



October 2019 – 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		

Monday, Oct. 7, 10:30 a.m., BSAC Rm. 15

Fall Prevention Strategies: Rescheduled from Sept. 23. An opportunity to have your fall risk assessed followed by a presentation by Dr. Elaine Cress on effective actions to reduce the risk of falls at home and improve balance and strength.

Wednesday, Oct. 9, 3-5 p.m., BSAC Rm. 2

BAH Volunteer Training. Volunteers should have read the volunteer handbook and filled out the application form (available in the office or on the website: <http://BellinghamAtHome.org>).

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

Gifts of Age Conversation Group: Topic is What makes your life juicy? Meets at Angela Mercy & Nick Waslenko's home. Call 360-603-0064 for information and directions.

Monday, Oct. 14, 4-6 p.m.

Member Meet-up, aka Slow-Motion Brewery Crawl: Chuckanut Brewery & Kitchen, 601 W. Holly St. Bring a friend!

Tuesday, Oct. 15, 11:45

Lunch Bunch: Venue TBA. Call Janet Simpson, 360-671-9713 if you know you're coming.

Wednesday, Oct. 16, 10 a.m.-3 p.m., BSAC

Health and Wellness Fair: A pre-annual insurance enrollment seminar giving an overview/refresher about Medicare basics, followed by presentations on several insurance- and health-related topics. Get a flu shot and a blood pressure check and browse Information booths from health & wellness representatives in the community. A free educational opportunity open to the entire community.

Wednesday, Oct. 23, 2 p.m., Nanette's home.

Book Group: Reading selection TBA. Call Nanette (360-671-1686) for directions and to let her know if you're planning to come

Friday, Oct. 25, 3-5 p.m., BSAC

English Country Dancing to Live Music: Newcomers are welcome and gentle dances will be featured. Partners are not necessary. See your BSAC Newsletter for details.

BAH Public Outreach for October: Watch for the date announcement in an e-blast. Come with a friend!