



# Program Guide

## Classes - Activities - Services

### Welcome

315 Halleck Street  
Bellingham, WA 98225  
(360) 733-4030 [whatcomcoa.org](http://whatcomcoa.org)  
Hours: M-F, 8am-4:30pm  
Sat., 9am-12pm (members only)

Our mission is to offer a wide range of classes, activities and services for persons 50 years of age and over to encourage emotional, mental, and physical wellness for a healthy, active, and independent lifestyle.

Membership is open to anyone 50+ for \$60 for one year or \$20 for three months.

## Discover Classes and Activities



*Current BSAC membership is required to participate in all classes and activities unless otherwise noted.*

### Fitness

#### Paying for fitness classes:

Digital Punch cards can be purchased at the front desk and can be used for fee-based BSAC fitness class. Classes are ongoing. Punch card of 11 classes: \$45. Individual classes cost \$5 (\$10 for Yoga). Virtual (on Zoom) classes are free.

#### Zumba

Zumba Gold is for active older adults who are looking for a modified Zumba® class that recreates the original moves at a lower-

intensity. The design of the class introduces easy-to-follow choreography that focuses on balance, range of motion, and coordination.

**Tues & Thurs 9:30-10:30am**

**1 punch or \$5/class**

**Location: 140 E Bellis Fair Pkwy**

**Registration, see page 5**

#### Strength Training for Balance

An exercise class focusing on balance while building strength. Instructed by Dr. Elaine Cress. This class is intended for the vast array of abilities in older adults.

**Mon & Wed 1:00-2:00pm**

**No charge - Virtual (on Zoom)**

**[whatcomcoa.org/virtualprograms](http://whatcomcoa.org/virtualprograms)**

#### Yoga

Instructors Mary Byrne and Dani Swanson have studied various disciplines of yoga. Classes are a compilation of what is most meaningful, useful, and accessible.

**Mon & Wed 10:00 - 11:30am**

**Mondays 2:00 - 3:15pm**

**2 punches or \$10/class**

**Location: 140 E Bellis Fair Pkwy -**

**Registration, see page 5**

#### Chair Yoga

Practiced sitting on a chair, or standing using a chair for support. The poses are often adaptations of postures in modern yoga. Great for those who are unable to get up and down from the floor or rehabbing from an injury.

**Tues & Thurs 8:30 - 9:30am**

**No charge, drop-in. Donations to the instructor are accepted**

## Qigong

This gentle form emphasizes synchronizing movements with breath, focus, and attention. The effect is to reduce mental and physical stress, and improve concentration, agility, and flexibility. No experience necessary.

**Wednesdays** 1:30-2:30pm  
1 punch or \$5/class

## EnhanceFitness

A lively and interactive hour-long class filled with variety that combines the three key components of fitness: strength training, flexibility, and cardiovascular conditioning.

**Mon, Wed, Fri** 9:30-10:30am  
1 punch or \$5/class

## Advanced Fitness Hour

This class will be similar to our EnhancedFitness class, but offer a higher intensity cardio workout.

**Mon, Wed, Fri** 8:15-9:15am  
1 punch or \$5/class

## Longevity Stick

Low-impact exercise using a one-inch diameter dowel in a series of movements designed to improve balance, flexibility, and strength.



**Mon** 3:15-4:15pm

No charge - Auditorium

**Wed** 2:45-3:45pm

No charge - Auditorium

**Tue & Thur** 11:00am - 12:00pm

No charge - Virtual

**Sunday** 11:00am - 12:00pm

Contact Bonnie, (360) 303-7924  
for location & directions.



## Open Gym

Available during open hours for those who have completed the Strength Training 101 class.

**Closed on Mon. & Fri., 11am-12pm**  
for Strength Training Classes.

## Strength Training 101

This small group interactive class provides a comprehensive overview of how to gain both muscular strength and muscular endurance, improve joint range of motion, and avoid injury in both gaining fitness and in everyday function. Cost: \$60 for the 8-session class. To be placed on the waiting list, please complete and return the Physician's Clearance Form, available at the Front Desk.

## Personal Strength Training

Personal Training appointments are available for \$50+tax for 45 minutes, exclusively to BSAC members who have completed our Strength Training 101 course. To schedule an appointment, visit the front desk to pick up a form and Liane will be in touch with you.

## Writing & Discussion

## Brainpower!

Brainpower is a group of thoughtful, caring, dynamic people who love to be creative, introspective and engaged in fun experiences and assignments. More than a discussion group, this group aims for camaraderie through sharing memories and mental challenges from the day in history. Newcomers are always welcomed with open arms.

**1st & 3rd Wed.** 1:30 - 3:00pm

## TED Talk Discussions

We invite you to join us to view and discuss selected TED Talks that will facilitate discourse on important subjects. Each viewing will feature a different topic from which two TED talks will be viewed and discussed.

**2nd & 4th Mondays** 12:15-1:45pm

## Spanish Conversation

¿Hablas Español? Join us and practice your Spanish skills! Express yourself and learn from other fellow Spanish speakers at BSAC.

**Wednesdays, Virtual** 9:00-11:00am

**Thursdays** 10:00am-12:00pm

## French Conversation

A casual French conversation group for beginning to intermediate speakers.

**Tuesdays,** 11:00am - 12:00pm

## Book Buzz

A monthly book discussion group. "Bee" a part of the discussion! See current newsletter for more info.

**2nd Mon./month** 10:30am-12:00pm

## Writers Group

To share wit, wisdom, and our words. Anything you want to write about and read to the group in 4-7 minutes or so. Essay, poetry, humor, memoir, book review, anecdote, or whatever thoughts you have put to words. Friendly association, discussion of ideas, and fun is what we're all about!

**Thursdays 10:30am-12:00pm**

## 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.

*1st Wed. - Lunch, 11:30 am.*

*2nd Wed. - Coffee Talk, 2:00pm.*

*3rd Wed. - Discussion, 3:15pm*

*4th Wed. - Coffee Talk, 2:00pm.*

## Weekly Social Hour

Join other BSAC members at these gatherings to meet new friends. List of weekly meeting locations available at the front desk.

**Wednesdays 4:00 - 5:00pm.**

## Wonders of the World

Slide show presentations on topics of art, culture, and nature in Whatcom County and beyond.

**3rd Fridays 10:30am - 12:00pm**

## Artistic Opportunities

### Watercolor Painting

Learn the art of watercolor painting. Drop-in as space allows.

**Wednesdays 9:00-11:00am  
& 1:00-3:00pm**

## Rug Hooking

Learn how to make beautiful hooked rugs/hangings. Materials not provided.

**Tuesdays 10:00am-2:00pm**

## Quilting

Bring your own materials and machine. Space is limited, so check with group prior.

**Thursdays 12:15-4:00pm**

## Knitting & Crochet

Open to all, new or experienced. Bring your own project (materials are not provided).

**Wednesdays 10:00-11:30am**

## Card Games

### Chess & Backgammon

Players of all levels are welcome. Have a set, please bring it along with you.

**2nd & 4th Thurs 2:30-4:30pm**

**Location: 140 E Bellis Fair Pkwy**

## Bridge

A social card game, with competition to set trump, take tricks, fulfill the contract and score points.

**Tuesdays 12:30-3:30pm  
(11:15am-12:30pm instruction)**

## Pinochle

A classic card game with bidding, melds and taking tricks to score points. All are welcome to drop-in.

**Mon & Fri 12:15-3:30pm**

## 5 Crowns

This is a unique rummy type card

game. It is challenging and fun.

**Thursdays 12:15-1:45pm**

## Bunco

Bunco is a social, group dice game. Fun and easy to learn! Drop in.

**Thursdays 1:15-3:15pm**

## American Mah Jongg

American Mah Jongg, following the rules of the National Mah Jongg League. Basic knowledge of the game is recommended.

**Mondays 12:30-4:00pm**

**Tuesdays 9:00am-12:00pm**

## Scrabble & Hearts

Drop-in and play with others.

**Tuesdays 12:30-2:30pm**

## Music & Dance



### Social Dance

Enjoy dancing to the great tunes by Sentimental Journey. \$5 to band for dancers or \$2 to listen/watch.

**Tuesdays 2:00-4:00pm**

### English Country Dancing

Learn and enjoy the country dances of England, gentle dances to beautiful music. Sign up for beginners class to join. No partner is needed. For information contact 360-303-6847.

**Thursdays 2:00-4:00pm**

**Location: 140 E Bellis Fair Pkwy**

## Senior Steppers

We welcome new tap dancers. Tap shoes available to loan and classes are free. Michelle: (360) 927-1365.

*Tuesdays* 9:30-10:30pm  
*Fridays* 1:30-3:30pm

## Beginning Tap Dance

Learn the basics and have fun. Tap shoes are provided.

*Tuesdays* 8:30 - 9:15am

## Singing for Fun

Join others to sing together. Song books provided.

*Mondays* 10:30-11:30am

## Dance Fusion

In this dance class the focus is on fun and keeping the body agile and strong. Learning routines that focus on different forms of Belly Dance.

*Saturdays* 10:30-11:30 am  
*Sept. 6th - Nov. 22nd*

## Ballet

Designed to introduce participants to classical ballet, striving to improve mobility, balance, strength, and coordination. All mobility levels are welcome as movements can be modified for seated and standing orientations. Instructed by Lacey Thompson.

*Fridays* 2:30 - 3:30pm

## Jam Session

If you have an instrument or a singing voice, come join us and have fun! The recommended skill level is intermediate to advanced.

*Wednesdays* 2:30-4:30pm  
*Thursdays* 9:30-11:15am

## Mud Bottom Maddy

Maddy is a local singer/songwriter who performs folk music for the express purpose of having fun. Her performances are lively, fun, and smile-inducing.

*3rd Thurs./month* 12:30-1:30pm

## Ukulele Practice

Join others to practice beginner ukulele songs. BYO uke.

*Mondays* 3:15 - 4:15pm  
*Thursdays* 2:30 - 4:15pm



## Ukulele Jam

All levels of singers and strummers welcome for this play-along & sing-along.

*4th Thu/month* 2:30 - 3:30pm

## Recreation

### Table Tennis

Find a partner or drop-in to play.

*Location: 140 E Bellis Fair Pkwy.*

*Mondays* 12:30-2:00pm

*Tuesdays* 9:00-10:30am

& 1:30-3:00pm

*Wednesdays* 8:15-10:00am

*Thursdays* 8:15-10:30am

& 1:30-3:00pm

## Pool

Suggested donation of \$1 per play to help with maintenance and upkeep of the tables and cue sticks.

*Mon-Fri, 8:00am to 4:30pm*

## Ladies Pool

Let's chalk up the cue sticks and rack 'em up for weekly ladies pool group. Drop-in.

*Wednesdays* 1:00-4:30pm

## The Button Walkabouts

Join us for a social, easy-paced walk. Please stay with a partner on designated trails. Most walks contain dirt trails which are not conducive for portable walkers. Monthly schedule of walks is available at the front desk or whatcomcoa.org. Need more information? Call Scott (812) 371-6005.

*Tues & Thurs* 9:30-11:00am  
*Meet at trailhead*

## Senior Trailblazers

Our philosophy is to promote fellowship and camaraderie in addition to keeping our bodies healthy and in shape. The hikes are mostly in the lowlands during the colder months and into the regions near Mt. Baker in the summer. The hikes range from 4-10 miles and are moderate to difficult. Carpooling is used to share the expense with the drivers.

*Tues & Thurs* 7:15 and 8:15am  
Visit [seniortrailblazers.com](http://seniortrailblazers.com)



## Bike Group Rides

Group rides with other BSAC members.

[whatcomcoa.org/bikegroups](http://whatcomcoa.org/bikegroups) for information.



## Tech Help

One-on-one assistance with computers, tablets, and phones. Sign up at the front desk for a 30-minute appointment.

**Fridays 2:00-4:00pm**

## Health & Wellness

### Blood Pressure Checks

High blood pressure may increase the risk of heart attack, stroke, and kidney disease. Knowing your blood pressure is part of self-care.

**1st & 3rd Mon. 10:30am - 1:00pm**

### Sound Journey

A guided sound experience where participants comfortably lie (or sit) on the floor (or chair) with their eyes closed to obtain a relaxed state. Facilitated by Everitt Allen, Sound Therapy of the Pacific Northwest.

**Last Fri./month 10:00 - 11:00am**

### Reiki

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.

**Sign up for a 30-minute reiki session at the front desk. \$20 for the session, paid to the provider in cash. BSAC members only.**

## Low Vision Support

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 and discussion.

**4th Wednesday 1:00 - 2:00pm**

## Mindfulness Meditation

Guided meditation. Drop-in. All levels from first-timers to daily practitioners are encouraged to join.

**Tuesdays 10:00-10:45am**

## Household Emergency Preparedness

In this series we will share and discuss a different topic each month. Presented by Greg Hope, Education & Outreach Coordinator for the Office of Emergency Management for the City of Bellingham.

**4th Wed./month 1:00-2:30pm**  
**BSAC membership not required**

## Foot Care

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

**45 minute appointments; \$50 for members \$55 for non-members, payable to provider at time of appointment with cash or check. Call (360) 733-4030 to secure your appointment.**

## Hearing & Communication Consults

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.

**4th Monday of each month. Call or visit the front desk for a 45-minute appointment.**

## BSAC Classes offered online with Zoom

Links to our virtual programs on Zoom are included in the weekly enews from BSAC.

Weekly classes include: Strength Training for Balance, Spanish Convo, Longevity Stick and more! [whatcomcoa.org/virtualprograms](http://whatcomcoa.org/virtualprograms) for the complete schedule and to sign up for weekly enews.

Select videos of BSAC classes are available on our YouTube Channel: [youtube.com/@wcoabsac6465](https://youtube.com/@wcoabsac6465)

## Register online for Zumba and Yoga classes

Please register in advance for these classes. Reservations can be made up to a month in advance (registration for the following month opens on the 20th). Reservations must be made in advance online: [www.myactivecenter.com](http://www.myactivecenter.com), by phone 360-733-4030 x0, or at the front desk. Scheduling online is preferred.

Please note you will need your BSAC Keytag, the phone number we have on file for you and an email address. You will be asked to create a password for this account. Please remember that if you register for Yoga or Zumba and do not cancel in advance, your punchcard will be punched for one full class.

**Thanks for being a BSAC member!**

**Membership Options:**

\$60 for one year

\$20 for a three month period.



**Senior Community Meals at BSAC**

Senior Community Meals are in-person 5 days a week, Monday through Friday, 11:30-12:30.

All senior meals are available on a donation-only basis to anyone 60 and older. 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.

The suggested donation is \$6 per meal. Donations can be made by cash, check, or online at [whatcomcoa.org/donate](http://whatcomcoa.org/donate). No eligible person will be turned away due to the inability to donate. Those under age 60 can purchase a lunch for \$10. Bellingham Senior Activity Center membership is not required to participate in the Senior Community Meals.

**Bellingham Senior Activity Center & Whatcom Council on Aging**

**BSAC Central, 315 Halleck St.**

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

**Phone: (360) 733-4030**

BSAC Front Desk Reception ..... ext: 1017  
BSAC Director, Molly Simon ..... ext: 1020  
BSAC Prog. Coordinator, Eric Pierson ..... ext: 1035  
BSAC Volunteer Coord., Amy Wharton .... ext: 1024  
BSAC Program Concierge, Amanda & Teresa . ext: 1016  
Meals on Wheels & More ..... ext: 1030  
WCOA Executive Director, Chris Orr ..... ext: 1026  
Bellingham at Home ..... ext: 2602



**BSAC North, 140 E Bellis Fair Parkway**

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

**(360) 559-9752**