spinach Salad Banana Cream Pudding	27 Homemade Tomato Soup Tuna Melt on Whole Wheat Garden salad Fresh Melon Salad
30 French Dip w/ Swiss Cheese * <i>Veggie Beef Dip</i> Roasted Red Potatoes Coleslaw Watermelon			Bellingham Kitchen Team Melody Phillips-Kitchen Supervisor Emy Olguin-Prep Cook Carmen Gonzalez-Kitchen Asst. Cale Klipp-Kitchen Asst. Reece Booth-Kitchen Asst. Ian Cassinos-Food Service Mgr.	Alternote Vegetarian Meal <i>In *Italics</i> Entrée Salad Option Available Every Day Ferndale - Donna Kinley Blaine – Steve Wittwer

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](http://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

