THE BSAC CONNECTION

November 2026 *Programs, Services, & Activities*

Bellingham Senior Activity Center
Connect with life!

WHATCOM Council on Aging

Cool Days, Warm Hearts
Fall Fund Drive

SHIBA OFFICE of the INSURANCE COMMISSIONER WASHINGTON STATE

Bellingham At Home

Bellingham Senior Activity Center
Meals on Wheels and More
Bellingham At Home • SHIBA

This fall, please help keep these programs thriving and our seniors connected, nourished and engaged.

Your support makes a significant difference.

- $25 funds a meal for two older adults
- $50 funds a fitness class for ten seniors
- $100 feeds one for 2 weeks
- $250 funds 20 meals for two
- $500 provides a BSAC membership for eight
- $1,000 sustains an entire meal route for a week
- $5,000 feeds over 20 for one month

Please donate today!
Thank you!

www whatomcoa.org/fallfunddrive
360-733-4030 x 1025
315 Halleck St., Bellingham, WA 98225
nhay@whatcomcoa.org



BSAC North

November 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 Chair Strength & Stretch w/ Elizabeth** 11:00-1:00 Paper Crafting Group (11/10 and 11/24) 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) 9:30-11:30 Acrylic Landscapes** (pre-reg. only) 10:00-11:15 Yoga w/ Dani * 10:30-11:30 Table Tennis Coaching (11/11 and 11/25) 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 ** 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 planning) 1:00-3:30 Table Tennis (Intermed/Adv) 2:00-4:00 Young at Heart Readers Theatre (plays) 2:15-4:15 English Country Dancing (2:00 beginners join; 2:15 dancing starts; 3:15 by invitation) 2:30-4:15 Chess (2nd Thurs only, due to holiday)

*** 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**!*

NEW winter hours - lobby closes @4:00pm

SHIBA Medicare Classes

See info on pg 9.

Two Acrylic Painting Classes!

See info on pg 13.

Improv on Mondays



Mondays, 3:00-4:30pm

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*

Details at front desk or MyActiveCenter.com

Paper Crafters & Card Makers

Tuesday 11:00am-1:00pm; 11/10 and 11/24

Gather with others who enjoy making greeting cards, scrapbooking, or other creative paper projects. Join a friendly group of paper crafters for an enjoyable time of creativity and conversation! No fees - bring your own supplies.

Table Tennis Skills Coaching

Wednesday 10:30-11:30am, 11/11 and 11/25

A friendly place to learn, practice, and improve skills, to feel more confident playing with friends and connect with other players. 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.

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 Discussions (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 10:00 Bike Ride (---) Rainbow Elders (see Program Guide) 1:00 Ladies Pool Group 1:30 BrainPower (1st & 3rd Wed.) 1:30 Qigong* 2:45 Longevity Stick 3:00 Strength Training for Balance (Virtual) 4:00 Weekly Social Hour
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.

November 2026 - Featured Programs

11/6	Medicare Part D (p.9)	10:00am
11/9	TED Talk Discussion (p.15)	12:30pm
11/9	Ukulele for Women (p.6)	12:30pm
11/10	Exploring True Self (p.5)	2:30pm
11/11	Cybersercurity (p.11)	10:30am
11/11	Vet's Day Tribute (p.7)	12:45pm
11/11	iphone Photography (p.17)	10:30am
11/13	Hearing Health (p.8)	9-11am
11/16	Stroke Spport Group (p.5)	12:00pm
11/16	ConcertVault: Folk Music (p.8)	1:30pm
11/18	Beginning Ukulele (p.6)	10:00am
11/18	Paper Fiber Art (p.7)	12:30pm
11/18	Spanish Convo Group (p.15)	2:30pm
11/19	Mud Bottom Maddy Music	12:30pm
11/19	Games & Crafts w/students (p.7)	2:00pm
11/19	SHIBA Medicare (p.9)	3:00pm
11/20	Hearing Health (p.8)	9-11am
11/20	Portrait Session (p.11)	10:30am
11/20	Journal Page Making (p.18)	10:30am
11/20	Wonders of the World (p.5)	10:30am
11/23	Clothing/Textile Mending (p5)	11a-1p
11/23	TED Talk Discussion (p.15)	12:30pm
11/25	Great Essays Discussion (p.5)	10:30am
11/25	Low Vision Support Gp.	1:00pm
11/25	Karaoke	1:00pm

CLOSED Nov 26 & 27th. Happy Thanksgiving!



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.

The Bridge Hour



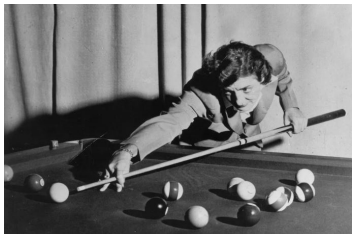
Tuesdays at 11:15 in Room 16.

For players of all levels, from the merely Bridge Curious to recent students to players experienced with a long list of conventions. The Bridge Hour invites you to come exercise your bridge muscles. Come when you can. Leave when you must. Meet new people. Table Talk. Learn on the fly, hand by hand. Work on your 1,000 hands. This is an open-book-test environment. Play with multiple partners until the end of Bridge Day at 3:30pm.

If you are an experienced player and confident of your bridge skills, you are invited to come play with the Senior Center Regulars Bridge Group every Tuesday in Room 16, from 12:30pm through 3:30pm.

Ladies Pool

Chalk up the cue sticks and rack 'em up for weekly ladies pool group. Drop-in on ***Wednesdays, 1:00-4:00pm.***



Book Buzz

Join us for a discussion of this classic.

Nov. 12th, 2:00pm - *The Wonderful Wizard of Oz* by L. Frank Baum. It's the journey not the destination.

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 starting in February.

Friday, Nov. 20th, 10:30am - Space: the Final Frontier

Clothing/Textile Mending & Repair

Monday, Nov. 23rd, 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.

Stroke Support Group

Monday, Nov. 16th, 12:00am-1:00pm. Open to all. Continues on the 3rd Mon. of each month.

To support stroke survivors and their caregivers. Facilitated by Rachel Cochran, Occupational Therapist and Certified Stroke Rehab Specialist.

Great American Essays Discussion

Wednesday, Nov. 25th, 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 November are:

Rachel Carson, *The Marginal World*

Gretel Ehrlich, *The Solace of Open Spaces*

Annie Dillard, *Total Eclipse*

Knitting & Crochet

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

Wednesdays 10:00-11:30am

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.

Nov. 10th at 2:30, the topic is life lessons.

No meeting on 4th Thurs due to holiday.

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:

11/4 - Applebees, 1069 E Sunset Dr,

11/11 - Kulshan Roosevelt (K2), 1538 Kentucky St.

11/18 - Zeek's Pizza, 2416 Meridian St.

11/25 - Lilia's Mexican Rest., 190 E. Bakerview Rd.



Ukulele Workshop for Women



Strengthen your ukulele skills with a 4-week series with Cynthia. All levels welcome!

For rhythm, we'll be practicing holding a steady beat and various strumming patterns. To improve singing, we'll learn a simple song or two and practice basic vocal breathing and phrasing. Chord development is not covered, we'll be using foundational chords such as C, F, G or G7, Am. Any unfamiliar chord in a song can be skipped or changed to the 'ghost chord'.

Open to all levels. You chose how you want to participate, there are many options. You can watch, listen, ghost chord strum, tap your foot, clap, or even take a nap! Just by showing up, your musical skills and sensitivity will improve. Really, the main goal in all of Cynthia's gatherings is to enjoy music and HAVE SOME FUN!

Mondays, Nov 9, 16, 23, & 30. Set-up and social 12:30pm, class 1-2pm.

$80 for the 4-class series. Sign up at the Front Desk or MyActiveCenter.com***, class fee paid to instructor at first class.***

Loaner Ukuleles: If you don't have a ukulele, Cynthia can loan you one for the month of November. Contact her via email to sign up for a loaner ukulele. Signature and agreement required for $200 replacement fee if ukulele receives major damage or is lost.

Beginning Ukulele - Free Intro

Wednesday, November 18th, 10am-12pm. Space is limited, sign up at the Front Desk or MyActiveCenter.com.

Come have fun with the cute, cheerful ukulele! One of the easiest and most rewarding musical instruments of all time. There are many wonderful reasons why ukulele groups are popular at Senior Centers all around the USA. By showing up, you succeed! Come join us with music fun!

2-hour free introduction. 10 ukulele instruments for you to use during class. Hands-on workshop is led by Cynthia, a supportive and encouraging musician.

All ukes will be pre-tuned and ready to strum. Easy, one-finger chords. Optional sing-along. Question and answer time. Short song performance/demonstration by Cynthia.



Wild Hearts

Monday, Nov. 30th, 1:00-2:00pm.

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



Honoring Those Who Served

Veterans Day Musical Tribute with "Singing for Fun"

Wednesday, November 11th, 12:45pm in the Auditorium.

Honor our nation's veterans with music! The BSAC "Singing for Fun" group invites you to a special Veterans Day song session featuring patriotic classics and heartfelt favorites. All are welcome to join in the singing or enjoy the music!

A Million Thanks: Write a letter of support that honors service members and veterans

Wednesday, November 11th, 1:00-2:00pm in Room 9.

A Million Thanks is a non-profit that organizes a national letter-writing network with messages that strengthen morale, connection, and emotional well-being. These letters have become a nationwide movement of gratitude, resilience, and hope.

Anyone is encouraged to participate by writing a letter of support that will be sent to services members and veterans. Templates, sentance starters, pens, and paper will be provided.

Gen-2-Gen Social Hour:

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!

November 19 - Hand Turkeys & Gratitude Leaves

December 17 - Winter Bingo

January 21- Snowflakes

February 18 - Friendship bracelets

March 18 - Trivia

April 22 - Pipe cleaner Flowers

May 20 - Watercolor/painting

Recycled Paper Fiber Art Class

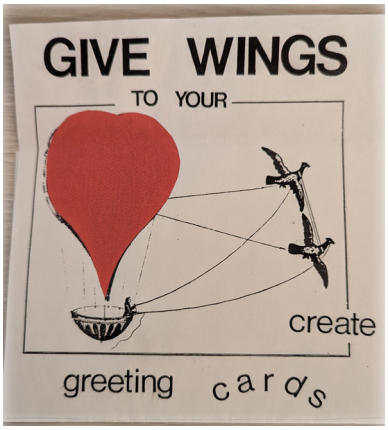
Greeting Cards & Sculptural Art using recycled paper fiber.

Recycling is an Art! Turn everyday waste into unique, sustainable creations! Join artist and educator Ruth San Pietro for a hands-on crafting experience where you will learn how to make your own recycled paper fiber and use it to create greeting cards and sculptural art. Discover creative approaches to eco-friendly art! Learn more about Ruth's art at [ruthsanpietropaper.com.](ruthsanpietropaper.com)

Wednesdays, Nov 18 – Dec 9

(3 sessions; skips Nov 25)

12:30 – 2:00pm. Materials Fee: $7 (paid directly to the instructor at the first class). Sign up at the Front Desk or MyActiveCenter.com



Tech Help

Friendly 1-on-1 tech support

Frustrated with your phone, tablet, or laptop? We can help! Bring in your device and our volunteers can help you, whether it's an issue you are having or if you'd like to learn more about your devices capabilities and functions. See below for appointments or drop-in hours.

Sign-up at the Front Desk for a 30-minute appointment:

Thursdays, 9-11am & Fridays, 2-4pm.



Hearing Health Info Sessions

WWU Student Academy of Audiology

1 in 3 people over the age of 60 have hearing loss and 1 in 2 over the age of 85 have hearing loss. Are you curious about your hearing health care?

Meet 1-on-1 for a 30-minute session with an Audiology graduate student for a free consultation. Examples: questions about hearing aids, cochlear implants, communication strategies, hearing loss, tinnitus, insurance resources, speech in noisy environments. We will not be providing any hands on services; this includes, hearing tests, touching the hearing aids or looking in ears.

Sign up at the Front Desk or MyActiveCenter.com for a 30-minute appointment. Fridays, November 13th or 20th, 9:00-11:00am.

ConcertVault Live:

Classic Folk Music concerts from 1960s-1980s

Monday, November 16th, 1:30-3:00pm. Open to all.



Ever wonder what it would be like to step back in time to view some of the finest artists in concert from yesteryear? To sit front row at a music event captured for the ages but never before seen? ConcertVault Live is a highly curated program of unseen musical gems from a variety of artists from the 1960's-today.

Only a small amount of video material has ever been released from many great artists' vast film libraries. Therefore, fans have been starved for the great performances known only by reputation. ConcertVault Live's rare collection of concert films is intended to fill this vacuum.

Step back in time and experience rare, uncut musical performances from some of history's greatest artists at the pinnacle of their creative prowess. Join us for a special screening featuring legendary folk icons such as Joni Mitchell, James Taylor, Bob Dylan, Leonard Cohen, and more, captured in intimate concert footage.

ConcertVault Live was was birthed in Eugene, Oregon in 2006 by Darren Aboulafia, and has delighted fans of all ages because of its distinctively eclectic programming. Darren produces radio programs in Bellingham, including "On Stage Tonight" on KMRE 88.3 and "Lightning in a Bottle" on KZAX 94.9.

Medicare Part D – Prescription Drug Plans

Do you need help with choosing a drug plan during open enrollment? This class will demonstrate how to use the www.Medicare.gov website to find a new or lower cost prescription drug plan that will cover the prescriptions that you may need.

Class participants should be computer savvy and be able to self-enroll in a new Part D drug plan once the class is complete. Participants are welcome to bring their own laptop or tablet.

Class will be limited to 30 participants, Sign up at the Front Desk or MyActiveCenter.com.

BSAC Central (315 Halleck St.) - Friday, Nov 6th, 10:00 - 11:30 am

BSAC North (140 E Bellis Fair) - Tuesday, Nov 10th, 10:00 - 11:30 am

Choosing a new Medicare Advantage Plan vs. Medigap & Part D Drug Plan

Have you been notified that you will be losing your current Medicare Advantage Plan in 2027? This class will discuss the options for either choosing another Medicare Advantage Plan or changing to a Medicare Supplemental Plan (Medigap) and a Prescription Drug Plan. The class will demonstrate how to use the www.Medicare.gov website to shop for a new Medicare Advantage Plan or a Drug Plan. We will also discuss how to enroll in a Medigap.

Class participants should be computer savvy and be able to self-enroll in a new plan once the class is complete. Participants are welcome to bring their own laptop or tablet.

Class will be limited to 30 participants, Sign up at the Front Desk or MyActiveCenter.com.

BSAC North (140 E Bellis Fair) - Tuesday, Nov 17th, 10:00 - 11:30 am

BSAC Central (315 Halleck St.) - Thurday, Nov 19th, 3:00 - 4:30 pm

SHIBA program for help with Medicare

Both classes will be facilitated by qualified SHIBA Medicare Advisors. SHIBA (Statewide Health Insurance Benefits Advisors) is a public service offered by the State Insurance Commissioner's office providing unbiased counseling on Medicare options. 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.

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WASHINGTON STATE

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.

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

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.

Bird & Nature Walk

Wednesday, November 18th, 8:00-10:00am at Boulevard Park, Bellingham

Meet by the south end of the parking lot, near the restrooms. Sign up at the Front Desk or MyActiveCenter.com. ***Suggested donation $10 to presenter.***

We'll walk the nearby trail and as well as the over-water walkway to witness some of the late Fall birds, wildlife and natural processes happening during our two-hour, slow paced walkabout. Join us to learn more about the natural history of our beautiful bayside setting!

Silver Circuits: Cybersecurity for Seniors

We are a husband-and-wife team who have watched family members fall victim to the very scams we now teach seniors to recognize. As eldest children who navigated aging parents firsthand, we understand the vulnerability, the fear, and the devastating impact these crimes have on seniors and their families. This program covers the four most critical cybersecurity topics facing seniors today — from understanding the internet to recognizing AI voice cloning scams.

The four lessons will be taught in two sessions on Nov. 11 & Nov. 18, 10:30am-12:00pm. Sign-up at the front desk or MyActiveCenter.com. Free for BSAC members.

How the internet works - using everyday analogies.

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

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

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

SILVER CIRCUITS™
BY TEACHER TRAILS™

WTA Guided Bus Trip: *Cordata Station to Whatcom Museum*

Friday, November 6, 1:00-3:30pm. RSVP at 360-756-TRIP (8747) or info@WhatcomSmartTrips.org. Space is limited.

Enjoy an afternoon exploring the arts district with no worries about parking or admission fees! Practice taking the WTA bus from the Cordata Station to the Whatcom Museum downtown to enjoy Free First Friday. Explore the current exhibits at the Lightcatcher building and the permanent collections at Old City Hall .

For this trip we will MEET AT THE CORDATA STATION AT 1PM SHARP! Dress for a short walk and wait at the bus stop. WTA passes will be provided. The group will return to Cordata Station by 3:30pm.

Free Portrait Sessions with Danielle

Friday, November 20th, 10:30-11:30am. Sign up at the Front Desk or MyActiveCenter.com to reserve a time (drop-ins welcome upon availability)

Capture a moment with friends or a quality portrait! Local photographer and WWU student Danielle is offering complimentary portrait sessions for members and guests.

Choose between a structured indoor studio setup with lighting and backdrops at the center, or a favorite spot nearby. Group and couple photos are encouraged, and custom editing (like black & white) is available..

Photos will be delivered directly via email, printed for pick-up at the front desk, or mailed upon request.



Paint From Your Soul: The Art of Gratitude

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: The Art of Gratitude is a four-week creative journey of self-expression, reflection, and connection.

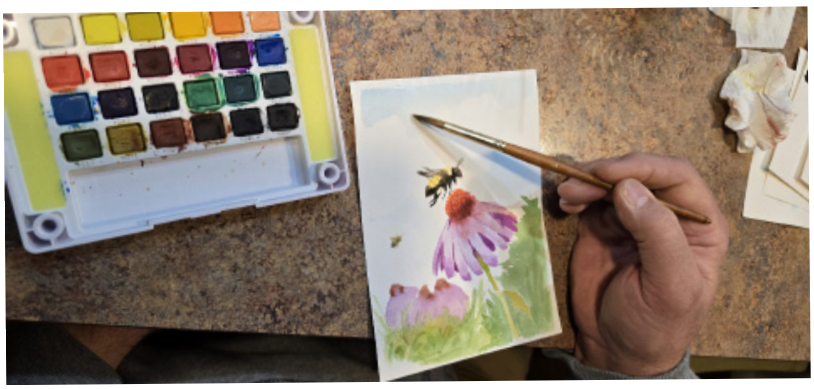
Explore Gratitude, creativity, and joy through intuitive acrylic painting. In this four-week class, you'll experiment with color, texture, layering, and collage while reflecting on the people, experiences, and everyday moments that bring meaning to your life. Through gentle journaling and creative exploration, discover how noticing what you appreciate can help cultivate more joy in your life—and how sharing that appreciation can inspire others to notice the goodness in theirs. No art experience is needed, just curiosity and a willingness to explore. All are welcome!

Beginners Watercolor Workshops

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





Painting Classes at BSAC North:

Intro to Acrylic Painting

Location: BSAC North (140 E Bellis Fair Pkwy). Thursdays, 10:00am-12noon. 4-week session runs 11/12, 11/19, 12/3, 12/10 - no class Thanksgiving week.

Cost: $65 for the class, plus $10 supplies fee, payable directly to the instructor on the first day of class. Instructor: Liz Christner

Come and learn all the tips and tricks to working with acrylic paint! Students will work from a still life and later from painting an image of their choosing. Learn how to work with a wet palette to keep your paint from drying out too fast. Learn the fundamentals of seeing and completing a work from a drawing to a completed painting.

Acrylic Landscapes

Location: BSAC North (140 E Bellis Fair Pkwy). Wednesdays, 9:30-11:30am. 4-week session runs 11/11, 11/18, 12/2, 12/9 - no class Thanksgiving week.

Cost: $65 for the class, plus $10 supplies fee, payable directly to the instructor on the first day of class. Instructor: Liz Christner

Create bold expressive landscape paintings using acrylic paints. In this class we will cover the important steps needed to successfully complete a landscape from start to finish, including color basics and the use of colors in a landscape. Students can do a study of an artist work they admire or bring in a photograph of a landscape of their choosing. The instructor will also provide some landscape images to work from. Students do not need to bring anything with them.

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)



Gingerbread House Making

Design, Build & Decorate Your Own Mini Gingerbread House!

Join professional pastry chef Rebecca Kaiser (former French Culinary Institute instructor!) for a fun, hands-on, 3-session gingerbread house decorating workshop. Learn design and piping techniques, and build and decorate your gingerbread house using graham crackers, royal icing, and candies.

All Supplies Included: We provide the base, tools, cookies, candies, and icing—just bring your imagination! No special skills required. Choose to have your finished creation placed on display at the Center so fellow attendees can admire everyone's work and vote for their favorites before you take your masterpiece home.

Sign by Nov. 20th up at the Front Desk or MyActive-Center.com***. $10 supply fee paid to instructor***



Day 1 - ***Tuesday, Dec. 1st, 9:00-10:15am*** - Design & Planning: An introduction to key design concepts and decorating tools. Learn how to work with candies, icings, and cookies, and map out your unique house design.

Day 2 - ***Thursday, Dec. 3rd, 9:00-10:15am*** - Decorating & Drying: Bring your vision to life using decorative treats and royal icing. Projects will stay stored safely at the center so they can dry completely.

Day 3 - ***Tuesday. Dec. 8th, 9:00-10:15am*** - Final Assembly & Display: Add the finishing touches—including yard work and landscape details—before setting up your finished house for display!

Holiday Variety Shows

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

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

Sign up at the front desk or MyActiveCenter.com. Guests welcome.



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 and Meals On Wheels.

Liberation Laughter

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.

Led by Marilyn Gorman, former public school teacher, who led a successful Liberation Laughter group for many years at the Bainbridge Senior Center.



Spanish Conversation Group

Wednesday, November 18th, 2:30-3:30pm. Sign up at the Front Desk or MyActiveCenter.com. ***This group will continue on a regular basis if there is interest.***

¡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.



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, November 9th at 12:30pm - Art & Creativity

The case for making art when the world is on fire - In this passionate and empowering TEDx talk, writer and creative coach Amie McNee challenges the idea that art is frivolous or indulgent in difficult times. She argues that creativity is not a luxury—it's a necessity. Art calms us, connects us, and gives us purpose. It heals our bodies, minds, and communities. More than that, it's an act of rebellion, a tool for hope, and a legacy that outlasts us all.

How to grow more creative with age, not less - Creativity and artistry are two different things. We all know we are creative when we are young yet as we age, we forget or are told differently. In this talk Damon reminds us that the key to successful aging might just be in reawakening the creative genius that lies within us all and as we age reconnecting to our creative selves might be easier than we think.

Monday, November 23rd at 12:30pm - The Physics of Time

Time Loops: Could the Future Change the Past? - Could the future reach back and rewrite your past? Time travel movies say yes — real physics says something stranger. This video breaks down what Einstein's equations actually allow: closed timelike curves, the famous grandfather paradox, wormholes that could become time machines, and the two competing answers physicists take seriously.

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.

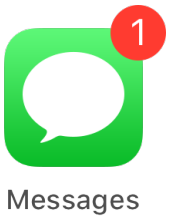
Thank you for being a part of the BSAC community of members. Our Center is better because of you.

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.***

Getting to Know You



This November BSAC invites everyone to wear a nametag for the month of November. Use a nametag from your place of worship, a former place of employment, a stick-on nametag from the BSAC greeter station or get creative and craft a nametag of beauty. Wearing a nametag helps us learn each others names and encourages us to get to know each other and build friendship.

Making new friends later in life can significantly improve mental and physical well-being, combat loneliness, provide social support, boost mood, stimulate cognitive function, and offering a sense of belonging and purpose.

We hope to see you in November wearing your nametag! Have fun, be creative, and introduce yourself to someone new! Bring in a nametag you have from a previous job or volunteer position, or pickup a stick-on nametag at the greeter station.

Saturday Hosts & Hostess' Needed



Volunteers host BSAC members on Saturday mornings from 9:00am to noon. We need cheerful folks to welcome members, make coffee, direct people to their classes, and lock up afterward. This is an easy volunteer position with no paperwork to complete, no money to collect, and since the office is closed, you don't even have to answer the phone! If you are interested, please contact Andrew at the coffee bar on Wednesday Mornings or Molly at the BSAC Front Office.



Fall Fund Drive

As we enjoy the fall colors, and venture into the holiday season, your gift offers joy to seniors all year long.

To make a donation, use your phone's camera to scan the QR code, or visit the front desk, or visit whatcomcoa.org/fallfunddrive.

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.

HEADSTRONG

headstrongforlife.org

Notice from Your BSAC Library

Because of the kindness of all of our patrons in donating books we have run out of space for any new books for a while. Therefore, we are no longer accepting donations of books until January.

You served your country

Let your healthcare serve you

Veterans can use both VA and Medicare.

(866) 733-5111 (TTY: 711)

baldwin.com/medicare

Monday – Friday | 8:30 am – 5 pm
504 Front St, Ste #101
Lynden, WA 98264
3800 Byron Ave, Ste #148,
Bellingham, WA 98229

The Baldwin Group Health Insurance



Educational resources about coverage are available

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. 41703

Senior Community Meals at BSAC

a program of the Whatcom Council on Aging

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.

Make your Own Book Journal

Fun and surprisingly easy to make, book journals make perfect gifts for important people in your lives. In this 1.5 hour workshop, you will learn how to create and embellish your own book-style journal, including making pocket pages, folder pages, amd handmade envelopes from decorative paper.

It requires no special skills or knowledge and all necessary supplies are included in the fee. Once you've made one, you will be able to repeat the steps to make more! Everyone will leave with one completed journal, and a handout to help you repeat the steps for future book journal making.

This is a relaxing workshop that fosters camaraderie and creativity for the non-artistic and artistic alike!

Friday, Nov. 20th, 10:30am-12:00pm. $20 paid to instructor at classtime. sign up at the Front Desk or MyActiveCenter.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 November 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 BBQ Pulled Pork Sliders *Veggie Slider* Sweet Potato Fries Coleslaw Fresh Fruit Medley	3 Orange Chicken **Vegan Orange Chicken* Brown Rice Asian Vegetables Asian Slaw Tropical Fruit Salad	4 Swiss Steak **Veggie Steak* Mashed Potatoes & Gravy Green Beans Garden Salad Fruit Crisp	5 Cajun Shrimp Pasta **Veggie Cajun Pasta* Italian Vegetables Caesar Salad Vanilla Pudding	6 *Creamy Tomato Basil Soup Grilled Cheese on Whole Wheat Garden Salad Fresh Grapes
9 Egg & Vegetable Frittata Sausage Link **Veggie Link* Roasted Potatoes Fruit & Yogurt Parfait Orange Juice	10 Chicken Mushroom Marsala **Vegan Mushroom Marsala* Brown Rice Roasted Carrots Kale Citrus Salad Fresh Fruit	11 Creamy Dill Salmon **Creamy Dill Veggie Cutlet* Scallop Potatoes Normandy Vegetables Spinach Salad Fruited Jell-O	12 Chicken & Biscuits **Veggies & Biscuits* Mixed Vegetables Garden Salad Raspberry Sherbet	13 Taco Salad **Veggie Taco Salad* Cornbread Orange Wedges
16 Swedish Meatballs **Veggie Meatballs* W/ Egg Noodles Capri Blend Veggies Spinach Salad Orange/Pineapple Salad	17 Savory Roasted Chicken **Vegan Savory Fried Tofu* Baked Yam Broccoli Garden Salad Spiced Applesauce	**Birthday Lunch** 18 Cranberry Mustard Pork **Veggie Cutlet* Vegetable Rice Pilaf Peas & Onions Garden Salad Birthday Cake	19 Pub Fish & Chips **Veggie Strips* w/ Tartar Sauce Roasted Carrots Coleslaw Fresh Grapes	**Thanksgiving Lunch** 20 Roasted Turkey **Veggie Cutlet* Cranberry Sauce Mashed Potatoes & Gravy Stuffing / Green Beans Pumpkin Pie
23 Cheeseburger **Garden Burger* Lettuce, Tomato, Onion Potato Wedges Macaroni Salad Ice Cream	24 Pork Tamale Pie **Vegan Tamale Pie* Mexican Street Corn **Vegan Roasted Corn* Garden Salad Fresh Pineapple	25 *Butternut Squash Ravioli w/ Brown Butter Sage Sauce Roasted Zucchini Caesar Salad Ambrosia	26 Happy Thanksgiving Center Closed	27 Center Closed
30 Macaroni & Cheese Italian Sausage Link Caesar Salad Ice Cream			Bellingham Kitchen Team Melody Philips-Kitchen Supervisor Esmeralda Olguin- Lead Cook Reece Booth-Kitchen Asst. Lorie Lockwood-Kitchen Asst. Ian Cassinos-Food Service Mgr. Rob Vandine- Nutrition Director	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

SHIBA
OFFICE of the INSURANCE COMMISSIONER
WASHINGTON STATE

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

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