



# BLAINE SENIOR CENTER



August 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)

**amazon** smile



## 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](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

It's with a heavy heart as I put together this newsletter. I will be leaving the center to move on to other opportunities. I've greatly enjoyed my time here and wish you all the best. Please welcome the new director, when they're selected, I wish whoever that is and the center my best. I leave with the place in good hands, Dennis and Penny are the right people to set the course for future success.

Gordon

## 2022—2023 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  
Madge Blackburn

### Staff

Office Administrator      Cheryl English



*Center contact information  
for all questions:*  
Phone: (360) 332-8040  
Fax: (360) 332-1709

# NEWS AND NOTICES

## BEGINNER BRIDGE

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



## PANCAKE BREAKFAST AUGUST 6th

See the information in  
this newsletter  
OPEN TO THE PUBLIC



## SENIOR DAY IN THE PARK PICNIC WITH A PURPOSE

A RESOURCE FAIR AND COOKOUT FOR  
OLDER ADULTS AND THEIR FAMILIES

August 3rd @ Hovander Park  
Transportation Provided

See Info 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

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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 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: 1:00pm**

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** **Fee: \$60**  
**Next Class begins August 16th**

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.

### **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!

### **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.

# AUGUST MONTHLY ACTIVITIES

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>GYM CLOSED DURING STRENGTH CLASS</b>	<b>1</b> TAI JI: 10:00 - 11:00 PINOCHLE: 12:30 - 3:00 BOCCCE BALL: 1:00pm	<b>2</b> STRETCH: 9:30 - 10:30 BRIDGE: 10:00 - 12:00 STRENGTH CLASS: 12:30 - 1:30 BUG: 1:30 - 3:00	<b>3</b> 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	<b>4</b> STRETCH: 9:30 - 10:30 BRIDGE: 10:00 - 12:00 CRAFT CIRCLE: 10:30 - 11:30 FIRE DEPT BP CHECKS: 11:00 - 12:00 BOCCCE BALL: 1:00pm	<b>5</b> FLEX/CORE: 9:00 - 10:00 TAI JI: 10:00 - 11:00 FUN BINGO: 12:30 - 2:00	<b>6</b> PANCAKE BREAKFAST 
	<b>7</b> TAI JI: 10:00 - 11:00 PINOCHLE: 12:30 - 3:00 BOCCCE BALL: 1:00pm	<b>8</b> STRETCH: 9:30 - 10:30 BRIDGE: 10:00 - 12:00 STRENGTH CLASS: 12:30 - 1:30 BUG: 1:30 - 3:00	<b>9</b> 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	<b>10</b> STRETCH: 9:30 - 10:30 BRIDGE: 10:00 - 12:00 CRAFT CIRCLE: 10:30 - 11:30 FIRE DEPT BP CHECKS: 11:00 - 12:00 BOCCCE BALL: 1:00pm	<b>11</b> FLEX/CORE: 9:00 - 10:00 TAI JI: 10:00 - 11:00 FUN BINGO: 12:30 - 2:00	<b>12</b> TAI JI: 10:00 - 11:00 FUN BINGO: 12:30 - 2:00
<b>14</b> TAI JI: 10:00 - 11:00 PINOCHLE: 12:30 - 3:00 BOCCCE BALL: 1:00pm	<b>15</b> STRETCH: 9:30 - 10:30 BRIDGE: 10:00 - 12:00 STRENGTH CLASS: 12:30 - 1:30 BUG: 1:30 - 3:00	<b>16</b> 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	<b>17</b> STRETCH: 9:30 - 10:30 BRIDGE: 10:00 - 12:00 CRAFT CIRCLE: 10:30 - 11:30 FIRE DEPT BP CHECKS: 11:00 - 12:00 BOCCCE BALL: 1:00pm	<b>18</b> FLEX/CORE: 9:00 - 10:00 TAI JI: 10:00 - 11:00 FUN BINGO: 12:30 - 2:00	<b>19</b> TAI JI: 10:00 - 11:00 FUN BINGO: 12:30 - 2:00	<b>20</b>
<b>21</b> TAI JI: 10:00 - 11:00 PINOCHLE: 12:30 - 3:00 BOCCCE BALL: 4:00pm	<b>22</b> STRETCH: 9:30 - 10:30 BRIDGE: 10:00 - 12:00 STRENGTH CLASS: 12:30 - 1:30 BUG: 1:30 - 3:00	<b>23</b> 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	<b>24</b> STRETCH: 9:30 - 10:30 BRIDGE: 10:00 - 12:00 CRAFT CIRCLE: 10:30 - 11:30 FIRE DEPT BP CHECKS: 11:00 - 12:00 BOCCCE BALL: 1:00pm	<b>25</b> FLEX/CORE: 9:00 - 10:00 TAI JI: 10:00 - 11:00 FUN BINGO: 12:30 - 2:00	<b>26</b> TAI JI: 10:00 - 11:00 FUN BINGO: 12:30 - 2:00	<b>27</b>
<b>28</b> TAI JI: 10:00 - 11:00 PINOCHLE: 12:30 - 3:00 BOCCCE BALL: 1:00pm	<b>29</b> STRETCH: 9:30 - 10:30 BRIDGE: 10:00 - 12:00 STRENGTH CLASS: 12:30 - 1:30 BUG: 1:30 - 3:00	<b>30</b> 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	<b>31</b> 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	INTERESTED IN NEW ACTIVITIES?  LET THE OFFICE KNOW!		

# CONGREGATE MEAL CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Spaghetti w/ Meatballs * <i>Veggie Meatballs</i> Green Beans Caesar Salad Fresh Melon	2 Orange Chicken * <i>Veg Chicken</i> Egg Fried Rice Egg Roll Sesame Mandarin Slaw Fortune Cookie	3 <b>Senior Day in the Park</b> Hovander Park Ferndale 10am-2pm BBQ Lunch & Resource Fair	4 Homestyle Chili * <i>Vegetarian Chili</i> Cornbread Garden Salad Ice Cream	5
8 Beer Braised Brats * <i>Veggie Brat</i> Red Sauerkraut Roasted Potatoes Glazed Parsley Carrots Peach Crisp	9 Steak Fajitas Over Rice * <i>Veggie Fajitas</i> Black Beans Roasted Cilantro Lime Corn Chips w/ Pico de Gallo Sherbet	10	11 Pineapple Chicken Salad Wrap * <i>Garden Wrap</i> w/ Multigrain Chips Fresh Grapes Sherbet	12
15 Salmon Filet * <i>Veggie Patty</i> Wild Rice Pilaf Green Bean Almondine Fruit Ambrosia w/ Coconut	16 Chicken Apple Walnut Salad w/ Feta, Craisins and Balsamic Dressing * <i>Veggie Apple Walnut Salad</i> Oatmeal Bread Fresh Fruit	17	18 Country Fried Steak * <i>Veg Fried Steak</i> Yukon Mashed Potatoes Country Gravy Peas & Carrots Garden Salad Apple Crisp	19
22 Lemon Oregano Roasted Chicken Quarters * <i>Veggie Chicken</i> Greek Lemon Potatoes Spinach Pear Bacon Salad Banana Cream Pudding	23 BBQ Pulled Pork * <i>BBQ Tofu</i> Brown Rice Kale Cabbage Slaw Fruited Jell-O	24	25 Chicken Pot Pie * <i>Mushroom Pot Pie</i> Garden Salad Birthday Cake	26
29 Beef Stroganoff * <i>Veggie Stroganoff</i> Rotelle Pasta Garden Fresh Salad Fresh Melon	30 Shrimp Louis Salad * <i>Garden Salad</i> Wheat Roll Blueberry Crisp	31	Kitchen Team Esmeralda O. Christina M. Ian C.	Alternate meal in <i>italics</i>

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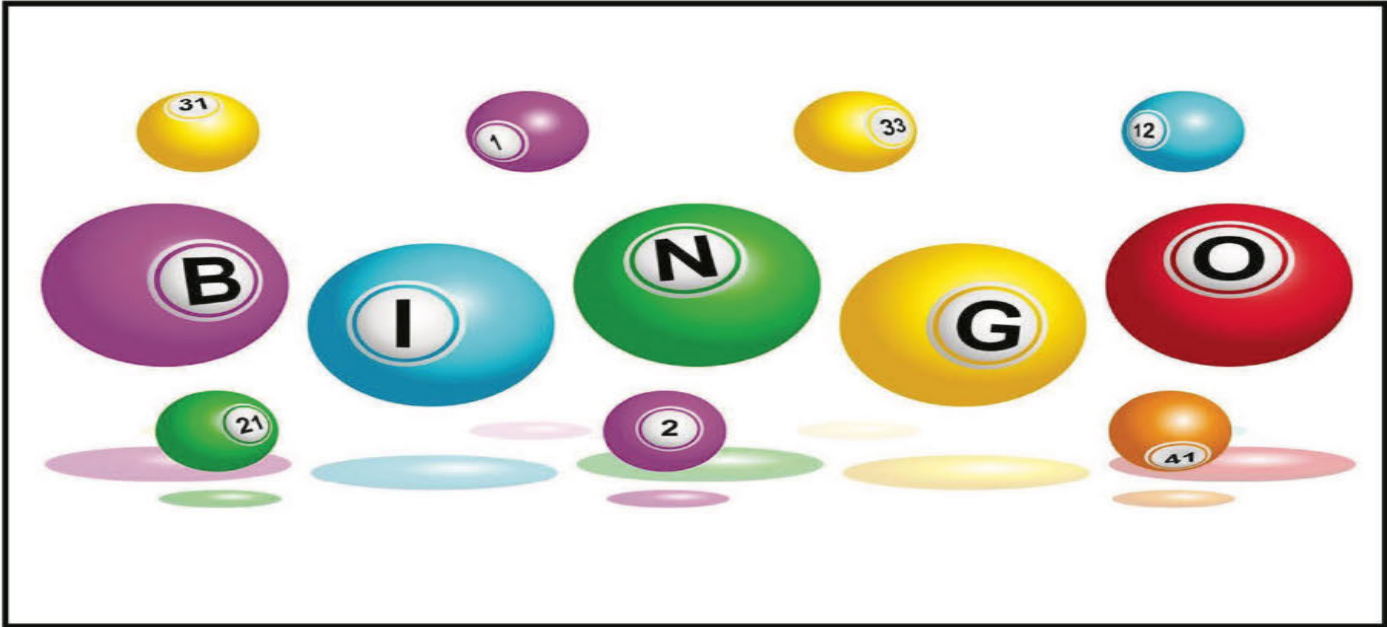
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Blaine Senior Center, Blaine, WA

B 4C 05-1037



# BIG BUCK\$ BINGO!!!



## **BIG BUCK\$ BINGO!!!**

**Saturday, August 13th**

**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**

# 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 2<sup>nd</sup> 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](mailto:jmeyers@whatcomcoa.org) or 360-733-4030 x1025. Got menu ideas? Send them to Ian at [icassinis@whatcomcoa.org](mailto: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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Blaine Senior Center, Blaine, WA

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# SENIOR DAY IN THE PARK



Presents



## A PICNIC WITH A PURPOSE

A resource fair and cookout for older adults and their families.

**Wednesday, August 3rd**  
Hovander Homestead Park  
10am-2pm

[WhatcomCOA.org](http://WhatcomCOA.org)  
360-733-4030



Visiting Angels

Senior Support Services



# PANCAKE BREAKFAST

**Drayton Harbor Maritime Festival Community Pancake Breakfast**

**Join us: Saturday August 6, 2022**

**8—11:00am**

**Adults: \$7.00 Kids: under 6 \$5.00**

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



**Join the Blaine Senior Center**

**Are you 50 or older? Join for \$45.00 per calendar year.**

**Great Classes and Activities**

**Blaine Senior Center - 763 G St, Blaine, WA Phone: 360 332-8040**

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# NEVER MISS A NEWSLETTER!

Sign up to have our newsletter emailed to you at [www.mycommunityonline.com](http://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.

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

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DIFFICULTY: ★★☆☆

### This Day in History

#### August

August 1, 1981: Music Television (better known as MTV) was launched.

August 5, 1962: Film star Marilyn Monroe died at age 36 from an overdose of sleeping pills.

August 6, 1945: the first Atomic Bomb was dropped over the center of Hiroshima by the American B-29 bomber Enola Gay.

August 8, 1974: President Richard Nixon announced his resignation, the first president to do so in U.S. history.

August 13, 1846: The American Flag was raised for the first time in Los Angeles, California.

August 14, 1935: President Roosevelt signed the Social Security Act.

August 18, 1920: The 19th Amendment to the U.S. Constitution was ratified, granting women the right to vote.

August 28, 1996 - A divorce decree was issued for Britain's Charles and Princess Diana, ending their 15-year marriage.

August 31, 1994: A cease-fire was declared by the Irish Republican Army after 25 years of bloodshed in Northern Ireland.

## CROSSWORD PUZZLE

### ACROSS

- 1 Tibetan priest
- 5 More than enough
- 8 Ancient Heb. month
- 12 Son of Samuel
- 13 Television channel
- 14 Before (Lat.)
- 15 Dissertation
- 17 Two-horse chariot
- 18 A (Ger.)
- 19 Braid linen tape
- 21 Male cat
- 22 Card game
- 23 Balto-Slav
- 25 Rain tree
- 28 Iron lung
- 31 Smile
- 32 Hours (abbr.)
- 33 Insect
- 34 Active
- 36 Nutlike drupe
- 37 Diagonal (abbr.)
- 38 River into the North Sea
- 39 Health resort
- 41 Chronicles (abbr.)
- 43 Affirmative
- 46 Senior (Fr.)
- 48 Sloe (2 words)
- 50 Caliph
- 51 Pointed (pref.)
- 52 Aweto
- 53 Cella
- 54 Favorable vote
- 55 Eight (pref.)

### DOWN

- 1 Dead
- 2 Shelter (Fr.)
- 3 Air
- 4 Amer. Automobile Assn. (abbr.)
- 5 Arawakan language
- 6 City on the Irtysh
- 7 Eye of an insect
- 8 All points
- 9 Fr. historical provinces
- 10 Foe of Othello
- 11 Ray
- 16 Noun-forming (suf.)
- 20 Always
- 22 Haw. porch
- 24 Clemenceau's nickname
- 25 Signed (abbr.)
- 26 Adjective-forming (suf.)
- 27 Phil. island
- 28 Civil Rights Commission (abbr.)
- 29 "Casablanca" character
- 30 As written in music
- 32 Pike
- 35 Son of (Scot.)
- 36 Look after
- 38 Evil intent, in law
- 39 Cross oneself
- 40 SW US cotton
- 42 "Dream Girl" playwright
- 43 Fish sauce
- 44 Mongol tent
- 45 Blood disease (suf.)
- 47 Ger. spa
- 49 Indo-Chin. language



1	2	3	4	5	6	7	8	9	10	11	
12				13				14			
15				16				17			
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46			47		48			49			
50					51			52			
53					54			55			

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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: "L" = "R"

"GRGLMBWSDX SV FWIDXSDX. PGUPZG  
ILG BIHSDX BWGSL FUQGYSIDV  
VGLSUAVZM IDY BWG PUZSBSFSIDV IV I  
JUHG." – ESZZ LUXGLV

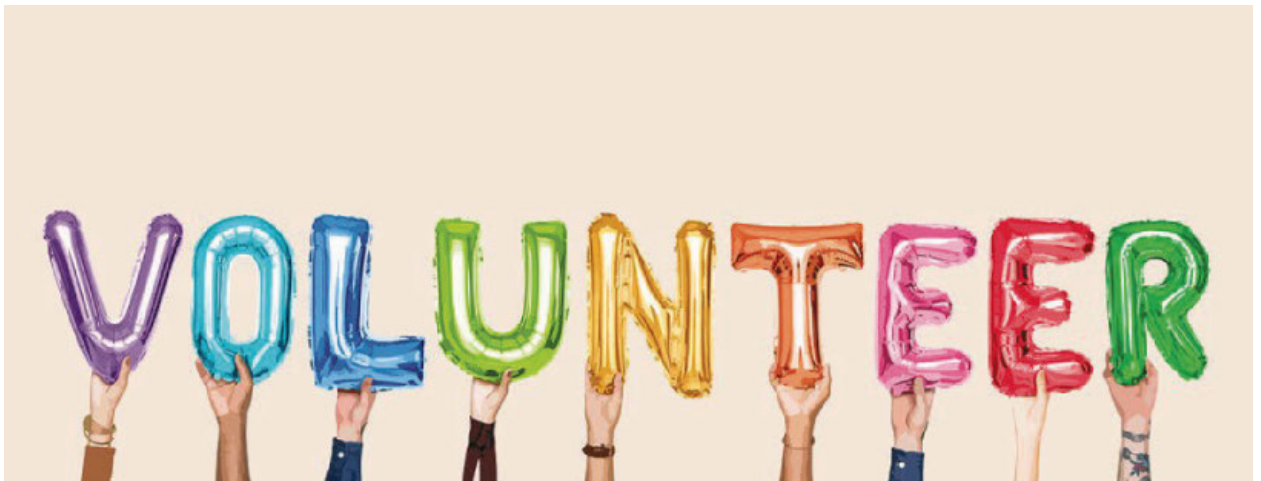
– Jean-Jacques Rousseau

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