

# THE BSAC CONNECTION



March 2026 Programs, Services, & Activities

## BUNCO BASH!



Thursday, March 19th • 2:00 - 4:30 PM

Bellingham Senior Activity Center

Bunco is a dice game that is fun, exciting, and easy to play! No experience necessary.



Tickets: \$20. Includes snacks & beverages, one raffle ticket (additional raffle tickets \$1 each), and chances to win prizes and raffle items!



REGISTRATION REQUIRED.  
PAYMENT DUE UPON REGISTRATION. OPEN TO ALL 18+.

### 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.*

Sponsored by:  
**ELDERLAW**  
MEYERS, NEUBECK & HULFORD  
ELDER LAW AND ESTATE PLANNING

See pg. 6 for more info

**Choose a date and location that works best for you!**

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

- 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
- April 3rd, 10:00am-2:00pm ● Blaine Senior Center  
763 G St, Blaine
- April 10th, 10:00am-2:00pm ● Bellingham Senior Activity Center  
315 Halleck Street, Bellingham



## BSAC North

March 2026

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

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

### Join us for fun!

Try relaxing movement classes, active workouts, or creative play - engage your body, heart, and mind.



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 * 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 The Golden Players (rehearsals) 1:00-3:30 Table Tennis (Intermed/Adv) 2:00-4:00 Storytellers (rehearsals) 2:15-4:15 English Country Dancing (1st hour drop-in; 2 <sup>nd</sup> hour by instructor permission) 2:30-4:15 Chess (2 <sup>nd</sup> & 4 <sup>th</sup> 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.

#### \*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

### The Golden Players - Variety Show Performances

BSAC North - Thursday, March 12,  
12:30pm-1:45pm

BSAC Central - Monday, March 16,  
1:30pm-2:45pm



#### Sign up at the Front Desk or MyActiveCenter.com

Join BSAC's The Golden Players Theatre Troupe for their Spring Variety Show! The Golden Valley Ranch 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.

## BSAC Central (315 Halleck St.)

### *March 2026 - Featured Programs*

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 (sign-up)
	2:00	Ballet
3:15	Longevity Stick	
3:15	Ukulele Practice	
T U E S D A Y	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
	12:30	Scrabble & Hearts
2:00	Social Dance	
2:00	Tech Help (sign-up)	
W E D N E S D A Y	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 H U R S D A Y	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 R I D A Y	8:15
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* (no Sat. classes in March)

3/2	Blood Pressure Checks	10:30am
3/4	Re-Wilding (see program guide)	10:00am
3/4	Great Books (p.5)	12:00pm
3/5	Upgrade to Linux (p.10)	10:00am
3/6	WTA Bus Trip (p.8)	10:00am
3/9	Book Buzz (p.5)	10:30am
3/9	TED Talk Discussion (p.11)	12:15pm
3/10	Exploring Your True Self (p.10)	2:30pm
3/11	Healthy Aging Discussion (p.8)	12:30pm
3/13	CLOSED March 13 & 14	---
3/16	Stroke Support Group (p.5)	11:00am
3/16	Home Sharing (p.7)	12:30pm
3/16	Variety Show (p.2)	1:30pm
3/17	Irish Dance Performance (p.7)	12:45pm
3/18	Paratransit Q&A (p.8)	10:30am
3/19	Mud Bottom Maddy performs	12:30pm
3/20	Wonders of the World (p.5)	10:30am
3/23	Clothing/textile mending (p.5)	11a-2pm
3/23	TED Talk Discussion (p.11)	12:15pm
3/23	Dumbbell How-To (p.10)	2:00pm
3/25	Karaoke (p.8)	1:00pm
3/25	Low Vision Support Group	1:00pm
3/26	Hearing Health & Screenings (p.9)	10:30am
3/26	Exploring Your True Self (p.10)	1:00pm
3/27	Salamanders & Newts (p.9)	10:00am

\*These fitness classes cost \$5. Get a discount with a punch card of 11 classes for \$45.

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.

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## 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](http://whatcomcoa.org/virtualprograms)

Sign-up for our email list at:  
[whatcomcoa.org](http://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](https://youtube.com/@wcoabsac6465)

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## 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](http://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 are listed in the Program Guide, available at the front desk and on our website: [whatcomcoa.org](http://whatcomcoa.org).

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](http://whatcomcoa.org) or visit the front desk.

## 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:*

3/4 - Menace Brewing, 2529 Meridian St.

3/11 - That's What I Like, 3236 Northwest Ave.

3/18 - Port Fairhaven Fish & Chips, 355 Harris St.

3/25 - Larrabee Lager Co., 4151 Meridian St.



## 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.

## Karaoke!

*Wednesday, March 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.

## Ukulele Jam

All levels of singers and strummers welcome. You can play your ukulele, just sing, or both. BYO uke if you have one. Loaner available.

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



## Book Buzz

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



*March 9th, 10:30am - Hamnet* by Maggie O'Farrell 2020; Was Shakespeare's son the inspiration for the play of Hamlet?

April's book is *The Door to Door Bookstore* by Carsten Sebastian Henn 2020; Book Readers build a community to rescue a Book Seller.

## 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, March 20th, 10:30am - Rare Plants & Animals - where they live & why they are rare.*

## Tech Help

*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.



## 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, March 4th, 12:00-1:30pm. Continuing on the first Wed. of each month.* March's reading is "A Letter Concerning Toleration" by John Locke. April's is "The Rubaiyat of Omar Khayyam"/Robert Browning poem by Rabbi Ibn Ezra.

## Stroke Support Group

*Monday, March 16th, 11:00am-12:00pm. Open to all. Continues 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.

## Clothing/Textile Mending & Repair

*Monday, March 23rd, 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.

# What's Next: Resources as We Age

Planning for  
care and  
support

Sponsored by:



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

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

Areas covered include senior living options, caregiving, dementia support, estate planning 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!**

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

Presentations:

**March 20th** • Lynden  
10:00am-2:00pm • Community/Senior Center  
401 Grover St, Lynden

**March 27th** • Ferndale Senior Center  
10:00am-2:00pm • 1999 Cherry St, Ferndale

**April 3rd** • Blaine Senior Center  
10:00am-2:00pm • 763 G St, Blaine

**April 10th** • Bellingham Senior Activity Center  
10:00am-2:00pm • 315 Halleck Street, Bellingham

**10:30am - Resources for Aging: Support, Services & Planning for the Future**

Presented by Northwest Regional Council

Representatives from NWRC will provide a clear overview of local programs designed to support older adults and their caregivers. you'll learn about: long-term care options and how to determine eligibility, caregiver support services and respite resources, dementia-specific programs and assistance, and how to access local, state, and community-based services.

**12:45pm - Estate Planning Essentials**

Presented by the Elder Law Offices of Meyers, Neubeck & Hulford.

Estate planning is about more than drafting a will — it's about making sure your wishes are honored during your lifetime and after. Learn the basics of wills, trusts, powers of attorney, and health care directives in this informative session. \*Only at B'ham & Ferndale dates.

## Learn about Home Sharing in Bellingham with the City of Bellingham and Nesterly

City of Bellingham staff will share information about the Bellingham Home Share Pilot Program in partnership with Nesterly. This presentation will focus on how home sharing can support older adults by creating meaningful connections, offering the option to earn extra income, and making it easier to remain in one's home while contributing to the community. The City will also explain why Bellingham is investing in this program and how homeowners can earn a Community Leader badge.

In the second half of the event, Nesterly will host a webinar for communities across the country, providing a general overview of what home sharing is and how to use the Nesterly platform. There will be an opportunity for interested individuals to ask questions to Nesterly and City of Bellingham Staff.

**BELLINGHAM  
HOME SHARE**



*Monday, March 16th, 12:30-2:00pm. Open to all, registration required at the Front Desk.*

City of Bellingham presentation 12:30-12:50pm

Nesterly presentation 1:00-1:30pm

Q& A w/ Nesterly 1:30pm-2pm

A local survey that was conducted in 2023 shows that 60% of seniors who owned their home would or might be interested in home sharing. One of top reasons individuals in this age group are interested in home sharing is due to the increased financial security of additional income from rent. This can lead to homeowners being able to stay in their homes longer and afford maintenance of the property. In addition, there also the element of task exchange which can be helpful for older adults that desire some additional help around the home but do not need a caregiver.

The City of Bellingham's Planning and Community Development department is committed to exploring innovative approaches to housing affordability and create a thriving community. The City of Bellingham hosts a number of programs that aim to increase affordability for residents across the housing continuum, offering programs such as the Utility Customer Assistance Program, Housing & Services grants as well as Home Rehabilitation loans.

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## Irish Dance Performance

*Tuesday, March 17th at 12:45pm in the Auditorium. Open to all.*

Experience the talent, athleticism and artistic flair of the Penk O'Donnell Irish Dancers!

Students of the Penk O'Donnell School have achieved massive success at local, national & international levels. Producing dancers who have won medals at World Championships, titles at the North American Championships and gone on to dance professionally with shows such as "Riverdance" and "Lord of the Dance".



## Health Aging Podcast - Focus Group Discussion

*Wednesday, March 11th, 12:30-1:30pm, sign up at the Front Desk or MyActiveCenter.com*

A podcast on healthy aging called "Staying Alive with Margaret and Susy" is available online on multiple podcast platforms. The hosts, Margaret Cooley and Susy Hymas provide information on a variety of health topics including nutrition, medicare access, hydration and more. The goal is to provide accurate information that helps aging adults advocate for their own health.

Margaret and Susy are looking for feedback and input from community members, and will host a focus group to discuss topics you are interested in and would like to see covered.

Space is limited, sign up at the Front desk.

You can access the podcast on their website:  
[stayingalivewithmargaretandsusy.com](http://stayingalivewithmargaretandsusy.com)




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## WTA Guided Bus Trip: Squalicum Harbor & Marine Life Center

*Friday, March 6, 10am-12:00pm. Space is limited. RSVP at 360-756-TRIP (8747)  
 or [info@WhatcomSmartTrips.org](mailto:info@WhatcomSmartTrips.org)*

Come explore the new bus line that serves our active harbor! This route now runs twice an hour through Waypoint Park and Squalicum Harbor. We'll start with a stroll along the harbor enjoying the view. Then we'll learn about who lives under the sea at the Marine Life Center (a great place to return with grandkids!) The friendly staff will answer questions and point out hidden wonders of our unique marine environment.

Meet in the lobby at the Bellingham Senior Center 10am sharp! Dress for a 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 noon.

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## Paratransit Q and A with WTA

*Wednesday, March 18, 10:30am. Sign up at the  
 Front Desk or MyActiveCenter.com.*

Curious about the little bus at the curb out front? Wondering how you can get a ride? Do you have questions or feedback about Paratransit for WTA? Then join us for a Paratransit presentation with Andrew Herndon, the Travel Trainer for WTA.



## Hearing Health Presentation & Hearing Screenings

*Thursday, March 26th*

*Presentation, 10:30-11:00am. Hearing Screenings, by appointment, 11:15am-12:45pm.*

*Sign up at the Front Desk.*

Join us for an informative presentation focused on the importance of regular hearing testing and overall hearing health. We'll discuss why untreated hearing loss can impact communication, cognitive function, and quality of life — and why early detection matters.

You'll also learn what to expect during a hearing test, including how we evaluate your hearing and what the results mean. We'll explain how we hear, breaking down the process from sound waves to brain interpretation in an easy-to-understand way.

We'll explore what's new in hearing aid technology — including discreet designs, rechargeable options, Bluetooth connectivity, and advanced sound processing that adapts to your environment.

Whether you're curious about your hearing or supporting a loved one, this session will provide valuable insights and practical next steps. Presented by Dr. Jessica Maassen, audiologist, and Stephanie Santiago, licensed Hearing Instrument Specialist.

Hearing Screenings include: screenings using a portable audiometer, wax removal when needed, information on current hearing aids available on the market, cleaning and evaluation of the functionality of your existing hearing aids.



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## Northwest Salamanders & Newts

*Friday, March 27th, 10:00am - 12:00pm. Sign up at the Front Desk or [MyActiveCenter.com](http://MyActiveCenter.com).*

*\$10 suggested donation to the presenter.*

Spring is a time of inspired renewal! Washington State is home to an incredible 26 species of amphibians, of which 11 are salamanders, one newt, ten species of frogs, and 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!"

David Drummond, Wildlife Biologist and Naturalist-Educator has a long curiosity with amphibians. He loves their lifestyles, diverse forms and very intriguing behaviors in our backyards and around the world.



## Dumbbell How-To

*Monday, March 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!

## 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, March 10th at 2:30pm we will explore Peace.*

*Example Quote:* "If we have no peace, it is because we have forgotten that we belong to each other." ~ Mother Teresa of Calcutta.

*Thursday, March 26th at 1:00pm we will explore Tests & Difficulties.*

*Example Quote:* "Character cannot be developed in ease and quiet. Only through experience of trial and suffering can the soul be strengthened, vision cleared, ambition inspired, and success achieved." - Helen Keller

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

## 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 suggestion 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. This program will help you discover whether Linux will work for you and your computer, and assist with getting you up and running.

*March 5 at 10am - Session 1—information, Q&A.*

*March 12 at 10am - Session 2—hands on with users' own computers.*

*Sign up at the Front Desk or MyActiveCenter.com*

## 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, March 9th at 12:15pm - Mindfulness*

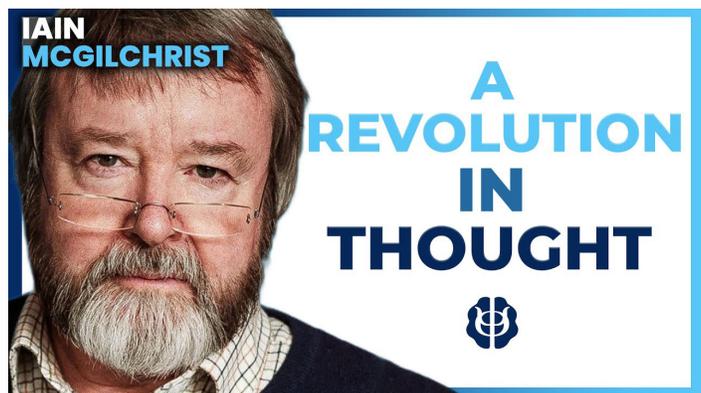
**Mindfulness: Focus, Healing and Joy-** As a former mental health Executive Director over 38 years, Don knew firsthand about the benefits of meditation in his own life but also in helping people deal with the many challenges of life. As a leadership consultant, he often witnessed the harm of stress on employees dealing with work and life balances. Donald Schuster became interested in meditation as a teenager, almost 50 years ago when reading a book about meditation. Shortly thereafter, he enrolled in a Transcendental Meditation class while a student at the University of Michigan.

**Uncertainty and The Power of Possibility** - Dr. Ellen Langer, Ph.D., is a social psychologist and the first female professor to gain tenure in the Psychology Department at Harvard University. She has been described as the “mother of mindfulness” and has written extensively on the illusion of control, mindful aging, stress, decision-making, and health.

### *Monday, Feb. 23rd at 12:15pm - Holistic thinking*

**How left-brain thinking is killing civilization** - What if the way we use our brains is shaping the fate of civilization? Iain McGilchrist, psychiatrist and author of *The Master and His Emissary*, argues that modern culture has fallen under the spell of the left hemisphere — obsessed with analysis, control, and short-term gain. In this talk, he reveals how the neglected right hemisphere offers a very different way of seeing the world: holistic, intuitive, and rooted in meaning. What happens when a society prizes one mode of thinking at the expense of the other? And what might change if we restored the balance?

**Finding meaning in a world gone mad**  
- Iain McGilchrist is an Oxford literary scholar, and a doctor in psychiatry and neuroscience. A champion of holistic thinking, Iain has transformed academic and popular understanding not only of the human brain, but also of the importance of a fundamental worldview shift. His works unfold different approaches for understanding who we are and what the world is.



In this episode, Iain’s research on the differences between the left and right hemispheres provide the backdrop for discussions of the human experience of the sublime, and how important that experience is if we are to reestablish social and ecological balance in the world. He discusses his long-standing appreciation for the local, the place-based and the natural, suggesting that these offer avenues towards right-hemisphere aspects of our experience – aspects which have been neglected to our detriment.

## Help Shape What's Next at the Center!

What kinds of programs would make you excited to walk through our doors? More movement classes? Creative workshops? Guest speakers? Social events?

Starting March 6, the Bellingham Senior Activity Center is launching a short Programming Interest Survey — and we'd love your input. Your feedback will help us plan classes, events, and activities that truly reflect what our community wants and needs.

The survey will be available:

- In our e-news
- On our website
- In print at the Center

It only takes about 5 minutes to complete, and your voice really matters. Whether you're a longtime member or just getting to know us, this is your chance to help shape the future of programming at BSAC.

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## 2025 at BSAC on Display! Historic Photo Books

Every year our BSAC contributes a large variety of events, opportunities, education, and much more, combined with happiness and friendship for all participants. Our BSAC Archive group has created another historical photo book covering our history of 2025. 2 volumes will be on display in the main lobby for your look back into our history, memories, fun, and happy times.



## The Rhythm Band

Friday, March 27th at 12:30pm  
in the Auditorium

This seven-member band will take you back in time with songs from the golden oldies,



**STORYTELLERS**  
READERS THEATRE  
TROUPE

Presents...

**Sherlock Holmes  
Mysteries**



Two radio plays by John DeGaetano  
Directed by Mhari T. Wilson & Mary Jean Van Almen

## Sherlock Holmes Radio Plays

*BSAC North - Thursday, April 2, 12:30pm-1:45pm*

*BSAC Central - Friday, April 10, 1:30pm-2:45pm*

*Sign up at the front desk or MyActiveCenter.com*

Join BSAC's own Storytellers Readers Theatre troupe for their first performance!

Two Sherlock Holmes Mysteries. It's a fundraiser with donations collected at performances: 50% to BSAC & 50% to Storytellers.

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## Spring Showcase

Friday, May 1st at 2:00pm

Featuring performances from BSAC groups including the Senior Steppers, PUFF (Playing Ukulele for Fun), Dance Fusion, and more!

## 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](mailto:WhatcomSHIBAOic@gmail.com)

**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.

## 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.

## Balance Tip

**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.

## 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



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](http://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.



# COMMUNITY IMPACT

COMMUNITY MEALS

HOME DELIVERY

WE SERVE SENIORS AT 9 LOCATIONS!

- 📍 Bellingham
- 📍 Ferndale
- 📍 Blaine
- 📍 Pt Roberts
- 📍 Sumas
- 📍 Everson
- 📍 San Juan Isl
- 📍 Lopez Isl
- 📍 Orcas Isl

*Did you know?*

**Over 1,000 seniors** use our services, annually.

**Volunteer drivers deliver 95% of all home-delivered meals**

*"We really appreciate the service. It is a great help to our family." ~ Edward, San Juan Isl*

Meals on Wheels & More served **over 230,000 meals in 2025!**

Your contributions help us connect with seniors at home as well as one of our 9 Senior Centers.

*Donate Here!*





## Meals on Wheels and More

## BSAC, Blaine, Ferndale Community Meals

March, 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 *Bean & Cheese Enchiladas Spanish Rice Corn & Pepper Salad Fresh Pineapple	3 Cheeseburger *Garden Burger Potato Wedges Coleslaw Red Grapes	4 Sweet & Sour Chicken *Vegan Chicken Brown Rice Asian Vegetables Spring mix Salad Mandarin Oranges	5 Sausage Lasagna *Vegetable Lasagna Italian Vegetable Blend Garlic Bread Stick Caesar Salad Orange Sherbet	6 Creamy Clam Chowder *Corn & Potato Chowder Tuna Sandwich Garden Salad Cookie
9 Chicken & Dumplings *Veggie Dumplings Mixed Vegetables Garden Salad Pistachio Pineapple Salad	10 Pork w/ Apple Chutney *Vegan Cutlet Sweet Potato Petite Peas Spinach Salad Peanut Butter Krissy Bar	11 Beef Stew *Vegan Vegetable Stew Buttermilk Biscuit Garden Salad Applesauce	12 *Butternut Squash Ravioli w/ Brown Butter Sage Sauce Greek Vegetable Salad Ambrosia	13 <b>Meals on Wheels and More Closure</b>
16 Pub Fish w/ Tartar Sauce *Veggie Strips Potato Wedges Buttered Dill Carrots Coleslaw Ice Cream	17 <b>St. Patrick's Day</b> Corned Beef *Veggie Patty Cabbage & Carrots Red Potatoes Garden Salad Green Fruited Jell-O	18 <b>Birthday Luncheon</b> BBO Chicken *Veggie Cutlet Roasted Yam Green Beans Spinach Salad Birthday Cake	19 Bacon & Broccoli Quiche *Broccoli Quiche Roasted Potatoes Garden Salad Fruit & Yogurt Parfait	20 *Coconut Curry Soup w/ Tortellini Rosemary Focaccia Cucumber Salad Peaches w/ Cottage Cheese
23 Chicken Bruschetta *Veggie Cutlet Pesto Pasta Steamed Broccoli Millionaire Salad	24 Pork Salsa Verde *Vegan Salsa Verde Brown Rice Fiesta Corn Garden Salad Coconut Cream Pudding	25 Beef Stroganoff *Mushroom Stroganoff Egg Noodles Capri Blend Vegetables Spinach Salad Berry Crisp	26 Oven Fried Chicken *Veggie Fried Nuggets Mashed Potatoes & Gravy Buttered Corn Coleslaw Fresh Fruit	27 Shrimp Entrée Salad *Veggie Entrée Salad Oatmeal Bread Fresh Orange Slices
30 Pulled Pork Sliders *Veggie BBO Sliders Sweet Potato Fries Green Beans Spinach Salad Fresh Grapes	31 Orange Ginger Beef *Vegan Orange Ginger Tofu Brown Rice Veggie Spring Rolls Asian Slaw Tropical Fruit Salad		Bellingham Kitchen Team Melody Phillips-Kitchen Supervisor Erny Olguin-Prep Cook Patrick Greenberg-Prep Cook Carmen Gonzalez-Kitchen Asst. Reece Booth-Kitchen Asst. Ian Cassinos-Food Service Mgr.	Alternate Vegetarian Meal In *Italics Entrée Salad Option Available Every Day Ferndale - Donna Kinley Blaine - Steve Wittwer

Menus are subject to change due to food cost and availability. Meals on Wheels and More is a program of the Whatcom Council on Aging.



WHATCOM  
**Council on Aging**



# Bellingham Senior Activity Center

## Two Locations To Serve You!

### **BSAC Central**

315 Halleck St.  
(360) 733-4030

Monday - Friday

8:00am to 4:30pm

Saturday Members Only- bring your keytag!

9am-12pm

(360) 733-4030

WCOA Executive Director, Chris Orr . . . . . ext: 1026 corr@whatcomcoa.org

BSAC Director, Molly Simon . . . . . ext: 1020 msimon@whatcomcoa.org

BSAC Program Coord., Eric Pierson . . . . . ext: 1035 epierson@whatcomcoa.org

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

WCOA Volunteer Coord., Amy Wharton . . . ext: 1024 awharton@whatcomcoa.org

BSAC Program Concierge, Amanda & Teresa . . ext: 1016

Meals on Wheels & More . . . . . 360-746-6480

Bellingham at Home . . . . . 360-746-3457

SHIBA Whatcom. . . . . 360-788-2725

### **BSAC North**

140 E Bellis Fair Parkway  
(360) 559-9752

Monday, Tuesday, Thursday

8:00am to 4:30pm

closed 12-12:30pm

Wednesday

8:00am to 12:00pm

<b>BSAC</b>
Membership
Options:
\$60 for 12 months
\$20 for a 3 months