

# THE BSAC CONNECTION



**Bellingham Senior Activity Center**

**February 2025 Programs, Services, and Activities**

## THE AGE OF LOVE Offers a New Wrinkle in Our Search for Love

Award-Winning Documentary Comes to Pickford Film Center on Valentines Day, February 14th

A documentary that The Huffington Post calls, “a touching and funny look into the lives of seniors who just want to find love.”

10:30am at the Pickford, 1318 Bay St.

Tickets: \$11 at [pickfordfilmcenter.org](http://pickfordfilmcenter.org) or scan this QR code with your phone's camera.



**It's never too late to date.**



*Valentine's Day*

## SOCIAL

**Friday, February 14th**  
2:45-4:15pm

Let us enjoy this time as a celebration of life, love, and the enduring power of human connection.

### live music from High Tide!



Free admission • Guests welcome

sponsored by:  Cordata Court

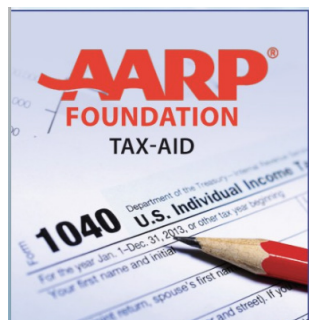
# Welcome



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.



## AARP Tax-Aide Appointments



BSAC is pleased to once again partner with AARP Tax Aide to offer free tax preparation to seniors in our community. AARP will have appointments available Tuesdays and Thursdays starting in February.

Advance appointments are required and can be made at the front desk or by calling (360) 733-4030 x0. Those with appointments must pick up the registration forms in advance from Bellingham Senior Activity Center. **Appointments will take place at 140 E Bellis Fair Pwky.**

Nationwide AARP Foundation Tax-Aide provides in-person and virtual tax assistance to anyone free of charge with a focus on taxpayers who are over 50 and have low-to-moderate income. Tax-Aide volunteers are located coast-to-coast and are trained and IRS-certified every year to make sure they know about and understand the latest changes and additions to the tax code.



BSAC will be closed on:

- Monday, February 17th - President's Day
- Friday, February 28th

## February 2025

1/31	BINGO!	2:00pm
2/3	Introduction to Mindfulness for Pain Reduction (p.8)	12:00pm
2/5	Pint Day Fundraiser at El Sueñito (p.13)	11a-10p
2/7	Whatcom Museum by Bus (p.11)	1:00pm
2/10	Book Buzz (p.10)	10:30am
2/10	ERA & Inclusive Rights (p.9)	12:30pm
2/11	Exploring Your True Self (p.9)	2:30pm
2/12	Face to Face Sculpture (p.8)	10:00am
2/14	"The Age of Love" (p.6)	10:30am
2/14	Crows & Ravens (p.7)	10:00am
2/14	TED Talks Discussion (p.12)	1:00pm
2/14	Valentines Day Social (p.6)	2:45pm
2/17	BSAC closed - President's Day	
2/20	Mud Bottom Maddy (p.4)	12:30pm
2/21	Bus to the Planetarium (p.11)	10:00am
2/21	Wonders of the World (p.10)	10:30am
2/21	TED Talks Discussion (p.12)	1:00pm
2/26	Emergency Prep. (p.4)	1:00pm
2/28	BSAC closed	
3/5	NW Singles Social Club (p.12)	12:30pm
3/7	"Resources as We Age" (p.7)	10a-2p

M O N D A Y	8:15 Fitness Enhanced 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 8:15 Beginning Tap Dance 8:30 Chair Yoga 8:30 Guitar Practice 9:00 Rug Hooking 9:00 Mah Jongg 9:30 Zumba 10:00 Button Walkabouts 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) 8:15 Fitness Enhanced 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 *not meeting in Feb. 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 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) 8:15 Fitness Enhanced 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

## 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 & 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

### Member Meet & Greet

*Wednesday, February 26th, 2:30-3:30pm.  
Continuing on the 4th Wed. of each month.*

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.

### Household Emergency Preparedness

*Wed., Feb. 26th, 1:00-2:00pm - Action Plan:* Develop your disaster plan before you need it! Practice safely exiting your home during an emergency and meeting up outside. Make sure that all members of the household know how to find and use your fire extinguisher, utility controls, and fire aid supplies.



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>

### Mud Bottom Maddy

*Thursday, Feb. 20th,  
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.*

*\*New appointments added\* for January and February: Mondays from 1-3pm, Wednesdays from 2-4:30pm, and Thursdays from 2-4pm. 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

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.

*Friday, February 21st, 10:30am, See page 10 for this month's topic. Continuing 3rd Fri. of each month.*

### Book Buzz

A monthly book discussion group.

*Monday, February 10th, 10:30am, see page 7 for this month's book. Continue on the 2nd Monday of each month.*

## 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

*Fri. Feb. 14th, 10am-4pm. 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, March 28th, 10:00-11:00am. Continuing on the last Fri./month. \*not meeting in February.*

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

*Wed., February 26th, 1:00-2:00pm. Continuing on the 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, Feb. 27th, 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.

## 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:*

February 5th - El Sueñito, 1926 Humbolt St. \*see pg.13

February 12th - Big Stick BBQ, 709 W Orchard Dr.

February 19th - Port Fairhaven Fish & Chips, 355 Harris Ave.

February 26th - Menace Brewing, 2529 Meridian St.





## THE AGE OF LOVE Offers a New Wrinkle in Our Search for Love

*Award-Winning Documentary Comes to Pickford Film Center on Valentines Day, February 14th*

Speed dating for the booming 70+ generation has become a growing trend across the country thanks to *The Age of Love*, a groundbreaking documentary that *The Huffington Post* calls, “a touching and funny look into the lives of seniors who just want to find love.”

We invite you to a public screening of the film, Feb. 14, 10:30am at the Pickford Film Center - 1318 Bay St.

Tickets: \$11 at [pickfordfilmcenter.org](http://pickfordfilmcenter.org) or scan this QR code with your phone's camera.



The film intimately follows the playful and poignant adventures of thirty Rochester, NY seniors who sign up for a first-of-its-kind speed dating event for 70 to 90-year-olds. Fearlessly candid as they take stock of life-worn bodies yet still-hopeful hearts, they soon discover how the search for love changes—or doesn't change—from first love to the far reaches of life.

Winner of NYC's Paley Center Doc Competition and awarded a Fledgling Fund grant for its “potential to change American culture,” *The Age of Love* takes aim at ageist stereotypes and taboos, opening eyes of all generations with an unexpected story of emotional growth and new beginnings regardless of age.



*Valentine's Day*

# SOCIAL

**Friday, February 14th**

**2:45-4:15pm**

Let us enjoy this time as a celebration of life, love, and the enduring power of human connection.

**live music from High Tide!**



**Free admission • Guests welcome**

sponsored by:



## Crows & Ravens: Bio-ecology & Behavior

Friday, Feb. 14th, 10am -12pm. Sign up at the front desk or [MyActiveCenter.com](http://MyActiveCenter.com). Suggested donation (\$10) to presenter.

Few songbirds play such a prominent role in the world's cultural mythologies, as do the Crow and Raven. For many people they are one and the same. We treat these dark birds and their cousins with a mixture of suspicion and respect. We will explore this dichotomy, their bio-ecology, habitats and fascinating behaviors. Join us for this diverse and lively odyssey of sight, sound and current science!



Presented by David Drummond, Wildlife Biologist & Naturalist has researched and taught classes on the Corvidae for many years and continues to learn about these amazing feathered friends found around our shared planet.

## Tech Help

Fridays, 30-minute appointments from 2:00-4:00pm.

*\*New appointments added\* for January and February: Mondays from 1-3pm, Wednesdays from 2-4:30pm, and Thursdays from 2-4pm. 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.

## What's Next: Resources as We Age

Planning for  
care and  
support

Sponsored by:

**ELDERLAW**  
MEYERS, NEUBECK & HULFORD  
ELDER LAW AND ESTATE PLANNING

*This informative resource fair is free to attend and open to the entire community.*

**Discover a variety of resources for older adults in our community.**

Areas covered include senior living options, caregiving, dementia support, financial services and more. Our goal is for people to receive information on the various resources to help with planning for future and present needs, for not only themselves, but their families and loved ones as well.

Representatives from organizations and businesses offering senior services will be on-hand to assist you and answer questions.

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

**Fridays in March:**

- **March 7th, 10:00am-2:00pm** Bellingham Senior Activity Center  
315 Halleck Street, Bellingham
- **March 14th, 10:00am-2:00pm** Blaine Senior Center  
763 G St, Blaine
- **March 21st, 10:00am-2:00pm** Lynden Community/Senior Center  
401 Grover St, Lynden
- **March 28th, 10:00am-2:00pm** Ferndale Senior Center  
1999 Cherry St, Ferndale



## Introduction to Mindfulness for Pain Reduction

This 4-week course introduces participants to mindfulness and helps develop tools to cope with acute and chronic pain, decrease stress, and participate more fully in personal self-care. Each class incorporates evidence-based approaches to empower participants to mindfully reduce pain, promoting a holistic approach to health and well-being and is a mix of instruction, guided practices, and group discussion. Participants will receive handouts and access to online recordings of the practices shared.

Instructed by Jill Stansbury. Jill has over twenty-five years of experience in facilitating meditation groups and using interactive strategies to educate youth, businesspeople, and community members about mindfulness. Her study of spiritual traditions centered around meditation for the last 25 years includes Hindu and Buddhist teachers, as well as secular mindfulness at the Mindfulness Center at Brown University through which she is a qualified Mindfulness-based Stress Reduction Program facilitator.

*Find out more about the course at a free introduction on February 3rd, from 12:00- 1:15 pm*

*Course is on Wednesdays Feb. 5 - Feb. 26 from 12:00 - 1:15 pm. \$15 per session payable to instructor, please plan to attend all sessions! Sign up at the front desk or [MyActiveCenter.com](http://MyActiveCenter.com).*



## Face to Face: Create a Sculptural Portrait

*Wednesdays, February 12th, 19th, and 26th, from 10:00am-12:00pm*

In this creative class, you'll learn how to transform scrap paper materials, such as old newspapers and magazines, into a beautiful, textured three-dimensional portrait with a personal touch.

Face to Face is a sculptural self portrait project using Celluclay, a recycled paper fiber source. We will add water to build surface shapes and to define the structure of the face. We will duplicate the facial form with heavy duty aluminum foil. We will partner with each other to shape the foil to the facial contours, then mount the foil on precut foam core board. We have a choice of painting details of eyes, nose and mouth and color tones to bring out the essence of form and character of each person. Bring a photograph or small mirror that will assist as a visual stimulus for our creations of our face.

Instructed by Ruth San Pietro, who says "sculpture paintings are one-of-a-kind and offer a unique perspective. The three-dimensional aspect coupled with exciting surface texture gives the viewer an enhanced appreciation of the artwork and the subject matter". Learn more about Ruth's art at [ruthsanpietropaper.com](http://ruthsanpietropaper.com)



*Space is limited. Sign-up at the front desk or [MyActiveCenter.com](http://MyActiveCenter.com). \$10 materials fee paid to instructor at first class.*



## Exploring Your True Self

### Discussion Group

*Join us on Tuesday, February 11th, 2:30-3:30 in Room 9. Continuing on the 2nd Tuesday of each month. Sign-ups are encouraged, but not required. Sign-up at the front desk or MyActiveCenter.com*

We all have wonderful qualities within us. Explore what they are, how we have expressed them, and how we can expand them. We are more than older beings or former workers. We are the qualities we possess and we continue to grow. Join this group in sharing a wide variety of quotes on different qualities and share your thoughts. A list of quotes related to the topic of discussion will be provided by the facilitator, Ellen Dodson, and we will have the opportunity to discuss and expand on the quotes that we identify with or that stick out to us. It will be empowering to discover and share these positive qualities that we all possess.

For the first meeting, we will explore the quality of courage. Some examples of quotes related to courage include:

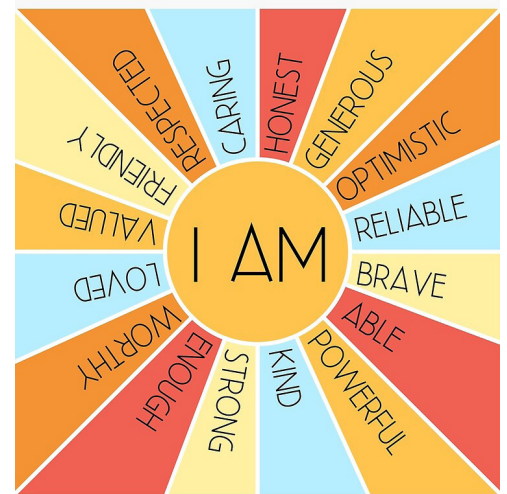
"With courage you will dare to take risks, have the strength to be compassionate, and the wisdom to be humble. Courage is the foundation of integrity." - Keshavan Nair.

"Courage is not the absence of fear, but rather the judgment that something else is more important than fear." - Ambrose Redmoon.

"Courage doesn't always roar. Sometimes courage is the quiet voice at the end of the day saying, 'I will try again tomorrow'" - Mary Ann Radmacher.

Some of the qualities to be explored at future meetings include:

Growth, Contentment, Faith, Friendship, Generosity, Gratitude, Hope, Joy, Love, Responsibility, Humility, Peace.



## The Equal Rights Amendment & Inclusive Rights Discussion

*Monday, February 10th, 12:30 - 1:30pm. Sign-ups are encouraged, but not required. Sign-up at the front desk or MyActiveCenter.com*

The Equal Rights Amendment (ERA), first proposed in 1923, is an amendment to the United States Constitution that guarantees equality of rights under the law for all persons regardless of sex. Thirty-eight states have finally ratified the ERA, but whether its protections for women's rights are actually added to the Constitution remains an open question.

At this meeting we will learn about the ERA (it's history and current status), and then in pairs discuss the topic of inclusive rights with questions provided, and learn from each other about ways to provide more fairness for all. Presented by BSAC member, Lynne Lohr.



## AARP Smart Driver™ Course

March 18th & 19th, 1:00-5:00pm. Registration required. Sign-up at the front desk or MyActiveCenter.com.

This defensive driving course, designed especially for drivers age 50 and older, teaches evidence-based strategies to keep you safe behind the wheel.

When you take the AARP Smart Driver course, you could be eligible for a multi-year discount on your auto insurance. Plus safer driving can save you more than money. The course teaches proven driving techniques to help keep you and your loved ones safe on the road. Additionally, you'll learn:



- Important facts about the effects of medication on driving.
- How to reduce driver distractions.
- How to maintain proper following distance behind another car.
- Proper use of safety belts, air bags, anti-lock brakes and new technology found in cars today.
- Techniques for handling left turns, right-of-way, and roundabouts.
- Age-related physical changes and how to adjust your driving to compensate.

Please bring your valid drivers license and AARP membership card if you have one. Also, please bring something to write with and a highlighter if you have one. Course is held at 140 E Bellis Fair Pkwy.

## 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. Continuing 3rd Friday of each month at 10:30am.

Friday, February 21st, 10:30am - Cathedrals of the World

Amazing architecture, stunning stained glass, vaulted interiors and serene spaces; since the 4th Century, cathedrals have represented the apex in religious buildings.



## Book Buzz



A monthly book discussion group, on the 2nd Monday of each month at 10:30am.

Monday, February 10th, 10:30am - *The Humans* by Matt Haig; another repeat author for Book Buzz, this time Matt Haig asks the question: What makes us human? And what is really important in life? It also explains why we are so impatient.





## WTA Guided Bus Trips

### *Whatcom Museum by Bus*

*Cordata Station to Whatcom Museum, Friday,  
February 7, 1:00-3:30pm*

Enjoy an afternoon exploring the arts district with no worries about parking or admission fees!

Practice taking the WTA bus from the Cordata Station to the Whatcom Museum downtown to enjoy Free First Friday. Thomas Wood's "Under the Inspiration Tree" will be on display at the Lightcatcher Museum along with the permanent collections at Old City Hall.

For this trip we will MEET AT THE CORDATA STATION AT 1PM 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 to Cordata Station by 3:30pm.

**SPACE IS LIMITED. RSVP or ask for more info at 360-756-TRIP (8747) or [info@WhatcomSmartTrips.org](mailto:info@WhatcomSmartTrips.org).**

Itinerary:

- 1:00 Meet at Cordata Station
- 1:15 Catch Route 15 Downtown
- 1:30 Arrive in arts district
- 3:10 Catch Route 232 Cordata
- 3:30 Arrive back at Cordata Station



## *Guided Bus Trip to Spanel Planetarium at WWU*

*Friday, February 21, 10:00am-12:30pm*

Explore local transportation options and the skies in one fantastic adventure. Smart Trips will lead you by WTA bus to the WWU planetarium for their presentation The First Stargazers.

From the Spanel Planetarium about The First Stargazers:

“Journey back in time to explore how the first stargazers experienced the sky above. Your guide is Nashira, a friendly time traveler who has visited Earth many times before. Witness the very first stargazer making a Moon calendar out of animal bone 30,000 years ago. Discover the ancient pyramids of Giza and their alignment to the skies. See stunning digital re-creations of the Parthenon, Alexandria Library, Stonehenge and Abu Simbel Temple and be inspired by the first stargazers who laid down the foundations of modern-day astronomy.”

Meet in the lobby at the Bellingham Senior Center 10am 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 12:30pm.

**SPACE IS LIMITED. RSVP or ask for more info at 360-756-TRIP (8747) or [info@WhatcomSmartTrips.org](mailto:info@WhatcomSmartTrips.org).**



## 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, February 14th at 1:00pm - Love*

**What is Love? Heart and Soul** - What is love? Is it something we feel, something we do, or does all that depend on its players and objects? Where does it come from, and are there really different kinds? In this TED talk, writer, adventurer, and researcher Scotte Burns offers a hopeful and often humorous vision of the nature of love within and around us, as well as our loving relationships with the people, places, and purposes we so often have in common.

**Technology hasn't changed love. Here's why** - In our tech-driven, interconnected world, we've developed new ways and rules to court each other, but the fundamental principles of love have stayed the same, says anthropologist Helen Fisher. Our faster connections, she suggests, are actually leading to slower, more intimate relationships. Couples therapist and relationship expert Esther Perel steps in to make an important point -- that while love itself stays the same, technology has affected the way we form and end relationships.

*Friday, January 21st\* at 1:00pm - Artificial Intelligence*

*\*note this is on the 3rd Fri. this month*

**What is an AI anyway?** - When it comes to artificial intelligence, what are we actually creating? Even those closest to its development are struggling to describe exactly where things are headed, says Microsoft AI CEO Mustafa Suleyman, one of the primary architects of the AI models many of us use today. He offers an honest and compelling new vision for the future of AI, proposing an unignorable metaphor — a new digital species — to focus attention on this extraordinary moment. (Followed by a Q&A with head of TED Chris Anderson)

**With spatial intelligence, AI will understand the real world** - In the beginning of the universe, all was darkness — until the first organisms developed sight, which ushered in an explosion of life, learning and progress. AI pioneer Fei-Fei Li says a similar moment is about to happen for computers and robots. She shows how machines are gaining "spatial intelligence" — the ability to process visual data, make predictions and act upon those predictions — and shares how this could enable AI to interact with humans in the real world.

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## Are you single, divorced, or widowed and looking for more social connections?

Staying socially connected has proven to be very important for the health and wellbeing of older folks living alone.

**Northwest Singles Social Club** is a lively 55+ club with many activities to choose from each month. We meet in and around Bellingham for lunches, hikes, games, coffee and beer get-togethers, tours and excursions, picnics, etc.

Join us here at BSAC on *Wednesday, March 5th at 12:30pm* to learn more about this fun group. *Registration is encouraged, but not required. Sign up at the front desk or [MyActiveCenter.com](http://MyActiveCenter.com)*





## Want to learn English Country Dancing?

*Sign up for a course at the front desk or MyActiveCenter.com. Our next course starts on March 6 and runs 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.

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.

## Medicare Counseling Appointments with SHIBA

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.*



## Pint Day At El Sueño!

**Benefiting the programs of Whatcom Council on Aging:**

**Bellingham Senior Activity Center - Meals on Wheels and More - Bellingham at Home**



What: El Sueño will donate \$1 to WCOA for each beer sold all day!  
 When: Wednesday, February 5th  
 Where: El Sueño Brewing Company  
 1926 Humboldt St., Bellingham



*Come join in the fun and support WCOA!*



# MEALS ON WHEELS AND MORE BSAC Senior Lunch



**Meals are Donation-Based for persons  
Age 60 and Over.**

**Suggested Meal Donation:  
\$6.00 or Whatever is Affordable**

***No eligible person will be turned away due to inability to donate!***

- Other persons who may be eligible for a donation-based meal who are accompanying eligible client include:
- Spouse / Partner of adults age 60+
  - Disabled dependents of adults age 60+
  - **Unpaid** caregivers of adults age 60+
  - As well as Nutrition Program Volunteers of any age

**\*\*Others under age 60 will be charged \$10.00 per meal.**

Meals on Wheels and More is a program of the Whatcom Council on Aging, a 501(c)(3) nonprofit org.

## Meals on Wheels & More Update:

Due to funding challenges and increased costs, Meals on Wheels & More will no longer be providing take out meals from any of our Community Meal sites starting in February. Our mission continues to be helping our local seniors who cannot leave their homes easily, and this decision, while difficult, will allow us to continue providing services to those most in need. We hope everyone continues to join us for our hot lunches offered every weekday!

For questions, please contact Meals on Wheels & More Director, Rob Vandine at (360)733-4030 x 1023

Thank you and hope to see you at lunch!



**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 commerce is responsibility of BRP Insurance II, LLC. National Producer Number: 17880288.





## Meals on Wheels and More

## BSAC, Blaine, Ferndale Community Meals

February 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Pork Souvlaki w/ Tzatziki <i>*Veggie Souvlaki</i> Whole Wheat Pita Roasted Zucchini & Peppers Caesar Salad Orange Sherbet	4 Kung Pao Chicken <i>*Vegan Kung Pao Tofu</i> Brown Rice Veggie Spring Rolls Asian Slaw Mandarin Oranges	5 Tuna Noodle Casserole <i>*Cheese &amp; Veg Casserole</i> Steamed Dill Carrots Garden Salad Peach Crisp	6 Turkey Meatloaf <i>*Veggie Meatloaf</i> Mashed Potatoes & Gravy Green Beans Spinach Salad Apple Slices	7 Creamy Tomato Basil Soup Grilled Cheese on WW Garden Salad Banana Cream Pudding
10 Country Fried Steak <i>*Veggie Cutlet</i> Potatoes & Gravy Peas & Carrots Spinach Salad Ambrosia	11 Apricot Glazed Pork Chop <i>*Apricot Glazed Cutlet</i> Mushroom Rice Pilaf Broccoli Applesauce	12 Honey Mustard Chicken <i>*Veggie Chicken Tender</i> Roasted Yams California Blend Garden Salad Chocolate Ice Cream	13 Sausage Lasagna <i>*Veggie Lasagna</i> Italian Vegetable Blend Caesar Salad Peaches	14 <b>Valentine's Day</b> Taco Salad <i>*Veggie Taco Salad</i> Cornbread Fresh Grapes
17 <b>President's Day</b> <b>Center Closed</b>	18 Sweet Chili Chicken <i>*Vegan Sweet Chili Chicken</i> Brown Rice Vegetable Blend Kale Citrus Salad Tropical Fruit	19 <b>BirthDay Lunch</b> Beef Stroganoff <i>*Mushroom Stroganoff</i> Egg Noodles Normandy Vegetables Garden Salad Birthday Cake	20 Lemon Pepper Cod <i>*Lemon Pepper Patty</i> Wild Rice Pilaf Balsamic Brussels Sprouts Carrrot Raisin Salad Strawberry Cream Salad	21 Chicken Taco Soup <i>*Vegetarian Taco Soup</i> Whole Grain Tortillas & Salsa Garden Salad Fresh Pineapple
24 Wild Mushroom Ravioli w/ White Cream Sauce Roasted Vegetables Caesar Salad Mixed Fruit Salad	25 Herb Roasted Chicken <i>*Vegan Cutlet</i> Vegetable Rice Pilaf Maple Glazed Carrots Spinach Salad Mixed Berry Crisp	26 Sausage & Egg Casserole <i>*Egg Casserole</i> Roasted Potatoes Wheat Roll Garden Salad Fruit & Yogurt Parfait	27 Cheeseburger <i>*Veggie Burger</i> Whole Wheat Bun Potato Wedges Coleslaw Fresh Orange Slices	28 WHATCOM COUNCIL ON AGING CLOSURE FOR ALL STAFF RETREAT
			Bellingham Kitchen Team Melody Phillips-Kitchen Supervisor Erny Olguin-Prep Cook Patrick Greenberg-Prep Cook Carmen Gonzalez-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:**

\$60 for 12 months

\$20 for a 3 months.

**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 & Teresa . . . . . ext: 1016
- Meals on Wheels & More . . . . . ext: 1030
- WCOA Executive Director, Chris Orr . . . . . ext: 1026
- Bellingham at Home . . . . . ext: 2602

