

BLAINE SENIOR CENTER





July 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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2022-2023 BOARD OF DIRECTORS & STAFF

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Toni Blakely
Thelma Archuletta
Madge Blackburn

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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 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

Thank you to all of the volunteers for the Pancake Breakfast we held in June!! I'd especially like to thank your Vice-President, Penny Tallman. She coordinated the entire fundraiser and it's because of her the event was such a huge success. We're having another Pancake Breakfast on July 4th (see the information in this newsletter), and we are looking for volunteers for that one as well. See the office or the sign up sheet at the front desk.

Bingo is also back this month on the 9th. Come by and try to win! Over \$275 in prizes!!

Another Health Fair will be on the 15th. The topic will be "Housing Options as We Age". There will be presentations and vendors, lots of information, I look forward to seeing you there!

Enjoy the summer sun,

Gordon



NEWS AND NOTICES

BEGINNER BRIDGE

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



FOOD BANK DRIVE

HELP US STOCK THE FOOD BANK PANTRY

NEIGHBORS HELPING NEIGHBORS!

DROP OFF IN THE BLAINE SENIOR CENTER

PANCAKE BREAKFAST JULY 4th

See the information in this newsletter OPEN TO THE PUBLIC



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!!

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FREE AD DESIGN

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 and Thursdays: 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

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. Gym use require a signed Physician's Release form available from the office.

Strength Training Class **Tuesday and Thursday**

12:30pm - 1:30pm

SIGN UP IN THE OFFICE **Next Class begins July 12th**

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

Fee: \$60

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.

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!

Blood Pressure Check

Thursdays: 11:00—12:00

Conducted by the North Whatcom Fire and Rescue. Keep track of your blood pressure conducted by trained professionals. If they have an emergency call this service will be postponed.

JULY ACTIVITIES CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	INTERESTED IN NEW ACTIVITIES? LET THE OFFICE KNOW!	GYM CLOSED DURING STRENGTH CLASS			1 FLEX/CORE: 9:00 - 10:00 TAI JI: 10:00 - 11:00 FUN BINGO: 12:30 - 2:00	2
3	PANCAKE BREAKFAST	5 STRETCH: 9:30 - 10:30 BRIDGE: 10:00 - 12:00 BUG: 1:30 - 3:00	FLEX/CORE: 9:00 · 10:00 BEGINNER BRIDGE: SEE OFFICE TAI JI: 10:00 · 11:00 TECH CONC: 10:30 - 12:30 PINOCHLE: 12:30 · 3:00	7 STRETCH: 9:30 - 10:30 BRIDGE: 10:00 - 12:00 CRAFT CIRCLE: 10:30 - 11:30 FIRE DEPT BP CHECKS: 11:00 - 12:00 BOCCE BALL: 4:00pm	8 TAI JI: 10:00 - 11:00 FUN BINGO: 12:30 - 2:00	BIG BUCKS BINGO
10	11 TAI JI: 10:00 - 11:00 BIBLE STUDY: 12:00 - 1:00 PINOCHLE: 12:30 - 3:00 BOCCE BALL: 4:00pm	12 STRETCH: 9:30 · 10:30 BRIDGE: 10:00 · 12:00 STRENGTH CLASS: 12:30 · 1:30 BUG: 1:30 · 3:00	13 FLEX/CORE: 9:00 · 10:00 BEGINNER BRIDGE: SEE OFFICE TAI JI: 10:00 · 11:00 TECH CONC: 10:30 - 12:30 PINOCHLE: 12:30 · 3:00	14 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	FLEX/CORE: 9:00 - 10:00 TAI JI: 10:00 - 11:00 HEALTH FAIR: Housing Options as we Age 10:00am - 2:30pm	16
17	18 TAI JI: 10:00 - 11:00 BIBLE STUDY: 12:00 - 1:00 PINOCHLE: 12:30 - 3:00 BOCCE BALL: 4:00pm	19 STRETCH: 9:30 · 10:30 BRIDGE: 10:00 · 12:00 STRENGTH CLASS: 12:30 · 1:30 BUG: 1:30 · 3:00	20 FLEX/CORE: 9:00 - 10:00 BEGINNER BRIDGE: SEE OFFICE TAI JI: 10:00 - 11:00 TECH CONC: 10:30 - 12:30 PINOCHLE: 12:30 - 3:00	21 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	22 FLEX/CORE: 9:00 - 10:00 TAI JI: 10:00 - 11:00 FUN BINGO: 12:30 - 2:00	23
24	25 TAI JI: 10:00 - 11:00 BIBLE STUDY: 12:00 - 1:00 PINOCHLE: 12:30 - 3:00 BOCCE BALL: 4:00pm	26 STRETCH: 9:30 - 10:30 BRIDGE: 10:00 - 12:00 STRENGTH CLASS: 12:30 - 1:30 BUG: 1:30 - 3:00	27 FLEX/CORE: 9:00 - 10:00 BEGINNER BRIDGE: SEE OFFICE TAI JI: 10:00 - 11:00 TECH CONC: 10:30 - 12:30 PINOCHLE: 12:30 - 3:00	28 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	29 FLEX/CORE: 9:00 - 10:00 TAI JI: 10:00 - 11:00 FUN BINGO: 12:30 - 2:00	30

CONGREGATE MEAL CALENDAR

Meals on Wheels and More BSAC Congregate Dining			Jul	ly 2022
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Kitchen Team Esmeralda O. Rachelle F. Christina M. Ian C.	Alternate meal in <i>italics</i>			
Happy 4th of July	Cheeseburger "Veggie Burger w/ Lettuce & Tomato lan's Potato Salad Fresh Carrot Sticks Strawberry Shortcake	6	7 Seared Ahi Tuna Salad w/ Sesame Dressing *Sesame Tofu Salad Spring Rolls Fresh Grapes	8
Cheddar Omelet w/ peppers Mushrooms & Onions Bacon Strips *Veg Sausage Roasted Potatoes w/ Leeks Fresh Fruit Salad	Reuben Style Chicken *Veggie Chicken Reuben Roasted Sweet Potato Roasted Broccoli Florets Garden Salad Cinnamon Applesauce	13	Hawaiian Braised Pork *Braised Tofu Coconut Raisin Rice Pineapple Slaw Caribbean Veggies Sherbet	15
Sundried Tomato Chicken Pasta *Chickpea Pasta w/ Sundried Tomato Sauce Caesar Salad Italian Green Beans Fresh Fruit	Panko Crusted Cod Loin Breaded Tofu Wild Rice Pilaf Orange Glazed Carrots Garden Salad Berries and Cream	20	Chicken & Dumplings *Vegetarian Dumpling Soup Spinach Salad Nantucket Veggies Cookie	22
BBQ Chicken *Veg Chicken Wings Tri-Color Potatoes Roasted Brussel Sprouts w/ Balsamic Glaze Peach Crisp	Taco Salad "Veg Taco Meat Salad Corn Bread Fresh Fruit	27	Turkey Meatloaf "Veggie Patty W/ Yukon Mashed Peas & Onions Citrus Kale Salad Birthday Cake	29

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

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UPCOMING EVENTS



BIG BUCKS BINGO



SATURDAY, July 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 Cheeseburger w/ chips & drink



Want to play Bridge?

Tuesdays & Thursdays

10am-Noon

Beginner lessons by appointment

Wednesday mornings

See office for details



Needed pantry items:

- * In-date shelf stable foods
- * Diapers
- * Pet Food
- * Detergent: laundry & dishwashing
- * Personal care products

neighbors helping neighbors

Drop off in bin in front of office.



See office for details.



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! Thursday, June 2nd we started offering lunch on Monday, Tuesday, and Thursday from 11:30-12:30. We continue to offer bags of frozen Senior To-go meals.

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



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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





HEALTH FAIR

Whatcom County Senior Centers present:

What's Next: Housing Options as We Age

Planning for care when you need it

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



Understanding the wide range of senior care and senior living options is the first step to selecting the best fit for yourself or a loved one. Effective planning will make these transitions easier.



Presentations addressing:

- Senior living options
- What to consider when navigating a move
- Options to help age in your home

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

July 15th

10am-2:30pm



PANCAKE BREAKFAST

4th of July Pancake Breakfast!

MONDAY JULY 4TH

8-11AM

Menu: Pancakes,
Scrambled Eggs,
Sausage, Coffee/Tea
and Orange Juice



Adults: \$7.00

Kids: under 6

\$5.00

10

NEVER MISS A NEWSLETTER!

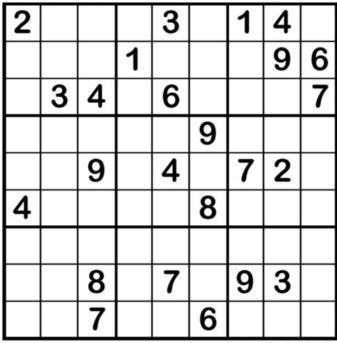
Sign up to have our newsletter emailed to you at www.mycommunityonline.com



HE FUN PAGE!!

Sudoku

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



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DIFFICULTY: ★★☆☆

This Day in History

July

July 1, 1979: Sony introduced the Walkman.

July 2, 1962: Wal-Mart Discount City opened in Rogers, Arkansas. It was the first Walmart store in the country.

July 3, 1922: "Fruit Garden and Home" magazine was introduced but was later renamed "Better Homes and Gardens."

July 4, 2004: In New York, the cornerstone of the Freedom Tower (One World Trade Center) was laid on the former World Trade Center site.

July 5, 1975: Arthur Ashe became the first black man to win a Wimbledon singles title when he defeated Jimmy Connors.

July 8, 2011: Space Shuttle Atlantis was launched for the last

July 11, 1914: Babe Ruth made his MLB debut with the Boston Red Sox.

July 14, 1789: The fall of the Bastille occurred at the beginning of the French Revolution.

July 15, 1973: Nolan Ryan of the California Angels became the first pitcher in two decades to win two no-hitters in a season.

July 16, 1935: Oklahoma City became the first city in the U.S. to install parking meters.

CROSSWORD PUZZLE

ACROSS Sinbad's bird

Niger-Congo language

Stripe 12 Abridged (abbr.)

13 Fat (pref.) 14 Economy

(abbr.) 15 Stinging insect

16 Douse (2 words)

18 Unclean in Jewish law 20 Russ. inland

sea 21 Ring-shaped

game piece 23 Cover meat with bacon

25 Fraction of a rupee 26 Fillet

27 Compass direction 30 Press for

12

15

21

25

30

33

payment

18

39

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33 Honshu bay 34 Haw. goose

36 Irish nobleman

40 Wine (pref.) 41 Sinuous

beloved

49 Monkey 50 Molding

DOWN

Mortar mixer Laconian clan group

13

16

42 43

48

51

31 Goodbye (Sp.) 32 Europe (abbr.) 35 City in Bihar India

37 Leg of mutton or lamb

38 First principles

44 Clod 47 Garden tool 48 Galatea's

51 Legislature

52 Belonging to (suf.)



Cotton fabric Item of property Hashish

Presidential nickname

One who is (suf.) Whiskers

Recorded

44 45

49

52

21 Arabian judge 22 Alone (Lat.) 23 Salt solution 24 Tonic herb

proceedings

11 Department of

Resources

Natural

(abbr.)

10 Carol

17 Line

19 Estuary

26 Polish border river 27 Solan (2 words)

28 Betel leaf concoction

29 Quod demonstrandum

31 Umbel family herb

35 Liquor 36 Afr. fruit 37 Alluvial deposit 38 Anagram

(abbr.) 39 Roast 40 Migratory

worker 41 Theater sign

42 Male person 43 Here (Fr.)

45 Amer. Automobile Assn. (abbr.)

46 Vertical airfoil

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

A52

"JFMMCTKPP CP F MKQXOSK DJCHJ YGO HFTTGW MGOQ GT PGSKGTK DCWJGOW IKWWCTI PGSK GT YGOQPKAX." -QFAMJ DFAEG KSKQPGT

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