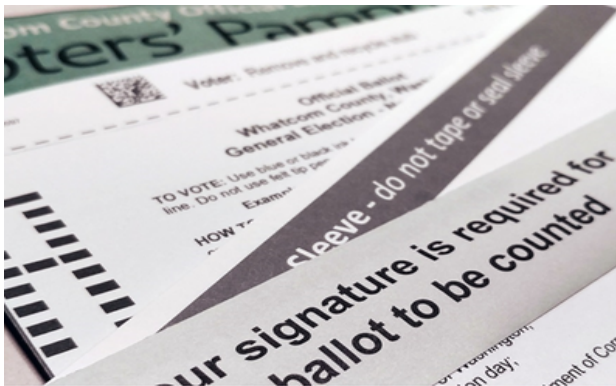


THE BSAC CONNECTION

October 2025 Programs, Services, & Activities



YOU ARE INVITED TO...

2025 CANDIDATE MEET & GREET

Bellingham Senior Activity Center
315 Halleck Street

HOSTED BY THE...



Whatcom Council on Aging

Thursday, October 16th, 11:00am-12:30pm



NOV 15

3RD ANNUAL
BSAC FALL
CRAFT FAIR

140 E BELLIS FAIR
PKWY
BELLINGHAM
NEAR WINCO
FOODS

VENDOR SIGN UP WHATCOMCOA.ORG/EVENTS FROM 9/3-10/31

BSAC'S HALLOWEEN PARTY



MUSIC FROM "HIGH TIDE"

PERFORMANCE FROM BSAC'S
DANCE FUSION CLASS

COSTUME CONTEST

GUESTS WELCOME!

OCTOBER 31 - 2:00PM



BSAC North

140 E Bellis Fair Parkway (near Winco Foods & Value Village)

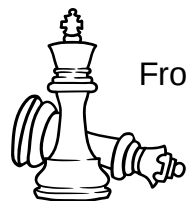
Monday	8:45-9:45 Qigong w/ Lee* 10:00-11:30 Yoga w/ Mary* 12:30-3:00 Table Tennis 2:00-3:15 Yoga w/ Dani *
Tuesday	9:00-10:30 Table Tennis 9:30-10:30 Zumba Gold w/ Betty* 10:45-12:15 Bagua Circle Walking & Self Defense 1:00-2:00 Line Dancing w/ Jeanne* 1:30-3:00 Table Tennis
Wednesday	8:15-10:00 Table Tennis 10:00-11:15 Yoga w/ Dani* 12pm BSAC North Closes
Thursday	8:15-10:30 Table Tennis 9:30-10:30 Zumba Gold w/ Betty* 1:30-3:00 Table Tennis 12:30-1:45 Golden Players 2:15-4:15 English Country Dancing 2:30-4:15 Chess (2 nd & 4 th Thurs) 2:30-4:15 Story Tellers

Footcare with Jennifer

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.
\$50 for members \$55 for non-members

Chess



From novice to expert, come and play chess.
2nd & 4th Thursdays
at 2:30pm

Bingo With the A Team

Free, with fun prizes!
Thursday, October 30th 10am
Members only,
Please pre-register.

Two Theatre Troupes @ BSAC North

The Golden Players (Variety Shows) Thursdays, 12:30-1:45pm

Storytellers (Plays) Thursdays, 2:00pm - 4:00pm

Join one - or both - troupes! Sign-ups requested (not required)

Sign up at the front desk or MyActiveCenter.com No charge.

Donations appreciated for start-up expenses.



***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 (315 Halleck St.)

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.)
	12:15	Pinochle
	12:30	Mah Jongg
	1:00	Strength Training for Balance (Virtual)
	1:00	Open Art Time
	2:00	Tech Help
T U E S D A Y	3:15	Longevity Stick
	3:15	Ukulele Practice
	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
W E D N E S D A Y	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
	2:00	Social Dance
	8:15	Advanced Fitness Hour
	9:00	Spanish Conversation (Virtual)
T H U R S D A Y	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	Qigong
	2:30	Jam Session
F R I D A Y	2:45	Longevity Stick
	4:00	Weekly Social Hour
	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)
S A T	12:15	Quilting Group
	12:15	5 Crowns card game
	1:15	Bunco
	2:30	Ukulele Practice
	8:00	Table Tennis
	8:15	Advanced Fitness Hour
	9:30	EnhanceFitness
	12:00	Acoustic Guitar Lvl 2
	12:15	Pinochle
S A T	1:30	Senior Steppers
	2:00	Tech Help
	2:00	Acoustic Guitar Lvl 1
	2:30	Ballet
	9a-12p	Open Gym, Table Tennis, Library, Reiki
	9:15	Zumba
	10:30am	Dance Fusion

Featured Programs for Oct. 2025

10/1	Great Books Discussion (p.6)	12:00pm
10/3	Medicare Options (p.8)	10a-2p
10/6	Sleeping Dragon Ensemble (p.14)	12:30pm
10/7	Understanding City Budgets (p.10)	6:00pm
10/10	Knife Sharpening (p.5)	10a-4p
10/13	Book Buzz (p.6)	10:30am
10/13	TED Talk Discussion (p.12)	12:15pm
10/13	"Salmon People" film (p.7)	1:45pm
10/14	WTA Guided Bus Trip (p.12)	9:15am
10/14	Exploring Your True Self (p.13)	2:30pm
10/16	Candidate Meet & Greet (p.8)	11:00am
10/16	Mud Bottom Maddy (p.4)	1:00pm
10/17	Wonders of the World (p.6)	10:30am
10/17	"West Shore" & "Our Sacred" (p.7)	2:00pm
10/20	Stroke Support Group (p.10)	11:00am
10/20	Not Here By Choice (p.9)	12:30pm
10/22	Bham Schools Presentation (p.9)	10:30am
10/22	Emergency Preparedness (p.4)	1:00pm
10/22	Low Vision Support (p.5)	1:00pm
10/23	Exploring Your True Self (p.13)	1:00pm
10/23	Whatcom Cares (p.11)	4:30pm
10/24	The NW Merlin Falcon (p.9)	10:00am
10/27	Clothing/Textile Mending (p.6)	11a-2p
10/27	TED Talk Discussion (p.12)	12:15pm
10/27	Meet & Greet (p.4)	2:30pm
10/29	Flu & Covid Vax Clinic (p.13)	11a-1p
10/31	Halloween Party! (cover)	2:00pm

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, Oct. 27th, 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, Oct. 22nd, 1:00-2:00pm. Free for members & guests.

Drop, Cover, Hold On: Drop, Cover, Hold On! When the ground starts to shake from an earthquake, the safest action to take is drop, cover, and hold on. Instinct tells us to start running and go outside, but that can lead to more injuries during an earthquake.



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, Oct. 16th, 1:00 - 2:00pm. Continuing on the 3rd Thursday of each month at 12:30pm.

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, Oct. 10th, 10am-4pm. Resumes in April 2026 on the 2nd Friday of the 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

Wednesday, Oct. 22nd, continuing on the 4th Wednesday of each month, 1:00-2:00pm.

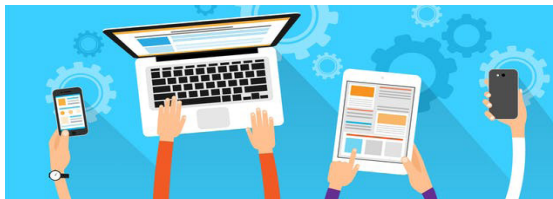
This group offers recognition and support of the difficulties low vision may present in everyday life. Meetings will typically include sharing of personal experiences and informative tips & discussion.

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.

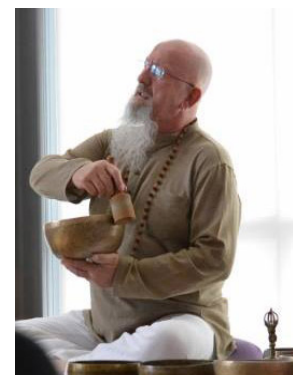


BLOOD PRESSURE

Sound Journey

October's session is full. Continuing in January 2026 on the last Fri./month, 10:00am. Sign up at the Front Desk or MyActiveCenter.com

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, Oct. 13th, 10:30am

October's book is "The Language of Sand" by Brett Ellen Block 2010; When all is lost is there any hope for the future? Is seeking a new life running away from reality? Or is it allowing a time to heal?

November's book is "Peter Pan" by J. M. Barrie. Do we all long to go back to childhood? To a time when things were simpler? To escape to Neverland? To never grow up? Beware! We might meet more than we wished for.



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, Oct. 17th, 10:30am - Fossils: How do we know about the natural world of the past? Fossils are the most important means of discovering what plants and animals existed before us. Beautiful, strange, mysterious, and intriguing, fossils bring the past alive again.

Clothing/Textile Mending & Repair

Monday, October 27th, 11:00am-2:00pm. Continuing 4th Monday of each month.

Volunteers offering free mending of clothing and other textiles to the best of our abilities to fix holes, tears, and other damage to fabric.

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.

Great Books Discussion

Wednesday, Oct. 1st, 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. October's reading is "R.U.R." by Karel Čapek. Facilitated by Mark B. Packer.

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.

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:

10/1 - El Suenito Brewing, 1926 Humboldt St.

10/8 - Aslan Brewing, 1330 N. Forest St.

10/15 - That's What I Like Island Grill, 3236 NW Ave.

10/22 - Zeek's Pizza, 2416 Meridian St.

10/29 - Applebee's, 1069 E. Sunset Dr.



In October 2014, the City of Bellingham passed an ordinance recognizing the second Monday of October as Coast Salish Day in honor of the indigenous peoples of the Salish Sea bioregion. Also occurring on the second Monday in October and widely celebrated, is Indigenous Peoples Day, a holiday that acknowledges the history, culture, and ongoing resilience of Indigenous peoples in the United States and the Americas. Take this time to discover and learn about our local indigenous history, enjoy indigenous literature and film, and support indigenous voices. Join us in viewing the following documentaries produced by Children of the Setting Sun Productions, a non-profit organization in Bellingham:

"Salmon People: Preserving a Way of Life"

Monday, October 13th (Indigenous Peoples Day), 1:45-3:00pm.
Sign up at the Front Desk or [MyActiveCenter.com](https://www.myactivecenter.com).

Scha'nexw Elhtal'nexw Salmon People: Preserving a Way of Life is an hour-long documentary inspired by the late Chex-anexwh Larry Kinley, a Lummi fisherman and tribal leader who promoted sovereignty. The film follows two Lummi families fishing for sockeye. As they navigate climate change and a depleting fishery, Larry asks: "Who Are We Without Salmon?". Celebrating the resilience and adaptive natures of salmon and the people, the film is a spiritual reflection on a lifeway centered on respect and gratitude for salmon. By Darrell Hillaire and Beth Pielert.



"West Shore" & "Our Sacred Obligation"

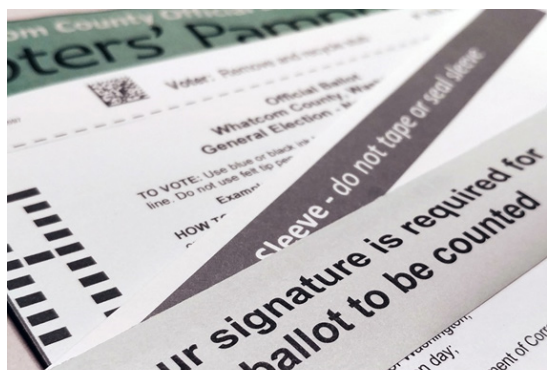
Friday, October 17th, 2:00-3:00pm. Sign up at the Front Desk or [MyActiveCenter.com](https://www.myactivecenter.com).

West Shore is an 18-minute documentary film that follows the West Short Canoe Family as they paddle through their ancestral waters and connect with relatives during the 2023 Paddle to Muckle-shoot. Tribes from Washington, Oregon, British Columbia, Alaska and California come together in potlatch and share in a cultural exchange of food, song, dance, generosity and medicine. The film is a celebration of Indigenous Coastal culture, and shows how the annual Tribal Journeys events play an integral role in community, wellness and tribal resurgence today.

Our Sacred Obligation is a 24-minute documentary film that recounts the history of the Yurok Tribe's struggle against the colonization of the Klamath River. Propped up by their ancestors and the recent success of the Lower Elwha Klallam Tribe on the Elwha River, the Yurok are using their sovereignty to fulfill their sacred obligation to bring the dams down and restore the river and the salmon that live there.



The Whatcom Council on Aging is hosting a Candidate Meet and Greet for Whatcom County and City of Bellingham candidates on the November ballot. All Whatcom County seniors are invited to come engage with your candidates!



YOU ARE INVITED TO...

2025 CANDIDATE MEET & GREET

Bellingham Senior Activity Center
315 Halleck Street

HOSTED BY THE...



Whatcom Council on Aging

Thursday, October 16th
11:00am-12:30pm

Whatcom County Council

1st District
Kaylee Galloway

Whatcom County Council

2nd District
Elizabeth Boyle
Maya Morales

Whatcom County Council

3rd District
Kyle Christensen
Jessica Reinstra

Whatcom County Council

At Large
Barry Buchanan
Misty Flowers

Bellingham City Council

Ward 2
Hollie Huthman
Leah Wainman

Bellingham City Council

Ward 4
Kerri Burnside
Skip Williams

Bellingham City Council

Ward 6
Michael Lilliquist
Andrew Reding

Bellingham Port Commissioner

D1 - Michael Alvarez Shepherd

Bellingham Port Commissioner

D2 - Ken Bell
D2 - Carly James

What's Next: Exploring your Medicare Options

Sponsored by:



The Medicare Annual Enrollment Period is October 15 to December 7. This is the perfect time for those with Medicare to re-evaluate current plans and decide if you are getting the coverage you need.

During the Open Enrollment Period, you can join, switch, or drop a Medicare Health Plan.

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.

Choose a date and location that works best for you!

- October 3rd, 10:00am-2:00pm ● Bellingham Senior Activity Center
- October 10th, 10:00am-2:00pm ● Blaine Senior Center
- October 17th, 10:00am-2:00pm ● Lynden Community/Senior Center
- October 24th, 10:00am-2:00pm ● Ferndale Senior Center

Presentations:

- 10:30am - *Get a Jumpstart on Medicare Open Enrollment Period*
- 12:45pm - *Medicare Basics refresher & Enrollment Period Prep*

Not Here By Choice — VSED (Voluntary Stopping Eating and Drinking) In The Face of Disease, presented by Phyllis Shacter.

Monday, October 20th, 12:30-2:00pm. Sign up at the Front Desk or MyActiveCenter.com

In 2013 Phyllis' husband, Alan, decided to VSED (Voluntary Stopping Eating and Drinking), rather than live into the late stages of Alzheimer's. His story became a powerful testimony for those facing similar dilemmas due to incurable diseases that erode a person's quality of life. Phyllis Shacter has since dedicated herself to educating others about VSED, giving a TEDx talk titled "Not Here by Choice", writing a book titled "Choosing to Die: A Personal Story" and becoming an end-of-life advocate. Phyllis will show the TEDx Talk and facilitate a discussion.



Bellingham Schools Presentation from Superintendent, Dr. Greg Baker

Wednesday, October 22nd, 10:30-11:30am. Sign up at the Front Desk or MyActiveCenter.com



Join us for an informative presentation from Bellingham Public Schools Superintendent, Dr. Greg Baker. This is a valuable opportunity to hear firsthand 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.

The Northwest Merlin Falcon & its Bio-Ecology

Friday, October 24th, 10:00am-12:00pm. Sign up at the Front Desk or MyActiveCenter.com.

\$10 suggested donation to the presenter.



Outside, there is a little-known, small falcon that has lived here for thousands of years and few people have noticed~ To this day, the Merlin of the Northwest bio-region remains the least known of the nine races in the world. Join us to learn about this amazing raptor's biology, prey, habitat, distribution and behavioral ecology in ancient forest to modern day urban environs.

David Drummond, Merlinologist has spent the last 43 years intensively field researching this small falcon in the Northwest, with comparative work across North America and Europe. With a research colleague, he has online published research on their breeding habitat and prey usage. David is currently writing a book on North American Merlin bio-ecology. Please visit our evolving coastalforestmerlinproject.org website.

The Following presentations in this natural history series includes: *Intertidal Life of the Salish Sea* on November 14th at 10am, and *Life Around Antarctica's Edge* on December 5th at 10am.

Stroke Support Group

Monday, October 20th, 11:00am-12:00pm. Open to all. Sign up at the Front Desk or MyActiveCenter.com. Continuing on the 3rd Monday of each month.

A once-a-month support group facilitated by a stroke rehabilitation specialist to support stroke survivors and their caregivers. Topics include but are not limited to exercising after stroke, personality changes post-stroke, vision changes, managing spasticity, and fatigue. Some months will also feature guest speakers with expertise on stroke in areas such as vision changes, spasticity, nutrition, mood, incontinence, and exercise.

One of the primary experiences of people post-stroke is the feeling of being abandoned by the medical system, and many are often shocked at the life-altering impact strokes have on themselves and their family and are eager to find support outside of their caregivers who have newly taken on a role in supporting them.

Facilitated by Rachel Cochran, practicing occupational therapist and one of only two Certified Stroke Rehab Specialists in Whatcom County.

Understanding City Government Budgets

Workshops set to guide citizens in making their views known on city's budget

Tuesdays, October 7th & 14th at 6:00pm. Open to all. Please register at salish-current.org/events

Do you know how to read a city budget? As the City of Bellingham begins its annual budgeting session facing a \$10 million deficit, residents are invited to learn how to read the city budget — and how to make their views on that budget known.

Two free budget workshops sponsored by Salish Current, a nonprofit local news organization, will be led by City of Bellingham Deputy Administrator Forrest Longman, who previously served as the city's finance director.

The identical workshops will be held on Oct. 7 and 14 at the Bellingham Senior Activity Center, 315 Halleck Street. The workshops begin at 6 p.m. and doors open at 5:30 p.m.

The workshops, underwritten by a Whatcom Community Foundation Project Neighborly grant, will also include a media workshop led by Salish Current News Editor Sam Fletcher on how participants can effectively express their views on the budget and City priorities in letters to the editor and opinion essays.

The City will hold four public hearings — Oct. 6 and 20, and Nov. 3 and 17 — when residents can comment on the city budget.

“How to read a budget may sound deadly boring but Mr. Longman promises that citizen involvement in setting budget priorities need not be,” said Salish Current Executive Editor Mike Sato. “The ability to read a budget, any budget, empowers people to take part in ensuring transparency and holding government accountable.”

Register here:



 **Salish Current**

Independent, fact-based news for Whatcom, San Juan and Skagit counties

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

Thursday, October 23rd. 4:30-7:00pm

4:30-5:00pm - Information Tables in the Lobby and Q & A with Experts

5:00-6:30 pm - Town Hall Meeting

6:30-7:00pm - Information Tables in the Lobby and Q & A with Experts

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.



Some of the topics will include:

- Understanding your choices around what medical care you may, or may not, want as your health changes and what documents are available to communicate these choices
- What options you have living with dementia around quality of life
- How to reduce the burden for your loved ones at life's end
- Options in WA State for after-death care
- And most importantly, how to ensure that your values and preferences are respected throughout your healthcare journey.

Panelists Include:

Marie Eaton, as moderator - Poet & Community Champion for the Palliative Care Institute at Western. Board member for VSED Resources NW & WA Hospice and Palliative Care Organization

Hilary Walker - OTL, Cofounder Stay Home Improvements, Chair WA POLST Advisory Council, Creator of the PeaceHealth Advance Care Planning Program

Kate Massey - Northwest Regional Council, Dementia Program Specialist

Katie Smoucha - RN with PeaceHealth Outpatient Palliative Care Program

Andrea Fenwick - Death Doula and member of VSED Resources NW

Cassandra Sutherland - Co-executive Director End of Life Washington

Brian Flowers - Wildflower Funeral Concepts, Owner & Funeral Director

Plus, other special guests and community healthcare advocates!

If you feel compelled to donate, we have compiled a list of non-profit organizations that would benefit from your support. VSED Resources Northwest, The Last Dance Caregiver Collective via the Chuckanut Health Foundation, Dementia Support Northwest and End of Life Washington are all important organizations involved in essential work supporting our community.

Friday, October 24th, Several local ACP facilitators will be offering FREE one-on-one 30-minute sessions to help answer questions, notarize completed documents and help you get on track to start the conversation and/or complete your ACP documents. Sign up at the Front Desk for an appointment.

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, October 13th at 12:15pm - Laughter

Is Laughter Really The Best Medicine? - Kiran Morjaria explores the profound impact of humour in healthcare, revealing how it reduces patient anxiety and strengthens bonds between doctors, patients and colleagues. Drawing on scientific research, he highlights the physiological and psychological benefits of laughter, including its ability to alleviate pain and stress. Kiran also examines laughter therapy and its role in improving well-being.

Change the World with Laughter - Greg Kettner shares how the power of laughter will make our everyday lives better. How it can improve your mental health and how laughter affects our lives. Greg Kettner has been making others laugh ever since he was a kid. He was born and raised in Hong Kong, has never had a cup of coffee, and has never seen a Star Wars movie. Greg has made thousands of people laugh, and shared the comedy stage with the late, great Robin Williams.

Monday, October 27th at 12:15pm - Is our civilization in existential crisis?

Are we heading towards World War III? - This talk dives into four critical dimensions — social, economic, political, and military — to uncover the patterns that led to World War I and II. By comparing those pivotal moments with today's global dynamics, it reveals troubling signs of growing instability. Are we on the brink of a Third World War? Through the lens of history, this analysis offers a powerful reflection on the present — and a warning to not repeat the mistakes of the past.

How to respond to societal collapse - Science and modelling shows our civilisation is in existential collapse, but what if this terrifying reality is the prod that humanity needs to live fully and in attainment again? In this provocative talk, international best-selling author and journalist Sarah Wilson explores the upside of losing what we've been taking for granted.

WTA Guided Bus Trip

To Trader Joe's at Sunnyland Square, Tuesday, October 14th, 9:15-11:45am

This tasty bus trip lets you sample a new WTA bus line that travels twice an hour from downtown to the hospital. Along the way we'll stop at Trader Joe's where our guide will point out easy meals for one, healthy deals and plenty of distinctive snacks. Explore a fun store and learn how taking the bus can be a part of your next healthy adventure.

Meet in the lobby at BSAC Central 9:15am sharp! Dress for a short walk and wait at the bus stop. WTA passes will be provided if needed, bring a gold card if you have one. The group will return at 11:45am.

SPACE IS LIMITED. RSVP or ask for more info at 360-756-TRIP (8747) or info@WhatcomSmartTrips.org.

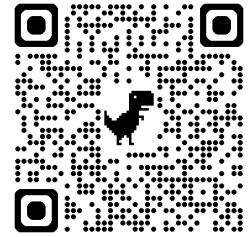


Flu & Covid Vaccine Clinic

*Wednesday, October 29th, 11:00am to 1:00pm. *Consent form Required*

Open to all and administered by Hoagland Pharmacy. Providing regular flu vaccine, high-dose flu vaccine, and COVID vaccine. No cost with Medicare and covered by all insurances except Veteran's Administration.

*The consent form needs to be filled out at least one week prior to the clinic. Scan the QR code to complete the form on your phone or visit: jotform.com/252385899714171



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. 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, October 14th at 2:30pm - The topic is Civilization.

Example Quotes: "Today we are faced with the preeminent fact that, if civilization is to survive, we must cultivate the science of human relationships - the ability of all peoples, of all kinds, to live together in the same world, at peace." ~ President Franklin Roosevelt

"Civilization begins with order, grows with liberty, and dies with chaos." ~ Will Durant

Thursday, October 23rd at 1:00pm - The topic is Honesty & Trustworthiness.

Example Quotes: "I am not bound to win, but I am bound to be true. I am not bound to succeed, but I am bound to live up to what light I have." - Abraham Lincoln

"Whoever forsakes truth finds that his path of life has become narrow and troublesome. Contentment and honesty are the lasting assets to retain ones prestige and position." - Islam

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

Bingo with the A-Team!

Free, with fun prizes! Sign up at the Front Desk or MyActiveCenter.com. Members only.

Thursday, October 30th,
10:00-11:30am at BSAC
North (140 E Bellis Fair
Pkwy)

& Thursday, November
6th, 9:00-10:30am at BSAC
Central (315 Halleck St.)



Bocce Ball

Indoors at the Sportsplex turf fields!

*Tuesdays & Thursdays, 10am-12pm. Open to all.
\$5 drop in fee paid to Sportsplex upon arrival.
Sign up at the Front Desk or MyActiveCenter.com.*

Bocce Ball, often shortened to "Bocce" is a fun and competitive game that is easy to learn and play and enjoyable for players of any age. Enjoy playing on the turf field surface at the Sportsplex with balls and course outlines provided.

Sleeping Dragon Ensemble

Monday, Oct. 6th, 12:30pm in the Coffee Bar.



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

Calling All Fabric Lovers!

Do you have extra cotton fabric tucked away that you're ready to share? We are collecting cotton yardage, fat quarters, and other fabric pieces to create beautiful items for our upcoming Craft Fair — think pillowcases, aprons, table runners, and more!

Children's prints are especially needed, but all cheerful, washable cotton fabrics are welcome. Your donation will help our volunteers turn fabric into unique, handmade items that support the Center.

If you have fabric to donate, please bring it to the BSAC front desk! Thank you for helping make this year's Craft Fair a success!

Support Our Craft Fair Bake Sale!

We're baking up something special for the upcoming Craft Fair, and we need your help to make it a sweet success! Donations of homemade cookies, pies, cakes, breads, and other tasty treats are all welcome.



Your contribution will help us raise funds to support programs at the Senior Center—and nothing brings people together quite like the smell (and taste!) of fresh-baked goods.

If you would like to contribute, please contact Teresa at TSommers@whatcomcoa.org

If baking isn't your thing, store-bought items are welcome too. Every contribution helps!

Thank you for sharing your time, talent, and ingredients to make this event a success.

Together, we can fill the bake sale table—and our community—with joy.



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banking truly means.



Visit industrialcu.com or come
see us in person at your local
branch today!



Feel Your Best at Every Age



Science-based supplements for brain, joint and digestive support. Stay sharp, active and confident as you age.*

**Use code *BSAC15*
for 15% off your first order!**



*These statements have not been substantiated by Food and Drug Administration (FDA). The product is not intended to diagnose, treat, cure, or prevent any disease.

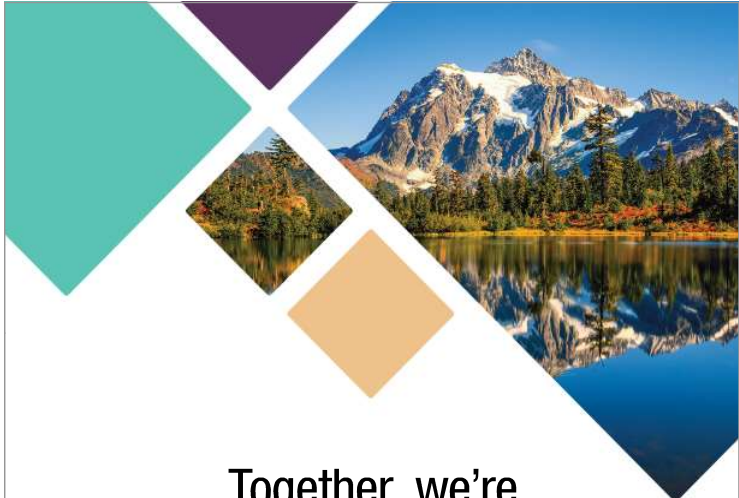
SHIBA program for help with Medicare

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



Together, we're
creating a cleaner
energy future for all.

We're with you, Whatcom.

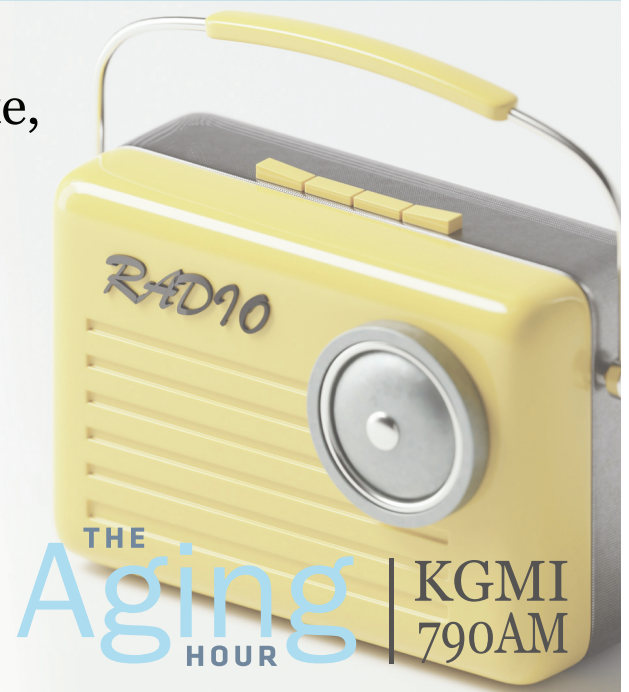
pse.com/together



your trusted legal partner | safeharborlegal.com | 360.746.7169

Are you looking for information about Medicare, Medicaid, Probate, Trusts, or retirement in general? Join attorney, Phil George, every Saturday & Sunday at 1pm on KGMI (790AM) for The Aging Hour and listen to him answer questions about all things Aging!

Safe Harbor
LEGAL SOLUTIONS



planning

preserving

settling

Senior Community Meals at BSAC



a program of the
Whatcom Council on Aging

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.

Life is better with the right Medicare plan for you!

The Medicare Annual Enrollment Period is here from Oct 15 - Dec 7

Call us or stop by one of our office locations.

(866) 733-5111 (TTY: 711)



504 Front St, Suite #101
Lynden, WA 98264



3800 Byron Ave, Suite #148
Bellingham, WA 98229

Monday - Friday | 8:30 am - 5 pm

baldwin.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, or your local State Health Insurance Program to get information on all of your options. The Baldwin Group is not affiliated with or endorsed by Medicare or any government agency. The Baldwin Group 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. All health insurance services are the responsibility of The Baldwin Group Health Insurance, LLC, NPN 17880298 and The Baldwin Group Health Insurance II, LLC, NPN 17320005.

41525



**The
Baldwin
Group**
Health Insurance



Meals on Wheels and More

BSAC, Blaine, Ferndale Community Meals

October 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Bellingham Kitchen Team Melody Phillips-Kitchen Supvr./Cook Emmy Olguin-Prep Cook Patricia Greenberg-Prep Cook Reece Booth-Kitchen Asst. Kei Trujillo-Kitchen Asst. Ian Cassinos-Food Service Mar.	Alternate Vegetarian Meal with Plant Based Protein <i>In *Italics</i> Entrée Salad Option Available Every Day Ferndale - Donna Kinley Blaine – Steve Wittwer	Country Fried Steak <i>*Veggie Fried Fritter</i> Mashed Potatoes & Gravy Peas & Carrots Garden Salad Peaches	Savory Roasted Chicken <i>*Veggie Roasted Cutlet</i> Vegetable Rice Pilaf Roasted Zucchini Spinach Salad Fruited Jell-O	Oktoberfest German Brot <i>*Veggie Brat</i> w/Bear Braised Onions Hot Potato Salad Red Cabbage Sauerbrout Apple Crisp
Cheese Tortellini Pesto w/ Sundried Tomatoes Italian Vegetable Blend Garlic Toast Caesar Salad Millionaire Salad	Beef Burgandy <i>*Vegan Burgundy</i> Brown Rice Steamed Broccoli Spinach Salad Apricots	BBQ Pulled Pork Sandwich On WW Bun Sweet Potato Fries Pineapple Coleslaw Orange Slices	Citrus Baked Salmon <i>*Veggie Cutlet</i> Rice Pilaf Green Beans Garden Salad Raspberry Sherbet	Chicken Cobb Salad w/ Bacon <i>*Veggie Cobb Salad</i> Oatmeal Bread Fresh Grapes
Chicken Strips <i>*Veggie Strips</i> Macaroni & Cheese Carrots Kale Citrus Salad Fresh Apple Slices	Ginger Orange Beef <i>*Vegan Ginger Orange Tofu</i> Brown Rice Asian Vegetable Blend Spring Mix Salad Tropical Fruit	Birthday Lunch Cranberry Mustard Pork Loin <i>*Veggie Cutlet</i> Potatoes Colcannon Green Beans Garden Salad Birthday Cake	Rueben Chicken <i>*Veggie Cutlet</i> Roasted Yam Broccoli Normandy Garden Salad Orange Cream Salad	Creamy Clam Chowder <i>*Corn & Potato Chowder</i> Tuna WW Pita Garden Salad Fresh Orange Slices
Bacon & Broccoli Quiche <i>*Broccoli Quiche</i> Breakfast Potatoes Garden Salad Fruit & Yogurt Parfait	Turkey Meatloaf <i>*Vegan Meatloaf</i> Mashed Potatoes & Gravy Peas & Onions Garden Salad Spiced Applesauce	Spaghetti & (Beef) Meatballs <i>*Veggie Meatballs</i> Italian Green Beans Caesar Salad Fresh Grapes	Panko Crusted Cod <i>*Panko Crusted Tofu</i> Wild Rice Pilaf Roasted Carrots Coleslaw Orange Sherbet	Southwest Chicken Salad <i>*Veggie Southwest Salad</i> Jalapeño Cheddar Cornbread Fresh Fruit Medley
Cabbage Rolls Baked Sweet Potato Garden Salad Red Grapes	Port Salsa Verde <i>*Vegan Salsa Verde</i> Brown Rice Roasted Corn Garden Salad Fresh Pineapple	Sweet Chili Chicken <i>*Sweet Chili Tofu</i> Thai Peanut Noodles Broccoli & Carrots Asian Slaw Mandarin Oranges	Mushroom & Swiss French Dip <i>*Veggie Burger Dip</i> w/ Au Jus Potato Wedges Carrot Raisin Salad Banana Cream Pudding	Halloween White Chicken Chili <i>*White Bean Chili</i> Tortilla Chips & Salsa Garden Salad Red Grapes Monster Cookie

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 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, Tuesday, Thursday

8:00am to 4:30pm

closed 12-12:30pm

Wednesday

8:00am to 12:00pm

BSAC

Membership

Options:

\$60 for 12 months

\$20 for a 3 months