

THE BSAC CONNECTION

May 2025 Programs, Services, & Activities



Bellingham
Senior
Activity
Center

Connect with life!

50TH

ANNIVERSARY PARTY!

CELEBRATING 50 YEARS OF BSAC!

FRIDAY, MAY 30TH

2:30-4:00 PM

DRESS IN YOUR FAVORITE 1970'S ATTIRE

JOIN US FOR REFRESHMENTS,
ENTERTAINMENT & FUN



What's Next:
Planning Ahead

Making Choices
For Your Legacy
& Health Care

Sponsored by:



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

Let's talk about it! Planning your legacy and healthcare before something happens can give you peace of mind for not only you but your loved ones as well. Our goal is for people to receive information on the various resources to help with planning for future and present needs, including estate planning, advanced care planning, legal & financial services and more.

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

10:30 - 11:30am

Estate Planning with Purpose:
Phillip George, Elder Law Attorney.

Choose a date and location that works best for you!

- June 6th, 10:00am-2:00pm ● Bellingham Senior Activity Center
- June 13th, 10:00am-2:00pm ● Blaine Senior Center
- June 20th, 10:00am-2:00pm ● Lynden Community/Senior Center
- June 27th, 10:00am-2:00pm ● Ferndale Senior Center

Learn how you can use the power of Estate Planning to achieve specific goals such as, avoiding probate, mitigating estate taxes, and help covering long-term care costs.

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.

.....

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.

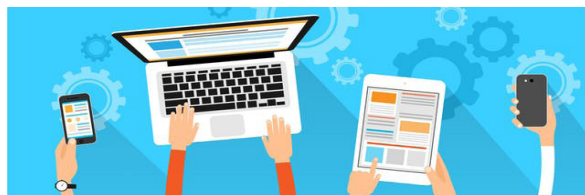
****New appointments added****

Tuesdays, 2-4pm

Thursdays, 2-4pm

Fridays, 2-4pm

Register at the front desk.



.....

BSAC will be closed on:

Monday, May 26th - Memorial Day

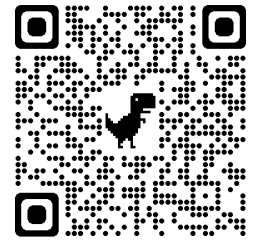
May 2025

5/2	Walk & Talk w/Gabbi (p.7)	1:00pm
5/2	Grief Support Group (p.7)	12:15pm
5/5	Food & Community (p.7)	12:30pm
5/7	Great Books Discussion (p.11)	12:00pm
5/8	Men's Group (p.11)	2:15pm
5/9	Knife Sharpening (p.5)	10a-4p
5/9	Paint Party! (p.8)	2:30pm
5/12	Book Buzz (p.9)	10:30am
5/12	TED Talk Discussion (p.9)	12:15pm
5/12	Sleeping Dragon Ensemble (p.11)	12:30pm
5/13	Exploring Your True Self (p.8)	2:30pm
5/15	Mud Bottom Maddy (p.4)	12:30pm
5/16	Wonders of the World (p.9)	10:30am
5/22	WTA Bus Trip to CBC (p.10)	1:00pm
5/22	Ukulele Jam & Sing-along (p.5)	2:30pm
5/23	Exploring Your True Self (p.8)	10:00am
5/28	Emergency Prep. (p.4)	1:00pm
5/28	Member Meet & Greet (p.4)	2:30pm
5/30	Sound Journey (p.5)	10:00am
5/31	Restorative Movement (p.11)	10:30am
6/2	TED Talk Discussion (p.9)	12:15pm
6/3,4	AARP Smart Driver (p.10)	12:00pm

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
	12:15	TED Talk Discussions (2nd & 4th Mon.)
	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 (1st & 3rd Wed.)
	1:30	Tai Chi Qigong
	2:30	Jam Session
	2:45	Longevity Stick
	4:00	Weekly Social Hour
T H U R S D A Y	8:15	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
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
	1:30	Table Tennis (beginner/intermediate)
A Y	1:30	Senior Steppers
	2:00	Tech Help
	2:30	Ballet
SAT.	9a-12p	Open Gym, Table Tennis, Library, Reiki
	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* 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, May 28th, 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., May 28th, 1:00-2:00pm

Important Documents: Do you have records of the important stuff? Be ready for insurance claims after a disaster by collecting copies of insurance policies and financial documents. Keep them secure and accessible, and keep them updated. Don't forget a photo or video record of your prized belongings!



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, May 15th, 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 Monday of each month, 12:15-1:45pm. See page 9 for this month's discussion.

Blood Pressure Checks

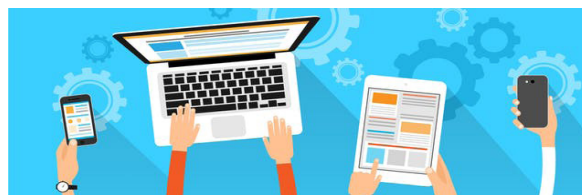
1st & 3rd Mondays from 10:30am to 1:00pm

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, May 16th, 10:30am, see page 9 for this month's topic. Continuing 3rd Fri. of each month.

Book Buzz

A monthly book discussion group. *Monday, May 12th, 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

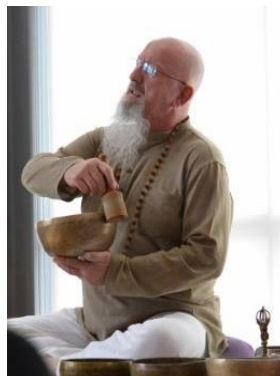
Fri. May 9th, 10am-4pm. Continuing on the 2nd Friday of each month.

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, May 30th, 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, May 28th, 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, May 22nd, 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:

May 7 - COA Mexican Eatery, 1065 E Sunset Dr.

May 14 - Stemma West (formerly Twin Sisters), 500 Carolina St.

May 21 - Kulshan Trackside, 298 W. Laurel St.

May 28 - El Suenito Brewing, 1926 Humboldt St.





Applied Hope Workshop

Friday, May 23rd, 10:00 - 11:30am. Sign up at the Front Desk or [MyActiveCenter.com](https://www.myactivecenter.com)

This collaborative workshop will lead attendees through a discussion about fostering hope in stressful times. We will talk about finding meaning in our relationships with each other and the importance of joy in community spaces. Through this process, attendees will have an opportunity to explore their own experiences through guided self-reflection, while also learning from each other.

Workshop structure will include:

- Whole group discussion and sharing
- Independent reflection time with guided questions
- Small group sharing on findings
- Returning to the large group and collaborating on a joy centered constructive dialogue
- Wrapping up ideas and creating action steps together

*Hope
is
an
action*

Some concepts we will be learning about and applying are:

Applied hope- The process of clarifying that future you hope to see, and then finding out how your own life, skills, and abilities fit into that view. It reframes the narrative so that people feel like they can contribute meaningfully to the causes they care about instead of getting stuck because so many issues we care about are bigger than any one person can tackle alone.

Systems thinking- This is viewing the world as an interconnected web instead of trying to isolate a single aspect or issue. This is relevant to hope focused work because it can be used to see how individual actions are relevant to larger scale issues.

Healthy political engagement- Aiming to create a dialogue around finding a practical and realistic approach to activism that allows us to engage meaningfully with the problems that we have in the world, without getting so burnt out that we cant help anyone at all.

Importance of community joy- This piece looks at community joy as a facet of change, and uses the idea of community as a place to recharge and also something tangible to base further action upon. I am curious to see if people feel more optimistic about the world if they feel like they are about to have positive community engagement, and if people feel like their communities are connected to their fears or hopes for the future.

Facilitated by Marlowe Lawson, WWU Student with coursework in community engagement and political science who has created and facilitated community groups with a variety of goals and demographics.

WWU Student led Programs

BSAC is happy to partner with the Western Washington University Honors College through their scholarship program aimed at providing intergenerational connections in our community. The students who have received this scholarship will be participating in and hosting various programs throughout the month of May. We encourage you to attend and connect with the students at these programs.

Bridging the Generation Gap through Food

Monday, May 5th, 12:30 - 1:45pm

This discussion hosted by Nora, is focused around food and community. We will view two TED Talks on this topic and then share our own stories about food has affected our lives, and how we can use food to connect.

Walk & Talks hosted by Gabbi & Christian

Each Friday in May, meet in the lobby at 1:00pm

Want to get out to enjoy the Spring air and conversation? Join these walks, hosted by the two WWU students will depart from BSAC. Destinations will vary and distance will be approximately 1-3 miles. The walks will include visits to local shops downtown, the Whatcom Creek Trail, and nearby parks.

Grief Support Group with Eloïse

Fridays in May, 12:15 - 1:45pm

Have you lost a loved one? Would you be interested in connecting with others in the same situation? Join us to talk about grief and share memories. A sorrow shared is a sorrowhalved. Community is waiting to be found. Potential activities include different grief related writing or drawing prompts (this may be based off of prompts in the book *It's Ok That You're Not OK* by Megan Devine).

This is not a place for professional help. It is a community based support group meant to inspire connection on a difficult topic. Feeling alone in grief makes it even more challenging, and my hope is that this program may provide some benefit to those who need it. Questions? Contact Eloïse at schappe@wwu.edu

Intergenerational Interviews: Sign Up to Tell Your Story

BSAC in collaboration with volunteers from Western Washington University is proud to start a new project, where student volunteers conduct interviews with members of the BSAC in order to promote conversation across the generational divide. Sign up to tell your story today!

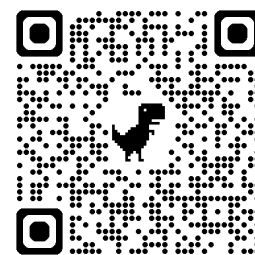
Everyone has a story to tell and everyone's story matters. This opportunity provides valuable intergenerational connection and the option to preserve and share your story. You can choose to have your interview/conversation audio recorded so it can be shared with friends and family, and future generations. You can also choose to have your interview added to interview collection that as a whole captures our unique voices and our shared humanity.

To participate, submit the online form by scanning the QR code here, or pick up a paper form at the Front Desk. Once the form is submitted, a student volunteer will contact you shortly to set up a date, time, and location for the interview. Thank you!





Scan the QR code to sign up



Come join us for a paint party! We will be painting the "Flower Fun" painting which is such a fun option for this time of year when all the flowers are starting to bloom!

We will be painting on 11x14 stretched canvas with acrylic paints. Paint party lasts 2 hours and there will be a door prize and contest prizes throughout the event. This is a step by step tutorial and everyone will get printed step by step instruction too. All supplies are included.

Exploring Your True Self Discussion Group

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.



Tuesday, May 13th, 2:30-3:30pm, we will explore the quality of **Patience**. Example quote:

"Learn the art of patience. Apply discipline to your thoughts when they become anxious over the outcome of a goal. Impatience breeds anxiety, fear, discouragement and failure. Patience creates confidence, decisiveness, and a rational outlook, which eventually leads to success." ~ Brian Adams

Friday, May 23rd, 10:00-11:00am, we will explore the quality of **Gratitude**. Example quote:

"Cultivate the habit of being grateful for every good thing that comes to you, and to give thanks continuously. And because all things have contributed to your advancement, you should include all things in your gratitude." ~ Ralph Waldo Emerson

Continuing on the 2nd Tuesday of each month at 2:30pm and the 4th Friday at 10:00am. Sign-ups are encouraged, but not required. Sign-up at the Front Desk or MyActiveCenter.com

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 Monday of each month, 12:15 - 1:45pm.*

Monday, May 12th at 12:15pm - Fraud & Scams

Let's Talk About How We Talk About Fraud - Kathy challenges the way victims of fraud are contextualized and often blamed for falling prey to sophisticated crime networks. Kathy shares stories and offers ways we can reframe the shame that often accompanies becoming a victim to fraud and how we can all be more aware and supportive.

This is what happens when you reply to spam email - Suspicious emails: unclaimed insurance bonds, diamond-encrusted safe deposit boxes, close friends marooned in a foreign country. They pop up in our inboxes, and standard procedure is to delete on sight. But what happens when you reply? Follow along as writer and comedian James Veitch narrates a hilarious, months-long exchange with a spammer who offered to cut him in on a hot deal.

Monday, June 2nd (due to Memorial Day closure) at 12:15pm - Accents

Accent Expert Gives a Tour of U.S. Accents - Dialect coach Erik Singer takes us on a tour of different accents across English-speaking North America. Erik and a host of other linguists and language experts (Nicole Holliday, Megan Figueroa, Sunn m'Cheaux, and Kalina Newmark), take a look at some of the most interesting and distinct accents around the country.

Fred Armisen Does Every North American Accent - Fred's been around the country a bit. Probably too much.

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, May 16th, 10:30am - Early Birds: Birds are our daily companions, but where did they come from? What did the first birds look like? Recent revelations from China and elsewhere illuminate the origins of our feathered friends.

Book Buzz



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

Monday, May 12th, 10:30am - All the Horses of Iceland by Sarah Tolmie; sometimes what we seek is much less than what we get; and what we give has unexpected returns.

June's book will be *Broken Promises* by Elizabeth Cobbs Hoffman.

WTA Bus Trip to the Community Boating Center

Where: Community Boating Center

When: Thursday, May 22, 1:00-3:15pm

By land and by sea, there are so many ways to enjoy Bellingham! On this trip to the Community Boating Center in Fairhaven, you'll see how easy it is to ride the WTA bus to amazing recreation experiences.

The Community Boating Center fosters safe watercraft recreation for all. We'll tour the facility and learn about their adaptive equipment, including the new Hearing Loop in the Wheelhouse building. Learn about opportunities to get out on the water, attend Tide Talks and support CBC programs.

Meet in the lobby at the Bellingham Senior Center 1pm sharp! Dress for a short walk and time by the water. WTA passes will be provided if needed, bring a gold card if you have one. The group will return by 3:15pm. SPACE IS LIMITED. RSVP or ask for more info at 360-756-TRIP (8747) or info@WhatcomSmartTrips.org.



WTA

**SMART
TRIPS**

Make a difference anywhere you go

AARP Smart Driver™ Course

June 3rd & 4th, 12:00-4:00pm.

Registration required. Sign-up at aarp.org/auto/driver-safety/locations

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

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

Additionally, you'll learn:

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

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

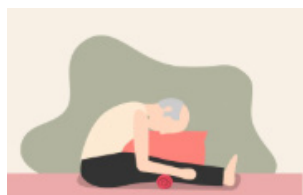
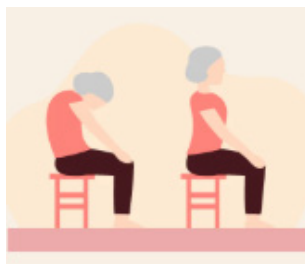


Restorative Movement with Margie

Looking for a relaxing way to move your body and connect with others? Restorative Movement is all about gentle stretching, easing stress, and enjoying good company. This class is open to all senior center members and can be easily adapted for folks with disabilities or limited mobility.

Each week, instructor Margie Goetz—who has a B.S. in Physical Education and is a certified yoga instructor—will tailor the class to meet the needs of the group. Whether you're hoping to feel a little looser, a little calmer, or just want to share space with friendly faces, this class is a great way to take care of both your body and your mind.

Saturdays, 10:30 - 11:30am, starting May 31st.
Space is limited, sign up at the Front Desk or MyActiveCenter.com. BSAC members only.



Great Books Discussion

Wednesday, May 7th, 12:00-1:30pm. Continuing on the first Wed. of each month. Sign up at the Front Desk or 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 May 7 we will be looking at Mark Twain's "The Man That Corrupted Hadleyburg." Facilitated by Mark B. Packer.

June's reading is the not-so-short story "The Daughters of the Late Colonel" by the distinguished New Zealand author Katherine Mansfield.

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.

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.

Thursdays, 2:15-3:45pm, starting May 8th for six consecutive weeks. Sign up at the Front Desk or MyActiveCenter.com.

Sleeping Dragon Ensemble



**Monday, May 12th,
12:30pm in the Cofee Bar.**

Eclectic tunes and sing-alongs. Enjoy the fun and relaxing music from this group that includes flute, guitar, piano, and vocals.

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



GUIDED
SOLUTIONS

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.



your trusted legal partner | safeharborlegal.com | 360.746.7169

Do you have an estate plan that will allow your family to avoid probate, mitigate estate taxes, and reduce the cost of long-term care? Contact the trusted attorneys at Safe Harbor Legal Solutions to create an estate plan for your family today!

Safe Harbor
LEGAL SOLUTIONS



planning

preserving

settling

Bocce Ball - Bender Fields in Lynden

The Lynden Community/Senior Center welcomes senior center members throughout the county to join them in playing bocce ball on Tuesdays & Thursdays, 10am-12pm, at the Bender Fields Bocce Ball Court. Rain cancels, bring your lawn chair. Contact info: (360) 354-2921 or Haley@lyndencommunitycenter.org.



Reiki

Sign up at the Front Desk for a 30-minute reiki session. \$20 for the session, paid to the provider in cash. 4th Saturday of each month, 9am-12pm. BSAC members only. The May date is May 17th because BSAC is closed on Memorial Day Weekend.

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

Balance Tip: Feet First

Your feet are packed with sensors that talk to your brain. If your feet are always in shoes, those sensors can dull a bit. To wake them up, do this seated exercise. Take a small ball and roll your foot back and forth and all around. You can do this while on the computer, reading or crafting. It actually feels quite nice. Massaging the bottom of your feet with your thumbs works, too. And, if your doctor hasn't told you not to go barefoot, then walking barefoot in your home can help to stimulate that foot-to-brain communication, too.



Text Notifications from BSAC

At times BSAC will use automated texting or calling through the My Senior Center program. These texts/calls are a way for us to quickly let you know about changes to classes including last minute class cancellations. Please save this number to your phone to ensure you receive these important BSAC notifications 855-953-2720. Please talk with a BSAC team member if you have any questions.



my**seniorcenter**

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

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.

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 \$6 per meal or whatever is affordable. Donations can be made by cash, check, or online at 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.

Spring is Here and Senior Farmers Market Nutrition Program Benefits Cards are back!

A very popular produce program benefitting lower income older adults is back this spring! The Senior Farmer's Market Nutrition Program (SFMNP) funded by the State, will provide lower income seniors with an electronic benefits card that will be used to purchase \$80 in fresh fruits, vegetables, honey, and fresh-cut herbs at approved farmers markets and farm stores throughout Washington State. WCOA's Meals on Wheels and More program is responsible for distributing the SFMNP benefits cards to eligible seniors throughout Whatcom and San Juan Counties.

To be eligible to receive a SFMNP Electronic Benefits Card, you must meet all of the following:

- ☐ Be 60 years old or older (55+ if Native American or Alaska Native)
- ☐ Be a resident of Washington State
- ☐ Have an income below:
 - \$27,860 Annual / \$2,431 Monthly for 1 person, or
 - \$37,814 Annual / \$3,261 Monthly for 2 people
 - For larger households, add \$848 for each additional person per month

2025 SFMNP Affidavits/Applications will be available to print on the WCOA website, whatcomcoa.org/FarmersMarketNutritionProgram, and at your local senior center by April 29, 2025. Benefits cards will be mailed to eligible seniors from our Bellingham office starting at the end of May and will be redeemable between June 1st and October 31st. If you receive your benefit card in the mail in May, you will not be able to access your benefits or balance until June 1st. Information about approved markets and farm stores will be available mid-May. We will provide updated information on our website as it becomes available.

Please note, last year we had nearly 300 Farmers Market cards be awarded to seniors, who did not use the program at all. Between Whatcom and San Juan Counties, we had over \$32,000.00 in benefits go unused! Please only apply for the program if you plan on taking full advantage of it.

There is a SFMNP Mobile App available for download to help you access your SFMNP benefit information, purchase history, and find local vendors. If you are interested in downloading this app, it is available on Apple/iOS and Android as "SFMNP app". ~ Happy Spring!



Meals on Wheels and More

BSAC, Blaine, Ferndale Community Meals

May 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Bellingham Kitchen Team Melody Phillips-Kitchen Supervisor Emry Olguin-Prep Cook Patricia Greenberg-Prep Cook Reece Booth-Kitchen Asst. Ian Cassinos-Food Service Mgr.	Alternate Vegetarian Meal <i>In *Italics</i> Entrée Salad Option Available Every Day Ferndale - Donna Kinley Blaine – Steve Wittwer		Honey Garlic Chicken <i>*Veggie Cutlet</i> Baked Potato Green Beans Spinach Salad 7 Layer Bar	Creamy Tomato Soup Turkey & Cheddar Sandwich <i>*Cheese & Veggie Sandwich</i> Garden Salad Fresh Grapes
Cinco De Mayo 5 Pork Carnitas Street Tacos <i>*Veggie Street Tacos</i> Mexican Street Corn Pinto Beans Pineapple	Ginger Beef 6 <i>*Vegan Ginger Tofu</i> Brown Rice Broccoli Asian Sesame Coleslaw Mandarin Oranges	Jamaican Jerk Chicken w/ 7 Mango Salsa <i>*Veggie Cutlet</i> Roasted Potato Medley Brussels Sprouts Banana Cream Pudding	Tortellini Pesto w/ Sundried 8 Tomatoes Italian Vegetables Caesar Salad Peaches	Mother's Day Brunch 9 Eggs Benedict Sausage Links Breakfast Potatoes Cheese Blintz w/ Berry Compote Fresh Fruit Medley
Chicken Strips w/ Honey Must. 12 <i>*Veggie Strips</i> Macaroni & Cheese California Blend Veggies Garden Salad Apple Slices	Cheeseburger w/ 13 Lettuce, Tomato & Onion <i>*Vegan Veggie Burger</i> Potato Wedges Coleslaw Cantaloupe	Pork w/ Apple Chutney 14 <i>*Veggie Cutlet w/ Chutney</i> Wild Rice Pilaf Green Beans Kale Citrus Salad Berry Crisp	Panko Crusted Cod 15 <i>*Veggie Patty</i> Vegetable Rice Pilaf Roasted Carrots Spinach Salad Strawberry Ice Cream	BBQ Chicken Salad 16 Cornbread Watermelon
Apricot Glazed Pork Chop 19 <i>*Glazed Veggie Cutlet</i> Potatoes Colcannon Broccoli Blend Kale Citrus Salad Raspberry Sherbet	Green Chili Chicken Enchiladas 20 <i>*Vegan Bean Enchiladas</i> Spanish Rice Garden Salad Coconut Cream Pudding	Birthday Lunch 21 Beef Stroganoff <i>*Mushroom Stroganoff</i> Egg Noodles Buttered Dill Carrots Spinach Salad Birthday Cake	Chicken Pot Pie 22 <i>*Mushroom Pot Pie</i> Garden Salad Fruited Jell-O	Clam Chowder 23 w/ Oyster Crackers <i>*Corn & Potato Chowder</i> Tuna Salad Wrap Garden Salad Orange Slices
French Dip w/ Au Jus 26 <i>*Veggie Dip</i> Sweet Potato Fries Pineapple Coleslaw Orange Cream Salad	Thai Peanut Chicken 27 <i>*Thai Peanut Tofu</i> Basmati Rice Asian Vegetables Spinach Salad Orange Wedges	Loaded Veg Lasagna 28 Garlic Toast Italian Green Beans Caesar Salad Sliced Peaches	Turkey Meatloaf 29 <i>*Veggie Loaf</i> Mashed Potatoes & Gravy Peas & Carrots Garden Salad Ambrosia	Ahi Tuna Salad 30 <i>*Grilled Tofu Salad</i> Spring Rolls Fresh Grapes

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



**WHATCOM
Council on Aging**



**Bellingham
Senior
Activity
Center**

Connect with life!



*Bellingham
At Home*