

THE BSAC CONNECTION



Bellingham Senior Activity Center

December 2024 Programs, Services, and Activities



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.

.....



As we enter the winter months a note on inclement weather closures.

At times it can be unsafe to drive and BSAC may need to close for the day or open later than usual to give the roads time to thaw and to clear the parking lot.

Closures and delays will be reported by 7:30am on, our website (whatcomcoa.org), our BSAC Facebook page, and on the outgoing message which can be heard by calling 360-733-4030.

If in doubt please stay home and stay safe! If you are in need of emergency food in case of inclement weather please call the Meals on Wheels & More office at 360-746-6480.

.....

BSAC will be closed on:

- December 24th & 25th
- January 1st
- January 20th - MLK Jr. Day

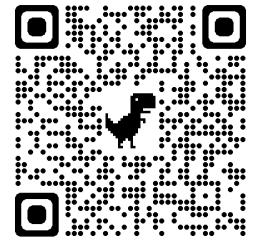
December 2024

12/3	What it Means to be Men	see pg. 6
12/4	Bow Making Class (p.7)	3:00pm
12/6	Parkinson's Education (p.11)	1:00pm
12/7	WTA Guided Bus Trip (p.8)	10:15am
12/11	DIY Ornament Bar (p.7)	12:30pm
12/11	Household Emergency Prep (p.4)	1:00pm
12/11	"Pint Night" Fundraiser (p.8)	3-7pm
12/12	Mark Anthony G. Sings (p.7)	12:30pm
12/13	The Story of the Mosquito (p.6)	10:30am
12/13	Kurt Aemmer Performs (p.4)	12:30pm
12/13	TED Talks Discussion (p.9)	1:00pm
12/17	Crafts & Cookies with Kinders (p.7)	12:00pm
12/19	Mud Bottom Maddy (p.4)	12:30pm
12/20	Gain without Pain (p.11)	11:00am
12/20	Member Meet & Greet (p.6)	11:15am
12/20	BSAC Holiday Showcase (p.7)	1:30pm
12/24	Closed	
12/25	Closed - Merry Christmas	
12/26	Ukulele Jam & Sing-along (p.5)	2:30pm
12/27	TED Talks Discussion (p.9)	1:00pm
1/1	Closed - Happy New Year	

M O N D A Y	9:30 EnhanceFitness 10:00 Yoga (no class Dec. 2) 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 8:30 Guitar Practice 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 Social Dance 1:30 Table Tennis (intermed./advanced)
W E D N E S D A Y	8:00 Table Tennis (beginner/intermediate) 8:30 Beginning Tap Dance 9:00 Spanish Conversation (Virtual) 9:00 Footcare 9:30 EnhanceFitness 10:00 Yoga 10:00 Knitting & Crochet 10:00 Group Bike Ride 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 2:45 Longevity Stick 4:00 Reiki 4:00 Weekly Social Hour
T H U R S D A Y	7:45 Senior Trailblazers 8:30 Chair Yoga (no class Dec. 12) 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 (interm./advanced) 2:00 English Country Dance 2:30 Ukulele Practice 4:00 Reiki
F R I D A Y	8:00 Table Tennis (beginner/intermediate) 9:30 EnhanceFitness 11:30 - 12:30 Lunch 12:15 Pinochle 1:00 TED Talk Discussions (2nd & 4th Fri.) 1:30 Table Tennis (beginner/intermediate) 1:30 Senior Steppers 2:00 Tech Help 2:30 Ballet
SAT.	9:00 - 12:00 Open Gym, Table Tennis, Library 9:15 Zumba (on Dec. 14, 21, 28)

Ongoing Classes & Activities Schedule

This schedule to the left lists the weekly or bi-monthly classes & activities. For details on all ongoing programs, pickup the Program Guide at the front desk, visit our website: whatcomcoa.org, or scan this QR code.



This *BSAC Connection* newsletter will feature upcoming programs - such as monthly programs, limited-time classes and workshops, events, articles, and news from our Center and organization.

BSAC Classes offered online with Zoom



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

Weekly classes include: Strength Training for Balance, Spanish Conversation, and more!

Visit whatcomcoa.org/virtualprograms

Sign-up for our email list at:
whatcomcoa.org or call 733-4030 x1035 for instant access to all virtual programs.

Select videos of BSAC classes are available on our YouTube Channel:
youtube.com/@wcoabsac6465

Register online for Yoga, Zumba, Bike Rides & other programs marked as registration required

Due to increase in class sizes and limited space, we ask that you please register in advance for these classes. Reservations must be made in advance online: www.myactivecenter.com, by phone 360-733- 4030 x0, or at the front desk. Scheduling online is preferred. Registration for yoga opens on the 20th of each month for the coming month, and on the 25th for Zumba at 9am.

Please note you will need your BSAC Keytag, the phone number we have on file for you and an email address. You will be asked to create a password for this account.

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

Monthly Ongoing Programs

Household Emergency Preparedness

Wed., Dec. 11th, 1:00-2:00pm - Home Hazard Hunt: Is your home earthquake safe? A home hazard hunt allows the entire household to get involved, to learn about earthquakes, find and correct potential safety hazards, and be prepared to make it through the next quake.



Continuing on the 4th Wednesday of each month at 1:00pm in 2025 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>

Kurt Aemmer

Friday, Dec. 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, Dec. 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.



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.

Tech Help

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

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.



Wonders of the World

Resumes in February, 3rd Friday/month, 10:30am.

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.

Book Buzz

A monthly book discussion group.

Book Buzz will continue on the second Monday of each month starting in February 2025.

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

Continuing on the 2nd Friday of each month (10am-4pm) starting in February.

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, Dec. 27th, 10:00-11:00am. Continuing on the 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

Resuming in January on the 4th Wednesday of each month, 1:00-2:00pm.

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, Dec. 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.

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:

Dec. 4 - Menace Brewing, 2529 Meridian St.

Dec. 11 - Larabee Lager Co., 4151 Meridian Rd.

"Pint Night" Fundraiser, 3pm - 7pm (see pg.8)

Dec. 18 - Bellingham Cider Co., 205 Prospect St

Dec. 25 - Merry Christmas Day! Not meeting



Member Meet & Greet

Friday, December 20th, 11:15am-12:00pm

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.

What it Means to be Men

Meeting Tuesdays, 12:15pm-1:45pm & Fridays, 2:00-3:30pm, Starting Dec. 3 and continuing for 3 weeks. Sign up at the Front Desk or MyActiveCenter.com.

What does it mean to be a man in these strange times? How do we best channel our instinctual energies in our environment of cell phones, cultural tension, and social media? In this 3-week course, we will explore issues such as family roles, territoriality, meaningful work, sex, and mortality, and spirituality by discussing our experiences. We will practice truthful speech in a relaxed and open environment.

Older men can easily become isolated in today's world, and this is an opportunity to form fun and meaningful relationships with other men.

The first session will be mainly ice-breaker activities to get to know each other, and subsequent sessions will focus on the various topics, and through our interactions we will identify themes that are of value to our group and our shared stories.

Facilitated by Kai Cone, LMHCA, counselor in private practice in Bellingham.

The Big Story of the Little Mosquito

Friday, December 13th, 10:30am-12:00pm. Sign up at the front desk or MyActiveCenter.com

There is a whole world history with the mosquito, and here we focus on the Americas. The Anopheles mosquitoes changed the native population density as well as the course of history in the Americas. This lecture will astound listeners to a history they have never heard including biology of mosquitos bites, diseases, transmission, death rates, and history course changes!



First, we review the native mosquitos and their impact as we know it. Then the big impact of the Anopheles and Aedes mosquitos and their transit to the Americas on the very first European ships. They carry the diseases; Yellow Fever, Malaria, and Dengue, which killed not only the mariners bringing them over but the native Americans. History is replete with the impact of influenza and smallpox, but not much has been said about these little devils. They completely changed the importation of indentured servants to African slaves due to the death rate of Caucasians-Europeans servants.

Presented by Linda Bahrani, the lecture will be based on the book by Timothy Wineguard, *The Mosquito*. It also incorporates information from *A Voyage Long and Strange* and *Empire of the Summer Moon*, among others.

Holiday Crafts & Gatherings

Bow Making Class

Wednesday, December 4th, 3:00 - 4:00pm

Sign up at the front desk or MyActiveCenter.com. Members only, free.

Learn how to create a beautiful ribbon bow for your holiday gifts.
Class includes 1 bow for you to make and take home.



DIY Ornament Bar

Wednesday, December 11th, 12:30 - 1:30pm

Sign up at the front desk or MyActiveCenter.com

Get together with friends to create your own holiday ornament. Illustrator and designer Randal Smith of C3 Designs Studio will provide pre-cut wooden ornaments (see image) along with paints, ribbon, and beads for you to use to create your own unique touch to the ornament you design. \$12 per ornament or 2 for \$20 paid to the instructor.

Mark Anthony G. Sings Christmas Tunes

Thursday, December 12th, 12:30-1:00pm in the Auditorium



Concert singer, music educator and vocal coach, Mark Anthony G. delights with classic Christmas songs.

Christmas Crafts & Cookies with Kindergarteners

Tuesday, December 17th, 12:00-1:00pm. Sign up at the front desk or MyActiveCenter.com

Join us for a heartwarming and festive experience as kindergarten students from Assumption Catholic School visit BSAC for a special holiday event! This program is designed to bring joy and connection between generations while engaging in fun, hands-on activities.

Ornament Crafting: Students and seniors will create holiday-themed ornaments using a variety of colorful materials, fostering creativity and cooperation.

Sun Catcher Making: Participants will make beautiful sun catchers to capture the light and brighten up any window, spreading holiday cheer.

Cookie Decorating: Everyone will enjoy decorating cookies with icing, sprinkles, and other festive toppings – a sweet treat to share and savor.



BSAC Holiday Showcase

Friday, December 20th, 1:30 - 3:00pm

Featuring performances from BSAC's own Senior Steppers (tap dance), Singers, Ukulele Group, and more!



WTA Guided Bus Trip

Holiday Port Festival

Saturday, December 7, 10:15am-12:45pm

Let's join the festivities of this popular annual event without worrying about winter driving or parking!

We will ride the WTA bus together from the BSAC to the Bellingham Cruise Terminal where we'll enjoy music, dance and an epic gingerbread house contest.

Meet in the lobby at the Bellingham Senior Center 10:15am sharp! Dress for a short 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 12:45pm.

Itinerary

10:15 Meet at BSAC
10:30 Catch Route 331 Downtown
10:40 Transfer to Route 1 Fairhaven
11:00 Holiday Port Festival
12:20 Catch Route 1 Downtown
12:40 Transfer to Route 331 Cordata
12:45 Back at BSAC

Space is Limited.

*RSVP or ask for more info at
360-756-TRIP (8747) or email
info@WhatcomSmartTrips.org.*



Make a difference anywhere you go

"Pint Night" Fundraiser

*Wednesday, Dec. 11, 3pm - 7pm - Larabee
Lager Co., 4151 Meridian Rd.*

Please join the BSAC social group at Pint Night. WCOA will receive \$1 for every pint sold at Larabee Lager Co. between 3 and 7pm! Join us and spread the word!



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.



Natural History Presentation Series

Presented by David Drummond, Research Wildlife Biologist and Naturalist Educator.

Continues in 2025 with:

"Estuaries: A Blend of Salt & Freshwaters"

January 17, 10am-12pm.

"Crows & Ravens: Bio-ecology & Behavior"

February 14, 10am -12pm.



Sign up at the front desk or [MyActiveCenter.com](https://www.myactivecenter.com). Suggested donation (\$10) to presenter.

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, December 13th at 1:00pm - Vision & Reality

How your vision determines your reality - Is seeing really believing? Retinal neuroscientist Bryan Wil-
liam Jones isn't so sure. He explains how vision and color shape how you understand the world—and how they're a little more subjective than you might think.

Do we see reality as it is? - Cognitive scientist Donald Hoffman is trying to answer a big question: Do we experience the world as it really is ... or as we need it to be? In this ever so slightly mind-blowing talk, he ponders how our minds construct reality for us.



Friday, December 27th at 1:00pm - Love



Why friendship can be just as meaningful as romantic love - We tend to consider romantic partners and family ties to be our most important relationships, but deep friendships can be just as meaningful. In a perspective-shifting talk, author Rhaina Cohen introduces us to the people unsettling norms by choosing a friend as a life partner — and shows why we're all better off recognizing there's more than one kind of significant other.

A better way to talk about love - In love, we fall.

We're struck, we're crushed, we swoon. We burn with passion. Love makes us crazy and makes us sick. Our hearts ache, and then they break. Talking about love in this way fundamentally shapes how we experience it, says writer Mandy Len Catron. In this talk for anyone who's ever felt crazy in love, Catron highlights a different metaphor for love that may help us find more joy -- and less suffering -- in it.

BSAC Membership Update

Starting this January membership dues will increase for the first time since 2018. BSAC membership dues will increase to \$60 for 12 months or \$20 for 3 months. Center Staff, WCOA administration and our volunteers will continue to work diligently to offer a wide variety of high quality programs and activities.



Benefits to membership include access to over 75 activities weekly, a parking pass for BSAC's parking lot, access to the Center on Saturdays and member only programming. Your membership also supports scholarships for seniors in need, BSAC staff, coffee & tea at lunch and more. To avoid the upcoming price increase for your next membership cycle, you can renew prior to December 31.

Thank you for being a part of the BSAC community of members. Our Center is better because of you.

Got Medicare questions?

We have *answers!*

Schedule your free consultation today!

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

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 commerce is responsibility of BRP Insurance II, LLC. National Producer Number: 17880238.



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

Gain without Pain: Can 30 minutes a day renew your stamina and strength?

Friday, December 20th, 11:00-11:30am. Sign up at the front desk or MyActiveCenter.com

This instructor says so. Eric Bowen has spent a lifetime maintaining his physical fitness, without ever doing pain-and-strain workouts. Now in his 70's, he continues age-appropriate workouts which he now shares with fellow seniors seeking to maintain or regain their fitness.

Eric has been devoted to lifetime fitness through moderate exercise, with activities including distance running, hiking, bicycling, canoeing, taekwondo, swimming, and weightlifting, all pursued with the same steady but non-exhausting approach. His long-term approach to exercise shows in his build and fitness. He is now offering to share his methods with other seniors, and will give a short talk on his philosophy of physical fitness, followed by a demonstration of his daily workout.

Dance Fusion

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

*Saturdays, 10:30-11:30am in the Auditorium. Join any class session Janaury 4th - March 29th.
BSAC members only, bring your keytag.*

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 Saudi 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.

Whatcom County Parkinson's Disease Education

Friday, December 6th, 1:00-4:00pm. Registration encouraged at bit.ly/whatcompd

Join the American Parkinson Disease Association Northwest for an interactive educational program about Parkinson's disease.

Parkinson's disease is the fastest growing neurological condition in the world and affects more than 60,000 people in Washington State alone. Age is the number one risk factor for developing PD. It's estimated that 85% of people with PD were diagnosed after the age of 60. Many seniors have Parkinson's, or know someone who does. This program will help them promote their own health and wellbeing, or the health and wellbeing of loved ones.

Part I: Parkinson's Disease Essentials: Learn about the fastest growing neurological condition in the world. This program will give you an overview of Parkinson's disease and provide information about community resources and support. Learn strategies for living well with Parkinson's, including how to support a loved one with Parkinson's Disease. Presented by Katie Freeman, MSW: Geriatric social worker and APDA Northwest's Manager of Programs and Community Engagement

Pat II: Ask the Expert: Dr. Pravin Khemani is the Medical Director of the Movement Disorders Program within the Swedish Neuroscience Institute. His experience diagnosing and treating Parkinson's disease has given him a deep understanding of the challenges of living well with this condition. Bring your questions and join the conversation about life with PD.

Want to learn English Country Dancing?

Sign up for a course at the front desk or MyActiveCenter.com. Our courses start on January 2, March 6 and May 1 and run for 2 months, meeting weekly on Thursday from 2-3:15 in the Auditorium.

No partner is necessary; we change partners after every dance. To be successful, you should be able to walk briskly, have good balance and follow simple verbal instructions. There's no charge, unless we have a special event with live music.

If you attend at least 50% of the course you've signed up for, you are then free to drop in on Thursdays in subsequent months without signing up at the front desk. You must attend on the first Thursday at the start of the course to continue in that course. You are free to drop in on any Thursday just to watch.

In a two-month course, you will learn the vocabulary of English Country Dancing, the patterns that go to beautiful recorded music, and how to progress up or down the set and then repeat these patterns.

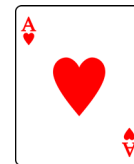
A video of some of the movements can be accessed here if you have a digital copy of this bulletin. Just click on the word to take you to the video. Note there may be ads associated with these links.

[Setting](#) • [Turning single](#) • [Casting](#) • [Changes of right and left](#) • [Half figure eight & figure eight](#)
Here are video links to two dances that you will learn in this course: [Christina](#) • [Farmer's Joy](#)

For each dance we introduce, we have a walk through before the music starts. We continue to call instructions throughout the dance. Still have more questions? Call Carol at (360) 303-6847 and leave a message. She will return your call.

Want to learn or play Hearts?

Drop-in on *Tuesdays, 1:00-3:00pm, in the Coffee Bar* to play. Hosted by Andrew, who can also teach new players the game.



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

December, 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Lemon Pepper Cod <i>*Vegan Cutlet</i> Roasted Yam Normandy Vegetable Blend Spinach Salad Ice Cream	3 Chicken Fajitas <i>*Vegan Fajitas</i> Spanish Rice Fresh Corn Salad Pineapple	4 Broccoli & Bacon Quiche <i>*Broccoli Quiche</i> Breakfast Potatoes Orange Juice Fruit & Yogurt Parfait	5 Swedish Meatballs <i>*Veggie Swedish Meatballs</i> Egg Noodles Green Beans Spinach Salad Ambrosia	6 Cultural Lunch Featuring Authentic Indian Cuisine from Tandoori Bites Chicken Tikka Masala Over Basmati Rice Veggie option available
9 Pasta Primavera Garlic Bread Stick Italian Veggies Caesar Salad Peaches	10 Beef Shepherd's Pie <i>*Vegan Shepherd's Pie</i> Balsamic Brussels Sprouts Garden Salad Apple Slices	11 Chinese BBQ Pork <i>*Vegan BBQ Tofu</i> Vegetable Fried Rice Asian Vegetables Soy Sesame Salad Mandarin Oranges	12 Savory Roasted Chicken <i>*Veggie Patty</i> Scallop Potatoes Peas & Carrots Spinach Salad Pistachio Cream Salad	13 Creamy Clam Chowder <i>*Corn & Potato Chowder</i> Tuna Salad Sandwich Garden Salad Cookie
16 Homestyle Chili <i>*Vegan Bean Chili</i> Corn Bread Garden Salad Orange Wedges	17 Coconut Curry Chicken <i>*Vegan Coconut Curry Tofu</i> Brown Basmati Rice Cucumber Salad Tropical Fruit	18 Birthday Lunch Spaghetti w/ Italian Sausage Marinara <i>*Veggie Marinara</i> Italian Vegetable Blend Caesar Salad Birthday Cake	19 Chicken & Swiss Sandwich <i>*Veggie Cutlet</i> Sweet Potato Fries Colelaw Fresh Grapes	20 Christmas Lunch Roast Beef Mashed Potatoes & Gravy Roasted Carrots Wheat Roll Garden Salad Pecan Pie
23 Italian Sausage Link <i>*Vegan Link</i> Macaroni & Cheese Broccoli Blend Spinach Salad Applesauce	24 Christmas Eve Center Closed	25 Merry Christmas Center Closed	26 Beef Burgandy <i>*Veggie Beef Burgandy</i> Brown Rice Buttered Dill Carrots Garden Salad Orange Sherbet	27 Shrimp Salad <i>*Veggie Salad</i> Oatmeal Bread Fresh Red Grapes
30 Chicken Rueben <i>*Veggie Rueben Cutlet</i> Roasted Red Potatoes Buttered Baby Carrots Garden Salad Peach Crisp	31 Andouille Sausage Gumbo <i>*Vegan Gumbo</i> Brown Rice Garden Salad Coconut Cream Pudding		Bellingham Kitchen Team Melody Phillips-Kitchen Supervisor Emry Olguin-Prep Cook Patricia Greenberg-Prep Cook Carmen Gonzalez-Kitchen Asst. Gale Kipp-Kitchen Asst. Reece Booth-Kitchen Asst. Ian Cassinos-Food Service Mgr.	Alternate Vegetarian Meal <i>In *Italics</i> Entrée Salad Option Available Every Day Ferndale - Donna Kinley Blaine - Steve Wittwer

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.

Starting in 2025: \$60 for one year and \$20 for three months.

Bellingham Senior Activity Center & Whatcom Council on Aging

Phone: (360) 733-4030

Fax: (360) 647-7952

Web: whatcomcoa.org

Hours: Mon - Fri from 8:00am to 4:30pm, Sat. 9am-12pm

BSAC Front Desk Reception ext: 1017

BSAC Director, Molly Simon ext: 1020

BSAC Prog. Coordinator, Eric Pierson ext: 1035

BSAC Volunteer Coord., Amy Wharton ext: 1024

BSAC Program Concierge, Jeanne ext: 1016

Meals on Wheels & More ext: 1030

WCOA Executive Director, Chris Orr ext: 1026

Bellingham at Home ext: 2602



**WHATCOM
Council on Aging**



**Bellingham
Senior
Activity
Center**

Connect with life!



*Bellingham
At Home*