



MAY – Calendar of Events						
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

Tuesday and Thursday mornings

Walking/Hiking Opportunities at BSAC: The Button Walkabouts meet in the BSAC coffee bar to sign in and arrange carpooling on Tuesday and Thursday mornings. (There's a \$1 minimum donation to cover gas.) They leave at 9:45 am sharp and the walks, mostly on dirt trails, last approximately 90 minutes.

The Senior Trailblazers have two moderate-to-hard hikes each Thursday that range from 6-10 miles and one Tuesday hike from 4-6 miles, many of them in the Mount Baker Wilderness and surrounding areas. Hikers carpool and share the expense with drivers.

A current schedule of hikes is available at the front desk or online at wcoa.org.

Thursday, May 10, 3-5 p.m.

Interest Group: Exploring the Gifts of Age: A new BAH interest group is forming to explore the gifts of age, to support members through its challenges and to nurture positive perception of this time of life that is both old and new. We are currently meeting at Angela Mercy and Nick Waslenko's home. The group is open to all members and volunteers; it is still a work in progress and will be shaped by the people who join. We'd love to have you! Call 360-603-0064 for our address and with any questions.

Friday, May 11, 5:30 p.m., Senior Center

WCOA Volunteer Appreciation Dinner: If you volunteer for BAH in any capacity, please plan to join other Whatcom Council on Aging volunteers at a special dinner party in your honor. The evening will feature prime rib (vegetarian and gluten free options are available), dessert, and of course, a special toast. The dinner is free for volunteers, who are welcome to bring a guest for \$7. Please RSVP at BSAC's front desk or call 360-733-4030, ext. 105.

Wednesday, May 16, 1-2:30 p.m., Room 16

BAH Member Forum: All members are invited to meet the new BAH program manager and to participate in the conversation, which will include a discussion of the new member fee schedule and payment options, updates on Neighborhood Clusters and Health Advocacy, and a free-wheeling exchange on the difference between "service" and "assistance".

Thursday, May 17, 12:30 p.m.

Lunch Bunch: Meet at Jalapeños Mexican Restaurant in Barkley Village at 12:30 on Thursday, May 17. Contact Joan Dow, 360-592-4345.

Wednesday, May 23, 1:30 p.m.

Classical Music Group: All are welcome. We listen to music suggested by members of our group, and learn a little about the composers. We will listen to *The Lark Ascending* by Ralph Vaughn Williams. Hilary Hahn plays it at:

<https://www.youtube.com/watch?v=IOWN5fQnzGk>

Time permitting, we may listen to selections from Carl Orff's *Carmina Burana*, which will be performed by the Whatcom Symphony on May 20:

<https://www.youtube.com/watch?v=QEILLECo4OM>.

Please call (360.627.0293) or email Shirley Dunwoody at sadunwoody714@comcast.net for possible changes and meeting place.

Friday, May 25 2-4 p.m.

Book Group: The book for May is "Radium Girls" by Kate Moore, and the June book is "My Grandmother Asked Me to Tell You She's Sorry" by Fredrik Backman. We will meet at the BSAC, in the coffee lounge. Contact Marilyn Burlingame, 360-393-7334.

Looking ahead: The 2nd Annual Members Meeting will be held on June 20, 2-4 p.m., at the Squalicum Boathouse. Details and invitations to follow.