

THE BSAC CONNECTION



December 2025 Programs, Services, & Activities





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 * 1:00-3:30 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 1:00-3:30 Table Tennis (Intermed/Adv)
Wednesday	8:15-10:00 Table Tennis 10:00-11:15 Yoga w/ Dani * 12:00pm BSAC North Closes
Thursday	8:15-10:30 Table Tennis 9:30-10:30 Zumba Gold w/ Betty * 12:30-1:45 Golden Players 1:00-3:30 Table Tennis (Intermed/Adv) 2:15-4:15 English Country Dancing (Class @2:15; Experienced @3:15) 2:30-4:15 Chess (2 nd & 4 th Thurs)

Email and Text Updates



Make sure you sign up for BSAC weekly email news, and check that we have your cell phone for texts about any specific class notices.



Holiday Variety Show Performances!

Details on pg 8

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

BSAC Central (315 Halleck St.)

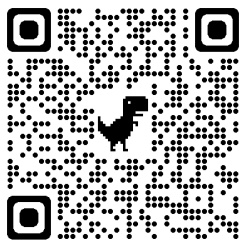
M O N D A Y	8:15	Advanced Fitness Hour
	9:00	Spanish for Beginners (sign up)
	9:30	EnhanceFitness
	10:30	Singing for Fun
	12:15	TED Talk Discussions (2nd & 4th Mon.)
	12:15	Pinochle
	12:30	Mah Jongg
	1:00	Strength Training for Balance (Virtual)
	1:00	Open Art Time
	2:00	Tech Help
	2:00	Ballet
T U E S D A Y	3:15	Longevity Stick
	3:15	Ukulele Practice
	7:15/8:15	Senior Trailblazers
	8:15	Beginning Tap Dance
	8:30	Chair Yoga
	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
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
	9:00	Watercolor Painting (&1pm)
	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	Qigong
	2:45	Longevity Stick
	4:00	Weekly Social Hour
	7:15/8:15	Senior Trailblazers
	8:30	Chair Yoga
	10:00	Button Walkabouts
	9:30	Jam Session
	10:00	Spanish Conversation
F R I D A Y	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
	8:00	Table Tennis
	8:15	Advanced Fitness Hour
	9:30	EnhanceFitness
	12:15	Pinochle
S A T	12:30	Acoustic Guitar Lvl 2
	1:30	Senior Steppers
	2:00	Tech Help
	2:30	Ballet
	9a-12p	Open Gym, Table Tennis, Library, Reiki
	9:15	Zumba

Featured Programs for Dec. 2025

12/3	Re-Wilding (p.5)	10:00am
12/3	Great Books Discussion (p.6)	12:00pm
12/4	Variety Show @ BSAC North (p.8)	12:30pm
12/4	Punjabi Sikh Culture & History (p.7)	1:30pm
12/5	Life Around Antarctica's Edge (p.7)	10:00am
12/6	WTA Trip Port Festival (p.7)	10:15am
12/8	Variety Show (p.8)	1:30pm
12/8	TED Talk Discussion (p.11)	12:15pm
12/9	Exploring Your True Self (p.10)	2:30pm
12/10	Pint Night at Structures (p.9)	3-9pm
12/10	Robert Williams Chorus (p.8)	12:45pm
12/15	Stroke Support Group (p.5)	11:00am
12/16	Exploring Your True Self (p.10)	2:30pm
12/17	Crafts with Kindergartners (p.8)	12:00pm
12/17	Low Vision Support (p.4)	1:00pm
12/18	Emergency Preparedness (p.4)	1:00pm
12/19	Let's Talk Tech (p.10)	10:30am
12/19	Holiday Showcase (p.8)	2:00pm
12/22	Clothing/Textile Mending (p.6)	11a-2p
12/22	TED Talk Discussion (p.11)	12:15pm
12/22	Meet & Greet (p.4)	2:30pm
12/24	BSAC Closes at 1:00pm	---
12/25	BSAC Closed - Merry Christmas	---
12/26	BSAC Closed	---
12/27	BSAC Closed	---
11/28	BSAC Closed	---
1/1	BSAC Closed - Happy New Year!	---

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, Dec. 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

Thursday, Dec. 18th, 1:00-2:00pm. Free for members & guests.

Home Hazard Hunt: Is your home earthquake safe? A home hazard hunt allows the entire household to get involved, to learn about earthquakes, find and correct potential safety hazards, and be prepared to make it through the next quake.

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

Low Vision Support

Wednesday, 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.

Mud Bottom Maddy

*No performance in Dec.
Continuing in January 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.



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.

Stroke Support Group

Monday, Dec. 15th, 11:00am-12:00pm. Open to all. 3rd Monday of each month.

To support stroke survivors and their caregivers. Facilitated by Rachel Cochran, practicing occupational therapist and one of only two Certified Stroke Rehab Specialists in Whatcom County.

Re-Wilding: Native Plants & Purposeful Stewardship

1st Wednesdays of each month, 10:00-11:00am.

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.

Tech Help

Mondays, Tuesdays, and Fridays, 30-minute appts. from 2:00-4:00pm. Sign up at Front Desk.

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.



*Resumes on February 9th, 10:30am with **The Bridges of Madison County** by Robert James Walker 1992.*

Spanish for Beginners

Mondays, 9:00-10:00am, Members only, Sign up and 8-week course 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.



Clothing/Textile Mending & Repair

Monday, Dec. 22nd, 11:00am-2:00pm. Continuing 4th Monday of each month.

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

Hearing & Communication Consults

4th Monday of each month. Call or visit the Front Desk to schedule a 45-minute appointment.

Joel Bergsbaken from the Hearing Speech and Deaf Center in Bellingham will be here monthly to meet with individuals for one-on-one consultations to discuss hearing change, hearing loss, communication, community barriers, and listening technology.

Great Books Discussion

Wednesday, Dec. 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. These discussions are a way to engage with classic literature through shared inquiry and dialogue, often focusing on themes of philosophy, truth, and the liberal arts.

December's selection is "On Tranquility of Mind" by Seneca. Facilitated by Mark B. Packer.



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:

*12/3 - Zeek's Pizza, 2416 Meridian St.

*12/10 - Structures Brewing, 601 W. Holly St.

12/17 - Port Fairhaven Fish & Chips, 355 Harris St.

12/26, Friday (Special Holiday Meetup) - El Sueño Brewing, 1926 Humboldt St

*Pint Night Fundraiser! \$1 per pint sold will be donated to Whatcom Council on Aging to support BSAC and Meals on Wheels!



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



Robert Williams School Chorus

Wednesday, December 10th, 12:45-1:30pm
in the Coffee Bar

Robert Williams School Chorus will sing songs of the season! 16-18 RWS singers are Kindergarten-6th grade this year. They love to sing, go caroling and bring cheer to the community. The chorus will be accompanied by the magical Mark Nichols! Please, no photos or video during the performance.

Christmas Crafts with Kindergartners

Wednesday, December 17th, 12:00-1:00pm. Sign up at the Front Desk or MyActiveCenter.com

Kindergarten students from Assumption Catholic School will be joining us at BSAC for some Christmas fun! We welcome you to join us in making ornaments, window crafts, and holiday treats! Come and share the joy of the holidays with these children in our community!



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, Senior Steppers, Singing for Fun, Ukulele Group, and more!

Senior Financial Empowerment Course

Monday, January 12, 2026 at 9:30-11:00am. There is no charge for this 8-week consecutive course.

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

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

Provided by Whatcom Dream. The Whatcom Dream is a 501(c)3 non-profit organization that has been providing financial empowerment courses and community education since 1999.



Intro to Acoustic Guitar

8-week course, Fridays, 2:00-3:30pm starting January 16th.

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



This course provides a foundational introduction to guitar playing, focusing on basic techniques and concepts. Students will learn how to hold, tune, and care for their guitar, develop finger coordination, and learn to play simple chords and songs. After completion of this course you will have an opportunity to continue with the ongoing Level 2 group.

Tech Help

Mondays, Tuesdays, and Fridays, 30-minute appointments from 2:00-4:00pm. Sign up at the Front Desk.

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.



Pint Night at Structures Brewing!

**Benefiting the
Whatcom Council on Aging**

*Bellingham Senior Activity Center
Meals on Wheels and More
Bellingham at Home*

When: Wednesday, December 10th
Time: 3pm - closing
Where: Structures Brewing, 601 W. Holly St.
What: Structures Brewing will donate \$1 to the WCOA for each beer, cider or N/A beer sold! All ages welcome!

*Come join in the fun and support the WCOA!
Thank you!*



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, December 8th at 12:15pm - Gratitude

What Happens When You Harness The Power of Gratitude - In her powerful TEDx Providence talk, Shannon Shallcross reveals how a deceptively simple daily practice transformed her life: writing down ten things she was grateful for—every single day—for one year. What began as an experiment soon sparked a profound shift in her relationships, mental resilience, and even her career. As the founder of a healthcare data science company, Shannon was stunned by how often we overlook gratitude's well-documented impact on physical and emotional well-being.

Gratitude - The Power to Heal The World

- Within Your Reach - For millennia, spiritual leaders and philosophers have known the importance of gratitude as a virtue, a moral emotion, and altruistic in nature. Today social scientists recognize the systemic cultivation of gratitude yields measurable psychological and physical benefits. This talk will share how these healing benefits will inspire the same for communities, institutions and the world.



Monday, December 22nd at 12:15pm - AI

Why AI is our ultimate test and greatest invitation - Technologist Tristan Harris has an urgent question: What if the way we're deploying the world's most powerful technology — artificial intelligence — isn't inevitable, but a choice? In this eye-opening talk, he calls on us to learn from the mistakes of social media's catastrophic rollout and confront the predictable dangers of reckless AI development, offering a "narrow path" where power is matched with responsibility, foresight and wisdom.



Why are people falling in love with ChatGPT? - Can AI win our trust, our affection, and maybe even our heart? In this TEDx talk, Deborah Nas reveals how AI is increasingly capable of acting like a true companion—becoming our friend, confidant, or even romantic partner. But as AI grows more human-like, what does this mean for our real-life relationships? Explore why we find ourselves emotionally connecting with AI, the opportunities and risks that come with this new intimacy, and why it's essential that we take control of shaping this technology—before it shapes us.

Let's Talk Tech

Are you curious or skeptical about technologies? Participate in a study of a new tool called "Let's Talk Tech" that helps families make sense of technologies to help people live safely at home.

Who should join? Are you a family member or friend supporting someone with memory problems? Do you have memory problems? You could be eligible to join this study together.

Through the University of Washington School of Social Work, the study is for people living with memory problems to do together with their primary support person. It involves a new tool that helps people understand and talk about various technologies that are used to support care. It's all done from home virtually through Zoom, it takes about 2 hours over the course of 2 weeks, and each participant receives a \$75 Amazon e-gift card.

The development of Let's Talk Tech and resulting research advances scientific understanding of how to engage people living with mild cognitive impairment (MCI) or dementia in decisions for how they will be monitored to reduce risks to their privacy and autonomy. It helps families navigate a complex technological landscape. The goals are to educate people about diverse technologies and to engage older adults in talking about what they would or would not like to use to make it easier for care partners to follow their choices.

Research Coordinator, Melinda Schultz will be at BSAC to share information, answer questions, and sign people up to participate on *Friday, December 19th at 10:30am.* You can also learn more by phone 206-221-8464 or website (scan QR code)



Dance Fusion

Winter/Spring session starts Saturday, January 10, 2026 at 10:30am. Sign up at the Front Desk or [MyActiveCenter.com](https://www.MyActiveCenter.com)

Our FREE winter/spring session will run through April 25, 2026, and will include more Bollywood, more Cane* dance, and getting to learn how to use the finger cymbals (Zills*), veils and using other props. Come join the class even if you have never danced before!



Our class emphasizes the development of core muscle groups, recognizing the importance of maintaining core strength as we age. We will continue to do isolated muscle exercises, arm and foot work. At the end we always do cool down exercises.

Eileen Angilletta brings extensive experience in dance and fitness instruction, supported by a Master degree in both in Education and Psychology. She emphasizes enjoying the process of learning new skills, believing that dance not only keeps our minds sharp but also helps maintain physical health.

If you have a cane, veil, and/or finger cymbals please bring them to class.*

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, December 9th at 2:30pm we will explore the quality of hope.

Example Quote: "Hope doesn't come from calculating whether the good news is winning out over the bad. It's simply a choice to take action." ~ Anna Lappe

Tuesday December 16th at 2:30pm - The topic is responsibility.

Example Quote: "The willingness to accept responsibility for one's own life is the source from which self-respect springs." ~ Joan Didion

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

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:

Bellingham Senior Activity Center
Connect with life!

www.whatcomcoa.org/fallfunddrive

MEALS ON WHEELS AND MORE
Serving Whatcom & San Juan Counties



The BSAC Craft Fair Committee would like to say "THANK YOU" to everyone that helped to make our 2025 Craft Fair such a success.

Thank you particularly to those who donated baked goods to our first ever bake sale which raised \$1,500!

We are also floored by the generous donations of fabric that will be used to create goods to be sold at next year's Craft Fair. Our appreciation to each of our member vendors, volunteers and shoppers, thank you!

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.



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.



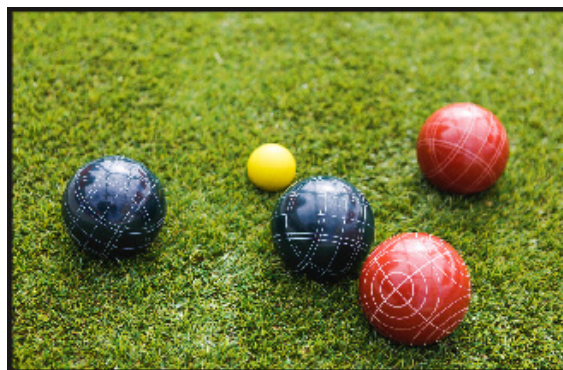
Thanks for being a BSAC Member

Bocce Ball

Indoors at the Sportsplex turf fields!

Thursdays, 10am-12pm, through January. 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.



Strengthen Your Anti-Fall Muscle

Sometimes referred to as the 'anti-fall muscle,' your tibialis anterior is the large muscle on the front of your lower leg. If you have ever had shin splints, that's the one!



One fall-reduction related function of the tibialis anterior is lifting the toe when you are walking so it helps you to avoid catching your foot on something. Another function is flipping your foot up if you do catch it on an obstacle.

Try seated toe taps, like you are tapping the toes of both feet to music, through a commercial or song on most days and work on increasing your range of motion when you lift your toes up.

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.

WE DELIVER
SAFETY. CONVENIENCE. EXCELLENCE.
at home

HOME HEALTH SERVICES

Skilled Nursing
Physical Therapy
Occupational Therapy
Speech Therapy
Medical Social Work
Home Health Aide



SIGNATURE healthcare
at home
care where you are

Serving Whatcom County

360-671-5872

Also Serving Skagit, Island, King,
Snohomish, Pierce, & Kitsap Counties

425-747-7747



SignatureHCH.com

Senior Community Meals at BSAC



a program of the
Whatcom Council on Aging

Senior Community Meals are in-person 5 days a week, Monday through Friday, 11:30-12:30. Check out the menu on the next page.

All senior meals are available on a 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.

Got Medicare questions? We've got answers

Your one-stop shop for all things Medicare include:

- Independent, local, and trusted Medicare experts
- Wide variety of plans that fit your needs
- FREE plan check-ups



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.

41527



**The
Baldwin
Group**
Health Insurance



Meals on Wheels and More

BSAC, Blaine, Ferndale Community Meals

December, 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Ham & Pineapple <i>*Vegan Patty & Pineapple</i> Roasted Yam Green Beans Garden Salad Applesauce	2 *Three Bean Chili Stuffed Baked Potato Fresh Steamed Broccoli Kale Salad Sliced Peaches (Vegan)	3 Tuna Noodle Casserole <i>*Grilled Tofu & Noodle</i> Roasted Carrots Pineapple Coleslaw Blueberry Crisp	4 Swiss Steak <i>*Veg Swiss Cutlet</i> Mashed Potatoes & Gravy Peas & Onions Spinach Salad Ice Cream	5 Asian Chicken Entrée Salad <i>*Asian Tofu Entrée Salad</i> Veggie Egg Roll Fresh Sliced Oranges
8 Green Chicken Enchiladas <i>*Cheese & Bean Enchiladas</i> Chili Beans Mexican Street Corn Salad Orange Slices	9 New Orleans Gumbo Sausage, Shrimp & Chicken <i>*Vegan Gumbo</i> Brown Rice Cornbread Garden Salad Tropical Fruit Salad	10 *Cheese Ravioli w/ Marinara Italian Vegetables Caesar Salad Raspberry Sherbet	11 Korean Beef Bulgogi Steamed Rice Sesame Broccoli Garden Salad Mandarin Oranges	12 Happy Hanukkah Grilled Pastrami on Rye Kosher Dill Pickle Potato Wedges Coleslaw Apple Cake
15 Florentine Fish <i>*Florentine Veggie Cutlet</i> Rosemary Roasted Potatoes Broccoli Cucumber & Onion Salad Millionaire Salad	16 BBQ Chicken <i>*Vegan BBQ Chicken</i> Sweet Potatoes Brussels Sprouts 4 Bean Salad Fresh Fruit	17 Birthday Lunch Apricot Glazed Pork Chop *Apricot Glazed Veg. Cutlet Wild Rice Pilaf Normandy Veg Blend Kale Citrus Salad Gingerbread w/ Lemon Sauce	18 *Butternut Squash Bisque ½ Turkey-Cheddar Sandwich <i>*Cheese Sandwich</i> On Whole Wheat Garden Salad Peaches & Cottage Cheese	19 Christmas Lunch Roast Beef <i>*Veggie Patty</i> Mashed Potatoes & Gravy Buttered Carrots Wheat Dinner Roll Apple-Cranberry Salad Pecan Pie
22 Beef Stroganoff <i>*Mushroom Stroganoff</i> Egg Noodles Roasted Carrots Spinach Salad Ambrosia	23 Jamaican Jerk Chicken *Vegan Cutlet W/ Mango Salsa Cilantro Lime Rice Green Beans Fresh Fruit	24 Holiday Brunch Lunch Sausage Links Scrambles Eggs Hashbrowns Fresh Fruit Cinnamon Roll Orange Juice	25 Merry Christmas! Center Closed	26 Happy Holidays! Center Closed
29 Carnitas Street Tacos (Pork) <i>*Vegan Street Tacos</i> Spanish Rice Corn Salad Fresh Pineapple	30 Mandarin Orange Chicken *Vegan Orange Chicken Brown Rice Asian Vegetables Spring Mix Salad Fresh Grapes	31 All Beef Hot Dog w/ Onions & Kraut Dill Pickle Spear Potato Salad Fresh Fruit	Bellingham Kitchen Team Melody Phillips-Kitchen Supvr./Cook Emry 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 *tollies</i> Entrée Salad Option Available Every Day Ferndale - Donna Kinley Bidline – 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