



BLAINE

SENIOR CENTER



April 2022



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

Check Out Our Website at
www.blaineseniorcenter.org



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

Spring is here and the tulips, daffodils, and cherry blossoms are brightening up our community!

It's that time of year for Board of Directors elections. See the information in this newsletter on the people running.

I encourage all of our members to vote! This is your chance to select a board that you think will continue to move the organization forward. Our current board has met the multiple challenges of the last couple years and ensured that we are doing well. From COVID closure to reopening and multiple staff changes in between; they have dealt with unprecedented issues and met each one. We all owe a debt of gratitude to the current members for guiding us through.

Your board is there to make sure the strategic objectives of the Center are set and revised as the situations require. With the leadership of our current board we are stable are ready to move on as we adapt to our ever changing world. Let your voice be heard through a vote for a board that you believe will continue the good work that's been accomplished.

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

LET US KNOW!!

Interested in Canasta? How about knitting with a master knitter? New groups and activities if there is enough interest.

Stop by and let us know

We want to hear from you!!

HYGIENE DRIVE

Help us restock the Blaine Boys and Girls Club Community Closet. Drop off in bin by the front office at the Center.

Deodorant, Soap, Bodywash, Toothpaste, Shampoo, Feminine products.

NEIGHBORS HELPING NEIGHBORS

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 (FULL)
Next Class Date TBA



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 4/13/22 and 5/11/22**

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.

APRIL MONTHLY ACTIVITIES CALENDAR

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

UPCOMING EVENTS



BIG BUCKS BINGO

SATURDAY, April 9th
12:30– Early Bird
 2 games \$1 /ea
1:00-3:00 - BINGO
 \$15 for 8 games, 3 cards per game

Lunch—\$8 @ Noon
 1/4lb hotdog w/ chips & drink



TAI CHI FOR BEGINNERS

Starts April 11!!

Mon & Fri 9:30-10:00 am
4 sessions: April 11, 15,
18 & 22



Small group class to teach the basics to join the Mon, Wed, and Fri classes. Targeted to those new to Tai Chi or who just want to see if it's for them.

Free to Blaine Senior Center Members
 Non Member \$5 per class (or multiple class punch card) - check in with office

6

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HEALTH AND WELLNESS

Break that Fast Julie Meyers, RD Meals on Wheels and More

This April marks an important month of fasting and feasting for Muslims, Jews, and Christians around the world as they observe Ramadan, Passover, and Easter respectively. Whether or not you observe one of these religions, you likely participate in a daily fast every night between dinner (or your midnight snack) and whenever you finally break your fast the next day.

Breakfast is my favorite meal of the day. Don't tell my boss, Chris Orr, but I will be late for work before I skip breakfast. Besides enjoying typical breakfast foods, I rely on a hearty breakfast (and strong coffee) to help me face whatever the day throws at me for the next 4-5+ hours before lunch. If I go too long after waking up before eating breakfast (or too long between breakfast and lunch) I am more irritable than usual and have trouble concentrating.

My personal experience reflects the scientific research, which has shown that skipping breakfast disrupts circadian rhythms involved in eating and fasting including regulation of blood sugar. Breakfast has also been shown to help with concentration and memory. If that isn't enough to convince you to start eating breakfast, people who skip breakfast are at higher risk for developing both type 2 diabetes and coronary heart disease.

Although eating breakfast may not help you lose weight, people who eat breakfast are less likely to overeat later in the day. Breakfast also provides a great opportunity to start the day with important nutrients including calcium, vitamin D, vitamin C, and fiber.

For a healthy breakfast that will keep you going all morning long, include a source of protein such as eggs, dairy, nuts, or nut butter. Protein not only provides the building blocks for your muscles, it takes longer to digest than carbohydrates and will help prevent that mid-morning blood sugar drop. Add fiber and nutrient-rich whole grains such as oatmeal, or whole grain bread. Increase the fiber, vitamin, and antioxidant punch of your breakfast with some fresh or frozen fruit (or veggies) and/or even a small glass of orange juice.

Not into traditional breakfast fare? Leftovers from dinner will work just fine. Or maybe try a fruit, yogurt, and peanut butter smoothie. Throw in some ice, a little juice or milk and a handful or two of spinach if you dare. I promise, you won't even taste it. I love frozen berries in smoothies in lieu of ice. However, they can get kind of pricy. Berry season can't come soon enough! If you have never been a breakfast eater, it is okay to start small. Try a piece of toast with cheese or peanut butter.

Got a great idea for quick and nutritious breakfast? Email me at jmeyers@whatcomcoa.org



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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Blaine Senior Center, Blaine, WA

C 4C 05-1037

BOARD ELECTION

VOTE!!

Vote for your next Board of Directors!!

Ballots may be picked up in the center. You must be an active member to vote. Election results will be announced at the annual meeting held at 1:00pm on May 23rd, 2022. Ballots must be turned into the office during open hours. Last day to vote is May 10, 2022. Make your voice heard—The Board of Directors are your voice for the Blaine Senior Center and the Blaine/Birch Bay Community.

BLAINE SENIOR CENTER 2022 BOARD OF DIRECTORS BALLOT	
Please vote for the following VOTE FOR AT LEAST ONE CANDIDATE CAN VOTE FOR AS MANY AS 7	
Thelma Archuletta	<input type="checkbox"/>
Adele Berman	<input type="checkbox"/>
Madge Blackburn	<input type="checkbox"/>
Toni Blakely	<input type="checkbox"/>
Laurie Donaldson	<input type="checkbox"/>
Harmana Kunst	<input type="checkbox"/>
Vicki McCullough	<input type="checkbox"/>
Dennis Olason	<input type="checkbox"/>
WRITE IN:	<input type="checkbox"/>



FREE TAX PREP INFORMATION

WABC
WHATCOMABC.ORG/WHATCOMABC



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
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.



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tax software.

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Certified assistance.

WHATCOM ABC

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 | page 01

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Blaine Senior Center, Blaine, WA

D 4C 05-1037

THE FUN PAGE!!

Sudoku

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

9	7				1	4	5	
					7			
								8
1			3		5	7		
		3	4					
6			7	4		5		
5	9		1					
	1	4	5		8		6	9

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DIFFICULTY: ★★☆☆☆

Age Old Test

One way to find out if you're old is to fall in front of a group of people...

If they laugh, you're young!

If they panic and start running toward you, you're old.

The Art Collector

An artist asked the gallery owner if there had been any recent interest in his paintings which happened to be on display.

"I have good news and bad news," the gallery owner replied. "The good news is that a gentleman inquired about your work and wondered if it would appreciate in value after your death."

"What did you say?" questioned the artist. "When I told him that it would, he bought all 15 of your paintings."

"That's wonderful!" the artist exclaimed. "What's the bad news?"

"The gentleman was your doctor."

CROSSWORD PUZZLE

ACROSS

- 1 Last of the Mohicans
- 6 Home Box Office (abbr.)
- 9 Repose
- 12 Hollow stone
- 13 Tree
- 14 Us (Ger.)
- 15 Lagoon
- 16 Goddess (Lat.)
- 17 Own (Scot.)
- 18 Inborn
- 20 Keen
- 22 Desert plant
- 24 Television channel
- 27 Amer. Dental Assn. (abbr.)
- 28 Bird
- 32 Air
- 34 Presidential nickname
- 36 Indian music
- 37 Glass-furnace mouth
- 39 Survey
- 41 Cistern

DOWN

- 42 Brown vesuvianite
- 44 East
- 47 Principal commodity
- 52 According to (2 words)
- 53 Belonging to (suf.)
- 55 Eng. poet
- 56 Compass direction
- 57 Rhine tributary
- 58 Wife of Balder
- 59 No (Scot.)
- 60 Fiddler crab genus
- 61 Handwriting on the wall



DOWN

- 1 Fruit
- 2 No (Ger.)
- 3 Crest
- 4 Jewish month
- 5 Rom. author
- 6 Pronoun

contraction

- 7 Animal sound
- 8 Ruminant's stomach
- 9 Haw. feast
- 10 Initial (abbr.)
- 11 Anglo-Saxon slave
- 19 French art

group

- 21 Russ. despot
- 23 Pole in Gaelic games
- 24 Public vehicle
- 25 Family relative
- 26 Thus (Lat.)
- 29 Civil Aeronautics Board (abbr.)
- 30 Oriental potentate
- 31 Women's Army Corps (abbr.)
- 33 Scientific name (suf.)
- 35 Unfledged hawk
- 38 Lamb (Fr.)
- 40 Range
- 43 Blaubok
- 44 Home landscape
- 45 Isle of Napoleon
- 46 Wind indicator
- 48 Wings
- 49 Carnation
- 50 Solitary
- 51 And other: abbr. (2 words) (Lat.)
- 54 "Blue Eagle"

1	2	3	4	5		6	7	8		9	10	11	
12							13				14		
15								16			17		
18							19		20		21		
24	25	26				27				28	29	30	31
32			33			34		35		36			
37						38		39		40		41	
44	45	46						47		48	49	50	51
52													
56													
59													

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A58

ENIGMA™ CRYPTOGRAM

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

"VFJMAQLH XL WPF JOW AT
XCVQOXCI AQOLFMSFL RAOF WPJC
AWPFOL."

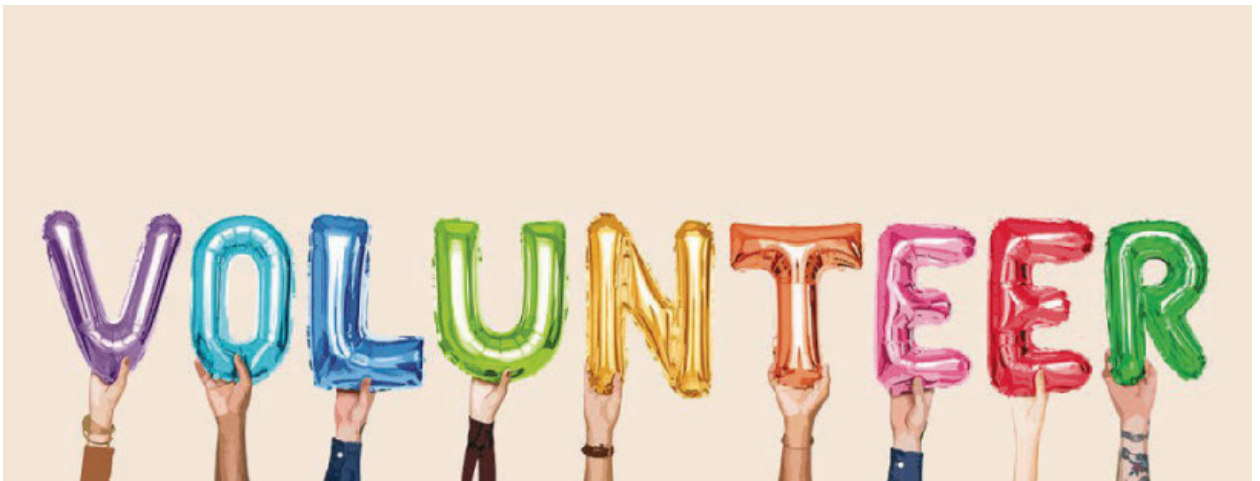
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