



July – August Events

JULY

Book Group will not meet in July or August

The selection for September 27 will be Barbara Kingsolver's *Unsheltered*. Watch for details in an e-blast and the September calendar.

Monday, July 8, 4-6 p.m.

Slow-Motion Brewery Crawl. Hops 'N Headz, 3207 Northwest Ave.

Wednesday, July 10, 1-3 p.m., BSAC Room 9

BAH Volunteer Training Session. Call the office, 360-746-3462, for details.

Thursday, July 11, 2-4 p.m.

Gifts of Age Conversation Group. Meets at Angela Mercy & Nick Waslenko's home. Call 360-603-0064 for information and directions.

Sunday, July 14, 4 p.m.

Ambassador Event. Nanette Davis and Burl Harmon invite you to join them at the Firehouse Arts and Events Center at 4 p.m. for Margaret Edson's Pulitzer-Prize winning play *Wit*. See the July newsletter for details.

Tuesday, July 16, 11:45 a.m.

Lunch Bunch at Appleby's on Sunset. Call Janet Simpson, 671-9713 if you know you're coming.

Wednesday, July 17, 10:30 - 11:30 a.m. BSAC

Room 16 Caring for Caregivers & More.

Techniques to reduce tension and increase relaxation. Kathie Hardy, RN MS MBA CH, will walk you through six tension-reducing techniques based on recent developments in neuroscience.

Wednesday, July 24th, 10:30 - 11:30 a.m, BSAC Room 16. Scam Prevention & Education.

Bellingham Police Department Neighborhood Officer Jon Knutsen will present common scams and how to prevent them from happening to you. This will include financial safety considerations, phone and email scams, and general safety information. Time will be allowed for questions and concerns from the audience.

AUGUST

Thursday, August 8, 2-4 p.m.

Gifts of Age Conversation Group: Meets at Angela Mercy & Nick Waslenko's home. Call 360-603-0064 for information and directions.

Monday August 12 4-6 p.m.

Slow-Motion Brewery Crawl back at Stone's Throw Brewery (1009 Larrabee),

Wednesday August 14, 10 a.m.-2 p.m.

WCOA's 21st Annual Senior Day in the Park at Hovander Homestead Park in Ferndale (see details in the July newsletter). Please call the office if you can help tend the BAH table.

Wednesday, August 14, 3-5 p.m. BSAC Room 2

BAH Volunteer Training Session. Call the office, 360-746-3462, for details.

Watch for e-blasts with information regarding other July and August events not available at press time.