

# THE BSAC CONNECTION

Bellingham Senior Activity Center

October 2024 Programs, Services, and Activities



BSAC

## HALLOWEEN PARTY

OCTOBER 31 – 2:45PM

SEE PAGE 7

*Fall into*

*The Holidays*

## Annual Craft Fair

Saturday, November 16th 10am–3pm  
140 E. Bellis Fair Pkwy– *New Location!*

Vendor  
Registration  
open now



# 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 well-being for a healthy, active, and independent lifestyle.*

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## Getting to Know You

This October, BSAC invites everyone to wear a nametag for the month of October. Use a nametag from your place of worship, a former place of employment, a stick-on nametag from the BSAC greeter station or get creative and craft a nametag of beauty. Wearing a nametag helps us learn each others names and encourages us to get to know each other and build friendship.

Making new friends later in life can significantly improve mental and physical well-being, combat loneliness, provide social support, boost mood, stimulate cognitive function, and offering a sense of belonging and purpose.

We hope to see you in October wearing your nametag! Have fun, be creative, and introduce yourself to someone new! Bring in a nametag you have from a previous job or volunteer position, or pickup a stick-on nametag at the greeter station.



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BSAC will be closed on:

- *Closing at 3pm on Friday, Oct. 18*
- *November 28 - Thanksgiving*
- *November 29*

## October 2024

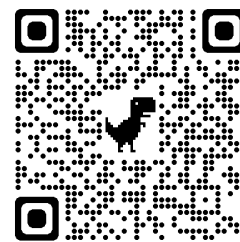
|       |  |         |
|-------|--|---------|
| 10/2  | Recognize & Prevent Fraud (p.9)                          | 10:45am |
| 10/4  | Exploring Medicare (p.7)                                 | 10:00am |
| 10/8  | Whatcom Cares (p.8)                                      | 4:30pm  |
| 10/9  | South America: "Chimba Colombia" (p.10)                  | 1:00pm  |
| 10/9  | End-of-Life Planning (p.15)                              | 9a-3p   |
| 10/9  | New Yoga class begins (p.11)                             | 10:00am |
| 10/11 | Kurt Aemmer Performs (p.4)                               | 12:30pm |
| 10/11 | Knife Sharpening (p.5)                                   | 10a-4p  |
| 10/11 | TED Talks Discussion (p.11)                              | 1:00pm  |
| 10/11 | Bus Trip to Squaticum Harbor & Marine Life Center (p.12) | 2:00pm  |
| 10/14 | Book Buzz (p.4)  | 10:30am |
| 10/15 | Bus Trip: Birding by Bus (p.12)                          | 8:00am  |
| 10/16 | Meet & Greet w/Molly (p.13)                              | 9:00am  |
| 10/17 | Mud Bottom Maddy (p.4)                                   | 12:30pm |
| 10/17 | Meet & Greet w/Eric (p.13)                               | 2:30pm  |
| 10/18 | Wonders of the World (p.4)                               | 10:30am |
| 10/18 | Voter Registration (p.9)                                 | 11a-1p  |
| 10/18 | Seniors & Cannabis (p.10)                                | 1:30pm  |
| 10/21 | Household Emergency Preparedness: Earthquakes (p.4)      | 12:30pm |
| 10/23 | Low Vision Support (p.5)                                 | 1:00pm  |
| 10/24 | Ukulele Jam & Sing-along (p.5)                           | 2:30pm  |
| 10/25 | Sound Journey (p.5)                                      | 10:00am |
| 10/25 | TED Talks Discussion (p.11)                              | 1:00pm  |
| 10/30 | What is WCOA? (p.9)                                      | 1:00pm  |
| 10/31 | Halloween Party! (p.7)                                   | 2:45pm  |

|   |  |
|---|--|
| M<br>O<br>N<br>D<br>A<br>Y                | 9:30 EnhanceFitness<br>10:00 Yoga<br>10:30 Singing for Fun<br>11:30 - 12:30 Lunch<br>12:30 Mah Jongg<br>12:15 Pinochle<br>1:00 Strength Training for Balance (Virtual)<br>1:00 Open Art Time<br>1:30 Senior Steppers<br>3:15 Longevity Stick<br>3:15 Ukulele Practice  |
| T<br>U<br>E<br>S<br>D<br>A<br>Y           | 8:15 Senior Trailblazers<br>8:30 Chair Yoga<br>9:00 Rug Hooking<br>9:00 Mah Jongg<br>10:00 Button Walkabouts<br>9:30 Zumba<br>10:00 Mindfulness Meditation<br>11:00 French Conversation Group<br>11:30 - 12:30 Lunch<br>12:30 Bridge (11:15-12:30 instruction)<br>1:00 Scrabble<br>1:30 Chinese Mah Jongg<br>2:00 Ballroom Dance<br>1:30 Table Tennis (intermediate/advanced)  |
| W<br>E<br>D<br>N<br>E<br>S<br>D<br>A<br>Y | 8:00 Table Tennis (beginners/intermediate)<br>9:00 Spanish Conversation (Virtual)<br>9:00 Footcare<br>9:30 EnhanceFitness<br>10:00 Yoga (starting Oct. 9th)<br>10:00 Knitting & Crochet<br>10:00 Group Bike Ride<br>10:30 Longevity Stick<br>11:30 - 12:30 Lunch<br>(pg.5) Rainbow Elders<br>1:00 Ladies Pool Group<br>1:00 Strength Training for Balance (Virtual)<br>1:30 BrainPower (1st & 3rd Wed.)<br>1:30 Tai Chi<br>4:00 Reiki<br>4:00 Weekly Social Hour |
| T<br>H<br>U<br>R<br>S<br>D<br>A<br>Y      | 7:45 Senior Trailblazers<br>8:30 Chair Yoga<br>8:30 Guitar Practice<br>10:00 Button Walkabouts<br>9:30 Zumba<br>9:30 Jam Session<br>10:00 Yoga<br>10:00 Spanish Conversation<br>10:30 Writer's Group<br>11:00 Longevity Stick (Virtual)<br>11:30 - 12:30 Lunch<br>12:15 Quilting Group<br>1:00 Bunco<br>2:00 Table Tennis (intermediate/advanced)<br>2:00 English Country Dance<br>3:30 Ukulele Practice<br>4:00 Reiki   |
| F<br>R<br>I<br>D<br>A<br>Y                | 8:00 Table Tennis (beginners/intermediate)<br>9:30 EnhanceFitness<br>11:30 - 12:30 Lunch<br>12:15 Pinochle<br>1:00 TED Talk Discussions (2nd & 4th Fri.)<br>1:30 Table Tennis (beginners/intermediate)<br>1:30 Senior Steppers<br>2:00 Tech Help<br>3:15 Ballet  |

\*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 **Kurt Aemmer**

### 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.



#### October 18th: Castles of the World

A slide illustrated presentation of the variety of castles built throughout history.

### Book Buzz

Oct. 14th at 10:30am:

*Frankenstein* by Mary Shelley 1818; Who is the monster: the creator or his creature?



Book Buzz will continue on the second Monday of each month. (No meeting in Dec. or Jan.)

Sneak peak at November's book: : *Alice in Wonderland* by Lewis Carroll, 1865; It seems like a fairy tale, but has the author hidden political, historical, societal and mathematical themes among the nonsense?

### 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, Oct. 11th, 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, Oct. 17th, 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

Monday, Oct. 21st at 12:30pm - Drop, Cover, Hold On: Drop, Cover, Hold On! When the ground starts to shake from an earthquake, the safest action to take is drop, cover, and hold on. Instinct tells us to start running and go outside, but that can lead to more injuries during an earthquake.

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, Oct. 11th, 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, Oct. 25th, 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. 23rd, 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

## Ukulele Jam & Sing-along

*Thursday, October 24th, 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.

## 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:*

*Oct. 2 - El Suenito Brewery, 1926 Humboldt St.*

*Oct. 9 - Aslan Brewing, 1330 N Forest St*

*Oct. 16 - Red Robin, 100 W. Telegraph Rd.*

*Oct. 23 - Twin Sisters Brewing, 500 Carolina St.*

*Oct. 30 - Larabee Lager Co., 4151 Meridian St.*



# 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.*

### Presentations:

#### 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. Presented by Guided Solutions.

#### 12:45pm - Tips on Saving Money on Medicare

There are several ways to save money on Medicare. State and Federal programs may reduce your costs. Plus, there are many practical ways to save money if you understand how Medicare works. These tips will be shared by Whatcom SHIBA, an educational service of the Office of the Insurance Commissioner. SHIBA offers unbiased, confidential, and free guidance to Medicare beneficiaries.

### 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



BSAC

# HALLOWEEN PARTY

**MUSIC FROM "HIGH TIDE"****PERFORMANCE FROM BSAC'S  
DANCE FUSION CLASS****COSTUME CONTEST****REFRESHMENTS PROVIDED BY  
SILVERADO MEMORY CARE****GUESTS WELCOME!****OCTOBER 31 - 2:45PM**

## Please consider donating to Bellingham Senior Activity Center's Annual Fund Drive

Our goal is to raise  
\$25,000. Your  
contribution will directly  
support membership  
scholarships, staffing &  
daily operations.

### *Your gift makes a difference!*

With your generous donation and support BSAC  
provides the community with a welcoming &  
lively environment for activities, socializing &  
lifelong learning.

Whether it's TED Talks, dance classes or  
the ukulele group, the emotional & mental  
benefits of connecting with others is immense.

Make a donation today at the front desk or on  
our website: [whatcomcoa.org/donate/](http://whatcomcoa.org/donate/)

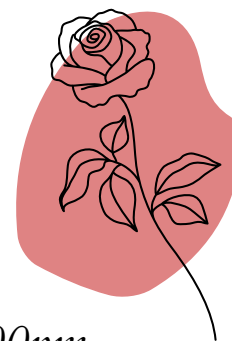
*Thank you to each of you who has already donated!*





# 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!**

**\* FREE End-of-Life Planning Appointments - See page 15**

## What is the Whatcom Council on Aging?



WHATCOM  
**Council on Aging**



An informative presentation by WCOA's Donor Engagement Director, Nancy Hay.

We enjoy the activity, friendships, and services provided by BSAC, Meals on Wheels & More, and Bellingham at Home, but what is the Whatcom Council on Aging?

Meet Nancy and learn about WCOA's programs and how they intersect and serve seniors in our community. Learn how WCOA is supported, and the who/what/why of the programs and their impacts.

*Wednesday, October 30th, 1:00-2:00pm. Sign up at the front desk or [MyActiveCenter.com](http://MyActiveCenter.com)*

## Recognize & Prevent Fraud

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

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

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

*Wednesday, October 2nd, Presentation: 10:45-11:45am, Tabling in the lobby with info & resources: 10:00am-1:30pm*

## Medicare Counseling Appointments with SHIBA

Open enrollment occurs Oct. 15 - Dec. 7 and this is your one time a year to change your Part C (Medicare Advantage plan) or D (Medicare Part D drug) plans! Set an appointment with a SHIBA volunteer to ask your Medicare questions.

SHIBA (Statewide Health Insurance Benefits Advisors) is a free, confidential, and impartial Medicare counseling resource. Volunteer SHIBA advisors are highly experienced in counseling Medicare-eligible residents of all ages and backgrounds, trained to help you understand your rights and options by offering up-to-date information so you can make informed decisions related to your health insurance needs.

*Call (360) 788-2725 to make an appointment.*

## Every Vote Counts!

Are you registered to vote? Is your address up to date?

The League of Women Voters will be setup in the lobby to assist you:

- Register to vote
- Update your address
- Answer questions about elections/voting
- Ballots will be mailed Oct. 16 for the Nov. 5th general election. Voter registration and address changes must be received at the Whatcom County Auditor's Office by Oct. 28.



*Friday, October 18th, 11:00am to 1:00pm*

## South America: “Chimba Colombia”

*Wednesday, October 9<sup>th</sup>, 1:00-3:00pm. Suggested donation \$10. Register at [MyActiveCenter.com](http://MyActiveCenter.com) or at the front desk.*

A Naturalistic Discovery Journey into the Land of Mystery ~ Many myths and realities exist in this mountainous land, from the early Aztecs to modern Ameri-Euro eco-tourists wandering the by, high and hinter-ways! We will begin in the high plateau of Bogota and visit the national parks, nature reserves, as well as the historic district and get to know the people! From there, using public transport, we'll meander west to the Central Andes and see what is unique in these deeply incised valleys of coffee, banana and cane. Riding the South to North Cordilleran spine, we'll descend into the tropical lowlands along the Caribbean Coast for a whole new looking environment of dry, hot and saltwater shorelines.



David Drummond is an “Adventurer” at Heart, and spent six and half months in Colombia during the Covid “curantena” of the Central Andes in a small and high pueblo village, during the end of the tropical dry, into the rainy season. He loved the people, landscape and diverse nature!

Next presentation: *Ice Bear Ecology*, Nov. 13, 1:00pm

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## 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.*



## 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, October 11th at 1:00pm - Personal Change & Renewal*

The secret to changing negative self-talk by renewing your mindset - How is your self-talk? Bruce is obsessed with words. After he was downsized in his career, Bruce had to change his mindset to navigate a new path. Bruce shares why the words you use matter and how changing your words can change your mindset. Bruce teaches how to alter your self-talk and be intentional with your words.

Choices that can Change your Life - In Caroline's unique style, she talks about 3 key choices people can make to change their life. Caroline Myss is a five-time New York Times bestselling author and internationally renowned speaker in the fields of human consciousness, spirituality and mysticism, health, energy medicine, and the science of medical intuition.



### *Friday, October 25th at 1:00pm - Being yourself is contagious*

The art of being yourself - Caroline McHugh is founder and CEO of IDOLOGY, a movement dedicated to helping individuals and organizations be fully deployed, original versions of themselves; not pale imitations of each other. Keynote speaker, teacher, coach and author of *Never Not a Lovely Moon*, McHugh delivers keynotes and master-classes on the 'art of being yourself'. In this TEDx talk, she shares her insights. On being yourself, she asks an important question - If you could be the woman (person) of your dreams, who would you be?



You are contagious - Vanessa Van Edwards is an interpersonal intelligence expert, public speaker, and behaviour researcher at her lab 'The Science of People'. Vanessa delves into the fascinating world of human interaction, exploring how we can affect and infect others with our emotions, confidence, and positivity. She states, "We are in control of how we feel and what we want to spread."

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## Yoga \*New Wednesday morning class added

Wednesdays, 10:00-11:15am, starting October 9th.. \$10 or 2 punches on fitness card. Register at My-ActiveCenter.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 classes, creating 4 weekly classes:

*Mondays, 10:00-11:30am, instructed by Mary*

*Mondays, 2:00-3:15pm, instructed by Dani*

*Wednesdays, 10:00-11:15am, instructed by Dani*

*Thursdays, 10:00-11:30am, instructed by Mary*



## WTA Guided Bus Trips

### *Squalicum Harbor & Marine Life Center*

*Friday, Oct. 11th, 2:00pm-4:15pm*

Come explore the brand new bus lines that serve our active harbor! Two interim bus routes now run hourly in the mornings and late afternoons through Waypoint Park and Squalicum Harbor. We'll start with a stroll along the harbor enjoying the view. Then we'll learn about who lives under the sea at the Marine Life Center (a great place to return with grandkids!) The friendly staff will answer questions and point out hidden wonders of our unique marine environment.

Meet in the lobby at the Bellingham Senior Center 2pm sharp! Dress for a walk and wait at the bus stop. WTA passes will be provided if needed, bring a gold card if you have one. The group will return by 4:15pm.

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).

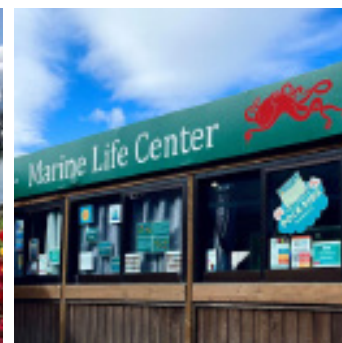
#### Itinerary:

2:00 Meet at Bellingham Senior Activity Center  
2:10 Catch Route 331 Downtown  
2:25 47 Harbor  
2:38 Walk from Squalicum Harbor to MLC  
3:00 Marine Life Center  
3:40 47 Downtown  
4:10 Catch Route 331 Cordata  
4:15 back at BSAC

### *Birding by Bus*

*Tuesday, Oct. 15th, 8:00am-11:15am.*

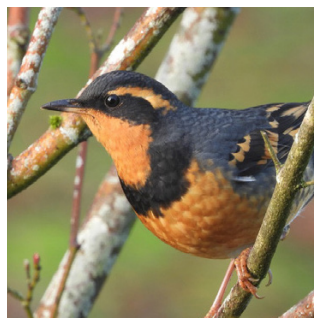
Join us for some Urban Birding and learn how easy it is to use the WTA bus system. No experience necessary with birds or buses, Smart Trips and the North Cascades Audubon Society will be your guides! Wear walking shoes and clothing appropriate for the weather. We will be walking to the city bus stop and through Cornwall Park so you must be able to walk or use your motorized transportation device to travel. Meet in the lobby at the Bellingham Senior Center 8:00am sharp!



**WTA**

**SMART  
TRIPS**

Make a difference anywhere you go



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:

8:00 Meet at Bellingham Senior Center  
8:27 Catch #15 to Cornwall Park  
8:35 Arrive at Cornwall Park  
10:52 Catch #15 back downtown  
11:15 back at Senior Center

## Meet & Greets in the Coffee Bar

Whether you're new to the Center or a longtime member, we invite you to come together in a welcoming atmosphere to meet new friends, and learn about each other and about BSAC and the activities we offer.

These meetings will foster a sense of belonging and camaraderie among attendees, especially for newcomers who may feel isolated or uncertain in a new environment. We will facilitate introductions and provide opportunity to connect and share with one another.

Hosted by Director, Molly Simon, and Program Coordinator, Eric Pierson, who will give an orientation to our programs and services, allowing you to make the most of your membership and be engaged in building our community.

*Wednesday, October 16th, 9:00am-10:00am,  
hosted by Molly.*

*Thursday, October 17th, 2:30-3:30pm,  
hosted by Eric.*



## Veterans Day Celebration

Join us in celebration of our veterans on *Monday, November 11th*. Details to follow in next month's newsletter.

**A SALUTE TO  
OUR VETERANS**

We are grateful for your service.

## October is Fire Prevention & Safety Month

Here are our tips on how to stay safe in the event of a fire at BSAC:

Fire alarms are your signal to exit the building. To maximize the safety of everyone, it is critical that you respond immediately when you hear/see the fire alarm and exit the building without delay.

As you leave the building, do not stop as soon as you are out the door—others may still be exiting, and/or the fire department may require access. Continue to one of the gathering areas. There are two gathering areas. Those leaving from the front of the building will gather across New Street in the Habitat for Humanity Parking Lot. Those leaving from the back of the building (near kitchen) will gather across Young Street in the parking lot by the office building.

Evacuation maps are posted in each room. If you have any questions or concerns regarding fire alarms or exiting the building during an emergency, please speak with a staff member.

## HOW CAN I PROTECT MYSELF & OTHERS AGAINST COVID?

Stay home when not feeling well. Even if you don't think you have Covid.

Wear a mask.

Cough or sneeze into your bent elbow or a tissue. Wash hands frequently.

Stay up to date on your vaccinations.

If someone in your household is tests positive for covid or you have another exposure please wear a well fitting mask and monitor yourself for Covid symptoms.

Test kits are available at the BSAC front desk, we encourage you to keep one on hand at home.





# Have you looked over your *Medicare* plan lately?

*There's never a bad time for a Medicare review.*

**Let's set up a time to revisit your plan and ensure it still meets your needs.**

**(866) 733-5111 (TTY: 711)**

**Monday - Friday, 8:30 am - 5:00 pm**

3800 Byron Ave, Suite #148, Bellingham, WA 98229  
504 Front St, Suite #101, Lynden, WA 98264

**GUIDED SOLUTIONS**  
Formerly VibrantUSA  
[guidedolutions.com/medicare](http://guidedolutions.com/medicare)



We do not offer every plan available in your area. Any information we provide is limited to those plans we do offer in your area. Please contact Medicare.gov or 1-800-MEDICARE to get information on all of your options. Guided Solutions is not affiliated with or endorsed by Medicare or any government agency. Guided Solutions does not discriminate based on race, color, national origin, age, disability, or sex. Calling this number will direct you to a licensed agent. No obligation to enroll. Guided Solutions is a brand of BRP Insurance II, LLC. All insurance coverage is responsibility of BRP Insurance II, LLC. National Producer Number: 17880293.



**CHUCKANUT  
HEALTH FOUNDATION**

Investing **today** for a healthier **tomorrow**.



## OUR VISION

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



## Services

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

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

 **Home Instead.**

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

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## FREE End-of-Life Planning Appointments 45-Minutes with a Consultant

**Is everything in order in the event of a health care crisis or your death?**

Learn the four important steps every adult should take

Assign a Durable Power of Attorney  
for Health Care

Document the end-of-life and disposition  
options that reflect your values

Create and share  
Advance Health Care Directives

Prepare what's needed  
to have your affairs managed after you die

**Wednesday, October 9<sup>th</sup>**

Register Today at Bellingham Senior Activity Center, (360) 733-4030

## Get local help with your Medicare questions.

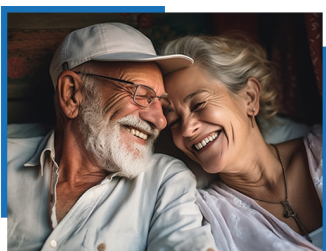
1-855-850-5042, TTY 711  
8 a.m. – 8 p.m. local time, 7 days a week

Contact Us Today



***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** 360.746.7169  
LEGAL SOLUTIONS



## 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 through 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!

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## 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

October, 2024

| MONDAY  | TUESDAY   | WEDNESDAY   | THURSDAY   | FRIDAY  |
|---|---|---|--|---|
| <b>Bellingham Kitchen Team</b><br>Melody Phillips-Kitchen Supervisor<br>Patrick Greenberg-Prep Cook<br>Emy Olguin-Prep Cook<br>Carmen Gonzalez-Kitchen Asst.<br>Gale Klipp-Kitchen Asst.<br>Reece Booth-Kitchen Asst.<br>Ian Cassinos-Food Service Mgr. | 1<br>Chicken Marsala<br><i>*Vegan Chicken Marsala</i><br>Brown Rice<br>Spinach Salad<br>Orange Pineapple Medley             | 2<br>Sausage Lasagna<br><i>*Mushroom Lasagna</i><br>Italian Vegetables<br>Caesar Salad<br>Peaches   | 3<br>Florentine Fish<br><i>*Florentine Vegan Cutlet</i><br>Mushroom Rice Pilaf<br>Normandy Vegetables<br>Garden Salad<br>Coconut Cream Pudding         | 4<br>Asian Chicken Salad<br><i>*Veggie Asian Salad</i><br>Vegetable Spring Rolls<br>Fresh Grapes  |
| 7<br><b>*KitchenFest</b><br>German Brat<br><i>*Veggie Brat</i><br>Hot Potato Salad<br>Sweet & Sour Red Cabbage<br>Garden salad<br>Apple Crisp   | 8<br>Beef Tacos<br><i>*Vegan Tacos</i><br>w/ Sour Cream & Salsa<br>Spanish Rice<br>Roasted Corn Salad<br>Pineapple          | 9<br>Thai Peanut Chicken<br><i>*Thai Peanut Tofu</i><br>Brown Basmati Rice<br>Asian Vegetables<br>Asian Slaw<br>Mandarins                   | 10<br>Butternut Squash Soup<br>w/ Toasted Croutons<br>Grilled Cheese<br>Four Bean Salad<br>Strawberry Jell-O Salad                                     | 11<br>Cheeseburger<br><i>*Garden Burger</i><br>w/ Lettuce & Tomato<br>Potato Salad<br>Fresh Grapes<br>Chocolate Ice Cream                                 |
| 14<br>Chicken Piccata<br>Pasta<br>Roasted Zucchini<br>Caesar Salad<br>Tropical Fruit Salad  | 15<br>BBQ Pulled Port<br><i>*Vegan Pulled Port</i><br>Brown Rice<br>Green Beans<br>Coleslaw<br>Fresh Banana                 | 16<br>Country Fried Steak<br><i>*Veggie Fritter</i><br>Mashed Potatoes & Gravy<br>Peas & Carrots<br>Garden Salad<br>Rainbow Sherbet         | 17<br>Honey Garlic Roasted Chicken<br><i>*Honey Garlic Veggie Cutlet</i><br>Sweet Potato<br>Broccoli Cauliflower Blend<br>Spinach Salad<br>7 Layer Bar | 18<br>Chef's Choice   |
| 21<br>Chicken & Dumplings<br><i>*Veggie Chicken &amp; Dumplings</i><br>Mixed Vegetables<br>Garden Salad<br>Ambrosia   | 22<br>Cranberry Mustard Pork Loin<br><i>*Vegan Cutlet</i><br>Roasted Yams<br>Brussels Sprouts<br>Garden Salad<br>Applesauce | 23<br><b>Birthday Lunch</b><br>Dill Salmon<br><i>*Veggie Cutlet</i><br>Wild Rice Pilaf<br>Roasted Carrots<br>Spinach Salad<br>Birthday Cake | 24<br>Salisbury Steak<br><i>*Veggie Burger</i><br>Mashed Potatoes & Gravy<br>Peas & Onions<br>Garden Salad<br>Raspberry Sherbet                        | 25<br>Chicken & Bacon Cobb Salad<br><i>*Veggie Cobb Salad</i><br>Oatmeal Bread<br>Orange Slices   |
| 28<br>Cajun Shrimp Pasta<br><i>*Vegetarian Cajun Pasta</i><br>Italian Vegetables<br>Caesar Salad<br>Raspberry Sherbet   | 29<br>Ginger Chicken<br><i>*Vegan Ginger Tofu</i><br>Brown Rice<br>Steamed Broccoli<br>Asian Salad<br>Mandarin Oranges      | 30<br>Denver Omelet<br><i>*Mushroom &amp; Pepper Omelet</i><br>Breakfast Potatoes<br>Orange Juice<br>Fruit & Yogurt Parfait                 | 31<br><b>Halloween Lunch</b><br>Beef Chou-ash<br><i>*Veggie Ghoul-ash</i><br>Brussels Sprouts<br>Garden Salad<br>Creepy Crawly Dessert                 | <b>Alternate Vegetarian Meal</b><br><i>In *Italics</i><br>Entrée Salad Option Available<br>Every Day<br>Ferndale - Donna Kinley<br>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



**WHATCOM  
Council on Aging**



**Bellingham  
Senior  
Activity  
Center**

*Connect with life!*



*Bellingham  
At Home*