

# THE BSAC CONNECTION



April 2025 Programs, Services, & Activities



*Happy Spring!*

# 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.*



## Save the Date

BELLINGHAM SENIOR ACTIVITY CENTER



FRIDAY, MAY 30TH

## April 2025

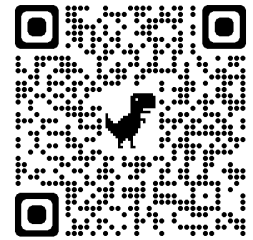
4/2	Great Books Discussion (p.10)	12:00pm
4/7	Self Def. & How to Fall (p.6)	12:30pm
4/8	Exploring Your True Self (p.8)	2:30pm
4/11	TED Talk Discussion (p.9)	1:00pm
4/11	Knife Sharpening (p.5)	10a-4p
4/14	Book Buzz (p.9)	10:30am
4/14	Confident City Cycling (p.6)	12:30pm
4/17	Mud Bottom Maddy (p.4)	12:30pm
4/18	Wonders of the World (p.9)	10:30am
4/18	Lounge Patrol (p.7)	12:30pm
4/23	Emergency Prep. (p.4)	1:00pm
4/23	Member Meet & Greet (p.4)	2:30pm
4/24	South Pacific Voyage (p.8)	3:30pm
4/24	Ukulele Jam & Sing-along (p.5)	2:30pm
4/25	Sound Journey (p.5)	10:00am
4/25	Wild Hearts (p.7)	12:30pm
4/25	TED Talk Discussion (p.9)	1:00pm
4/29	Birding by Bus (p.7)	8:00am
4/30	Community Boating Center (p.6)	12:30pm



M O N D A Y	8:15 Advanced Fitness Hour 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 2:00 Yoga 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 & Hearts 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 Advanced Fitness Hour 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 1:30 Tai Chi Qigong 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 Advanced Fitness Hour 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* bulletin 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, April 23rd, 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., April 23rd, 1:00-2:00pm - Grab & Go Kit*

Are you ready to go? There might not be time or space to carry your 2-weeks ready kit if you need to evacuate quickly. Each person's grab-and-go kit should have just enough food, water, meds, and small supplies for 2 to 3 days. Don't forget kits for house pets!



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, April 17th, 12:30 - 1:30pm. Continuing on the 3rd Thursday of each month.*

Maddy is a local singer/songwriter who performs folk music for the express purpose of having fun. Maddy's songlist comprises music from several decades and an occasional original. Her performances are lively, fun, and smile-inducing.



## 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

*Tues/Thur/Fri, 30-minute appts. from 2:00-4:00pm.*

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, April 18th, 10:30am, see page 9 for this month's topic. Continuing 3rd Fri. of each month.*

## Book Buzz

A monthly book discussion group. *Monday, April 14th, 10:30am, see page 9 for this month's book. Continues 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

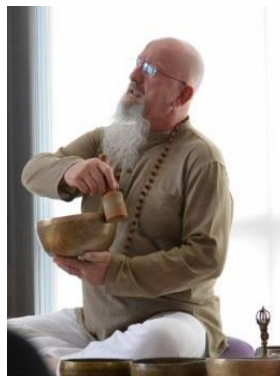
*Fri. April 11th, 10am-4pm. Continuing on the 2nd Friday of each month.*

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, April 25th, 10:00-11:00am. Space is limited, registration is encouraged. Arrive by 9:55am. 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

*Wednesday, April 23rd, 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, April 24th, 2:30-4:30pm. Continuing 4th Thursdays of each month.*

All levels of singers and strummers welcome. You can play your ukulele, just sing, or both. There will be an "open mic" for those who want to perform solo or lead the group in a song.

## 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:*

April 2 - Larrabee Lager Co., 4151 Guide Meridian Rd.

April 9 - Applebee's, 1069 E. Sunset Dr.

April 16 - Goods Local Brews, 2620 Northwest Ave.

April 23 - Kulshan Brewing (Sunnyland), 2238 James St.

April 30 - El Gitano, 1125 E. Sunset Dr.



## Community Boating Center Programs for Older Adults

The Community Boating Center fosters small-watercraft education, access, safe recreation, and marine stewardship on Bellingham Bay. This presentation is all about what the CBC has to offer, specifically for older adults. You will learn about how to get involved in sailing, kayaking, rowing & paddling, guided experiences, and more.

After the presentation, you will also have the opportunity to sign up for the various "Silver Splash" programs offered in partnership with Whatcom Council on Aging, including First Splash (intro to sea kayaking), group paddles, and sailing tours of Bellingham Bay!

*Wednesday, April 30th, 12:30-1:30pm. Sign up at the front desk or [MyActiveCenter.com](http://MyActiveCenter.com).*



## Confident City Cycling for Older Adults

"It's like riding a bicycle!" they say. But if it's been a while since you've pedaled or Bellingham streets are new to you, it can feel intimidating to get back on a bike. Libby Chenault of Whatcom Smart Trips will give a presentation to improve your confidence cycling around town.

She'll cover smart cycling basics, special considerations for older adults and answer questions about e-bikes. You'll leave inspired to experience the fun, fitness, and freedom of travelling by bicycle this spring.

*Monday, April 14th, 12:30-1:30pm. Sign up at the front desk or [MyActiveCenter.com](http://MyActiveCenter.com)*

For more info or to schedule an on-bike session, call 360-756-8747 or email [info@WhatcomSmartTrips.org](mailto:info@WhatcomSmartTrips.org)

## 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.

*Monday, April 7th & April 21st, 12:30- 1:30pm. Sign up at the front desk or [MyActiveCenter.com](http://MyActiveCenter.com).*



## Lounge Patrol

*Friday, April 18th, 12:30-1:30pm in the Coffee Bar*

Lounge Patrol is a Bellingham cover band that takes listeners on a classic rock journey infused with country and blues influences.

Vocalist and lead guitarist Brian Haney is a talent with versatility. Drummer Tom Gallaher encompasses technical mastery and raw power. Bassist Mark Thoma lays down solid and tasty grooves with fluidity. Strong and soulful vocals from Alma Thoma reflect her admiration for the queens of rock 'n' roll. Collectively their individual music endeavors have spanned decades and led them to this place in time where their growing fan base has dubbed themselves the "Lounge Lizards".



## Wild Hearts

*Friday, April 25th, 12:30-1:30pm in the Coffee Bar*

Cathy Taylor and Kathy Bastow, an acoustic guitar duo calling their band "Wild Hearts" share a love of singing and playing guitar. They play a wide variety of cover songs that span different genres, adding their own unique vocal arrangements.

## Birding By Bus

*Where: Cornwall Park*

*When: Tuesday, April 29, 8:00am-11:15 am*

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

Itinerary:

8:00 - Meet at Bellingham Senior Center

8:27 - Catch #15 to Cornwall Park

8:35 - Arrive at Cornwall Park

10:52 - Catch #15 back downtown

11:15 - back at Senior Center



Meet in the lobby at the Bellingham Senior Center 8:00am sharp! WTA passes will be provided if needed, bring a gold card if you have one. The group will return by 11:15am. SPACE IS LIMITED. RSVP or ask for more info at 360-756-TRIP (8747) or [info@WhatcomSmartTrips.org](mailto:info@WhatcomSmartTrips.org).

## Hearing & Communication Consultations

*4th Monday of each month. Call or visit the front desk to schedule a 45-minute appointment.*

Joel Bergsbaken from the Hearing Speech and Deaf Center in Bellingham will be here monthly to meet with individuals for one-on-one consultations to discuss hearing change, hearing loss, communication, community barriers, and listening technology.

## South Pacific Voyage

As dawn broke over Tahiti's stunning landscape, excitement filled the air at the port in Papeete, where the ship *Seabourn Pursuit* awaited its new guests. The day promised exploration, culture, and the opportunity to delve into the breathtaking beauty of French Polynesia.

Join BSAC member, Valerie, to explore the sights, wildlife, and cultures experienced on her voyage across the South Pacific. We will show a 30-minute professional quality, fully-narrated video from her three week voyage starting from the Tahitian Islands to Santiago, Chile.



*Thursday, April 24th, 3:30-4:15pm. Drop-in.*

## Exploring Your True Self

### Discussion Group

*Tuesday, April 8th, 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](http://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 April meeting, we will explore the quality of *forgiveness*. Some examples of quotes include:

"When you hold resentment toward another, you are bound to that person or condition by an emotional link that is stronger than steel. Forgiveness is the only way to dissolve that link and get free."  
- Catherine Ponder

"Sincere forgiveness isn't colored with expectations that the other person apologize or change. Don't worry whether or not they finally understand you. Love them and release them. Life feeds back truth to people in its own way and time." - Sarah Paddison

## Jam Sessions

The weekly Jam Session group has added two more meeting times to allow more members to join! If you have an instrument or a singing voice, come join us and have fun! The recommended skill level is intermediate to advanced.

*Drop-in • Wednesdays, 2:30-4:30pm • Thursdays, 9:30-11:15am • Saturdays, 9:30-11:30am*



## 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, 1:00-2:15pm.*



*Friday, April 11th at 1:00pm - Change*

**Why change is so scary — and how to unlock its potential** - Unexpected change like an accident, an illness or a relationship that suddenly ends is inevitable -- and disorienting. With a heartfelt and optimistic take on life's curveballs, cognitive scientist Maya Shankar shares how these challenging moments can inspire transformation, offering three questions to ask when facing uncertainty, so you can let go of rigidity and embrace change.

**Why transformation trumps motivation for true change** - Jen recounts her experience of personal transformation and offers ideas for others who want to create true positive change in themselves.

*Friday, April 25th at 1:00pm - Intelligence*

**I Took an IQ Test to Find Out What it Actually Measures** - IQ is supposed to measure intelligence, but does it?

**On These Questions, Smarter People Do Worse** - Being better at math can make you worse at math problems, and it's completely rational.

## 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, April 18th, 10:30am - Gardens of the World:* plants, structures, sculptures, water, rocks, sand; gardens are delightful, relaxing, enjoyable, places for contemplation, study, recreation and respite.

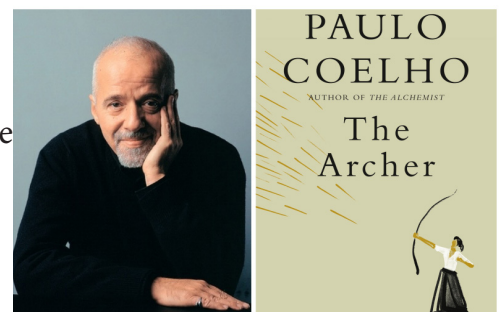
## Book Buzz

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



*Monday, April 14th, 10:30am - The Archer by Paul Coelho 2003;* another repeat author for Book Buzz; this time Paul Coelho seeks inspiration through the path of an arrow, which is not straight, but follows an arc through the air to its target; what does this teach us about life?

*May 12th - All the Horses of Iceland by Sarah Tolmie*



## Great Books Discussion

*Wednesday, April 2nd, 12:00-1:30pm. Continuing on the first Wed. of each month. Sign up at the front desk or [MyActiveCenter.com](http://MyActiveCenter.com).*

For those interested in reading and discussing substantial works of literature.

We will be using the anthology from the Great Books Foundation titled *Great Conversations 6*. For our discussion on April 2 we will be looking at the short story "Mario and the Magician" by Thomas Mann. Facilitated by Mark B. Packer.

## 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.

*\*New appointments added\**

*Tuesdays, 2-4pm starting 4/22*

*Thursdays, 2-4pm*

*Fridays, 2-4pm*

*Register at the front desk.*



## Balance Tip: Do Your ABC's for Ankle Mobility

Strong, mobile ankles allow for more normal, confident gait. An easy-to-remember exercise, that can be done anytime while sitting, is to draw the alphabet from A-Z with your toe. Exaggerate the letters, and do both right and left sides. This activity takes your ankle through a wonderful range of motion that can be beneficial in fall reduction.

## Chinese Mahjong

### Beginner's Drop-in Group

*Tuesday's April 1, 8, 15 & 22*

*12:30 to 1:30pm*

If you are curious about Chinese Mahjong, this class is for you! Learn about the pieces, game set up and flow, and building basic hands.

Note: OK to miss or start anytime, but easier for everyone if you can attend several Tuesday's. No class in May.

- Stay afterwards, if you like to watch the 1:30 group.
- Note: First timer's, arrive a bit before 12:30 to sign in.

## Bunco!

Looking for a little fun? Join us for Bunco! Bunco is a social dice game involving 100% luck and no skill (there are no decisions to be made), scoring and a simple set of rules. Generally Bunco is played with twelve or more players, divided into groups of four, trying to score points while taking turns rolling four dice.

*Drop-in, each Thursday, 1:00-3:00pm.*



## Lost & Found

Find your lost items! Our collection of lost items is growing and on *Wednesday, April 16th from 10am-12pm*, all items will be displayed on a table in the lobby to be claimed. Any items not claimed will be donated to Goodwill. You can also check at the front desk for your lost items any time.





In recognition of National Volunteer Appreciation Week, we would love to give a shout out to all of our wonderful volunteers and let them know how truly appreciated they are! Our volunteers absolutely make it possible to make our world go round here at Bellingham Senior Activity Center!

National Volunteer Week is celebrated annually during the third week of April. Help us give thanks and recognize the important ways that volunteers impact our mission and our community.

Come outside with  
**Wild Whatcom**

Nature outings for curious people like you!  
Accessible, inclusive, free (donations welcome)

QR code: [wildwhatcom.org](http://wildwhatcom.org)  
Programs for adults, youth, & all ages

**Help with Medicare**  
is just a phone call away!

Call SHIBA for  
**FREE, UNBIASED** help  
in Whatcom County

**360-788-2725**

We're your local  
Statewide Health  
Insurance Benefits  
Advisors (SHIBA)  
program

SHIBA OFFICE of the  
**INSURANCE**  
COMMISSIONER  
WASHINGTON STATE

**THANK YOU, FOR**  
JOINING US IN SUPPORT  
OF THE WHATCOM  
COUNCIL ON AGING,  
PROMOTING LIFELONG  
INDEPENDENCE.

**IMCO**  
imcoconstruction.com

Proudly building quality projects with integrity, excellence & safety.



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.

Starting in the month of April you will be asked to update your Participant Information Form (PIF) when checking into the BSAC.

This is a yearly requirement for us to continue to offer the Senior Community Meals on a 'donation only' basis. We will have staff on hand to answer any questions, and we thank you in advance for your help keeping us up to date.

Thank you and hope to see you at lunch!

## Seasons change, our commitment to you remains the same.

Our team has you covered 365 days of the year by providing...

- Local and trusted Medicare experts
- Wide variety of plans to review
- FREE plan check-ups

**Schedule your free consultation today!**

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

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

📍 504 Front St, Suite #101  
Lynden, WA 98264

📍 3800 Byron Ave, Suite #148  
Bellingham, WA 98229



[guidedolutions.com/medicare](https://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 division of BRP Insurance III, LLC; all insurance services is the responsibility of BRP Insurance III, LLC, NPN 17880298.





## Meals on Wheels and More

## BSAC, Blaine, Ferndale Community Meals

April 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7 Denver Omelet <i>*Mushroom &amp; Pepper Omelet</i> Breakfast Potatoes Wheat Roll Garden Salad Fruit & Yogurt Parfait	1 BBQ Pulled Pork <i>*Vegan BBQ</i> Brown Rice Green Beans Pineapple Coleslaw Apricots	2 Tuna Noodle Casserole <i>*Cheese &amp; Veg Casserole</i> Steamed Dill Carrots Garden Salad Peach Crisp	3 Swiss Steak <i>*Veggie Patty</i> Mashed Potatoes & Gravy Peas & Carrots Spinach Salad Raspberry Sherbet	4 Butternut Squash Soup Country Chicken Salad Wrap <i>*Veggie Wrap</i> Garden Salad 7 Layer Bar
8 Beef Tacos <i>*Vegan Tacos</i> Lettuce & Tomato Spanish Rice Salsa & Sour Cream Fresh Pineapple	9 Chicken Bruschetta <i>*Veggie Cutlet</i> Pesto Pasta French Cut Green Beans Caesar Salad Orange Cream Salad	10 Salmon Burger <i>*Veggie Burger</i> w/ Tartar Sauce on WW Bun Potato Wedges Coleslaw Chocolate Chip Cookie	11 Asian Chicken Salad <i>*Grilled Tofu Asian Salad</i> Vegetable Spring Rolls Fresh Grapes	18 <b>Easter Lunch</b> Roasted Turkey Mashed Potatoes & Gravy Green Beans Garden Salad Pistachio Salad
14 Rueben Style Chicken <i>*Veggie Cutlet</i> Roasted Yam Normandy Blend Kale Citrus Salad Vanilla Ice Cream	15 Sweet & Sour Meatballs <i>*Vegan Meatballs</i> Brown Rice Broccoli Asian Salad Mandarin Oranges	16 <b>Birthday Lunch</b> Hawaiian Braised Pork <i>*Veggie Cutlet</i> Tropical Rice Roasted Carrots Spinach Salad Birthday Cake	17 Coconut Curry Soup w/ Tortellini Garlic Focaccia Garden Salad Peaches & Cottage Cheese	25 Shrimp Salad <i>*Veggie Entrée Salad</i> Oatmeal Bread Fresh Orange Slices
21 Spaghetti w/ Sausage Marinara <i>*Vegetable Marinara</i> Italian Vegetables Garlic Bread Caesar Salad Peaches	22 Beef Shepherd's Pie <i>*Vegan Shepherd's Pie</i> Roasted Zucchini Spinach Salad Fresh Fruit Apple Crisp	23 Savory Roasted Chicken <i>*Veggie Cutlet</i> Garlic Red Potatoes Brussels Sprouts Garden Salad Fruited Jell-O	24 Chinese BBQ Pork <i>*Chinese BBQ Tofu</i> Vegetable Fried Rice Veggie Egg Roll Tropical Fruit Salad	
28 German Brot <i>*Vegan Brot</i> German Potato Salad Red Cabbage Cucumber & Onion Salad Spiced Apples	29 Chicken Fajitas <i>*Vegan Fajitas</i> Pinto Beans Roasted Corn Salad Coconut Cream Pudding	30 Beef Burgundy <i>*Vegetarian Burgundy</i> Brown Rice Honey Glazed Carrots Garden Salad Ambrosia		

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

