

THE BSAC CONNECTION



Bellingham Senior Activity Center

November 2024 Programs, Services, and Activities



Fall into the holidays

Annual Craft Fair

Saturday, November 16th

10am–3pm

***New
Location***

140 E. Bellis Fair Pkwy

near Winco

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:

- November 28 (Thanksgiving) & November 29
- December 24th & 25th
- January 1st

November 2024

10/31	Halloween Party!	2:45pm
11/6	Dreams Interview Project (p.6)	10:00am
11/7	WTA Guided Bus Trip (p.8)	1:00pm
11/8	Kurt Aemmer Performs (p.4)	12:30pm
11/8	Knife Sharpening (p.5)	10a-4p
11/8	TED Talks Discussion (p.11)	1:00pm
11/11	Book Buzz (p.4)	10:30am
11/11	Veteran's Day Ceremony (p.8)	12:30pm
11/13	Handmade Recycled Paper Card Making begins (p.7)	10:30am
11/13	Life of the Ice Bear (p.6)	1:00pm
11/15	Wonders of the World (p.4)	10:30am
11/16	Craft Fair (cover)	10a-3p
11/18	Self Defence class begins (p.7)	12:30pm
11/19	Learn to Paper Emboss & Die Cut, card making (p.7)	10:00am
11/21	Mud Bottom Maddy (p.4)	12:30pm
11/21	Ukulele Jam & Sing-along (p.5)	2:30pm
11/22	TED Talks Discussion (p.11)	1:00pm
11/27	Household Emergency Preparedness (p.4)	12:30pm
11/28	CLOSED - Thanksgiving	
11/29	CLOSED	
12/6	Parkinson's Disease Education (p.10)	1:00pm
12/13	The Big Story of the Little Mosquito (p.10)	10:30am

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 (no class 11/19) 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 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 11/14) 8:30 Guitar Practice 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 3:30 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 10:30 Dance Fusion

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 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.



November 15th at 10:30am: The Worst Weather in the World. A slide illustrated presentation of hurricanes, tornadoes, dust storms, and more.

Book Buzz

Nov. 11th at 10:30am:

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?



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

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.

Friday, Nov. 8th, 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, Nov. 21st, 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

Wed., Nov. 27th at 12:30pm - Shelter in Place: Have you prepared your shelter in place room? Although rare, shelter in place events require us to take refuge indoors, in a room sealed from the outdoor environment, and await directions from emergency management.

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, Nov. 8th, 10:00am-4:00pm. Continuing on the 2nd Friday of each month(not in Dec. & Jan.)

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

No meeting in November. Continuing in Dec. on the last Fri./month, 10-11am.

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, Nov. 27th, 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, November 21st, 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:

Nov. 6 - Port Fairhaven Fish & Chips, 355 Harris Ave. (Ferry Terminal)

Nov. 13 - Structures Brewing, 801 W. Holly St.

Nov. 20 - Big Stick Barbecue, 709 W. Orchard Dr.

Nov. 27 - Overflow Taps, 2930 Newmarket St. #117



Dreams Interview Project With Explorations Academy Middle School

Wednesday, November 6th, 10:00-11:30am

This term, Explorations Academy Middle Schoolers are asking the question:

How do the internal workings of our conscious and unconscious minds contribute to our understanding of the world, and how does our imagination and dream life guide us toward our future realities?

Dreams Cluster is a multi-disciplinary course of study that combines science, social studies, English, and art to explore our understanding of ourselves, the world, and our dreams for the future.

As part of our course of study, the students will engage in a social learning project where we interview and collect dream-based stories from our community. This is where you come in as an interviewee.

Explorations Academy students will generate questions to ask community members about their dreams, the connection between dreams and real-life, and their past or future aspirations. These stories will serve as inspiration for EA students while they are crafting a children's book that centers around inspiration found in the interviews.

The stories will be compiled into a storybook anthology. To conclude our cluster project, the storybook anthology will be used to create an open and performative exhibit hosted for Explorations Academy families and participating community members.

Connect with youth in the community, and inspire youth to follow their dreams and inspirations. As an interviewee, you will receive a copy of stories created by the Explorations Academy Middle School students.

Sign up at the front desk or call (360) 733-4030 x0 to participate.

Life of the Ice Bear: Polar Bear Ecology

Wednesday, November 13th, 1:00-3:00pm. Suggested donation \$10. Register at MyActiveCenter.com or at the front desk.

Maybe you have or have not ever looked into this Arctic Ocean Specialist's life history. Here is an opportunity to learn more about their fascinating adaptations, bioecology, distribution and intriguing behaviors.

Polar Bears are iconic animals and worth studying further for their abilities to change with the climate. Join us for a rare, up close and personal inquiry into this Arctic apex specialist predator's life history. You'll be glad you did!



David Drummond, Wildlife Biologist, Naturalist Educator has worked in the Arctic for over twelve years, leading hikes, zodiac cruises, presenting programs and collaborating with several of the world's experts on these bears and other ecotonal associates.

Creative Card Making

Learn to paper emboss and die cut

Tuesday, November 19th, 10:00am - 12:00pm

Sign up at the front desk or MyActiveCenter.com

Discover the art of making stunning, personalized cards in this hands-on class! Learn how to use embossing techniques and die cutting tools to add texture, depth, and intricate designs to your creations. Whether you're crafting for special occasions or just for fun, you'll gain the skills to turn simple materials into unique cards.



Handmade Recycled Paper Card Making

Wednesdays, November 13th - November 27th, 10:30 - 11:30am

Sign up at the front desk or MyActiveCenter.com

Explore the eco-friendly craft of Handmade Recycled Paper Card Making! In this creative class, you'll learn how to transform scrap paper materials, such as old newspapers and magazines, into beautiful, textured cards with a personal touch. From making your own recycled paper to designing unique cards, this workshop combines sustainability with artistry. Perfect for anyone interested in upcycling and creating one-of-a-kind, eco-conscious greeting or holiday cards! Bring any interesting paper you would like to use in your cards. Materials fee for all other supplies and materials is \$7 paid to instructor at first class.



**In addition to the Tues/Thurs classes,
Zumba will be offered on Saturdays,
Nov. 2 - Nov. 23, 9:15-10:15am.**

Zumba Gold is for active older adults who are looking for a modified Zumba® class that recreates the original moves at a lower-intensity. The design of the class introduces easy-to-follow choreography that focuses on balance, range of motion, and coordination.

Tues & Thurs

9:30-10:30am

Saturdays (Nov. 2 - Nov.23)

9:15-10:15am

1 punch or \$5/class

Self Defence and How to Fall

BSAC member Bobbie, and her partner Bill, are black belts in Goju Ryu, a Japanese martial art and one of the most effective forms of karate for self-defense.

They will teach you ways to feel more safe, including how to prevent or discourage an attack, and how to fall safely.

These class sessions will include demonstrations and opportunities to practice what you have learned.

Mondays, Nov. 18 - Dec. 2 (3 sessions), 12:30-1:30pm. No Charge. Sign up at the front desk or MyActiveCenter.com.

WTA Guided Bus Trip

Bellis Fair Mall

Thursday, Nov. 7th, 1:00-4:00pm

Learn to ride the WTA bus to a place where you can explore gems, read a bestselling novel and try your hand at 3D printers.... The Bellis Fair Mall!

This trip will be fun no matter what the weather does. We will explore some of the diverse organizations that call the mall homebase.

We will get a tour of Bellingham Makerspace, look at Mt. Baker Rock and Gem Club retail store and check out the newest branch of the Bellingham Public Library.

Meet in the Senior Center lobby at 1:00pm. WTA passes will be provided if needed, bring your Gold Card if you have one. Bring money for coffee or shopping after our tours. The group will return by 4pm.

Itinerary:

1:00 Meet at BSAC

1:10 Catch 331 Cordata

1:40 Mall tours and free time

3:48 Catch 15 Downtown

4:00 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

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.



Veterans Day Celebration

Join us in celebration of our veterans on **Monday, November 11th**, at 12:30pm in the auditorium for a flag ceremony.



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, November 8th 11th at 1:00pm - Healthy Debate

For argument's sake - Why do we argue? To out-reason our opponents, prove them wrong, and, most of all, to win! Right? Philosopher Daniel H. Cohen shows how our most common form of argument -- a war in which one person must win and the other must lose -- misses out on the real benefits of engaging in active disagreement.

In defense of dialogue - In politics, it seems counterintuitive to engage in dialogue with violent groups, with radicals and terrorists, and with the states that support them. But Jonas Gahr Støre, the foreign minister of Norway, makes a compelling case for open discussion, even when our values diverge.

Friday, November 22nd at 1:00pm - Wikipedia

What Wikipedia teaches us about balancing truth and beliefs - Even with public trust at an all-time low, Wikipedia continues to maintain people's confidence. How do they do it? Former CEO of Wikimedia Foundation Katherine Maher delves into the transparent, adaptable and community-building ways the online encyclopedia brings free and reliable information to the public -- while also accounting for bias and difference of opinion. "The seeds of our disagreement can actually become the roots of our common purpose," she says.

The joy of learning random things on Wikipedia - Writer Annie Rauwerda makes a habit of getting lost among the seemingly endless digital archives of Wikipedia, discovering fake towns, promiscuous tortoises, 19th-century fangirls and so much more. An avid editor of the crowd-sourced platform, she speaks to the joys of exploring niche and humorous subjects, accidentally learning just for fun — and broadening your horizons along the way.



Save our number to your contacts

Occasionally, BSAC will send updates about classes or closures. For example, if an instructor is out sick and we need to cancel a class, all members who have recently participated in that class will receive a text or voice message as notification. This notification is sent to your phone via the My Senior Center program (the one that is used when you check-in on the screen as you arrive at the center). Because this program is operated from out of our area, the texts and voice messages come from a different number from ours. To prevent confusion, or your phone marking this as spam, we recommend you save the number to your contacts as "BSAC notifications". The number is: (855) 953-2720.

Whatcom County Parkinson's Disease Education

Friday, December 6th, 1:00-4:00pm

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

Part II: Ask the Expert

Duk Soo Kim, DO is a Movement Disorder Specialist who sees patients at the Everett Clinic. As a practicing neurologist, Dr. Kim has a great deal of experience diagnosing and treating Parkinson's disease, along with a fundamental understanding of the challenges of living with PD. Bring your questions for this interactive Q&A session.

The Big Story of the Little Mosquito

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 mosquito bites, diseases, transmission, death rates, and history course changes!

First, we review the native mosquitoes and their impact as we know it. Then the big impact of the Anopheles and Aedes mosquitoes 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-European servants.



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

Friday, December 13th, 10:30am-12:00pm

Bellingham Senior Activity Center Advisory Committee

Did you know that BSAC has a group of committed volunteers that serve as an Advisory Committee?

The committee consists of nine members of the Center. Advisory Committee members are knowledgeable of all Center activities, have concern for seniors and their needs, be a dues paying member of the BSAC and be willing to devote time and energy to committee duties. The Committee meets monthly.

Some of the responsibilities of The Committee include:

- Evaluating and approving programs and activities available at the Center.
- Planning programs and events which will generate income.
- Reviewing and updating policies and rules for the operation of programs and use of the facility.
- Receiving and providing feedback about the Center and our programs.

Being a member of the Advisory Committee is an honor and a responsibility. The 2025 Advisory is in need of two additional members. If you are interested in serving please contact Molly, Eric or any of the current members.

Please consider lending your skills and expertise to the betterment of BSAC. The Center is here to serve membership!

Current members include: Alice Ellingson, Frank McDonald, Genie Klein, Darcy Fusch, Phil George, Phil Wolff, Donna Meehan, Nancy McDonald, Tom Horton, Lora Winslow, and Kathy Cross.

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.

With Gratitude, *Molly*



Saturday Hosts & Hostess' Needed

Volunteers host BSAC members on Saturday mornings from 9:00am to noon. We need cheerful folks to welcome members, make coffee, direct people to their classes, and lock up afterward.

This is an easy volunteer position with no paperwork to, no money to collect, and since the office is closed, you don't even have to answer the phone! If you are interested, please contact Genie at (206) 948-1912.

Don't live with Medicare Plan *Regrets!*

Annual Enrollment Period deadline is next month.

Schedule your free consultation today!

(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

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Formerly VibrantUSA
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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: 13880298.



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OUR VISION

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



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- Memory Care
- Arthritis Care
- Diabetes Care
- Chronic Conditions Support

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360.527.0475

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Guests and Visitors Welcome

Members will agree that BSAC membership is a great deal with many benefits, but did you know that we also welcome guests and visitors to participate in a program?

Guests of any age are welcome to accompany members in a visit to the Center. That means friends, children, grandchildren can join a member lunch (\$10 for those under 60), a game of pool or ping-pong, conversation in the coffee bar, and most presentations and events.

Guests aged 50+ can attend a class or presentation unless otherwise noted. This allows folks to try out a class or attend a presentation if space allows. Simply fill out a guest card at the front desk before attending a program. Up to three guest visits are allowed.

Note: BSAC membership is not required to participate in the Senior Community Meals which are available on a donation-only basis to anyone 60 and older. See page 14 for more information.

Reiki

Reiki is an energy healing technique that promotes relaxation and reduces stress and anxiety. Reiki practitioners use their hands to deliver energy to your body, improving the flow and balance of your energy to support healing. It is not a replacement for medical treatment.

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

Mindfulness Meditation

A drop-in mindfulness meditation group, facilitated by BSAC member Judith, a longtime meditator who has also completed the Mindfulness Teacher Training Program (MTTP) through Mindfulness Northwest. While recent research has highlighted many benefits of meditation, Judith reminds us to “let the practice do the teaching” and encourages all levels from first-timers to daily practitioners to join.

Tuesdays, 10:00 - 10:45am.



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

November, 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Bellingham Kitchen Team Melody Phillips-Kitchen Supervisor Emy 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 *Falks</i> Entrée Salad Option Available Every Day			Chicken Cobb Salad Oatmeal Bread Fresh Grapes
4 Chicken Fettuccine Alfredo <i>* Vegetable Alfredo</i> Italian Vegetables Caesar Salad Peach Slices	5 Apricot Glazed Pork Chops <i>*Apricot Glazed Vegan Cutlet</i> Wild Rice Pilaf Dill Carrots Kale Citrus Salad Applesauce	6 Salisbury Steak <i>* Veggie Burger</i> Mashed Potatoes & Mushroom Gravy Peas & Carrots Spinach Salad Ambrosia	7 Creamy Tomato Basil Soup Caprese Flat Bread Garden Salad Fresh Fruit	8 Pub Fish w/ Tartar Sauce <i>*Veggie Nuggets</i> Potato Wedges Colelaw Pineapple-Lime Jell-O Salad
11 Reuben on Rye Roasted Potatoes Colelaw Fresh Grapes	12 Orange Chicken <i>* Vegan Orange Chicken</i> Brown Rice Asian Vegetables Spinach Salad Pineapple	13 Hawaiian Braised Pork <i>* Vegan Braised Cutlet</i> Pineapple Rice Honey Glazed Carrots Garden Salad Birthday Cake	14 Butternut Squash Ravioli Brown Butter Sage Sauce Italian Vegetables Caesar Salad Raspberry Sherbet	15 Taco Salad <i>* Veggie Taco Salad</i> Cornbread Orange Wedges
18 Panko Crusted Cod <i>* Veggie Fritter</i> Vegetable Rice Pilaf Steamed Broccoli Colelaw Strawberry Cream Salad	19 Beef Sloppy Joes <i>* Vegan Beyond Sloppy Joe</i> Whole Wheat Bun Potato Wedges Garden Salad Sliced Peaches	20 Chicken Cordon Bleu <i>* Veggie Cutlet</i> Sweet Potatoes Peas & Onions Kale Citrus Salad Cookie	21 Split Pea & Ham Soup Grilled Cheese Sandwich Garden Salad Berry Crisp	22 Thanksgiving Lunch Roasted Turkey & Cranberry <i>* Vegetarian Cutlet</i> Stuffing Mashed Potatoes & Gravy Green Beans Pumpkin Pie
25 Egg & Sausage Casserole <i>Egg & Spinach Casserole</i> Zucchini & Peppers Orange Juice Fruit & Yogurt Parfait	26 BBQ Chicken <i>* Vegan BBQ Chicken</i> Roasted Yams Green Beans Garden Salad Tropical Fruit	27 Birthday Lunch Beef Stroganoff <i>* Veggie Beef Stroganoff</i> Rotini Pasta Normandy Vegetables Garden Salad Chocolate Ice Cream	28 Thanksgiving Holiday Closed	29 Thanksgiving Holiday Closed

Menus are subject to change due to food cost and availability.

Meals on Wheels and More is a program of the Whatcom Council on Aging.

Bellingham Senior Activity Center

315 Halleck Street
Bellingham, WA 98225

Return service requested

**BSAC is Open On Saturdays
9am to 12pm!**

Members only, must bring BSAC
keytag.

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

**Thanks
for being
a BSAC
member!**

Membership Options:

\$50 for one year
\$15 for a three month period.

Bellingham Senior Activity Center & Whatcom Council on Aging

Phone: (360) 733-4030 Fax: (360) 647-7952 Web: whatcomcoa.org

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

- BSAC Front Desk Reception ext: 1017
- BSAC Director, Molly Simon ext: 1020
- BSAC Prog. Coordinator, Eric Pierson ext: 1035
- BSAC Volunteer Coord., Amy Wharton ext: 1024
- BSAC Program Concierge, Jeanne ext: 1016
- Meals on Wheels & More ext: 1030
- WCOA Executive Director, Chris Orr ext: 1026
- Bellingham at Home ext: 2602

