

# BLAINE SENIOR CENTER





# June 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

#### **INDEX Title Page** What's Inside 2 **News and Notices** 3 **Monthly Activities Activity Calendar** 5 Menu **Pancake Breakfast** 7 Meals on Wheels and More 8 **New Information** 9 **New Programs** 10 The Fun Page! 11

#### 2020-2021 BOARD OF DIRECTORS & STAFF

#### **Board Executive Officers**

President Dennis Olason
Vice-President Penny Tallman
Secretary Graham Hunter
Treasurer Jeri White

#### **Blaine Senior Center Board Members**

Adele Berman
Laurie Donaldson
Harmanna Kunst
Janet Pickard
Toni Blakely
Thelma Archuletta
Vicki McCullough
Madge Blackburn

#### **Staff**

Director Gordon MacGregor
Office Administrator Cheryl English
Office Administrator Mary Hagemann

#### 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 <a href="https://www.blaineseniorcenter.org">www.blaineseniorcenter.org</a>

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**

And just like that, the weather changes, June is here and lots of exciting things happening in the center. First, of course, the elections were held. I'd like to congratulate all of the newly elected board members and especially your new officers, Dennis Olason (President), Penny Tallman (Vice President), Jeri White (Treasurer), and Graham Hunter (Secretary). I look forward to working with all of you.

Next up is the congregate meal. We'll be starting with three days a week for now and Laurie Donaldson will be heading up that program. See the meal calendar and other information in this newsletter.

Our first Pancake Breakfast since the pandemic will be Saturday June 11. I look forward to seeing everyone there!

And finally, we're looking for volunteers. Front Desk, Pancake Breakfast, congregate meal, and our other activities only happen with the hard work and dedication of our volunteers. If you'd like to help out see Mary or Cheryl in the office and we'll get you set up.

#### Gordon



# NEWS AND NOTICES

#### **BEGINNER BRIDGE**

Learn how to play Bridge—a master player will teach you—sign up at the office



# PANCAKE BREAKFAST June 11

See the information in this newsletter OPEN TO THE PUBLIC



# ON-LINE ADVANCE CARE PLANNING WORKSHOPS

These interactive discussion will guide you through completing your advance directive and durable power of attorney for healthcare.

#### Register at:

www.peacehealth.org/advance-care-planning-livewebinar-classes

# 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





# FREE AD DESIGN

WITH PURCHASE OF THIS SPACE

(E) CALL 800.950.9952

lpicommunities.com/adcreator

# **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**

#### **Bridae**

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.

#### **Bocce Ball**

Monday and Thursday: 4:00pm

Try the most widely played game in the world. Beginners or long time players are welcome.

#### **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 Merilyn 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 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

Fee: \$60

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.

# JUNE ACTIVITIES CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
INTERESTED IN NEW ACTIVITIES? LET THE OFFICE KNOW!			TAJ JI: 10:00 - 10:00  TAJ JI: 10:00 - 11:00  TECH CONC: 10:30 - 12:30  PINOCHLE: 12:30 - 3:00	2 STRETCH: 9:30 - 10:30 BRIDGE: 10:00 - 12:00 CRAFT CIRCLE: 10:30 - 11:30 FIRE DEPT BP CHECKS: 11:00 - 12:00 STRENGTH CLASS: 12:30 - 1:30 BOCCE BALL: 4:00pm	3 FLEX/CORE: 9:00 - 10:00 TAJ JI: 10:00 - 11:00 FUN BINGO: 12:30 - 2:00	4
5	6 TAI JI: 10:00 - 11:00 BIBLE STUDY: 12:00 - 1:00 PINOCHLE: 12:30 - 3:00 MONDAY MESSAGE: 1:00 - 2:00 BOCCE BALL: 4:00pm	7 STRETCH: 9:30 - 10:30 BRIDGE: 10:00 - 12:00 STRENGTH CLASS: 12:30 - 1:30 BUG: 1:30 - 3:00	8 FLEX/CORE: 9:00 - 10:00 TAI JI: 10:00 - 11:00 TECH CONC: 10:30 - 12:30 PINOCHLE: 12:30 - 3:00	9 STRETCH: 9:30 - 10:30 BRIDGE: 10:00 - 12:00 CRAFT CIRCLE: 10:30 - 11:30 FIRE DEPT BP CHECKS: 11:00 - 12:00 STRENGTH CLASS: 12:30 - 1:30 BOCCE BALL: 4:00pm	10 FLEX/CORE: 9:80 -10:00 TAI JI: 10:00 - 11:00 FUN BINGO: 12:30 - 2:00	PANCAKE  BREAKFAST
12	13 TAI JI: 10:00 - 11:00 BIBLE STUDY: 12:00 - 1:00 PINOCHLE: 12:30 - 3:00 MONDAY MESSAGE: 1:00 - 2:00 BOCCE BALL: 4:00pm	14 STRETCH: 9:30 - 10:30 BRIDGE: 10:00 - 12:00 STRENGTH CLASS: 12:30 - 1:30 BUG: 1:30 - 3:00	15 FLEX/CORE: 9:00 - 10:00 TAI JI: 10:00 - 11:00 TECH CONG: 10:30 - 12:30 PINO CHLE: 12:30 - 3:00	16 STRETCH: 9:30 - 10:30 BRIDGE: 10:00 - 12:00 CRAFT CIRCLE: 10:30 - 11:30 FIRE DEPT BP CHECKS: 11:00 - 12:00 STRENGTH CLASS: 12:30 - 1:30 BOCCE BALL: 4:00pm	17 FLEX/CORE: 9:00 - 10:00 TAI JI: 10:00 - 11:00 FUN BINGO: 12:30 - 2:00	18
19	20 TAL JI:10:08 - 11:00 BIBLESTUDY: 12:00 - 1:00 PINOCHLE: 12:30 - 3:00 MONDAY MESSAGE: 1:00 - 2:00 BOCCE BALL: 4:00pm	21 STRETCH: 9:30 - 10:30 BRIDGE: 10:00 - 12:00 STRENGTH CLASS: 12:30 - 1:30 BUG: 1:30 - 3:00	22 FLEX/CORE: 9:00 - 10:00 TAJ JI: 10:00 - 11:00 TECH CONC: 10:30 - 12:30 PINO CHLE: 12:30 - 3:00	23 STRETCH: 9;30 - 10;30 BRIDGE: 10:00 - 12:00 CRAFT CIRCLE: 10:30 - 11:30 FIRE DEPT BP CHECKS: 11:00 - 12:00 STRENGTH CLASS: 12:30 - 1:30 BOCCE BALL: 4:00pm	24 FLEX/CORE: 9:00 - 10:00 TAI JI: 10:00 - 11:00 FUN BINGO: 12:30 - 2:00	25
26	27 TAI JI: 10:00 - 11:00 BIBLES TUDY: 12:00 - 1:00 PINOCHLE: 12:30 - 3:00 MONDAY MESSAGE: 1:00 - 2:00 BOCCE BALL: 4:00pm	28  STRETCH: 9:30 - 10:30  BRIDGE: 10:00 - 12:00  STRENGTH CLASS: 12:30 - 1:30  BUG: 1:30 - 3:00	29 FLEX/CORE: 9:00 - 10:00 TAI JI: 10:00 - 11:00 TECH CONC: 10:30 - 12:30 PINOCHLE: 12:30 - 3:00	30 STRETCH: 9:30 - 10:30 BRIDGE: 10:00 - 12:00 CRAFT CIRCLE: 10:30 - 11:30 FIRE DEPT BP CHECKS: 11:00 - 12:00 STRENGTH CLASS: 12:30 - 1:30 BOCCE BALL: 4:00pm	DAILY: 9:00 - 3:00 POOL ROOM GYM LIBRARY PING PONG DARTS	GYM CLOSED DURING STRENGTH CLASS

## **CONGREGATE MEAL CALENDAR**

Meals on Wheels a	nd More C		June 2022		
MONDAY	TUESDAY	WEDNESDAY	THUR	RSDAY	FRIDAY
	Alternate meals are available		Buttere		3
Pulled Pork with BBQ Sauce Parsley New Potatoes Roasted Brussel Sprouts w/ Balsamic Glaze Applesauce Carrot Raisin Salad	Greek Lemon Oregano Cod Greek Potatoes Nantucket Vegetables Fresh Fruit Greek Salad	7	Jasmine	egetables al Fruit	10
Orange Glazed Salmon Wild Rice Fresh Green Beans Blueberries Kale Citrus Salad	Asian Chicken Salad Oatmeal Bread Fresh Berries with Whipped Cream	14	Roast B Mashed Baby C Cookie	d Potatoes & Gravy Carrots	17
Shrimp & Veggie Yakisoba Nantucket Vegetables Apple Crisp Spinach Salad	Turkey Dinner Mashed Potatoes & Gravy Cranberry Sauce Green Beans Pumpkin Pie Garden Salad	21	Chicker Green E Fresh G Waldor	irapes	24
Beef Enchilada Casserole Sauteed Zucchini & Squash Apples Garden Salad	Adobo Chicken Brown Basmati Rice Roasted Veggie Medley Fresh Pineapple Sesame Cabbage Slaw	28	Wild Ri Steame	oin w/ Apple Chutney ce Pilaf ed Broccoli ny Cake	

All menus are subject to change due to food cost and availability

6

#### **ADT-Monitored Home Security**

**Get 24-Hour Protection** From a Name You Can Trust

- Burglary
- Flood Detection
- Fire Safety Carbon Monoxide



SafeStreets

1-855-225-4251





WITH PURCHASE OF THIS SPACE



🗅 CALL 800.950.9952





Call TODAY 360-366-4777

#### Services Offered:

- Outlet Repair Residential Services Commercial Services
- Smoke Detector Installation
  - Lic # FVABLEI108M7

SUPPORT OUR ADVERTISERS!





# PANCAKE BREAKFAST

# Pancake Breakfast Saturday June 11, 2022

8:00-11:00 am

Adults: \$7.00

Children under 6 - \$5.00

**Pancakes** 

All breakfasts include scrambled eggs, Sausage, coffee/Tea and orange juice.







Your support of the Senior Center is appreciated!

# 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 2<sup>nd</sup> 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 icassinos@whatcomcoa.org or drop them off at the front desk.

See you at lunch!

Julie Meyers, Meals on Wheels and More Director



8







## **Quality of Life with Dementia is Possible**

Through life-enriching care and a highly-skilled staff, Silverado offers flexible care tailored to the changing needs of individuals with memory impairment and their families.

Schedule a visit and see what can happen when clinical excellence and compassion meet.

Lic. #2386

(360) 746-6675 silveradocare.com/bellingham





## **NEW INFORMATION**



# Have you ever wanted to play bridge?

BRIDGE FOR BEGINNERS Wednesdays 9:30-12:00

Date TBA – Please let office know you're interested

# 2022 Senior Farmers Market Voucher Applications Now Available On-line & at BSC

Who? 60 years old + , WA state resident, low-income

What? Up to \$80 in coupons/vouchers that can be exchanged at approved farmers markets & farm stores

When? Apply now, vouchers can be redeemed starting June 1st

**How?** Complete and return an application available at the Blaine Senior Center.



Thank You!

On behalf of the young people we serve at the Boys & Girls Club in Blaine, I would like to extend my heartfelt thanks for all of the items that were donated during your recent hygiene drive. We were overwhelmed by the number of items that were delivered! The toothbrushes, toothpaste, soaps, deodorants, body washes, razors and other essential items are much-needed and very appreciated by our members.

Please understand that the items you donated to benefit our kids are much more than budget-relieving to their families. When a young person is able to take care of their personal grooming we notice an immediate increase in their self-confidence, self-esteem and willingness to participate in activities. It is hard to articulate the importance and value of that to those who may have never experienced it, but it is truly life changing. Also, it is very uplifting for our kids to know that adults in the community care about them and are willing to invest in them.

So, thank you for providing our youth with the Gift of Hope. As we begin to emerge from the pandemic it is more important than ever.



Sara L. Maloney Chief Development Officer Boys & Girls Clubs of Whatcom County



#### **NEW PROGRAMS**



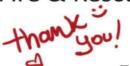
It's BOCCE time!

Begins June 13, 2022

Monday & Thursday
Weather Permitting
4:00 pm | H St. Lawn.
A great way to make new friends!

North Whatcom

Fire & Rescue





**BP Checks** 

**Thursdays** 



11-Noon\*

\* if no unforeseen emergencies

10

# **NEVER MISS A NEWSLETTER!**

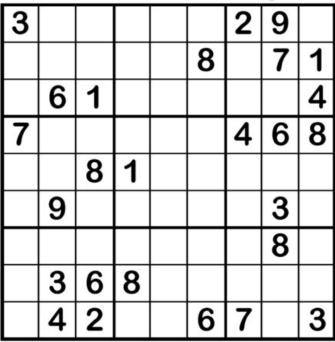
Sign up to have our newsletter emailed to you at www.mycommunityonline.com



### HE FUN PAGE!!

### Sudoku

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



©2021 Satori Publishing

#### DIFFICULTY: ★☆☆☆

#### THIS DAY IN HISTORY

#### June

June 2, 1979: Pope John Paul II arrived in his native Poland on the first visit by a pope to a Communist country.

June 4, 1984: Bruce Springsteen released his most successful album, "Born in the U.S.A."

June 5, 1851: Harriet Beecher Stow published the first installment of "Uncle Tom's Cabin" in "The National Era."

June 6, 1944: The D-Day invasion of Europe took place on the beaches of Normandy, France.

June 8, 1949: George Orwell published his novel, "1984."

June 9, 1973: Secretariat won the 105th Belmont Stakes by 31 lengths and ran the fastest 1-1/2 miles on dirt at 2:24.

June 12, 1987: Ronald Reagan challenged Mikhail Gorbachev to "tear down this wall."

June 14, 1777: The Continental Congress in Philadelphia adopted the "Stars and Stripes" as the national flag of the United States.

June 15, 1752: Benjamin Franklin experimented by flying a kite during a thunderstorm, showing the relationship between lightning and electricity.

## CROSSWORD PUZZLE

**ACROSS** 

Jackfruit

Ten (pref.) Dayak people 8

12 Original sinner 13 Devon river

14 Wings

- 15 Air
- 17 Byron poem 18 Compass

direction

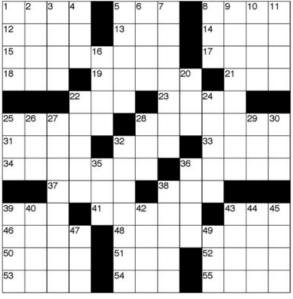
- 19 Chin. duck eggs 21 Wool cluster
- 22 Loose woman 23 Fermented
- honey drink 25 Chateaubriand heroine
- 28 Golf club 31 Polish rum cake
- 32 Women's Army Corps (abbr.) 33 Munich's river
- 34 Annona
- 36 Pers. carpet 37 Close
- 38 Guest house
- 39 Trend

- 41 Former Turk. president 43 Pother
- 46 Amalekite king 48 Riot
- 50 Wool (Lat.)
- 51 Exploit 52 Aoudad
- 53 High (pref.)
- 54 Three (pref.) 55 Concur

#### DOWN

- Green Arabian Sea
- gulf Window lead Soul or spirit
- (Fr.) Cotton fabric
- Exodus (abbr.) Of pottery Adjective-
- forming (suf.)
- 10 Rhine tributary
- 11 Wagon tongue 16 Samoan port
- 20 Beak 22 Sound loudly
- 24 Foreign in origin 25 Absolute (abbr.) 26 Truth: Chin.

- 27 Substantial 28 Siesta
- 29 Canadian (abbr.) 30 Crab-eating macaque
- 32 Effete (2 words) 35 Monkey
- 36 Neglect 38 Bury 39 FDR's dog
- 40 Bedouin headband cord
- 42 River into the Humber
- 43 Air (pref.) 44 Smear on
- 45 Migratory worker
- 47 Lively (Fr.) 49 King in India



©2021 Satori Publishing

CRYPTOGRAM

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

"WPLGMELGW ZG LYB CGYJR LPJG QJPL Y LYR'W GJJPJW, MIYR QJPL IEW XEJMFGW."

- IGRJB ZYDWZPJMI CPRSQGCCPZ

©2021 Satori Publishing

E060

Blaine Senior Center 763 G Street Blaine, WA 98230 PRST STD
U.S. POSTAGE
PAID
BLAINE, WA
PERMIT NO. 129







smile

Amazon donates 0.5% to the Center if you sign up before you shop on Amazon! So please visit smile.amazon.com, click on "My Account," then select Blaine Senior Center as your charity.

# Follow us on Facebook!