

THE BSAC CONNECTION



March 2025 Programs, Services, and Activities

BUNCO BASH!

Friday, April 4th • 2:00 - 5:00 PM

Bellingham Senior Activity Center



Bunco is a dice game that is fun, exciting, and easy to play! No experience necessary.

Tickets: \$20. Includes snacks & beverages, one raffle ticket (additional raffle tickets \$1 each), and chances to win prizes and raffle items!



REGISTRATION REQUIRED BY 4/2.
PAYMENT DUE UPON REGISTRAION. OPEN TO ALL 18+.

Sponsored by



What's Next: Resources as We Age

Planning for
care and
support

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.

Sponsored by:



See pg. 6 for more info

Fridays in March:

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

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

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.



Getting to Know You

This March, BSAC invites everyone to wear a nametag when visiting the Center. Use a nametag from your place of worship, a former place of employment, a stick-on nametag from the BSAC greeter station or get creative and craft a nametag of beauty. Wearing a nametag helps us learn each others names and encourages us to get to know each other and build friendship.



Making new friends later in life can significantly improve mental and physical well-being, combat loneliness, provide social support, boost mood, stimulate cognitive function, and offering a sense of belonging and purpose.

We hope to see you wearing your nametag! Have fun, be creative, and introduce yourself to someone new! Bring in a nametag you have from a previous job or volunteer position, or pickup a stick-on nametag at the greeter station.

March 2025

3/6	English Country Dance Lessons (p.13)	2:00pm
3/7	"Resources as We Age" (p.6)	10a-2p
3/10	Book Buzz (p.11)	10:30am
3/11	Exploring Your True Self (p.9)	2:30pm
3/12	Northern Lights & the Milky Way (p.9)	12:30pm
3/12	Pint Night at Structures (p.12)	3-9pm
3/14	Active Errands (p.8)	10:30am
3/14	Irish Dance Performance (p.7)	12:30pm
3/14	TED Talk Discussion (p.12)	1:00pm
3/17	Hearing Presentation (p.7)	12:30pm
3/17	Bracket Challenge Tip-off (p.10)	3:45pm
3/19	Pint Night at Zeek's (p.12)	3:30-7p
3/20	Mud Bottom Maddy (p.4)	12:30pm
3/20	Great Books Discussion (p.8)	1:30pm
3/21	Wonders of the World (p.11)	10:30am
3/24	Balance & Stability Exercises for Activities of Daily Living (p.7)	12:30pm
3/26	Emergency Prep. (p.4)	1:00pm
3/26	Member Meet & Greet (p.4)	2:30pm
3/28	Sound Journey (p.5)	10:00am
3/28	TED Talk Discussion (p.12)	1:00pm
4/4	Bunco Bash! (cover)	2:00pm

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
	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	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
	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	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	

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* 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

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, March 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., March 26th, 1:00-2:00pm - Water

Everyone needs water everyday! Your emergency planning should include one gallon per person per day for consumption, cooking, and hygiene. Store purified water in thoroughly cleaned, sealed containers, and replace it every six months. Don't forget water for your 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, March 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 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, March 21st, 10:30am, see page 11 for this month's topic. Continuing 3rd Fri. of each month.

Book Buzz

A monthly book discussion group. *Monday, March 10th, 10:30am, see page 11 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

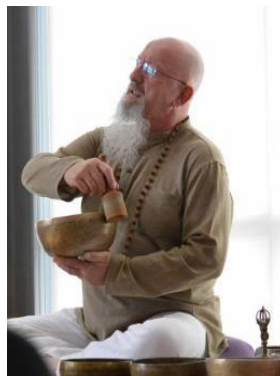
Fri. April 11th, 10am-4pm. Continuing on the 2nd Friday of each month.

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, March 28th, 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, March 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, March 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:

March 5th - That's What I Like (Island Grill), 3236 Northwest Ave

March 12th - (Pint Night Fundraiser) Structures Brewing, 601 W Holly St.

March 19th - (Pint Night Fundraiser) Zeek's Pizza, 2416 Meridian St.

March 26th - Flatstick Pub, 902 N. State St.



What's Next:

Resources as We Age

Planning for
care and
support

Sponsored by:



*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, estate planning 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.

Friday, March 7th
10:00am-2:00pm

Bellingham Senior Activity Center
315 Halleck Street

Presentations:

10:30am - *Estate Planning*, Presented by Elder Law Offices of Meyers, Neubeck & Hulford

12:45pm - *Intro to Dementia*, Presented by Leslie Jackson, RN Dementia Support Northwest

10:00am to 2:00pm - Representatives from organizations and businesses offering services will be on-hand to assist you and answer questions, including:

Northwest Regional Council • Dementia Support Northwest • Elder Law - Meyers, Neubeck & Hulford • Orchard Park Retirement • Guided Solutions • Right at Home • PeaceHealth Home & Community Care • Home Instead • Kai Cone Counseling • Serengeti Home Care • Whatcom County Health and Community Services • Bellingham at Home • Meals on Wheels & More

Balance & Stability Exercises for Activities of Daily Living

With Tammy Bennett, American College of Sports Medicine Exercise Physiologist, Zibrio Balance Specialist.

Monday, March 24th, 12:30-1:30pm. Sign up at the front desk or MyActiveCenter.com

This one-hour interactive workshop will include learning about a variety of balance and stability exercises to help increase confidence and decrease your risk of falling.

We will practice each exercise and learn how to make them easier or more challenging, as needed. Some of the exercises are standing, and being near, or using support from, a chair or wall is encouraged. Some of the exercises will be done seated, and all of the exercises you learn can be done on your own at any time to help improve your balance and stability.



Presentation about Hearing Change and Free Consultations

Monday, March 17th, 12:30-1:30pm. Sign up at the front desk or MyActiveCenter.com. Presentation and Hearing Consultations are open to all.

Hearing changes as we age. For some it changes a lot, leaving them uncomfortable communicating, which can lead to isolation. Family members experience this loss as well, as they struggle to stay connected to their loved one. Joel Bergsbaken Program Manager for Advocacy and Development at The Hearing Speech and Deaf Center (a non-profit support agency) will provide a presentation about Hearing Change, Hearing Aids, How to Partner with your Audiologist, and other ways to enhance communication.

Joel also provides free one-on-one consultations at the Bellingham Senior Activity Center for those experiencing Hearing Change and their friends or family members. Come and learn about hearing as we age and/or schedule a free consultation appointment.

Consultations are on 4th Monday of each month. Sign up at the front desk for an appointment.

Irish Dance Performance

Friday, March 14th at 12:30pm in the Auditorium. Open to all.

Experience the talent, athleticism and artistic flair of the Penk O'Donnell Irish Dancers!

Students of the Penk O'Donnell School have achieved massive success at local, national & international levels. Producing dancers who have won medals at World Championships, titles at the North American Championships and gone on to dance professionally with shows such as "Riverdance" and "Lord of the Dance".



Great Books Discussion

Thursday, March 20th, 1:30-2:30pm. Sign up at the front desk or MyActiveCenter.com.

For those interested in reading and discussing substantial works of literature. A continuation of the Great Books course previously held but halted with the outbreak of the Covid virus in early 2020.

Using an anthology, such as Great Conversations 2 published by the Great Books Foundation, we would meet once a month for 90 minutes to discuss one of its entries in detail, such as works by Poe, Melville, Dostoyevsky, Frank O'Connor, Raymond Carver, and others.

This first meeting will be used to introduce the program to those who are interested, and following monthly meetings will be used to discuss selected works or literature. Facilitated by Mark B. Packer.

Active Errands

Friday, March 14, 10:30-11:30am, Sign up at the front desk or MyActiveCenter.com.

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!



Men's Group

What does it mean to be a man in our modern world? In this 6-week course, we will explore issues such as family roles, territoriality, meaningful work, health, and mortality by discussing our experiences. We will practice truthful speech in a relaxed and open environment.

Older men can easily become isolated in today's world, and this is an opportunity to form fun and meaningful relationships with other men. This will be a **closed group**: only attendees to the first meeting will be invited to following meetings. The first session will be mainly ice-breaker activities to get to know each other, and subsequent sessions will focus on the various topics, and through our interactions we will identify themes that are of value to our group and our shared stories.

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

If you are interested in being a part of this group, please sign up on the "Interest List" at the front desk or MyActiveCenter.com by March 25th. If there is enough interest among BSAC members, we will contact those who have signed up.



Make a difference today for a better North Sound tomorrow!

If you live in Island, San Juan, Skagit, Snohomish, or Whatcom counties, including our neighboring tribes — Lummi Nation, Nooksack, Upper Skagit, Samish, Swinomish, Stillaguamish, Tulalip, and Sauk-Suiattle — **this survey is for you!**



Measuring well-being can help us understand how and why our communities thrive, as well as understand **how to reduce levels of struggling and suffering.**

Learn More: <https://tinyurl.com/northsoundwellbeing>

A coalition of community-based organizations are implementing the Well-Being Survey around the North Sound. We want to ensure voices from every corner of our region are included and invite you to join the effort to better understand our region's well-being.



Your input will guide efforts to **improve health and well-being** across our region. Take the 5 minute survey and share it with your neighbors to help us create a **thriving community!**

Exploring Your True Self Discussion Group

Join us on Tuesday, March 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 March meeting, we will explore the quality of justice. Some examples of quotes related to justice include:

"Justice without force is powerless; force without justice is tyrannical." ~ Blaise Pascal

"The right way is not always the popular and easy way. Standing for right when it is unpopular is a true test of moral character." ~ Margaret Chase Smith

"You just need to be a flea against injustice. Enough committed fleas biting strategically can make even the biggest dog uncomfortable and transform even the biggest nation." ~ Marian Wright Edelman

Some of the qualities to be explored at future meetings include: Growth, Contentment, Faith, Friendship, Generosity, Gratitude, Hope, Joy, Love, Responsibility, Humility, Peace.



Northern Lights & the Milky Way Photography Presentation by Catherine Grace

Wednesday, March 12th, 12:30-1:30pm. Sign up at the front desk or MyActiveCenter.com



I've loved photography since high school. The first time I entered the dark room I was hooked. A Washingtonian for over 35 years, I love the natural beauty that surrounds us and love photographing it. Photography is such a part of my life, I even dream about shooting and editing!

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

Join the Madness: NCAA Men's & Women's Bracket Challenges with BSAC

March Madness is upon us, and there's no better way to celebrate than by joining the NCAA Bracket Challenge hosted by BSAC. There will be one Bracket Challenge for the Men's Tournament and one for the Women's Tournament.

Whether you're a basketball fan or just enjoy the excitement of competition, this is your chance to get in on the action and win some fantastic prizes!

How to Participate

Participating in our Bracket Challenge is easy and open to all! Simply follow these steps:

1. *Fill out and turn in your bracket.* One entry allowed per person for the Men's Tournament and one for the Women's Tournament.

- Paper copies of the brackets will be available at BSAC on Monday, March 17th. If you can, attend the *Bracket Challenge Tip-off on Monday, March 17th, 3:45-4:15pm* in Room 16, where brackets will be available to fill out and you can meet with others and/or get assistance with filling out your bracket.
- Brackets must be submitted to the front desk before the first game of the tournament. Men's Tournament begins March 20th and Women's on March 21st.
- Write your name, phone number, and email address on your bracket before submitting.

2. *Track your bracket on the leaderboard.* You are awarded points for each matchup chosen correctly. Points are not deducted for any incorrect selections, and their values increase each round. After each round, the leaderboard will be displayed at BSAC with the top 10 entries.

Important Dates to Remember

Selection Sunday (3/16): This is the day when the selection committee will announce the tournament field at 3:00pm. Keep an eye out for this exciting moment as it sets the stage for the madness to come!

BSAC Bracket Challenge Kickoff (3/17, 3:45-4:15pm in Room 16): brackets will be available to fill out and you can meet with others and/or get assistance with filling out your bracket.

Bracket Submission Deadlines (3/20 for Men's & 3/21 for Women's): Make sure to complete your bracket before the start of the first game March 20th for the Men's Tournament and March 21st for the Women's Tournament. This is your chance to test your prediction skills and make your picks for the teams you think will come out on top.

Prizes

Prizes for the top three tournament bracket winners:

1st Place: Enjoy a one-year free membership to BSAC, where you can enjoy a range of activities.

2nd Place: Score a 3-month free membership to BSAC, where you can enjoy a range of activities.

3rd Place: Win a 1-month free membership to BSAC, where you can enjoy a range of activities.





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

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, March 21st, 10:30am - Dinosaurs: Reptilian rulers of land, sea and air for millions of years; gigantic and small, plodding and fleet, strange and awesome, these animals were truly wonders of the world.

Book Buzz

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

Monday, March 10th, 10:30am - The Lighthouse by Michael D. O’Brien 2020; Does independence limit me or expand my opportunities? Is my devotion to my work and the pleasure I derive from my surroundings enough? Or is there something missing without which I am not whole?

April 14th - The Archer by Paul Coelho.



MICHAEL D. O'BRIEN

THE LIGHTHOUSE

A novel



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, March 14th at 1:00pm - Aging

Why we should embrace aging as an adventure - We need to feel better about aging in order to age better, says writer and activist Carl Honoré. How? In this spirited talk, Honoré offers a set of simple solutions to combat ageism -- as well as a host of trailblazers and changemakers who came into their own later in life, from artists and musicians to physicists and business leaders.

Embrace Age with a Longevity Mindset - How old is 'old' in today's world? Science has significantly extended the average human lifespan, giving us an unprecedented 'longevity bonus'. Helen urges us to reject the longstanding negative perspective on aging, and instead, to embrace our later years as a time filled with growth, promise and opportunity. After all -- aging is the ultimate triumph of living.

Friday, March 28th at 1:00pm

The world's most boring television ... and why it's hilariously addictive - You've heard about slow food. Now here's slow ... TV? In this very funny talk, Norwegian television producer Thomas Hellum shares how he and his team began to broadcast long, boring events, often live -- and found a rapt audience. Shows include a 7-hour train journey, an 18-hour fishing expedition and a 5.5-day ferry voyage along the coast of Norway. The results are both beautiful and fascinating. Really.

Unseen footage, untamed nature - At TED2012, filmmaker Karen Bass shares some of the astonishing nature footage she's shot for the BBC and National Geographic -- including brand-new, previously unseen footage of the tube-lipped nectar bat, who feeds in a rather unusual way ...

Balance Tip: Strengthen Your Anti-Fall Muscle

Sometimes referred to as the 'anti-fall muscle,' your tibialis anterior is the large muscle on the front of your lower leg. If you have ever had shin splints, that's the one!

One fall-reduction related function of the tibialis anterior is lifting the toe when you are walking, so it helps you to avoid catching your foot on something. Another function is flipping your foot up if you do catch it on an obstacle. Try seated toe taps, like you are tapping the toes of both feet to music, through a commercial or song on most days and work on increasing your range of motion when you lift your toes up.

Exercise is key to improving balance and BSAC offers a variety of exercise options to improve and sustain good balance physically.

Pint Nights benefitting WCOA!

What: Structures Brewing will donate \$1 to WCOA for each drink sold!

When: Wednesday, March 12th, 3:00-9:00pm

Where: Structures Brewing, 601 W Holly St.



*Come join in the fun
and support WCOA!
Open to all.*



**WHATCOM
Council on Aging**



What: Zeek's Pizza will donate \$1 to WCOA for each beer sold!

When: Wednesday, March 19th, 3:30-7:00pm

Where: Zeek's Pizza, 2416 Meridian St.

Chinese Mah Jong Instruction

*Tuesdays, March 11, 18, 25,
12:50 - 1:30pm. Drop-in.*

Learn how to set up the game, the game structure and flow, and how to build basic Chinese Mah-jong hands. Instructed by Roni Lenore.

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.

Protect Your Financial Future

Financial fraud steals more than money — it robs hundreds of thousands of people of their hopes, dreams, and futures every year. By learning to identify common scams and knowing what steps to take, you can prevent scammers from stealing money from you, your family, and your community. Learn more, visit dfi.wa.gov/10b

English Country Dance Lessons

Starts on March 6 and runs for 2 months, meeting weekly on Thursday from 2:00-3:15pm in the Auditorium. Sign up at the front desk or MyActiveCenter.com.

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 on March 6th and at least 50% of the course you've signed up for, you are then free to drop in on Thursdays in subsequent months for this ongoing activity. Anyone is 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.



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We're your local
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SHIBA OFFICE of the
INSURANCE
COMMISSIONER
WASHINGTON STATE

How to include photos of BSAC activities into the 2025 Archival Scrapbook

The Archives Committee welcomes all photos of events and activities that happen at or as part of BSAC. Since we are not able to attend every activity to take photos, we welcome members to take pictures and share them with the Archives Committee. The process is simple:

1. Take photos of the event or activity you are attending
2. Print photos (4x6 is preferable)
3. Place photos in an envelope titled "Archives Committee"
4. Make a note of the activity and date of photos
5. Give to the front desk at BSAC

Please note: we may not be able to use all of the photos, but we definitely will use a sampling of photos from any event or activity. The committee appreciates your help as we strive to document the many activities and events enjoyed by our members! ~ Thank you for assisting us.



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!

Seasons change, our commitment to you remains the same.

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

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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



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We do not offer every plan available in your area. Any information we provide is limited to those plans we do offer in your area. Please contact Medicare.gov or 1-800-MEDICARE to get information on all of your options. Guided Solutions is not affiliated with or endorsed by Medicare or any government agency. Guided Solutions does not discriminate based on race, color, national origin, age, disability, or sex. Calling this number will direct you to a licensed agent. No obligation to enroll. Guided Solutions is a 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

March 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 BBQ Chicken <i>*BBQ Veggie Strips</i> Potatoes Au Gratin Green Beans Spinach Salad Blueberry Crisp	4 Mardi Gras Creole Jambalaya w/ Chicken, Shrimp & Sausage <i>*Vegan Jambalaya</i> Sweet Corn Cornbread Creamy Cucumber Salad Banana Cream Pudding	5 Swedish Meatballs <i>*Veggie Swedish Meatballs</i> Egg Noodles Buttered Dill Carrots Garden Salad Ambrosia	6 Florentine Fish <i>*Veggie Cutlet</i> Wild Rice Pilaf California Blend Coleslaw Tropical Fruit Salad	7 Tuscan Kale & Sausage Soup Rosemary Focaccia Bread Fresh Green Salad Orange Wedges
10 Bacon Broccoli Quiche <i>*Broccoli Quiche</i> Roasted Potatoes Garden Salad Orange Juice Berry Yogurt Parfait	11 Chicken Enchiladas <i>*Vegan Cheese & Bean Enchiladas</i> Spanish Rice Mexicali Corn Salad Pineapple	12 Salisbury Steak <i>*Veggie Garden Patty</i> Mashed Potato & Gravy Peas & Carrots Garden Salad Fresh Apple Slices	13 Baked Ziti w/ Vegetable Marinara Italian Vegetables Caesar Salad Sliced Peaches	14 Chef Salad <i>*Veggie Entrée Salad w/ Egg</i> Oatmeal Bread Fresh Grapes
17 St. Patrick's Day Corned Beef Cabbage & Carrots Garden Salad Irish Soda Bread Green Fruited Jell-O	18 3 Bean Chili Stuffed <i>*Vegan Chili</i> Baked Potato Steamed Broccoli Garden Salad Applesauce	19 Birthdays Lunch Cranberry Mustard Pork Loaf <i>*Veggie Cutlet</i> Rice Pilaf Broccoli Normandy Kale Citrus Salad Birthday Cake	20 Chicken Gordon Bleu <i>*Veggie Chicken Cutlet</i> Roasted Yarn Brussel Sprouts Pineapple Coleslaw Raspberry Sherbet	21 Vegetable Beef & Barley Soup <i>*Vegetable Barley Soup</i> Grilled Cheese on WW Garden Salad Fresh Fruit Medley
24 Dill Salmon <i>*Veggie Patty</i> Vegetable Rice Pilaf Maple Glazed Carrots Broccoli Apple Salad 7 Layer Bar	25 Sloppy Joes <i>*Vegan Sloppy Joe</i> Whole Wheat Bun Potato Wedges 4 Bean Salad Strawberry Cream Salad	26 Chicken & Dumplings <i>*Vegetarian Dumplings</i> Mixed Vegetables Spinach Salad Orange-Pineapple Salad	27 British Banger & Mash <i>*Veggie Sausage</i> Onion Gravy Buttered Peas Garden Salad Apple Crisp	28 Chicken Apple Walnut Salad <i>*Veggie Entrée Salad</i> Whole Wheat Roll Fresh Banana
31 Mandarin Orange Chicken <i>*Mandarin Orange Tofu</i> Brown Rice Asian Vegetables Asian Cabbage Slaw Ice Cream				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

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

