

THE BSAC CONNECTION



September 2026 Programs, Services, & Activities

BSAC

Open Houses

Open Houses with support from:



Bellingham Senior Activity Center membership is open to anyone 50+. Take this opportunity to get acquainted!

Learn about BSAC's classes & activities from instructors and group leaders who will be setup to share info and answer questions.



BSAC Central - 315 Halleck Street

Wednesday, September 16, 10:30am-2:00pm

BSAC North - 140 E Bellis Fair Pkwy.

Wednesday, September 23, 2:00-4:00pm



What's Next: Exploring your Medicare Options

Sponsored by:



Resource Fair: meet with a variety of senior resource and health insurance specialists and learn about Medicare and other support services including in-home care and more.

Includes presentations on understanding Medicare. The Medicare Annual Enrollment Period is October 15 to December 7, when you can join, switch, or drop a Medicare Health Plan. Evaluate current plans and decide if you are getting the coverage you need.

Choose a date and location that works best for you!

October 2nd ● Bellingham Senior Activity Center

October 9th ● Blaine Senior Center

October 16th ● Lynden Community/Senior Center

October 23rd ● Ferndale Senior Center

10:00am-2:00pm

Whatcomcoa.org

315 Halleck Street

(360) 733-4030



BSAC North

September - 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.	9:00-3:30 Mah Jong 10:00-11:00 Brain & Balance w/ Elizabeth * 11:00-12:00 Table Tennis (open/beginner) 12:00-1:00 Qigong w/ Lee * 1:00-3:30 Table Tennis (Intermed/Advanced) 1:30-2:45 Yoga w/ Dani * 3:00-4:30 Improv w/ Logan * (Sept 14th 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 (9/8 and 9/22) 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 * 10:00 Beginning Acrylic Painting (starts 9/23) ** 10:30-11:30 Table Tennis Coaching (9/9 and 9/23) 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 * 12:30-1:45 Golden Players variety show planning 1:00-3:30 Table Tennis (Intermed/Adv) 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	Buy a digital punch card to pay at a discount. Try a new class - members get each first class for free!
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OPEN HOUSE - Join us Sept 23rd!

Beginner painting class!

Starts 9/23 - see p8 for details



Come laugh together at Improv on Sept 14th!

Monday, Sept 14, 3:00-4:30pm

See MyActiveCenter.com for details



Two Theatre Troupes @ North

- *The Golden Players (Variety Shows)*
Thursdays, 12:30 - 1:45pm, starts 9/3
- *Young at Heart Readers Theatre (Plays)*
Thursdays, 2:00 - 4:00pm, starts 10/1



Join one or both; performances in December.

Open to all, no experience necessary, join anytime in Sept to create a holiday variety show or Oct to rehearse a holiday play.

Whether performing or supporting, there's a place for you in these fun productions!

Details at front desk or MyActiveCenter.com

Paper Crafters & Card Makers

Tuesday Sept 8th and 22nd, 11:00am-1:00pm

Gather with others who enjoy making greeting cards, scrapbooking, or other creative paper projects. Join our friendly group of paper crafters for an enjoyable time of creativity and conversation! No fees, no supplies provided, just enjoy crafting together.



Table Tennis Skills Coaching

Wednesdays 10:30-11:30am, 9/9 and 9/23

A friendly place to learn, practice, and improve skills, to feel more confident to play with friends or join a scheduled ping pong playing session. Wear smooth-soled or athletic shoes and comfortable clothes.

Paddles and balls provided. Donations encouraged, for BSAC table tennis supplies.

BSAC Central - 315 Halleck St.**September 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)
	3:00	Ballet
SAT	9a-12p	Open Gym, Library, Coffee Bar
	9:15	Zumba*

9/7	BSAC Closed - Labor Day	10:30-1
9/9	Missing in America Proj. (p.6)	12:30
9/11	Knife Sharpening	10a-4p
9/11	NW Swans, Geese, Ducks (p.6)	10:00
9/12	Dance Fusion starts (p.8)	10:30pm
9/14	TED Talk Discussion (p.12)	12:15pm
9/16	WTA Guided Bus Trip (p.6)	9:30am
9/16	BSAC Central Open House	10:30am
9/17	Intro to Pickleball (p.10)	9:00am
9/17	Intro to Guitar (p.8)	1:00pm
9/18	Wonders of the World (p.5)	10:30am
9/18	Beginners Watercolor (p.7)	12:30pm
9/21	Stroke Support Group	11:00am
9/22	Flu & Covid Vaccine Clinic (p.11)	11a-1p
9/23	BSAC North Open House	2-4pm
9/23	Great American Essays (p.11)	10:30am
9/23	Acrylic Painting w/Liz (p.8)	10:00am
9/23	Cybersecurity for Seniors (p.9)	10:30am
9/23	Minds Alive (p.9)	12:30pm
9/23	Low Vision Support Group	1:00pm
9/24	Preventing Falls & Beyond (p.11)	10:30am
9/28	TED Talk Discussion (p.12)	12:15pm
9/30	Bracelet Making Class (p.10)	10:00am
10/2	Medicare Resource Fair	10a-2p

*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.

Qigong

This gentle form emphasizes synchronizing movements with breath, focus, and attention. The effect is to reduce mental and physical stress, and improve concentration, agility, and flexibility. No experience necessary.

Mondays, 12:00-1:00, BSAC North - 140 E Bellis Fair

Wednesdays, 1:30-2:30pm, BSAC Central - 315 Halleck St.

\$5/class or 1 punch on fitness class card

The Button Walkabouts

Tuesdays & Thursdays, 9:30-11:00am

Join us for a social, easy-paced walk. Please stay with a partner on designated trails. Most walks contain dirt trails which are not conducive for portable walkers. Monthly schedule of walks is available at the front desk or whatcomcoa.org.





Book Buzz

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

Sept. 10th, 2:00pm - *The Cafe on the Edge of the World* by John Strelecky. This restaurant serves food for thought. October's book is *The Notebook* by Nicholas Spark.



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, Sept. 18th, 10:30am - Great Extinctions: ten major events of cataclysmic destruction.

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, Sept. 30th, 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.

Ballet

Fridays, 3:00 - 4:00pm in the auditorium

Designed to introduce participants to classical ballet, striving to improve mobility, balance, strength, and coordination. All mobility levels are welcome as movements can be modified for seated and standing orientations. Instructed by Lacey Thompson.

Social Dance

Tuesdays 2:00-4:00pm

Enjoy dancing to great tunes performed by live bands. \$5 to band for dancers or \$2 to listen/watch.



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:

9/2 - Lighthouse Grill (Bellwether Hotel), 1 Bellwether Way

9/9 - Larrabee Lager Co., 4151 Meridian Rd.

9/16 - El Sueñito Brewing, 1926 Humboldt St.

9/23 - Sliced Pizza, 70 W Bellis Fair Parkwa

9/30 - Stemma West Brewing, 500 Carolina St.



Northwest Swans, Geese and Ducks

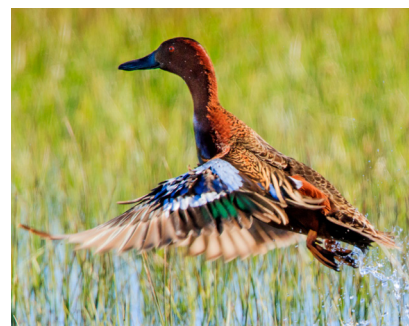
Friday, September 11th, 10am-12pm.

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

Temperate salt and fresh waters of western Washington are very attractive to wintering waterfowl.

Their migrations to these favorable feeding deltas are renowned. Think about traveling from the northernmost North American rim, clear south to our shores and beyond! We will learn about the life histories of these intriguing, feathered animals from locally and afar in three, one hour class sessions.

David Drummond has worked professionally with waterfowl and on his own field studies for many years. He has traveled globally as an Ornithologist/Naturalist and Educator. He loves teaching about this diverse and captivating group of water-adapted birds.



Sign-up to attend future presentations:

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

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

Missing in America Project

Wednesday, September 9th, 12:30 -1:15pm, open to all.

The MIAP mission is to Locate, Identify, Inter veterans' unclaimed remains. Through genealogical research, the members of our small volunteer team in Washington state have successfully recovered the unclaimed cremated remains of 2,040 US military veterans, to provide honor and respect to those who have served and to give their spouses and children a final resting place for these forgotten heros.

Some of our recovered veterans served as far back as the Civil War, some were on storage shelves in basements for over 120 years. Presented by Jim DeLucia, who has resided in Whatcom County since 1970 and spent 35 years in public service with law enforcement.

WTA Guided Bus Trip:

WWU Sculpture Tour

Wednesday, September 16th, 9:30am-12:00pm.

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



Take the bus with us to WWU and learn how easy it is to use the WTA bus system. We'll have approximately 1 hour and 40 mins on campus, enough time to grab a coffee and see the sculpture collection. Wear walking shoes and clothing appropriate for the weather.

We will be walking to the city bus stop and through campus so you must be able to walk or use your motorized transportation device to travel. Meet in the lobby at the Bellingham Senior Activity Center 9:30am sharp! WTA passes will be provided if needed, bring a gold card if you have one. Bring money for coffee or a snack if you choose. The group will return by 12:00pm.

Paint From Your Soul: Beginning Acrylics

*Mondays, October 5 - October 26, 9:30-11:30am.
Four-week course.*

*Class fee: \$85 (\$65 instructor fee + \$20 materials fee)
paid to instructor at class time.*

Sign up at the Front Desk or MyActiveCenter.com.

More than a traditional beginning acrylic painting class, Paint From Your Soul is a four-week creative journey of self-expression, reflection, and connection.

Paint what it feels like, not what it looks like.

You'll learn simple acrylic painting techniques that use color, texture, layering, and meaningful imagery to express emotion on the canvas. Create a one-of-a-kind painting by adding personal symbols, nature-inspired images, and meaningful words that reflect your own story.

Each class includes gentle opportunities for reflection and optional sharing in a warm, supportive community where creativity is celebrated and perfection isn't the goal.

No art experience is needed—just curiosity and a willingness to explore. All materials are provided.

Leave with a beautiful, meaningful painting—and an invitation to continue your journey in the next class.



Beginners Watercolor Workshops

Friday mornings, 10:30-11:30am -OR- Friday afternoons, 12:30-1:30pm.

Starting September 18th (no classes on 10/2). Class fee \$40, due upon registration.

Sign-up at the Front Desk or MyActiveCenter.com for a 6-session course.



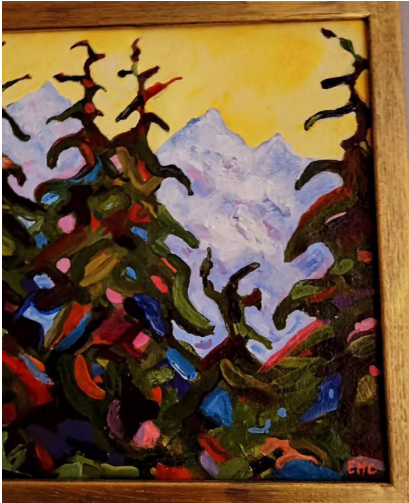
This welcoming class is perfect for anyone new to watercolor who want a low-pressure, creative space to paint and learn.

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.

Beginning Acrylic Painting with Liz



This beginner-friendly course guides students through the process of painting a still life painting - from coming up with your composition to getting your drawing to the canvas to painting a finished piece.

Through step-by-step instruction, students will build confidence in blocking in the canvas, establish accurate proportions, and define areas of light and shadow to build a sense of form. The class also goes into color concepts and brush selection.

By the end of the session, students will complete a one-of-a-kind work of art! All materials are provided. Instructor: Elizabeth Christner

Wednesdays 10:00-11:30am, 6-week course starting September 23rd at BSAC North, 140 E Bellis Fair Pwky. Cost is \$60.00, includes supplies, paid to instructor at class time.

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/

Minds Alive

Wednesday, September 23rd, 12:30-1:30pm.

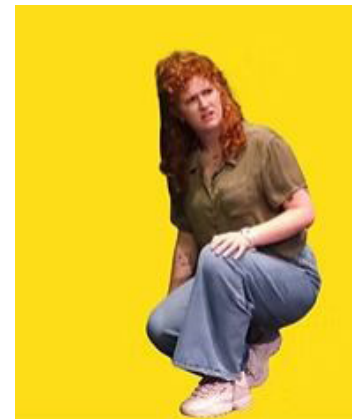
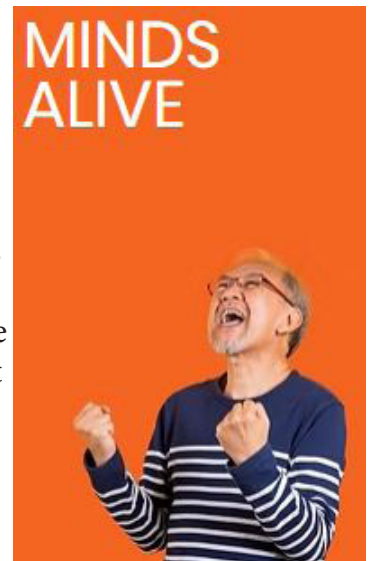
Sign up at the Front Desk or MyActiveCenter.com

Designed for people with early to mid stage memory loss and those with loved ones with memory loss, the Minds Alive program engages participants in improv exercises that tap into the present moment through creativity, connection, and joy. Specially trained Upfront improvisers facilitate a creative experience that meets people where they're at, promotes an environment that celebrates everyone's contributions, and brings all an opportunity to laugh and be appreciated. All you need to participate is a willingness to say "yes!"

Participants report that this class provides them:

- A safe and fun environment to engage in imagination and creativity
- Social engagement and connection
- Laughter and joy
- Increased mood and confidence
- Improved quality of life
- An opportunity to fully be in the moment
- Sense of accomplishment and success

Sammy Jolly is an improviser, teacher, and (very-part-time) Director at the Upfront Theatre. She has been performing improv for over 15 years and teaching for a decade. She is passionate about the craft of improv, as well as the real life applications of improv such as improved communication, spontaneous thinking, and team building. She helped craft the Minds Alive program inspired and trained by Taproot Theatre's 'Re-Ignite the Mind,' a similar project developed in collaboration with neurologists at the University of Washington.



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 practical, device-level security skills that protect us in our everyday digital lives.

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

Lesson 1: Passwords: Why "Fluffy1952" Isn't Safe - Learn the passphrase method, the 4 rules of a strong password, how hackers crack passwords, and a free password manager introduction.

Lesson 2: Your Phone Is a Vault - The 5 vault locks, phone security checklist with exact iPhone and Android step-by-step instructions, auto-lock setup, and remote wipe activation.

Lesson 3: Public Wi-Fi: The Coffee Shop Trap - How hackers exploit public networks, evil twin attacks, auto-connect dangers, what's safe vs. not safe on public Wi-Fi, and the 3-word rule.

Lesson 4: Updates Aren't Optional - Why the little pop-up matters, how to enable automatic updates on iPhone, Android, Windows, and Mac, and how to spot fake update scams.

Instructed by Larry Bogues, 24-year Navy veteran who has taught computer science and business administration at the graduate and undergraduate levels.

Introduction to Pickleball

Thursday, September 17th - OR - Thursday, September 24th , 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.



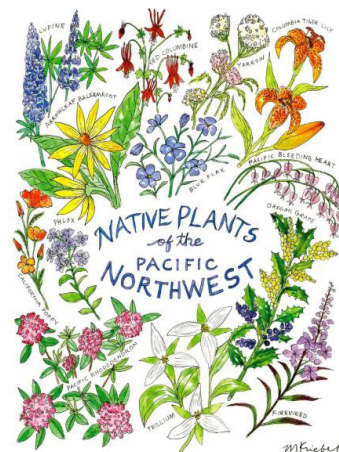
Rewilding

Wednesday, October 7th, 10:00-11:30am.

Continues 1st Wednesdays of each month.

Ready to reconnect with nature and help native life thrive in your own backyard? Rewilding means how it sounds – returning an area to its natural, wild state, which helps to restore healthy ecosystems and increase natural biodiversity. We are a group that engage in mutually supportive rewilding related activities such as seeds & starts swaps and wildlife identification. There are no shortage of topics for the our monthly meetings October through May:

- Identifying your plants as native or non-native
- Observing your insects, birds and other native species
- Evaluating your soil - how is your micro-biome faring?
- Foraging edibles - getting intimate with plants & fungi
- Field trips to riparian zones nearby!
- Preparing little bites of foraged goodness
- Adopting re-wilding patches - helping lands regenerate



In addition to exploring these topics, we will address questions as they arise and share our discoveries far and wide through Whatcom county. Bring your questions, photos, intriguing challenges, etc. And bring a friend who's curious about Rewilding too!

Make a Memory Wire Bracelet

Wednesday, September 30th, 10:00-11:30am.

Sign up at the Front Desk or MyActiveCenter.com. \$10 supply fee instructor at class.

Make a beautiful, memory wire bracelet during this workshop instructed by experienced bracelet maker Jane. These bracelets are surprisingly beautiful, easy to make, and a joy to wear. Materials provided: memory wire and a variety of beads and charms.



Preventing Falls and Beyond

Thursday, September 24th, 10:30-11:30am. Sign up at the Front Desk or [MyActiveCenter.com](https://www.MyActiveCenter.com).

Are you interested in:

Identifying your risk factors that could contribute to a fall and finding solutions?

Aging with independence and maintaining safety everywhere you go?

Improving balance, mobility, strength and endurance?

Then this presentation is for you!

Falls Prevention Awareness Week

September 21 -25

Falls Prevention Awareness Week is a national health campaign observed on the first day of fall to increase awareness around falls health and injury prevention.

Presented by BSAC fitness instructor, Elizabeth Goldsmith. 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.

Great American Essays Discussion

Wednesday, September 23rd, 10:30-12:00pm. Continuing on the 4th Wed. of each month.

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

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.

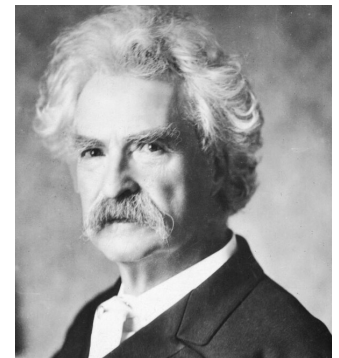
The anthology to be used is *The Best American Essays of the Century*, edited by Joyce Carol Oates (2000). The book can be purchased online. Also, many, if not all, the essays can be found online for free by searching the title.

The essays to be looked at for the first session are:

Mark Twain, *Corn-pone Opinions*

W.E.B. Du Bois, *Of the Coming of John*

John Muir, *Stickeen*

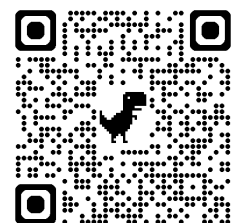


Flu & Covid Vaccine Clinic

Tuesday, September 22nd, 11:00am to 1:00pm

Open to all and administered by Hoagland Pharmacy. Providing regular flu vaccine, highdose flu vaccine, and COVID vaccine. No cost with Medicare and covered by all insurances except Veteran's Administration.

Please complete the consent form by 9/15. Use the QR code or visit tinyurl.com/fpeh6p7y



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, September 14th at 12:15pm - AI

Artificial Intelligence That Helps Seniors Stay in their Homes - Supported by large volumes of data, defining care support needs in the senior population, AI has the potential to provide personalized intelligent care to seniors, and to navigate the complex social and task-based demands coordinating a diverse network of caregivers to maintain meaningful quality of life for seniors. Mai Lee Chang's research is part of the AI-Caring National Science Foundation Artificial Intelligence Institute that focuses on developing the next generation of personalized collaborative AI systems that improve the quality of life of aging adults living at home.

AI is Changing What It Means to Be a Doctor: Are We Ready - AI is already transforming medicine. The urgent question is whether medical education can adapt fast enough to train the doctors patients need. Dr. Marc Triola is a Professor in the Department of Medicine at NYU Grossman School of Medicine. He is also the Director of the Institute for Innovations in Medical Education and a Senior Associate Dean of Medical Education at NYU Langone. This talk was given at a TEDx event using the TED conference format but independently organized by a local community.

Monday, September 28th at 12:15pm - Transcendence

Religion, evolution, and the ecstasy of self-transcendence

- Psychologist Jonathan Haidt asks a simple, but difficult question: why do we search for self-transcendence? Why do we attempt to lose ourselves? In a tour through the science of evolution by group selection, he proposes a provocative answer.



Atheism 2.0 - What aspects of religion should atheists (respectfully) adopt? Alain de Botton suggests a "religion for atheists"

- call it Atheism 2.0 - that incorporates religious forms and traditions to satisfy our human need for connection, ritual and transcendence.

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.

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

Brain Fitness

Experience Brain Fitness: Keeping your brain fit by learning new skills, exercising your memories and challenging your brain to adapt and change can help delay or prevent the onset of memory challenges. Come get your brain loose and limber with fun brain training games and exercises led by Certified Brain Fitness Trainer Dawn Anderson.

Three activities are presented during each 60-minute session. All the class activities are partner or group activities, as socialization is an important part of brain fitness. These exercises, activities and games are fun yet challenging to help strengthen attention and concentration. Problem solving, reasoning and strategizing are additional skills that are utilized.

Sign up at the Front Desk or [MyActiveCenter.com](https://www.whatcomcoa.org/MyActiveCenter.com) for any or all of the following dates on Mondays, 12:30-1:30pm: Oct. 5 & 19, Nov. 2 & 16, Dec. 21, Jan. 4th, and more to follow.



That big envelope in your mailbox?

Yeah, you should open it.

Staying informed about yearly updates can help you understand your Medicare coverage. Your **Annual Notice of Change** provides changes for the upcoming year.



Educational resources about Medicare are available.

[baldwin.com/medicare](https://www.baldwin.com/medicare)

504 Front St, Ste #101, Lynden, WA 98264

3800 Byron Ave, Ste #148, Bellingham, WA 98229

Monday – Friday | 8:30 am – 5 pm

(866) 733-5111

(TTY: 711)



The Baldwin Group

Health Insurance

We do not offer every plan available in your area. Any information we provide is limited to those plans we do offer in your area. Please contact Medicare.gov or 1-800-MEDICARE, or your local State Health Insurance Program to get information on all of your options. The Baldwin Group is not affiliated with or endorsed by Medicare or any government agency. The Baldwin Group does not discriminate based on race, color, national origin, age, disability, or sex. Calling this number will direct you to a licensed agent. No obligation to enroll. All health insurance services are the responsibility of The Baldwin Group Health Insurance, LLC, NPN 17880298 and The Baldwin Group Health Insurance II, LLC, NPN 17320005.

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**VibrantUSA is now
The Baldwin Group**

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

September 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Bellingham Kitchen Team Bellingham Kitchen Team Melody Phillips-Kitchen Supervisor Emeralda Olguin- Lead Cook Krysta Chritton-Prep Cook Reece Booth-Kitchen Asst. Ian Cassinos-Food Service Mgr. Rob Vandine- Nutrition Director.	1 Honey Mustard Chicken <i>*Vegan Cutlet</i> Roasted Yam Brussels Sprouts Garden Salad Fresh Fruit	2 <i>*Vegetable Lasagna</i> In White Sauce Roasted Baby Carrots Caesar Salad Fruited Jell-O	3 French Dip w/ Swiss Cheese <i>*Veggie Burger Dip</i> Sweet Potato Fries Spinach Salad Ambrosia	4 Clam Chowder <i>*Corn Chowder</i> ½ Tuna on Wheat Garden Salad Fresh Grapes
Labor Day Center Closed	8 Coconut Curry Chicken <i>*Coconut Curry Tofu</i> Brown Rice Asian Vegetables Broccoli Slaw Mandarin Oranges	9 Apricot Glazed Pork Chop <i>*Apricot Glazed Cutlet</i> Scalloped Potatoes Green Beans Garden Salad Raspberry Sherbet	10 Beef Stroganoff <i>*Mushroom Stroganoff</i> Egg Noodles Chef's Veggies Garden Salad Berry Crisp	11 Ahi Tuna Salad <i>*Grilled Tofu Entrée Salad</i> Vegetable Spring Rolls Fresh Fruit Medley
14 <i>*Cheese Ravioli</i> in Veggie Ragù Italian Veggies Caesar Salad Sliced Peaches	15 Chicken, Sausage & Shrimp Gumbo <i>*Vegan Gumbo</i> Brown Rice Garden Salad Watermelon	16 Birthday Lunch Salisbury Steak <i>*Veggie Patty</i> Potatoes & Mushroom Gravy Buttered Dill Carrots Spinach Salad Birthday Cake	17 <i>*Bacon & Broccoli Quiche</i> <i>Spinach & Broccoli Quiche</i> Roasted Potatoes Garden Salad Fruit & Yogurt Parfait	18 Chicken Apple Walnut Salad <i>*Veggie Entrée Salad</i> Whole Wheat Roll Fresh Banana
21 Ham & Pineapple <i>*Veggie Patty w/ Pineapple</i> Roasted Sweet Potato Green Beans Kale Citrus Salad Coconut Cream Pudding	22 Beef Soft Taco <i>*Vegan Taco</i> Spanish Rice Mexican Street Corn Lettuce & Tomato Fresh Pineapple	23 Chicken Cordon Bleu <i>*Veggie Cutlet</i> Roasted Red Potatoes Honey Glazed Carrots Garden Salad Apple Sauce	24 Lemon Pepper Cod <i>*Lemon Pepper Veggie Filet</i> Vegetable Rice Pilaf Brussels Sprouts Spinach Salad Strawberry Cream Salad	25 Chicken Cobb Salad <i>*Veggie Entrée Salad</i> Oatmeal Bread Fresh Red Grapes
28 Chicken Strips w/ BBQ Sauce <i>*Veggie Strips</i> Potato Wedges Steamed Broccoli Coleslaw Cookie	29 Korean Beef Bulgogi <i>*Vegan Beef Bulgogi</i> Basmati Rice Asian Vegetables Asian Slaw Mandarin Oranges	30 British Banger & Mash <i>*Veggie Sausage</i> Onion Gravy Buttered Peas Garden Salad Sliced Apples	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

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