

THE BSAC CONNECTION



May 2026 Programs, Services, & Activities



Love being a member?

REFER A

Friend

OPEN TO ALL WHO ARE AGE

50+



Spread the word. Refer your friends and neighbors and help us grow our Senior Center

This May share the benefits, when your friend joins you each get rewarded!

Choose one of the following:

Extend your 12-month membership to 13 months

or

Enjoy two free exercise classes of your choice

It's our way of saying thank you for helping our community thrive.



*Return to front desk with new member membership

New
Member:

Referring
Member:

Choose One:

- add a month to my membership
- add 2 free classes to my account

Choose One:

- add a month to my membership
- add 2 free classes to my account



BSAC North

May 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

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 Chair Aerobics w/ Elizabeth * 3:00-4:30 Improv w/ Logan ** (1 st 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 Chair Aerobics w/ Elizabeth * 1:30-2:30 Line Dancing with Adriane * 1:00-3:30 Table Tennis (Intermed/Adv) 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 * 10:30-11:30 Table Tennis Skills Coaching 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 Reader's Theater (rehearsals) 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)

May Means More!

See page 12 for details about brand-new classes plus updates to existing activities, all happening at our North location.



New Cardio, Balance, and Chair Classes

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

Table Tennis Skills Coaching Continues

See page 12 for details.

Mondays: Mah Jong Moving to North, Improv Moving to Monthly

Share Your Talents

The Golden Players are creating their next variety show, with a 1950s theme - get ready to rock around the clock at June shows! Join rehearsals as a singer or volunteer as a stagehand.



The Young At Heart Reader's Theatre group is rehearsing a comedy play - join in May to add your voice to the laughs at early July performances!

* Classes with fees have asterisks:

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

May 2026 - Featured Programs

5/1	Spring Showcase (p.8)	1:00pm
5/4	WTA Guided Bus Trip (p.9)	8:00am
5/4	Financial Empowerment (p.10)	10:00am
5/6	Great Books (p.5)	12:00pm
5/6	Blood Pressure Checks	10:30am
5/8	Knife Sharpening	10a-4p
5/11	TED Talk Discussion (p.9)	12:15pm
5/12	Exploring Your True Self (p.8)	2:30pm
5/14	Fraud & Scam Awareness (p.6)	12:30pm
5/14	Book Buzz (p.5)	2:00pm
5/15	Wonders of the World (p.5)	10:30am
5/18	Blood Pressure Checks	10:30am
5/18	Clothing/textile mending	11a-2p
5/18	Stroke Support Group	11:00am
5/18	TED Talk Discussion (p.9)	12:15pm
5/20	Fill the Room (p.6)	10:30am
5/22	The Serviceberry book disc. (p.8)	10:00am
5/22	Seniors & Cannabis (p.7)	2:00pm
5/23	BSAC CLOSED	
5/25	BSAC CLOSED - Memorial Day	
5/26	Hearing Loss Consults (p.8)	8-10am
5/27	Karaoke (p.5)	1:00pm
5/27	Low Vision Support Group	1:00pm
5/28	Exploring Your True Self (p.9)	1:00pm
5/29	Music Bingo! (p.7)	3:30pm

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, Dance Fusion, Library, 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

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 are listed in the Program Guide, available at the front desk and on our website: 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 or visit the front desk.

Ladies Pool

Chalk up the cue sticks and rack 'em up for weekly ladies pool group. Drop-in on Wednesdays, 1:00-4:00pm.



Member Meet & Greet

1st Wednesday of each month at 2:30pm

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:

5/6 - Elizabeth Station, 1400 W. Holly St.

5/13 - Kulshan Brewing (Sunnyland), 2238 James St.

5/20 - Goods Local Brews, 2620 Northwest Ave.

5/27 - El Sueñito Brewing, 1926 Humboldt St.

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.

Book Buzz

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

May 14th, 2:00pm - Foster by Claire Keegan, 2010. The transformative power of caring. June's book is *The Memory of an Elephant* by Alex Lasker.

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, May 15th, 10:30am - Geological Wonders of the World.

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, May 6th, 12:00-1:30pm. Continuing on the first Wed. of each month. May's reading is *The New Organon* by Francis Bacon.

Karaoke!

Wednesday, May 27th, 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.

MAY IS MENTAL HEALTH AWARENESS MONTH

"Anything that's human is mentionable, and anything that is mentionable is manageable." ~ Fred Rogers



Mental Health Matters

Mental health challenges are extremely common and can affect anyone, regardless of age, background, or lifestyle. They often stem from a mix of biological factors (like brain chemistry), life experiences (such as trauma), and environmental influences.

National Alliance on Mental Illness

NAMI (National Alliance on Mental Illness) is the largest grassroots mental health organization in the U.S. It provides education, support, advocacy, and public awareness for people affected by mental illness and their families.

Helpline

- NAMI Helpline: 1-800-950-NAMI (6264)
- Or text "HELPLINE" to 62640
- Provides:
 - Information and referrals
 - Emotional support
 - Guidance on finding services



"IT'S OKAY TO ASK FOR HELP"

Additional National Helplines

Substance Abuse and Mental Health Services Administration Helpline

- 1-800-662-HELP (4357)
- Free, confidential support for mental health and substance use
- Helps connect people to local treatment and services

Key Takeaway

- Help is available 24/7, often free and confidential
- You don't need to be in crisis to reach out
- Support can be immediate (hotlines) or ongoing (therapy, groups)
- Community connection is just as important as clinical care



Fill the Room: A vocal program for women over 50

Women: Tired of feeling unseen and unheard? Would you like to expand and use your authentic voice to express your wisdom, needs, and boundaries? Seasoned and trained singer, coach, counselor, and facilitator, Dr. Joyce Parry-Moore will guide participants in four, one-hour sessions, sharing her empowering process to help women over 50 find, develop, and use their voice to Fill the Room!



Dr. Joyce declares these sessions a safe "no shame zone," where you can experience both the vulnerability and power of your true voice. These sessions are designed to help mature women discover, strengthen, and use their authentic voice with confidence and ease.

Practicing supported singing, especially in the context of honest and mature reflections, helpful technical instruction, and mindful encouragement, provides health and social benefits to those whose voices have been ignored. Measurable outcomes include physical relaxation, improved posture, better breathing habits, and a greater sense of joy and purpose, and when practiced in a supportive group setting, other benefits include greater personal confidence, and meaningful connection to community.

May 20 free preview, then four sessions, Wednesdays, May 27, June 10, 17, 24, at 10:30-11:30am. Sign up at the Front Desk or MyActiveCenter.com.

\$15 per session, or \$40 for the four session series, payable to instructor. Materials are provided, and copies of Dr. Joyce's new book *Fill the Room* available for purchase by participants.

Fraud and Scam Awareness Seminar

Thursday, May 14th, 12:30-1:30pm. Open to all.

Older adults are frequent targets for fraud and scams, and fraud and scams are constantly changing. Learn how to identify fraud, avoid scams, and protect your personal information in this free seminar offered from WECU. Perfect for anyone concerned about staying safe in a rapidly changing digital age.

Presented by Cherish Flint, Certified Credit Union Financial Counselor & Nick McLain, Assistant Branch Manager.



In this free seminar, we will cover:

- Common types of fraud and scams targeting individuals.
- How to recognize red flags and suspicious behavior.
- Best practices to safeguard your personal and financial information.
- Steps to take if you've fallen victim to fraud or a scam.



FRIDAY MAY 29 BELLINGHAM SENIOR ACTIVITY CENTER 3:30-5:00PM

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

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

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

Seniors & Cannabis: Let's Talk

This presentation has been cancelled. We hope to reschedule this session for a future date and will notify those that sign up as soon as a new time is confirmed.

Sign up at the Front Desk or MyActiveCenter.com.

Cannabis (a.k.a. marijuana) use is not for everyone yet during the pandemic it was considered an essential service. Here's a chance to update yourself with knowledge and common sense.

Cannabis for health and well-being is a constantly changing field of information and product options. Be an educated shopper/user and you will likely have a successful experience. One size does not fit all, so being mindful and patient with how to use it usually results in the best outcomes.

Just remember: Educate before you Medicate. Start Low and Go Slow.

Join Nancy Southern MSW, and Angela Williams, Certified Medical Cannabis Consultant, for an informative presentation on the mindful use of cannabis for seniors. Nancy will share her personal story with cannabis and address some basic Facts and Fiction about it.

They will then be available for a Q & A discussion.

Nancy Southern, MSW is a Creative Life Coach, Emotional Freedom Technique Specialist, and Reiki Master can be reached at: happytapping@gmail.com.

Angela Williams is a Certified Medical Cannabis Consultant who has been in the medical cannabis industry since 2011 working with patients and doctors. She explains new legislation that benefits medical patient use.

Note: This discussion is intended to provide information only and should not be considered a substitute for obtaining medical advice about specific issues from a qualified healthcare provider.

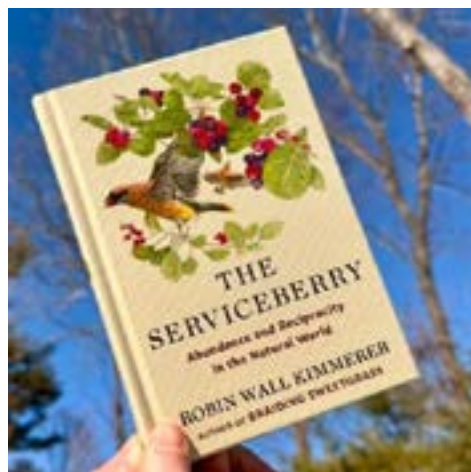


Book Discussion

"The Serviceberry: Abundance and Reciprocity in the Natural World"

Friday, May 22nd, 10:00-11:30am. Sign up at the Front Desk or MyActiveCenter.com.

Western Washington University Honors students, Violet and Ava, invite you to a special, one-time discussion of "The Serviceberry: Abundance and Reciprocity in the Natural World" by Robin Wall Kimmerer.



Kimmerer, the acclaimed author of "Braiding Sweetgrass", offers a look at the world through the metaphor of the serviceberry plant. This is a short book that explores the concept of a gift economy, a model of living rooted in gratitude and mutual support, and how that model contrasts with modern capitalism. Small snacks and drinks will be provided!

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, May 12th at 2:30pm we will explore Unity.

Thursday, May 28th at 1:00pm we will explore Civilization.

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

Hearing Loss Consultations

Struggling with hearing loss?

Get free, personalized guidance from WWU's Student Academy of Audiology! You'll sit down with knowledgeable audiology students who can help you navigate hearing loss, explore your healthcare options, discover community resources, and learn practical communication strategies that make a real difference in everyday life.

Whether you're newly diagnosed, supporting a loved one, or just have questions — this is a welcoming, no-pressure opportunity to get the information you need.

Sign up at the Front Desk for a 30-minute Consultation. May 26, between 8:00-10:00am.

Spring Showcase

Friday, May 1st at 2:00pm

Featuring performances from BSAC activity groups including the Senior Steppers, Jam Band, Dance Fusion, and Singing for Fun!



WTA Guided Bus Trip:

Birding By Bus

Monday, May 4th, 8:00-11:15am.

RSVP at 360-756-TRIP (8747) or info@WhatcomSmartTrips.org. Space is limited.



Join us for some Urban Birding and learn how easy it is to use the WTA bus system. No experience necessary with birds or buses, Smart Trips and the North Cascades Audubon Society will be your guides!

Wear walking shoes and clothing appropriate for the weather. We will be walking to the city bus stop and through Cornwall Park so you must be able to walk or use your motorized transportation device to travel. Meet in the lobby at the Bellingham Senior Center 8:00am sharp! WTA passes will be provided if needed, bring a gold card if you have one.

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, May 11th at 12:15pm - *A journey into consciousness*

Exploring the power and mystery of consciousness - All of us experience consciousness. We have thoughts and feelings, and we're aware of those acting upon us. It's the hidden internal lens through which we view the world, but why do we have this power, and are we the only ones that do? Horizons moderator William Brangham explores this defining aspect of being human with Michael Pollan, author of "A World Appears: A Journey into Consciousness."

I Don't Think That AI Will Become Conscious -Stephen's fascinating conversation with author Michael Pollan continues with a look at how consciousness begins and whether AI will achieve it.

Monday, May 18th at 12:15pm *3rd Monday this month due to holiday closure - *How ancient DNA has changed the story of human history*

Your ancestors aren't who you think they are - What if one of our oldest ideas about ancestry is simply wrong? David Reich argues that ancient DNA has exposed the myth of purity and uncovered a far messier history of who we are and where we came from. Over the last 15 years, data on ancient DNA has upended the old story of human history.

In this full-length interview, geneticist David Reich explains how new findings have challenged the family tree model of ancestry and revealed a past shaped by migration, interbreeding, disappearance, and constant change. From Neanderthals and Denisovans to the myths of purity that still shape modern identity, Reich shows how the last decade of research has rewritten what we thought we knew about human origins. The result is a much stranger, more dynamic picture of the human story, one that forces us to rethink ancestry, evolution, and the deep history of who we are.

Senior Financial Empowerment Course

8-week course, Mondays, 10:00-11:30am, May 4th - June 29, join any week.

Register Online at www.thewhatcomdream.org, or by emailing 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.



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

- May 4th - Intro and review of syllabus
- May 11th - Monthly Money Management
- May 18th - What to Know about Health Insurance
- May 25th - Memorial Day Holiday, no class
- 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

Beginners Watercolor Class

Sign-up at the Front Desk for the 6-week course
Starting Friday, May 29th, 12:30-1:30pm.
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.



Sponsored by:



Friday, June 19th • 10am - 2pm

Let's talk about it! Planning your legacy and healthcare before something happens can give you peace of mind for you and your loved ones.

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



SENIOR PROM

Dance the night away with music from the 50s, 60s and 70s!
Refreshments included

Friday, June 12
6:00 - 8:00pm

OPEN TO ALL!

Tickets available in advance starting June 1st or at the door.

BSAC North

140 E. Bellis Fair Parkway
whatcomcoa.org | 360.733.4030





BSAC North



Table Tennis Skills Coaching



Wednesdays, 10:30-11:30am

These coaching clinics offer a friendly place for people with rudimentary ping pong skills to learn, practice, and improve techniques, to feel more confident to play with friends or join a scheduled BSAC ping pong playing session.

Please wear comfortable and breathable clothes, smooth-soled shoes (athletic shoes are great), and bring a water bottle. Paddles and balls provided. Donations encouraged, for BSAC ping pong supplies.

Pre-registration required at the front desk or on MyActiveCenter.com. Maximum 6 people per day; come any week.

Improv with Logan



NOTE: Class changing to 1st Mondays only (May 4th), 3:00-4:30pm

Need some extra laughs these days?

Explore silly and playful qualities within us all. 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.

Monday Mah Jong Moves to BSAC North

Mondays 12:30-4:00pm

Same great game, now playing at our North location instead of Central!

BSAC North Update

Many people have been asking, "What's going on at the new center on the north end of Bellingham?" The short answer: a lot — and all of it is exciting.

But first, a little context.

In July 2024, the Whatcom Council on Aging purchased the building at 140 E Bellis Fair Drive. By June 2025, we opened with limited programming — and immediately felt the impact. No more waitlists for Zumba, yoga, or other high-demand activities. With nearly double the square footage of our current location, the new center is already helping us meet the needs of a rapidly growing senior population.

Today, daily visits to both locations exceed 500 members, and our lunch program has expanded dramatically, with an average of 150 community members joining us each day. As Whatcom County's senior population is projected to grow by 40% in the coming decades, this new space positions us to serve our community with strength and stability.

So what's happening now?

We've launched the most ambitious fundraising effort in WCOA's 62-year history — a multi-year capital campaign to renovate the building, create dedicated activity spaces, and build a state-of-the-art commercial kitchen to support expanded meal production for both our on-site lunch program and Meals on Wheels home delivered fresh made meals.

What does that mean for you?

For the next 3 - 4 years, most programs — including community lunches and Meals on Wheels home deliveries — will continue at our current location. We'll operate both sites during this transition, gradually adding programming at the north location while fundraising continues. Construction is anticipated to begin between 2029 - 2030.

It's a long journey, but one we're taking with purpose. When the doors fully open, our community will have a premium, welcoming space for nutritious meals, healthy activities, and — most importantly — connection, belonging, and joy.

What to do in case of an emergency at BSAC

Should a participant or anyone in building appear to require medical assistance, do not hesitate to CALL 9-1-1. Anyone witnessing an emergency is encouraged to call 9-1-1 for help and send someone to let staff know there is an emergency.

PROVIDE FIRST AID to assist the person in need until Emergency Personnel arrive. All staff members are trained in first aid.

There is a defibrillator (AED) and a first aid kit near the front desk at both BSAC locations. Keep the immediate area around the person clear so that First Aid Responders and Emergency Personnel have immediate access.

The Front Desk should be notified in case of any medical situation and the Emergency Safety Director will be contacted.



Three new fitness classes in May with our newest instructor:



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



This vigorous class 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 class includes static and dynamic moving balance challenges, agility and coordination activities, group balance fun, balance obstacle courses, targeted strength and flexibility.



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!

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. 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



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, Ferrndale Community Meals

May, 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Bellingham Kitchen Team Melody Phillips-Kitchen Supervisor Erry Oiguin-Prep Cook Patricia Greenberg-Prep Cook Reece Booth-Kitchen Asst. Kai Trujillo-Kitchen Assistant Ian Cassinos-Food Service Mgr.	Alternate Vegetarian Meal In *Italics Entrée Salad Option Available Every Day Ferrndale - Donna Kinley Blaine - Steve Wittwer			Split Pea & Ham Soup *Veggie Split Pea Soup ½ Grilled Cheese Sandwich Garden Salad Fresh Fruit Medley
Citrus Baked Salmon *Citrus Glazed Tofu Wild Rice Pilaf Green Beans Garden Salad Raspberry Sherbet	Chicken Fajitas *Vegan Fajitas w/ Sour Cream & Salsa Spanish Rice Corn Salad Pineapple	Salisbury Steak *Vegetarian Burger Patty Potatoes & Mushroom Gravy Peas & Carrots Spinach Salad Ambrosia	Cheese Ravioli w/ Vegetable Marinara Italian Vegetable Blend Garlic Toast Caesar Salad Peaches	Mother's Day Brunch Classic Eggs Benedict Sausage Link Roasted Potatoes Cheese Blintz w/ Berry Compote Fresh Fruit Medley
Chicken Cordon Bleu *Veggie Cutlet Rice Pilaf Capri Blend Vegetable Cucumber Tomato Salad Banana Cream Pudding	Sausage & Shrimp Gumbo *Vegan Gumbo Cornbread Garden Salad Tropical Fruit Salad	Swedish Meatballs *Veggie Swedish Meatballs Egg Noodles Dill Carrots Spinach Salad Fresh Apple Slices	Chicken Ala King *Veggie Ala King Brown Rice Brussels Sprouts Garden Salad Strawberry Cream Salad	Taco Salad *Veggie Taco Salad Cornbread Sliced Oranges
Stuffed Bell Peppers *Veggie Stuffed Pepper Baked Yam Green Beans Garden Salad Berry Crisp	Teriyaki Chicken Sandwich *Vegan Veggie Patty Potato Wedges Cucumber Salad Fresh Fruit	Birthday Lunch Cranberry Mustard Pork Loin *Cranberry Mustard Cutlet Wild Rice Pilaf Green Beans Almondine Spinach Salad Birthday Cake	Country Fried Steak *Veggie Cutlet Mashed Potatoes & Country Gravy Garden Salad Applesauce	Chicken Taco Soup *Veggie Taco Soup Jalapeño Cheddar Cornbread Garden Salad Fresh Pineapple
Closed for Memorial Day	Carritas Street Tacos *Vegan Street Tacos w/ Cilantro & Lime Spanish Rice Corn Salad Rice Pudding	Korean Beef Bulgogi *Tofu Bulgogi Basmati Rice Asian Vegetables Asian Slaw Mandarin Oranges	Lemon Pepper Cod *Lemon Pepper Grilled Tofu Roasted Yams Normandy Vegetable Blend Coleslaw Orange Sherbet	Chicken Apple & Pecan Salad *Tofu, Apple Pecan Salad Oatmeal Bread Fresh Red Grapes

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

BSAC
Membership
Options:
\$60 for 12 months
\$20 for a 3 months