

THE BSAC CONNECTION

August 2025 Programs, Services, & Activities



Wednesday, August 6th
10am - 2pm

**Hovander Homestead
Park, Ferndale**

No Entry Fee

BBQ Lunch \$6 (cash preferred)

Hosted by:  **WHATCOM
Council on Aging**

Connect, Engage and Enjoy!

**Live Music | Food | Games | Demos
100 + Vendor Resource Fair**



Donate Here -Thank You!



Puget Sound Energy | Hoagland Pharmacy | Thrivent | Eden Health | 7 Sisters Home Care | Compass Real Estate
Cascadia Health Care | Seeking Health | Bellevue Healthcare | Senior Support Services
Mt. Baker Care Center & Summit Place Assisted Living | WTA | RMC Architects | Industrial Credit Union

Whatcomcoa.org

315 Halleck Street

(360) 733-4030



BSAC North

140 E Bellis Fair Parkway (near Winco Foods & Value Village)
360-559-9752 | Monday - Thursday 8:00am-4:30pm

Friendly Cribbage Tournament

August 12th 2-4 Sign up at the Front Desk or visit
MyActiveCenter.com. BSAC membership required

Join us for a free, fun and friendly Cribbage Tournament with fellow members at our new BSAC – North location! Whether you're a seasoned player or just enjoy a casual game, this is a great opportunity to connect, compete, and share some laughs. Bragging rights, and plenty of good company await.



Footcare with Jennifer is back

Make an appointment 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. Provided by Jennifer Thompson, RN. \$50 for members \$55 for non-members, payable to provider at time of appointment with cash or check.

English Country Dance Lessons *Starting in September*

Want to learn English Country Dancing?

Sign up for at the Front Desk or *MyActiveCenter.com* for the free course starting on Sept. 25th, 2:00-3:15pm running for 8 weeks. You will learn the vocabulary of English Country Dancing, the patterns that go to beautiful recorded music, how to progress up or down the set and then repeat these patterns.

Monday	10:00-11:30 Yoga w/ Mary 12:30-3:00 Table Tennis 1:00-2:00 Chairbics w/ Jeanne 2:00-3:15 Yoga w/ Dani
Tuesday	9:00-10:30 Table Tennis 9:30-10:30 Zumba w/ Betty 1:00-2:00 Line Dancing w/ Jeanne 1:30-3:00 Table Tennis
Wednesday	8:15-10:00 Table Tennis 10:00-11:15 Yoga w/ Dani 1:30-3:00 Table Tennis
Thursday	8:15-10:30 Table Tennis 9:30-10:30 Zumba w/ Betty 10:45-12:00 Yoga w/ Mary 1:30-3:00 Table Tennis 2:00-4:00 English Country Dancing

BSAC North Class fees:

Punch cards available for a discounted class fee.

1 hour classes

members \$5
non-members \$8
under 50 \$10

Yoga

members \$10
non-members \$13
under 50 \$20

BSAC Central (Halleck St.)

Featured Programs for August 2025

M O N D A Y	8:15	Advanced Fitness Hour
	9:30	EnhanceFitness
	10:30	Singing for Fun - resumes in Sept.
	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
	2:00	Tech Help
	3:15	Longevity Stick
	3:15	Ukulele Practice
T U E S D A Y	7:15/8:15	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	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)
	12:30	Scrabble & Hearts
	1:30	Chinese Mah Jongg
	2:00	Social Dance
W E D N E S D A Y	8:15	Advanced Fitness Hour
	9:00	Spanish Conversation (Virtual)
	9:00	Footcare
	9:30	EnhanceFitness
	10:00	Knitting & Crochet
	(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 - resumes in Sept.
	2:30	Jam Session
	2:45	Longevity Stick
	4:00	Weekly Social Hour
T H U R S D A Y	7:15/8:15	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
	12:15	5 Crowns card game
	1:15	Bunco
	2:30	Ukulele Practice
F R I D A Y	8:00	Table Tennis
	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
S A T	9a-12p	Open Gym, Table Tennis, Library, Reiki
	9:15	Zumba

7/31	Sikh Culture & History (p.10)	1:30pm
8/4	Financial Empowerment (p.15)	10:00am
8/6	Senior Day in the Park! (p.4-5)	10a-2p
8/7	BSAC Closed	---
8/8	A Little Less Afraid (p.10)	10:00am
8/8	Play Wingspan (p.10)	12:30pm
8/8	Knife Sharpening (p.7)	10a-4p
8/11	Book Buzz (p.8)	10:30am
8/11	TED Talk Discussion (p.14)	12:15pm
8/12	Preschoolers visit (p.12)	11:35am
8/12	Exploring Your True Self (p.11)	2:30pm
8/13	Great Books Discussion (p.8)	2:00pm
8/15	Wonders of the World (p.8)	10:30am
8/20	WTA Guided Bus Trip (p.11)	9:45am
8/20	Re-Wilding Course (p.9)	10:00am
8/21	Preschoolers visit (p.12)	11:35am
8/21	Mud Bottom Maddy (p.8)	12:30pm
8/25	TED Talk Discussion (p.14)	12:15pm
8/25	Meet & Greet (p.6)	2:30pm
8/27	Emergency Preparedness (p.6)	1:00pm
8/28	Exploring Your True Self (p.11)	1:00pm
8/28	Bham Schools Presentation (13)	1:00pm
8/29	Sound Journey (p.7)	10:00am

Senior Day in the Park

A FESTIVAL FOR OLDER ADULTS

Hosted by  **WHATCOM**
Council on Aging

Wednesday, August 6th
10am - 2pm

Hovander Homestead Park, Ferndale, WA

No Entry Fee - BBQ Lunch \$6



Connect, Engage and Enjoy!

Live Music | Lunch | Games | Demos |
100 + Vendor Resource Fair



Donate Here - Thank You!

BSAC closed on August 6th & 7th. Join us at the park on Aug. 6th!



ACTIVITIES & ENTERTAINMENT

AUGUST 6TH 2025
HOVANDER PARK



LIVE MUSIC! ON STAGE NEAR THE LUNCH PAVILLION

11:45am - Lounge Patrol
A classic rock journey infused with country and blues influences.

12:45pm - Ukulele
Joyful tunes from senior center musicians.



HOVANDER GARDEN TOURS

20-minute small-group tours led by Master Gardeners.
Sign up at the event for tour times of 11am or 12pm.



GUIDED WALK TO THE LOOKOUT TOWER & FRAGRANCE GARDEN

Leaves at 10:30 from the Activities Table. 1/2 mile to the tower.



ELDER VOICES - 1:30pm ON STAGE

Poems and prose from a cross-section of individuals in Whatcom County that captures the vitality and wisdom in their stories about growing older.



ACTIVITY DEMOS

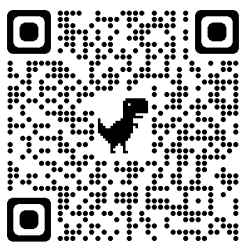
Tai Chi demo - 11:15am-11:35am
Longevity Stick demo - 1:00-1:30pm

BOCCE BALL & CORNHOLE

Near Activities Table,
10am - 2pm

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, and news from our Center and organization.

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 for programs at MyActiveCenter.com or Front Desk

Due to increase in class sizes and limited space, we ask that you please sign up in advance when that is indicated. Registration options: www.myactivecenter.com, by phone 360-733- 4030 x0, or at the front desk.

To create your account at MyActiveCenter.com, 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.

Monthly Ongoing Programs

Member Meet & Greet

Monday, August 25th, 2:30-3:15pm. Continuing on the 4th Monday 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, August 27th, 1:00-2:00pm. Free for members & guests.

Utility Safety: Be ready to stop gas leaks and prevent fires after a major earthquake. Learn how and when to safely shut off your gas and electricity.



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, Aug. 21st, 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 12 for this month's discussion.

Whatcom Edge Sharpening Service

Friday, August 8th, 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.

Low Vision Support

No meeting in August. Resumes Sept. 24, continuing on the 4th Wednesday of each month, 1:00-2:00pm.

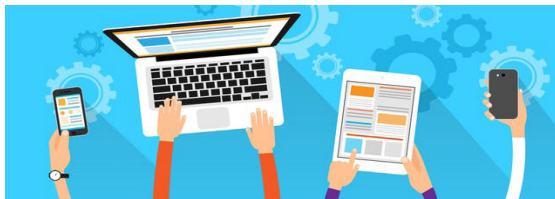
This group offers recognition and support of the difficulties low vision may present in everyday life. Meetings will typically include sharing of personal experiences and informative tips & discussion.

Tech Help

***now on Mondays & Fridays!**

Mon & 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.



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.



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.

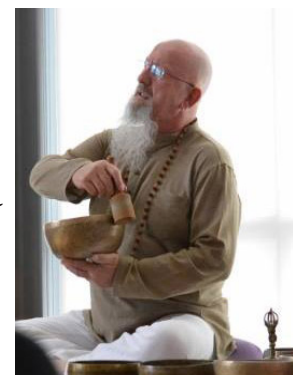


BLOOD PRESSURE

Sound Journey

Friday, Aug. 29th, 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.



Book Buzz

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

Monday, August 11th, 10:30am -

"Hester" by Laurie Lico Albanese 2022; two very different people, with exceptional talents, and haunting secrets, struggle against society's controlling efforts to limit individual freedom.

September's book is "British Ice" by Owen D. Pomery 2020; A first for Book Buzz: a Graphic Novel! In which we will learn the answer to the question: Is a picture worth a thousand words? This book delves into serious topics and reminds us to look carefully not only at the pictures but also at justification of our actions.



Wonders of the World



Join us on the third Friday of each month for slide show presentations on topics of art, culture, and nature in Whatcom County and beyond.

Friday, August 15th, 10:30am - Butterflies: Incredibly beautiful and diverse, these insects have been around for at least 56 million years; this program illustrates some of the most gorgeous.

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.

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.

Great Books Discussion

Wednesday, August 13th, 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.

August's reading is "The Lifted Veil" by George Eliot. September's reading is "My Confession" by Mary McCarthy. Facilitated by Mark B. Packer.

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.

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:

Aug. 6 - Big Stick BBQ, 709 W Orchard D.

Aug. 13 - Kulshan Brewing (Sunnyland), 2238 James St.

Aug. 20 - Beach Cat Brewing, 1010 C St.

August 27 - COA Mexican Eatery, 1065 E Sunset Dr.



Re-Wilding: Native Plants and Purposeful Stewardship



Ready to reconnect with nature and help native life thrive in your own backyard? Join this inspiring 3-part class to learn how to support birds, pollinators, and other wildlife by re-wilding the spaces around us. Based on the works of Douglas Tallamy and Mary Reynolds, this class explores the importance of native plants and how to create habitat-friendly “ARKs” (Acts of Restorative Kindness).

Class 1: Why Choose and Allow Native Plants - Wednesday, August 20th, 10:00am–12:00pm

Discover what makes native plants powerful allies in restoring ecological balance. We'll discuss what lives in the “semi-wild” compared to our typical neighborhoods, and reflect on what we want to change and protect. You'll begin scouting a space for your own backyard ARK.

Class 2: How to Steward Native Life - Wednesday, September 3rd, 10:00am–12:00pm

Letting go of the need for tidy landscapes can be liberating—and life-giving. We'll explore what abundance looks like in a wild ecosystem and reflect on the wild beauty we may have experienced in the past. We'll also form small groups to support each other in our re-wilding efforts.

Class 3: Native Life in Action - Wednesday, September 17th, 10:00am–12:00pm

A field trip to Hoag's Pond in Fairhaven. Experience native habitat firsthand with a guided, silent nature walk followed by a group reflection. We'll imagine how our own ARKs can support similar life and share ideas for the months ahead.

Bonus: Optional use of the free “Seek” app by iNaturalist to identify and track native plants in your area. Let's plant the seeds for a more vibrant and wild ecosystem!

Sign up at the Front Desk or at MyActiveCenter.com | Class size limited to the first 15 participants

Fraud and Scams Awareness

Wednesday, August 13th, 12:30-1:30pm. Sign up at the Front Desk or MyActiveCenter.com

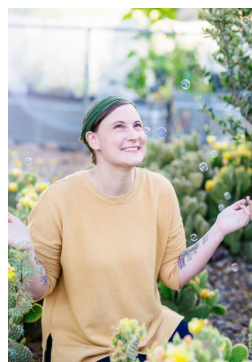
Jen Andrews, Community Service Officer with Bellingham Police Department, will present real-life fraud incidents that real-life (anonymous) Bellingham residents have experienced in recent months. Andrews intends to leave you empowered with awareness and tools, especially your intuition, to outsmart scammers who have proved over time to be extraordinarily deceptive with their trickery tactics.

Community Service Officer Jen Andrews has been with the Bellingham Police Department since April of 2023 and assists patrol officers with non-emergency calls, impounding lost and found property and evidence, traffic control, and community outreach. Prior to working at BPD, she enjoyed her role as the Program Coordinator at The Willows Senior Living. Andrews is a long-time advocate for seniors so feels perfectly suited and eager to bring awareness about the latest fraud & scams to the Bellingham Senior Center community.

Punjabi Sikh Culture & History

Thursday, July 31st, 1:30-2:30pm. Sign up at the Front Desk or MyActiveCenter.com

Harneet Kaur Matharu will share insights about our local Punjabi Sikh community, key aspects of Punjabi culture, and an introduction to Sikhi (the Sikh faith). Presented by The Chardi Kala Project: We bridge Whatcom County, WA Sikhs with non-Sikhs to end hate crimes by fostering connections between Whatcom County Sikhs and the broader community.



A Little Less Afraid: A presentation from a dementia readiness coach

Friday, August 8th, 10:00-11:00am

If you're afraid of getting dementia, A Little Less Afraid will guide you through 3 steps to reduce your fear and increase your chances of living a full, connected, meaningful life if you get it. This free session will be led by Emerson Lee, a dementia readiness coach and life enrichment specialist. It will be hopeful, empowering, and even fun!

Learn to play Wingspan

Friday, August 8th at 12:30pm. Sign up at the Front Desk or MyActiveCenter.com

A board game where you score points by populating your aviary in three different habitats with beautifully drawn bird cards using food and eggs you accumulate during play. Play is for up to 5 players.



Mini Golf

Portal Putt is part of the Portal Container Village on Bellingham's budding waterfront. An 18-hole, seasonal miniature golf course designed for both fun and challenge for all ages.

Located adjacent to the bike pump track, beer garden.

PORTAL PUTT

Offering BSAC members exclusive use of course at discounted rate!

Wednesdays, 12:00-1:00pm, starting July 30 thru Sept., \$8 per person for BSAC members and their guests. (pay at the course and let them know you're a BSAC member.)



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, August 12th at 2:30pm - The topic is Service.

Example Quotes: "I long to accomplish great and noble tasks, but it is my chief duty to accomplish humble tasks as though they were great and noble. The world is moved along, not only by the mighty shoves of its heroes, but also by the aggregate of the tiny pushes of each honest worker." - Helen Keller
"Only a life lived for others is a life worthwhile." - Albert Einstein

Thursday, August 28th at 1:00pm - The topic is Joy.

Example Quotes: "There is the true joy of life; to be used by a purpose recognized by yourself as a mighty one; to be thoroughly worn out before being thrown on the scrap heap; to be a force of nature instead of a feverish selfish little clod of ailments and grievances complaining that life will not devote itself to making you happy." - George Bernard Shaw

"Joy is a net of love by which you can catch souls. A joyful heart is the inevitable result of a heart burning with love." - Mother Teresa

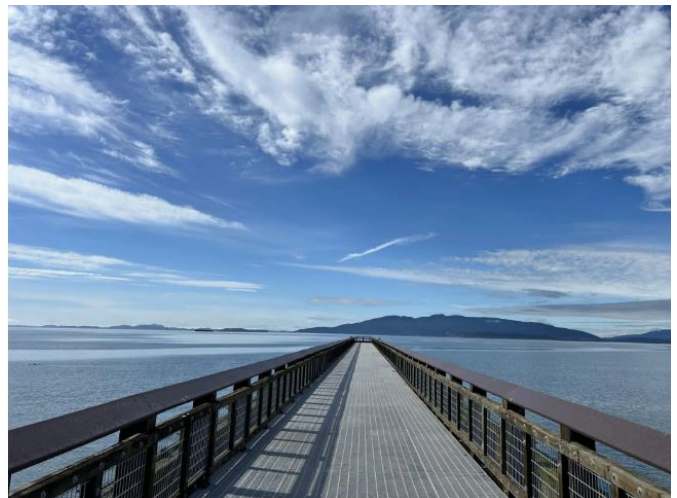
Continuing on the 2nd Tuesday of each month at 2:30pm and the 4th Thursday at 1:00pm. Sign-ups are encouraged, but not required. Sign-up at the Front Desk or MyActiveCenter.com

WTA Guided Bus Trip

To Little Squalicum Pier, Wednesday, August 20th, 9:45-11:45am

Let's explore a new bus route through downtown to the latest way to experience the bay. Little Squalicum Estuary and Pier are dynamic additions to our waterfront featuring restored habitat, pedestrian paths, and the longest public pier in Washington State.

Meet in the lobby at the BSAC Central 9:45am. Dress for a walk. 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.



Men's Group

Tuesdays, 12:15pm-1:45pm, Starting Sept. 2nd and continuing for 6 weeks. Sign up at the Front Desk or MyActiveCenter.com.

What does it mean to be a man in these strange times? How do we best channel our instinctual energies in our environment of cell phones, cultural tension, and social media? In this 6-week course, we will explore issues such as family roles, territoriality, meaningful work, sex, and mortality, and spirituality 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.

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.

Here's what past participants have had to say about the group:

"I didn't want to join this group and hang with men my age because I thought they were old. But we talked about real things, without inhibition, and I heard stories I never would've believed possible. I was so inspired that I got back in touch with a man I haven't had any contact with in 20 years, and he came to my recent birthday party. Thank you, Kai!"

"The men's group provided a safe place to engage with others. We talked openly with each other and shared our thoughts, feelings and personal stories."

Generations Early Learning & Family Center visits BSAC

Hello friends, volunteers and staff at BSAC!

During the last few weeks of this amazing summer, our center, Generations ELFC, have planned a few visits to come eat lunch with you. We have a group of kiddos called the Mountain room which consists of our 5 year olds who are heading to Kindergarten in the fall, that will be joining you all for a meal and a visit. The primary purpose of Generations ELFC has always been to provide a unique early childhood education program within a residential care facility, which will benefit the residents, children, families, and staff members through mutual interactions and continuing relationships. Quality early childhood care and education programs allow parents to engage in work and other activities with the assurance that their children are in a safe environment that promotes health, happiness, and well-being.

My name is Sofia Salazar and I am the lead teacher of the Mountain Room and Peckie, our assistant teacher will be joining for these visits as well. We look forward to meeting you and sharing a short performance from our soon-to-be Kindergarteners. Here are the dates that we will be hanging out with you, and what we will be doing other than lunch!

August 12th, 11:35 am - 12:30 pm, Story Theatre

August 21st, 11:35 am - 12:30 pm, Farewell Kindergarteners!

Bellingham Schools Presentation from Superintendent, Dr. Greg Baker

Thursday, August 28th, 1:00-2:00pm. Sign up at the Front Desk or MyActiceCenter.com

Join us for an informative presentation from Bellingham Public Schools Superintendent, Dr. Greg Baker. This is a valuable opportunity to hear first-hand updates about our local schools, new programs, and how the district is navigating current funding challenges at both the state and federal levels.

Dr. Baker will also provide information about the upcoming levy measures on the November 2025 ballot and what they mean for students, families, and the broader community. Bring your questions and concerns as there will be time for open discussion and Q&A.



Dance Fusion

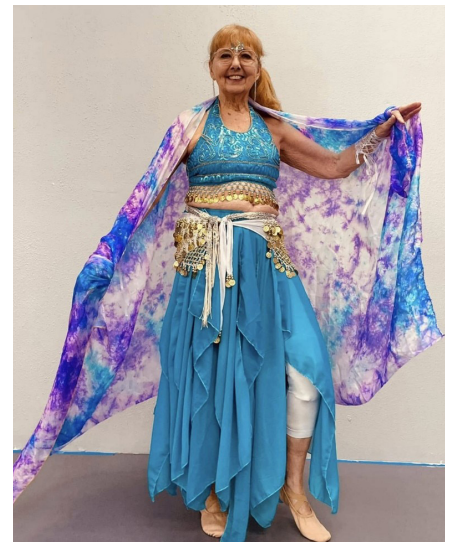
A mix of Belly Dance, Bollywood Style (Hindi Folk), and Modern Jazz

Saturdays, 10:30-11:30am in the Auditorium, starting Sept. 6th.

Registration is encouraged but not required, drop-ins are welcome to join any time. Sept. 6 - Nov. 22. Free. BSAC members only, bring your keytag.

We need to move to stay healthy. In this dance class the focus is on fun and keeping the body agile and strong. Using both inner and outer muscles, we first strengthen our bodies and wake up our muscles. The isolation exercises in this class strengthen the core muscle groups of the body. This will be our warm up.

What to expect in this Fall's classes: Using props (Canes, Zills, Fans, etc.); Bollywood routines; Belly Dance; and even a fabulous Halloween performance again! A few surprises are in the works, too! We will always do Core Isolations of muscles at the beginning and end of class!



Visit the Coasties - In Honor of Coast Guard Day

Wednesday, August 13th at 10:30am. Meet at 28 Bellwether Way. Park across the street and meet BSAC volunteer, Marilyn, at the main gate.

Program includes: History of the Coast Guard since 1790, various duties and responsibilities of the Coast Guard. They do more than search and rescue! Come and learn.



Intro to Acoustic Guitar

8-week course, Fridays, 12:00-1:30pm starting Sept. 5th. 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.

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, August 11th at 12:15pm - Retirement

The 4 phases of retirement - Imagine squeezing all the juice out of retirement! When interviewed on his research, Dr. Riley Moynes commented, "I wish I knew then what I know now about the psychological challenges that accompany retirement. It would have made things much clearer and easier." By interviewing hundreds of retirees, he has discovered a framework that can help make more sense of this challenging chapter of our lives... one that, for many, could last for 30 years or more. If you're retired, this talk will make things much clearer for you. If you're not, you'll have a better idea of what to expect when that time comes.

**The
4 Phases
of
Retirement**



A fresh perspective on retirement - Traditional retirement paradigms are becoming obsolete as longevity increases. In a world where people are living longer, we need a fresh perspective on this phase of life. Advances in healthcare, technology, and social structures enable us to live fuller, more productive lives well beyond the conventional retirement age. Ashley Rigby's talk transforms retirement from a period of withdrawal to one of active engagement and ongoing contribution.

Monday, August 25th at 12:15pm - Are Plants Sentient?

A plant's-eye view - What if human consciousness isn't the end-all and be-all of Darwinism? What if we are all just pawns in corn's clever strategy game to rule the Earth? Author Michael Pollan asks us to see the world from a plant's-eye view.

How trees talk to each other - "A forest is much more than what you see," says ecologist Suzanne Simard. Her 30 years of research in Canadian forests have led to an astounding discovery -- trees talk, often and over vast distances. Learn more about the harmonious yet complicated social lives of trees and prepare to see the natural world with new eyes.

SHIBA program for help with Medicare



A public service offered by the Washington state Office of Insurance Commissioner, SHIBA volunteers have been helping people on Medicare for more than 46 years. Over 230 trained volunteers statewide provide free, impartial and confidential Medicare counseling and education to people in their communities about Medicare plans, prescription drug access, fraud and abuse, and more.

Contact SHIBA for help with all your Medicare questions at:

Phone: 360-788-2725

Email: SHIBA@Whatcomcoa.org

AARP Smart Driver™ Course

*August 11 & 12, 12:00-4:00pm at Ferndale
Public Library.*

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.

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.

For more information, contact Keith Marr, Keith.A.Marr@gmail.com, 360-562-0198

Senior Financial Empowerment

Course starts Monday August 4, meets weekly from 10:00-11:30am for four weeks. Free, open to all.

Register at thewhatcomdream.org or email: jennifer@thewhatcomdream.org

The systems often utilized by low-income seniors can be both confusing and overwhelming. Our Seniors Financial Empowerment Course supplies students with the information and tools they need to make prudent, wise decisions about their money. We also review how to finance the twilight years and end-of-life planning.

Students also learn how to navigate Medicare and Medicaid, debt management, and budgeting on a fixed income.



Bridge Summer School

BSAC invites you to Bridge Summer School. This is for past students, for those still working on their 1,000 hands, for those that feel a little rusty and need some low-pressure practice, for regular players that don't get to play enough and for those (future students?) that are just curious about this fantastic game.

Held in Room 16, each Tuesday, 11am-3:30pm. Drop in and play. Drop in and watch. Come when you can. Leave when you need to go. No keeping score. Play with a variety of partners. Learn new conventions. Practice old ones. Plenty of table talk. There will be no formal classes, but discussion and instruction is available on a hand-by-hand basis.

If you are interested in a beginning bridge class, please sign up at the Front Desk. The earliest start will be a week after Labor Day. You will get a call from the instructor around mid-August to inform you of the details of the class.

Save the dates



Improv Show

*Friday, September 12th, 4:00-5:00pm,
Sign up at the Front Desk or MyActiveCenter.com*

The Upfront Theatre is Bellingham's home for improv comedy. They are known for fast-paced, interactive, and totally unscripted shows. Our performers create hilarious scenes on the spot based on audience suggestions.

BSAC Open House

September 17th, 10:30am-2:00pm

Learn more about our classes & activities from instructors and group leaders • Get to know our staff & volunteers • Learn about the Senior Community Meal program & volunteer opportunities • Connect with others & socialize!



UNDERSTANDING

Medicare



What's Next: Exploring your Medicare Options

Friday, October 3rd, 10:00am-2:00pm

This event provides a venue to learn about your Medicare options and meet with a variety of organizations and health insurance specialists to help with your decision-making.

Whatcom Cares: A Town Hall Conversation about Advance Care Planning, Palliative Care, End-of-Life Choice and After-Death Care

October 23rd. 4:30-6:30pm

Join us! We're a group of local and state community members who lead work in the areas of Advance Care Planning, Palliative Care, Dementia & Alzheimer's Care, End-of-Life and After-Death Care. We are gathering to answer your questions and provide guidance around the most recent information around these sensitive areas of healthcare.



Upcoming Closures:

August 6 - Senior Day in the Park- Join us at Hovander Homestead Park
August 7 - Closed

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

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.

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



your trusted legal partner | safeharborlegal.com | 360.746.7169

Did you know that the average cost of Long-Term Care in Whatcom County is around \$10,600 per month? Contact the trusted attorneys at Safe Harbor Legal Solutions and we can show you how to preserve your estate from uncovered Long-Term Care costs.

Safe Harbor
LEGAL SOLUTIONS

planning

preserving

settling





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.

Resources
Activities
Entertainment
Lunch and More!



Wednesday
August 6, 2025

Senior Day in the Park
"A festival for older adults"

Hovander Park
in Ferndale
10AM-2PM



Join us Wednesday August 6th at Senior Day in the Park for a BBQ Lunch!

Choice of: Cheeseburger/Hamburger, Hempler's Hot Dog, Vegetarian option

All options come with:

- Ian's World-Famous Potato Salad
- Fresh Watermelon
- Freshly baked cookie
- Choice of beverage

All meals will be \$6.00 this year, with all proceeds going towards the Meals on Wheels & More program!

We look forward to seeing everyone at the park!





Meals on Wheels and More

BSAC, Blaine, Ferndale Community Meals

August 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Bellingham Kitchen Team Melody Phillips-Kitchen Supervisor Emy Olguin-Prep Cook Patricia Greenberg-Prep Cook Reece Booth-Kitchen Asst. Kel Trujillo-Kitchen Asst. Ian Cassinos-Food Service Mgr.	Alternate Vegetarian Meal with Plant Based Protein <i>In *Italics</i> Entrée Salad Option Available Every Day Ferndale - Donna Kinley Blaine – Steve Wittwer			Seared Ahi Tuna Entrée Salad <i>*Grilled Tofu Salad</i> Veggie Spring Rolls
4 Chicken Bruschetta <i>*Veggie Cutlet</i> Pesto Pasta Caesar Salad Strawberry Cream	5 Pork Tamale Pie <i>*Vegan Tamale Pie</i> Mexicali Corn Cabbage Salad Pineapple	6 Senior Day In the Park Center Closed	7 Center Closed	8 BBO Chicken Entrée Salad <i>*Veggie Entrée Salad</i> Jalapeño Cheddar Cornbread Fresh Grapes
11 Chicken & Dumplings <i>*Veggie Sub & Dumplings</i> Mixed Vegetables Garden Salad Millionaire Salad	12 Beef Soft Tacos <i>*Vegan Tacos</i> Spanish Rice Fresh Corn Salsa Sliced Oranges	13 Chinese BBQ Pork <i>*Chinese BBQ Tofu</i> Vegetable Fried Rice Fresh Steamed Broccoli Mandarin Spring Mix Salad Fortune Cookies	14 Florentine Fish <i>*Florentine Veggie Cutlet</i> Roasted Yarn California Blend Vegetable Kale Citrus Salad Blueberry Crisp	15 Butternut Squash Bisque Country Chicken Salad Wrap <i>*Veggie Wrap</i> Garden Salad Raspberry Sherbet
18 Egg & Sausage Breakfast Sandwich <i>*Egg & Cheese Sandwich</i> Roasted Potatoes Garden Salad Fruit & Yogurt Parfait	19 Chicken Marsala <i>*Vegan Marsala</i> Brown Rice Spinach Salad Peaches	20 Birthday Lunch Swiss Steak <i>*Veggie Patty</i> Mashed Potatoes & Gravy Peas & Onions Spinach Salad Birthday Cake	21 Indian Butter Chicken <i>*Indian Butter Tofu</i> Basmati Rice Roasted Cauliflower Cucumber & Tomato Salad Rice Pudding	22 Italian Antipasto Entrée Salad <i>*Veggie Antipasto Salad</i> Garlic Toast Orange Wedges
25 Baked Cheesy Penne Pasta w/ Marinara Italian Vegetables Caesar Salad Peaches w/ Cottage Cheese	26 Mandarin Orange Chicken <i>*Vegan Mandarin Tofu</i> Brown Rice Asian Vegetable Blend Broccoli Slaw Tropical Fruit Salad	27 Pub Fish w/ Tartar Sauce <i>*Veggie strips</i> Potato wedges Coleslaw Fresh Melon Salad	28 Beef Stroganoff <i>*Mushroom Stroganoff</i> Brown Rice Buttered Dill Carrots Garden Salad Ice Cream	29 Tuscan Kale & Sausage Soup <i>*Tuscan Kale & Bean Soup</i> Rosemary Focaccia Garden Salad Red 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.



WHATCOM
Council on Aging



Bellingham Senior Activity Center

Two Locations To Serve You!

BSAC Central

315 Halleck St.
(360) 733-4030

Monday - Friday

8:00am to 4:30pm

Saturday Members Only- bring your keytag!

9am-12pm

(360) 733-4030

WCOA Executive Director, Chris Orr ext: 1026 corr@whatcomcoa.org

BSAC Director, Molly Simon ext: 1020 msimon@whatcomcoa.org

BSAC Program Coord., Eric Pierson ext: 1035 epierson@whatcomcoa.org

WCOA Volunteer Coord., Amy Wharton . . . ext: 1024 awharton@whatcomcoa.org

BSAC North, Jeanne Storm. 360-559-9752 jstorm@whatcomcoa.org

BSAC Program Concierge, Amanda & Teresa . . ext: 1016

Meals on Wheels & More 360-746-6480

Bellingham at Home 360-746-3457

SHIBA Whatcom. 360-788-2725

BSAC North

140 E Bellis Fair Parkway
(360) 559-9752

Monday - Thursday

8:00am to 4:30pm

closed 12-12:30pm

BSAC

Membership

Options:

\$60 for 12 months

\$20 for a 3 months