Bellingham Senior Activity Center
Connect with life!

Program Guide

Classes - Activities - Services

315 Halleck Street
Bellingham, WA 98225
(360) 733-4030 whatcomcoa.org
Hours: M-F, 8am-4:30pm
Sat., 9am-12pm (members only)

Welcome

Our mission is to offer a wide range of classes, activities and services for persons 50 years of age and over to encourage emotional, mental, and physical wellness for a healthy, active, and independent lifestyle.

Membership is open to anyone 50+ for $60 for one year or $20 for three months.

Discover Classes and Activities







Fitness



Paying for fitness classes:

Digital Punch cards can be purchased at the front desk and can be used for fee-based BSAC fitness class. Classes are ongoing. Punch card of 11 classes: $45. Individual classes cost $5 ($10 for Yoga). Virtual (on Zoom) classes are free.

Zumba

Zumba Gold is for active older adults who are looking for a modified Zumba® class that recreates the original moves at a lower-intensity. The design of the class introduces easy-to-follow choreography that focuses on balance, range of motion, and coordination.

Tues & Thurs 9:30–10:30am
Location: 140 E Bellis Fair Pkwy
Sat. 9:15-10:15am , 315 Halleck St.
1 punch or $5/class

Strength Training for Balance

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.

Mon & Wed 3:00–4:00pm
No charge - Virtual (on Zoom)
whatcomcoa.org/virtualprograms

Yoga

Instructors Mary Byrne and Dani Swanson have studied various disciplines of yoga. Classes are a compilation of what is most meaningful, useful, and accessable.

Mon. 10:00 - 11:30am @ Halleck St.
Mon. 1:30 - 2:45pm & Wed. 10:00-11:15am @ 140 E Bellis Fair Pkwy
2 punches or $10/class

Chair Yoga

Practiced sitting on a chair, or standing using a chair for support. The poses are often adaptations of postures in modern yoga. Great for those who are unable to get up and down from the floor or rehabbing from an injury.

Mon, Wed, Fri 8:30 - 9:30am
No charge, drop-in. Donations to the instructor are accepted

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.

Mon. 12:00-1:00, 140 E Bellis Fair
Wed. 1:30-2:30pm, 315 Halleck St.
1 punch or $5/class

EnhanceFitness

A lively and interactive hour-long class filled with variety that combines the three key components of fitness: strength training, flexibility, and cardiovascular conditioning.

Mon, Wed, Fri 9:30-10:30am
1 punch or $5/class

Power Hour

High impact and intensity cardio with strength & stability workout. Adaptible to most abilities.

Mon, Wed, Fri 8:25-9:15am
1 punch or $5/class

Longevity Stick

Low-impact exercise using a one-inch diameter dowel in a series of movements designed to improve balance, flexibility, and strength.



Mondays 3:15-4:15pm
Wednesdays 2:45-3:45pm
No charge - Auditorium

Tue & Thur 11:00am - 12:00pm
No charge - Virtual
Sunday 11:00am - 12:00pm
Contact Bonnie, (360) 303-7924
for location & directions.

Chair Pilates

This offers a seated, Pilates-inspired approach to enhancing your core strength, posture, balance, and mobility in a safe and supportive way.

Thursdays 11:00am–12:00pm
1 punch or $5/class
Location: 140 E Bellis Fair Pkwy

Open Gym

Available during open hours for those who have completed the Strength Training 101 class.

Closed on Mon. & Fri., 11am-12pm for Strength Training Classes.



Strength Training 101

This small group interactive class provides a comprehensive overview of how to gain both muscular strength and muscular endurance, improve joint range of motion, and avoid injury in both gaining fitness and in everyday function. Cost: $60 for the 8-session class. To be placed on the waiting list, please complete and return the Physician's Clearance Form, available at the Front Desk.

Personal Training

Personal Training appointments are available for $50+tax for 45 minutes, exclusively to BSAC members who have completed our Strength Training 101 course. To schedule an appointment, visit the front desk to pick up a form and Liane will be in touch with you.

Writing & Discussion

Brainpower!

Brainpower is a group of thoughtful, caring, dynamic people who love to be creative, introspective and engaged in fun experiences and assignments. More than a discussion group, this group aims for camaraderie through sharing memories and mental challenges from the day in history. Newcomers are always welcomed with open arms.

1st & 3rd Wed. 1:30 -3:00pm

TED Talk Discussions

We invite you to join us to view and discuss selected TED Talks that will facilitate discourse on important subjects. Each viewing will feature a different topic from which two TED talks will be viewed and discussed.

2nd & 4th Mondays 12:15-1:45pm

Spanish for Beginners

¡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.

Mondays 9:00-10:00am
Sign-up at the Front Desk.

French Conversation

A casual French conversation group for beginning to intermediate speakers.

Tuesdays 10:30am - 12:00pm

Book Buzz

A monthly book discussion group. "Bee" a part of the discussion! See current newsletter for more info.

2nd Thrs./month 2:00 - 3:30pm

Great Essays Discussion

For those interested in reading and discussing substantial works of literature. These discussions are a way to engage with classic literature through shared inquiry and dialogue, often focusing on themes of philosophy, truth, and the liberal arts.

4th Wed/Month, 10:30am-12:00pm

Writers Group

To share wit, wisdom, and our words. Anything you want to write about and read to the group in 4-7 minutes or so. Essay, poetry, humor, memoir, book review, anecdote, or whatever thoughts you have put to words. Friendly association, discussion of ideas, and fun is what we're all about!

Thursdays 10:30am-12:00pm

Rainbow Elders

Are you part of the Lesbian, Gay, Bisexual, Transgender, Queer or Questioning (LGBTQ) community? Join us for monthly social discussion groups to meet new friends and be part of a supportive community.

1st Wed. - Lunch, 11:30 am.
Last Wed. - Discussion, 3:30pm
Last Wed. - Generations of Pride, 5:00pm.

Weekly Social Hour

Join other BSAC members at these gatherings to meet new friends List of weekly meeting locations available at the front desk.

Wednesdays 4:00 - 5:00pm.

Wonders of the World

Slide show presentations on topics of art, culture, and nature in Whatcom County and beyond.

3rd Fridays 10:30am - 12:00pm

Re-Wilding

Ready to reconnect with nature and help native life thrive in your own backyard? Join us to learn how to support birds, pollinators, and other wildlife by re-wilding the spaces around us.

1st Wed./month 10:00–11:00am

Artistic Opportunities

Watercolor Painting

Learn the art of watercolor painting. Drop-in as space allows.

Wednesdays 9:00-11:00am
& 1:00-3:00pm

Rug Hooking

Learn how to make beautiful hooked rugs/hangings. Materials not provided.

Tuesdays 10:00am-2:00pm

Quilting

Bring your own materials and machine. Space is limited, so check with group prior.

Thursdays 12:15-4:00pm

Knitting & Crochet

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

Wednesdays 10:00-11:30am

Theatre Troupes

The Golden Players (Variety Shows) 12:30-1:45pm. Storytellers (Plays) 2:00-4:00pm. No charge.

Visit website:
whatcomcoa.org/theatre-troupes

Thursdays at 140 E Bellis Fair Pkwy.

Card Games

Chess & Backgammon

Players of all levels are welcome. Have a set, please bring it along with you.

2nd & 4th Thurs 2:30-4:30pm
Location: 140 E Bellis Fair Pkwy

Bridge

A social card game, with competition to set trump, take tricks, fulfill the contract and score points.

Tuesdays 12:30-3:30pm

Pinochle

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

Mon & Fri 12:15-3:30pm

5 Crowns

This is a unique rummy type card game . It is challenging and fun.

Thursdays 12:15-1:45pm

Bunco

Bunco is a social, group dice game. Fun and easy to learn! Drop in.

Thursdays 1:15-3:15pm

American Mah Jongg

American Mah Jongg, following the rules of the National Mah Jongg League. Basic knowledge of the game is recommended.

Mondays @ North 12:30-4:00pm
Tuesdays @ Central 9am-12pm

Scrabble & Hearts

Drop-in and play with others.

Tuesdays 12:30-2:30pm

Music & Dance



Social Dance

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

Tuesdays *2:00-4:00pm*

English Country Dance

Learn and enjoy the country dances of England – gentle dances to beautiful music (think Jane Austen novels), with movements led by a caller. Open to people who can walk briskly, have good balance, and follow verbal instructions. No partner needed. Observers are always welcome.

Thursdays
Beginner instruction, 2:00pm
Dancing begins, 2:15pm
By invitation, 3:15-4:15pm
Location: 140 E Bellis Fair Pkwy

Senior Steppers

We welcome new tap dancers. Tap shoes available to loan and classes are free. Michelle: (360) 927-1365.

Tuesdays *9:30-10:30pm*
Fridays *1:30-3:30pm*

Beginning Tap Dance

Learn the basics and have fun. Tap shoes are provided.

Tuesdays *8:30 - 9:15am*

Singing for Fun

Join others to sing together. Song books provided.

Mondays *10:30-11:30am*

Dance Fusion

In this dance class the focus is on fun and keeping the body agile and strong. Learning routines that focus on different forms of Belly Dance.

Saturdays *10:30-11:30 am*
Jan. 10th - Apr. 25th, 2026

Ballet

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.

Fridays *3:00 - 4:00pm*

Jam Session

If you have an instrument or a singing voice, come join us and have fun! The recommended skill level is intermediate to advanced.

Thursdays *9:30-11:15am*

Mud Bottom Maddy

Maddy is a local singer/songwriter who performs folk music for the express purpose of having fun. Her performances are lively, fun, and smile-inducing.

3rd Thurs./month *12:30-1:30pm*

Ukulele Practice

Join others to practice beginner ukulele songs. BYO uke.

Mondays *3:15 - 4:15pm*
Thursdays *2:30 - 4:15pm*



Line Dance

This non-partnered dancing class is fun and active with lively music. All are welcome - join any week! No experience needed.

Tuesdays *1:30 - 2:30pm*
Location: 140 E Bellis Fair Pkwy
1 punch or $5/class

Recreation

Table Tennis

Drop-in to play.

Location: 140 E Bellis Fair Pkwy.
Mondays *1:00-3:30pm*
Tuesdays *9:00-10:30am*
& 1:00-3:00pm
Wednesdays *9:00-10:30am*
Thursdays *9:00-10:30am*
& 1:30-3:00pm

Pool

Suggested donation of $1 per play to help with maintenance and upkeep of the tables and cue sticks.

Mon-Fri, 8:00am to 4:30pm

Ladies Pool

Let's chalk up the cue sticks and rack 'em up for weekly ladies pool group. Drop-in.

Wednesdays *1:00-4:30pm*

The Button Walkabouts

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. Need more information? Call Scott (812) 371-6005.

Tues & Thurs *9:30-11:00am*
Meet at trailhead

Senior Trailblazers

Our philosophy is to promote fellowship and camaraderie in addition to keeping our bodies healthy and in shape. The hikes are mostly in the lowlands during the colder months and into the regions near Mt. Baker in the summer. The hikes range from 4-10 miles and are moderate to difficult. Carpooling is used to share the expense with the drivers.

Tues & Thurs 7:15 and 8:15am
Visit seniortrailblazers.com

Bike Group Rides

Group rides with other BSAC members.

whatcomcoa.org/bikegroup for information.

Health & Wellness

Blood Pressure Checks

High blood pressure may increase the risk of heart attack, stroke, and kidney disease. Knowing your blood pressure is part of self-care.

1st & 3rd Mon. 10:30am - 1:00pm

Sound Journey

A guided sound experience where participants comfortably lie (or sit) on the floor (or chair) with their eyes closed to obtain a relaxed state. Facilitated by Everitt Allen, Sound Therapy of the Pacific Northwest.

Last Fri./month 10:00 - 11:00am
Register at Front Desk.

Reiki

Reiki is an energy healing technique that promotes relaxation, reduces stress and anxiety. Reiki practitioners use their hands to deliver energy to your body, improving the flow and balance of your energy to support healing. It is not a replacement for medical treatment.

Sign up for a 30-minute reiki session at the front desk. $20 for the session, paid to the provider in cash. BSAC members only.

Low Vision Support

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 and discussion.

4th Wednesday 1:00 - 2:00pm

Mindfulness Meditation

Guided meditation. Drop-in. All levels from first-timers to daily practitioners are encouraged to join.

Tuesdays 10:00-10:45am

Foot Care

A basic appointment will include an inspection and assessment of your feet, routine care such as callous removal, trimming toenails, and referrals as needed.

45 minute appointments; $50 for members $55 for non-members, payable to provider at time of appointment with cash or check. Call (360) 733-4030 to secure your appointment.

Stroke Support Group

To support stroke survivors and their caregivers. Facilitated by Rachel Cochran, practicing occupational therapist and one of only two Certified Stroke Rehab Specialists in Whatcom County. Open to all.

3rd Mon./Month 12:00-1:00pm

Tech Help

One-on-one assistance with computers, tablets, and phones. Sign up at the front desk for a 30-minute appointment.

Mon, Tues, Fri 2:00-4:00pm



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

BSAC Classes offered online with Zoom

Links to our virtual programs on Zoom are included in the weekly enews from BSAC.

Weekly classes include: Strength Training for Balance, Spanish Convo, Longevity Stick and more!

whatcomcoa.org/virtualprograms for the complete schedule and to sign up for weekly enews.

Select videos of BSAC classes are available on our YouTube Channel:

youtube.com/@wcoabsac6465

Thanks for being a BSAC member!

Membership Options:

$60 for one year

$20 for a three month period.



Senior Community Meals at BSAC

Senior Community Meals are in-person 5 days a week, Monday through Friday, 11:30-12:30.

All senior meals are available on a donation-only basis to anyone 60 and older. Others eligible for a donation-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.

The suggested donation is $6 per meal. Donations can be made by cash, check, or online at whatcomcoa.org/donate. No eligible person will be turned away due to the inability to donate. Those under age 60 can purchase a lunch for $10. Bellingham Senior Activity Center membership is not required to participate in the Senior Community Meals.

Bellingham Senior Activity Center & Whatcom Council on Aging

BSAC Central, 315 Halleck St.

Hours: Mon - Fri from 8:00am to 4:30pm, Sat. 9am-12pm

Phone: (360) 733-4030

BSAC Front Desk Reception . . . . . ext: 1017

BSAC Director, Molly Simon . . . . . ext: 1020

BSAC Prog. Coordinator, Eric Pierson . . . . . ext: 1035

BSAC Volunteer Coord., Amy Wharton . . . . ext: 1024

BSAC Program Concierge, Amanda & Teresa . ext: 1016

Meals on Wheels & More . . . . . ext: 1030

WCOA Executive Director, Chris Orr . . . . . ext: 1026

Bellingham at Home . . . . . ext: 2602

BSAC North, 140 E Bellis Fair Parkway

Hours: Mon - Thurs from 8:00am to 4:30pm

(360) 559-9752