

THE BSAC CONNECTION



Bellingham
Senior
Activity
Center

Connect with life!

February 2026 Programs, Services, & Activities

THE LOVE SHACK BOOGIE!



THURS
FEB 12
2-4PM

FEATURING
MUSIC FROM
HIGH TIDE

FREE ADMISSION!
GUESTS WELCOME!
MUSIC, DANCE & FUN!



BSAC
315 HALLECK ST

Share love with your community & friends! no partner necessary.



FRIDAY
FEB. 13 BELLINGHAM
SENIOR ACTIVITY CENTER 4:00-5:30PM

SIGN UP AT THE FRONT DESK.
FREE TO PLAY! PRIZES TO WIN!



This is a fun twist on a classic favorite. Music Bingo combines the excitement of bingo with the joy of music.

hosted by Chuckanut Ridge Assisted Living.
Music Bingo by Denise Chatterton.



BSAC North

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

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

Monday	10:00-11:30 Yoga w/ Mary * 12:00-1:00 Qigong w/Lee * 1:00-3:30 Table Tennis 1:30-2:45 Yoga w/ Dani * 3:00-4:30 Improv w/ Logan **
Tuesday	8:30-4:30 Senior Trailblazers 9:00-10:30 Table Tennis (open/beginner) 9:30-10:30 Zumba Gold w/ Betty * 11:00-12:00 Restorative Movement w/ Margie 1:30-2:30 Line Dancing w/ Adriane* 1:00-3:30 Table Tennis (Intermed/Adv)
Wednesday	9:00-10:30 Table Tennis (open/beginner) 10:00-11:15 Yoga w/ Dani * 12:00pm BSAC North closes
Thursday	8:30-4:30 Senior Trailblazers 9:00-10:30 Table Tennis (open/beginner) 9:30-10:30 Zumba Gold w/ Adriane * 11:00-12:00 Chair Pilates w/ Adriane * 12:30-1:45 Golden Players 1:00-3:30 Table Tennis (Intermed/Adv) 2:00-4:00 Storytellers 2:15-4:15 English Country Dancing (1st hour drop-in; 2 nd hour by instructor permission) 2:30-4:15 Chess (2 nd & 4 th Thurs)



Improv

Mondays, 3:00-4:30pm



Get ready to laugh! Embrace the silly and playful qualities within us all. Through group games and short-form improv, we'll learn communication skills, build community, and share a lot of laughter together. Logan has a Theatre Education/Performance degree and has taught improv for years. You are never too old to play and explore your imagination!

Class fees paid directly to the instructor (cash, check, or Venmo). Suggested \$10, sliding scale available. Join any week. Hope to see you soon and share some giggles together!

New Sign, Easier to Find



Look for our new entrance sign after turning east at the intersection of Meridian and E Bellis Fair Pkwy.

Try Gentle Midday Movement



Qigong - Mondays 12:00 noon

Restorative Movement -



Tuesdays 11:00am

Chair Pilates - Thursdays 11:00am

Yoga - Mondays & Wednesdays

Enhance your flexibility, balance, core strength, and energy.

No experience necessary; props are provided.

Join groups in February - be a part of the next Variety Show (**Golden Players**) or Sherlock Holmes play reading (**Storytellers**) - shows in March/April! www.whatcomcoa.org/theatre-troupes

*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	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 (sign-up) 2:00 Ballet 3:15 Longevity Stick 3:15 Ukulele Practice
T	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 2:00 Tech Help (sign-up)
W	8:15 Advanced Fitness Hour 9:00 Spanish Conversation (Virtual) 9:00 Watercolor Painting (&1pm) 9:30 EnhanceFitness 10:00 Knitting & Crochet (---) Rainbow Elders (see Program Guide) 1:00 Ladies Pool Group 1:00 Strength Training for Balance (Virtual) 1:30 BrainPower *resumes 3/18 (1st & 3rd Wed.) 1:30 Qigong 2:45 Longevity Stick 4:00 Weekly Social Hour
T	8:30 Chair Yoga 10:00 Button Walkabouts 9:30 Jam Session 10:30 Writer's Group 11:00 Longevity Stick (Virtual) 8:30 Guitar Practice 12:15 Quilting Group 12:30 5 Crowns card game 1:15 Bunco 2:30 Ukulele Practice
F	8:15 Advanced Fitness Hour 9:30 EnhanceFitness 12:15 Pinochle 12:30 Acoustic Guitar Lvl 2 (sign-up) 1:30 Senior Steppers 2:00 Acoustic Guitar Lvl. 1 (sign-up) 2:00 Tech Help (sign-up) 2:30 Ballet
SAT	9a-12p Open Gym, Dance Fusion, Library, Reiki 9:15 Zumba

February 2026 Featured Programs

where the heart is
BELLINGHAM SENIOR ACTIVITY CENTER

2/9	Book Buzz (p.5)	10:30am
2/9	TED Talk Discussion (p.9)	12:15pm
2/10	Exploring Your True Self (p.9)	2:30pm
2/12	Love Shack Boogie! (p.6)	2-4pm
2/13	Owl Field ID & Bio-Ecology (p.7)	10:00am
2/13	Music Bingo (p.6)	4:00pm
2/16	CLOSED - Presidents Day	---
2/19	Mud Bottom Maddy performs	12:30pm
2/20	Wonders of the World (p.5)	10:30am
2/23	Stroke Support Group (p.5)	11:00am
2/23	TED Talk Discussion (p.9)	12:15pm
2/23	Dumbbell How-To (p.10)	2:00pm
2/25	Book Talk on <i>Crash Course</i> (p.8)	10:30am
2/25	Karaoke (p.8)	1:00pm
2/25	Generations of Pride (p.4)	5:00pm
2/26	Exploring Your True Self (p.9)	1:00pm
2/27	Footcare with Jason (by appt.)	---
2/27	Clothing/textile mending	11a-2pm
2/27	Bus Trip to Planetarium (p.7)	10:00am

The Bellingham Senior Activity Center (BSAC) is a program of Whatcom Council on Aging a 501(c)(3) non profit community center that involves, enriches, and empowers older adults in our community.

Membership is open to anyone age 50 and better. Our programs and services include health and fitness, lifelong learning, recreation, arts, social groups, and more.

The membership fee is \$60 for one year or \$20 for three months from the date of purchase, so you can become a member at any time.

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.

Ongoing Programs Spotlight

All ongoing programs, including ones previously listed here in this space, are included in the Program Guide, available at the front desk and on our website: whatcomcoa.org.

With so much going on at BSAC, this Ongoing Programs Spotlight will be used to highlight selected ongoing programs each month and to notify of any changes and additions to ongoing programs.

Our weekly enews is also a great way to stay connected to BSAC and upcoming programs. If you'd like to be added to the email list, signup at whatcomcoa.org or visit the front desk.

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.

Last Wed. - Discussion, 3:30pm

Last Wed. - Generations of Pride, 5:00pm.

Generations of Pride is an intergenerational community dinner centering LGBTQ+ people and allies in the Bellingham/Whatcom community. Hosted by Western Washington University's LGBTQ+ Western, Bellingham Queer Collective, and the Bellingham/Whatcom Chapter of PFLAG.

Each month we have a different topic for discussion with breakouts to help connect LGBTQ+ people across generations. Come and go as you need to and please bring friends! Main event usually starts around 5:30. For accommodation requests or questions, please email lgbtq@wwu.edu.

Bridge Winter Break

Beginning Bridge class is over again! While we are all taking a deep breath from formal instructions, come exercise those bridge muscles during **Bridge Winter Break** every Tuesday in February in Room 16, starting at 11:15am. Come when you can. Leave when you must. Table Talk. Learn on the fly, hand by hand. Work on your 1,000 hands. Play with multiple partners until the end of Bridge Day at 3:30pm.



If you are an experienced player and confident of your bridge skills, you are invited to come play with the Senior Center Regulars Bridge Group every Tuesday (all year) in Room 16, from 12:30pm through 3:30pm.

Great Books Discussion

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. Facilitated by Mark B. Packer.

Wednesday, Feb. 4th, 12:00-1:30pm. Continuing on the first Wed. of each month. February's selection is "Holy Week" by Deborah Eisenberg.

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, Feb. 20th, 10:30am - Coral Reefs our gorgeous, tropical, underwater gardens.



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:

Feb. 4 - Beach Cat Brewing, 1010 C St.

Feb. 11 - Lilia's Mexican Cuisine, 190 E. Bakerview

Feb. 18 - Stemma West Brewing, 508 Carolina St.

Feb. 25 - Soy House, 400 W. Holly St.

Book Buzz

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



February 9th, 10:30am - The Bridges of Madison County by Robert James Walker, 1992. Love, duty and choices.

March's book is *Hamnet* by Maggie O'Farrell, 2020; Was Shakespeare's son the inspiration for the play of Hamlet?

Stroke Support Group

Monday, Feb. 23, 11:00am-12:00pm. Open to all. Continues in March on the 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.

Tech Help - Now with more appointments!

Mondays, Tuesdays, and Fridays, 30-minute appointments. 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.

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AARP Tax-Aide Appointments

BSAC is pleased to once again partner with AARP Tax Aide to offer free tax preparation to seniors in our community. Appointments available Tuesdays and Thursdays, Feb. - Apr. 9.

Advance appointments are required. To make an appointment, call 733-4030 x0 or visit the Front Desk at 315 Halleck St. **Appointments will take place at BSAC North, 140 E Bellis Fair Pwky.**

Nationwide AARP Foundation Tax-Aide provides in-person and virtual tax assistance to anyone free of charge with a focus on taxpayers who are over 50 and have low-to-moderate income.



What's Next: Resources as We Age

Planning for
care and
support

This informative resource fair is free to attend and open to the entire community.

Discover a variety of resources for older adults in our community.

Areas covered include senior living options, caregiving, dementia support, financial services and more. Our goal is for people to receive information on the various resources to help with planning for future and present needs, for not only themselves, but their families and loved ones as well.

Choose a date and location that works best for you! Fridays in March:

Representatives
from organizations
and businesses
offering senior
services will be on-
hand to assist you
and answer
questions.

March 6th, 10:00am-2:00pm	Bellingham Senior Activity Center 315 Halleck Street, Bellingham
March 13th, 10:00am-2:00pm	Blaine Senior Center 763 G St, Blaine
March 20th, 10:00am-2:00pm	Lynden Community/Senior Center 401 Grover St, Lynden
March 27th, 10:00am-2:00pm	Ferndale Senior Center 1999 Cherry St, Ferndale



Natural History Education Owl Field ID & Bio-Ecology

Friday, February 13th, 10:00am - 12:00pm.

Have you heard them hooting already? Who are these amazing diurnal and nocturnal owls? Join us this morning of discovery, as we explore this amazingly well-adapted bird of prey with 16 species in our diverse Northwest habitats. We'll learn about their field ID, food, calls, behaviors, bio-ecology and distribution. Bring your questions, curiosity, open mind and you might even learn to "give a hoot". Come join the Fun!

David Drummond, Wildlife Biologist-Naturalist-Educator, has worked as an Owl Researcher on several Washington State Field Projects over 15 years and taught many field and lab classes on this successful bird family. He finds this raptor very intriguing and inspiring in its quest to survive!

Northwest Salamanders & Newts

Friday, March 27th, 10:00am - 12:00pm. Sign up at the Front Desk or MyActiveCenter.com. \$10 suggested donation to the presenter.

Washington State is home to an incredible 26 species of amphibians, of which 11 are salamanders, one newt and ten species of frogs, as well as one species of toad. We will discuss their field ID, adaptations, bio-ecology, habitat associations and conservation status. Join us to learn more about and to better appreciate these wetland specialists!



WTA Guided Bus Trip: Spanel Planetarium

Friday, February 27, 10am-12:30pm. Space is limited. RSVP or ask for more info at 360-756-TRIP (8747) or info@WhatcomSmartTrips.org

Explore local transportation options and the skies in one fantastic adventure. Smart Trips will lead you by WTA bus to the WWU planetarium.

"WWU's Spanel Planetarium will provide an overview of the many objects and motions in our dynamic and ever changing sky! We'll pick out constellations, stars, planets, and deep space objects you can find on a clear night. We'll also see how the Sun & Moon move through our sky and align to produce eclipses, just in time to appreciate the Lunar Eclipse that will occur a week later."



Meet in the lobby at BSAC Central 10am 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 12:30pm.

Senior Financial Empowerment Course

Mondays, 9:30-11:00am. Sign up for any or all dates at the Front Desk. No charge for this course.

Our financial needs change as we get older, and the systems often utilized by low-income seniors can be both confusing and overwhelming. This Senior Financial Empowerment Course supplies students with the information and tools they need to make prudent, wise decisions about their money. Students learn how to navigate Medicare and Medicaid, debt management, and budgeting on a fixed income. We also review how to finance the twilight years and end-of-life planning.

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.

Mondays, 9:30-11:00am:

Feb. 2 - All about Credit & Credit Scores

Feb. 9 - What to Know about Healthcare Insurance

Feb. 16 - No Class. Presidents Day.

Feb. 23 - How to Prepare for Long Term Care

March 2 - Budgeting & Goal Setting

March 9 - Financial Services Industry, Investments, Retirement

March 16 - Course Review and Q&A



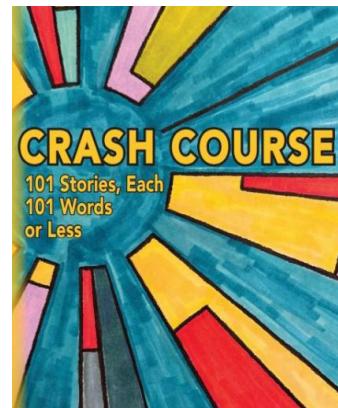
Book Talk - *Crash Course, 101 Stories, each 101 Words or Less*

Wednesday, February 25th, 10:30-11:30pm. Sign up at the Front Desk or MyActiveCenter.com.



James "Jim" Schmotzer caught the writing bug when he had a poem selected for an elementary school anthology, something about a frog on a log in a bog. In 1980 he had his first piece published in a professional journal, and since then has written humor, essays, poetry, and fiction.

Crash Course is a book of micro-fiction, very short stories written over 20+ years. Many of which reflect on relationships and life passages. Author Jim Schmotzer, will share the process of creating *Crash Course*, and writing what he calls Flash Fiction. Including readings and commentary from Jim on selected stories and audience Q&A. Book will be available for purchase.



Karaoke!

Wednesday, February 25th, 1:00pm. Drop-in.

Come enjoy familiar music, tap your feet, hum along, or cheer others on. All voices welcome. No pressure, no judging—just good music and good company. Free for all members and guests are welcome! Hosted by Cynthia McKinley.

Continuing on the last Wednesday of each month at 1:00.



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, February 9th at 12:15pm - Generosity & self-love

It's time for infectious generosity. Here's how - What would happen to humanity if generosity went viral? Sharing transformative stories from around the world, head of TED Chris Anderson outlines why the time has come for the internet to realize its power to supercharge small acts of kindness, changing lives at a scale never experienced before. Learn how to cultivate a generous mindset — with or without giving money — and get inspired with tools to amplify your impact. "Be brave. Give what you can, and then be absolutely amazed at what happens next," Anderson says.

Aging well: my journey to a healthier lifestyle - Bettina's own journey took a pivotal turn when she became a first-time mother at 44 — and faced a cancer diagnosis just a few years later. Drawing on her journalistic skills, Bettina spent thousands of hours researching optimal health, neuroscience, and how to slow, maybe even reverse biological aging through the power of beliefs, nutrition, and lifestyle transformation. She now lives by the proven principles she once investigated, inspiring others to do the same — and have lots of fun doing so!

Monday, Feb. 23rd at 12:15pm - Looking to philosophy & history to address modern challenges

Would you take a pill that made you love everyone? - What if the secret to a good life isn't just what you achieve but how deeply you love? Drawing on wisdom from Aristotle, Jesus and modern social psychology, philosopher Meghan Sullivan offers tips on how to expand your capacity for love, even in the face of our modern challenges.

Lessons from history for a better future - How can the lessons of the past help us navigate the turbulence of the present and future? Social philosopher Roman Krznaric explores why history isn't just a record of what's gone wrong — it's also full of solutions, resilience and radical hope. From Edo Japan's circular economy to the peaceful coexistence of cultures in medieval Spain, he reveals why looking backward can actually help us move forward.

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. A list of quotes related to the topic of discussion will be provided by the facilitator, 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, February 10th at 2:30pm we will explore "Love".

Example Quote: "Your task is not to seek for love, but merely to seek and find all the barriers within yourself that you have built against it." ~ Rumi, Persian Poet

Thursday, February 26th at 1:00pm we will explore "Character".

Example Quote: "The true test of civilization is not the census, nor the size of cities, nor the crops – no, but the kind of man the country turns out." ~ Ralph Waldo Emerson.

Continuing on the 2nd Tuesday of each month at 2:30pm and the 4th Thursday at 1:00pm.

Dumbbell How-To

Monday, February 23rd, 2:00-3:15pm. For BSAC Gym users who have completed the Strength Training 101 course. Fee: \$10 (or 2 punches on your fitness class punchcard). Sign up and pay at the Front Desk.

Here is an opportunity to meet with our strength training instructor Liane, and learn some basic dumbbell exercises that pair well with the weight machines in the gym. Liane will teach you how to do the following dumbbell exercises:

- Arm Curls- biceps
- Arm Extension- triceps
- Deltoid Raises- front shoulder
- Lateral Raises- side shoulder
- Shoulder Press Up- top of shoulder
- Rear Deltoid Row- rear shoulder
- Chest Press- pecs
- Bent Over Rows- back
- Wrist Curls- wrist and forearm



Bring your own weights or weights will be provided for class!

Don't dump your Windows computer - Upgrade to Linux.



Windows 10 has been discontinued and is receiving minimal support from Microsoft, support that is

expected to expire completely sometime. Microsoft's suggested solution is to buy a new computer capable of running Windows 11. In most cases, this is not necessary for users with ordinary computing needs.

Linux is software that tells a computer what to do. Like Windows, it is an Operating System. Installing Linux requires some knowledge, but is free and could be useful to extend the life of older computers.

Once installed, its appearance and operation will be familiar to regular Windows users. This program will help you discover whether Linux will work for you and your computer, and assist with getting you up and running.

Interested in learning more? Sign up at the Front Desk for "Linux interest list". If there is enough interest from members we will setup a presentation/installation session.

Did you know that BSAC (Halleck St.) is open on Saturdays 9am-12pm for members? Bring your keytag for entry. Programs include Zumba (9:15am), Dance Fusion (10:30am), gym, pool room, coffee bar, and library.



Balance Tip

First, Feet.

Your feet are packed with sensors that talk to your brain. If your feet are always in shoes, those sensors can dull a bit. To wake them up, do this

seated exercise. Take a small ball and roll your foot back and forth and all around. You can do this while on the computer, reading or crafting. It actually feels quite nice. Massaging the bottom of your feet with your thumbs works, too. And, if your doctor hasn't told you not to go barefoot, then walking barefoot in your home can help to stimulate that foot-to-brain communication, too.



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

Join a community that has your back!



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.

Bocce Ball

Indoors at the Sportsplex turf fields!



Thursdays, 10am-12pm. 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.

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.

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.

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.

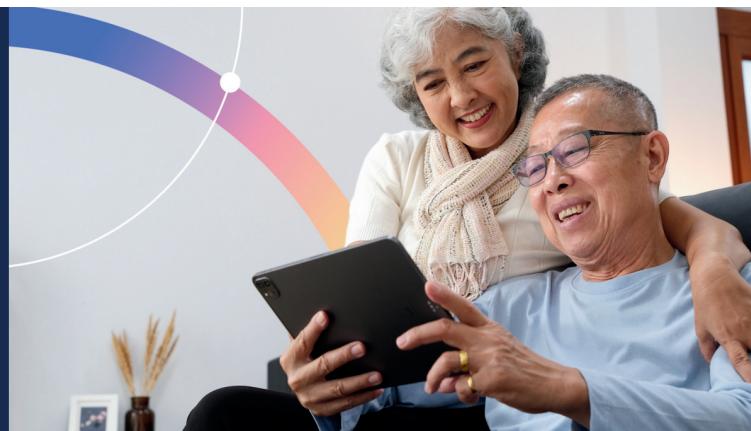
The suggested contribution is \$6 per meal or whatever is affordable, and can be made by cash, check, or online at whatcomcoa.org/donate. No eligible person will be turned away due to the inability to contribute.

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!**



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.

Formerly VibrantUSA.

The Baldwin Group
Health Insurance



Meals on Wheels and More

BSAC, Blaine, Ferndale Community Meals

February 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Swedish Meatballs *Veggie Swedish Meatballs Egg Noodles Buttered Dill Carrots Garden Salad Ambrosia	3 Creole Jambalaya *Vegan Creole Jambalaya Southern Cornbread Cucumber Onion Salad Banana Pudding	4 Panko Crusted Cod *Panko Crusted Tofu Wild Rice Pilaf Roasted Carrots Coleslaw Peaches	5 Turkey Meatloaf *Veggie Meatloaf Mashed Potatoes & Gravy Green Beans Kale Citrus Salad Mixed Berry Crisp	6 Broccoli Cheddar Soup Country Chicken Salad Wrap *Veggie Wrap Garden Salad Fresh Fruit
9 Chicken Cordon Bleu *Veggie Chicken Cutlet Roasted Yam Brussel Sprouts Pineapple Coleslaw Raspberry Sherbet	10 Beef Shepherd's Pie *Vegan Shepherd's Pie Roasted Zucchini Spinach Salad Fresh Fruit Apple Crisp	11 German Brat Red Cabbage German Potato Salad Spiced Apples	12 *Cheese Tortellini Pesto w/ Sundried Tomatoes Italian Vegetable Blend Garlic Toast Caesar Salad Orange Slices	13 Taco Salad *Veggie Taco Salad Cornbread Fresh Grapes
16 President's Day Center Closed	17 Birthday Lunch Herb Roasted Chicken *Vegan Cutlet Roasted Potato Medley Maple Glazed Carrots Spinach Salad Cinnamon Applesauce	18 Turkey Pot Roast Mashed Potatoes & Gravy Roasted Carrots Spinach Salad Birthday Cake	19 Chinese New Year Chinese BBQ Pork *BBQ Tofu Vegetable Fried Rice Vegetable Egg Roll Asian Salad Fortune Cookie	20 Mushroom & Swiss French Dip *Veggie Burger Dip w/ Au Jus Sweet Potato Fries Carrot Raisin Salad Tropical Fruit Salad
23 Cabbage Rolls Baked Sweet Potato Garden Salad Red Grapes	24 Beef Fajitas *Vegan Fajitas w/ Sour Cream & Salsa Spanish Rice Roasted Corn Salad Fresh Fruit	25 Honey Mustard Chicken *Veggie Chicken Tender Vegetable Rice Pilaf California Blend Garden Salad Millionaire Salad	26 Dill Salmon *Veggie Patty Vegetable Rice Pilaf Maple Glazed Carrots Broccoli Apple Salad 7 Layer Bar	27 Chicken Cobb Salad w/ Bacon *Veggie Cobb Salad Oatmeal Bread Fresh Pineapple
				 Bellingham Kitchen Team Melody Philips-Kitchen Supervisor Amy Olgun-Prep Cook Patrick Greenberg-Prep Cook Carmen Gonzalez-Kitchen Asst. Reece Booth-Kitchen Asst. Ian Cossinos-Food Service Mgr. Blaine - 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
At Home



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