



November 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	
Dec.						1
			5			

Thursday, November 1, 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.

A repeat session will be offered 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>

Tuesday, Nov. 6

**Election Day: VOTE!**

Wednesday, Nov. 7, 2:00-3:30 p.m. and

Tuesday Nov. 13, 5:30-7 p.m. BSAC Rm 16

**Introduction to Bellingham At Home:** discover membership and volunteer opportunities.

Wednesday, Nov. 14, 1:30-3:00 p.m. BSAC Rm 16

**Presentation:** Richard Abbott will give an illustrated talk on his experiences as a member of the technical crew on an oceanographic survey vessel in the Pacific in 1956. The month-long voyage of the *MV Horizon* began and ended at Kwajalain Atoll and followed a track that covered sections of the Pacific north and south of the equator. The ship made several interesting island stops along the route. Richard will also talk about the period just before joining the ship, when as an Army enlisted man he was stationed on Eniwetok and Bikini Atolls for the nuclear weapons testing program.

Thursday, Nov. 15, 12:00 p.m.

**Lunch Bunch:** Meet at the deli area in the Barkley Haggen. They have a marvelous serve-yourself "buddha bowl" for \$6. Fill the bowl with whatever you like from their buffet line. Plenty of parking on the Haggen lot. Contact Joan, 360-592-4345.

Thursday, Nov. 15, 3-5 p.m. (note date change)

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

Friday, Nov. 30, 2-4 p.m.

**Book Group:** normally meets on the 4th Friday of the month, but with Thanksgiving, we will meet the following week. The book of the month is "The Language of Kindness," told by a nurse whose practice included women and babies. A tender tale told by a compassionate and thoughtful medical practitioner. Contact Nanette 360-671-1686 for location.

Friday, Nov. 30, 11 a.m.-7 p.m. and Saturday, Dec. 1, 10 a.m.-noon and 5:30 p.m., Leopold Crystal Ballroom.

**BSAC Festival of Trees:** Tree Auction and Gala. See the November Village Voice for details.

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

**BAH 3<sup>rd</sup> Annual Holiday Party** at the Bellwether Hotel Admiral Room. Cost will be \$30 per person. Call the office to reserve your space and tell us which of these entrées you prefer:

- Herb Roasted Chicken Breast with Creamy Marsala Mushroom Sauce and Garlic Mashed Potatoes
- Risotto Forester with Wild Mushrooms and Balsamic Roasted Portobello
- Quinoa and Cranberry Stuffed Squash with Arugula Pesto and Roasted Brussel Sprouts.