

# THE BSAC CONNECTION



June 2026 Programs, Services, & Activities



## SENIOR PROM

Friday, June 12

2:00 - 4:00pm

**OPEN TO ALL!**

Tickets (\$10) available in advance starting June 1<sup>st</sup> or \$15 at the door.

**BSAC North**

140 E. Bellis Fair Parkway  
whatcomcoa.org | 360.733.4030



Featuring Live Music from Connie & Gary Bishop

Refreshments included





## BSAC North

June 2026

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

Mon/Tue/Thu 8:00am-4:30pm, Wed 8:00am-12:00pm 360-559-9752

See page 12 for details about Improv, Variety Shows, and the newest classes at our North location.



### Try our newest Cardio, Balance, and Chair Classes

See descriptions of three new classes on page 12 - try something new to improve your strength and agility, prevent falls, challenge your brain, and get moving (even when seated in a chair)!

### Come laugh together at Improv on June 1st!

Monday June 1, 3:00-4:30pm  
Details on p 12



### Young At Heart - Play Reading Group

Thursdays 2:00-4:00pm



Meet others who enjoy reading plays, and explore reading various scripts and characters together!

For summer, no performance is planned. No fees (donations appreciated for any script expenses).

Newcomers always welcome!

**Table Tennis Coaching** is taking a break for summer - join a ping pong playing session for doubles fun, and ask about bringing a friend during the mornings for singles play.

Mon.	8:30-9:30 Strength in Motion w/ Elizabeth * 10:00-11:30 Yoga w/ Mary * 11:00-12:00 Table Tennis (open/beginner) 12:00-1:00 Qigong w/ Lee * 12:30-4:00 Mah Jong 1:00-3:30 Table Tennis (Intermed/Advanced) 1:30-2:45 Yoga w/ Dani * 3:00-4:00 Gentle Chair Aerobics w/ Elizabeth * 3:00-4:30 Improv w/ Logan ** (1 <sup>st</sup> Monday only)
Tue.	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 Gentle Chair Aerobics w/ Elizabeth * 1:00-3:30 Table Tennis (Intermed/Adv) 1:30-2:30 Line Dancing with Adriane * 3:00-4:00 Brain & Balance w/ Elizabeth *
Wed.	8:30-9:30 Strength in Motion w/ Elizabeth * 9:00-10:30 Table Tennis (open/beginner) 10:00-11:15 Yoga w/ Dani * 11:30-12:30 Brain & Balance w/ Elizabeth * 12:00pm BSAC North closes
Thu.	8:30-4:30 Senior Trailblazers 9:30-10:30 Zumba Gold w/ Adriane * 11:00-12:00 Chair Pilates w/ Adriane * 12:30-1:45 Golden Players (variety show rehearsals) 1:00-3:30 Table Tennis (Intermed/Adv) 2:00-4:00 Play Reading (drop-in welcome) 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)

#### \* Classes with fees have asterisks:

<b>One-hour classes:</b> members \$5 non-members \$8 under-50 \$10	<b>Yoga:</b> members \$10 non-members \$13 under-50 \$20	Buy a digital punch card to pay at a discount.  Try a new class - members get each first class for <b>free!</b>
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## BSAC Central - 315 Halleck St.

### June 2026 - Featured Programs

6/3	Member Meet & Greet (p.4)	3:30pm
6/5	Sew for Craft Fair (p.11)	10:00am
6/8	TED Talk Discussion (p.10)	12:15pm
6/9	Exploring True Self (p.10)	2:30pm
6/11	WTA Guided Bus Trip (p.9)	1:00pm
6/11	Book Buzz (p.5)	2:00pm
6/12	Wonders of the World (p.5)	10:30am
6/12	Senior Prom (cover)	2:00pm
6/12	Knife Sharpening	10a-4p
6/15	Stroke Support Group	11:00am
6/18	Mud Bottom Maddy (p.5)	12:30pm
6/19	Planning Ahead Resource Fair (p.6)	10a-2p
6/22	Clothing/textile mending	11a-2p
6/22	TED Talk Discussion (p.10)	12:15pm
6/22	Golden Players Variety Show (p.12)	2:00pm
6/24	Karaoke (p.5)	1:00pm
6/24	Low Vision Support Group	1:00pm
6/25	Exploring True Self (p.10)	1:00pm
6/26	Sound Journey (p.5)	10:00am
6/29	Upgrade to Linux (p.8)	12:30pm
7/3	BSAC CLOSED - Happy 4th	---

M O N D A Y	8:15 Advanced Fitness Hour* 8:30 Chair Yoga 9:00 Spanish for Beginners (sign up) 9-11 Tech Help (sign-up) 9:30 EnhanceFitness* 10:30 Singing for Fun 12:15 TED Talk Discussions (2nd & 4th Mon.) 12:15 Pinochle 1:00 Open Art Time 3:00 Strength Training for Balance (Virtual) 3:15 Longevity Stick 3:15 Ukulele Practice
T U E S D A Y	8:15 Beginning Tap Dance 8:30 Cribbage 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
W E D N E S D A Y	8:15 Advanced Fitness Hour* 8:30 Chair Yoga 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 1:30 BrainPower (1st & 3rd Wed.) 1:30 Qigong* 2:45 Longevity Stick 3:00 Strength Training for Balance (Virtual) 4:00 Weekly Social Hour
T H U R S D A Y	8:30 Cribbage 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 Advanced Fitness Hour* 8:30 Chair Yoga 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, Library, Coffee Bar 9:15 Zumba*

\*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.

### 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)

### 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, sign up at [whatcomcoa.org](http://whatcomcoa.org) or visit the front desk.

### Member Meet & Greet

1st Wednesday of each month at 3:30pm

Whether you're new to the Center or a longtime member, we invite you to come together in a welcoming atmosphere to meet new friends, and learn about each other and about BSAC and the activities we offer.

### 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:

June 3 - Kulshan Trackside, 298 W Laurel St.

June 10 - Beach Cat Brewing, 1010 C St.

June 17 - Aslan Brewing, 1330 N Forest St.

June 24 - Wander Brewing, 1807 Dean Ave.



## 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 Thursday of each month.

June 11th, 2:00pm - *The Memory of an Elephant* by Alex Lasker. The enduring bond of friendship. July's book is *The Wives of Los Alamos* by TaraShea.

## Wonders of the World

Slide show presentations on topics of art, culture, and nature in Whatcom County and beyond. Continuing on the third Friday of each month.

Friday, June 12th, 10:30am - Alaska our frozen wonderland.

## Tech Help

Mondays 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.

## Karaoke!

Wednesday, June 24th, 1:00pm.

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 Wed. of each month.

## Mud Bottom Maddy

Thursday, June 18th at 12:30pm. Continuing on the 3rd Thursday of each month.



Maddy is a local singer/songwriter who performs folk music for the express purpose of having fun. Maddy's songlist comprises music from several decades and an occasional original. Her performances are lively, fun, and smile-inducing.

## Brainpower!

1st & 3rd Wednesday 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.

## Sound Journey

Last Fri./month, 10:00am. Sign up at the Front Desk or [MyActiveCenter.com](http://MyActiveCenter.com)

A guided sound experience where participants comfortably lie (or sit) on the floor (or chair) with their eyes closed to obtain a relaxed state. The session includes breath work and listening to a variety of instruments in which frequencies assist the body in activating the parasympathetic nervous system, which controls the body's ability to relax. Facilitated by Everitt Allen, Sound Therapy of the Pacific Northwest.





The best gift you can give your loved ones is a clear plan. Discover how taking a few thoughtful steps now can protect what matters most — and spare your family difficult decisions later.

Receive resources to help with planning for future and present needs. Areas covered include estate planning, senior living options, caregiving, legal & financial services and more.

Friday, June 19th • Bellingham Senior Activity Center

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

10am-2pm: Representatives from organizations and businesses offering senior services will be on-hand to assist and answer questions.

**10:30 - 11:30am: Estate Planning with Purpose**

In this presentation, Elder Law Attorney Phillip George, will walk through the many core estate-planning tools everyone should understand—including wills, trusts, financial and health care powers of attorney, HIPAA authorizations, beneficiary designations, and other key planning documents—and explain how they work together as part of a comprehensive plan.

**12:45 - 1:30pm: Dementia Support Northwest**

Everyone has or will be affected by dementia in some way in their life. We are here to support anyone and everyone on that journey. A dementia diagnosis is not the end of the road for person's life, dignity and ability to experience joy, connection, purpose. Through community, education, support, and accessible resources, we hope to empower both care partners and individuals living with dementia.

**2:00 - 3:30pm: The Secrets of Dying Well**

A gathering to share how to have open discussions about your end-of-life wishes. Understand which decisions and documents help honor your values. Organize your affairs so you and your loved ones feel supported. Presented by Brian Flowers, Wildflower Funeral Concepts; Jennifer Carlson, Hospice RN; Hilary Walker, OT, ACP Consultant.

125+ Resources Games & Live Music Great Food & More!

**Senior Day in the Park**  
A LIVELY FESTIVAL FOR OLDER ADULTS

**Wednesday,  
August 5th  
10AM - 2PM**

Hovander Homestead Park, Ferndale

**No Entry Fee - BBQ Lunch \$6**



HOSTED BY:  
**WHATCOM Council on Aging**



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### Senior Financial Empowerment Course

*Mondays, 10:00-11:30am, through June, join any week.*

*Register Online at [www.thewhatcomdream.org](http://www.thewhatcomdream.org), or by emailing [jennifer@thewhatcomdream.org](mailto:jennifer@thewhatcomdream.org).  
These free classes are open to the whole community.*

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.

- June 1st - Preparing for Long Term Care Support
- June 8th - Dispute Resolution Center
- June 15th - All About Social Security
- June 22nd - Wills, trusts, estates, etc.
- June 29th - Credit/fraud/ID theft

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



### 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.

*Monday, June 29th at 12:30pm - Session 1*—Mostly presentation, followed by Q&A.

*Thursday, July 2nd at 12:30pm - Session 2*—Hands on with users' own computers to install Linux.

*Sign up at the Front Desk or [MyActiveCenter.com](http://MyActiveCenter.com)*

### WTA Guided Bus Trip:

#### Community Boating Center

*Thursday, June 11, 1:00-3:15pm.*

*RSVP at 360-756-TRIP (8747) or [info@WhatcomSmartTrips.org](mailto:info@WhatcomSmartTrips.org). Space is limited.*



By land and by sea, there are so many ways to enjoy Bellingham! On this trip to the Community Boating Center in Fairhaven, you'll see how easy it is to ride the WTA bus to amazing recreation experiences.

The Community Boating Center fosters safe watercraft recreation for all. We'll tour the facility and learn about their adaptive equipment, including the new Hearing Loop in the Wheelhouse building. Learn about opportunities to get out on the water, attend Tide Talks and support CBC programs.

Meet in the lobby at BSAC 1pm sharp! Dress for a short walk and time by the water. WTA passes will be provided if needed, bring a gold card if you have one. The group will return by 3:15pm.

### Beginners Watercolor Workshop

*Sign-up at the Front Desk for the 6-week course*

*Starting Friday, July 17th, 10:30-11:30am.*

*Class fee \$40, due upon registration.*



This welcoming class is perfect for anyone new to watercolor who want a low-pressure, creative space to paint and learn.

Led by instructor Jeana, participants will explore foundational watercolor techniques such as brush control, color mixing, layering, and simple composition.

The emphasis is on enjoying the process, building confidence, and experimenting with the medium. Over the session, students can expect to complete 2-3 watercolor paintings.

All art materials are provided, so no supplies or prior experience are needed—just come ready to paint and have fun.



## 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, June 8th at 12:15pm - Social Health*

**Why Social Health Is Key to Happiness and Longevity** - You know it's important to take care of your physical and mental health. But what about your social health? Social scientist Kasley Killam shows how feeling a sense of belonging and connection has concrete benefits to your overall health — and explains why it may be the missing key to living a longer and happier life.

**Is the cure for loneliness hiding in your closet?** - In this engaging talk, Mollie Kaye, with a charming vintage flair, shares a transformative initiative - dressing up every Tuesday to connect with strangers. Exploring the profound impact of small interactions, she delves into the dangers of loneliness and the significant health benefits of meaningful connections.

*Monday, June 22nd at 12:15pm - Understanding Emotions*

**Why you feel what you feel** - Understanding why you feel what you feel is one of the most important aspects of human development. After understanding comes control. When you control your emotions through vertical development, you can be more successful and happy. We've all seen adults behave like children and 'throw their toys out of the pram' if they don't get their way. An inability to control emotions prevents us from growing up and becoming mature successful human beings.

Dr. Alan Watkins introduces the key phases of human development and explains why poor emotional control is holding back progress. He asks us to imagine a world where we never have to feel anything we don't want to feel; where we have complete control of what we feel and when we feel it.

**Happy Brain: How to Overcome Our Neural Predispositions to Suffering** - Twenty years ago, Dr. Amit Sood, a Professor of Medicine at Mayo Clinic, came to the U.S. thinking he was coming to the Disneyland of the world. He expected everyone here to be very happy. What he saw surprised and shocked him. In this funny, fast-moving, and deeply insightful talk, Dr. Sood shares his journey over two decades and across two continents, finding a way to help us outsmart our neural predispositions to suffering. In the process, he takes us on a back-stage tour of the human brain and outlines the gist of a structured program he is taking globally to decrease stress and improve focus, resilience, and happiness.

## 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, June 9th at 2:30pm - Happiness & Thursday, June 25th at 1:00pm - Forgiveness*

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

## Bocce Ball

**At the Sportsplex turf fields!**

*Thursdays, 10am-12pm, starting June 18th through July.*

*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.



## Calling All Stitchers!

We're looking for volunteers to help create items for our upcoming craft fair! Whether you're experienced or just enjoy sewing for fun, we'd love to have you join us.



All fabric, notions, and patterns will be provided—just bring your creativity! The projects are designed to be fun, simple, and rewarding.

Informational Meeting:

*June 5 at 10:00am at BSAC Central room 9*

Come learn more, see sample projects, and find out how you can be part of this creative effort.

Let's stitch something wonderful together!

## BSAC members get FREE entrance to the Lynden Heritage Museum

Show your BSAC keytag for free entry during the month of June.

Lynden lies at the heart of a rich agricultural area, known nationally for dairy and raspberry production. It is the home of Darigold, a cooperative formed locally in 1904. Sawmills were also a part of the early economy.

Founded in 1976 and located in a former blacksmith shop and farm implement store built in 1913, the museum features almost 30,000 square feet of space filled with exhibits and collections.



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## BSAC North



### Treat your brain and body - try a new class in June:



#### Meet Elizabeth!

Bringing over a decade of experience, Elizabeth Goldsmith specializes in personal training and senior fitness, working with individuals and groups living with chronic health conditions, dementia, Parkinson's and other neuro-degenerative conditions, disabilities of all types, cancer survivors, and those with post-PT injury or surgery recovery. ACSM-certified, she is dedicated to empowering individuals to gain new confidence and improve their physical and mental health while increasing their overall enjoyment of life.

#### Strength in Motion \*

Mondays & Wednesdays, 8:30-9:30am



Start your day with a positive, active energy boost! This incorporates dynamic strength and endurance exercises, functional movement patterns, balance challenges, and flexibility. We will utilize a variety of equipment to activate every muscle and have fun getting our heart rates up!

#### Brain & Balance \*

Tuesdays 3:00-4:00pm & Wednesdays 11:30am-12:30pm  
Looking to improve balance and strengthen cognitive health? This engaging class includes balance challenges (both static and dynamic movements), agility and coordination activities, group balance fun, balance obstacle courses, and targets strength and flexibility.



#### Gentle Chair Aerobics \*

Mondays 3:00-4:00pm & Tuesdays 11:00-12:00pm



This cardio class is for participants who want to exercise from a seated position. We will have fun while moving the whole body to music and getting our heart rates up! Chairs and easy-to-use equipment are provided.

#### \* Fee-based class:

Members \$5; non-members \$8; under-50 \$10.  
Get a discount: punch card of 11 classes for \$45.  
Members get their **first class free** - try each class for free!

### Improv with Logan - First Mondays



Monday June 1st, 3:00-4:30pm

#### Need some extra laughs these days?

Embrace silly and playful qualities within us all - you are never too old to play and explore your imagination. Through group games and short-form improv, we'll learn communication skills, build community, and share lots of laughter!

Class fees paid directly to the instructor (cash, check, or Venmo). Suggested \$10, sliding scale available.

### The Golden Players Present: Variety Show, 1950s Style!

#### Two performances:

BSAC North,  
Thurs. June 18,  
12:30PM-1:45PM

BSAC Central,  
Mon. June 22,  
2:00PM-3:15PM



Travel back to the Fabulous Fifties with The Golden Players Theater Troupe... and relive the music, dances, and fun! Get ready to laugh, sing, and rock around the clock.

100% of donations collected at performances will go to BSAC and Meals On Wheels - thank you for your support!

## Development Corner

Information And Updates on Giving



Required Minimum Distribution (RMD)  
Qualified Charitable Distribution (QCD)



We have such generous donors at the Whatcom Council on Aging - Thank you! Several members have recently inquired about ways to give to the WCOA programs, including Meals on Wheels and More and Bellingham Senior Activity Center. The following are 2 unique ways involving individual retirement accounts.

*Please note: The following is for informational purposes only and is not a recommendation. Individual financial situations vary. Please consult a qualified tax specialist to determine the best approach for you. (Source: IRS.com)*

- If you have a traditional IRA or certain other retirement accounts, the IRS requires you to take a minimum amount each year once you reach age 73
- This is called a **Required Minimum Distribution, or RMD**
- An **RMD** is usually considered taxable income
- However, at 70½ or older, you may direct an IRA distribution to a qualified charity through what's called a **Qualified Charitable Distribution (QCD)**
- A **QCD** is a separate process from your RMD, but the amount you use for a **QCD** can count toward your **RMD** for the year
- In making a QCD to the WCOA, or any charity, you may incur a lower tax liability
- WCOA Tax ID # 91-0784024

#### Key Points:

*An RMD is a required, taxable annual withdrawal from certain retirement accounts  
A QCD is an optional, direct donation from your IRA to a qualified charity  
QCDs can "count" toward satisfying your RMD, but not all QCDs are RMDs or vice versa  
QCDs offer tax advantages but must meet specific IRS rules*

### Bellingham Senior Trailblazers

Whether you're looking for a way to meet other seniors, or are eager to stretch your legs in the great outdoors, we welcome all BSAC members to our group!

Our group hikes have a variety of difficulties ranging from easier intermediate hikes, to journeys for experienced hikers. Hikes take us through the beautiful scenery in Whatcom, Island, and Skagit Counties in Northwest Washington, and we also love to explore trails in Canada's lower mainland, British Columbia.

Learn more & sign up at [seniortrailblazers.com](http://seniortrailblazers.com)



### 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.

### 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)



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.



### Meals on Wheels and More BSAC, Blaine, Ferndale Community Meals June, 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 *Baked Ziti w/ Veggie Marinara Sautéed Zucchini Caesar Salad Sliced Peaches w/ Cottage Cheese	2 Jamaican Jerk Chicken *Vegan Cutlet w/ Mango Salsa Cilantro Lime Rice Fresh Broccoli Cucumber Salad Fresh Fruit	3 Chinese BBQ Pork *Chinese BBQ Tofu Veggie Fried Rice Asian Vegetables Asian Slaw Mandarin Oranges	4 Beef Shepherd's Pie *Veggie Shepherd's Pie Roasted Dill Carrots Garden Salad Ambrosia	5 Ahi Tuna Salad *Grilled Tofu Entrée Salad Veggie Spring Rolls Sliced Oranges
8 Breakfast Casserole *Veggie Breakfast Casserole Roasted Potatoes Garden Salad Fruit & Yogurt Parfait	9 Ginger Orange Beef *Ginger Orange Tofu Brown Rice Asian Vegetables Broccoli Slaw Fresh Grapes	10 Pork w/ Apple Chutney *Veggie Cutlet Vegetable Rice Pilaf Capri Blend Spinach Salad Banana Cream Pudding	11 Honey Mustard Chicken *Honey Mustard Cutlet Roasted Yams California Blend Veggies Garden Salad Tropical Fruit	12 *Butternut Squash Soup Turkey Pesto Wrap *Veggie Pesto Wrap Garden Salad Fresh Fruit
15 Panko Crusted Cod *Panko Crusted Tofu Wild Rice Pilaf Maibu Blend Kale Citrus Salad Ice Cream	16 Chicken Strips w/ Dipping Sauce *Vegan Chicken Nuggets Potato Wedges Garden Salad Orange Wedges	17 *Birthday Lunch Beef Stroganoff *Mushroom Stroganoff Egg Noodles Roasted Carrots Spinach Salad Birthday Cake	18 Lunch Provided by: Bellingham at the Orchard Meat Lasagna *Veggie Lasagna Caesar Salad Green Beans Dessert	19 *Juneteenth Lunch Smoked Paprika Chicken Black-eyed Peas w/ Bacon Texas Honey Cornbread Fresh Cut Fruit Red Velvet Cookie
22 Father's Day Lunch BBQ Pork Ribs Potato Casserole Green Beans Coleslaw Strawberry Short Cake	23 Beef Soft Tacos *Vegan Tacos Spanish Rice Corn Salad Fresh Pineapple	24 Chicken Yakisoba Sesame Steamed Broccoli Veggie Egg Roll Mandarin Oranges Fortune Cookie	25 Bangers & Mash *Veggie Sausage Onion Gravy Green Peas Garden Salad Fruit Crisp	26 Chicken Cobb Salad *Veggie Entrée Salad Oatmeal Bread Fresh Grapes
29 Grilled Rueben Sandwich *Grilled Cheese & Kraut Potato Wedges Spinach Salad Fresh Fruit Cookie	30 Chicken Cordon Bleu *Veggie Cutlet Roasted Red Potatoes Brussels Sprouts Garden Salad Pistachio Pudding			

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.



# 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

Wednesday

8:00am to 12:00pm

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