

THE BSAC CONNECTION



Bellingham Senior Activity Center

January 2025 Programs, Services, and Activities



Bingo!



Friday, January 31st

2:00 - 4:00pm

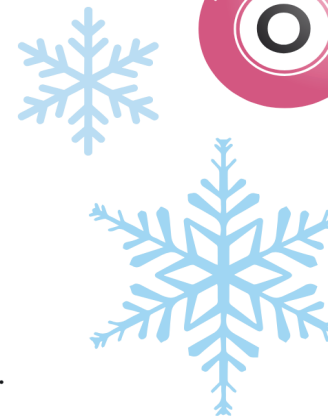
Cash prizes on all 10 games!

50/50 Raffle, win half the pot!

Open to all 18 and over!

Refreshments provided!

Bingo cards: 10 sheets (with 3 cards per sheet) for \$15. Play 3 cards on each game! or one sheet of 3 cards for \$2, or one card for \$1.



**Introduction to Mindfulness
for Pain Reduction**

(page 8)

**Estuaries: A Blend of Salt &
Freshwaters**

(page 7)

Fitness Enhanced

(page 6)

**Wildlife & Landscapes of
Yellowstone & Grand Teton
National Parks** (page 7)

Welcome

January 2024



Our mission is to offer a wide range of classes, activities and services for persons 50 years of age and over to encourage emotional, mental, and physical wellness for a healthy, active, and independent lifestyle.



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:

- January 1st
- January 20th - MLK Jr. Day

12/30	Fitness Enhanced begins	8:15am
1/1	<i>Closed - Happy New Year</i>	
1/2	English Country Dance course begins (p.12)	2:00pm
1/4	Dance Fusion begins (p.6)	10:30am
1/8	Wildlife & Landscapes of Yellowstone & Grand Teton (p.7)	12:30pm
1/8	Web Tools for Transit (p.10)	2:00pm
1/10	TED Talks Discussion (p.11)	1:00pm
1/16	Mud Bottom Maddy (p.4)	12:30pm
1/17	Estuaries: A Blend of Salt & Freshwaters (p.7)	10:00am
1/20	<i>Closed - MLK Jr. Day</i>	
1/22	Household Emergency Prep (p.4)	1:00pm
1/22	Member Meet & Greet (p.4)	2:30pm
1/22	Low Vision Support (p.5)	1:00pm
1/23	WTA Guided Bus Trip (p.10)	9:30am
1/23	Ukulele Jam & Sing-along (p.5)	2:30pm
1/24	An Introduction to Flower Essences (p.9)	10:00am
1/24	TED Talks Discussion (p.11)	1:00pm
1/29	NW Singles Social Club (p.7)	12:30pm
1/31	BINGO!	2:00pm
2/3	Introduction to Mindfulness for Pain Reduction (p.8)	12:00pm

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 (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 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

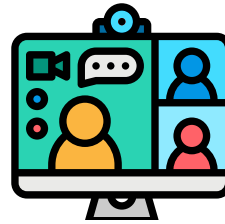
Ongoing Classes & Activities Schedule

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, 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 & 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

Member Meet & Greet

*Wednesday, January 22nd, 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., Jan. 22nd, 1:00-2:00pm - Communication Plan. Stay connected with your loved ones in a disaster! Identify at least one person who can serve as an out-of-area contact and relay messages between members of the household. Each household member should know how to contact this person and practice your communication plan annually.

Prepare in a Year



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, Jan. 16th,
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, Jan. 31st, 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

Wed., January 22nd, , 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, Jan. 23rd, 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:

January 1 - Kulshan Brewing (Roosevelt), 1538 Kentucky St.

January 8 - Applebee's, 1069 E Sunset Dr.

January 15 - Wander Brewing, 1807 Dean Ave.

January 22 - El Gitano, 1125 E. Sunset Dr.

January 29 - Stemma Brewing, 2039 Moore St.



Fitness Enhanced

Introducing a new fitness class to our lineup of ongoing classes at BSAC!

This class will be similar to our EnhancedFitness class, but offer a higher intensity cardio workout in addition to traditional aerobics and strength and balance exercises.



*Mondays, Wednesdays, and Fridays,
8:15-9:15am in the Auditorium.*

*This is a drop-in class. \$5 per class
or use your fitness class punchcard
(\$45 for 11 classes).*

Instructed by Liane Budden, strength training coach, certified Personal Trainer, and fitness instructor.



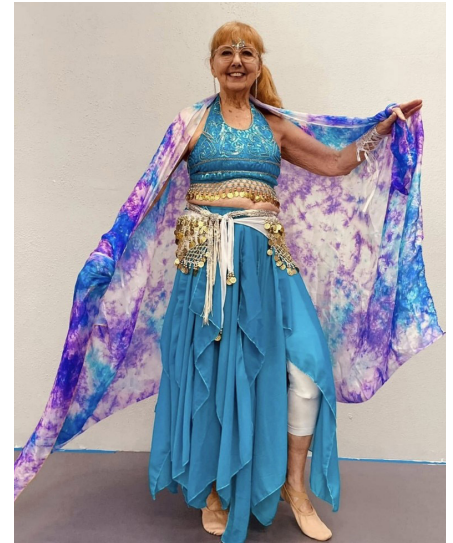
Dance Fusion

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

Saturdays, 10:30-11:30am in the Auditorium. Join any class session January 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 have fun with veils this session and learn a dance routine! Also, a little Bollywood fun! To end each class, we will do 10 minutes of cool down exercises.



In addition to the Tues/Thurs classes, Zumba will be offered each Saturday in January



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.

Saturday classes are for members only. Bring your BSAC keytag.

*Tues & Thurs
Saturdays*

9:30-10:30am

9:15-10:15am

1 punch or \$5/class

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.

Living in the Northwest, with all the riparian-shoreline interfaces of salt and freshwater is an amazing opportunity for learning! Just consider the diversity of life that uses this constantly fluctuating water column and goes through all phases within it's life cycle incorporating a variety of adaptations to survive. We will explore these marine animals and plants range of responses in this overview imaged discussion. Bring your curiosity and insights and join this fun conversation!

David Drummond, is a Research Wildlife Biologist and Naturalist Educator in the Northwest and many other places on Earth. He has worked with many Educational Institutions, Natural Resource Agencies, World Expedition companies and several University Programs. David enjoys helping people better understand the world's synergies we all share.



*Sign up at the front desk or MyActiveCenter.com.
Suggested donation (\$10) to presenter.*

"Crows & Ravens: Bio-ecology & Behavior" February 14, 10am -12pm.

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! 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.

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 and parties, etc.

Join us here at BSAC on *Wednesday, January 29th at 12:30pm* to learn more about this fun group.



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.

The instructor creates a supportive environment for participants to explore and share their experience and integrate mindfulness practices into daily life in ways that can complement and enhance current treatments and improve the quality of life.

One is not one's pain. Learn to access inner wisdom and reduce suffering by developing a compassionate relationship with chronic pain.

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, please plan to attend all sessions! Sign up at the front desk or MyActiveCenter.com.

Course Outline:

Week 1: Understanding Pain and Mindfulness	Week 3: Cognitive Approaches to Pain Management
Introductions	Mindful Awareness of Thoughts
The Nature of Pain	Acceptance and Commitment
Introduction to Mindfulness	Mindful Walking
Mindful Eating	
Week 2: Mindfulness Techniques for Pain Relief	Week 4: Movement and Mindfulness
Mindful Breathing	Group Sharing and Support
Body Scan Meditation	Create a Mindfulness Toolbox
Gentle Movement Practices	Integrate Mindfulness into Everyday Activities



An Introduction to Flower Essences for Emotional Well-being and Stress Reduction

Friday, January 24th, 10:00am - 12:00pm. Registration is encouraged, sign-up at the front desk or MyActiveCenter.com.



The world of flowers and plants have been known to our ancestors for millennia as a way to heal the physical, emotional, and spiritual parts of ourselves. Many are familiar to us, many may be new.

Flower essences, as distinguished from essential oils, is an herbal modality which is both subtle, safe, and worth exploring. They can help unlock and open our inner being to heal places we are stuck emotionally or experiencing stress. Some of the many emotions one can take flower essences for are: grief, optimism, calmness, regret, overwhelm. From a holistic perspective, flower essences resonate with the belief in the interconnectedness of nature, energy, and human well-being. Flower essences are not taken to cure physical health issues.

The class will be interactive and educational, as we explore and sample flower essences. Instructed by Cherryne Kravitz, certified flower essence therapist, B.A. Psychology, M.S. Adult Education & Religious Studies.

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, February 14, 10:30am at the Pickford Film Center - 1318 Bay St.

Tickets: pickfordfilmcenter.org

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.



WTA Guided Bus Trip

Trader Joe's at Sunnyland Square

Thursday, January 23rd, 9:30am-11:05am

This bite-sized bus trip gives you a taste of a popular WTA bus line that serves 4 grocery stores. At Trader Joe's, our guide will point out easy meals for one, healthy deals and plenty of distinctive snacks. Explore a fun store and learn how taking the bus can be a part of your next shopping adventure.



Meet in the lobby at the Bellingham Senior Center 9:30am 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 at 11:05 am.

Itinerary:

9:30 Meet at BSAC
 9:55 Catch Route 331 Cordata
 10am tour Trader Joe's
 10:55 Catch 331 Downtown
 11:05 Return to 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

Web Tools for Transit

Wednesday, January 8th, 2:00-3:00pm

From Google Maps to the WTA Bus Tracker App, there are so many transportation resources online. But they're only useful if you know how to use them!

Libby Chenault from Smart Trips will share tips you can use whether you just log on to a computer occasionally or can't imagine leaving the house without your smart phone. We'll focus on getting around Bellingham by bus, bike or walking, but these digital skills can help you anywhere you want to go.



Active Errands

Wednesday, February 12, 12:30-1:30pm

Whether you do it to stay fit, save money, or help the environment, making active errands benefits you and the community. Join Libby Chenault from Smart Trips to learn about how to make more trips walking, biking or on the bus.

We'll look at choosing an enjoyable route, how to comfortably carry your groceries and the health benefits of active transportation. Adding a few active errands into your routine might turn your to-do list into an adventure!

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.

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, January 10th at 1:00pm - Goal Setting

The 1-minute secret to forming a new habit - You know how resolutions often go: you set a goal and start strong ... then the motivation runs out and feelings of frustration and shame creep in. The struggle is real -- but what if it doesn't have to be? Sociologist Christine Carter shares a simple step to shift your mindset and keep you on track to achieving your grandest ambitions.

How to Achieve Your Most Ambitious Goals - How you define Stephen Duneier depends on how you came to know him. Some define him as an expert institutional investor, while others know him as a large scale installation artist, avid outdoorsman, professor, decision strategist, coach, business leader, mindfulness extremist, author, speaker, daredevil or Guinness world record holder. In his talk, Stephen explains that what truly defines him aren't titles, but an approach to decision making that transformed him from someone who struggled with simple tasks to a guy who is continuously achieving even his most ambitious dreams.

Friday, January 24th at 1:00pm - How we experience the arts

The World in Six Songs - Dr. Levitin, along with the Sonos and LACDC, shows us how the evolution of the human brain made possible music, art, science and society as we know them. He does all this while uncovering six fundamental ways that songs communicate emotion and ideas and so have built human nature.

How we experience awe -- and why it matters - Neuroscientist Beau Lotto conducted an ambitious study with Cirque du Soleil on the emotion of awe and its psychological and behavioral benefits. In this talk and live performance, he shares some of their findings -- and stands back as Cirque du Soleil dancers create their own awe-inducing spectacle.

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](#)

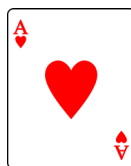
For each dance we introduce, we have a walk through before the music starts. We continue to call instructions throughout the dance. Still have more questions? Call Carol at (360) 303-6847 and leave a message. She will return your call.

Beginning Tap Dance

*Tuesdays, 8:30-9:15am in the auditorium. Drop-in.
(note this class has moved from Wed. to Tuesdays)*

Challenge your brain and body in a dance activity.
Learn the basics and have fun. Tap shoes are provided.

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.

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.

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



How Not to Diet: Try Intuitive Eating Instead

By Cathy Visser, Dietitian & Certified Intuitive Eating Counselor

Have you ever lost weight on a diet like Keto, Paleo, or Whole30, only to gain it back later? If so, you're not alone. According to Dr. Traci Mann, a psychologist and expert on dieting, most people who lose weight on a diet regain it within five years. This is because restrictive diets are often unsustainable and fail to address the underlying cause of weight changes. Instead of starting another diet, consider Intuitive Eating (IE)—a sustainable and enjoyable alternative to dieting that helps improve your health and your relationship with food independent of weight.

Principles of Intuitive Eating

Reject Diet Mentality: Dieting is a strong predictor of future weight gain. Instead of looking for the next diet, learn to trust your body and eat more mindfully.

Honor Your Hunger: Eat when you're hungry. And if you don't feel hungry in the morning, consider eating on a schedule. This can prevent overeating at night.

Make Peace with Food: Avoid labeling foods as "good" or "bad." By removing these labels, you avoid restriction that can lead to bingeing.

Challenge Food Rules: Recognize when you are following rigid food rules, learn more about the basics of healthy eating, and learn to trust yourself to make mindful choices.

Feel Your Fullness: Tune into your levels of fullness. Slowing down and focusing on your meal can help you avoid becoming uncomfortably full.

Discover Satisfaction: Choose foods that are satisfying to you, rather than always settling for "diet" foods that leave you unsatisfied.

Cope With Your Emotions Without Using Food: It's okay to use food for comfort at times, but recognizing when you're eating for emotional reasons can help you start to make other self-care choices.

Respect Your Body: Your weight is largely influenced by genetics. Lifestyle factors, such as stress, sleep, and nutrition, contribute to your overall health but don't solely determine your weight.

Enjoy Movement: Find physical activities you enjoy, not to change your body size and shape, but for strength and mood benefits.

Practice Gentle Nutrition: Focus on balanced eating without the pressure to be thin.

Living in "diet culture" and experiencing weight stigma can be challenging. Intuitive Eating offers a healthier and more sustainable way to improve your relationship with food and overall health. Explore the principles, and discover a more balanced way of living.

References:

Mann, T. (2016). "Why diets fail and what to do instead." *American Psychologist*.

Tylka, T. L., et al. (2014). "The Intuitive Eating Scale-2: Item refinement and psychometric evaluation." *Journal of Counseling Psychology*.

Tribole, E., & Resch, E. (2020). *Intuitive Eating: A Revolutionary Anti-Diet Approach*.

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.



Got Medicare questions?
We've got *answers!*
Schedule your free consultation today!

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

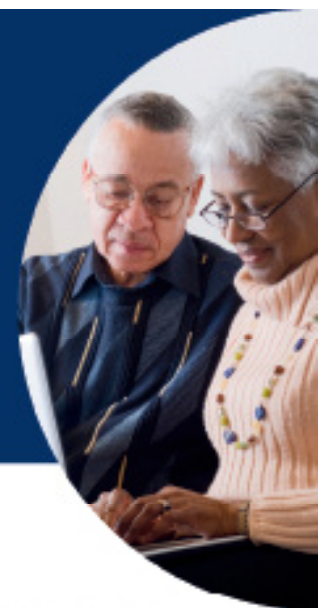
(866) 733-5111 (TTY: 711)

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 coverage is responsibility of BRP Insurance II, LLC. National Producer Number: 17180293.



Meals on Wheels and More

BSAC, Blaine, Ferrndale Community Meals

January, 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Bellingham Kitchen Team Melody Phillips-Kitchen Supervisor Emy Oliguin-Prep Cook Patricia Greenberg-Prep Cook Carmen Gonzalez-Kitchen Asst. Gale Klipp-Kitchen Asst. Reece Booth-Kitchen Asst. Ian Cassinos-Food Service Mgr.	Alternete Vegetarian Meal <i>In *Italics</i> Entrée Salad Option Available Every Day Ferrndale - Donna Kinley Blaine – Steve Wittwer	HAPPY NEW YEAR Center Closed	Sweet & Sour Meatballs (Beef) * <i>Vegan Meatballs</i> Brown Rice Asian Vegetable Blend Asian Salad Mandarin Oranges	Leek & Potato Soup Turkey & Cheddar on WW * <i>Cheese & Veggies on WW</i> Garden Salad Fresh Apple Slices
Cheese Tortellini w/ Creamy Pesto & Sundried Tomato Sauce Italian Vegetables Caesar Salad Peach Slices	Portr Carnitas Street Tacos w/ Onion & Fresh Lime * <i>Vegan Street Tacos</i> Spanish Rice Cabbage Slaw Fresh Grapes	Swiss Steak * <i>Swiss Garden Burger</i> Mashed Potatoes & Gravy Peas & Onions Garden Salad Apple Crisp	Chicken Pot Pie * <i>Mushroom Pot Pie</i> Garden Salad Banana Cream Pudding	Ani Tuna Salad * <i>Veggie Entrée Salad</i> Veggie Spring Rolls Orange Wedges
Honey Garlic Chicken * <i>Honey Garlic Vegan Cutlet</i> Roasted Red Potatoes Normandy Blend Garden Salad Applesauce Bar	Hearty Beef Stew * <i>Vegan Vegetable Stew</i> Buttermilk Biscuit Spinach Salad Fresh Banana	BBQ Pulled Pork Sliders * <i>Veggie Sliders</i> Sweet Potato Fries Pineapple Colelaw Fruited Jell-O	Chicken Yakisoba * <i>Tofu Yakisoba</i> Vegetable Egg Roll Stir fry Vegetable Blend Orange Slices	Italian Vegetable Lentil Soup Rosemary Focaccia Bread Garden Salad Apricots Oatmeal Raisin Cookie
Martin Luther King Jr. Day Center Closed	Jerk Chicken w/ Mango Salsa * <i>Vegan Cutlet</i> Roasted Yam Garden Salad Tropical Fruit Salad	Birthdays Lunch Maple Glazed Salmon Wild Rice Pilaf Roasted Baby Carrots Spinach Salad Birthday Cake	Pork Chop w/ Onion Gravy Mashed Potatoes Buttered Peas Garden Salad Ambrosia	Southwest Chicken Salad * <i>Veggie Entrée Salad</i> Cornbread Fresh Grapes
Mushroom & Cheese Omelet Roasted Breakfast Potatoes Garden Salad Orange Juice Fruit & Yogurt Parfait	Green Chili Chicken Enchiladas * <i>Vegan Green Chili Enchiladas</i> Refried Beans Roasted Corn Salad Pineapple	Pork w/ Apple Chutney * <i>Veggie Cutlet w/ Chutney</i> Roasted Sweet Potato Green Beans Spinach Salad Rainbow Sherbet	Shrimp & Scallop Scampi w/ Linguini Fresh Steamed Broccoli Caesar Salad Lime Jell-O Salad	All Beef Hot Dog w/ Sauerkraut & Onions * <i>Veggie Dog</i> Potato Salad Fresh Fruit Vanilla Ice Cream

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 one year
\$20 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

