



BLAINE SENIOR CENTER



May 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



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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

Good News!! I know many of you have been waiting for news on the hot lunch in the Senior Center. We have a date to start, June 2nd! See the article on page 8 for more details.

In other news, the annual membership meeting for the Blaine Senior Center is May 23rd. The current board will update everyone on the Center and the newly elected board will be introduced. I look forward to seeing all of you there.

Our next big thing is a Health Fair. The topic will be What's Next: Planning Ahead. We have eleven vendors and guest speakers throughout the day. Come and learn about advance directives, palliative care, wills and trusts, powers of attorney, end of life choices, and more.

Representatives for organizations and businesses will be on hand to help with your planning and to assist you and answer questions.

With all of that on our plate over the next month we'll be needing volunteers to help with the health fair, getting the kitchen ready to go, help with the meal service and more. If you are interested in helping the community, we'd love to have you. See the office for more information.

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!!

BOARD ELECTIONS

Pick up a ballot at the office and
VOTE!!



HEALTH FAIR

What's Next: Planning Ahead

This informative fair is free to attend and open to the entire community!!

See information in this newsletter

FOR SALE!!! NEW ITEMS!!

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



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 May 31st



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 5/11/22 and 7/13/22**

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. 45 Minute appointments between 9:00am and 2:15pm.

MAY ACTIVITIES CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 TAI JI: 10:00 - 11:00 PINOCHLE: 12:30 - 3:00	3 STRETCH: 9:30 - 10:30 BRIDGE: 10:00 - 12:00 STRENGTH CLASS: 12:30 - 1:30 BUG: 1:30 - 3:00	4 FLEX/CORE: 9:00 - 10:00 TAI JI: 10:00 - 11:00 TECH CONC: 10:30 - 12:30 PINOCHLE: 12:30 - 3:00	5 STRETCH: 9:30 - 10:30 CRAFT CIRCLE: 10:30 - 11:30 MOW: 11:30 - 12:00 STRENGTH CLASS: 12:30 - 1:30	6 FLEX/CORE: 9:00 - 10:00 TAI JI: 10:00 - 11:00 FUN BINGO: 12:30 - 2:00	7
8	9 TAI JI: 10:00 - 11:00 PINOCHLE: 12:30 - 3:00	10 STRETCH: 9:30 - 10:30 BRIDGE: 10:00 - 12:00 STRENGTH CLASS: 12:30 - 1:30 BUG: 1:30 - 3:00	11 FLEX/CORE: 9:00 - 10:00 TAI JI: 10:00 - 11:00 TECH CONC: 10:30 - 12:30 PINOCHLE: 12:30 - 3:00	12 STRETCH: 9:30 - 10:30 CRAFT CIRCLE: 10:30 - 11:30 MOW: 11:30 - 12:00 STRENGTH CLASS: 12:30 - 1:30	13 FLEX/CORE: 9:00 - 10:00 TAI JI: 10:00 - 11:00 HEALTH FAIR - PLANNING FOR THE FUTURE: 10:00 - 2:30	14 BIG BUCKS BINGO!!
15	16 TAI JI: 10:00 - 11:00 PINOCHLE: 12:30 - 3:00	17 STRETCH: 9:30 - 10:30 BRIDGE: 10:00 - 12:00 BUG: 1:30 - 3:00	18 FLEX/CORE: 9:00 - 10:00 TAI JI: 10:00 - 11:00 TECH CONC: 10:30 - 12:30 PINOCHLE: 12:30 - 3:00	19 STRETCH: 9:30 - 10:30 CRAFT CIRCLE: 10:30 - 11:30 MOW: 11:30 - 12:00	20 FLEX/CORE: 9:00 - 10:00 TAI JI: 10:00 - 11:00 FUN BINGO: 12:30 - 2:00	21
22	23 TAI JI: 10:00 - 11:00 PINOCHLE: 12:30 - 3:00 BSC Annual Meeting: 1:00pm	24 STRETCH: 9:30 - 10:30 BRIDGE: 10:00 - 12:00 BUG: 1:30 - 3:00	25 FLEX/CORE: 9:00 - 10:00 TAI JI: 10:00 - 11:00 TECH CONC: 10:30 - 12:30 PINOCHLE: 12:30 - 3:00	26 STRETCH: 9:30 - 10:30 CRAFT CIRCLE: 10:30 - 11:30 MOW: 11:30 - 12:00	27 FLEX/CORE: 9:00 - 10:00 TAI JI: 10:00 - 11:00 FUN BINGO: 12:30 - 2:00	28
29	30 CENTER CLOSED FOR MEMORIAL DAY 	31 STRETCH: 9:30 - 10:30 BRIDGE: 10:00 - 12:00 STRENGTH CLASS: 12:30 - 1:30 BUG: 1:30 - 3:00	DAILY: 9:00 - 3:00 POOL ROOM GYM LIBRARY PING PONG DARTS	GYM CLOSED DURING STRENGTH CLASS	INTERESTED IN NEW ACTIVITIES? LET THE OFFICE KNOW!	

UPCOMING EVENTS



ANNUAL BUSINESS MEETING OF THE BLAINE SENIOR CENTER

Monday, May 23rd at 1:00pm

Get an update on what's going with the committees, budgets and future plans here at the Blaine Senior Center.

Newly elected Board members and officers will be introduced.



BIG BUCKS BINGO!!

Saturday, May 14

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

6

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HEALTH AND WELLNESS

Check your Vitamin B12 levels for Better Health

By Susy Hymas

Several months ago when my husband was due for his annual checkup, I recommended that he add a vitamin B12 check to his blood work. Like so many of us over the age of 60, he does not have the energy he used to for his physical outside work, which he continues to do part-time. However, he had been unusually tired in the evenings.

Well my husband's B12 blood test came back quite low. His doctor recommended a series of vitamin B12 shots to boost his levels. So far he has received 3 injections and I am quite impressed with the results. Does he still get tired? Yes. But he definitely has more energy and just feels better.

Vitamin B12 plays important roles in the human body, primarily the formation of red blood cells and proper function of nerve cells. Vitamin B12 deficiency can result in the following:

Anemia- Low B12 levels can lead to anemia (low red blood cell count) causing fatigue or shortness of breath.

Neuropathy- Because it is related to formation of nerve cells, low levels can lead to neuropathy including tingling, numbness, burning, poor balance and trouble walking.

Memory problems- Because B12 affects nerve function, cognitive function can be impacted.

Natural dietary sources of vitamin B12 animal foods, including meats, dairy, and seafood. Some processed grains are B12 fortified. It can be particularly challenging for vegetarians (particularly vegans) to get enough B12. However, even older adults who regularly consume animal foods are at risk for B12 deficiency.

As we age the body's ability to absorb vitamin B12 from food decreases. Stomach acid and enzymes are necessary for our bodies to absorb B12. As we get older, we have less stomach acid and lower levels of enzymes. B12 absorption is not just impacted by aging, but also by antacids and other medications, alcoholism, GI surgeries, and other health conditions that impact absorption, such as colitis and Crohn's disease.

The good news is, vitamin B12 deficiency is very treatable. First get a blood test. If your levels are low your doctor will prescribe supplementation. Intramuscular shots are a good solution because they bypass any concerns for absorption problems in the stomach. Oral supplements can also be used to treat B12 deficiency B12 levels, but they rely on absorption in the GI track and may take longer to work than intramuscular shots. Sometimes oral supplements are recommended following shots to maintain blood levels. Although toxicity from B12 supplements is unlikely, ask your medical provider before taking B12 supplements.

At our house we continue to eat a balanced diet and will get our Vitamin B12 levels checked regularly. If you have questions feel free to contact me at shymas@whatcomcoa.org.



MEALS ON WHEELS AND MORE

Senior Meal Updates!

After more than two years we are excited to welcome you back to Senior Community Meals at the Blaine Senior Center in June! Starting Thursday, June 2nd we plan to offer lunch on Monday, Tuesday, and Thursday from 11:30-12:30. We will continue to offer bags of frozen Senior To-go meals on a reservation basis. See the office for details.

All senior meals are available on a donation-only basis to people aged 60 and older. Others eligible for a donation-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. The suggested donation is \$5 per meal or whatever is affordable. No eligible person will be turned away due to the inability to donate. Others under age 60 who wish to participate in the Senior Community Meal program will be charged \$8.50.

Blaine Senior Center membership is not required to participate in the Senior Community Meals or Senior To-go Meals.

Questions? Contact Julie at jmeyers@whatcomcoa.org or 360-733-4030 x1025. Got menu ideas? Send them to Ian at icassinis@whatcomcoa.org or drop them off at the front desk.

See you at lunch!

Julie Meyers, Meals on Wheels and More Director



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HEALTH FAIR

Whatcom County Senior Centers present:

What's Next: Planning Ahead

Making Choices
For Your Legacy
& Health Care

Let's talk about it! Planning your legacy and healthcare before something happens can give you peace of mind for not only you but your loved ones as well.

This informative fair is free to attend and open to the entire community. This important to discuss topic will focus on:

OPEN TO
THE PUBLIC

- Advance Directives
- Palliative care
- Wills & trusts
- Durable powers of attorney
- End-of-life choices
- and more

FREE

Each event date will feature presentations on Advance Care Planning and end-of-life legal planning and other considerations that help you protect your assets and reduce the burden on your loved ones.

Representatives from organizations and businesses to help with your planning will be on-hand to assist you and answer questions.

Choose a date and location that works best for you!

- May 6th, 10am-2:30pm ● Bellingham Senior Activity Center
315 Halleck Street, Bellingham
- May 13th, 10am-2:30pm ● Blaine Senior Center
763 G St, Blaine
- May 20th, 10am-2:30pm ● Lynden Community/Senior Center
401 Grover St, Lynden
- May 27th, 10am-2:30pm ● Ferndale Senior Center
1999 Cherry St, Ferndale

TIPS FROM THE BSC TECH CONCIERGE*

Smart phone or flip phone?

If you don't use your phone much, should you have a smart phone or a flip phone? Lots of people opt for the simpler old fashioned flip phone. Your friendly tech concierge wants you to consider a smart phone. While smart phones seem intimidating because they offer so many options, they also make it easier to do things like check for call minutes, plan information, or to read or send texts or email. These are things you may want to do with a flip phone but are hard to do. The good news on smart phones is that they can cost about the same as a flip phone and the cellular companies provide better support for smart phones. Once you have your smart phone set up with the basics, you can eliminate what you don't need to keep it simple. Your tech concierge can help if you need it. So, consider a smart phone the next time you have a choice.



* Tips come from sessions with members. If you want to talk to our tech concierge, call the office to reserve a time Wednesdays from 10:30-12:30.



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NEVER MISS A NEWSLETTER!

Sign up to have our newsletter emailed 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.

	6	4						5
9			8		7			
	7		2				5	
8			5			2	4	1
1				8			7	9
			7	1				
		2						
7	5				4			

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DIFFICULTY: ★★☆☆

Wedding Regrets

A woman awoke during the night to find that her husband was not in bed. She put on her robe and went downstairs. He was sitting at the kitchen table with a cup of coffee in front of him. He appeared to be in deep thought, just staring at the wall. She saw him wipe a tear from his eye and take a sip of his coffee.

“What’s the matter, dear? Why are you down here at this time of night?” she asked.

“Do you remember twenty years ago when we were dating and you were only 16?” he asked.

“Yes, I do,” she replied.

“Do you remember when your father caught us in the back seat of my car kissing?”

“Yes, I remember.”

“Do you remember when he shoved that shotgun in my face and said, ‘Either you marry my daughter or spend twenty years in jail!’?”

“Yes, I do,” she said.

He wiped another tear from his cheek and said, “You know ... I would have gotten out today.”

Quote:

“Getting old is like climbing a mountain — you get a little out of breath, but the view is much better!”- Ingrid Bergman

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

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

- 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			
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56					57				58		
59					60				61		

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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: "P" = "D"

“KODP JM ROIMA HOJMOG TO N VNG'M
MOCD, POJGK VOIA VCIPAIM JG TZJM
DONTZMOVA ROIDP, TZNG NGQ VOITND
PICK.” – RJDDJNV MZNUAMHANIA

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