

THE BSAC CONNECTION



October 2026 Programs, Services, & Activities



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

October 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.	11:00-3:30 Mah Jongg 10:00-11:00 Brain & Balance w/ Elizabeth * (<i>no class on Oct 12</i>) 11:00-12:00 Table Tennis (open/beginner) 12:00-1:00 Qigong w/ Lee * (<i>no class on Oct 12</i>) 1:00-3:30 Table Tennis (Intermed/Advanced) 1:30-2:45 Yoga w/ Dani * (<i>2:00-3:15pm on Oct 12</i>) 3:00-4:15 Improv w/ Joan
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 (10/6 and 10/20) 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** (preregistered only) 10:30-11:30 Table Tennis Coaching (10/14 and 10/28) 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) 2:00-4:00 Young at Heart Readers Theatre 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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New Improv meeting!

Mondays, 3:00-4:15pm



Unleash your creativity, laugh out loud, and stay sharp with fun, low-pressure improv games. Instructor Joan has done improv for decades and was a mainstage performer at the Upfront Theatre for 15 years. By donation to instructor.

Two Theatre Troupes @ North

- *The Golden Players (Variety Shows)*

Thursdays, 12:30 - 1:45pm



- *Young at Heart Readers Theatre (Plays)*

Thursdays, 2:00 - 4:00pm

Join one or both; performances in December.

Open to all, no experience necessary, join anytime in October to create a holiday variety show or 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 11:00am-1:00pm; 10/6 and 10/20

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

Wednesday 10:30-11:30am, 10/14 and 10/28

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.**October 2026 - Featured Programs**

M O N D A Y	8:25	Power 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
	8:25	Power Hour*
	8:30	Chair Yoga
	9:00	Spanish Conversation (Virtual)
	9:00	Watercolor Painting (&1pm)
	9:30	EnhanceFitness*
	10:00	Knitting & Crochet
	10:00	Bike Ride
	(---)	Rainbow Elders (see Program Guide)
T H U R S D A Y	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
	8:30	Cribbage
	10:00	Button Walkabouts
	9:30	Jam Session
	10:30	Writer's Group
	11:00	Longevity Stick (Virtual)
F R I D A Y	12:15	Quilting Group
	12:30	5 Crowns card game
	1:15	Bunco
	2:30	Ukulele Practice
	8:25	Power 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)
SAT	3:00	Ballet
	9a-12p	Open Gym, Library, Coffee Bar
	9:15	Zumba* 10:30 Dance Fusion

10/2	Resource Fair: Medicare (p.7)	10a-2p
10/5	Paint from Your Soul (p.6)	9:30am
10/7	Birds & Nature Walk (p.10)	8:00am
10/7	Rewilding (p.5)	10:00am
10/8	NW Swans, Geese, Ducks (p.10)	12:30pm
10/9	Knife Sharpening	10a-4p
10/9	Whatcom Genealogical Soc. (p.9)	10:30am
10/9	Senior Steppers (p.6)	1:45pm
10/12	TED Talk Discussion (p.11)	12:15pm
10/14	Make a Pocket Book (p.8)	10:30am
10/15	Financial Empowerment (p.8)	10:30am
10/15	Mud Bottom Maddy (p.5)	12:30pm
10/15	WTA Guided Bus Trip (p.11)	12:40pm
10/16	Wonders of the World (p.5)	10:30am
10/16	Autumn Mushroom Walk (p.12)	1:30pm
10/19	Stroke Support Group	11:00am
10/21	iphone Photography (p.14)	10:30am
10/22	Fill the Room (p.9)	3:00pm
10/23	Beauty of Brazil (p.10)	10:00am
10/23	Whatcom Cares (p.13)	3:00pm
10/26	Clothing/Textile Mending (p5)	11a-1p
10/26	TED Talk Discussion (p.11)	12:15pm
10/28	Great Essays Discussion (p.4)	10:30am
10/28	Low Vision Support Gp. (p.5)	1:00pm
10/28	Karaoke (p.8)	1:00pm
10/30	Halloween Party! (cover)	2:00pm

*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.

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.*

Great American Essays Discussion

Wednesday, Oct. 28th, 10:30-12:00pm. Continuing on the 4th Wed. of each month.

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 readings for October are:

Henry Adams, *A Law of Acceleration*

William James, *The Moral Equivalent of War*

Randolph Bourne, *The Handicapped*

Book Buzz

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

Oct. 8th, 2:00pm - *The Notebook* by Nicholas Spark. Can love conquer all?. November's book is *The Wonderful Wizard of Oz* by L. Frank Baum

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, Oct. 16th, 10:30am - Before Homo: who was here before Humans?

Clothing/Textile Mending & Repair

Monday, Oct. 26th, 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.

Low Vision Support

Wednesday, Oct. 28th, continuing on the 4th Wednesday of each month, 1:00-2:00pm.

This group offers recognition and support of the difficulties low vision may present in everyday life. Meetings will typically include sharing of personal experiences and informative tips & discussion.

Tech Help

Thursdays 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.



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.

Mud Bottom Maddy

Thursday, Oct. 15th at 12:30pm. Continuing on the 3rd Thursday of each month.

Maddy's songlist comprises music from several decades and an occasional original. Her performances are lively, fun, and smile-inducing.



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:

10/7 - El Agave, 2007 N. Samish Way

10/14 - Menace Brewing, 2529 Meridian St.

10/21 - That's What I Like (Island Grill), 3236 NW Ave.

10/28 - Port Fairhaven Fish & Chips, 355 Harris Ave.



Paint From Your Soul: Beginning Acrylics

Mondays, 9:30-11:30am. Four-week course starts Nov. 23. 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.



A Performance from the Senior Steppers!

Friday, October 9th, 1:45pm, Auditorium



Bocce Ball

At the Sportsplex turf fields!

Thursdays, 10am-12pm, through Dec. 17.

Open to all. \$5 drop in fee paid to Sportsplex upon arrival. All Ages & Abilities!

Bocce Ball, often shortened to "Bocce" is a fun and competitive game that is easy to learn and play and enjoyable for players of any age.

Enjoy playing on the turf field surface at the Sportsplex with balls and course outlines provided.



What's Next: *Exploring your Medicare Options*

Sponsored by:



10:00am to 2:00pm - *Aging & Wellness Resource Fair*

Speak one-on-one with local specialists to navigate Medicare options, and connect with valuable community support programs for healthy aging.

Presentations:

10:30am: Annual Enrollment Period Preparation

The Medicare Annual Enrollment Period runs from October 15 to December 7—your opportunity to join, switch, or drop a Medicare Health Plan. Join us to review Medicare fundamentals and navigate your options for the upcoming enrollment window.

12:45pm - 2026 Medicare Open Enrollment (this presentation only at Bham date)

Medicare plans change their costs and benefits every year, so what worked in 2026 might not be your best option for 2027. Don't miss Medicare Open Enrollment! A certified SHIBA advisor will walk you through a simple review to help you save money and frustration. Helpful handouts and advice provided.



Choose a date and location that works best for you!

Free and open to the public



October 2nd, 10am-2pm ● **Bellingham Senior Activity Center**
315 Halleck Street, Bellingham

October 9th, 10am-2pm ● **Blaine Senior Center**
763 G St, Blaine



October 16th, 10am-2pm ● **Lynden Community/Senior Center**
401 Grover St, Lynden

October 23rd, 10am-2pm ● **Ferndale Senior Center**
1999 Cherry St, Ferndale

Senior Financial Empowerment Course

Thursdays, 10:30am-12:00pm, starting October 15th through Dec. 17th.

These free classes are open to the whole community. Sign up at the Front Desk or MyActiveCenter.com.

Our financial needs change as we get older, and the systems often utilized by low-income seniors can be both confusing and overwhelming. This Senior Financial Empowerment Course supplies students with the information and tools they need to make prudent, wise decisions about their money.



Students learn how to navigate Medicare and Medicaid, debt management, and budgeting on a fixed income. We also review how to finance the twilight years and end-of-life planning.

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

Strength Training for Balance

*Mondays & Wednesday, 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.

Karaoke!

Wednesday, Oct. 28th, 1:00pm. Continuing on the last Wed. of each month.

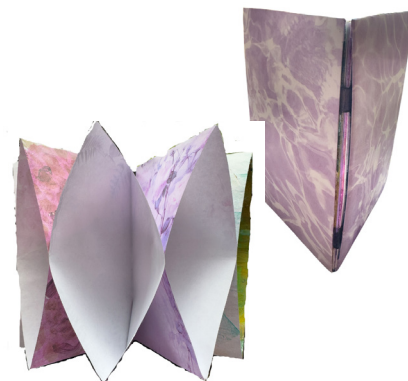
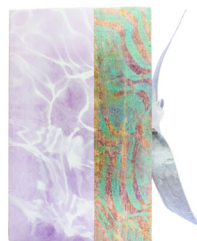
Come enjoy familiar music, tap your feet, hum along, or cheer others on. All voices welcome. No pressure, no judging—just good music and good company. Free for all members and guests are welcome! Hosted by Cynthia McKinley.

Simple Bookmaking: Learn to Make a No-Sew Pocket Book

Learn to make a No-Sew Pocket Book in this fun 1.5-hour workshop! Perfect for keeping or gifting, these books are a great way to organize odds and ends like tickets, receipts, or loose photos. No special skills are required—just come enjoy the creativity and camaraderie.

Everyone will leave with a completed, embellished pocket book and a step-by-step instruction sheet to easily make more at home.

Wednesday, October 14th, 10:30am-12:00pm. Sign up at the Front Desk or MyActiveCenter.com. Fee: \$10 registration fee + \$5 supply fee paid directly to the instructor (Feel free to bring your own art prints if you'd like to incorporate them!)



Discover Your Family History with the Whatcom Genealogical Society

Ever wondered about the true stories behind your family lore, traced your ancestors across borders, or wanted to map out your family tree? Whether you're just starting to get curious about your lineage or have hit a brick wall in your ongoing research, the Whatcom Genealogical Society (WGS) is here to help you uncover the facts behind your family's past. Join us for a two-part program designed to guide and assist you on your family history journey:



Part 1: Who Are They & What Do They Do? (Presentation)

Friday, October 9th at 10:30am, Sign up at the Front Desk or MyActiveCenter.com.

Meet WGS President Lynda Lucas and WGS researcher Jim deLucia to learn about the society's 65-year history and how modern genealogical tools can help you discover your roots. Free research worksheets will be available to help you organize your initial family data.

Part 2: One-on-One Family Research Assistance (By Appointment)

Wednesday, November 4th Appointments from 11:00am – 2:45pm

Sign up for a free, confidential, 45-minute individual session with experienced WGS researchers. WGS specialists handle both U.S. and international searches—from military records to local archives—and can help you navigate roadblocks or begin building your tree from scratch.

How to Register: To reserve your individual research slot for November 4th, please email whatcomgenesoc@gmail.com with your preferred time and a contact phone number. If you do not use email, you may call Jim deLucia at (360) 410-4351 to schedule your appointment.

Fill the Room: Group Voice Classes for Everyone 50 and Better!

Discover and develop your authentic voice in a safe environment.

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 you find, develop, and use your voice to Fill the Room!



Four sessions, Thursdays, Oct. 22, 29 &

*Nov. 5, 12, 3:00-4:00pm. 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.*

Dumbbell Basics

Monday, October 26th, 1:30-3:00pm. Fee: \$10 (or 2 punches on your fitness class punchcard). Sign up and pay at the Front Desk. Dumbbells provided if needed. BYO if you can.

Here is an opportunity to meet with our strength training instructor Liane, and learn some basic dumbbell exercises that pair well with the weight machines in the gym or at-home exercises. Liane will teach you how to do the following dumbbell exercises:



Arm Curls (biceps) • Arm Extension (triceps) • Deltoid Raises (front shoulder) • Lateral Raises (side shoulder) • Shoulder Press Up (top of shoulder) • Rear Deltoid Row (rear shoulder) • Chest Press (pecs) • Bent Over Rows (back) • Wrist Curls (wrist and forearm)

The Beauty of Brazil

Friday, October 23rd, 10am-12pm.

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

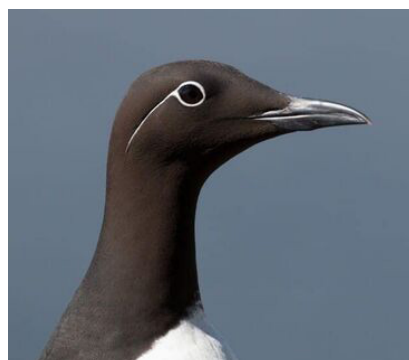
Of all the South American countries, Brasil is probably the most culturally diverse. Within this vast area lives the highest number of vertebrate and invertebrate species on the planet. The flora is equally amazing and infinite. We will explore the north, east and west, into the Cerrado, Caatinga, and Mata Atlantico forest habitats. Join us for an in-depth look from the inside, at Brasil's incredible resources, multi-faceted and intriguing cultures, survival challenges and future.

David Drummond is an ecologist who has traveled extensively in South America including eight multi-month trips to Brasil. He is fascinated by their evolving natural and cultural history!



Benthic Birds: Penguins & Auks

Friday, November 13, 10am-12pm. Sign up at the Front Desk or MyActiveCenter.com. Suggested donation \$10 to presenter.



Here is an investigation into these two unrelated families living hemispheres apart, though appearing much the same through many impressive responses to environmental stimuli over space and time. Join us to better learn about these amazing marine bird families!

David Drummond has worked regionally, in the High Arctic and Antarctica as Ornithologist onboard expedition ships, and so has a first-hand knowledge and experience with these amazing birds in their natural habitats~ He enjoys teaching people about the life form parallels of our evolving planet.

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, October 12th at 12:15pm - Aging with intention and a plan

Aging Isn't a Crisis. It's a Design Challenge We're Ignoring - Most people don't fail at aging because they don't care—they fail because no one ever taught them how to prepare. In this TEDx talk, gerontologist and former journalist Susanna Barton reframes aging not as decline, but as a design challenge we can plan for—together.

What Happens to Your Digital Life After You Die? - Our online lives will almost certainly outlive us. Every day we curate a version of our virtual self with photos, emails and Facebook comments, but what happens to all that data when you die? Paul Wiseall's TEDx talk argues that in a world of cyber fraud and fake news, we need to plan as much for our digital death as we do our physical one.

Monday, October 26th at 12:15pm - Beyond the Loudest Voice

The power of introverts - In a culture where being social and outgoing are prized above all else, it can be difficult, even shameful, to be an introvert. But, as Susan Cain argues in this passionate talk, introverts bring extraordinary talents and abilities to the world, and should be encouraged and celebrated.

Are you a giver or a taker? - In every workplace, there are three basic kinds of people: givers, takers and matchers. Organizational psychologist Adam Grant breaks down these personalities and offers simple strategies to promote a culture of generosity and keep self-serving employees from taking more than their share.

WTA Guided Bus Trip:

Cordata Art Gallery: Creative Currents

Thursday, October 15th, 12:40-3:15pm

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

Celebrate the Salish Sea with a bus trip to the Cordata Gallery. You'll learn how to ride the WTA bus (and why that's good for salmon) using routes that connect without needing to pay for a transfer. Then we'll enjoy this north end gallery where over 20 artists created pieces for SeaFeast to honor the watery wonders of this region.



Wear clothing appropriate for the weather. We will be walking to the city bus stop. Meet in the lobby at the BSAC Central 12:40pm. WTA passes will be provided. The group will return by 3:15pm.

Autumn Mushroom Walk at Lake Padden with Wild Whatcom

Friday, October 16th, 1:30-3pm at Lake Padden, Sign up at the Front Desk or MyActiveCenter.com.

Join naturalist Kate Brown from local non-profit Wild Whatcom to get curious about all things mushroom! Learn about the ecology of fungi and mycelium, discuss the important role fungi play in the ecosystem, and learn how to identify some of our most common mushrooms. This time of year is the best for mushroom hunting, and the forests of Whatcom County are full of an incredibly diverse array of interesting fungi.

We will meet at the West Entrance of Lake Padden, near the tennis courts, which offers incredible easy access to a very low-incline trail along the shore of the lake. In addition to getting curious about local mushrooms, we will also stop to appreciate any notable nature and the incredible lakeside views.



Wild Whatcom hosts weekly slow-paced nature walks for adults called *Wonder Walks* every Friday from 11:30-1pm.

To learn more, visit wildwhatcom.org/wonder-walks

Wild Whatcom
EXPLORING / SERVING / CONNECTING

Sensational Salmon, Seals, and Sea-lions: Autumn Nature Walk

Friday, November 13th, 1:30-3:00pm, meet at BSAC for a walk to Maritime Heritage Park, Sign up at the Front Desk or MyActiveCenter.com.

Salmon Migration is almost here! Join naturalist Kate Brown to get curious about all things salmon. We will discuss which species of salmon are currently migrating in Whatcom Creek, learn about the ecology of salmon and what makes them so important to the health of the entire ecosystem, and see what salmon we can spot in the shallow water of the creek. We will also chat about the ecology of the marine mammals who follow the salmon up the creek.



This short section of urban trail is ideal for getting comfy in one spot and sitting to enjoy the show as numerous seals and sometimes sea-lions catch and eat the migrating salmon. We will bring some hot cocoa and snacks for staying toasty as we enjoy observing the wildlife.

Whatcom Cares:

A Town Hall Gathering about Advance Care Planning, Palliative Care, Dementia, End-of-Life Choice, and After-Death Decisions

Join us for this free community event!

Friday, October 23rd, 3:00–5:30pm

Bellingham Senior Activity Center, 315 Halleck Street.

3:00–3:30pm – Information Tables in the Lobby and Q & A with Experts

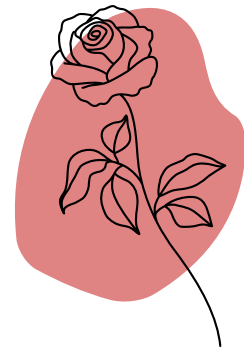
3:30–5:00 pm – Town Hall Meeting (see below for panelists)

5:00–5:30pm – Information Tables in the Lobby and Q & A with Experts

The panelists are community members who lead local and state-wide programs. We are gathering to answer your questions and provide guidance regarding these sensitive areas of healthcare.

Topics included:

- Understand your choices for medical care
- What documents are available to communicate these choices
- Legal end-of-life options in Washington
- Options for living with dementia to preserve quality of life
- How to reduce burdens for your loved ones
- Options for after-death care in Washington
- Ensure your values and preferences are respected



Panelists Include:

Marie Eaton, as moderator – Poet & Community Champion for the Palliative Care Institute at Western. Board member for VSED Resources NW

Hilary Walker, OTL, CAPS – Consultant with Known Wishes & WA POLST Program, Owner Stay Home Improvements, LLC

Kate Massey – Northwest Regional Council (NWRC), Dementia Program Specialist

Katie Smoucha, RN – with PeaceHealth Outpatient Palliative Care Program

Andrea Fenwick – Death Doula and Co-Founder of VSED Resources NW

Cassandra Sutherland – End of Life Washington, Co-Executive Director

Brian Flowers – Wildflower Funeral Concepts, Owner & Funeral Director

Erika Crichton, MSW – Open Ended Support, Owner, Aging and End-of-Life Planning Consultant

Plus, other special guests and community healthcare advocates!

iPhone Photography made Simple

Wednesday, October 21st, 10:30am-12:00pm. Sign up at the Front Desk or [MyActiveCenter.com](https://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



**Doctober, Pickford Film Center's 19th annual documentary film festival
October 1 through 25, 2026.**

Each October the Pickford showcases Doctober—a month-long documentary film festival dedicated to one of Bellingham's proven favorite genres. Doctober is the largest documentary festival in the Northwest, screening approximately 35 films in one month. For this festival the Pickford partners with local organizations to bring important issues to the screen.

WCOA Supports Doctober Films on Aging

The Whatcom Council on Aging is proud to support this year's Doctober documentary film festival, featuring a collection of films that explore aging, friendship, creativity, resilience, memory, and community.

From the inspiring story of elderly bird protectors in Iceland (*Amongst the Birds*), to seniors making a horror movie (*Silver Screammers*), to a touching exploration of longevity in *Oldest Person in the World*, these films showcase the many ways people continue to learn, contribute, create, and connect throughout their lives.

Films screen daily at Pickford Film Center, 1318 Bay Street, Bellingham. Encore screenings October 26 through 29. For the full schedule and tickets, visit pickfordfilmcenter.org/doctober.

WCOA is honored to support programming that celebrates the experiences and contributions of older adults while fostering meaningful community conversations. We encourage everyone to attend and discover these remarkable stories.

Thank you to the following sponsors for their contribution to Senior Day in the Park:



BELLINGHAM SENIOR ACTIVITY CENTER

DONATE TO OUR CRAFT FAIR BAKE SALE

We are looking for baked goods for our bake sale that happens during the Craft Fair! Interested in donating to the bake sale? Please talk to Cheryl at the front desk M/Th afternoons or email BSACBakeSale@gmail.com.

Baked goods can be delivered to BSAC North on Friday, November 13th from 2:00-4:00 PM or Saturday, November 13th at 9:00am

thank you!



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Now's the time to review your plan options, see what's changed, and make sure you have the best strategy in place for you.

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

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

Monday - Friday | 8:30 am - 5 pm

VibrantUSA is now
The Baldwin Group



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 17520005 and The Baldwin Group Health Insurance II, LLC, NPN 17520005.

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a program of the
Whatcom Council on Aging

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.

Medicare Open Enrollment is coming! Are you ready?

From October 15 – December 7, Medicare Advantage and Part D holders can review and change their coverage for 2027.

Why review your plan? Costs and benefits change yearly. Last year, some lost gym memberships due to overlooked updates, while others saw prescription drug premiums jump by \$50 a month. Reviewing your coverage ensures your plan still serves you best.

How can SHIBA help? SHIBA (State Health Insurance Benefits Advisors) provides free, unbiased Medicare education—no sales involved. Trained volunteers sponsored by the Whatcom Council on Aging can review your options and help you make money-saving changes on the spot.

Schedule an Appointment - In-person meetings are available at the Bellingham Senior Activity Center (Central and North sites) and the Blaine Senior Center, alongside phone options.

Call Whatcom SHIBA today at (360) 788-2725 to schedule your appointment!

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

October 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Bellingham Kitchen Team Melody Phillips-Kitchen Supervisor Emeraldale Olguin- Lead Cook Reece Booth-Kitchen Asst. Lorie Lockwood-Kitchen Asst. Ian Cassino-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	Sausage Lasagna <i>*Cheese Lasagna</i> Green Beans Garlic Parm Bread Stick Caesar Salad Fresh Fruit Medley	1 *Mushroom Omelet Breakfast Potatoes Orange Juice Fruit & Yogurt Parfait	2 Chicken Taco Soup <i>*Veggie Taco Soup</i> Cornbread Garden Salad Fresh Pineapple
5 Beef Cottage Pie <i>*Veggie Cottage Pie</i> Green Beans Garden Salad Ambrosia	6 Jamaican Jerk Chicken <i>*Vegan Cutlet</i> w/ Mango Salsa Cilantro Lime Rice Garden Salad Fresh Fruit	7 Pork w/ Apple Chutney <i>*Vegan Cutlet</i> Roasted Potato Medley Normandy Vegetables Spinach Salad Strawberry Cream Salad	8 Turkey Tetrazzini <i>*Veggie Tetrazzini</i> Italian Vegetables Caesar Salad Peaches	9 Shrimp Entrée Salad <i>*Veggie Entrée Salad</i> Oatmeal Bread Fresh Grapes
12 Sausage Lasagna <i>*Cheese Lasagna</i> Green Beans Garlic Parm Bread Stick Caesar Salad Fresh Fruit Medley	13 Panko Crusted Cod <i>*Panko Crusted Tofu</i> Wild Rice Pilaf Balsamic Brussels Sprouts Spinach Salad Tropical Fruit Salad	14 Country Fried Steak <i>*Veggie Cutlet</i> Mashed Potatoes Peas & Carrots Garden Salad Blueberry Crisp	15 Oktoberfest German Brot <i>*Veggie Brot</i> Red Sauerbrout German Potato Salad Spiced Apples	16 Squash Bisque Turkey & Cheddar <i>*Cheese & Vegetable</i> Garden Salad Fresh Fruit
19 Chicken Rueben <i>*Veggie Cutlet</i> Roasted Sweet Potato Capri Blend Veggies Kale Citrus Salad Ice Cream	20 Chicken Fajitas <i>*Vegan Fajitas</i> Spanish Rice Roasted Corn Salsa Fresh Fruit	21 Birthday Lunch Beef Burgandy <i>*Veg Burgandy</i> Brown Rice Roasted Carrots Garden Salad Birthday Cake	22 Indian Butter Chicken <i>*Indian Butter Tofu</i> Basmati Rice Cauliflower Cucumber Salad Indian Rice Pudding	23 Chicken Caesar Entrée Salad <i>*Grilled Tofu Entrée Salad</i> Garlic Breadstick Orange Slices
26 Ranch Chicken Sandwich <i>*Ranch Veggie Cutlet</i> Potato Wedges Coleslaw Rainbow Sherbet	27 Chinese BBQ Pork <i>*BBQ Tofu</i> Vegetable Fried Rice Asian Stir Fry Veggies Spring Salad w/ Mandarins Fortune Cookie	28 Florentine Fish Garlic Roasted Red Potatoes Zucchini & Peppers Garden Salad Fruited Jell-O	29 Honey Garlic Chicken Potatoes Au Gratin Dill Carrots Pineapple Coleslaw Banana Cream Pudding	30 Hearty Beef Stew <i>*Vegetable Stew</i> Buttermilk Biscuit Garden Salad

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

BSAC North

140 E Bellis Fair Parkway
(360) 559-9752

Monday, Tuesday, Thursday

8:00am to 4:30pm

Wednesday

8:00am to 12:00pm

(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

Membership

Options:

\$60 for 12 months

\$20 for 3 months