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Wednesday, Dec. 5, 5:30 p.m.

BAH 3rd Annual Holiday Party at the Bellwether Hotel Admiral Room. The cost is \$30 per person. Call the office to reserve your space by December 4 and tell us which of three entrees you prefer, and if you need a ride, just ask!

Thursday, Dec. 6, 6-8 p.m., St. Joseph Medical Center

Your Voice, Your Choice: Advance Directives Workshop. PeaceHealth's free interactive workshop on completing an Advance Directive. Leaders will guide you through the simple yet thought provoking process of choosing a health care agent and putting in writing your wishes related to your health care in the event that you are unable to speak for yourself.

Contact Hilary Walker at 360-752-5276 to reserve your space or sign up at <http://app.peacehealth.org/Course/CDetails.aspx?CourseID=2535&RegionID=5>

Wednesday, Dec. 12, 1-3 p.m. BSAC Rm. 16

Bellingham At Home Casual Holiday Gathering: We're combining our last Outreach Information Session with an informal holiday party. Bring a friend who might be interested in BAH, or call another member from your neighborhood (even if you don't know them) and plan to come together. Or just come yourself and help us meet and greet potential members. Light refreshments will be served. We welcome all levels of participation—members, volunteers, member-volunteers, and interested citizens. Bring a friend or a relative and help them learn more about Bellingham's own "virtual village."

Thursday, Dec. 13, 3-5 p.m.

Gifts of Age Conversation Group: Meet at Angela's home. Call for directions at 360-603-0064.

Friday, Dec. 14, 2-4 p.m.

Book Group: As the cold weather and holidays press in, our not-so-young immune systems can be compromised. That's when we turn to books like Andrew Weil's, *Healthy Aging: A Lifelong Guide to Your Physical and Spiritual Well-Being*, our book choice for December. Weil offers us a wide scope for reflection, as he takes up, first, "The Science and Philosophy of Aging," and then, "How To Age Gracefully." While a compendium of knowledge, the book offers a lively writing style, drawing on myth and legend, as well as scientific evidence. Weil entertains as well as informs. Join us for an authoritative and companionable read through a fascinating combination of traditional and non-traditional approaches to health and healthy living. We are meeting December 14 to accommodate the holidays, at the home of Nanette Davis. Call for directions: 360-671-1686; drnanettej@gmail.com.

Thursday, Dec. 20, 12 p.m.

Lunch Bunch: Meet at the Five Columns Restaurant, 1301 E Maple St. Contact Joan, 360-592-4345.

Friday, Dec. 21, 2 p.m., BSAC auditorium

BSAC Holiday Celebration: Bring your friends and join us in holiday cheer as the Senior Singers perform and the Rhythm Band leads us in our annual holiday sing-a-long. Guests are welcome.