THE BSAC CONNECTION

Bellingham Senior Activity Center
Connect with life!

December 2026 *Programs, Services, & Activities*











CONNECT WITH LIFE!











BSAC North

December 2026

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

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

Mon.	10:00-11:00 Brain & Balance w/ Elizabeth * 11:00-3:30 Mah Jongg 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/ 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 Strength & Flex. w/ Elizabeth* 11:00-1:00 Paper Crafting Group (12/8 & 12/15) 1:00-3:30 Table Tennis (Intermed/Advanced) 1:30-2:30 Line Dancing w/ Laura
Wed.	9:00-10:30 Table Tennis (open/beginner) 9:30-11:30 Acrylic Landscapes** (pre-reg. only) 10:00-11:15 Yoga w/ Dani* 10:30-11:30 Table Tennis Coaching (12/9 and 12/16)) 11:30-12:30 Brain & Balance w/ Elizabeth * 12:00pm BSAC North closes
Thu.	8:30-4:30 Senior Trailblazers 9:30-10:30 Zumba Gold w. Adriane * 10:00-12:00 Intro to Acrylic Painting (pre-reg only 10:45-11:45 Chair Pilates w/ Adriane * 12:30-1:45 Golden Players variety show and Young at Heart Readers Theatre performances 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 (12/10 and 12/17)

***** 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!

Questions about activities?

Details about our ongoing activities like Improv, Paper Crafting, Zumba, Table Tennis Coaching, etc. are in our Program Guide or at www.whatcomcoa.org/programs

Holiday Schedules

Note some changes in December:

- Reminder: Chair Pilates starts at 10:45am
- BSAC North lobby closes at 4:00pm
- Activities usually the 2nd and 4th weeks are the 2nd and 3rd weeks instead, due to holiday schedule (Paper Crafting, Table Tennis Coaching, and Chess)
- BSAC (both locations) are closed on Dec 24-26, but otherwise normal hours

Holiday Performances

Don't miss special holiday performances at BSAC North on Thursday 12/3 and 12/10 respectively, by The Golden Players (variety show) and Young At Heart (Readers Theatre). Details on p. 6!

New Name, Same Class!

To more accurately reflect the class, former "Chair Strength and Stretch" is now "**Strength, Endurance, and Flexibility.**" Updated description: Low-impact class for all fitness levels and abilities. Improve overall fitness through a variety of movements designed to improve muscular strength, endurance, and flexibility. Options for seated exercise are provided.

Taught by Elizabeth on ***Tuesdays, 11:00am-12noon, at BSAC North.*** Seated or standing people welcome.

BSAC Central - 315 Halleck St.

MONDAY	8:25	Power Hour*
	8:30	Chair Yoga
	9:00	Spanish for Beginners (sign up)
	9:30	EnhanceFitness*
	10:00	Yoga w/Mary**
	10:30	Singing for Fun
	12:15	TED Talk Discussion (2nd & 4th Mon.)
	12:15	Pinochle
	3:00	Strength Training for Balance (Virtual)
	3:15	Longevity Stick
	3:15	Ukulele Practice
TUESDAY	8:15	Beginning Tap Dance
	8:30	Cribbage
	9:00	Mah Jongg
	9:30	Senior Steppers
	10:00	Button Walkabouts
	10:00	Mindfulness Meditation
	10:00	Rug Hooking
	10:30	French Conversation Group
	11:00	Longevity Stick (Virtual)
	12:30	Bridge
	12:30	Scrabble & Hearts
	2:00	Social Dance
WEDNESDAY	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
	(---)	Rainbow Elders (see Program Guide)
	1:00	Ladies Pool Group
	1:30	BrainPower (1st & 3rd Wed.)
	1:30	Qigong*
	2:30	Spanish Conversation
	2:45	Longevity Stick
	3:00	Strength Training for Balance (Virtual)
	4:00	Weekly Social Hour
THURSDAY	8:30	Cribbage
	10:00	Button Walkabouts
	9-11	Tech Help (sign-up)
	9:30	Jam Session
	10:30	Writer's Group
	11:00	Longevity Stick (Virtual)
	12:15	Quilting Group
	12:15	5 Crowns card game
	1:15	Bunco
	2:30	Ukulele Practice
FRIDAY	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)
	3:00	Ballet
SAT	9a-12p	Open Gym, Library, Coffee Bar
	10:30	Dance Fusion

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

December 2026 - Featured Programs

12/1	Social Dance - Rick Cooper (p.4)	2-4pm
12/2	Liberation Laughter (p.11)	10:00am
12/3	Craft Fair Sale @ North (p.7)	10a-2p
12/3	Theatre Troupe Holiday Show @ North (p.6)	12:30pm
12/4	Watercolor Workshop (p.9)	12:30pm
12/5	Bus Trip: Holiday Port Fest (p.8)	10:15am
12/7	Craft Fair Sale @ Central (p.7)	9a-12p
12/7	Theatre Troupe Holiday Show @ Central (p.6)	2:00pm
12/8	Social Dance - the Kellogs (p.4)	2-4pm
12/9	Walking with Grief (p.8)	10:30am
12/9	Santa, Cookies & Friends (p.7)	11:00am
12/9	Brain Injury Support (p.13)	3:00pm
12/10	Renaming Convo @ Central (p.10)	9:30am
12/14	TED Talks Discussion (p.11)	12:30pm
12/15	Social Dance - the Bishops (p.4)	2-4pm
12/15	Renaming Convo @ North (p.10)	2:30pm
12/16	Notebook Craft (p.9)	10:00am
12/17	Mud Bottom Maddy Music	12:30pm
12/17	Readers Theatre Holiday Show @ North (p.6)	12:30pm
12/17	Crafts & Games w/Students (p.7)	2:00pm
12/18	BSAC Holiday Showcase (p.6)	2:00pm
12/21	Sleeping Dragon Ensemble (p.11)	12:45pm
12/21	Readers Theatre Holiday Show @ Central (p.6)	1:45pm
12/28	Clothing/Textile Mending	11a-1p
12/28	TED Talks Discussion (p.11)	12:30
12/30	Karaoke	1:00pm

CLOSED Dec. 24 - 26th & Jan. 1st - 2nd



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.

Social Dance

Tuesdays, 2:00-4:00pm

Enjoy dancing to great tunes performed by live musicians.

$5 to band for dancers or $2 to listen/watch.



1st Tues. - Rick Cooper
2nd Tues. - Mary & Don Kellog
3rd Tues. - Connie & Gary Bishop
4th - Tuesday - Country Jim

Great American Essays Discussion

Wednesday, Dec. 23rd, 10:30-12:00pm. Continuing 4th Wed./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.

December's discussion will be on:
James Agee, "Knoxville Summer of 1915"
Eudora Welty, "A Sweet Devouring"
Maya Angelou, "I Know Why the Caged Bird Sings"

Low Vision Support

Wednesday, Dec. 16th, 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.

Reiki

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. 1st & 3rd Thurs/month, 2-4pm.

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.

Wonders of the World

Slide show presentations on topics of art, culture, and nature in Whatcom County and beyond. ***Resumes on the third Friday of each month at 10:30am starting in February.***

Spanish Conversation Group



Wednesdays, 2:30-3:30pm.

¡Hola! Looking to practice your Spanish and connect with others? Join host Irene for our friendly, informal Spanish Conversation Group! Whether you speak a little Spanish or are a native speaker, all abilities are welcome. Come meet fellow Spanish speakers, build connections, and learn from one another in a relaxed environment.

Book Share

Have you read a good book? Come to Book Share and tell us about it! Come to share your book and/or hear about books from others.

Second Thursday of each month, 2:00 - 3:30pm, beginning Feb. 11th.

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.

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:

12/2 - Round Table Pizza, 1145 E. Sunset Dr.

12/9 - Structures Brewing, 601 W. Holly St.

12/16 - Wander Brewing, 1807 Dean Ave.

12/23 - Stones Throw Brewing, 1009 Larrabee Ave.

12/30 - Big Stick Barbecue, 709 W. Orchard Dr.





BSAC Holiday Showcase!

Friday, December 18th, 2:00-3:30pm

It's a time of the year for celebration, so join us for a showcase of musical performances and more from BSAC groups, including Dance Fusion, Senior Steppers, Singing for Fun, Jam Band, and more!



Theatre Troupe Holiday Variety Shows

BSAC North, 140 E Bellis Fair Pkwy - Thursday, Dec. 3, 12:30pm-1:45pm

BSAC Central, 315 Halleck St. - Monday, Dec. 7, 2:00pm-3:15pm

Sign up at the front desk or MyActiveCenter.com

Join BSAC's The Golden Players Theatre Troupe for their second Holiday Variety Show! Featuring Holiday Movie songs, dancing, skits, jokes, trivia, improv, and more. Get ready to laugh, sing, and have fun! It's a fundraiser: 100% of donations collected at performances will go to BSAC + Meals On Wheels.



Readers Theatre Holiday Shows

Join BSAC's own Young at Heart Readers Theatre Troupe for their first Holiday Show! Featuring the Gift of the Magi by O. Henry + other stories. It's a fundraiser: 50% of donations collected at performances will go to BSAC + 50% to The Young At Heart Troupe for production costs.

BSAC North, 140 E Bellis Fair Pkwy - Thursday, Dec. 17, 12:30pm-1:45pm

BSAC Central, 315 Halleck St. - Monday, Dec. 21, 1:45pm-3:00pm

Sign up at the front desk or MyActiveCenter.com





Craft Fair Sale!

If you missed the Craft Fair Pop Up! no worries, we are hosting two mini-craft sales this month. Join us for holiday shopping and support the Center.

Thursday, December 3rd 10:00am-2:00pm at BSAC North

Monday, December 7th 9:00am-12:30pm at BSAC Central

Holiday Visit: Santa, Cookies, & Furry Friends!



Join us for a special holiday visit from employees of a local business that are stopping by as part of their annual 12 Days of Giving to spread joy and cheer. They'll be bringing freshly baked cookies, along with a visit from Santa, and some friendly four-legged guests.

Come enjoy the treats, say hello to Santa, and spend time with some very good (and very fluffy) company. We hope to see you there!

Wednesday, Dec. 9th at 11:00am

Crafts & Games with BHS Students

3rd Thursday of each month, 2:00-3:00pm in the Coffee Bar.

Join us monthly as we welcome students from the Bellingham High School Volunteer Club for a fun, relaxed hour of seasonal crafts, games, and friendly conversation!

Each session features a featured craft project alongside open tables for crafting and gaming. Drop in to share stories, learn a new craft, or test your game skills with local high school volunteers. Bring your favorite game or try your hand at the featured monthly activity!

December 17 - Winter Bingo

January 21- Snowflakes

February 18 - Friendship bracelets

March 18 - Trivia

April 22 - Pipe cleaner Flowers

May 20 - Watercolor/painting





WTA Guided Bus Trip:

Holiday Port Festival at the Bellingham Cruise Terminal

Saturday,, December 5th, 10:15am-12:45pm. RSVP at 360-756-TRIP (8747) or info@WhatcomSmartTrips.org.

Let's join the festivities of this popular annual event without worrying about winter driving or parking! We will ride the WTA bus together from the BSAC to the Bellingham Cruise Terminal where we'll enjoy music, dance and an epic gingerbread house contest.

Meet in the lobby at the Bellingham Senior Center 10:15am sharp! Dress for a short walk and wait at the bus stop. WTA passes will be provided. The group will return by 12:45pm.

WTA Guided Bus Trips will resume monthly starting in February 2027.

Walking with Grief: Tending Body, Mind, Heart, and Spirit

Wednesday, Dec. 9th, 10:30-11:30am. Sign-up at the Front Desk or MyActiveCenter.com. Suggested donation range $5-15.

Explore grief as a natural and deeply personal response to loss and change. This session offers a holistic approach to our relationship with grief and well-being, and asks what it might be like to allow the fullness of our humanity to express as we walk with grief. Both educational and experiential, this session explores the many forms grief can take, including anticipatory grief, secondary loss, and cumulative grief, along with practical, personal ways to tend and befriend them.



Grief education and community conversations offer a space for people to learn more about the different ways grief may show up in their lived experience, help to normalize different feelings around aging, loss of abilities and autonomy, and to promote more acceptance, compassion, curiosity about this natural part of our human experience.

No experience needed. Come as you are. Jennifer has provided compassionate care for over a decade, guiding others through grief, loss, and life transitions. (www.JenniferJanelle.com)

Beginners Watercolor Workshop

Fridays, 12:30-1:30pm, stating December 4th (no classes on 12/25 & 1/1). Class fee $40, due upon registration. Sign-up at the Front Desk or MyActiveCenter.com for the 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.

Creative Drawing Class

Sign-up at the front desk or MyActiveCenter.com. 6-week course starting Thursday, January 7th, 12:30-2:30pm. Materials Fee $20 to instructor includes drawing pad and pencil.



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

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

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

Pretty and Practical: Make a Folio NoteBook

Wednesday, Dec. 16th, 10:00-11:30am. $10 instructor fee and $5 supply fee payable to instructor. Sign up at the Front Desk or MyActiveCenter.com.



Need some quick small gifts for a hostess or multiple family members? These are great for accompanying gift cards or giving on their own! Pretty and practical, they hold paper for notes and multiple pockets for small notecards, gift tags, or even a fun sticker or two! In this 1.5 hour workshop, you will make a multi-page folio notebook to take home, with a few surprise embellishments tucked inside.

A New Home, a New Name, and a Conversation With You

2026 has been a year of growth and change for our organization. The Board recently adopted a new name to replace the Whatcom Council on Aging with the **Alliance for Aging Well**. Though we have served this community since 1964, many are not aware of our organization, don't truly understand our mission, and often mistakenly think we are a government entity.

The new name is part of a larger effort to show clearly that the Alliance is the home for a family of programs: Meals on Wheels and More, Bellingham at Home, the Bellingham Senior Activity Center, and SHIBA (Statewide Health Insurance Benefits Advisors).

Each of these programs is uniquely different, yet similar in purpose and goals. A common thread connects them all: ***Connect. Nourish. Thrive***. That is what the Alliance and its programs do, together, for the people we serve.

The Senior Center's new building on Meridian has also given us a chance to reflect on its name. This new facility serves people from all over the county, not just Bellingham. It works alongside and complements the other senior centers in our County. We also know that many people the Center serves don't think of themselves as "seniors." The Center welcomes adults 50 and older, yet many people well into their 70s and 80s don't see themselves in that word: senior. Thus, they don't see themselves as members or participants. You all know what a vibrant community we have here. We want everyone who could benefit from the Center to feel it is a place for them.

Our goal is not to change the Bellingham Senior Activity Center name for the sake of change. We are using this opportunity of a new building and a new parent name to explore what a new name could mean for the Center and the community it serves.

Thank you to all of you who participated in our recent naming survey! We were inspired by the response. You provided valuable feedback, asked important questions, and challenged us. We want to continue the conversation through two town halls where staff, members and volunteers can share ideas, ask questions, and help shape what comes next.

Please join us on one of two dates:

Thursday, Dec. 10th, 9:30-10:30am, BSAC Central, 315 Halleck St.

Tuesday, Dec. 15th, 2:30-3:30pm, BSAC North, 140 E Bellis Fair Pkwy

Thank you for being dedicated stakeholders!

Sincerely,

Chris Orr
Executive Director



Liberation Laughter

Starting Wednesday, Dec. 2nd, 10:00-11:30am, continuing weekly, Sign up at the Front Desk or MyActiveCenter.com.

Do you like to be silly and have fun! If so, you will love this class! Come join us in a welcoming and supportive environment where the goal is to laugh and play silly games; it's impossible to make a mistake. It's empowering, connecting, and just plain fun.

Sleeping Dragon Ensemble

Monday, Dec. 21st, 12:45pm in the Coffee Bar.



Eclectic tunes and singalongs. Enjoy the fun and relaxing music from this group that includes flute, guitar, piano, and vocals.

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, 12:30 - 2:00pm.***

Monday, Dec. 14th at 12:30pm - The Power of Quiet

What you're experiencing is not what's happening - Oxford-trained Clinical Psychologist Dr. Romi Ran discusses moving past traditional psychological frameworks to explore the core of human identity. Drawing from years of intensive contemplative practices, including extended solitary and darkroom retreats, she explains what it means to strip away societal identity and experience life more directly.

Everyone's Talking. Nobody's Listening. - There's a word for a conversation where everyone talks and nobody listens: anecdoche. Drawing on decades of teaching listening and his own unlikely journey to learning it, David VanderMolen explains why we struggle to truly listen and walks through five behaviors that cut through the noise. Listening, he argues, isn't a soft skill. It's a power skill.

Monday, Dec. 28th at 12:30pm - Sleep & Dreams

How much sleep do you really need? - You know you need to get enough sleep, but the question remains: How much is enough? Sleep scientist Matt Walker tells us the recommended amount for adults and explains why it's necessary for your long-term health.

Hacking your memory -- with sleep - We've all been told to get a good night's sleep before a test -- finally, here's the reason why. Sleep scientist Matt Walker explains how getting enough sleep affects how our brains store and process memories.

The 5 Levels of Dreams - Darwin's Lab explores the neurological and psychological progression of sleep, moving from fragmented geometric patterns into complex narratives. This analysis examines how the brain constructs emotional landscapes and why awareness during sleep can create unsettling, inescapable scenarios.

BSAC Membership Update

Starting in January membership dues for the Bellingham Senior Activity Center (BSAC) will increase. 2027 BSAC membership dues will increase to $65 for 12 months or $25 for 3 months. Center Staff, WCOA administration and our volunteers will continue to work diligently to offer a wide variety of high-quality programs and activities.

Benefits to membership include access both BSAC Central & BSAC north, the opportunity to participate in nearly 100 activities weekly, a parking pass for BSAC's parking lots, access to the Center on Saturdays and member only programing. Your membership also supports scholarships for seniors in need, BSAC staff, coffee & tea at lunch and more.

Thank you for being a part of the BSAC community of members. Our Center is better because of you.

With Gratitude, Molly and the BSAC Advisory Committee





Save our number to your contacts

Occasionally, BSAC will send updates about classes or closures.

For example, if an instructor is out sick and we need to cancel a class, all mem¬bers who have recently participated in that class will receive a text or voice message as notification. This notification is sent to your phone via the My Senior Center program (the one that is used when you check-in on the screen as you arrive at the center). Because this program is operated from out of our area, the texts and voice messages come from a different from number from ours.

To prevent confusion, or your phone marking this as spam, we recommend you save the number to your contacts as "BSAC notifications". ***The number is: (855) 953-2720.***

Thank you Crafters, Bakers, and Volunteers!

A tremendous number of our members and volunteers helped to make our annual Craft Fair Pop Up! a success. Thank you to everyone that sewed, crafted, baked, shopped and volunteered at the Craft Fair Pop Up!

With your help over $3000 was raised in support of BSAC. Thank you!



A Quick Parking Lot Reminder

Even minor parking lot fender-benders can be stressful. If an accident or vehicle-to-vehicle contact occurs on Senior Center property, please exchange information with the other party and notify center staff before leaving. Reporting incidents promptly helps protect everyone involved and allows us to assist if needed. Drive carefully and thank you for helping keep our community safe.



Calling All Tuesday Dancers!

The dance participation is dwindling and we'd like to turn that around! Be part of the conversation and help the Tuesday Social Dance grow.

Tuesday, December 8th 1:15pm in Room 15

Brain Injury Support Group

Dec. 9th, 3:00-4:30pm. Continuing 2nd Wed./month. Open to all.

For Survivors, Friends & Family of people living with brain injury or stroke. Whether you are navigating your own recovery or supporting a loved one, HEADSTRONG offers a safe, judgment-free space where you matter and your experiences are understood.

For more details or questions about upcoming meetings, please contact Sean Brannen at 206-331-8914 or email seanb@whatcomclubhouse.org.

Proud to care for the Bellingham Community



ROCK HILL
HEALTH & REHABILITATION

360-733-9161
1530 James St
Bellingham, WA



RockHillHR.com

Missed the deadline?
Take a deep breath.

Medicare timelines can vary throughout the year.

Educational resources explaining the enrollment periods are available.

(866) 733-5111 (TTY: 711)
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



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. 41704

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



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 December 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Bellingham Kitchen Team Melody Philips-Kitchen Supervisor Esmeralda Olguin- Lead Cook Reece Booth-Kitchen Asst. Shae Isely-Asst. Cook Jack Milton- Kitchen Asst. Ian Cassinos-Food Service Mgr. Rob Vandine- Nutrition Director	1 *Chili Stuffed **Vegan Chili* Baked Potato Green Beans Garden Salad Peach Slices	2 Hawaiian Braised Pork **Hawaiian Jackfruit* Pineapple Rice Capri Blend Veggies Spinach Salad Pineapple Lime Salad	3 Turkey Meatloaf **Veggie Cutlet* Mashed Potatoes & Gravy Peas & Carrots Garden Salad Sherbet	**Happy Hanukkah** 4 Grilled Pastrami on Rye **Grilled Cheese* Kosher Dill Pickle Potato Wedges Coleslaw Apple Cake
7 Sausage, Egg & Potato Breakfast Bake **Egg & Potato Bake* Garden Salad Orange Juice Fruit & Yogurt Parfait	8 BBQ Chicken **Vegan BBQ Chicken* Roasted Yam Brussels Sprouts Spinach Salad Tropical Fruit	9 *Pesto Tortellini w/ Sundried Tomato Italian Vegetables Caesar Salad Orange-Pineapple Salad	10 Seafood Chowder *Corn & Potato Chowder* ½ Grilled Cheese Sandwich Garden Salad Fresh Grapes	11 French Dip **Veggie Burger Dip* Sweet Potato Fries Kale Citrus Salad Fresh Orange Wedges Cookie
14 Cabbage Rolls **Veg & Rice Cabbage Rolls* Baked Yam Garden Salad Pears	15 Pork Salsa Verde **Vegan Tofu Salsa Verde* Brown Rice Mexican Street Corn Fresh Pineapple	16 Chicken Bruschetta **Veggie Cutlet* Roasted Red Potatoes Capri Blend Veggies Fresh Red Grapes	17 Tuna Casserole **Veggie Casserole* Buttered Dill Carrots Spinach Salad Apple Waldorf Salad	**Holiday Lunch** 18 Roast Beef Mashed Potatoes & Gravy Buttered Peas Dinner Roll Apple Pie
21 Apricot Glazed Porkchop **Apricot Glazed Veg Cutlet* Potatoes Au Gratin Broccoli Kale Citrus Salad Ambrosia	22 Kung Pao Chicken **Vegan Kung Pao Tofu* Brown Rice Asian Vegetables Spring Mix w/ Mandarins Coconut Cream Pudding	**Birthday Lunch** 23 Beef Stroganoff **Mushroom Stroganoff* Egg Noodles Normandy Blend Garden Salad Birthday Cake	24 Christmas Eve Center Closed Happy Holidays	25 Christmas Day Center Closed Happy Holidays
28 Salmon Burger w/ Tartar **Veggie Burger* Whole Wheat Bun Potato Wedges Coleslaw Fresh Fruit	29 Beef & Cheese Enchiladas **Vegan Bean & Cheese Enchilada* Spanish Rice Roasted Corn Salsa Fresh Orange Slices	30 Honey Mustard Chicken **Veggie Cutlet* Vegetable Rice Pilaf Roasted Carrots Spring Mix Salad Pudding	31 Spaghetti w/ Meat Sauce **Veggie Marinara* Green Beans Garlic Toast Caesar Salad Peach Crisp	Alternate Vegetarian Meal *In *Italics* Entrée Salad Option Available Every Day Ferndale – Cherryl Frey Blaine – Steve Wittwer

Menus are subject to change due to food cost and availability. *Meals on Wheels and More is a program of the Whatcom Council on Aging.*

WHATCOM Council on Aging

Bellingham Senior Activity Center
Connect with life!

Meals on Wheels and More
Serving Whatcom & San Juan Counties

Bellingham At Home

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OFFICE of the INSURANCE COMMISSIONER
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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 4:00pm
Wednesday
8:00am to 12:00pm

(360) 733-4030

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Meals on Wheels & More 360-746-6480
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BSAC Membership Options:
$60 for 12 months
$20 for 3 months