

THE BSAC CONNECTION



January 2026 Programs, Services, & Activities

Happy
New Year

Here's what's new:

Live Music from Wild Hearts & The Rhythm Band! (page 7)

Natural History Education Series (page 7)

AARP Tax Aide Appointments (page 6)

And more!



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	9:00-10:30 Table Tennis 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 10:00-11:15 Yoga w/ Dani * 12:00pm BSAC North closes
Thursday	9:00-10:30 Table Tennis 9:30-10:30 Zumba Gold w/ Betty * 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)

New Classes, New Times



Times and classes have changed, so check the schedule and update your calendar. Try something new in the new year!



Gentle Chair Pilates

Thursdays 11:00-12:00pm

This offers a seated, Pilates-inspired approach to enhancing your core strength, posture, balance, and mobility in a safe and supportive way. With a sturdy chair for stability, you'll flow through gentle movements to align the spine, encourage mindful breathing, and build body awareness, all while being gentle on your joints.

No experience necessary; props are provided.

Info about Golden Players and Storytellers Theatre Troupes on page 12.



Improv

Mondays, 3:00-4:30pm



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 plentiful amount 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!

*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	Watercolor Painting (&1pm)
	9:30	EnhanceFitness
	10:00	Knitting & Crochet
	(---)	Rainbow Elders (see Program Guide)
	1:00	Ladies Pool Group
T H U R S D A Y	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
	10:30	Writer's Group
F R I D A Y	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
	8:15	Advanced Fitness Hour
	9:30	EnhanceFitness
	12:15	Pinochle
	12:30	Acoustic Guitar Lvl 2
	1:30	Senior Steppers
S A T	2:00	Acoustic Guitar Lvl. 1
	2:00	Tech Help
	2:30	Ballet
	9a-12p	Open Gym, Dance Fusion, Library, Reiki
	9:15	Zumba

January 2026 Featured Programs

1/1	BSAC Closed - Happy New Year!	---
1/7	Great Books Discussion (p.5)	12:00pm
1/7	Brainpower! (p.4)	1:30pm
1/10	Dance Fusion (p.8)	10:30am
1/12	TED Talk Discussion (p.9)	12:15pm
1/13	Exploring Your True Self (p.9)	2:30pm
1/15	Web Tools for Transit (p.8)	12:30pm
1/16	Wild Hearts (p.7)	12:30pm
1/19	BSAC Closed - MLK Day	---
1/21	Employment Services (p.6)	10:30am
1/21	Tax Aide Appts. (p.6)	9a-3pm
1/22	Tax Aide Appts. (p.6)	9a-3pm
1/22	WTA Bus Trip (p.8)	1:15pm
1/22	Exploring Your True Self (p.9)	1:00pm
1/23	Avian Behavior: Marine Birds (p.7)	10:00am
1/23	Rhythm Band (p.7)	12:30pm
1/26	Stroke Support Group (p.5)	11:00am
1/26	Clothing/textile mending	11a-2pm
1/26	TED Talk Discussion (p.9)	12:15pm
1/26	Members Meet & Greet	2:30pm

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.

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.

Brainpower!

*1st & 3rd Wed. of each
month, 1:30 -3:00pm*

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



Hearing & Communication Consults

February 2nd. Call or visit the Front Desk to schedule a 45-minute appointment. This will be the last date of these consults here at BSAC. Thank you to the Whatcom Community Foundation for the grant that supported these consultations.

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

Strength Training for Balance

*Mondays & Wednesdays, 3:00–4:00pm, on Zoom**

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

*Zoom Meeting ID:
826 3775 7379
Passcode: connect!

No class on 12/24, 12/29 & 12/31.



Stroke Support Group

Monday, Jan. 26 & 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.

Foot care

45 minutes per appointment; \$50 for members \$55 for non-members, payable to provider at time of appointment with cash or check. Appointments can be made at the Front Desk.

** Please note, Foot care with Jennifer is at BSAC North and Foot care with Jason is at BSAC Central.*

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

Household Emergency Preparedness

On hold until further notice.

Thank you to Greg Hope for his great work in sharing this program with our community at BSAC. For resources in emergency management, visit: cob.org/services/safety/emergencies

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:

Jan. 7 - El Agave, 207 N. Samish Way

Jan. 14 - Wander Brewing, 1807 Dean Ave.

Jan. 21 - Big Stick BBQ, 709 W. Orchard St.

Jan. 28 - Kulshan Brewing, 1538 Kentucky St.

Tech Help - Now with more appointments!

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.

Great Books Discussion

Wednesday, Jan. 7th, 12:00-1:30pm. Continuing on the first Wed. of each month.

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.

January's selection is "The Devil Baby at Hull House" by Jane Addams. February's selection is "Holy Week" by Deborah Eisenberg.

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.



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. AARP will have appointments available Tuesdays and Thursdays starting in February.

Advance appointments are required. *To schedule an appointment, call 733-4030 x1033 on January 21 or January 22 between 9am-3pm.*

To make an appointment after those dates, call or visit BSAC front desk. Those with appointments must pick up the registration forms in advance from Bellingham Senior Activity Center. **Appointments will take place at BSAC North, 140 E Bellis Fair Pkwy.**



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. Tax-Aide volunteers are located coast-to-coast and are trained and IRS-certified every year to make sure they know about and understand the latest changes and additions to the tax code.

Opportunity Council's Employment Services

Wednesday, January 21st, 10:30-11:15am. Sign up at the Front Desk or MyActiveCenter.com

This program provides individualized, one-on-one employment case management to help individuals confidently pursue their employment goals. Whether you are reentering the workforce, changing careers, or want to explore new opportunities, we tailor our services to meet your needs.



Within our case management services, we offer:

- Collaboration with your case manager to create a program unique to you
- Assistance in perfecting your resume, cover letter, job application, and interview skills
 - Job search assistance and development of job opportunities specific to your goals
- Skill assessments, career planning, and support in obtaining short-term certificates
 - Benefits counseling for job seekers currently receiving SSI, SSDI, or ABD/HEN
 - Post-employment support

During the presentation, we'll also review eligibility requirements and provide information on how to attend an orientation and enroll in the program.

The Employment Services team also hosts:

- Weekly Job Club: open to anyone to work on their job search goals in a supportive environment
- Access ID Clinic: we cover the costs associated with obtaining an ID/Driver's License or Enhanced ID/Driver's License



Natural History Education Series

Recognizing Avian Behaviors: Marine Birds

Friday, January 23rd, 10:00am - 12:00pm. Sign up at the Front Desk or MyActiveCenter.com. \$10 suggested donation to the presenter.

The art of seeing takes us beyond species ID, numbers and photos. Here and Now, we can begin to learn and appreciate what the birds are doing in their bio-ecological context. Join us for an insightful, ethological study to enhance your field experience! We will focus on the auks, loons, diving ducks and gulls of our West Coast, in our morning program.

David Drummond, Wildlife Biologist & Naturalist-Educator enjoys sharing field-based knowledge and experience with people interested to learn more about our diverse world ecology. Join Us to See More!



Owl Field ID & Bio-Ecology

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

Join us in this morning of discovery, as we explore this amazingly well-adapted bird of prey with 16 species in our diverse Northwest habitats.

Northwest Salamanders & Newts

Friday, March 27th, 10:00am - 12:00pm

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!



Wild Hearts

Friday, January 16th, 12:30pm in the Coffee Bar

Cathy Taylor and Kathy Bastow, an acoustic guitar duo calling their band "Wild Hearts" share a love of singing and playing guitar. They play a wide variety of cover songs that span different genres, adding their own unique vocal arrangements.



The Rhythm Band

Friday, January 23rd at 12:30pm in the Coffee Bar

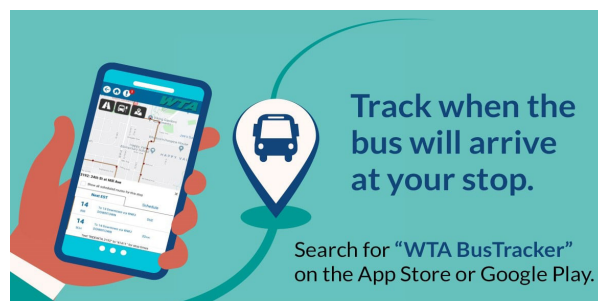
This seven-member band will take you back in time with songs from the golden oldies, such as "Chattanooga Choo Choo", "Hello Dolly", "Blue Suede Shoes", and "Toot Toot Tootsie".



Web Tools for Transit

Thursday, January 15th, 12:30-1:30pm. Sign up at the Front Desk or MyActiveCenter.com.

From Google Maps to the WTA Bus Tracker App, there are so many transportation resources online. But they're only useful if you know how to use them!



Libby Chenault from Smart Trips will share tips you can use whether you just log on to a computer occasionally or can't imagine leaving the house without your smart phone. We'll focus on getting around Bellingham by bus, bike or walking, but these digital skills can help you anywhere you want to go.

WTA Guided Bus Trip: BSAC Central to BSAC North

Thursday, January 22, 1:15-3:30pm. Space is limited. RSVP or ask for more info at 360-756-TRIP (8747) or info@WhatcomSmartTrips.org

If your resolution involves getting to know BSAC North or building your transit skills, this bus trip is for you! We'll ride together from BSAC Central to BSAC North to see how it's all connected by bus. Then watch some English country dancing and get familiar with all the fun happening at the new location with program coordinator Mikyn Sygitowicz.



Meet in the lobby at the downtown Bellingham Senior Center 1:15 pm 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 at 3:30pm.

Dance Fusion

Winter/Spring session starts Saturday, January 10, 2026 at 10:30am. Sign up at the Front Desk or 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.*

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, January 12th at 12:15pm - Fun & Goal Setting

Why Having Fun Is the Secret to a Healthier Life - Have you had your daily dose of fun? It's not just enjoyable, it's also essential for your health and happiness, says science journalist Catherine Price. She proposes a new definition of fun -- what she calls "true fun" -- and shares easy, evidence-backed ways to weave playfulness, flow and connection into your everyday life.

How to set goals you'll actually accomplish - Many people mistakenly equate setting goals with achieving them. However, the key to success lies in recognizing the behavioral changes required to turn those goals into reality. This innovative topic challenges us to clearly identify the essential actions needed and apply a rigorous "acid test" to assess our capabilities and commitment. By doing so, we gain a realistic understanding of what it takes to achieve our goals before we begin the journey.

Monday, January 26th at 12:15pm - Awakening our Connection to Nature

3000-year-old solutions to modern problems - In this profoundly hopeful talk, Diné musician, scholar, and cultural historian, Lyla June, outlines a series of timeless human success stories focusing on Native American food and land management techniques and strategies. Lyla June is an Indigenous musician, scholar and community organizer of Diné (Navajo), Tsétséhéstâhese (Cheyenne) and European lineages. Her dynamic, multi-genre presentation style has engaged audiences across the globe towards personal, collective and ecological healing.

Repairing emotional isolation by reawakening deep nature connection - Jon Young delivers a refreshing perspective on how we can expand our awareness of nature to reawaken ancient, hardwired skills to grow our connection with each other and create more harmony in the world. Jon is a naturalist, wildlife tracker, peacemaker, author, storyteller, and a leader in the field of nature-based community building. His research on the significant impact of nature on wellbeing has influenced thousands of people worldwide.

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, January 13th at 2:30pm we will explore the quality of wisdom.

Example Quote: "By three methods we may learn wisdom: first, by reflection, which is noblest, second by imitation, which is easiest, and third, by experience, which is the most bitter." ~ Confucius

Thursday, January 22nd at 1:00pm we will explore talent.

Example Quote: "Everyone is gifted - but some people never open their package." ~ Unknown

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

The Love Shack Boogie

Valentine's Dance

*Featuring Live Music
from High Tide*

Thursday, February 12th, 2-4pm

Free Admission! Guests welcome!



Theatre Troupes @ BSAC North

*The Golden Players (Variety Shows) Thursdays,
12:30pm - 1:45pm & Storytellers (Plays) Thurs-
days, 2:00pm - 4:00pm.*

Sign up at front desk or MyActiveCenter.com

On Thursdays The Golden Players Troupe will be creating and rehearsing a Western themed Variety Show. Also on Thursdays the Storytellers Troupe will be rehearsing Sherlock Holmes themed short radio plays. Join one - or both - troupes! Newcomers can start anytime in Jan./Feb.

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



Donate your puzzles to BSAC

We are looking to diversify our puzzle collection and would love to add more 500 and 1,000 piece puzzles. Feel free to donate yours or exchange yours for some in our collection.



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.

Find Your Sweet Spot When Practicing Balance



To safely progress your balance training, you want to consider a balance continuum. On one end you are completely stable, and on the other end you feel like you are going to fall. In between the two you will feel your body working while you practice balance, but not so much that you feel you may fall. This continuum changes day-to-day and right-to-left so consider your sweet spot for balance each time you practice.

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

Men's Group

Sign up at the Front Desk or MyActiveCenter.com to be placed on the interest list for a 6-week course. If there is enough interest, we will contact you for a course to start in March.

What does it mean to be a man in these strange times? How do we best channel our energies in our environment of cell phones, cultural tension, and social media? In this 6-week course, we will explore issues such as family roles, territoriality, meaningful work, sex, mortality, and spirituality by discussing our experiences. We will practice truthful speech in a relaxed and open environment.

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.

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.

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.

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**The
Baldwin
Group**
Health Insurance



Meals on Wheels and More

BSAC, Blaine, Ferndale Community Meals

January 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Bellingham Kitchen Team Melody Phillips-Kitchen Supervisor Emyr Olguin-Prep Cook Patricia Greenberg-Prep Cook Kai Trujillo-Kitchen Asst. Reece Booth-Kitchen Asst. Ian Cassinos-Food Service Mgr.	Alternate Vegetarian Meal <i>In *Italics</i> Entrée Salad Option Available Every Day		Happy New Year! Center Closed	Creamy Tomato Basil Soup Chicken Caesar Wrap <i>*Veggie Chicken Wrap</i> Garden Salad Banana Cream Pudding
5 Pork Souvlaki w/ Tzatziki <i>*Veggie Souvlaki</i> Whole Wheat Pita Roasted Zucchini & Peppers Caesar Salad Orange Sherbet	6 Beef Soft Tacos <i>*Vegan Tacos</i> Spanish Rice Corn Salsa Salad Fresh Pineapple	7 Rueben Style Chicken <i>*Veggie Cutlet</i> Roasted Yam Normandy Blend Kale Citrus Salad Peanut Butter Krispie Bar	8 <i>*Pasta Primavera</i> Roasted Carrots Caesar Salad Peaches	9 Anhi Tuna Entrée Salad <i>*Grilled Tofu Entrée Salad</i> Veggie Spring Rolls Orange Slices
12 BBQ Pulled Pork Brown Rice Roasted Carrots Cucumber Onion Salad Orange Cream	13 Beef Burgundy <i>*Vegetarian Burgundy</i> Brown Rice Honey Glazed Carrots Garden Salad Apple Crisp	14 <i>*Mushroom & Cheese Omelet</i> Roasted Breakfast Potatoes Garden Salad Orange Juice Fruit & Yogurt Parfait	15 Teriyaki Chicken Sandwich <i>*Vegan Chicken Sandwich</i> Roasted Potato Wedges Carrot Raisin Salad Tropical Fruit Salad	16 Tuscan Sausage Kale Soup <i>*Tuscan Potato & Kale Soup</i> Rosemary Focaccia Garden Salad Fresh Red Grapes
19 Martin Luther King Jr Day Center Closed	20 Kung Pao Chicken <i>*Vegan Kung Pao Tofu</i> Brown Rice Veggie Spring Rolls Asian Slaw Mandarin Oranges	21 Birthday Lunch Cranberry Mustard Pork Loin Mushroom & Wild Rice Pilaf Balsamic Brussels Sprouts Garden Salad Birthday Cake	22 Salisbury Steak <i>*Veggie Garden Patty</i> Mashed Potato & Gravy Peas & Carrots Garden Salad Ambrosia	23 Chicken Apple Walnut Salad <i>*Veggie Entrée Salad</i> Oatmeal Bread Fresh Banana
26 Spaghetti w/ Meat Sauce <i>*Veggie Marinara</i> Italian Vegetables Caesar Salad Sliced Peaches	27 Turkey Pot Pie Spinach Salad Grapes	28 Country Fried Steak <i>*Veggie Cutlet</i> Potatoes & Gravy Peas & Carrots Garden Salad Strawberry Ice Cream	29 Lemon Pepper Cod <i>*Lemon Pepper Patty</i> Vegetable Pilaf Balsamic Brussels Sprouts Coleslaw 7 Layer Bar	30 Chicken Taco Soup <i>*Vegetarian Taco Soup</i> Whole Grain Tortillas & Salsa Garden Salad Fresh Pineapple

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