

THE BSAC CONNECTION

July 2026 Programs, Services, & Activities



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

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



CONNECT

NOURISH

THRIVE





BSAC North

July 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.	10:00-11:00 Brain & Balance w/ Elizabeth * 11:00-12:00 Table Tennis (open/beginner) 12:00-1:00 Qigong w/ Lee * 12:30-4:00 Mah Jong 1:00-3:30 Table Tennis (Intermed/Advanced) 1:30-2:45 Yoga w/ Dani * 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 Strength & Stretch w/ Elizabeth * 1:00-3:30 Table Tennis (Intermed/Adv) 1:30-2:30 Line Dancing with 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.	8:30-4:30 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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Play Reading Group

Meet others who enjoy reading plays, exploring various scripts and characters. Join any week. For summer, no performance is planned. Newcomers welcome! *Thursdays 2:00-4:00pm*

Come laugh together at Improv on July 6th!

Monday July 6, 3:00-4:30pm
Details in Program Guide



Chair Strength and Stretch

Tuesdays 11:00-12:00

Low-impact class for all fitness levels and abilities. Improve flexibility, mobility, and core strength, through movements inspired by yoga, Pilates, and strength training.

Summer News At North:

Line Dancing is fee-free all summer!

Thanks to a fantastic volunteer instructor, offered to BSAC members only. Join any Tuesday, 1:30-2:30pm!

Monday 10am Yoga with Mary is moving to BSAC Central in July.

Small group training sessions starting with Elizabeth this month (including Chair Aerobics plus Strength classes). See info in our weekly email newsletter.

The Golden Players are on summer vacation, returning in September to create another original variety show for December performances.

Table Tennis Coaching is paused for summer. Join an afternoon session for doubles fun, and/or ask about bringing a friend at other times for singles play.

Finally, don't forget we have **air-conditioning at BSAC North!** Stay cool while you stay active.

BSAC Central - 315 Halleck St.

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) 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 10:30 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) 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 Tech Help (sign-up) 2:30 Ballet
SAT	9a-12p Open Gym, Library, Coffee Bar 9:15 Zumba*

7/1	Member Meet & Greet (p.4)	3:30pm
7/3	BSAC CLOSED - Happy 4th	---
7/6	Blood Pressure Checks (p.5)	10:30-1
7/6	Growing Kindness (p.9)	11-1
7/8	Fill the Room (p.6)	10:30am
7/8	Growing Veterans (p.6)	12:30pm
7/9	Mended Hearts (p.6)	12:30pm
7/9	Book Buzz (p.5)	2:00pm
7/10	Knife Sharpening (p.5)	10a-4p
7/13	TED Talk Discussion (p.10)	12:15pm
7/14	Exploring True Self (p.10)	2:30pm
7/16	Intro to Pickleball (p.8)	9:00am
7/16	WTA Guided Bus Trip (p.9)	11:30am
7/16	Mud Bottom Maddy performs	12:30pm
7/17	Wonders of the World (p.5)	10:30am
7/20	Blood Pressure Checks (p.5)	10:30-1
7/20	Stroke Support Group	11:00am
7/22	Success in the Gym (p.8)	12:30pm
7/22	Low Vision Support Group	1:00pm
7/23	Silver Circuits Cybersecurity (p.7)	10:30am
7/23	Exploring True Self (p.10)	1:00pm
7/24	Wild Hearts perform (p.7)	12:30
7/27	Clothing/textile mending	11a-2p
7/27	TED Talk Discussion (p.10)	12:15pm
7/29	Karaoke	1:00pm
7/31	Sound Journey	10:00am

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



The Bellingham Senior Activity Center (BSAC) is a program of Whatcom Council on Aging a 501(c)(3) non profit community center that involves, enriches, and empowers older adults in our community.

Membership is open to anyone age 50 and better. Our programs and services include health and fitness, lifelong learning, recreation, arts, social groups, and more.

The membership fee is \$60 for one year or \$20 for three months from the date of purchase, so you can become a member at any time.

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, sign up at 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:

July 1 - Stemma (West) Brewing, 500 Carolina St.

July 8 - Structures Brewery, 601 W. Holly St.

July 15 - Soy House, 400 W. Holly St.

July 22 - Kulshan (Sunnyland), 2238 James St.

July 29 - Beach Cat Brewing, 1010 C. St.



Blood Pressure Checks

1st & 3rd Mondays from 10:30am to 1:00pm.

Knowing your blood pressure is part of self-care. High blood pressure may increase the risk of heart attack, stroke, and kidney disease. You will be provided with a blood pressure log card to keep track of your blood pressure.



BLOOD PRESSURE

Book Buzz

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

July 9th, 2:00pm - The Wives of Los Alamos by TaraShea Nesbit, 2014; The women who built a community in the New Mexico desert. August's book is *Guiding Emily* by Barbara Hinske, 2020.

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, July 17th, 10:30am - Celts: their history and culture.

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.

Yoga

Mondays, 10:00 - 11:30am

Instructor Mary Byrne has studied various disciplines of yoga. Classes are a compilation of what is most meaningful, useful, and accessible.



Mindfulness Meditation Group

Tuesdays, 10:00 - 10:45am.

Have you wanted to try meditation, but aren't sure where to start? Have you practiced meditation before, and want to join others for guidance and support? Have you noticed the increased popularity of practicing meditation, and want to see what it's about?

Here is an opportunity to join a drop-in mindfulness meditation group, facilitated by BSAC member Judith, a longtime meditator who has also completed the Mindfulness Teacher Training Program through Mindfulness Northwest. While recent research has highlighted many benefits of meditation, Judith reminds us to "let the practice do the teaching" and encourages all levels from first-timers to daily practitioners to join.

Whatcom Edge Sharpening Service

*Friday, July 10th, 10am-4pm.
Continuing 2nd Friday of each month.*

Take this opportunity to sharpen your knives, scissors, hair shears, garden tools, etc. The mobile sharpening service will be parked outside. Rates: Knives \$1/inch, Scissors \$2/inch.

Spanish for Beginners

Mondays, 9:00-10:00am, Members only, Sign up and 8-week course at the Front Desk or MyActiveCenter.com.

¡Hola! Join our Spanish for Beginners class and start learning basic Spanish in a friendly, relaxed setting. No experience needed—just curiosity and enthusiasm! Instructed by Sylvia Aceves.

Clothing/Textile Mending & Repair

Monday, July 27th, 11:00am-2:00pm. 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.

Fill the Room: Group Voice Class for Women 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, and discover, strengthen, and use your authentic voice with confidence and ease.

*Four sessions, Wednesdays, July 8, 15, 22, 28 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.*

Growing Veterans: Making a Difference in Whatcom County

Wednesday, July 8th, 12:30, 25-minute presentation followed by a Q&A session. Sign up at the front desk or MyActiveCenter.com

Did you know that one of the region's most impactful veteran programs operates right in our backyard on an iconic small farm along the Guide Meridian? For 13 years, Growing Veterans has been cultivating a unique, proven model with a simple but powerful mission: to grow veterans, grow community, and grow food.



Whether you are a veteran yourself, have a loved one who served, or simply want to learn more about a remarkable community initiative, this presentation offers an inspiring look at how purpose-driven agriculture is changing lives. Presented by Fred McCarthy, a Vietnam Veteran, former military officer, and helicopter pilot who brings years of first-hand experience, leadership, and passion to the mission of supporting our local veteran community.

Mended Hearts: Your Local Support Group for Heart Patients

*Thursday, July 9th, 12:30-1:15pm, presentation followed by Q&A.
Sign up at the front desk or MyActiveCenter.com*

Mended Hearts Bellingham is making a difference in our community by supporting heart patients and their caregiver families, from the diagnosis of heart disease through treatment and beyond. In addition to providing peer-to-peer support for heart patients, Mended Hearts offers free monthly meetings featuring speakers such as cardiologists, heart surgeons, nutritionists, and other health care professionals who offer insights into improving our heart health. Presented by Chapter President, Dianna Konrad



SILVER CIRCUITS
— BY TEACHER TRAILS —

Silver Circuits: Cybersecurity for Seniors

We are a husband-and-wife team who have watched family members fall victim to the very scams we now teach seniors to recognize. As eldest children who navigated aging parents firsthand, we understand the vulnerability, the fear, and the devastating impact these crimes have on seniors and their families.

This program covers the four most critical cybersecurity topics facing seniors today — from understanding the internet to recognizing AI voice cloning scams.

The four lessons will be taught in two sessions on July 23 & July 30, 10:30am-12:00pm. Sign-up at the front desk or MyActiveCenter.com. Free for BSAC members.

Thursday, July 23, 10:30am - 12:00pm

Lesson 1: **How the internet works** - Learn how the internet works using everyday analogies.

Lesson 2: **Spot the scam** - Learn how to recognize phishing emails, scam texts, and fraudulent phone calls.

Thursday, July 30, 10:30am - 12:00pm

Lesson 3: **Too good to be true!** Deciphering online offers, fake prizes, and too-good-to-be-true scams across email, social media, and phone.

Lesson 4: **Who's really calling?** Learn about Grandparent scams, impersonation calls, and AI voice cloning.

Instructed by Jody & Larry Bogues. Jody is a Nationally Board Certified Teacher who holds a Certificate in Cybersecurity Risk Management from the University of Washington. Jody has 26 years in Education and holds a Master's Degree in Psychology, along with an undergraduate degree in Elementary Education. Jody teaches cybersecurity at Lynden High School.

Larry Bogues is a 24-year Navy veteran who has taught computer science and business administration at the graduate and undergraduate levels. Larry holds a Doctorate in Business Administration, a Master's in Business Education, and an undergraduate degree in Computer Science. Larry is a self-employed business consultant.

Wild Hearts

Friday, July 24th, 12:30-1:30pm.

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



Success in the Gym Starts With a Plan

Wednesday, July 22nd, 12:30-2:00pm, \$10, Sign up at the front desk or MyActiveCenter.com

Without a clear plan, strength training can easily feel overwhelming, cumbersome, or repetitive. Whether you use the BSAC gym, a home setup, your HOA facility, or another local gym, having a strategy is the secret to staying motivated and seeing real progress.

If you are already regularly strength training or would like to embark on a new routine, this lecture is designed for you!



What You Will Learn:

- The Blueprint for Success: The immense benefits of hitting the gym with a structured plan.
- Answers to Your Big Questions: Get expert guidance on how many days to train, how long a session should last, how many sets/reps to do, and exactly when to safely increase your weights.
- Personalization: Practical ideas to tailor a fitness routine to your specific goals and lifestyle.
- Take-Home Tool: Walk away with a sample gym log you can use right away in any workout setting to track your success.

Note: Knowledge of how to safely use strength training equipment is highly recommended, as this lecture focuses on workout programming and progression rather than equipment demonstrations.

About Your Instructor:

The lecture is presented by Liane Budden, BSAC's strength training coach, certified Personal Trainer, and EnhanceFitness instructor. Liane brings a deeply personalized approach to fitness, firmly believing that anyone—no matter where they are in life—can build lean muscle with an intentional and consistent routine.

Liane's coaching philosophy is simple: "Make it attainable, doable, and achievable."

Spaces are limited. Secure your spot at the front desk or MyActiveCenter.com!

Introduction to Pickleball



Thursday, July 16th - OR - Thursday, July 23rd , 9:00-10:30am.

Sign up at the front desk or MyActiveCenter.com.

Free for BSAC members.

Learn how to play the sport of pickleball. Let's learn what makes pickleball an accessible sport for people of all ages with this introduction to the fastest growing sport in the country.

The BSAC auditorium will be transformed into a pickleball court and all of the necessary equipment; paddles, nets, and balls will be provided so that participants will be able to play the game of pickleball, or at the very least, receive an opportunity to learn what this sport is about.

This program will be taught by Bellingham Pickleball Club's Director of Skill Development, Doug Banner. Doug teaches needed skills to all levels of players and has years of experience as a player.

Creative Drawing Class

Sign-up at the front desk or MyActiveCenter.com. 6-week course starting Thursday, August 13th, 10am-12pm. Materials Fee \$20 to instructor includes drawing pad and pencil.

The goal of the course is to teach drawing in a way that helps everyone learn and have fun. The keyword is enjoyment!

You will learn a drawing method that transcends technical rules and teaches you to draw using your creative experience. Each two-hour session will build on the previous session as your drawing develops each week. Discover creativity, develop concentration, and increase visual perception.



Instructed by Ruddy Havill. Ruddy taught art in New York public high schools for thirty years. When he retired, he did a deep dive into making his own art. He studied watercolor technique with renowned artists and exhibited internationally, but sharing the joy of making art called him back to teaching.

WTA Guided Bus Trip: Barkley Market

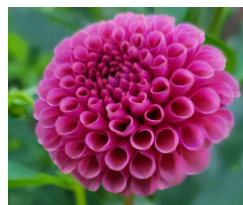
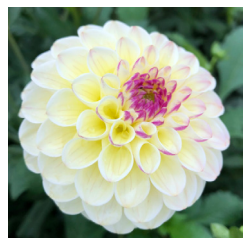
Thursday, July 16, 11:30am-1:30pm.

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

Let's have a picnic at the Barkley Market! Bring your own lunch or try one of the food trucks and enjoy the live music and lively atmosphere. While we're there, grab some fresh produce or crafts from a local vendor.



Meet in the lobby at the Bellingham Senior Center 11:30am sharp! Dress for a short walk and time on the lawn. WTA passes will be provided if needed, bring a gold card if you have one. The group will return by 1:30pm.



Growing Kindness: Free Dahlia tubers to take home and enjoy! Monday, July 6th, 11am-1pm.

Pluviophile Blooms, a local Bellingham flower grower, is a Growing Kindness™ gardener. This program will offer free dahlia tubers and growing guides for all participants. There will also be Lupin and Columbine perennial starts available.

All will be encouraged to take extra plants to share with others. The Growing Kindness™ mission: "We are a global movement inspiring people to grow and give flowers as acts of kindness, cultivating kindness and connection that strengthens communities and ripples worldwide."

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, July 13th at 12:15pm - Your Brain & Your Habits

Your Brain Is Smarter Than You Think - Our memory is critical for our growth and survival, both personally and professionally. So why is our memory so unreliable? Answer: How to use creativity to leverage the advantages of the older but wiser brain. Dan is President of Steininger & Associates LLC, which advises companies on growing through innovation. He is the successful author of two books on innovation and teaches a business innovation course at Arizona State University.

How to actually change your habits - In this talk, Kim Foster explores why change is so hard and maintains that the problem isn't willpower or habits, but identity. Drawing on personal stories as a doctor and someone who struggled with career misalignment, she shows how focusing on what we do fails when it conflicts with who we believe we are. Research reveals that people sustain change when behaviors align with identity, not just intention. True transformation happens when we update the internal "operating system" that shapes our choices. By releasing outdated self-stories and choosing who we're becoming, change stops feeling forced and starts to feel freeing.

Monday, July 27th at 12:15pm - Writing & Storytelling

12 truths I learned from life and writing - A few days before she turned 61, writer Anne Lamott decided to write down everything she knew for sure. She dives into the nuances of being a human who lives in a confusing, beautiful, emotional world, offering her characteristic life-affirming wisdom and humor on family, writing, the meaning of God, death and more.

Want to make change? Let young people tell their stories - As a teenager, social entrepreneur Anshul Tewari didn't see young voices represented in the conversations that mattered. His solution? A simple blog that has since transformed into Youth Ki Awaaz (Voice of the Youth): India's largest citizen media platform, where more than 200,000 young people write about underrepresented issues every month. From stories of bringing electricity to forgotten villages to launching national climate campaigns, Tewari reveals how authentic storytelling can build individual and collective agency for change.

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, July 14th at 2:30pm & Thursday, July 23rd at 1:00pm

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

WTA bus transportation from BSAC to Senior Day in the Park on Wed., August 5th.

Enjoy the Whatcom Council on Aging's Senior Day in the Park without the hassle of driving and parking your car! *Sign up at the front desk before July 27th to reserve your spot on the bus.* There is a fee of \$1 each way or bring your Gold Card!

The bus will depart from the Center at approximately 9:45am and return at approximately 2:45pm.

Please note, if you have not boarded the bus by the posted time, staff will assume you have found your own way home and the bus will depart without you. Arrival times are estimated and hard to predict with special event transportation. Connections to other buses might be missed and WTA cannot hold or change departure times to accommodate special event travel.



Stronger Together Summer Fund Drive

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

Please Donate Today!

Thank you!



BSAC invites you to Bridge Summer School - 2026

This is for past students, for those still working on their 1,000 hands, for those that feel a little rusty and need some low-pressure practice, 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 in Room 16, each Tuesday from 11:00am through 3:30pm, beginning July 7. 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.



This is a fun twist on a classic favorite. 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.

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

**FRIDAY
AUG. 14, 2026**

**BELLINGHAM
SENIOR ACTIVITY
CENTER**

3:30-5:00PM

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

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: WhatcomSHIBAaic@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

July 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Bellingham Kitchen Team Melody Phillips-Kitchen Supervisor Emeralda Olguin- Lead Cook Krysta Chrison-Prep Cook Reece Booth-Kitchen Asst. Kai Trujillo-Kitchen Assistant Ian Casinos-Food Service Mgr. Rob Vandine- Nutrition Director</p>	<p>Alternate Vegetarian Meal <i>In *Italics</i> Entrée Salad Option Available Every Day Ferndale – Cheryl Frey Blaine – Steve Wittwer</p>	<p>Pork Salsa Verde *Veggie Salsa Verde Brown Rice Mexican Street Corn Fresh Fruit</p>	<p>All Beef Hot Dog *Veggie Hot Dog on Whole Wheat Bun Pasta Salad Fresh Fruit Ice Cream</p>	<p>Closed For Holiday <i>Happy 4th of July</i></p>
<p>6 *Butternut Squash Ravioli w/ Brown Butter Sage Sauce Fresh Broccoli Caesar Salad Fresh Grapes</p>	<p>7 Sweet & Sour Chicken *Sweet & Sour Veggie Nuggets Brown Rice Asian Vegetables Broccoli Slaw Mandarin Oranges</p>	<p>8 Denver Omelet *Mushroom Omelet Roasted Potatoes Orange Juice Fruit & Yogurt Parfait</p>	<p>9 Florentine Fish *Florentine Tofu Rice Pilaf Buttered Dill Carrots Cucumber Salad Strawberry Cream Salad</p>	<p>10 Chef Salad *Vegetarian Entrée Salad Whole Wheat Roll Orange Wedges</p>
<p>13 Macaroni & Cheese w/ Italian Sausage Link *Veggie Sausage Link Steamed Veggies Garden Salad Fresh Grapes</p>	<p>14 Beef Burgandy *Vegan Burgandy Brown Rice Roasted Zucchini Kale Citrus Salad Peaches</p>	<p>15 Birthdays Lunch Herb Roasted Chicken *Veggie Roasted Cutlet Au Gratin Potatoes Green Beans Spinach Salad Birthdays Cake</p>	<p>16 French Dip w/ Swiss Cheese *Veggie Burger Dip Sweet Potato Fries Green Salad Raspberry Sherbet</p>	<p>17 *Creamy Tomato Basil Soup Grilled Cheese Garden Salad Fresh Fruit Cookie</p>
<p>20 Spaghetti & Meatballs *Veggie Meatballs Italian Vegetables Garlic Toast Caesar Salad Peaches</p>	<p>21 Baked Salmon Filet *Baked Vegan Cutlet Wild Rice Pilaf Steamed Veggies Spinach Salad Berry Crisp</p>	<p>22 Pork Cutlet w/ Mushroom Gravy *Veggie Cutlet Roasted Red Potatoes Honey Glazed Carrots Garden Salad Apple Sauce</p>	<p>23 Chicken Pot Pie *Mushroom Pot Pie Garden Salad Ambrosia</p>	<p>24 Shrimp Salad *Grilled Tofu Entrée Salad Oatmeal Bread Fresh Red Grapes</p>
<p>27 BBQ Pulled Pork *Veggie Pulled Pork Brown Rice Roasted Baby Carrots Coleslaw Fruited Jell-O</p>	<p>28 Beef Enchiladas *Vegan Bean/Cheese Enchiladas Spanish Rice Corn Salad Fresh Fruit</p>	<p>29 Rueben Chicken *Rueben Veggie Cutlet Roasted Sweet Potato Green Beans Kale Citrus Salad Pistachio Fluff Salad</p>	<p>30 Swiss Steak *Veg Patty Mashed Potatoes & Gravy Brussels Sprouts Spinach Salad Pudding</p>	<p>31 Chicken Salad Wrap *Veggie Wrap Sun Chips Garden Salad Fresh Apple Slices</p>

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 3 months