

THE BSAC CONNECTION

June 2025 Programs, Services, & Activities



Bellingham
Senior
Activity
Center

Connect with life!

What's Next: Planning Ahead

Making Choices
For Your Legacy
& Health Care

Sponsored by:



**Safe
Harbor**
LEGAL SOLUTIONS

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 you and your loved ones. 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.

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

10:30 - 11:30am

Estate Planning with Purpose

Phillip George, Elder Law Attorney.

12:45- 1:30pm

Beyond Burial & Cremation: Making Sense of New Funeral Choices

Brian Flowers, Wildflower Funeral Concepts.

**How to Write & Illustrate
your own Children's Book**
(page 7)

**An Outing to Stimpson
Nature Reserve**
(page 8)

**Armchair Visit to the
Isles of Shoals**
(page 7)

Wild Hearts Performs
(page 8)

Meridian Center

Dear BSAC Community,

We are thrilled to announce that we are using our second location, [The Whatcom Council on Aging's new Meridian Center](#).

We are moving some of our most popular programs to the new, bigger space located at 140 E. Bellis Fair Parkway. The Meridian Center has air conditioning, ample parking and plenty of room to accommodate larger class sizes. With increased space we are confident that you will be able to attend the classes you want to attend. Please note that while class registration is no longer required, it is still available and that the Meridian Center will be a cashless facility accepting credit and debit cards for punch cards and membership renewal only.

Here is a schedule of activities at the Meridian Center:

M O N	8:45-9:45am Tai Chi QiGong 10:00-11:30am Yoga w/ Mary 12:30-2:00pm Table tennis 2:00-3:30pm Yoga w/ Dani
T U E S	9:00-10:30 Table Tennis 9:30-10:30 Zumba w/ Betty 1:30-3:00 Table Tennis
W E D	8:15-10:00 Table Tennis 10:00-11:15 Yoga w/ Dani 1:30-3:00 Table Tennis
T H U R S	8:15-10:30 Table Tennis 9:30-10:30 Zumba w/ Betty 10:45-12:00 Yoga w/ Mary 2:00-4:00 English Country Dancing

Jeanne Storm has been promoted to Program Coordinator for the Meridian Center and will be onsite to assist members and instructors. For now, the Meridian Center will be open for classes as scheduled Monday-Thursday and Jeanne will be available on site from 8:00am-4:30pm*



With both locations operating we are excited to have more space to accommodate additional programs and activities, especially large groups at peak times. If you have an idea for a new class or activity, please reach out to BSAC Program Coordinators Eric or Jeanne to share your ideas or fill out a program proposal on our website: whatcomcoa.org/programproposal. You can reach Jeanne at the Meridian Center by calling 360-559-9752 or emailing jstorm@whatcomcoa.org. Eric is available by calling 360-733-4030 ext. 1035 or epier-son@whatcomcoa.org

We look forward to serving you at both locations.

Sincerely,
Molly Simon
BSAC Director



The Meridian Center, located at 140 E. Bellis Fair Parkway, near Winco & Value Village as viewed from coming up the hill from Meridian St.

Getting there by bus: WTA route #s 331 and 232 have a stop just across the street (behind the Value Village).

Halleck St. Center

Featured Programs for June 2025

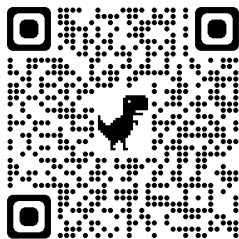
M O N D A Y	8:15	Advanced Fitness Hour
	9:30	EnhanceFitness
	10:30	Singing for Fun
	12:15	TED Talk Discussions (2nd & 4th Mon.)
	12:30	Mah Jongg
	12:15	Pinochle
	1:00	Strength Training for Balance (Virtual)
	1:00	Open Art Time
T U E S D A Y	3:15	Longevity Stick
	3:15	Ukulele Practice
	8:15	Senior Trailblazers
	8:15	Beginning Tap Dance
	8:30	Chair Yoga
	8:30	Guitar Practice
	9:00	Rug Hooking
	9:00	Mah Jongg
W E D N E S D A Y	9:30	Senior Steppers
	10:00	Button Walkabouts
	10:00	Mindfulness Meditation
	11:00	French Conversation Group
	11:00	Longevity Stick (Virtual)
	12:30	Bridge (11:15-12:30 instruction)
	1:00	Scrabble & Hearts
	1:30	Chinese Mah Jongg
T H U R S D A Y	2:00	Social Dance
	8:15	Advanced Fitness Hour
	9:00	Spanish Conversation (Virtual)
	9:00	Footcare
	9:30	EnhanceFitness
	10:00	Knitting & Crochet (pg.5)
	1:00	Rainbow Elders
	1:00	Ladies Pool Group
F R I D A Y	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
	8:15	Senior Trailblazers
	8:30	Chair Yoga
	10:00	Button Walkabouts
	9:30	Jam Session
	10:00	Spanish Conversation
	10:30	Writer's Group
	11:00	Longevity Stick (Virtual)
	12:15	Quilting Group
	1:00	Bunco
	2:30	Ukulele Practice
	8:15	Advanced Fitness Hour
	9:30	EnhanceFitness
	12:00	Intro to Acoustic Guitar
	12:15	Pinochle
	1:30	Senior Steppers
	2:00	Tech Help
	2:30	Ballet

6/2	TED Talk Discussion (p.11)	12:15pm
6/4	Great Books Discussion (p.6)	12:00pm
6/9	Book Buzz (p.9)	10:30am
6/9	TED Talk Discussion (p.11)	12:15pm
6/10	WTA Bus Trip to Stimpson (p.8)	8:15am
6/10	Exploring Your True Self (p.9)	2:30pm
6/11	Write & Illust. Children's Book (p.7)	12:15pm
6/13	Knife Sharpening (p.5)	10a-4p
6/13	Audiology Presentation	10:30am
6/19	Learn to Play 5 Crowns (p.8)	12:00pm
6/19	Mud Bottom Maddy (p.4)	12:30pm
6/20	Cardiology Presentation (p.10)	9:00am
6/20	Wonders of the World (p.5)	10:30am
6/20	Wild Hearts (p.8)	12:30pm
6/23	TED Talk Discussion (p.11)	12:15pm
6/25	Meet & Greet (p.4)	2:30pm
6/25	Emergency Prep. (p.4)	1:00pm
6/25	Low Vision Support (p.5)	1:00pm
6/26	Ukulele Jam & Sing-along (p.6)	2:30pm
6/27	Sound Journey (p.5)	10:00am
6/27	Exploring Your True Self (p.9)	10:00am
6/30	Visit N. H. & Maine (p.7)	12:30pm

Ongoing Classes & Activities Schedule

The weekly schedule on the previous page 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, June 25th, 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

Wednesday, June 25th, 1:00-2:00pm. Free for members & guests.

2 Weeks Ready: Your family can be 2 weeks ready! Start collecting food, water, and other supplies that will enable your family to make it through a disaster for up to 14 days. A few extra items in each visit to the market can help you reach the 2 week goal!



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.

For a complete list of all 12 topics and access to the booklet, visit: <https://mil.wa.gov/personal>

Mud Bottom Maddy

Thursday, June 19th, 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 11 for this month's discussion.

Blood Pressure Checks

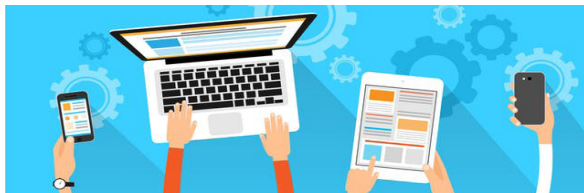
1st & 3rd Mondays from 10:30am to 1:00pm

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. Continuing on the 3rd Friday of each month.

Friday, June 20th, 10:30am - Western Canada: Third and last in the series of travelogs on our neighbor to the north, this program reveals what there is to do and see in Western Canada.

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

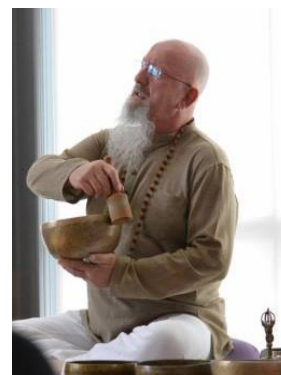
Friday, June 13th, 10am-4pm. Continuing on the 2nd Friday of each month.

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, June 27th, 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, June 25th, 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.

Hearing & Communication Consults

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.

Footcare

Wednesdays. 45 minutes per appointment; \$45 for members \$50 for non-members, payable to provider at time of appointment with cash or check. Call Christa at (360) 230-8454 to secure your appointment. Appts. with Jason can be made at the Front Desk.

A basic appointment will include an inspection and assessment of your feet, routine care such as callous removal, trimming toenails, and referrals as needed.

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.

Book Buzz

A monthly book discussion group. Continues on the 2nd Monday of each month.

Monday, June 9th, 10:30am - "Broken Promises" by Elizabeth Cobbs Hoffman 2011; During the Civil War, U.S. Ambassador to Britain Charles Francis Adams, son of John Quincy Adams, seeks to discover if England will remain neutral or aid the Confederacy.

July's book is "The Storm" by George R. Stewart.

Ukulele Jam & Sing-along

Thursday, June 26th, 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.

Great Books Discussion

Wednesday, June 4th, 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.

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

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:

June 4 - That's What I Like, 3236 Northwest Ave.

June 11 - Beach Cat Brewing, 1010 C St.

June 18 - Stone's Throw Brewery, 1009 Larrabee Ave.

June 25 - Wander Brewing, 1807 Dean Ave.



How to Write & Illustrate your own Children's Book

Wednesdays, June 11 - July 2, 12:15-1:00pm. 4 sessions of 45-minutes each.

Register at the Front Desk or MyActiveCenter.com



Bob Zaslow, aka "Mr. Z", a children's book author and former art teacher, leads this course for you to learn the process and get the excitement started to create your own children's book. You might have grandchildren that inspire you to create a book, or you can enjoy learning and creating a story for yourself or others.

Children have a natural curiosity about the world, and grand - sometimes unanswerable - questions about what is or could be possible. We will harness that spirit to come up with our own unique stories.

Mr. Z will lead the process of creating a children's book step-by-step, and also show us how to create simple illustrations to bring our stories to life. Information will also be shared about publishing or printing your completed book. Learn more about Bob and his writing at mrzstorytime.com.

An Armchair Visit to the Isles of Shoals, New Hampshire & Maine

Monday, June 30th, 12:30-1:30pm. Sign up at the Front Desk or MyActiveCenter.com.

This is a travelogue showcasing islands off of NH first settled around 1600 – their history, their beauty and many interesting stories. Carol

White will be talking about the nine islands approximately 9 miles off the coast of New Hampshire. They were first sighted and recorded by a European in 1603 and have been inhabited ever since then. Cornell University has a marine science lab on one island and there's a hotel built in 1875 on another which is still in regular use (depicted in the image). There are many stories about murders, shipwrecks, and people who lived there.



Carol has given these talks to various audiences and was the Town Historian, docent and director of a state historic site, docent at a lighthouse, the creator and leader of a walking history tour, Chairman of the Cemetery Trustees plus a board member of the local historical society and their genealogist.

Intro to Acoustic Guitar

8-week course, Fridays, 12:00-1:30pm starting July 11th. Sign up at the Front Desk or MyActiveCenter.com.



This course provides a foundational introduction to guitar playing, focusing on basic techniques and concepts. Students will learn how to hold, tune, and care for their guitar, develop finger coordination, and learn to play simple chords and songs. After completion of this course you will have an opportunity to continue with a Level 2 course.

Guided Bus Trip to Stimpson Reserve

Where: Stimpson Family Nature Reserve

When: Tuesday, June 10, 8:15am-11:45am

Experience the beauty of a classic PNW old growth forest that feels a world away yet is close enough that we can get there by bus.

Learn about our local bus system and eco system with guides from Smart Trips and the Whatcom Land Trust.

Wear walking shoes and clothing appropriate for the weather. The trail is not suitable for wheelchairs.

Meet in the lobby at the Bellingham Senior Center 8:15am sharp! WTA passes will be provided if needed, bring a gold card if you have one. The group will return by 11:45am. **SPACE IS LIMITED.** *RSVP or ask for more info at 360-756-TRIP (8747) or info@WhatcomSmartTrips.org.*



Wild Hearts

Friday, June 20th, 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.

Restorative Movement with Margie

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

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.

Learn to Play 5 Crowns

Thursday, June 19th, 12:00-12:45pm.

Sign up at the Front Desk or MyActiveCenter.com

This is a unique rummy type card game with 5 Crowns – hearts, spades, clubs, diamonds, and stars. It is a challenging and fun game. If there is interest from members to continue playing on a regular basis, that will be arranged.



Searching for Answers - Postcards from Autism and the Connection between Autism and Dementia.

Eileen Coughlin, EdD Educational Psychology, MFA Creative Writing

Friday, July 11th, 10:00-11:30am. Sign up at the Front Desk or MyActiveCenter.com. \$15 to the presenter, includes a copy of the poetry book (which otherwise sells for \$20)

A reading from newly published poetry book *Postcards from Autism* and a discussion of the significant overlap between autism and dementia. We will use the poetry as background for the discussion of neurodiversity and the overlap between the characteristics of the neurodiversity of autism spectrum disorders and dementia, many of which have similar treatments and interventions.

Eileen Coughlin has a doctorate in Educational Psychology and MFA in Creative writing. She is also a parent of an autistic adult daughter and has a parent who suffered a stroke which impacted brain functioning. Eileen will be sharing her knowledge as an educator, parent, and poet in this presentation with the goal to invite dialog on the topic of neurodiversity.



The poems in *Postcards from Autism* provide an opening for understanding, insight, wonders, gifts, challenges and frustrations inherent in living on the spectrum. In addition to the readings of poems, the discussion will include strategies for care providers, who service individuals with autism and dementia, to prevent burnout. The constant demand and search for answers along with feelings of responsibility are difficult to navigate for family members who may not be able to afford respite care or may become isolated from friends due to the demands of caring for a loved one. We will also discuss researched therapies, such as Applied Behavior Analysis, that are suggested for both autism and as a support for dementia.

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, June 10th, 2:30-3:30pm, we will explore the quality of *Hope*. Example quote:

"Hope is like a road in the country; there was never a road, but when many people walk on it, the road comes into existence." ~Lin Yutang

Friday, June 27th, 10:00-11:00am, we will explore the quality of *Responsibility*. Example quote:

"Most of us can read the writing on the wall; we just assume it's addressed to someone else." ~Ivern Ball

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

Local Cardiologist Discusses Heart Disease

Friday, June 20th, 9:00-10:00am. Sign up at the Front Desk or [MyActiveCenter.com](https://www.MyActiveCenter.com)

Local cardiologist, Dr. Rajesh Bhola, presents about heart health and specifically aortic stenosis (heart valve failure) to raise awareness of this disease state and provide treatment options. Aortic stenosis is a progressive disease that most commonly develops due to age-related calcification of the aortic valve. It is prevalent in people over the age of 65, making it a condition that many seniors either have or are at risk of developing. Many may dismiss common symptoms like shortness of breath, fatigue, or dizziness as just "getting older." However, these could be signs of aortic stenosis.

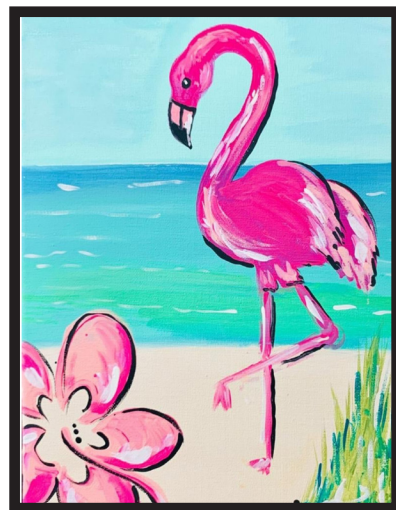
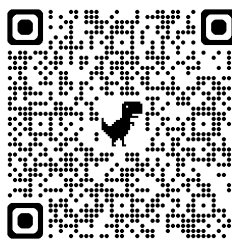
Raising awareness can help individuals seek medical evaluation sooner, potentially leading to earlier diagnosis and treatment options which have advanced significantly and no longer require open-heart surgery. Minimally invasive options like TAVR (Transcatheter Aortic Valve Replacement) can provide hope and encourage you to discuss options with your doctor. Awareness about the disease and its treatment can empower you to take action and regain independence.

Paint Party!

Wednesday, July 16th, 3:00-5:00pm. BSAC members, friends & family, and anyone 50+ is welcome to join. \$35, scan the QR code to sign up.

Come join us for a paint party! We will be painting the "Fab Flamingo" painting which is such a fun option for a summer painting!

Join us for a fun and creative afternoon of painting with friends and fellow art enthusiasts. No experience is necessary, just bring your creativity and we'll provide all the supplies you need. We will be painting this beautiful angel on 11x14 stretched canvas with acrylic paints. The party will have a summer flamingo beach theme! Whether you're a beginner or a seasoned artist, this event is perfect for anyone looking to unwind and have a good time. Don't miss out on this opportunity to unleash your inner artist and create something beautiful.



Resources
Activities
Entertainment
Lunch and More!

Wednesday
August 6, 2025



"A festival for older adults"

Hovander Park
in Ferndale
10AM-2PM



Welcome to Senior Day in the Park 2025, the Whatcom Council on Aging's premier event for seniors in Whatcom County. This annual gathering brings together more than 1,500 attendees and over 100 vendors for a resource fair, picnic, activities, music and dancing – all in the spirit of supporting the health and wellness of seniors in our community. Enjoying the outdoors and connecting with our community has never been more fun! \$6 BBQ lunch. We'll see you there!

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, June 23rd at 12:15pm - Consciousness & Connection

Everything is Connected -- Here's How - Technologist and innovator Tom Chi illustrates the profound interconnectedness of the universe through three compelling narratives: the heart, the breath, and the mind.

Consciousness — The Final Frontier - Dada Gunamuktananda, a yogi and meditation teacher, invites us to explore the vast inner space of consciousness. Drawing from yogic philosophy, he challenges the materialistic worldview, proposing that consciousness is not merely a byproduct of the brain but the fundamental essence of the universe.

Group Health and Wellness Coaching: Create Lasting Habit Change

Wednesdays, 10:00-11:00am, July 9th-30th & Aug. 13, 27, Sept. 10, 24. Sign up at the Front Desk or MyActiveCenter.com, \$15 to instructor per session.

Are you ready to take charge of your well-being and create lasting change? This 8-week group coaching experience is designed to empower you with the tools, strategies, and support to improve your health and well-being.

Grounded in the Duke University Health and Wellness Coaching model, this program blends evidence-based techniques with the power of group accountability to help you achieve sustainable lifestyle changes. Habit change happens over time and is key to avoiding lifestyle related health challenges. The first four sessions of this course are weekly and the last four are bi-weekly to give support during the entire change process. To get the full benefit, participation in the full series is recommended and walk-ins are welcome.

Participants will:

- Get clear on your health vision and personal goals
- Experience science-backed strategies for behavior change
- Gain support and motivation from a like-minded community
- Cultivate tools to manage stress, build resilience, and practice mindfulness awareness
- Receive guidance on nutrition, movement, sleep, and overall well-being related to personal goals



About the instructor, Jill Stansbury: Qualified to be a health and wellness coach through Duke University. Jill has been a teacher, parent educator, social and emotional learning specialist, school administrator, meditation facilitator, and teacher coach. She is passionate about using curiosity to help individuals unearth their internal wisdom.

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

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**Bellingham
At Home**

A Senior Village Without Walls
BellinghamAtHome.org 360 746-3462
A program of the Whatcom Council on Aging

Bellingham At Home is a grassroots, volunteer powered, non-profit membership organization helping people sustain positive futures as they grow older.

We provide both practical assistance and a caring community to support members in feeling more secure and confident while living in their homes as long as possible. We offer opportunities to find purpose and connection through building new relationships and helping others. We aspire to create a positive vision of aging for our members, volunteers and the larger community.

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Visit our booth at Senior Day at the Park, Aug. 6

**Senior Day
in the Park**

August 6, 2025

Learn more about the home health and hospice services offered through PeaceHealth at our booth at Hovander Homestead Park in Ferndale.

peacehealth.org



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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.

Senior Farmers Market Nutrition Program Benefits Cards

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 at your local senior center. 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.

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

June 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Ham & Pineapple <i>*Veggie Cutlet</i> Baked Yam Green Beans Spinach Salad Fruit Crisp	3 BBQ Chicken <i>*Vegan Chicken Tenders</i> Garlic Red Potatoes Brussels Sprouts Garden Salad Fresh Cantaloupe	4 Lemon Pepper Cod <i>*Lemon Pepper Grilled Tofu</i> Vegetable Rice Pilaf Roasted Carrots Kale Citrus Salad Fruited Jell-O	5 Grilled Rueben Sandwich <i>*Grilled Cheese Sandwich</i> Potato Wedges Garden Salad Millionaire Salad	6 Chicken Apple Walnut Salad <i>*Veggie Entrée Salad</i> Wheat Roll Fresh Red Grapes
9 Cheese Ravioli w/ Meat Sauce <i>*Vegetable Marinara</i> Italian Vegetable Garlic Toast Caesar Salad Peaches	10 Coconut Curry Chicken <i>*Vegan Coconut Curry Tofu</i> Brown Basmati Rice Vegetable Blend Broccoli Slaw Tropical Fruit Salad	11 Country Fried Steak <i>*Veggie Cutlet</i> Potatoes & Country Gravy Peas & Carrots Spinach Salad Ambrosia	12 Broccoli Bacon Quiche <i>*Broccoli Mushroom Quiche</i> Breakfast Potatoes Orange Juice Yogurt & Fruit Parfait	13 Taco Salad <i>*Veggie Taco Salad</i> Tortilla Chips & Salsa Fresh Orange Wedges
16 Minestrone Soup Tuna Melt on Whole Wheat <i>*Cheese Melt on Whole Wheat</i> Garden Salad Chocolate Ice Cream	17 Teriyaki Chicken Sandwich <i>*Vegan Chicken Sandwich</i> Roasted Potato Wedges Carrot Raisin Salad Peanut Butter Krispie Bar	18 Swedish Meatballs <i>*Veggie Meatballs</i> Egg Noodles California Blend Vegetable Spinach Salad Orange Cream Salad	19 Juneteenth Red Beans & Rice w/ Andouille Sausage <i>*With Veggie Sausage</i> Tomato Cucumber Salad Cheddar Jalapeno Cornbread Watermelon	20 Father's Day Lunch BBQ Glazed Pork Ribs <i>*Veggie Option ?</i> Twice Baked Potato Casserole Green Beans Creamy Coleslaw Strawberry Shortcake
23 Cabbage Rolls <i>*Veggie Cabbage Casserole</i> Roasted Sweet Potato Garden Salad Banana Cream Pudding	24 Sweet Chili Chicken <i>*Vegan Sweet Chili Tofu</i> Vegetable Fried Rice Steamed Broccoli Asian Slaw Pineapple	25 Birthday Lunch Cranberry Mustard Pork Loin <i>*Cranberry Mustard Cutlet</i> Wild Rice Pilaf Brussels Sprouts Garden Salad Birthday Cake	26 Shrimp Fettuccine Alfredo <i>*Mushroom Alfredo</i> Italian Vegetable Blend Caesar Salad Peaches & Pears	27 Cobb Salad w/ Bacon <i>*Veggie Entrée Salad</i> Oatmeal Bread Grapes
30 Loaded Baked Potato Soup <i>*Veggie Baked Potato Soup</i> Whole Grain Roll Garden Salad Apple Slices			Bellingham Kitchen Team Melody Phillips-Kitchen Supervisor Emry Olguin-Prep Cook Patricia Greenberg-Prep Cook Reece Booth-Kitchen Asst. Kai Trujillo-Kitchen Asst. Ian Cassinos-Food Service Mgr.	Alternate Vegetarian Meal <i>In *Italics</i> Entrée Salad Option Available Every Day Ferndale - Donna Kinley Blaine - Steve Wittwer

Menus are subject to change due to food cost and availability.

Meals on Wheels and More is a program of the Whatcom Council on Aging.

Bellingham Senior Activity Center

315 Halleck Street

Bellingham, WA 98225

Return service requested

BSAC is Open On Saturdays 9am to 12pm!

Members only, must bring BSAC keytag.

We will be open for you to enjoy the library, gym, table tennis room, pool room, and socializing.

*Thanks
for being
a BSAC
member!*

Membership Options:

\$60 for 12 months

\$20 for a 3 months.

Bellingham Senior Activity Center & Whatcom Council on Aging

Halleck Street Center, 315 Halleck St.

Hours: Mon - Fri from 8:00am to 4:30pm, Sat. 9am-12pm

Phone: (360) 733-4030

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, Andi & 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**



Meridian Center, 140 E Bellis Fair Parkway

Hours: Mon - Thurs from 8:00am to 4:30pm

Contact: Jeanne Storm, Program Coordinator (360) 559-9752