

THE BSAC CONNECTION

August 2026 Programs, Services, & Activities



A LIVELY FESTIVAL FOR OLDER ADULTS

Wednesday,
August 5th
10AM - 2PM



Hovander Homestead Park, Ferndale

No Entry Fee - BBQ Lunch \$6

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

See pg 11
for schedule



CONNECT



NOURISH



THRIVE





BSAC North

August 2026

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

Mon/Tue/Thu 8:00am-4:30pm; Wed 8:00am-12:00pm; Fri closed. 360-559-9752

Mon.	9:00-12:00 Mah Jong (morning group) 10:00-11:00 Brain & Balance w/ Elizabeth * 11:00-12:00 Table Tennis (open/beginner) 12:00-1:00 Qigong w/ Lee * 12:30-3:30 Mah Jong (afternoon group) 1:00-3:30 Table Tennis (Intermed/Advanced) 1:30-2:45 Yoga w/ Dani * 3:00-4:30 Improv w/ Logan * see pg.9 (1 st Mon. 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 Strength & Stretch w/ Elizabeth * 11:00-1:00 Paper Crafting Group (every other wk) 1:00-3:30 Table Tennis (Intermed/Adv) 1:30-2:30 Line Dancing w/ Laura
Wed.	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.	7:30-4:30 Senior Trailblazers 9:30-10:30 Zumba Gold w/ Adriane * 11:00-12:00 Chair Pilates w/ Adriane * 1:00-3:30 Table Tennis (Intermed/Adv) 2:00-4:00 Play Reading (drop-in welcome) 2:15-4:15 English Country Dancing (2:00 beginners join; 2:15 dancing starts; 3:15 by invitation) 2:30-4:15 Chess (2 nd & 4 th Thurs)

*** 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	<i>Buy a digital punch card to pay at a discount.</i> <i>Try a new class - members get each first class for free!</i>
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We have air-conditioning at BSAC North!

Stay cool while you stay active with friends.

Note, Monday 10am yoga with Mary is now at BSAC Central.

Come laugh together at Improv on August 3rd!

Monday, August 3, 3:00-4:30pm

1st Monday each month - see p.9



Paper Crafters & Card Makers

Every other Tuesday, 11:00am-1:00pm

August 11 & 25

Do you enjoy making greeting cards, scrapbooking, paper crafting, or other creative paper projects? Join our friendly group of paper crafters for an enjoyable gathering of creativity and conversation!

This is not a class, just a chance to gather with others who share your interest in paper crafts. No fees, no materials provided. Bring your own supplies, work on your own projects, exchange ideas, and enjoy crafting together.



Play Reading Group

Thursdays 2:00-4:00pm

Meet others who enjoy reading plays, exploring various scripts and characters.

Join any week. For summer, no performance is planned. Newcomers are welcome!

BSAC Theatre Thanks

See page 9 for a message about upcoming variety show and play performances.

Line Dancing free in August!

Thanks to a fantastic volunteer instructor, offered fee-free to BSAC members only.

Join any Tuesday, 1:30-2:30pm.

BSAC Central - 315 Halleck Street

August 2026 - Featured Programs

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*
	10:00	Yoga w/Mary**
	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)
T U E S D A Y	3:15	Longevity Stick
	3:15	Ukulele Practice
	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
	10:30	French Conversation Group
	11:00	Longevity Stick (Virtual)
W E D N E S D A Y	12:30	Bridge
	12:30	Scrabble & Hearts
	2:00	Social Dance
	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
T H U R S D A Y	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
	8:30	Cribbage
	10:00	Button Walkabouts
	9:30	Jam Session
	10:30	Writer's Group
	11:00	Longevity Stick (Virtual)
	12:15	Quilting Group
F R I D A Y	12:30	5 Crowns card game
	1:15	Bunco
	2:30	Ukulele Practice
	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	Tech Help (sign-up)
	2:30	Ballet
SAT	9a-12p	Open Gym, Library, Coffee Bar
	9:15	Zumba*

8/3	Blood Pressure Checks	10:30-1
8/5	Senior Day in the Park (cover)	10-2
8/6	BSAC Closed Aug. 5 & 6	---
8/10	TED Talk Discussion (p.10)	12:15pm
8/11	Exploring True Self (p.10)	2:30pm
8/13	Book Buzz (p.5)	2:00pm
8/14	Sizzling Shorebirds (p.6)	10:00am
8/14	Knife Sharpening	10a-4p
8/14	Music Bingo! (p.6)	3:30pm
8/17	Blood Pressure Checks	10:30-1
8/17	Tech Tools for Transit (p.7)	12:30pm
8/17	Stroke Support Group	11:00am
8/19	WTA Guided Bus Trip (p.7)	8:15am
8/19	iPhone Photography Class (p.6)	10:30am
8/21	Wonders of the World (p.5)	10:30am
8/24	Clothing/textile mending	11a-2p
8/24	TED Talk Discussion (p.10)	12:15pm
8/26	Trash Club (p.8)	10:30am
8/26	Low Vision Support Group	1:00pm
8/26	Karaoke (p.5)	1:00pm
8/27	Exploring True Self (p.10)	1:00pm
8/28	Sound Journey	10:00am

*These fitness classes cost \$5. Get a discount with a punch card of 11 classes for \$45. **\$10 class.



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



Weekly classes include: Strength Training for Balance, Spanish Conversation, and more!

whatcomcoa.org/virtualprograms

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, signup 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.



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:

8/5 - Goods Local Brews, 2620 Northwest Ave.

8/12 - Big Stick BBQ, 709 W Orchard Dr.

8/19 - Stemma Brewing (original), 2039 Moore St.

8/26 Kulshan Trackside, 298 W Laurel St.





Book Buzz

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

Aug. 13th, 2:00pm - *Guiding Emily* by Barbara Hinske, 2020; A unique relationship overcomes a devastating loss. September's book is *The Cafe on the Edge of the World* by John Strelecky.



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, Aug. 21st, 10:30am - Oregon, our amazing neighbor to the south.

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, Aug. 26th, 1:00pm. Continuing on the last Wed. of each month.

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.

Pinochle

A classic card game with bidding, melds and taking tricks to score points. All are welcome to drop-in!



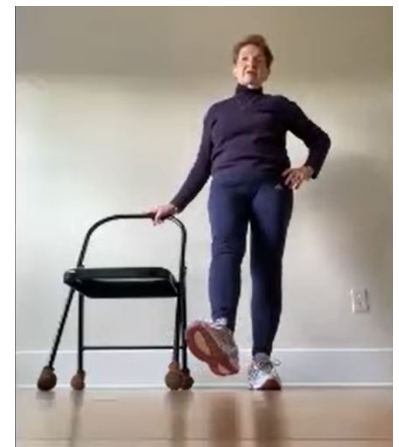
Mondays & Fridays, 12:15-3:30pm

Strength Training for Balance

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

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

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



Visit whatcomcoa.org/virtualprograms for more.

Clothing/Textile Mending & Repair

Monday, Aug. 24th, 11:00am-1:00pm. Continuing 4th Monday of each month.

Volunteers offering free mending of clothing and other textiles to the best of their abilities to fix holes, tears, and other damage to fabric.

Knitting & Crochet

Open to all, new or experienced. Bring your own project (materials are not provided).

Wednesdays 10:00-11:30am



Sizzling Shorebirds

Friday, August 14th, 10am-12pm.

Sign up at the Front Desk or MyActiveCenter.com. Suggested donation \$10 to presenter.

Across North America and the world, birds of the windswept shoreline and tundra are preparing for a fantastic journey. Join us for an in-depth look at these amazingly diverse families. We will probe and pick out the gems of their life histories through our discussions. Learn the "wind birds" unique approaches and survival strategies in an evolving environment. This class will enrich your understanding and beach walks wherever you travel!

David Drummond is a research wildlife biologist and principal investigator on the Coastal Forest Merlin Project in Washington, British Columbia and southeast Alaska. He is a naturalist, educator, consultant and worldwide bird guide who has worked with many of the natural resource agencies, conservation organizations and seven expedition companies.

David enjoys catalyzing people's connection with nature!

Sign-up to attend future presentations:

"Northwest Swans, Geese and Ducks" September 11, 10am.

"The Beauty of Brasil" October 23, 10am.

"Benthic Birds: Penguins and Auks" November 13, 10am.



iPhone Photography made Simple

Wednesday, August 19th, 10:30-11:30am. Sign up at the Front Desk or MyActiveCenter.com. \$10 to instructor at class.

Learn about hidden features and easy ways to take better photos with your iPhone, organize them, do some basic edits, and share them, all in one hour! Don't miss that next photo opportunity to create memories of your grandchildren, your best pet companion or that incredible place you have travelled to.



Please note that this class is for iPhone only and is ONLY for the camera and photo app already found on your iPhone. You must know how to use your iPhone generally for this class. Instructed by BSAC member and professional photographer, Carol Sheppard.



Music Bingo!

Friday, August 14th, 3:30-5:00pm. Sign up at the Front Desk or MyActiveCenter.com.

Music Bingo combines the excitement of bingo with the joy of music. Instead of numbers, players listen to short clips of well-known songs and mark the matching titles or artists on their bingo cards. From timeless classics to toe tapping favorites, this activity encourages laughter, friendly competition and even a little singing along.

WTA Guided Bus Trip:

Stimpson Family Nature Reserve

Wednesday, August 19, 8:15-11:45am.

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

Experience the beauty of a classic PNW old growth forest that feels a world away yet is close enough that we can get there by bus. Learn about our local bus system and eco system with guides from Smart Trips and the Whatcom Land Trust. Wear walking shoes and clothing appropriate for the weather. The trail is not suitable for wheelchairs.

Meet in the lobby at the Bellingham Senior Center 8:15am sharp! WTA passes will be provided if needed, bring a gold card if you have one. The group will return by 11:45am.



Tech Tools for Transit

Monday, August 17th, 12:30-1:30pm. Sign up at the Front Desk or MyActiveCenter.com.



From Google Maps to Transit Apps, there are so many transportation resources online. But they're only useful if you know how to use them! Libby Chenault from Smart Trips will share tips you can use whether you just log on to a computer occasionally or can't imagine leaving the house without your smart phone. We'll focus on getting around Bellingham by bus with extra time learning about new ways to pay when fares change in September.

WTA 2026 Fare Changes

WTA fares are increasing on September 1, 2026

Service	Adult	Reduced Fare
Paratransit	\$3 / Ride \$6 Daily Fare Cap \$30 Monthly Fare Cap	Only available on Fixed Route
Fixed Route	\$2 / Ride \$6 Daily Fare Cap \$60 Monthly Fare Cap	\$1 / Ride \$6 Daily Fare Cap \$30 Monthly Fare Cap

Who rides for free?

Youth 18 and under
Personal Care Assistants (accompanying riders with disabilities)

Who qualifies for Fixed Route reduced fares?

Riders 65+
All paratransit eligible riders
Veterans
Disability or income-based eligibility
Students

Guitar Therapy 101: Intro to Acoustic Guitar

9-week course, Thursdays, 1:00-2:15pm starting September 17th.

Sign up at the Front Desk or [MyActiveCenter.com](https://www.myactivecenter.com).



This course provides a foundational introduction to guitar playing, focusing on basic techniques and concepts. Students will learn how to hold, tune, and care for their guitar, develop finger coordination, and learn to play simple chords and songs.

We are never too old to dream a new dream or learn a new skill. No guitar? No problem! We have loaner guitars available. Suggested Donation \$10/per class.

Dance Fusion Class

Starting September 12th, Saturdays, 10:30-11:30am.

Sign up at the Front Desk or [MyActiveCenter.com](https://www.myactivecenter.com).

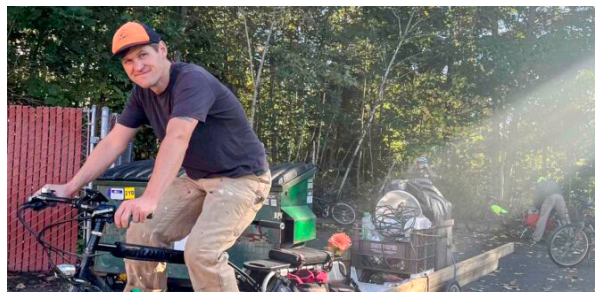
Fall 2026 classes will focus on some fun Halloween and Holiday Showcase routines along with Bollywood & Belly Dance.

Weekly we will work on strengthening our Core Muscles and doing Isolation exercises. This class does not require you to be an experienced dancer, but you will learn some

basic movements, strengthen you Core Muscles, and have some FUN!



Instructor: Eileen Angilletta has a background in dance, theatre, and physical exercise training. She believes that active seniors should keep having fun and rewarding learning experiences. More information can be found on her Facebook Dance page: www.facebook.com/dancefillsmysoul/



Introducing Bellingham's "Trash Club"

Bellingham's Trash Club is a volunteer-led initiative operating under The Hub Community Bike Shop. Since 2021, members have used bikes and foot power to clean up city waterways, notably Whatcom Creek. Trash Club has removed over 80 tons of trash from Whatcom Creek!

They meet monthly to pick up litter, remove debris, and maintain "gorilla garbage cans" in the area.

On **Wednesday, August 26th at 10:30am**, BSAC member and Trash Club volunteer, Nicole Curry, will speak about Trash Club, including how you can get involved to support the health of our community and environment. Trash Club meets on the first Sunday of each month from 1-4pm at 110 Ohio St to clean up litter along Whatcom Creek. All are welcome. Please join us and help take care of Whatcom Creek!



Happening at BSAC North



Improv with Logan - First Mondays

Monday August 3rd, 3:00-4:30pm

Make time to laugh! Embrace the 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 fee paid directly to the instructor (cash, check, or Venmo). Suggested \$10, sliding scale available.

Brain and body classes with Elizabeth in August

With over 10 years of experience, ACSM-certified trainer Elizabeth Goldsmith specializes in senior fitness and adaptive exercise for those with chronic conditions, neurological disorders, disabilities, and recovery needs, helping you gain confidence, improve health, and enhance quality of life.

Brain & Balance *

Mondays 10:00-11:00am &

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.

Chair Strength & Stretch*

Tuesdays 11:00-12:00pm



This low-impact class meets all fitness levels and abilities to. Improve flexibility, mobility, and core strength, through movements inspired by yoga, Pilates, and strength training.

* 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!



BSAC Theatre Thanks!

A note from the facilitators of the Golden Players variety shows and Young At Heart Readers Theatre play:

Thanks to everyone who came out and supported the BSAC Theatre program during our first year. The players had so much fun creating, rehearsing, and performing the three variety shows and radio play. At the shows, we collected \$1,315 in donations for BSAC and the Meals on Wheels Program - WOW!

Want to participate in the next variety show or play? Join us at BSAC North for Thursday rehearsals:

- Starting Sept. 3, 12:30-1:45pm - The Golden Players - Holiday Variety Show
- Starting Oct 1, 2:00-4:00pm - The Young at Heart Players - Holiday Play

Newcomers are welcome to start anytime in September or October; performances by both groups will be in December.

Can't wait? Drop in to Play Reading
Thursdays in August, 2:00-4:00pm, see p2.



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, August 10th at 12:15pm - Food

Eating Your Way to Happiness - Food shapes not only how long we live but how good we feel. So what's the scoop on food and happiness? There's no doubt that ice cream, cookies, and chips have brought a lot of smiles to a lot of faces. But we also know that there's more happiness in health than in sickness. Food Revolution Network founder Ocean Robbins shares his remarkable family story, and how food can contribute to a thriving life.

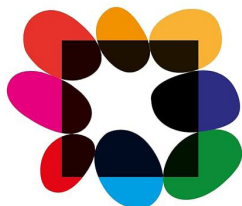
The role of food in health - The biggest impact on your health is not with a blockbuster drug, it's not with a new pioneering surgical technique, it's with the simplest solution. It's how we feed ourselves.

Dr. Rupy Aujla is an NHS doctor who believes modern medicine is fundamentally missing a focus on nutritional medicine. Rupy's TEDx talk explores the medicinal effects of different ingredients and debunks some common 'diets', focusing on how we can make 'culinary medicine' rather than fad diets the default option.

Monday, August 24th at 12:15pm - Thought & Imagination

The art of unexpected solutions

Using lateral thinking to find breakthroughs



Imagination: It's Not What You Think. It's How You Think - Charles Faulkner challenges the common understanding of imagination, arguing it is a fundamental cognitive process rather than a mere creative tool. Through historical examples and behavioral insights, this talk explores how mental shortcuts shape perception and reality.

Are You Open Minded? Three Ways to Break Thinking Patterns - Paul Sloane explains how confirmation bias hinders creative problem-solving by locking individuals into rigid thinking routines. Learn practical techniques to challenge assumptions, introduce unexpected elements into your thought process, and unlock breakthrough ideas by facing the unfamiliar.

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, August 11th at 2:30pm & Thursday, August 27 at 1:00pm

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

Senior Day in the Park

A LIVELY FESTIVAL FOR OLDER ADULTS

AUGUST 5TH 2026
10AM-2PM
HOVANDER PARK

ACTIVITIES & ENTERTAINMENT



LIVE MUSIC!

ON STAGE NEAR THE LUNCH PAVILLION

11:45am - Lounge Patrol
 A classic rock journey infused with country and blues influences.

12:45pm - Anna Arvan
 covers and original songs blending folk, country and rock.

IN THE APPLE ORCHARD

10:30am - Water's Edge
 vocal harmonies, acoustic guitars, and harmonica.



HOVANDER GARDEN TOURS

20-minute small-group tours led by Master Gardeners. Sign up at the event for tour times of 11am or 12pm.



GUIDED WALK TO THE LOOKOUT TOWER & FRAGRANCE GARDEN

Leaves at 10:30 from the Activities Table. 1/2 mile to the tower.



ACTIVITIES IN THE APPLE ORCHARD

10am-2pm
 Bocce Ball • Cornhole • Tai Chi • Kubb



Stronger Together

Summer Fund Drive

Your gift provides nourishment, resources, and community every older adult deserves.

Thanks to donors like you! The Summer Fund Drive ends 7/31, but donations can be made anytime of year.



Thank you!



Bridge Summer School

For regular players that don't get to play enough and for those (future students?) that are just curious about this fantastic game.



Bridge Summer School will be held each Tuesday from 11:00am through 3:30pm in Room 16. Drop in and play. Drop in and watch. Come when you can. Leave when you need to go. No keeping score. Play with a variety of partners. Learn new conventions. Practice old ones. Plenty of table talk. There will be no formal classes, but discussion and instruction is available on a hand-by-hand basis.

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

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.



Meals on Wheels and More

BSAC, Blaine, Ferndale Community Meals

August 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Cabbage Rolls <i>*Vegetarian Cabbage Roll</i> Roasted Yams Garden Salad Fresh Grapes	4 Pub Fish & Joes <i>*Vegan Cutlet</i> w/ Tartar Sauce Coleslaw Ice Cream	5 Senior Day In the Park Hovander Park 10am-2pm BBQ Lunch in the park	6 Closed	7 Asian Chicken Salad <i>*Grilled Tofu Asian Salad</i> Spring Rolls Orange Wedges
10 Homestyle Chili Stuffed <i>*Veggie Chili</i> Baked Potato Fresh Broccoli Garden Salad Sherbet	11 Chicken Bruschetta <i>*Vegan Cutlet</i> Vegetable Rice Pilaf Zucchini & Peppers Caesar Salad Fruit	12 Swedish Meatballs <i>*Veggie Swedish Meatballs</i> Egg Noodles Honey Glazed Carrots Spinach Salad Orange Cream Salad	13 BBQ Chicken <i>*Veggie BBQ Cutlet</i> Potatoes Au Gratin California Veg Blend Coleslaw Peach Crisp	14 Kale & Sausage Soup <i>*Kale & Potato Soup</i> Rosemary Focaccia Greek Salad Fresh Fruit
17 *Tortellini Pesto w/ Sundried Tomatoes Italian Vegetables Caesar Salad Peaches & Pears	18 Coconut Curry Chicken <i>*Vegan Coconut Curry Tofu</i> Brown Rice Cauliflower & Carrots Asian Coleslaw Mandarin Oranges	19 Birthday Lunch Apricot Glazed Pork Chop <i>*Glazed Veggie Cutlet</i> Potatoes Colcannon Brussels Sprouts Garden Salad Birthday Cake	20 Tuna Noodle Casserole <i>*Veggie Noodle Casserole</i> Roasted Carrots Garden Salad Fresh Fruit Salad	21 Taco Salad <i>*Veggie Taco Salad</i> Combread Fresh Grapes
24 Braised Hawaiian Pork <i>*Braised Hawaiian Jackfruit</i> Pineapple Rice Green Beans Spinach Salad Tropical Fruit	25 Beef Sloppy Joes <i>*Vegan Joes</i> Sweet Potato Fries Kale Citrus Salad Raspberry Sherbet	26 Chicken Fettuccini Alfredo <i>*Veggie Alfredo</i> Broccoli Garlic Bread Caesar Salad Sliced Peaches	27 Broccoli Bacon Quiche <i>*Broccoli Quiche</i> Breakfast Potatoes Fruit & Yogurt Parfait Orange Juice	28 Vegetable Lentil Soup Turkey & Cheddar Sandwich <i>*Veggie & Cheese Sandwich</i> Garden Salad Orange Wedges
31 Fish Tacos w/ <i>*Tofu Tacos</i> Mango Salsa Cilantro Lime Rice Roasted Street Corn Fresh Pineapple			Bellingham Kitchen Team Melody Phillips-Kitchen Supervisor Esmeralda Oliguin- Lead Cook Krysta Critton-Prep Cook Reece Booth-Kitchen Asst. Kai Trujillo-Kitchen Assistant Ian Cassinos-Food Service Mgr. Rob Vandine- Nutrition Director	Alternate Vegetarian Meal <i>In *Italics</i> Entrée Salad Option Available Every Day Ferndale – Cheryl Frey 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**

Connect with life!



*Serving Whatcom &
San Juan Counties*



Bellingham
At Home



Bellingham Senior Activity Center

Two Locations To Serve You!

BSAC Central

315 Halleck St.
(360) 733-4030

Monday - Friday

8:00am to 4:30pm

Saturday Members Only- bring your keytag!

9am-12pm

(360) 733-4030

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

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

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

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

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

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

Meals on Wheels & More 360-746-6480

Bellingham at Home 360-746-3457

SHIBA Whatcom. 360-788-2725

BSAC North

140 E Bellis Fair Parkway
(360) 559-9752

Monday, Tuesday, Thursday

8:00am to 4:30pm

Wednesday

8:00am to 12:00pm

BSAC

Membership

Options:

\$60 for 12 months

\$20 for 3 months