

THE BSAC CONNECTION

November 2025 Programs, Services, & Activities



NOV 15 3RD ANNUAL BSAC FALL CRAFT FAIR

BSAC NORTH
140 E BELLIS FAIR PKWY
BELLINGHAM
NEAR WINCO FOODS

BAKE SALE AND HAND CRAFTED ITEMS PERFECT FOR GIFT GIVING

Wanted: Baked Goods for the BSAC Craft Fair Bake Sale!
Donate Baked Goods in support of BSAC!
Contact TSommers@WhatcomCOA.org for more info.



BSAC North

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

Mon-Thurs 8:00-4:30, Wed 9-12pm 360-559-9752

Monday	10:00-11:30 Yoga w/ Mary * 12:30-1:30 Qigong w/Lee * 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 * 1:00-2:00 Line Dancing w/ Jeanne * 2:15-3:30 Restorative Movement w/ Margie 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 * 12:30-1:45 Golden Players 1:30-3:00 Table Tennis 2:15-4:15 English Country Dancing (Class @2:15; Experienced @3:15) 2:30-4:15 Chess (2 nd & 4 th Thurs)

Stay Informed

Sign up on our website to receive BSAC weekly email newsletters with updates on new classes and events, and to let us know your interests for new activities.



**Get here
by bus!**

WTA route 331 has a stop just across the street, behind Value Village.

Footcare with Jennifer

Make an appointment at the Front Desk

Basic appointments 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.



Restorative Movement

Tuesdays 2:15-3:30pm, Nov-Dec



Looking for a relaxing way to move your body and connect with others? Restorative Movement involves gentle stretching, easing stress, and enjoying company - good for your whole self! Each week, instructor Margie Goetz—who has a B.S. in Physical Education and is a certified yoga instructor—will tailor the class to meet the needs of the group. Adaptable for those with disabilities or limited mobility.

BSAC members only, no fee, join us any week.

*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

Introducing Mikyn, Program Coordinator at BSAC North, see page 13

BSAC Central (315 Halleck St.)

Featured Programs for Nov. 2025

M O N D A Y	8:15 Advanced Fitness Hour 9:30 EnhanceFitness 10:30 Singing for Fun 12:15 TED Talk Discussions (2nd & 4th Mon.) 12:15 Pinochle 12:30 Mah Jongg 1:00 Strength Training for Balance (Virtual) 1:00 Open Art Time 2:00 Tech Help 2:00 Ballet 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 9:00 Mah Jongg 9:30 Senior Steppers 10:00 Button Walkabouts 10:00 Mindfulness Meditation 10:00 Rug Hooking 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
W E D N E S D A Y	8:15 Advanced Fitness Hour 9:00 Spanish Conversation (Virtual) 9:00 Footcare 9:00 Watercolor Painting (&1pm) 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 2:45 Longevity Stick 4:00 Weekly Social Hour
T H U R S D A Y	7:15/8:15 Senior Trailblazers 8:30 Chair Yoga 10:00 Button Walkabouts 9:30 Jam Session 10:00 Spanish Conversation 10:30 Writer's Group 11:00 Longevity Stick (Virtual) 8:30 Guitar Practice 12:15 Quilting Group 12:15 5 Crowns card game 1:15 Bunco 2:30 Ukulele Practice
F R I D A Y	8:00 Table Tennis 8:15 Advanced Fitness Hour 9:30 EnhanceFitness 2:00 Acoustic Guitar Lvl 2 12:15 Pinochle 1:30 Senior Steppers 2:00 Tech Help 2:30 Ballet
SAT	9a-12p Open Gym, Table Tennis, Library, Reiki 9:15 Zumba 10:30am Dance Fusion

11/5	Re-Wilding (p.12)	10:00am
11/5	Great Books Discussion (p.6)	12:00pm
11/6	Bingo @ BSAC Central (p.11)	9:00am
11/7	Decoding the Bham Plan (p.7)	10:30am
11/7	WTA Trip to Museum (p.10)	1:00pm
11/10	Spanish for Beginners (p.7)	9:00am
11/10	Book Buzz (p.6)	10:30am
11/10	TED Talk Discussion (p.11)	12:15pm
11/11	Exploring Your True Self (p.12)	2:30pm
11/12	Handmade Cards (p.9)	10:00am
11/12	Grandpa Beck's Games (p.8)	12:30pm
11/12	Anna Arvan Performs (p.7)	12:30pm
11/14	Intertidal Life (p.8)	10:00am
11/15	Craft Fair @ BSAC North (cover)	10a-4p
11/17	Stroke Support Group (p.10)	11:00am
11/19	Low Vision Support (p.5)	1:00pm
11/20	Mud Bottom Maddy (p.4)	1:00pm
11/20	Exploring Your True Self (p.12)	1:00pm
11/21	Wonders of the World (p.6)	10:30am
11/24	Clothing/Textile Mending (p.6)	11a-2p
11/24	TED Talk Discussion (p.11)	12:15pm
11/24	Meet & Greet (p.4)	2:30pm
11/26	Emergency Preparedness (p.4)	1:00pm
11/27	Happy Thanksgiving BSAC Closed	---
11/28	BSAC Closed	---
11/29	BSAC Closed	---

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, Nov. 24th, 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, Nov. 26th, 1:00-2:00pm. Free for members & guests.

Shelter in Place: Have you prepared your shelter in place room? Although rare, shelter in place events require us to take refuge indoors, in a room sealed from the outdoor environment, and await directions from emergency management.



Thursday, Dec. 18th,
1:00pm, the topic
will be "Is your home
earthquake safe?"

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

Mud Bottom Maddy

Thursday, Nov. 20th, 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 11 for this month's discussion.

Whatcom Edge Sharpening Service

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, Nov. 19 & Dec. 17, 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

Fridays, 30-minute appts. from 2:00-4:00pm.

Having difficulty with your phone, laptop or tablet? Book a half-hour session with BSAC's own tech support volunteers. We coach through the unfamiliar and difficult, troubleshoot problems, and get you connected. Free with your BSAC Membership.



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

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.



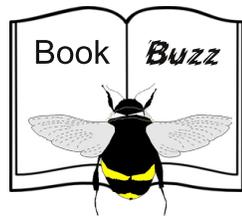
Book Buzz

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

Monday, Nov. 10th, 10:30am

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.

No meeting in December.



Great Books Discussion

Wednesday, Nov. 5th, 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. Facilitated by Mark B. Packer. For November the selection is "The Man Who Could Work Miracles" by H.G. Wells. December's selection is "On Tranquility of Mind" by Seneca.

Reiki

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. Reiki with Dana: 4th Sat./month, 9am-12pm / Reiki with Karen: 1st & 3rd Thurs/month, 2-4pm.

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:

11/5 - Lilia's Mexican Restaurant, 190 E Bakerview Rd

11/12 - Stemma West Brewing, 500 Carolina St.

11/19 - Stone's Throw Brewing, 1009 Larrabee Ave.

11/26 - Larrabee Lager Co., 4151 Guide Meridian Rd.



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, Nov. 21st, 10:30am - The Human Family Tree: Who are our ancestors? Many new Homo species have been discovered in the past several decades, so that our Family Tree is taking a shape that amazes many researchers.

No meeting in December.

Clothing/Textile Mending & Repair

Monday, November 24th, 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.



Decoding the Bellingham Plan: Interpretation, Navigation, Projection

Friday, November 7th, 10:30-11:30am. Sign up at the Front Desk or MyActiveCenter.com.



Before the end of the year, Bellingham City Council will vote on the adoption of Bellingham's 2025

Comprehensive Plan, "The Bellingham Plan". The plan contains 10 chapters each addressing an aspect of the city's growth and change: parks and recreation, housing, transportation, facilities and services, and more. Now that the plan is close to adoption, the question becomes: what does this mean for us?

In the first part of this program, we will explore the content of the Bellingham Plan, learn about opportunities to give feedback to city staff, and demonstrate where to find updates and information regarding the plan. In the second half, we'll play the Bellingham Plan Board Game, which was developed by city staff to help residents envision various growth scenarios for our city, and discuss our ideas and goals for Bellingham's future.

In Bellingham, a city which has undergone significant physical, economic, and demographic changes over the past 50+ years, residents who have witnessed the change are particularly well-equipped to help policymakers shape the future through a comprehensive plan. Engaging in conversation regarding our city's future also allows us to share stories about our experiences living in one (or many) cities and our perspectives of planning for growth and change.

Facilitated by Lark Troha, Urban Planning & Sustainable Development student at WWU, graduating December 2025. Lark is also a Policy intern with Vamos Outdoors Project, and Event coordinator at WWU Club for Urban and Environmental Sustainability.

Spanish for Beginners

Starts Monday, November 10th, 9:00-10:00am, continues for 8 weeks. Members only, Sign up at the Front Desk or MyActiveCenter.com.

¡Hola! Join our Spanish for Beginners class and start learning basic Spanish in a friendly, relaxed setting. No experience needed—just curiosity and enthusiasm! Instructed by Sylvia Aceves.



Anna Arvan Performs

Wednesday, November 12th, 12:30-1:30pm

Anna Arvan is a singer/songwriter who has been performing around Bellingham since 2002. Her main project has been leading the band, I Love You Avalanche. Anna plays a mix of covers and original songs, bringing a unique blend of folk, rock, country, and more to her stirring performances.

Grandpa Beck's Games Event – Join the Fun!

Wednesday, November 12th, 12:30–2:00pm, Sign-up at the Front Desk or MyActiveCenter.com

Looking for a fun and social way to spend an afternoon? Join us for a gameplay event hosted by Megan Johnson from Grandpa Beck's Games, a family-owned company dedicated to helping people connect through modern, laughter-filled card games! The games are easy to learn, quick to play, and fun for a wide range of ages.

You'll learn to play some of Grandpa Beck's most popular games, like Cover Your Assets and Skull King, and enjoy friendly competition with fellow members.

Program includes:

- Guided gameplay hosted by Megan
- Learn and play up to three exciting games
- Take-home links and directions so you can keep playing later
- A complimentary gift of select games for the center's future use



Intertidal Life of the Salish Sea

Friday, November 14th, 10:00am-12:00pm. Sign up at the Front Desk or MyActiveCenter.com.
\$10 suggested donation to the presenter.



We all love walking along the saltwater shoreline discovering the many unique life forms! Would you like to learn more about the invertebrates, vertebrates, algae and seaweeds of our Northwest marine backyard? Join us to study these life forms through a color-imaged program, discussion of field identification, habitats and ecology of these diverse assemblages. We will focus on an overview of tides, inter-tidal zonation and the resident invertebrate animal life from sponges to the octopus. Join us for this insightful look at the amazing diversity of life just at and below the saltwater surface!

David Drummond, Wildlife Biologist-Naturalist-Educator has studied marine organisms from the Arctic to Antarctic and in between, as well as, collaborated with world marine life experts onboard regional to international ships and continues to learn

about these fascinating organisms of the evolving oceans!

Join us for the next presentation in this natural history series: *Life Around Antarctica's Edge* on December 5th at 10am.

Handmade Recycled Paper Card Making

Wednesdays, November 12th & November 19th, 10:00am - 12:00pm. Sign up at the front desk or MyActiveCenter.com. Materials fee is \$5 paid to instructor at first class.

Explore the eco-friendly craft of Handmade Recycled Paper Card Making! In this creative class, you'll learn how to transform scrap paper materials, such as old newspapers and magazines, into beautiful, textured cards with a personal touch. From making your own recycled paper to designing unique cards, this workshop combines sustainability with artistry. Perfect for anyone interested in upcycling and creating one-of-a-kind, eco-conscious greeting or holiday cards! Instructed by Ruth San Pietro.



Punjabi Sikh Culture & History

Thursday, December 4th, 1:30-2:30pm. Sign up at the Front Desk or MyActiveCenter.com

Harneet Kaur Matharu will share insights about our local Punjabi Sikh community, key aspects of Punjabi culture, and an introduction to Sikhi (the Sikh faith). An engaging opportunity to explore Punjabi Sikh history, values, and spiritual practices, which many may not be familiar with. The Sikh community has a deep-rooted history in Whatcom County, including significant events like the 1907 Bellingham eviction.

The presentation will foster intercultural understanding, which is essential in today's diverse society to value community harmony and appreciate efforts that build empathy and connection across cultural lines. The Sikh principle of Chardi Kala (eternal optimism and high spirits) resonates deeply with themes of aging with dignity, grace, and inner strength.

The presentation is interactive, allowing participants to ask questions, share reflections, and relate the content to their own experiences. Presented by The Chardi Kala Project: We bridge Whatcom County, WA Sikhs with non-Sikhs to end hate crimes by fostering connections between Whatcom County Sikhs and the broader community.



A celebration around The Arch of Healing and Reconciliation. The arch is a reminder of the past and bridge toward the future.

Holiday Variety Shows

*BSAC North - Thursday, Dec. 4, 12:30pm-1:45pm &
BSAC Central - Monday, Dec. 8, 1:30pm-2:45pm.*

Join BSAC's own The Golden Players Theatre Troupe for their first Holiday Variety Show! Santa's Workshop will be filled with songs, music, dance, skits, jokes, trivia, improv, and more. Get ready to laugh, sing, and have fun! It's a fundraiser: 100% of donations collected at performances will go to BSAC & Meals On Wheels.

Sign up at the front desk or MyActiveCenter.com



Stroke Support Group

Monday, November 17th, 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.

WTA Guided Bus Trip

Holiday Port Festival at the Bellingham Cruise Terminal

Saturday, December 6th, 10:15am-12:45pm

Let's join the festivities of this popular annual event without worrying about winter driving or parking! We will ride the WTA bus together from the BSAC to the Bellingham Cruise Terminal where we'll enjoy music, dance and an epic gingerbread house contest.

Meet in the lobby at the Bellingham Senior Center 10:15am 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 by 12:45pm. SPACE IS LIMITED. RSVP or ask for more info at 360-756-TRIP (8747) or info@WhatcomSmartTrips.org.



Reiki

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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.

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, November 10th at 12:15pm - Intimacy

Experiencing intimate space: Six ways people experience intimacy - What is intimacy? How do we define an intimate relationship? In what ways does intimacy with others affect our sense of self? Researcher Douglas Kelley shares six themes related to the cultivation of intimacy in human relationships, and their role in developing the pathway to the true self, what Dr. Kelley describes as “the absolute version of you.”

Still Going Strong: Sexuality in Older Adults - The importance of sexual expression in older adults remains a controversial topic despite the positive relationship between sexual functioning and quality of life across the lifespan. In this talk, Dr. Kukkonen encourages us to examine and discuss sexuality in older adults and challenges some of the societal biases that limit our understanding of sex and aging.

Monday, November 24th at 12:15pm - Self Compassion

The gift and power of emotional courage - Psychologist Susan David shares how the way we deal with our emotions shapes everything that matters: our actions, careers, relationships, health and happiness. In this deeply moving, humorous and potentially life-changing talk, she challenges a culture that prizes positivity over emotional truth and discusses the powerful strategies of emotional agility. A talk to share.

The Space Between Self-Esteem and Self Compassion - In this talk, Dr Kristin Neff explains how self-compassion is distinct from self-esteem—while self-esteem depends on feeling “good enough” (often via comparison or success), self-compassion is about treating yourself with kindness, recognising that being human means imperfection, and being mindfully aware of your struggles without judgment.

5 Crowns

Thursdays, 12:15-1:45pm in Room 2, drop-in!

This is a unique rummy type card game with 5 Crowns – hearts, spades, clubs, diamonds, and stars. It is a challenging and fun game.



Bocce Ball

Indoors at the Sportsplex turf fields!

Thursdays, 10am-12pm, through Nov. 20. Open to all. \$5 drop in fee paid to Sportsplex upon arrival.

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.

Re-Wilding: Native Plants and Purposeful Stewardship

1st Wednesdays of each month, 10-11am, Sign-up at the Front Desk or [MyActiveCenter.com](https://www.whatcomcoa.org/MyActiveCenter.com)

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

Walk & Talks hosted by Gabbi & Christian

Fridays, Oct. 31, Nov. 7, 14 & 21, meet in the lobby at 2:00pm

Want to get out for a stroll and conversation? Join these walks, hosted by two WWU students will depart from BSAC. Destinations will vary and distance will be approximately 1-3 miles. The walks will include visits to local shops downtown, the Whatcom Creek Trail, and nearby parks.

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, November 11th at 2:30pm - The topic is Strength.

Example Quotes: "Knowing others is intelligence; knowing yourself is true wisdom. Mastering others is strength; mastering yourself is true power." ~ unknown

"Being deeply loved by someone gives you strength, while loving someone deeply gives you courage." ~ Lao Tzu

Thursday, November 20th at 1:00pm - The topic is Friendship & Fellowship.

Example Quotes: "The primary joy of life is acceptance, approval, the sense of appreciation and companionship of our human comrades. Many men do not understand that the need for fellowship is really as deep as the need for food, and so they go through life accepting many substitutes for genuine, warm, and simple." ~ Joshua Liebman

"One can be a brother only in something. Where there is no tie that binds men, men are not united but merely lined up." ~ Antoine De Saint-Exupery

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](https://www.whatcomcoa.org/MyActiveCenter.com)

Introducing Mikyn, Program Coordinator at BSAC North



Hi! I'm Mikyn (sounds like MY-kin) Sygitowicz, the new Program Coordinator at BSAC North. Born and raised in Bellingham, I graduated with an English degree from WWU, then left to travel the world alone for a few years before returning to make my home here.

My work background is mainly in technical writing and marketing. For the past several years I've worked in nonprofit fundraising for the arts and student scholarships, primarily at BAAY (Bellingham Arts Academy for Youth), as well as with the Bellingham Symphony Orchestra and Whatcom Community College Foundation. When I'm not at work, I'm home with my teenage daughter, our two cats (my phone is full of photos of cats in costumes, thanks to a theatre-loving child), and her greenhouse full of carnivorous plants. I love traveling, reading, hiking, word games, and coffee.

I'm excited to join the BSAC team and be part of engaging our community and bringing more joy to our days. Please let me know what activities you love and what you'd like to see us add to our mix at our north location. I look forward to meeting you if I haven't already!

Autumn Acts of Kindness

 **WHATCOM
Council on Aging**

**Fall Fund Drive
is underway!**

**Help us reach our goal to make things
better for Seniors! Learn more and make
your donation at:**



www.whatcomcoa.org/fallfunddrive

 **Bellingham
Senior
Activity
Center**
Connect with life!

 **MEALS ON WHEELS
AND MORE**
Serving Whatcom & San Juan Counties

Celebrate & Honor our Veterans

This Veterans Day join WCOA in honoring our Veterans on *Tuesday, November 11th* directly following lunch at 12:30pm. "How important it is for us to recognize and celebrate our heroes and she-roes!" - Maya Angelou

Thank you to the Bellingham at Orchard for sponsoring this celebration.



by COGIR

BSAC Holiday Showcase!

Friday, December 19th, 2:00-4:00pm

It's a time of the year for celebration, so join us for a showcase of musical performances and more from BSAC groups, including Dance Fusion, Singing for Fun, Ukulele Group, and more!

Ladies Pool

Let's chalk up the cue sticks and rack 'em up for weekly ladies pool group. Drop-in on Wednesdays, 1:00-4:00pm.



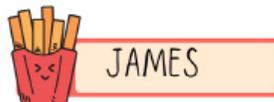
Text Notifications from BSAC

At times BSAC will use texting or calling through the My Senior Center program as a way for us to quickly let you know about changes to classes you have signed up for or attend regularly.



Messages

Please save this number to your phone to ensure you receive these important BSAC notifications: 855-953-2720. Please talk with a BSAC team member if you have any questions.



This month we invite you to wear a nametag!

Wearing a nametag helps us learn each others names and encourages us to get to know each other and build connections and friendships!

Nametags are available at the greeter station or wear one from a past job, volunteering gig, trade show, place of worship...Get creative!

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.

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: WhatcomSHIBAoic@gmail.com

As we enter the winter months, a note on inclement weather closures:

At times it can be unsafe to drive and BSAC may need to close for the day or open later than usual to give the roads time to thaw and clear the parking lot.



Closures and delays will be reported by 7:30am on, our website (whatcomcoa.org), our BSAC Facebook page, and on the outgoing message which can be heard by calling 360-733-4030.

If in doubt please stay home and stay safe! If you are in need of emergency food in case of inclement weather please call the Meals on Wheels & More office at 360-746-6480.

Join a community that has your back!

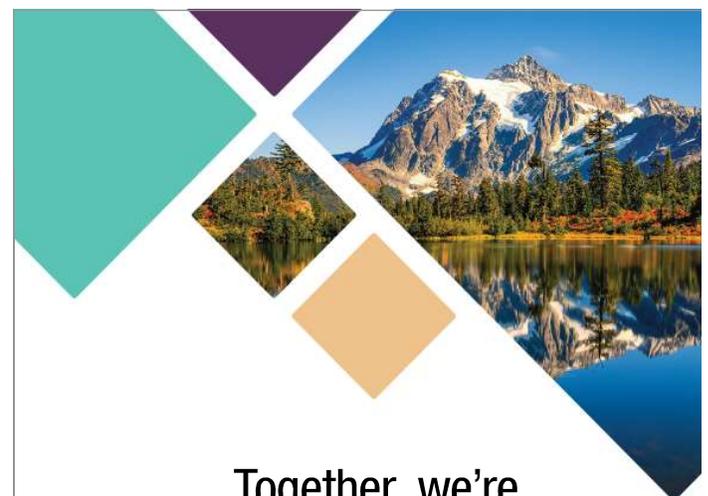


Bellingham At Home

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

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

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



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

We're with you, Whatcom.

pse.com/together



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 contribution-only basis to anyone 60 and older, with a Participant Information Form (PIF) on file. PIFs are available at the front desk.

The suggested contribution is \$6 per meal or whatever is affordable, and can be made by cash, check, or online at whatcomcoa.org/donate. No eligible person will be turned away due to the inability to contribute.

Others eligible for a contribution-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.

Don't live with Medicare plan regrets!

With the right plan in place you can enjoy peace of mind and make the most of each moment.

**Annual Enrollment Period
deadline is next month**



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.

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**The
Baldwin
Group**
Health Insurance



Meals on Wheels and More

BSAC, Blaine, Ferndale Community Meals

November, 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Swedish Meatballs Egg Noodles * <i>Veggie Meatballs</i> Green Beans Spinach Salad Pistachio Pudding	4 Pork Chop *Vegan Cutlet Mushrooms & Onions Roasted Sweet Potato Broccoli Florets Garden Salad Applesauce	5 *Butternut Squash Ravioli Brown Butter Sage Sauce Italian Vegetables Caesar Salad Raspberry Sherbet	6 Oven Fried Chicken * <i>Breaded Chick 'n Cutlet</i> Mashed Potatoes w/ Gravy Corn Coleslaw Ice Cream	7 Taco Entrée Salad * <i>Veggie Taco Entrée Salad</i> Green Chili Cheddar Cornbread Orange Wedges
10 Chicken Fettuccine Alfredo * <i>Vegetable Alfredo</i> Italian Vegetables Caesar Salad Peach Slices	11 Beef Sloppy Joes * <i>Vegan Beyond Sloppy Joe</i> Whole Wheat Bun Potato Wedges Garden Salad Tropical Fruit	12 Chinese BBQ Pork * <i>Chinese BBQ Tofu</i> Vegetable Fried Rice Fresh Steamed Broccoli Mandarin Spring Mix Salad Fortune Cookies	13 Chicken Pot Pie * <i>Mushroom Pot Pie</i> Spinach Salad Fresh Fruit	14 Vegetable Lentil Soup ½ Chicken Salad Wrap Warm Spiced Apples
17 Shrimp Entrée Salad *Veggie Entrée Salad Oatmeal Bread Fresh Grapes	18 Beef Fajitas *Vegan Beyond Fajitas Flour Tortillas Spanish Rice Mexican Corn Salad Fresh Pineapple	19 Sausage Lasagna *Veggie Lasagna Italian Vegetables Caesar Salad Birthday Cake	20 Denver Omelet * <i>Mushroom Omelet</i> Roasted Potatoes Wheat Roll Garden Salad Fruit & Yogurt Parfait	21 Thanksgiving Lunch Roasted Turkey & Cranberry * <i>Vegetarian Cutlet</i> Stuffing Mashed Potatoes & Gravy Green Beans Pumpkin Pie
24 Cheeseburger on Whole Wheat Lettuce & Tomato *Veggie Burger Potato Wedges Chocolate Ice Cream	25 Sweet & Sour Chicken * <i>Sweet & Sour Vegan Nuggets</i> Brown Rice Asian Vegetables Broccoli Slaw Mandarin Oranges	26 Pub Fish * <i>Veggie Cutlet</i> Potato Wedges Broccoli Florets Coleslaw Cookie	27  <i>Happy Thanksgiving</i>	28 
			Bellingham Kitchen Team Melody Phillips-Kitchen Supvr./Cook Emily Olguin-Prep Cook Patricia Greenberg-Prep Cook Reece Booth-Kitchen Asst. Kai Trujillo-Kitchen Asst. Ian Cassinos-Food Service Mgr.	Alternate Vegetarian Meal <i>In *Italics</i> Entrée Salad Option Available Every Day Ferndale - Donna Kinley Blaine – Steve Wittwer

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

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



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

BSAC North Program Coord., Mikyn Sygitowicz..... msygitowicz@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