



# BLAINE SENIOR CENTER



March 2022



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

Check Out Our Website at  
[www.blaineseniorcenter.org](http://www.blaineseniorcenter.org)



## WHAT'S INSIDE

### INDEX

| Title                         | Page |
|-------------------------------|------|
| What's Inside                 | 2    |
| News and Notices              | 3    |
| Monthly Activities            | 4    |
| Activity Calendar             | 5    |
| Upcoming Events               | 6    |
| Special Announcement from MoW | 7    |
| Meals on Wheels               | 8    |
| Board Election                | 9    |
| Tax Prep Information          | 10   |
| The Fun Page!                 | 11   |

## 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](http://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

Spring is upon us!!

As we continue to work through the pandemic the Blaine Senior Center is active and humming along. Recently we had an open house and a presentation by the artist for the Art of Aging exhibit. I'd like to extend my thanks for all who attended. We had quite a turnout along with Mayor Steward, former Mayor Onyon, the Chief of Police, members of both the Birch Bay and Blaine Chambers of Commerce, many of our board members, and, of course, our own members. It was great to see the support of both our membership and the community.

For some quick pandemic news, the Governor announced lifting the mask mandate on March 21<sup>st</sup>. The board is meeting on March 14<sup>th</sup> and will discuss where we go from there. Our first concern is keeping the safety and health of our membership. Please let a board member or me know if you have any input. We recently received some home Covid tests, let Cheryl or Mary know if you could use a box for your personal use. There is a limited number of them though.

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.

We are still looking at starting the Congregate Meal in the Center, the timeframe has been pushed to May or June as both the WCOA and the BSC Board review what it will take to start that back up. See the message from MoW in this newsletter.

Enjoy the better weather coming up – I look forward to seeing the Bocce Ball players back out on the lawn!!

Gordon



## 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    |

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.



## IRS FREE TAX PREP

Several locations in Whatcom County  
By Appointment Only

Information in this newsletter, at the Center, or call us at (360) 332-8040 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

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 4/12/22**



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 3/9/22 and 4/13/22**

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.

# March

# 2022

| Sunday  | Monday  | Tuesday  | Wednesday  | Thursday   | Friday  | Saturday                      |
|---|---|--|--|--|---|-------------------------------|
|   |   | 1<br>STRETCH: 9:30 - 10:30<br>BRIDGE: 10:00 - 12:00<br>STRENGTH CLASS: 12:30 - 1:30<br>BUG: 1:30 - 3:00  | 2<br>FLEX/CORE: 9:00 - 10:00<br>TAI JI: 10:00 - 11:00<br>TECH CONC: 10:30 - 12:30<br>PINOCHLE: 12:30 - 3:00  | 3<br>STRETCH: 9:30 - 10:30<br>CRAFT CIRCLE: 10:30 - 11:30<br>MOW: 11:30 - 12:00<br>STRENGTH CLASS: 12:30 - 1:30  | 4<br>FLEX/CORE: 9:00 - 10:00<br>TAI JI: 10:00 - 11:00<br>FUN BINGO: 12:30 - 2:00  | 5                             |
| 6   | 7<br>TAI JI: 10:00 - 11:00<br>PINOCHLE: 12:30 - 3:00                        | 8<br>STRETCH: 9:30 - 10:30<br>BRIDGE: 10:00 - 12:00<br>STRENGTH CLASS: 12:30 - 1:30<br>BUG: 1:30 - 3:00  | 9<br>FLEX/CORE: 9:00 - 10:00<br>TAI JI: 10:00 - 11:00<br>TECH CONC: 10:30 - 12:30<br>PINOCHLE: 12:30 - 3:00  | 10<br>STRETCH: 9:30 - 10:30<br>CRAFT CIRCLE: 10:30 - 11:30<br>MOW: 11:30 - 12:00<br>STRENGTH CLASS: 12:30 - 1:30 | 11<br>FLEX/CORE: 9:00 - 10:00<br>TAI JI: 10:00 - 11:00<br>FUN BINGO: 12:30 - 2:00 | 12<br><b>BIG BUCKS BINGO!</b> |
| 13  | 14<br>TAI JI: 10:00 - 11:00<br>PINOCHLE: 12:30 - 3:00<br>BOARD MEETS: 10:00 | 15<br>STRETCH: 9:30 - 10:30<br>BRIDGE: 10:00 - 12:00<br>STRENGTH CLASS: 12:30 - 1:30<br>BUG: 1:30 - 3:00 | 16<br>FLEX/CORE: 9:00 - 10:00<br>TAI JI: 10:00 - 11:00<br>TECH CONC: 10:30 - 12:30<br>PINOCHLE: 12:30 - 3:00 | 17<br>STRETCH: 9:30 - 10:30<br>CRAFT CIRCLE: 10:30 - 11:30<br>MOW: 11:30 - 12:00<br>STRENGTH CLASS: 12:30 - 1:30 | 18<br>FLEX/CORE: 9:00 - 10:00<br>TAI JI: 10:00 - 11:00<br>FUN BINGO: 12:30 - 2:00 | 19                            |
| 20  | 21<br>TAI JI: 10:00 - 11:00<br>PINOCHLE: 12:30 - 3:00                       | 22<br>STRETCH: 9:30 - 10:30<br>BRIDGE: 10:00 - 12:00<br>BUG: 1:30 - 3:00                                 | 23<br>FLEX/CORE: 9:00 - 10:00<br>TAI JI: 10:00 - 11:00<br>TECH CONC: 10:30 - 12:30<br>PINOCHLE: 12:30 - 3:00 | 24<br>STRETCH: 9:30 - 10:30<br>CRAFT CIRCLE: 10:30 - 11:30<br>MOW: 11:30 - 12:00                                 | 25<br>FLEX/CORE: 9:00 - 10:00<br>TAI JI: 10:00 - 11:00<br>FUN BINGO: 12:30 - 2:00 | 26                            |
| 27  | 28<br>TAI JI: 10:00 - 11:00<br>PINOCHLE: 12:30 - 3:00                       | 29<br>STRETCH: 9:30 - 10:30<br>BRIDGE: 10:00 - 12:00<br>BUG: 1:30 - 3:00                                 | 30<br>FLEX/CORE: 9:00 - 10:00<br>TAI JI: 10:00 - 11:00<br>TECH CONC: 10:30 - 12:30<br>PINOCHLE: 12:30 - 3:00 | 31<br>STRETCH: 9:30 - 10:30<br>CRAFT CIRCLE: 10:30 - 11:30<br>MOW: 11:30 - 12:00                                 |   |                               |
| DAILY: 9:00 - 3:00<br>POOL ROOM<br>GYM<br>LIBRARY | DAILY: 9:00 - 3:00<br>PING PONG<br>DARTS                                    | GYM CLOSED FOR<br>STRENGTH CLASS<br>(SEE ABOVE FOR DATES/TIMES)  |  |  | INTERESTED IN<br>NEW ACTIVITIES?<br>LET THE OFFICE<br>KNOW!                       |                               |

# UPCOMING EVENTS



## BIG BUCKS BINGO!!

**Saturday, March 12th**

**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

**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.

6

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# SPECIAL ANNOUNCEMENT FROM MOW

March for Meals and More  
Julie Meyers, Meals on Wheels and More Director

March is a special month for Senior Nutrition Programs. Not only is it National Nutrition Month, but it is also the national “March for Meals” campaign. Each March since 2002 Meals on Wheels programs have come together to celebrate the local community organizations, businesses, all levels of government, and individuals that collaborate to ensure that seniors receive the meals and other services they need to remain healthy and independent. This March also marks two years since we put Senior Community Meals on hold in Whatcom and San Juan Counties due to the COVID-19 pandemic.

While we do not yet have a date for when we will welcome you back inside the Blaine Senior Center for meals, we are encouraged by the recent COVID-19 data that suggests that the Omicron wave may have peaked with daily infections on the decline. We know that seniors miss gathering with friends for a freshly prepared meal at the Blaine Senior Center and we miss seeing your smiling faces as well. However, we must continue to balance the need for social connection with the risk of spreading COVID-19 among vulnerable older adults. We continue to monitor the data and look to the CDC, and local health department for guidance, and hope to announce a reopening date soon.



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San Juan Counties*

# 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](mailto:jmeyers@whatcomcoa.org) or 360-733-4030 x1025.



3

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Blaine Senior Center, Blaine, WA

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# BOARD ELECTION

## Call to Action!

### Apply to be on the Ballot for the Blaine Senior Center Board of Directors

#### Board Elections are coming soon

**We are looking for some very special people...** Do you like to have fun? Would you like to know more about the Blaine Senior Center? Do you want have a hand in shaping the future of the Blaine Senior Center? Well you can do that and lots more! We want you to share your skills with the membership of the Blaine Senior Center and the people that make our community of Blaine a truly unique and caring place to live.

We are currently accepting applications for the Board of Directors for the Blaine Senior Center. We have developed a fact sheet that will help you decide if you have the time and skills to apply for a Board position. An application and the Fact Sheet can be picked up at the Senior Center and must be completed and returned to the Senior Center by Thursday, March 31st.

You must be a member in good standing and have been a member for at least 12 months. The election will be held at the beginning of May and, if elected, will start you service at the close of the Annual Membership Meeting in June.

Still on the Fence? See one of the current board members to attend a board meeting, speak with the current board members or see the Director to find out more.

#### **Current Board members are:**

Toni Blakely: President

Thelma Archuletta: Vice President

Vicki McCullough: Secretary

Madge Blackburn: Treasure

Jeri White

Penny Tallman

Walt Ducoing

Laurie Donaldson

Harmonna Kunst

Adele Berman

Graham Hunter

Janet Pickard

All board members are required to serve on or chair at least one committee. There is Directors and Officers liability insurance provided by BSC. Board meetings are conducted according to Robert's Rules of Order



# FREE TAX PREP INFORMATION

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2022 WHATCOM  
TAX GUIDE



## IRS CERTIFIED FREE TAX PREPARATION SITES

Available for people who make \$58,000 or less, or up to \$66,000 for ages 60+

### AARP

2601 Cornwall Ave.  
[aarp.org/taxaide](http://aarp.org/taxaide)  
February - April 2022,  
Monday - Wednesday, 3 -7pm  
Saturdays, 12:30 - 4pm  
**By appointment only**  
Open to all, but primary focus  
is people age 50+ with low-  
to-moderate income.

### Northwest Indian College

2522 Kwina Rd.  
360-392-4345 or 255-4414  
February - April 2022,  
Mondays & Wednesdays  
8:30am - 4:30pm  
**By appointment only**  
One-on-one tax assistance, or  
option to self-file with support.

### Western WA University

516 High St.  
360-650-3500  
February - April 2022,  
Monday - Wednesday  
4:30 - 7:30pm  
**By appointment only**  
In-person or online assistance  
available.



## DO IT YOURSELF: FREE ONLINE TAX PROGRAMS & HELP

Prepare and file your 2021 tax return for free, and find important information online

### IRS FREE FILE

[irs.gov/freefile](http://irs.gov/freefile)  
Free access to brand-name  
tax software.

### GET YOUR REFUND

[getyourrefund.org](http://getyourrefund.org)  
File your own taxes with IRS  
Certified assistance.

### WHATCOM ABC

[whatcomabc.org/taxes](http://whatcomabc.org/taxes)  
Find the latest information  
and tax updates.

**Tip:** many online programs provide free filing for simple tax returns, but may charge a fee for more complicated returns. To avoid an unexpected charge, utilize one of the IRS Certified resources listed above.

For more information, visit us online at [whatcomabc.org/taxes](http://whatcomabc.org/taxes) | page 01

10

# NEVER MISS A NEWSLETTER!

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Blaine Senior Center, Blaine, WA

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# THE FUN PAGE!!

## Sudoku

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

|   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|
|   |   |   | 3 |   | 8 | 7 | 5 |   |
|   |   |   |   |   | 4 |   |   |   |
|   | 2 |   | 7 | 4 |   |   | 6 | 3 |
|   |   | 9 |   |   |   |   |   | 7 |
| 3 | 8 |   |   | 6 |   |   |   | 9 |
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| 6 |   | 7 |   |   | 8 |   | 5 |   |
| 5 |   |   |   |   |   | 9 | 3 |   |
|   | 4 |   |   |   |   |   |   |   |

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DIFFICULTY: ★☆☆☆☆

### A Feline Find

An art collector was walking through the city one day. He did a double take when he noticed a mangy cat lapping milk from a saucer in the doorway of a store.

Knowing that the saucer was extremely old and very valuable, he walked casually into the store and offered to buy the cat for two dollars.

The store owner replied, "I'm sorry, but the cat isn't for sale."

The collector said, "Please, I need a hungry cat around the house to catch mice. I'll pay \$20 for that cat."

The owner said, "Sold!" and handed over the cat.

The collector continued, "Now, I wonder if you could throw in that old saucer for the \$20. The cat's used to it, and it'll save me from having to get a dish."

To which the owner said, "Sorry, buddy, but that's my lucky saucer. So far this week, I've sold 68 cats!"

## CROSSWORD PUZZLE

- ACROSS**
- 1 Beat rapidly
  - 5 Indian music
  - 9 Center (abbr.)
  - 12 N.Z. locust
  - 13 Jewish month
  - 14 Exclamation
  - 15 Occupational Safety and Health Admin. (abbr.)
  - 16 Yesterday (Ital.)
  - 17 Name (Fr.)
  - 18 Licensed practical nurse (abbr.)
  - 20 Follow
  - 22 Clothe
  - 25 Amazon tributary
  - 27 Skin vesicle
  - 28 Bygone days
  - 29 Concentrated (abbr.)
  - 31 Before (Lat.)
  - 34 Turk. title
  - 35 Indian prince
  - 37 Unfavorable
  - 38 Chin. poet (2 words)
  - 40 Pressure (pref.)
  - 41 Legume
  - 42 Egg (pref.)
  - 44 "Faerie Queene" lady
  - 45 Exclamation
  - 46 Ahead
  - 49 Art (Lat.)
  - 51 Fellow
  - 52 Gamin
  - 54 Arabic (abbr.)
  - 58 Gelderland city
  - 59 Half (pref.)
  - 60 Deride
  - 61 The (Ger.)
  - 62 Unfledged hawk
  - 63 Kilt
- DOWN**
- 1 Indo-Chin. language
  - 2 Bronze (Lat.)
  - 3 Ultimate degree
  - 4 S. Afr. language
  - 5 Mack
  - 6 "Fables in Slang" author
  - 7 Global Atmospheric Research Program (abbr.)
  - 8 Alexandrian
  - 9 theologian
  - 9 Draft
  - 10 Quaker pronoun
  - 11 City of the Seven Hills
  - 19 Bitter (pref.)
  - 21 Least bit
  - 22 S. Afr. dialect
  - 23 Today (Ital.)
  - 24 Araroba (2 words)
  - 26 Fr. historical provinces
  - 30 Hemp
  - 32 Anchovy sauce
  - 33 King of Israel
  - 36 White with age
  - 39 Eggs
  - 43 Sultan's decree
  - 46 Son of Ruth
  - 47 Bare
  - 48 Squirrel's nest
  - 50 Pudding
  - 53 Candlenut tree
  - 55 Estuary
  - 56 Away (pref.)
  - 57 Gamble



|    |    |    |    |    |    |    |    |    |    |    |    |
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## ENIGMA™ CRYPTOGRAM

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

"PT PH ABBV TB MNC ZOV SBFPHW  
BNM CMZPO ZAZPOHT TWZT BR  
BTWGMH."

— KPUWGF VG KBOTZPAOG

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