

Seniors in Action

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SHIP OPEN
TO ANYONE
50+**



BLAINE
SENIOR CENTER

February 2022

763 G Street, Blaine WA 98230
Office Phone: (360) 332-8040
Email: director@blaineseniorcenter.org

Check Out Our Website at
www.blaineseniorcenter.org



amazon smile

WHAT'S INSIDE

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ABOUT US

We are an IRS 501(c)(3) non-profit organization and receive support from the City of Blaine, Whatcom County Parks & Recreation, Blaine-Birch Bay Parks & Recreation District 2 and many local businesses and organizations. To learn more about the programs and events offered request one of our monthly newsletters or visit www.blaineseniorcenter.org

The Blaine Senior Center does not provide services that would normally be provided by a trained attendant, nurse or personal caregiver (e.g. incontinence, inability to use the restroom facilities by one's self, or preventing participant from leaving the grounds of the Center). The provision of any personal care by staff for a participant is beyond our capability and cannot be expected.

DIRECTOR'S MESSAGE

Happy February!!

I'm happy to see each and everyone of you attending the activities in the center. I know that the Omicron virus has affected us all and I hope everyone is staying safe through these difficult times. Hopefully, we are nearing the end of this latest variant and I would like to stress the importance of masking and social distancing for the safety of all of our members. Masks are always available in the Center and if anyone needs assistance applying for the free at-home COVID tests, please see either Mary or Cheryl and we will assist you in getting the test kits for your home.

2020-2021 BOARD OF DIRECTORS & STAFF

Board Executive Officers

President	Toni Blakely
Vice-President	Thelma Archuletta
Secretary	Vicki McCullough
Treasurer	Madge Blackburn

Blaine Senior Center Board Members

Adele Berman
Laurie Donaldson
Walt Ducoing
Graham Hunter
Harmanna Kunst
Janet Pickard
Penny Tallman
Jeri White

Staff

Director	Gordon MacGregor
Office Administrator	Cheryl English
Office Administrator	Mary Hagemann

While you are here, let us know if there is any program or activity you are interested in starting or attending. Most recently we're looking for Mah Jong players, and no experience is necessary.

No update for the daily hot meal, the planning date is still the beginning of April, but that may change as the never-ending pandemic shifts plans.

Have a safe February, I hope the worst of the winter weather is behind us –

Gordon



Center contact information
for all questions:
Phone: (360) 332-8040
Fax: (360) 332-1709

NEWS AND NOTICES

PROFESSIONAL FOOT CARE SERVICES

February 9th and March 9th- Inspection and Assessment, Nail Clipping, Foot Massage. Services provided by J. Thompson, RN
See Office for Appointments



ELECTIONS!!

See the office to put your name on the ballot for the upcoming election. The Blaine Senior Center needs people who want to steer the Center for future success.



Financial Literacy Class

FREE!! Improve your financial management skills and techniques you can start applying today for a more secure financial future!

Tuesdays: 6:30—7:30pm
Call (360)296-0441 to register or for more information

FOR SALE!!!

Stop by the Sale Corner in the Card Room and browse a selection of homemade items. Aprons, Cowls, Dish Towels and More!!

All proceeds benefit the Senior Center!!



3

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MONTHLY ACTIVITIES

CREATIVE EXPRESSIONS

BUG! - Blaine Ukulele Group **Tuesdays: 1:30pm - 3:00pm**

Join other Ukulele enthusiasts for an informal and fun jam session. Whether you are new to the ukulele, or a longtime player, everyone is encouraged to join in the fun!



Crafters Circle **Thursdays: 10:30am - 11:30am**

Come get creative at the Crafters Circle. Meet new friends and complete your projects. Current projects include sewing, knitting, crochet, and needle-work. Many of the finished items are sold to benefit the Blaine Senior Center.

GAMES & RECREATION

Bridge **Tuesdays: 10:00am - 12:00pm**

Bridge is a fun and challenging trick-taking card game using a standard 52-card deck. It is played by four players in two competing partnerships, with partners sitting opposite each other. All are welcome.

Ping Pong / Pool Hall / Darts **Weekdays: 9:00am - 3:00pm**

Grab a friend and have fun! All skill levels invited. Come check out our Pool Hall. We have two great tables to use. Whether you like eight-ball, snooker or blackball, there is usually someone to play with, or throw a game of Darts and have fun!

Pinochle **Monday and Wednesday: 12:30pm - 3:00pm**

Pinochle is a trick-taking, Ace-Ten card game played with a 48-card deck. Players score points by trick-taking and by forming combinations of cards into melds. Experienced players will happily teach newcomers.

TECHNOLOGY

Technology Concierge **Wednesday : 10:30am - 12:30pm**

Have Smartphone or computer questions? Glenn will help you navigate current tech. See the office for an appointment time.

HEALTH AND FITNESS

Flex/Balance/Core **Wednesdays and Fridays: 9:00—10:00**

Join Marilyn in the Pavilion to complement your established workout regimen or use this to begin making exercise a part of your life!



Dolly's Fitness DVD **Thursdays: 9:30am - 10:30am**

Dolly Robb's DVD incorporates both standing and chair stretches along with the use of resistance bands.

Open Gym **Weekdays: 9:00am - 3:00pm**

Our gym is available for member use only. There are two options for using the gym, both require a signed Physician's Release form available from the office. The 'Cardio Only' option allows you access to all of the cardio equipment, unless stated otherwise by your physician. The 'Full Use' option allows access to both the strength and cardio machines, once you have completed the mandatory 5-week Strength Training Class.

Strength Training Class **Tuesday and Thursday** **12:30pm - 1:30pm**

SIGN UP IN THE OFFICE

Fee: \$60

Next Class begins 2/15/22



Spaces fill up quickly for this popular 5-week class. Each session is limited to nine participants. Instructor Donald Boose will teach the proper usage of all the gym equipment. This class is required to have full access to the gym. **For more information and to sign up, please stop by the office.**

Stretch with Lucy **Tuesdays: 9:30am - 10:30am**

Lucy Donaldson leads this gentle stretch class that incorporates both standing and chair stretches along with the use of resistance bands.



Tai Ji **Monday / Wednesday / Friday** **10:00am - 11:00am**


Experience more abundant health, harmony and balance. Tai Ji's gentle movements release stress by relaxing and rejuvenating the body while refreshing the mind.

Foot Care **Second Wednesday of Each Month** **Next Appointments 2/9/22 and 3/9/22**

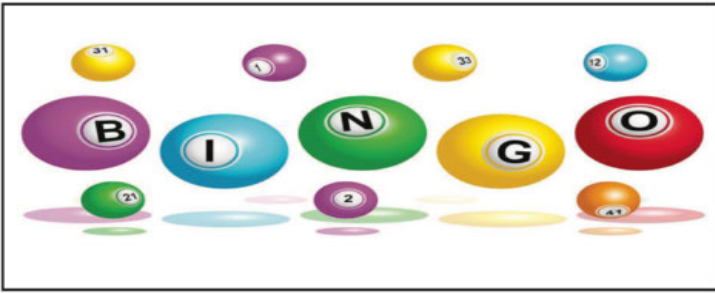
Professional foot care by J. Thompson, RN including inspection and assessment, nail clipping, corn/callus/thick nail reduction, foot massage, and referral for medical necessary foot care. 1 hour appointments between 9am and 3pm.

February

2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
6	7	8	9	10	11	12
	TAI JI: 10:00 – 11:00 PINOCHLE: 12:30 – 3:00	STRETCH: 9:30 – 10:30 BRIDGE: 10:00 – 12:00 BUG: 1:30 – 3:00	FLEX/CORE: 9:00 – 10:00 TAI JI: 10:00 – 11:00 TECH CONC: 10:30 – 12:30 PINOCHLE: 12:30 – 3:00 FOOT CARE: BY APPT	STRETCH: 9:30 – 10:30 CRAFT CIRCLE: 10:30 – 11:30 MOW: 11:30 – 12:00	FLEX/CORE: 9:00 – 10:00 TAI JI: 10:00 – 11:00 FUN BINGO: 12:30 – 2:00	BIG BUCKS BINGO! 12:30 – 3:00
13	14	15	16	17	18	19
	TAI JI: 10:00 – 11:00 PINOCHLE: 12:30 – 3:00 BOARD MEETS: 10:00	STRETCH: 9:30 – 10:30 BRIDGE: 10:00 – 12:00 BUG: 1:30 – 3:00	FLEX/CORE: 9:00 – 10:00 TAI JI: 10:00 – 11:00 TECH CONC: 10:30 – 12:30 PINOCHLE: 12:30 – 3:00	STRETCH: 9:30 – 10:30 CRAFT CIRCLE: 10:30 – 11:30 MOW: 11:30 – 12:00	FLEX/CORE: 9:00 – 10:00 TAI JI: 10:00 – 11:00 FUN BINGO: 12:30 – 2:00	
20	21	22	23	24	25	26
	CLOSED FOR PRESIDENT'S DAY 	STRETCH: 9:30 – 10:30 BRIDGE: 10:00 – 12:00 BUG: 1:30 – 3:00	FLEX/CORE: 9:00 – 10:00 TAI JI: 10:00 – 11:00 TECH CONC: 10:30 – 12:30 PINOCHLE: 12:30 – 3:00	STRETCH: 9:30 – 10:30 CRAFT CIRCLE: 10:30 – 11:30 MOW: 11:30 – 12:00	FLEX/CORE: 9:00 – 10:00 TAI JI: 10:00 – 11:00 FUN BINGO: 12:30 – 2:00	
27	28					
DAILY: 9:00 – 3:00 POOL ROOM GYM LIBRARY	DAILY: 9:00 – 3:00 PING PONG DARTS	GYM CLOSED DURING STRENGTH TRAINING CLASSES	INTERESTED IN NEW ACTIVITIES? LET THE OFFICE KNOW!			

SPECIAL EVENTS



BIG BUCKS BINGO!!

Saturday, February 12

12:30pm - Early Bird

2 games \$1/ea.

1:00-3:00pm - BINGO

\$15 - Includes 8 games, 3 cards per game

Lunch—\$8.00 @ 12:00pm

1/4Lb Hot Dog w/ Chips and Drink

On Site Foot Care Professional Services

Feb. & Mar 9th, 2022

Services Provided by J. Thompson, RN:

- Inspection & Assessment of Feet
 - Nail Clipping
 - Corn, callus, and thick nail reduction
 - Foot Massage
 - Referral for medically necessary foot care
- 1 hr appointments available between 9am-3pm.

\$25.00 for Members



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B 4C 05-1037

HEALTH & WELLNESS

Eat Red for the Health of it!

A Reboot from the Archives of Carol Simmer, RDN
Meals on Wheels & More

February is often associated with love and the color red. We wear red clothing and buy red roses and red heart-shaped boxes of candy for people we care about for Valentine's Day. Many people also wear red in February in support of American Heart Month. (February 4th is National Wear Red Day to raise awareness about women's heart health.) February is also a great month to focus on eating more red fruits and vegetables. Here is a long list from which to choose:

Red Apples
Cranberries
Red Pears
Strawberries
Beets
Radicchio
Red Cabbage

Blood Oranges
Red Grapes/Red Wine
Pomegranates
Watermelon
Red Peppers
Red Onions
Rhubarb

Cherries
Pink/Red Grapefruit
Raspberries
Radishes
Red Potatoes
Tomatoes

The red pigments in these foods, lycopene and anthocyanin, contribute excellent nutrition as well as beautiful color to the diet. Both are considered phytonutrients. Phyto(*plant*)nutrients are antioxidants are produced by plants as a defense against environmental damage from pests, toxins and UV (sun) damage. When we eat these foods, our bodies also benefit from the protective effects of their phytonutrients against environmental damages to our cells.

Lycopene is in a class of antioxidants known as **carotenoids**. Carotenoids are *fat-soluble nutrients* which means the fat in a meal helps their absorption. Research continues on the effects of lycopene on the immune system, cancer (esp. breast and prostate), eye health, neuropathy, heart and bone health, and Alzheimer's disease. Tomatoes contain a high concentration of lycopene. Cooking tomatoes (such as in tomato sauce) enhances the body's ability to absorb the phytonutrient. Watermelon, red grapefruit, and red cabbage also contain high concentrations of lycopene.

Anthocyanins are *water-soluble* pigments in plants, collectively known as **flavonoids**. 500 different anthocyanins were discovered by the year 2000 and more are being isolated every year. The study of anthocyanins and their effects on the human immune systems, cancer, viruses, allergies, diabetes, the cardiovascular system, and eye health are getting a lot of attention in the scientific community in recent years. All the foods listed above in *italics* contain good amounts of anthocyanins.

Each red fruit and vegetable has its own list of health-promoting phytochemicals along with many vitamins and minerals and plenty of fiber. Several countries around the world feature red foods in their traditions and health practices. In Chinese medicine, red foods are thought to nourish the heart. In Indian Ayurveda, red foods are believed to support the lymphatic flow in the body, especially in the fall and winter. Isn't it interesting to know modern science is proving why these ancient beliefs are healthy.

Eat **RED** for the health of it!



MEALS ON WHEELS AND MORE

Senior Meal Distribution Thursdays 11:30am-12:00pm

Senior To-Go Meals are available for pick-up at the G Street (North) side of the Blaine Senior Center on Thursdays from 11:30am to 12:00pm.

Senior To-Go Meals are available weekly on a donation-only basis to adults age 60 and better. Each week participants receive a bag of six nutritionally balanced frozen meals, one fresh meal, whole grain bread and 2% milk. There is a suggested donation of \$5 per meal or whatever is affordable. No senior will be turned away due to inability to contribute. Donations may be dropped off at the Blaine Senior Center or mailed to Meals on Wheels and More at 315 Halleck Street, Bellingham, WA 98225. Donations can also be made online at <https://whatcomcoa.org/donate>. Select "I'm donating for meals received".

Meals are provided by Meals on Wheels and More, a program of the Whatcom Council on Aging, a nonprofit organization. The program is partially funded through federal and local governments, but we also depend on participant and community donations to fund the program.

For more information about the meals or to inquire about receiving home delivered "Meals on Wheels", contact Julie Meyers, Meals on Wheels and More Director at jmeyers@whatcomcoa.org or 360-733-4030 x1025.



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BOARD ELECTION

**WANT TO HELP SET DIRECTION FOR
THE BLAINE SENIOR CENTER?!**



**Any member of at least 1 year is
eligible to run for a board position.**

Election held in May.

Application package



**available in the
office.**



Smart phone or
computer driving you
crazy?

Helpdesk

Wednesdays 10:30-12:30

Call/drop in to reserve time
in office



Next
Strength Training
Class begins

February 15th

See office for information on
weighing in.



Do it for your sweet
heart ♥

NEVER MISS A NEWSLETTER!

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to you at www.mycommunityonline.com



THE FUN PAGE!!

Sudoku

Fill in the grid so that every row, column and 3x3 box contains the numbers 1 through 9.

			1					
3			4					9
			2		5	1		
	3	1	7					2
9		4					7	1
		5	9			8	4	
8		9			4			7
		3		5	9			
					2			

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DIFFICULTY: ★★☆☆

Ugly Baby

When a woman got on a bus with her baby, the bus driver exclaimed, "That's the ugliest baby that I've ever seen!"

The woman walked to the rear of the bus and sat down, fuming. She said to a man next to her, "The driver just insulted me!"

The man said, "You go right up there and tell him off. Go ahead, I'll hold your monkey for you."

Crowd Control

A rookie police officer was assigned to ride in a cruiser with an experienced partner. A call came over the car's radio telling them to disperse some people who were loitering.

The officers drove to the street and observed a small crowd standing on a corner. The rookie rolled down his window and said, "Let's get off the corner."

No one moved, so he barked again, "Let's get off the corner!"

Intimidated, the group of people began to leave, casting puzzled glances in his direction.

Proud of his first official act, the young policeman turned to his partner and asked, "Well, how did I do?"

"Pretty good," replied the veteran, "especially since this was a bus stop."

CROSSWORD PUZZLE

ACROSS

- 1 Fellow
- 4 Taro
- 8 Foot (suf.)
- 12 N.Z. fish
- 13 Black
- 14 Great Lake
- 15 Bachelor of Fine Arts (abbr.)
- 16 Medal (2 words)
- 18 Prison: Brit.
- 20 Ceremonial entrance
- 21 Belt
- 23 Palm starch
- 25 Indian camel
- 26 Vast
- 27 Palestine Liberation Organ. (abbr.)
- 30 Master of Business Administration (abbr.)
- 31 Cheek bone
- 32 King (Fr.)
- 33 Ten decibels
- 34 Variation (pref.)
- 35 Ice
- 36 Scientific name (suf.)
- 37 Aquarium fish
- 38 Christmas song
- 40 Egypt. evil god
- 41 Saga (2 words)
- 44 Belonging to (suf.)
- 47 Silver-iron ore
- 48 Javanese poison tree
- 49 Monkey
- 50 Indo-Chin. people
- 51 Man's name: abbr.
- 52 Talk

DOWN

- 1 Apronlike cloth
- 2 Television band abbr.
- 3 Bias
- 4 Anglo-Saxon



- assembly
- 5 Son of Adam
- 6 Botanical (abbr.)
- 7 Feminine (suf.)
- 8 Five of trump
- 9 Viking
- 10 Plate
- 11 Mouse-spotter's
- 17 Beer
- 19 Or (Lat.)
- 21 Crest
- 22 Rounded projection
- 23 Forage herb
- 24 Hamitic language
- 26 Wholesome
- 27 Augur
- 28 Circle
- 29 Unctuous
- 31 Twin crystal
- 35 Shorten
- 36 Father of Jason
- 37 Alluvial deposit
- 38 Son of Lamech
- 39 Killer whale
- 40 Thick slice
- 41 Nat'l Park Service (abbr.)
- 42 Caucasian wild goat
- 43 P.l. volcano
- 45 Amer. Automobile Assn. (abbr.)
- 46 One who is (suf.)

1	2	3	4	5	6	7	8	9	10	11
12			13					14		
15			16				17			
	18	19				20				
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41				42	43			44	45	46
47				48				49		
50					51				52	

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A60

ENIGMA™ CRYPTOGRAM

Enigma cryptograms are created from quotations and proverbs from around the world. Each letter stands for another letter. Hint: "J" = "D"

"POAHVS NABSV XWWJ NSM RSFFSO
AMJ RAJ NSM ZWOVS."

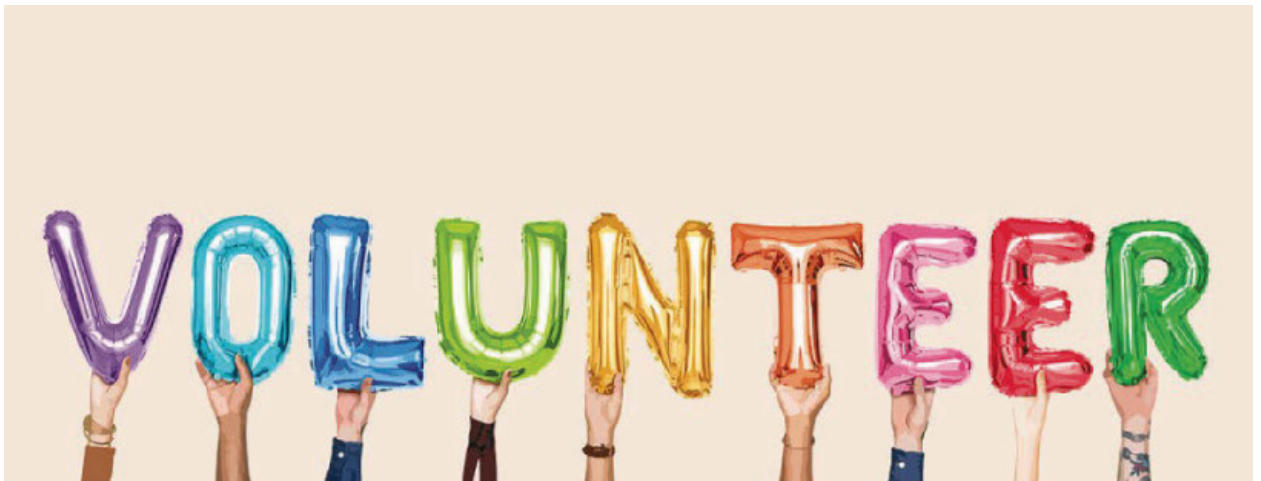
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