

THE BSAC CONNECTION

September 2025 Programs, Services, & Activities



BSAC

Open House

Wednesday, September 17

10:30am-2:00pm

BSAC Central, 315 Halleck Street

free & open to all



- Learn more about BSAC's classes & activities from instructors and group leaders
- Meet our staff & volunteers
- Learn about the Senior Community Meal program & volunteer opportunities
- Enjoy a treat from the Sugar Shack Ice Cream Truck
- Connect with others & socialize!

A performance from the Senior Steppers at 1:30pm
Demonstration of English Country Dance at 1:45pm

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*



BSAC North

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

360-559-9752 | Monday - Thursday 8:00am-4:30pm

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 Circle Walking w/ Grey ↑ (New class! See page 8) 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 Gold w/ Betty 10:45-12:00 Yoga w/ Mary 1:30-3:00 Table Tennis 12:30-2:00 BSAC Theater Troupes 2:00-4:00 English Country Dancing

Foot Care 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

Theatre Troupes

Thursdays, Sept. 4, 11, 25, then weekly

12:30pm - 2:00pm, Sign up at the front desk or MyActiveCenter.com

Take the Stage! Lights, laughter, and lots of fun! Whether you're a seasoned performer or simply curious, this is YOUR chance to get involved in a lively and welcoming theatrical group. Join us as we form two Theatre Troupes: one to create and rehearse variety shows and one to produce plays that are designed with seniors in mind.

Open to all skill levels no experience necessary. Whether you have a passion for the spotlight or prefer to support from behind the scenes, there's a place for you in these productions!



BSAC NORTH

DROP BY THE BSAC NORTH OPEN HOUSE!

September 10 | 1:30pm - 3:30pm

140 E Bellis Fair Parkway
Near Winco Foods & Value Village

English Country Dance Lessons

Starts September 25th

Thursdays, 2pm-3:15pm

Sign up at the front desk or MyActiveCenter.com.

Members only, no charge

Want to learn English Country Dancing?
During the 9 week series you will learn the vocabulary, the patterns that go to beautiful recorded music, and how to progress up or down the set and repeat these patterns.

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.)
	12:30	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
W E D N E S D A Y	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)
	9:00	Footcare
	9:30	EnhanceFitness
	10:00	Knitting & Crochet
	(pg.5)	Rainbow Elders
T H U R S D A Y	1:00	Ladies Pool Group
	1:00	Strength Training for Balance (Virtual)
	1:30	BrainPower (1st & 3rd Wed.)
	1:30	Tai Chi
	2:30	Jam Session
	2:45	Longevity Stick
	4:00	Weekly Social Hour
	7:15/8:15	Senior Trailblazers
	8:30	Chair Yoga
	10:00	Button Walkabouts
F R I D A Y	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
	8:00	Table Tennis
	8:15	Advanced Fitness Hour
S A T	9:30	EnhanceFitness
	12:00	Acoustic Guitar Lvl 2
	12:15	Pinochle
	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

Featured Programs for Sept. 2025

9/1	BSAC Closed, Labor Day	---
9/3	Great Books Discussion (p.6)	12:00pm
9/6	Dance Fusion (p.11)	10:30am
9/8	Book Buzz (p.6)	10:30am
9/8	TED Talk Discussion (p.12)	12:15pm
9/9	Exploring Your True Self (p.10)	2:30pm
9/10	BSAC North Open House (p.2)	1:30pm
9/11	Photography Presentation (p.9)	12:30pm
9/12	Knife Sharpening (p.5)	10a-4p
9/12	Orcas: Stealth of the Sea (p.7)	10:00am
9/12	Improv Show! (p.7)	4:00pm
9/15	Week w/o Driving Kickoff (p.13)	10:30am
9/15	Bellair Tours & Adventures (p.11)	12:30pm
9/16	Bocce at Sportsplex (p.8)	10:00am
9/17	WTA Guided Bus Trip (p.8)	9:30am
9/17	BSAC Open House (p.1)	10:30am
9/17	Collage Glass Plates (p.9)	10:00am
9/18	Mud Bottom Maddy (p.4)	12:30pm
9/19	Wonders of the World (p.6)	10:30am
9/22	TED Talk Discussion (p.12)	12:15pm
9/22	Meet & Greet (p.4)	2:30pm
9/24	Emergency Preparedness (p.4)	1:00pm
9/24	Low Vision Support (p.5)	1:00pm
9/25	Exploring Your True Self (p.10)	1:00pm
9/26	Sound Journey (p.5)	10:00am
9/29	Tavern Tales (p.9)	12:30pm
10/3	Medicare Options (p.1)	10a-2p

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, Sept. 22nd, 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, Sept. 24th, 1:00-2:00pm. Free for members & guests.

Under the Bed: What's under your bed? All the things you need to be safe and effective after an earthquake, we hope! This means sturdy shoes and work gloves, a flashlight, protection for your head and eyes.



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, Sept. 18th, 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, Sept. 12th, 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

Wednesday, Sept. 24, continuing on the 4th Wednesday of each month, 1:00-2:00pm.

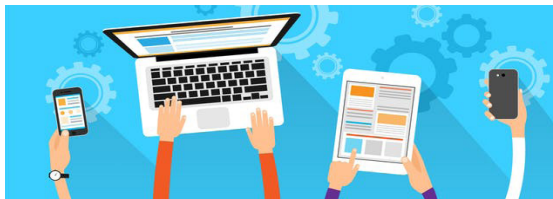
This group offers recognition and support of the difficulties low vision may present in everyday life. Meetings will typically include sharing of personal experiences and informative tips & discussion.

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.

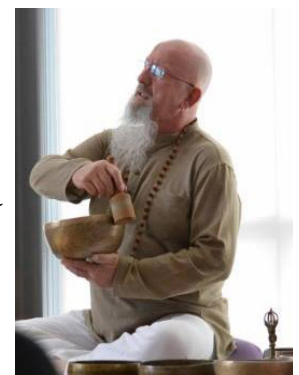


BLOOD PRESSURE

Sound Journey

Friday, Sept. 26th, 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, Sept. 8th,
10:30am**

"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.

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?



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, Sept. 19th, 10:30am - Stonehenge: What is a Henge? And why were they built? Stonehenge is only one of many stone monuments in Britain; this program will trace their development, distribution and variety.

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, Sept. 3rd, 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. Sept.'s reading is "My Confession" by Mary McCarthy, and October's reading is "R.U.R." by Karel Čapek. 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:

Sept. 3 - Menace Brewing, 2529 Meridian St.

Sept. 10 - Structures Brewing, 601 W Holly St.

Sept. 17 - Port Fairhaven Fish & Chips, 355 Harris Ave.

Sept. 24 - Goods Local Brews, 2620 Northwest Ave.



Improv Show

Friday, September 12th, 4:00-5:00pm, Sign up at the Front Desk or [MyActiveCenter.com](https://www.myactivecenter.com)

Bellingham's own Upfront Theatre is bringing their high-energy, comedic talent to BSAC for a free performance you won't want to miss!

Known for their fast-paced, interactive, and completely unscripted shows, The Upfront's performers take audience suggestions and spin them into hilarious scenes on the spot. No two shows are ever the same, making each performance a unique experience full of surprises, spontaneity, and big laughs.

Founded in 2004 by world-renowned comedian and improviser Ryan Stiles (of *Whose Line Is It Anyway?* fame), The Upfront Theatre has become a cornerstone of the Bellingham arts community. In 2020, the theatre transitioned into a nonprofit organization, reaffirming its commitment to making comedy accessible and inclusive for all ages and backgrounds.

In addition to their regular live performances at their downtown Bellingham venue, The Upfront offers improv classes, private events, and community workshops—all centered around the joy of creative expression, connection, and laughter.



Orcas: Stealth of the Sea

*Friday, September 12th, 10:00am-12:00pm. Sign up at the Front Desk or [MyActiveCenter.com](https://www.myactivecenter.com).
\$10 suggested donation to the presenter.*



Over the millennia, a specialist marine predator has been evolving in the world's oceans. Orca to some people and Killer Whale to others, this amazingly diverse member of the Cetacea is present in our local Salish Sea. We will take a closer look at its adaptations, breeding biology, behavioral ecology, foraging strategies and movements. Special attention to recent research on global eco-types, population maintenance and impacts to their survival will be discussed. Join us for this insightful talk on a keystone species of our shared aquatic planet!

David Drummond, Wildlife Biologist and Naturalist is often on ships in Orca waters. With a long-time keen interest in marine mammals, he has collaborated with many researchers and conducted his own field observations in the Salish Sea, and from the Arctic to the Antarctic marine environs.

The Following presentations in this natural history series includes:

Northwest Merlin Falcon Bio-Ecology on October 24th at 10am, Intertidal Life of the Salish Sea on November 14th at 10am, and Life Around Antarctica's Edge on December 5th at 10am.

Bagua Circle Walking - For Health, Mobility and Self Defense

At BSAC North, Starting Tuesday, September 2 10:45am - 12:15pm and continuing through October 14 (no class Oct 7). Free class, BSAC members only. Sign up at the Front Desk or MyActiveCenter.com

Bagua circle walking appeared in China in 1860AD. Today bagua is considered to be one of the three big internal styles; from soft to hard these styles are tai chi, bagua, and xingyi.

The art of bagua is every bit as energy-building as its better known cousin, tai chi, with all the same benefits. While bagua circle walking is slightly more difficult than tai chi movements, the walking aspect makes it more useful in day-to-day movements.

In our classes we will use bagua's excellent method of movement (bagua circle walking) to study body awareness, moving meditation, energy building, enhancing mobility, and self-defense. No experience necessary. Instructed by Grey Sluys.



Bocce Ball - Indoors at the Sportsplex turf fields!

*Tuesdays & Thursdays, 10am-12pm, starting Sept. 16th.
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. Please sign up at the Front Desk so we can notify the Sportsplex of how many players to expect.



WTA Guided Bus Trip

WWU Sculpture Tour, Wednesday, September 17th, 9:30am-12:00pm

Take the bus with us to WWU and learn how easy it is to use the WTA bus system. We'll have approximately 1 hour and 40 mins on campus, enough time to grab a coffee and see the sculpture collection. Wear walking shoes and clothing appropriate for the weather.

We will be walking to the city bus stop and through campus so you must be able to walk or use your motorized transportation device to travel. Meet in the lobby at the Bellingham Senior Activity Center 9:30am sharp! WTA passes will be provided if needed, bring a gold card if you have one. Bring money for coffee or a snack if you choose. The group will return by 12:00pm.

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



Tavern Tales - 1600s-1800s

Monday, September 29th at 12:30pm.

Sign up at the Front Desk or MyActiveCenter.com

How much do we really know about taverns from the 1600s to the 1800s? Were they places of vice, harboring people of ill repute? Were they important places of town government and social activities? What role did women play in the operation of a tavern?

This talk will mainly focus on taverns in the New England area but a tavern in Pioneer Park in Ferndale will also be discussed. Most people think a talk on taverns is all about alcohol but that is a modern idea. There is so much more that went into the setting up and running of a tavern. This gives an historical background to tavern operation.

Presented by Carol White, BSAC member, Town Historian in New Castle, NH, and Board Member and Genealogist of the New Castle Historical Society.



Create a Collage Glass Plate

Wednesday, Sept. 17th, 10am-12pm, continuing for 4 weeks. \$5 supply fee paid to instructor. Sign up at the Front Desk or MyActiveCenter.com.

Artist and educator Ruth San Pietro will inspire and share the process of creating a unique, colorful surface collage on a usable glass plate.

Participants will be guided through the processes of creating their own. Materials (including the plate) are provided and you may also bring your own glass plate to work with. Learn more about Ruth and her art at ruthsanpietropaper.com.



Photography Presentation:

The Bridges of Madison and Points East

Thursday, September 11th, 12:30-1:30pm. Sign up at the Front Desk or MyActiveCenter.com.

Photographer and BSAC member Catherine Grace welcomes you to a showing of her photographs.

About Catherine: I've loved photography since high school. The first time I entered the dark room I was hooked. The dark room is no longer common, now photographers work in Lightroom and Photoshop, the digital equivalent, but much more versatile. Photography is such a part of my life, I even dream about shooting and editing!



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, September 9th at 2:30pm - The topic is Generosity.

Example Quotes: "The value of a man resides in what he gives and not in what he is capable of receiving." - Albert Einstein

"We should give as we would receive, cheerfully, quickly, and without hesitation; for there is no grace in a benefit that sticks to the fingers." - Seneca

Thursday, September 25th at 1:00pm - The topic is Purpose.

Example Quotes: "I've come to believe that each of us has a personal calling that's as unique as a fingerprint - and that the best way to succeed is to discover what you love and then find a way to offer it to others in the form of service, working hard, and also allowing the energy of the universe to lead you." - Oprah Winfrey

"The purpose of life is not to be happy. It is to be useful, to be honorable, to be compassionate, to have it make some difference that you have lived and lived well." - Ralph Waldo Emerson

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

Bridge – After School Program

The Beginning Bridge class is about to start again, so the last day of Bridge Summer School will be September 2nd. But don't despair, we are offering an After School Bridge Program!

For those of you still working on your 1000 hands and for those still honing your bidding and playing technique and for those not quite ready to play with the regular Senior Center Bridge Group, please come to (BSAC Central) Room 16 at **12:30pm each Tuesday starting September 9th** and join other present and past students to play and learn and improve your skills at this wonderful game. Come when you can and leave when you must. No need to register or sign-up. There will be no keeping score, plenty of table talk, and a variety of partners. Learn new conventions and practice old ones. Discussions and instructions available on a hand-by-hand basis.

Bellair Tours & Adventures presents Fall 2025 Day Tours and Upcoming Fly-Away Adventures

Monday, September 15th, 12:30-1:30pm. Sign up at the Front Desk or [MyActiveCenter.com](https://www.bellairtours.com)

Bellair Tours provides older adults opportunities to explore the Pacific Northwest on day tours and adventure across the globe domestically and internationally. Don't worry about driving, planning, parking, etc. Bellair Tours handles all that so you can sit back, relax, and enjoy the adventure. Also a great opportunity to share the travel experience with others and make new friends. Presented by Lori Reese, who will review the newly released schedule for Sept. '25 - Dec. '25 day tours as well as upcoming Fly-away adventures for 2026 and into 2027. You can review at BellairTours.



Dance Fusion

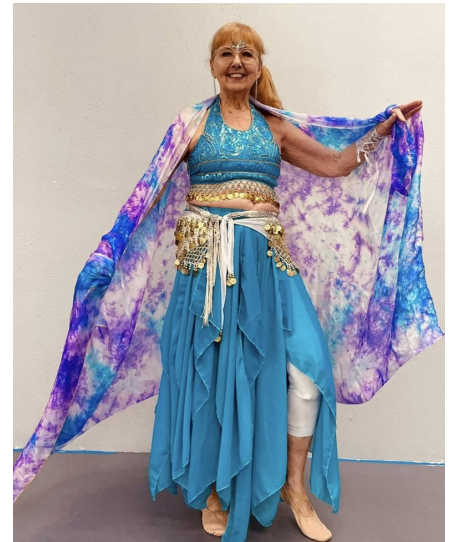
**A mix of Belly Dance, Bollywood Style (Hindi Folk),
and Modern Jazz**

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. Sign up at the Front Desk or [MyActiveCenter.com](https://www.bellairtours.com)

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!



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.

Foot Care with Jason

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

Tuesdays, September 16th and 30th.

45 minute appointments; \$50 for members \$55 for non-members, payable to provider at time of appointment with cash or check.



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, September 8th at 12:15pm - Aging Gracefully

Be A Sizzling Senior: Travel, Socialize, Avoid Isolation - Carolyn K. Stein delivers an inspiring talk on aging, resilience, and embracing life despite challenges like her husband's Parkinson's diagnosis. She shares how seniors can combat isolation, break free from stereotypes, and access resources like AARP, senior travel programs, and lifelong learning opportunities. This insightful speech highlights the impact of ageism and age discrimination, offering a fresh perspective on how seniors can thrive.

Why you feel younger (or older) than your age - What if the concept of "you're only as old as you feel" wasn't as helpful as you may have thought? In her revelatory talk, Dr. Tracey Gendron explains what feeling your age really means, and how we can change the way we think about growing older. Dr. Tracey Gendron is the author of *Ageism Unmasked: Exploring Age Bias and How to End It*.

Monday, September 22nd at 12:15pm - Embracing Neurodiversity

Neurodiversity – the key that unlocked my world - What do you think about, when you hear the word, "autism"? No diagnostic manual can truly explain the multifaceted experience of autism. It's a neurological difference with a vast spectrum of representation within its population. It can come with remarkable gifts and skills as well as devastating traits. Autism does not necessarily equal disability and thankfully today, we have a word, that challenges this negative terminology. Neurodiversity.

Lessons from a late in life autism discovery - We are seeing more people who are discovering that they're Autistic later into adulthood. This is not because of an epidemic, but because we as a society have more access to education, information, resources, and research. Patrick Casale dismantles ableist misconceptions and helps to validate and affirm an existence that is so often misunderstood.

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

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

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.





WEEKWITHOUTDRIVING

Could you go for a week without driving a car?

Whether you are considering the reality of living without a car for yourself, a loved one or the community at large, the Week Without Driving is a way to explore options, challenge assumptions, build empathy and get moving.

The Week Without Driving asks that very question of elected officials, planners and everyday citizens.

For 7 days people are challenged to not drive themselves for errands, work, or leisure. Folks meet their needs by walking, biking, bussing, asking for a ride or hiring a cab. If people do drive during the week, they are encouraged to reflect on how car dependency affects who can do their job, fulfill family obligations, get to medical appointments or participate in community events.

BSAC is encouraging folks to try The Week Without Driving from Sept. 29 - Oct. 5.

Get inspired to join the experience with a

Kickoff Conversation on Monday, Sept. 15th, 10:30-11:30am.

Registration encouraged, but not required, sign up at the Front Desk or
MyActiveCenter.com

The WWoD experience started in Washington State in 2021 to raise awareness about the reality that 30% of our population doesn't drive due to age, income or ability. Anna Zivarts of Disability Rights Washington wanted people who have choice in their transportation to understand the obstacles people without the option to drive face daily. In 2023 America Walks helped bring the Week to a national audience and it continues to grow. Last year there were activities and participants from every state.

It is an eye-opening exercise that has a lasting impact on folks who make both big and small decisions. After the WWoD, you may be inspired to engage in advocacy or just practice more consideration for those in your community.

And for those who are already living without a car, the WWoD can be a platform to amplify your story. The WWoD aims to bring often overlooked voices to the conversation about transportation and community. When people gather to talk about these issues, you can lend insight and practical tips on how you make it work. If you would like to share your mobility story, contact Eric at 733-4030 x1035.

Sign up for the WWoD and get help with trip planning at the Smart Trips table at BSAC on Sept. 24, 25 & 29, 11:00am-1:00pm.

Celebrate your success, share your frustrations and discuss what we can do with our new understanding at the **Week Without Driving Recap Celebration** on Friday, Oct. 10th, 10:30-11:30am.

Find out more or to sign up for the Week Without Driving online at weekwithoutdriving.org

Look for other Week Without Driving activities throughout Bellingham this fall with partners like



Walk & Roll
Bellingham



the Max Higbee Center,
WTA, SmartTrips, and
Bellingham Walk & Roll.



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



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



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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.

Aging is a privilege...

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Get your free consultation at our office with one of our Medicare experts today.



504 Front St, Suite #101
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baldwin.com/medicare



The Baldwin Group
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We do not offer every plan available in your area. Any information we provide is limited to those plans we do offer in your area. Please contact Medicare.gov or 1-800-MEDICARE to get information on all of your options. The Baldwin Group Health Insurance is not affiliated with or endorsed by Medicare or any government agency. The Baldwin Group Health Insurance 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. The Baldwin Group Health Insurance is a division of The Baldwin Group Health Insurance, LLC; all insurance services is the responsibility of The Baldwin Group Health Insurance, LLC.

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Meals on Wheels and More

BSAC, Blaine, Ferndale Community Meals

September 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Labor Day Center Closed	2 BBQ Chicken <i>*Vegan BBQ Cutlet</i> Roasted Yam Green Beans Kale Citrus Salad Fresh Grapes	3 Cheese Ravioli w/ Vegetable Marinara Italian Vegetables Caesar Salad Sliced Peaches	4 Salmon Burger <i>*Veggie Cutlet</i> On Whole Wheat Bun Potato Wedges Coleslaw Fruited Jell-O	5 Taco Entrée Salad <i>*Veggie Taco Entrée Salad</i> Jalapeño Cheddar Cornbread Fresh Orange Wedges
8 Chicken Cordon Bleu <i>*Veggie Chicken Patty</i> Roasted Potato Medley Steamed Broccoli Garden Salad Pistachio Cream	9 Apricot Glazed Pork Chop <i>*Vegan Chop</i> Vegetable Rice Pilaf Brussels Sprouts Spinach Salad Tropical Fruit Salad	10 Swedish Meatballs <i>*Veggie Meatballs</i> Egg Noodles Roasted Carrots Garden Salad Millionaire Salad	11 Chicken Pot Pie <i>*Veggie & Mushroom Pot Pie</i> Garden Salad Cantaloupe	12 Curry Tortellini Soup Garlic Focaccia Caesar Salad Peaches w/ Cottage Cheese
15 Hungarian Beef Goulash <i>*Vegetarian Goulash</i> Peas & Carrots Garden Salad Apple Crisp	16 Jerk Chicken w/ Mango Salsa <i>*Vegan Tofu w/ Mango Salsa</i> Cilantro Lime Rice Roasted Zucchini Cucumber & Onion Salad Watermelon	17 Birthday Lunch Bangers & Mashed Potatoes <i>*Vegetarian Sausage</i> Onion Gravy Buttered Peas Spinach Salad Birthday Cake	18 Lemon Pepper Cod <i>*Veggie Lemon Pepper Patty</i> Wild Rice Pilaf Roasted Carrots Coleslaw Raspberry Sherbet	19 Chicken Apple Walnut Salad <i>*Veggie Entrée Salad</i> Oatmeal Bread Orange Wedges
22 Chicken Enchiladas <i>*Black Bean Enchiladas</i> Roasted Street Corn Garden Salad Pineapple	23 Beef Stew <i>*Vegan Veggie Stew</i> Buttermilk Biscuit Spinach Salad Peaches	24 Pork w/ Apple Chutney <i>*Veggie Cutlet</i> Potatoes Colcannon Capri Vegetable Blend Kale Citrus Salad Ambrosia	25 Turkey Tetrazzini <i>*Tofu Tetrazzini</i> Italian Vegetable Blend Caesar Salad 7 Layer Bar	26 Creamy Tomato Basil Soup Grilled Cheese Sandwich Garden Salad Fresh Red Grapes
29 Breakfast Bake w/ Sausage <i>*Vegetarian Breakfast Bake</i> Biscuit & Jam Garden Salad Fruit & Yogurt Parfait	30 Cashew Chicken Stir Fry <i>*Vegan Cashew Tofu Stir Fry</i> Brown Rice Vegetable Egg Roll Asian Slaw Mandarin Oranges		Bellingham Kitchen Team Melody Phillips-Kitchen Supvr./Cook Emmy Olguin-Prep Cook Patrick Greenberg-Prep Cook Reece Booth-Kitchen Asst. Kai 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

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



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At Home



Bellingham Senior Activity Center

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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 - Thursday

8:00am to 4:30pm

closed 12-12:30pm

BSAC

Membership

Options:

\$60 for 12 months

\$20 for a 3 months