



October 2018 – 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			

Writing Group: October meeting dates have not yet been decided. Contact Sandy: sjs.stanton@gmail.com.

Wednesday, Oct. 3, 9 a.m.-4 p.m. BSAC

What's Next: A Healthier You. Take Charge of Your Health. This health and wellness fair is free to attend and open to the public. The event will cover many aspects of health and wellness, which are important for keeping the body and mind revitalized! For more information, visit our website: www.wcoa.org or call 360-733-4030.

Thursday, October 4, 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.

Repeat sessions will be offered November 1 and December 6. Call 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>.

Thursday, Oct. 11, 3-5 p.m.

Gifts of Age Interest Group: Meet at Angela's home. Call for directions at 360-603-0064. For the rest of the year the dates are Nov. 8 and Dec. 13 (2nd Thursday).

Wednesday October 17, 2 p.m.

Music Group: Contact Shirley (sadunwoody714@comcast.net) for location. Music selection is portions of Der Meistersinger (links TBA).

Wednesday October 17, 1-3 p.m., BSAC, Room 16

Outreach: Fall Membership Drive: We need 25 new BAH members by the end of this calendar year! You can help by encouraging new people to come and learn about us, and, if you are up to it, come yourself and share what you personally have gotten from BAH as either a member or volunteer (or both!).

Thursday, Oct. 18, 12:00 p.m.

Lunch Bunch: Back to Thursdays, but starting at noon, *not* 12:30. The Birch Door, 4192 Meridian. Contact Joan, 592-4345.

Saturday, Oct. 20, 1:30 p.m.

Museum Tour: Whatcom Museum's newest exhibit, "Endangered Species: Artists on the Front Line of Biodiversity". Kate Birr is organizing a docent-guided tour. Call the office by October 5 to reserve your spot. Invite a friend! Cost is \$15/person if we take the private tour. See the October newsletter and watch for e-blasts with details.

Friday, Oct. 26, 2-4 p.m.

Book Group: Slightly different focus provides guidance for caregivers looking after the ill among us. The title is: "Medicine and Compassion" by Chokyi Nyima Rinpoche and David R. Shlim, M.D. A blend of Eastern and Western medicine emphasizes how compassion for the patient enhances the medical encounter, helps patients feel better, and actually can extend life. Compassion, our natural state, is defined as the heartfelt desire to relieve the suffering of others. You will find the book both fascinating and hopeful that health promotion can begin with more compassionate health providers. Location to be announced. Contact: Nanette 360-671-1686.