



# BLAINE SENIOR CENTER



September 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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### 2022—2023 BOARD OF DIRECTORS & STAFF

#### Board Executive Officers

President	Penny Tallman
Vice-President	Adele Berman
Secretary	Graham Hunter
Treasurer	Jeri White

#### Blaine Senior Center Board Members

Laurie Donaldson  
Harmanna Kunst  
Janet Pickard  
Toni Blakely  
Thelma Archuletta  
Madge Blackburn

#### Staff

Interim Director /  
Office Administrator Cheryl English

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

## 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

Last week I saw this sign in a local restaurant - "Like the rest of the world we are understaffed. Thank you for your understanding." With the recent departure of our director and office admin this sentiment hits home. So, I'd like to thank all our members who have been supportive and understanding as we try to keep things as normal as possible. I know that sometimes the phone doesn't get answered and some things may inadvertently fall through the cracks and for that I apologize. Please do not hesitate to remind me or give me your feedback. On that note, I have made some changes to the newsletter based on feedback received. I hope you approve. Keep it coming!

This month we welcome a new program led by a member who is a master knitter and has taught at Whatcom Community College. If you want to learn, pick up new skills or just socialize with other knitters I hope you join Beth Mondays at 3pm starting September 10.

And a reminder that the CAP coat drive will kick-off September 1st. We will be a drop-off location so maybe it's time to clean your closets?

Cheryl

*thank you!*

PS To all amateur photographers out there, would love to put your local scenery picture on the front cover. Any pic printed will include photo credit. Unlike my amateur effort this month, remember landscape (vs portrait) orientation for best results.

# NEWS AND NOTICES

## BIG BUCKS BINGO

SATURDAY, SEPT 10th

12:30- Early Bird

2 games \$1 /ea

1:00-3:00 - BINGO

\$15 for 8 games, 3 cards per game



Lunch—\$8 @ Noon

OPEN TO THE PUBLIC  
BRING YOUR FRIENDS



## LIKE TO TAKE PICTURES?

Looking for amateur photographers who want to see their local PNW life picture on the cover of the bulletin.

Interested? Call Cheryl



Check out the  
BSC jobs  
on our webpage



[www.blaineseniorcenter.org](http://www.blaineseniorcenter.org)

## MELODY IS BACK!!

The new MOW cook is a former Blaine favorite. Join us for lunch Mondays, Tuesdays and Thursdays from 11:30-12:30

See page 8-9 for details.

## Interested in Knitting



New group forming with a master knitter.



MONDAYS @ 3PM

Starting September 12

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, Wednesdays, 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: 8:00am - 4:00pm**

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

### **Stretch with Dolly 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: 8:00am - 4:00pm**

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 October 4th**

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—9:45**

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.

# SEPTEMBER ACTIVITY CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>BSC OPEN 8-4 M-F</b></p>		<p><b>GYM CLOSED DURING STRENGTH CLASS</b></p> 		<p>1 STRETCH: 9:30 BRIDGE: 10-12 CRAFT: 10:30 BP CHECKS: 11-12 MOW LUNCH: 11:30 - 12:30 STRENGTH: 12:30-1:30 BOCCE: 1:00</p>	<p>2 FLEX/CORE: 9:00 - 9:45 TAI JI: 10-11 FUN BINGO: 12:30 - 2:00</p>	<p>3</p>
<p>4</p>	<p>5 <b>OFFICE CLOSED</b></p> 	<p>6 STRETCH: 9:30 - 10:30 BRIDGE: 10-12 MOW LUNCH: 11:30 - 12:30 STRENGTH: 12:30-1:30 BUG: 1:30-3:00</p>	<p>7 TAI JI: 10-11 BRIDGE: 10-12 TECH CONC: 10:30 - 12:30 PINOCHLE: 12:30 - 3:00</p>	<p>8 STRETCH: 9:30 BRIDGE: 10-12 CRAFT: 10:30 BP CHECKS: 11-12 MOW LUNCH: 11:30 - 12:30 STRENGTH: 12:30-1:30 BOCCE: 1:00</p>	<p>9 TAI JI: 10-11 FUN BINGO: 12:30 - 2:00</p>	<p>10 <b>BIG BUCKS BINGO</b></p> 
<p>11</p>	<p>12 TAI JI: 10-11 MOW LUNCH: 11:30-12:30 PINOCHLE: 12:30 - 3:00 BOCCE: 1:00 KNITTING: 3-4</p>	<p>13 STRETCH: 9:30 - 10:30 BRIDGE: 10-12 MOW LUNCH: 11:30 - 12:30 STRENGTH: 12:30-1:30 BUG: 1:30-3:00</p>	<p>14 TAI JI: 10-11 BRIDGE: 10-12 TECH CONC: 10:30 - 12:30 PINOCHLE: 12:30 - 3:00</p>	<p>15 STRETCH: 9:30 BRIDGE: 10-12 CRAFT: 10:30 BP CHECKS: 11-12 MOW LUNCH: 11:30 - 12:30 STRENGTH: 12:30-1:30 BOCCE: 1:00</p>	<p>16 TAI JI: 10-11 FUN BINGO: 12:30 - 2:00</p>	<p>17</p>
<p>18</p>	<p>19 TAI JI: 10-11 MOW LUNCH: 11:30-12:30 PINOCHLE: 12:30 - 3:00 BOCCE: 1:00 KNITTING: 3-4</p>	<p>20 STRETCH: 9:30 - 10:30 BRIDGE: 10-12 MOW LUNCH: 11:30 - 12:30 BUG: 1:30-3:00</p>	<p>21 TAI JI: 10-11 BRIDGE: 10-12 TECH CONC: 10:30 - 12:30 PINOCHLE: 12:30 - 3:00</p>	<p>22 STRETCH: 9:30 BRIDGE: 10-12 CRAFT: 10:30 BP CHECKS: 11-12 MOW LUNCH: 11:30 - 12:30 BOCCE: 1:00</p>	<p>23 TAI JI: 10-11 FUN BINGO: 12:30 - 2:00</p>	<p>24</p>
<p>25</p>	<p>26 TAI JI: 10-11 MOW LUNCH: 11:30-12:30 PINOCHLE: 12:30 - 3:00 BOCCE: 1:00 KNITTING: 3-4</p>	<p>27 STRETCH: 9:30 - 10:30 BRIDGE: 10-12 MOW LUNCH: 11:30 - 12:30 BUG: 1:30-3:00</p>	<p>28 FLEX/CORE: 9:00 - 9:45 TAI JI: 10-11 BRIDGE: 10-12 TECH CONC: 10:30 - 12:30 PINOCHLE: 12:30 - 3:00</p>	<p>29 STRETCH: 9:30 BRIDGE: 10-12 CRAFT: 10:30 BP CHECKS: 11-12 MOW LUNCH: 11:30 - 12:30 BOCCE: 1:00</p>	<p>30 FLEX/CORE: 9:00 - 9:45 TAI JI: 10-11 FUN BINGO: 12:30 - 2:00</p>	<p>Interested in a new activity?  Let us Know.</p>

# TECH CONCIERGE TIPS



## BSC TECH CONCIERGE

WED 10:30-12:30

Call/drop in office to reserve time

Getting a message your Android smart phone memory is LOW? The problem might be solved by a \$20 fix rather than buying a new phone. Often a micro SD memory card can be added to your phone and photos and apps can be directed to use it once installed. This can extend your phone's life.

Did you know that your smartphone and/or tablet typically backs itself up to the internet through a Google account (android phones) or iCloud (iPhone)? This helps protect you from losing photos, mail, messages, and other important information. And, if you have more than one device (a tablet and a smartphone for example), your photos and information can be shared across them. To ensure that this is happening you should check your Google or iCloud settings.

The BSC Tech Concierge can help you with both of these.

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# EAT WITH FRIENDS FOR BETTER HEALTH

A recent call from a Meals on Wheels client who lives alone and complained of poor appetite reminded me how important the social aspect of eating and socialization in general is to our well-being. Loneliness is known to be a significant risk factor for malnutrition in older adults. It has also been linked to increased risk for stroke, heart disease, depression, and dementia. Socially isolated seniors tend to have decreased appetite, and decreased intake of protein, fruits, and vegetables. They are often less motivated to shop, cook, and eat. The COVID-19 pandemic put older adults even more at risk for the detrimental effects of social isolation and loneliness. If you do find yourself mostly eating alone, or even if you eat with a partner most days, here are a few tips to help increase your motivation to shop, cook, and eat (healthfully) and improve the nutritional quality of your diet.

**Join old and new friends for lunch at the Blaine Senior Center.** Senior Community Lunch provides an excellent opportunity for older adults to enjoy a nutritionally balanced meal in a social setting. The Blaine Senior Center offers in-person lunch on Mondays, Tuesdays, and Thursdays from 11:30 to 12:30 pm. Lunch is offered on a donation-only basis for adults aged 60 and over, but no senior will be turned away due to inability to contribute. Come for the meal and stay for the other activities offered at the Center. You might learn something new or find a new friend.

**Eat at regular mealtimes** instead of snacking throughout the day. It is okay to snack, but regular meals with 4-6 hours in between will give your body a chance to get hungry.

**Eat at the table or counter.** Even if it is just you, make a point to eat in a designated dining area.

**If you are eating a frozen meal, serve it on a plate-** not in the container.

Turn off the television and **remove other distractions.**

Keep seasoning blends, salsa, and sauces/dressings on hand to **spice up** frozen or cooked meals. Johnny's, Cajun, Italian, or Asian seasoning blends come in handy. Like it spicy? Keep a bottle of Sriracha or Tabasco at your disposal.

**Plan** your meals in advance and choose meals that don't involve intense preparation.

**Keep staple foods** in your pantry, especially foods that you enjoy regularly and have a long shelf life (Pastas, Rice, Canned Goods, etc.).

Keep small quantities of fresh fruit and your favorite salad ingredients in your fridge for quick smoothies and salads and to add to cereal, yogurt or enhance a frozen meal.

**Make a grocery list** and avoid shopping hungry.

**Call a friend and make plans to eat together.**

While you might not be comfortable in all social settings quite yet at least consider picking up the phone and calling a friend this week. Better yet, invite them to go on a walk or to join for lunch. You might find that it just improves your appetite and motivation to prepare and eat healthy meals throughout the rest of the week.

**Julie Meyers, MS, RD**  
**Meals on Wheels and More Director**



# MEALS ON WHEELS AND MORE

## Senior Meal Updates!

**In-house Senior Community Lunch:** Monday, Tuesday, & Thursday 11:30-12:30.

**Frozen Senior To-go Meals:** Thursday 11:30-12:00 (bag of 5 frozen meals, milk & bread)

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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# CONGREGATE MEAL CALENDAR

September 2022

Meals on Wheels and More BSAC Congregate Dining

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Kitchen Team Esmeralda O. Christina M. Melody P. Tom M.	<i>Alternative Meal in Italics</i>		1 Stuffed Cabbage Casserole (Beef) * <i>Veggie Casserole</i> Sweet Potato Garden Salad Dinner Roll Brownie	2
Closed  Labor Day	5 Bacon Cheeseburger <i>Veggie Burger</i> w/ Lettuce & Tomato Potato Salad Fresh Grapes Ice Cream	6	7 Panko Crusted Cod Loin <i>Breaded Tofu</i> Wild Rice Pilaf Orange Glazed Carrots Garden Salad Berry Crisp	8 9
12 Chicken Marsala <i>Vegan Chicken Marsala</i> Over Buttered Noodles Green Beans w/ Crispy Onions Garden Salad Sliced Peaches	13 Cobb Salad <i>Entrée Garden Salad (Local Greens)</i> Oatmeal Bread Berry Yogurt Parfait Cup	14	15 Chinese BBQ Pork * <i>BBQ Tofu</i> Egg Vegetable Fried Rice Veggie Spring Roll Fortune Cookies	16
19 Chicken Pasta w/ Pesto Cream Sauce * <i>Veggie Pesto Pasta</i> Roasted Carrots & Parsnips Caesar Salad Bread Stick Fresh Grapes	20 Sole Almondine w/ Citrus Capar Butter <i>Vegan Cutlet</i> Garlic Parsley Potatoes Green Beans Fruited Jell-O	21	22 <b>Eat Local Day</b> Locally Raised Beef Stew w/ Garden Vegetables <i>Vegetable Stew</i> Buttermilk Biscuits Garden Salad Washington Apple Crisp	23
26 Steak Burrito Wrap (Locally Raised Beef) <i>Veggie Wrap</i> Citrus Slaw Salad Cinnamon Rice Pudding	27 Chicken Phad Thai Tofu Phad Thai Veg Potsticker Asian Mandarin Slaw Fresh Melon	28	29 Chicken Cordon Bleu Roast Sweet Potato Peas & Onions Garden Salad Berry Birthday Cake	30

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

# CAP COAT DRIVE

community  
assistance  
CAP program



Once again the Blaine Senior Center will be a drop-off location for the CAP Coat Drive. CAP's Coat Distribution will serve residents of Blaine, Birch Bay, Custer & Point Roberts.

Clean, good quality, new or gently-used winter coats, hats, gloves & socks for men, women and children are accepted. XXL, XXXL, and toddler sizes are in high demand. All used items must be freshly laundered.



September 1-30

10

## 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.

			6		2			
9			7			8		
	6	3		2	9			4
2				9	8			
6	8							1
	7							2
								7
4				7	6	9		
1			4					

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DIFFICULTY: ★★★★★

## CROSSWORD PUZZLE

- ACROSS**
- 1 Greek letter
  - 4 Eastern bishop's title
  - 8 Indian music
  - 12 Handle
  - 13 City on the Rhine
  - 14 Stench
  - 15 Camel hair cloth
  - 16 Trave
  - 18 Olive color
  - 20 Ger. dive bomber
  - 21 Witless chatter
  - 23 Boys' author
  - 27 Elide (2 words)
  - 32 Killer whale
  - 33 Buddhist column
  - 34 Nape
  - 36 Atl. Coast Conference (abbr.)
  - 37 Anatomy (abbr.)
  - 39 Channel islands
  - 41 Bless: Yidd.
  - 43 Central nervous system (abbr.)
  - 44 Enamel (Fr.)
  - 48 Abstract being
  - 51 Lamia (2 words)
  - 55 Brown
  - 56 Card
  - 57 Norse epic
  - 58 Vanity
  - 59 Circular motion
  - 60 Thoroughfare
  - 61 Cut
- DOWN**
- 1 Interpret
  - 2 Jap. pit viper
  - 3 Monkey
  - 4 Amer. Kennel Club (abbr.)
  - 5 Round Table knight
  - 6 Stigma
  - 7 Korean apricot
  - 8 Tropical fish
  - 9 "Fables in Slang" author
  - 10 Port. colony in India
  - 11 Limb
  - 17 Jamaican dance music
  - 19 Lug
  - 22 Kidney bean
  - 24 Culm (2 words)
  - 25 Lo (Lat.)
  - 26 Blue
  - 27 Thick slice
  - 28 Bowling alley
  - 29 Geode
  - 30 Medieval shield
  - 31 Fluidity unit
  - 35 Amer. Red Cross (abbr.)
  - 38 Sleeping sickness fly
  - 40 Compass direction
  - 42 Her Majesty's Ship (abbr.)
  - 45 Mime
  - 46 Iodine (pref.)
  - 47 Wife of Tyndareus
  - 49 Farinaceous food
  - 50 Enough (Scot.)
  - 51 Cask
  - 52 Noun-forming (suf.)
  - 53 Aura
  - 54 Angry



1	2	3		4	5	6	7		8	9	10	11
12				13					14			
15				16					17			
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51	52	53						54		55		
56					57					58		
59					60					61		

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A55

## ENIGMA™ CRYPTOGRAM

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

"KJDQXVRX QB TQDDXP, TED QDB  
WPEQD QB BYXXD."  
- HXJV-HJRZEXB PМЕВВXJE

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E054

# AUGUST FUN PAGE ANSWERS!!

### Answer to Sudoku

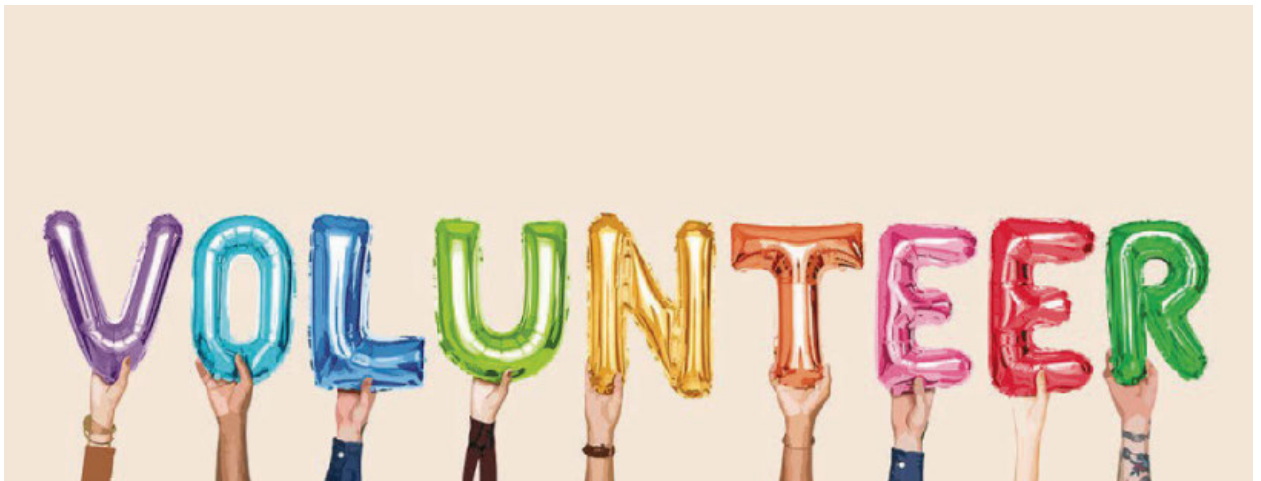
1	7	5	8	3	4	2	9	6
6	2	4	1	9	5	8	7	3
3	9	8	7	2	6	4	5	1
2	4	6	5	7	3	1	8	9
8	1	9	6	4	2	7	3	5
5	3	7	9	8	1	6	2	4
9	6	1	2	5	7	3	4	8
4	8	2	3	1	9	5	6	7
7	5	3	4	6	8	9	1	2

"Everything is changing. People are taking their comedians seriously and the politicians as a joke." — Will Rogers

L	A	M	A	T	O	O	A	B	I	B
A	B	I	A	A	M	C	P	R	A	E
T	R	E	A	T	I	S	E	B	I	G
E	I	N	I	N	K	L	E	T	O	M
			L	O	O	L	E	T	T	
S	A	M	A	N	C	U	R	I	A	S
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		D	I	A	G	D	E	E		
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A	I	N	E	W	I	L	D	P	L	U
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N	A	O	S	Y	E	S	O	C	T	A

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