

LIFE MINDED DAILY

Your guide to living engaged in July



LET'S TAKE THE BACK ROADS

*SCENIC DRIVE & LUNCH OUT AT THE BOARDWALK CAFE IN BIRCH BAY

Saturday, July 27th at 10:45

*Trip Fee: \$4

Beautiful scenery and scrumptious seafood await! Hop on the bus for a scenic drive and we'll take our time on the back roads heading north to Birch Bay. After exiting at Slater Road and winding our way through the county roads, we'll cruise along Birch Bay Drive, looking at quaint houses on one side of the bus and the curve of the bay on the other. After our 30-40 minute drive, we'll make a pit stop for lunch at The Boardwalk Café. This waterfront restaurant serves burgers, fish and chips, and other pub food favorites alongside a perfect view of the bay. When we're through with lunch, we'll decide if we still have room for ice cream from the C Shop before we board the bus for the return trip home. E,WW

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Keep your routines fresh and your motivation high as you maintain your all-important balance, core strength, heart health and flexibility. Don't forget to exercise your brain!

COFFEE TIME - DAILY

10:15 & 2:00 (DR)

Coffee, cookies, & chit-chat. Invite your neighbors or meet someone new!

*AWAKENING YOUR CREATIVITY IMPROV

Mondays at 1:30 (3MC)

A shared experience of fun, humor and community-building. (*class fee)

KNITTERS & WHAT-KNOT

1st & 3rd Wednesdays of each month at 3:00 (3GL)

Knit, sew, crochet, quilt and help spur on each other's projects.

SENIORS ACTING UP! PLAY READING

Wednesdays, July 10th & 24th at 2:00 (3MC)

Step into the shoes of a fictional character! Choose a part and read scripts from classic plays.

THE REGULARS

B.Y.O.B.

Fridays at 3:00 (3GL)

Bring your favorite beverage and a snack to share with new and old friends.

LADIES' BREAKFAST AT BELLWOOD FARMS

Friday, July 5th at 9:00

A casual breakfast out just for the ladies! Sign up in the book to join.

MEN'S BREAKFAST AT THE WEB LOCKER

Friday, July 26th at 8:30

All men are welcome to sign up and join us for a casual breakfast out on the town!



IT'S SUMMER, STAY HYDRATED!

As we age, we become more vulnerable to dehydration due to physiological changes in the body including a reduced sensation of thirst. Some folks may have added difficulty getting water for themselves due to age-related physical impairments. Others may try to limit their liquid intake in an attempt to prevent frequent trips to the bathroom or urinary incontinence. Certain medications can also cause dehydration. Once dehydrated, dangerous conditions can occur such as confusion and loss of balance. A general rule of thumb is to drink 8 glasses of water a day, and more when you have been exercising or when the weather is hot. Urine that is light yellow in color is a good indicator that you are adequately hydrated. If you have further questions or concerns, please talk to your doctor.

FITNESS CENTER EQUIPMENT

Need a fitness equipment introduction or refresher? Contact Jen from Programs for a brief how-to. She will help you decide which machine is best suited for your fitness level and show you what you need to know to get started.

- ⇒ Offering a low-impact workout, the NuStep cross trainers are easy to use.
- ⇒ The treadmill keeps you walking without having to go out in the rain.
- ⇒ The exercise bike is recommended for those with established balance and core strength.



ARE YOU GAME?

Pinochle, Scrabble, Bridge, Dominoes, Poker and Pool—We have many options for you to get involved in a little friendly competition! Check the calendar for organized times or talk to the Program Department if you'd like to get something going, or to find out more about current groups meeting to play.

WELLNESS MENU

ONGOING FITNESS CLASSES:

QIGONG

Mon & Wed at 1:00

Practiced seated, qigong is a simple and gentle exercise that promotes enhanced flow of energy and circulation in the body.

Benefits:

- Reduced stress
- Improved respiration & circulation
- Better balance

YOGA

Tues & Thurs at 9:30 & 10:30

Find your balance. Practice flowing movements seated in a chair, then standing with the chair's support. Emphasis is on focused breathing.

Benefits:

- Improved range of motion
- Better balance
- Increased strength

BETTER BALANCE

Wed & Fri at 10:30

Specially chosen exercises that boost better balance. Both on your feet and seated in a chair. All abilities welcome.

Benefits:

- Better balance
- Increased strength
- Improved core stability

STRONGER ARMS

Wed at 11:00

Strengthen and tone arms and upper body using hand weights.

Benefits:

- Stronger arms
- Toned muscles
- Improved mobility in shoulder & elbow joints

Keep your routines fresh and your motivation high as you maintain your all-important balance, core strength, heart health and flexibility. Don't forget to exercise your brain!

SUMMER PARK WALKS

Put on your walking shoes and sign up in the book to join!

N. LAKE WHATCOM TRAIL

Tuesday, July 2nd at 2:00

Packed-gravel trail along the north shore of beautiful Lake Whatcom. Benches are scarce. E,U,WW

CORNWALL PARK

Tuesday, July 16th at 2:00

Flat, paved (some spots uneven) trail amongst the tall trees. Some picnic tables. E,U,WW

LAKE PADDEN

Tuesday, July 23rd at 2:00

Enjoy views of the lake and the green space surrounding. Packed gravel trails along the shore with benches along the way. U,WW

CENTENNIAL RIVER WALK

Tuesday, July 30th at 2:00

Flat, paved trail with interpretive signs along the Nooksack River in downtown Ferndale. Plenty of benches. E,U,WW



PRACTICE THE STEPS ON THE WILLOWS BUSES!

If you're new to our buses and you're a little unsure of getting up and down those steps, we'd love to give you the chance to try them out. Speak with Sierra, Jen or Taylor in Programs and we'll coordinate a time for you to have unhurried time to go up and down the bus steps until you feel comfortable enough to sign up for a trip out. We've got some pretty special outings on our buses, including the Summer Park Walks, and we'd love to have you on board!

GET HEALTHY FEET, GET MOVING

***ONE-ON-ONE PODIATRY APPOINTMENTS WITH DR. SHEAFOR**

Friday, July 19th from 8:00-11:45 (3PR)

Dr. Sheafor will be returning to The Willows this month to provide insurance-covered podiatry services. During his one-on-one appointments, Dr. Sheafor will provide an overall foot examination as well as trimming of toenails and calluses. This service is covered by Medicare/Medicare Advantage plans. Speak to Sierra in Programs for more information about how to utilize this in-house service!

FOR YOUR BRAIN...

GREAT COURSE DISCUSSION WITH BRENDA BROOKS

Saturdays, July 6th & 20th at 2:00 (3MC)

Native America: A Story of Survival

In the introductory text for *Our Peoples*, one of the inaugural exhibits at the Smithsonian's National Museum of the American Indian in Washington DC, the curators drew a distinction between the past and history. "The past never changes," they observed. "But the way we understand it, learn about it, and know about it changes all the time." *Our Peoples* presented a version of American Indian history that countered popular narratives of victimization, defeat, and disappearance. In so doing, the curators, in collaboration with tribal communities, translated the events of the past into a different history - a chronicle of indigenous survival. This course will explore that story.

The Columbian Exchange: New Worlds for All

The Old World/New World binary that most of us take for granted is hopelessly Eurocentric. Embedded in it is the idea that "civilized Europe" discovered the "backward Americas" in 1492. Discovery is followed by "settlement", and settlement leads to the founding of new nations. This binary is the stepping-off point for America's master narrative. The truth of the matter is that both these worlds and all the peoples who lived in them were of great antiquity. Through contact, these old worlds became new to each other. Thus, in this lecture, we'll explore an era of mutual discovery and transformations. The creation of "new worlds for all."

CREATIVE WRITING GROUP

Fridays, July 5th & 19th at 1:30 (3MC)

Writing your story, whether fiction or non, gets your brain firing and is just plain fun. Our writers go from remembrance to fantasy, from poetry to drama, from imaginative to factual. Everyone is welcome to join in on this informal group!

COGNITIVE COCKTAIL HOUR

Wednesday, July 31st at 3:00 (3MC)

Sip on a signature cocktail (or non-alcoholic punch) while putting yourself to the test with a variety of brain games. In this thought-provoking program, you will join others in playing word games, completing scatergories, and much more. Sign up in the book and come to drink, think, socialize, and improve your mind!

HARBORVIEW LIONS LOCAL HISTORY DISCUSSION GROUP

Sunday, July 28th at 1:30 (3MC)

Do you enjoy learning about local history? All are welcome to join members of the local Harborview Lions Club for this informal local history discussion group. Stay tuned for more information about this month's guest speaker!



DINING OUT

WTA TRIP FOR LUNCH OUT & SHOPPING DOWNTOWN

Monday, July 8th at 11:00 (meet in Lobby)

It's a quick jaunt on the city bus (15 minutes) from The Willows' front door to the downtown bus station. From the bus station on Railroad Avenue, there are a handful of restaurants and shops worth browsing within a block or two. Just across the street or down the block, you can find classic pub food at The Local, burritos and tacos galore at Casa Que Pasa, Chinese food at Dragon River, and much more! On this outing, we'll have plenty of time for lunch at the restaurant of your choice, and spare time to shop around town before we catch our return bus back to The Willows. We hope you'll come along to see how easy and accessible it is to catch the city bus to downtown! Speak with Jen in Programs if you have any questions about riding the bus before the trip. S,W,F

DINNER OUT AT EL REY LATINO RESTAURANT

Monday, July 29th at 4:30

This new restaurant has had rave reviews and is beckoning us for a visit! More than just another Mexican restaurant, the El Rey menu features a wide variety of tasty Central American cuisine - think Nicaraguan, Honduran, El Salvadorian specialties, all cooked by chefs that are actually native to the respective cultures. Don't know what those specialties might be? Be open to the adventure and see what everyone in Bellingham is talking about! Entrees average \$8-\$15. E,WW

EATING IN

GOURMET WANNABES: PICNIC LUNCH OUT

Saturday, July 20th at 11:30

This time of year makes us nostalgic for the days of picnic baskets full of easy-to-pack delights. With all of these sunny days and parks with space to stretch out, we've decided to take the Gourmet Wannabes on the road this month to enjoy the art of picnicking again. Anyone is welcome to join us for our gourmet lunch out, just make your favorite picnic food and bring plenty to share, packed and ready for the road. Sign up in the book to reserve your seat on the bus

(and at the picnic table) and to let the others know what you plan to bring! Talk to Sierra in Programs if you think you'll need to bring your dish in a cooler.

COMPLIMENTARY WELCOME LUNCH

Wednesday, July 24th at 12:00 (DR)

It's time to welcome your newest friends and neighbors! For this month's Welcome Lunch, we'll dine on complimentary hot dogs as we introduce the newest members of our community.

SHARE A MEAL...

EAT LOCAL, EAT WELL

WILLOWS FARM STAND

Every Wednesday from 11:30 to 2:00 (Front Portico)

It's the peak of the growing season and we love to see what Kevin Maddux of Cascade Blueberry Farm has at The Willows Farm Stand each week! Come down to the front portico every Wednesday beginning at 11:30 to browse freshly picked produce and gorgeous flowers grown on Kevin's farm in Custer.

ON THE ROAD

*SCENIC DRIVE TO SILVER LAKE PARK

Sunday, July 7th at 1:30

***Trip Fee: \$2**

This Sunday afternoon scenic drive will take us to Silver Lake Park, located in the Mt. Baker foothills near the US/Canadian border. Our 40-minute journey will meander through the county via scenic Mt. Baker Highway. We'll stop at the lakefront park to stretch our legs while we take in the picturesque lake and surrounding forest. We'll head back in time for dinner. E,WW

GARAGE SALE-ING AROUND TOWN

Saturday, July 13th at 10:30

Summertime is Garage Sale season! Let's get out there and see what kinds of treasures we can find! Join us for this jaunt around town to explore Bellingham and become experts at navigating the sale. E,S,F,WW

DESSERT & DRAW AT CHOCOLATE NECESSITIES & GELATO

Monday, July 22nd at 7:00

Do you have a sweet tooth and a doodling hand that won't quit? We're taking a small group to Chocolate Necessities, one of the original artisan chocolate companies in the country, for a "Dessert & Draw" outing this month. We'll get a treat, find a seat at one of their tables, and draw or color as we enjoy the people-watching and the scent of chocolate in the air! E,WW

*TRIP TO THE WHATCOM MUSEUM FOR THE MODERN QUILTS EXHIBITION

Saturday, July 13th at 2:30

***Admission Fee: \$8 - pay at the door**

From the graphic work of Amish quilters to the legendary quilts of Gee's Bend, modern quilts have been influenced by many hands and voices. They feature graphic color palettes, bold design elements, and alternate gridwork while maintaining traditional quilt construction. Experience the power of modern quilts firsthand in this exhibit of 60 innovative and inspiring quilts that represent the best modern quilts and quilters of the past decade. While we're there, members of the Bellingham Modern Quilt Guild will be in the exhibition to share informally about modern quilt design, answer questions, and demonstrate techniques. E,WW



PRESENTING...

HARP THERAPY PRESENTATION WITH CHRISTINE MAGNUSSEN

Tuesday, July 2nd at 11:15 (3MC)

Most people would probably agree that the sound of a harp is both relaxing and beautiful, but did you know that the act of *playing* a harp can also be therapeutic? We'll learn about the extensive uses of harp therapy from Certified Therapeutic Harp Practitioner, Christine Magnussen, this month. Christine will be our guest at Town Hall on Tuesday, July 16th to show us her small colorful harp and to share touching stories from offering harp therapy to hospitals, hospices and cancer centers. In this brief presentation and demonstration, we will learn about the health benefits and ease of harp playing and also get a preview of a *Harp for Your Health* program that Christine may be offering here at The Willows in August.

SUMMER TRADITIONS

FOURTH OF JULY FLOATS

**Thursday, July 4th at 1:30
(Front Portico)**

Ice cream floats were invented when a vendor at a fair ran out of ice and used ice cream instead. What a beautiful accident! Celebrate the 4th of July with your friends and neighbors as you indulge in this all-American treat from the comfort of our front portico!



*BERRY PICKING AT BARBIE'S BERRIES

Wednesday, July 31st at 10:00

***Trip Fee: \$2**

We live in a berry-pickers paradise! This time of the season, blueberries and blackberries should be plentiful, and depending on the weather, late harvest strawberries as well! Bring your own container for collecting berries or purchase one there. Prices range from \$1.75 to \$2.50 per pound. W,U,S,F

Embrace the community. Build meaningful new relationships and nurture longstanding ones. We offer group discussions and other structured support for residents seeking camaraderie and connection.

ON THE ROAD

*AN AFTERNOON AT THE PICKFORD FILM CENTER

Wednesday, July 17th at 12:30

*Ticket Fee: \$6 - purchase at the door

The Pickford Film Center is Bellingham's leading venue for independent film with a special deal just for us. On this day, Willows movie-goers will choose from two films at a discounted price of \$6 per person. Stay tuned to learn what films will be showing and sign up in the book to join!

IN HOUSE

SORBET & CINEMA: BOMBSHELL: THE HEDY LAMARR STORY

Tuesday, July 9th at 2:00 (3MC)

Remembered as one of the most ravishing stars of her day, screen legend Hedy Lamarr had brains and beauty. We'll see both of these talents on full display in this illuminating documentary that spotlights her World War II-era co-invention of wireless communication forms. Instead of popcorn, we'll beat the summer heat with sorbet as our treat for this month's picture. All are welcome to watch the film, but please sign up in the book if you'd like a scoop of sorbet to enjoy with it!



ON THE BIG SCREEN

HAVING TROUBLE WITH YOUR SCREENS?

TALK TECH WITH TAYLOR

Wednesdays in July from 2:30 to 4:30 (your apt.)

If you want to learn how to more effectively use your smartphone, iPad, computer, or other device, sign up for a 25-minute one-on-one meeting with Taylor from Programs. Whether you have one single question or just want to learn the capabilities of your device, Taylor will help you gain knowledge at a pace that works for you. Sign up in the book for your Tech Talk and list a brief explanation of what you're hoping to learn.

TRANSPORTATION, YOUR WAY

MONDAY SHOPPING

SAFEWAY

Every other Monday at 10:30*

Located in Sunset Square. Extensive selection and helpful staff.

HAGGEN

**Every other Monday at 10:30*
(location alternates)**

Over 80 years as the leading Northwest Washington grocery store chain.

SUNSET SQUARE (ONCE A MONTH)

Monday, July 15th at 2:00*

Shops include:

- Walgreens
- Lowe's
- JoAnn Fabrics
- Rite Aid
- Skagit Bank
- Beauty Supply
- Xfinity (Comcast)
- Tuesday Morning
- Post Office
- Goodwill
- Liquor Store
- Safeway

SUNDAY CHURCH TRANSPORTATION

Sign up ahead of time in the Sign-Up Book to ride our free bus to local churches.

9:00 - Assumption Catholic

9:30 - First Congregational, Garden St. Methodist

10:00 - St. Paul's Episcopal, Unitarian Fellowship

10:30 - Trinity Lutheran

THURSDAY SHOPPING

LAKWAY FRED MEYER

Every other Thursday at 2:00*

One-stop shop with groceries, pharmacy, clothing, home décor, and more.

TRADER JOE'S/PUBLIC LIBRARY

Every other Thursday at 1:30*

Trader Joe's has unique groceries and an extensive wine/beer selection.

Sign up in the book to join

PERSONALIZED TRANSPORTATION

Wednesday, July 17th from 10:00 to 1:00

Just like Medical Transportation, you can sign up for a trip on our shuttle to the location of your choice! The bus will leave The Willows every 60 minutes, sign up with Programs to get on board. ***North bound in the AM, South bound in the PM.**

MEDICAL TRANSPORTATION

Every Tuesday & Thursday from 8:45 to 3:30

Sign up at the Front Desk for a trip on our shuttle to your medical appointments. The bus leaves The Willows every 45 minutes and will take you to and pick you up from your Doctor's office. Please call the Front Desk at least 24 hours in advance to arrange your ride. ***North bound in the AM, South bound in the PM.**

DON'T MISS!

PERSONALIZED REGISTRATION Tuesday, July 30th from 10:30 to 2:00 (3GL)

This is your chance to find out more about next month's events, and be the first to sign up for trips, classes, fitness and more! Make a one-on-one appointment with Sierra, Jen & Taylor - our friendly Programs staff - and we'll be able to answer questions and help you decide which offerings are best suited to your lifestyle. Sign up for your 5-minute time slot in the sign-up book on the day that the newsletters are delivered.



OUT & ABOUT KEY

- E = Easy Trip
- W = Walking
- U = Uneven Ground or Pathway
- S = Standing
- Str = Stairs
- F = Free Time
- WW = Walkers Welcome

VISIT TO BANNER BANK

Wednesday, July 10th at 10:15

Hop on the Willows bus to Banner Bank to complete all of your banking business in one stop! Sign up in the book to join.

FOOD FOR THOUGHT WITH JIM & DEREK

Tuesday, July 23rd at 2:00 (3MC)

Here is your opportunity to engage with the men behind the "dietary curtain!" Hear what's new in the kitchen and share what you'd like to see!

MOVE IN ANNIVERSARIES

Fe Marcos	14 years
Hazel Koenker	9 years
Catherine Ouweneel	7 years
Marilyn Agnew	5 years
Bernice Begalka	5 years
Angie Jones	4 years
Carolyn Leeper	3 years
Carol Ebergson	2 years
Lois Bateson	2 years
Dick Herdman	1 year
Shirley Hanke	1 year

STAFF ANNIVERSARIES

Kade Claybaugh	4 years
gillian haynes	2 years

THE WILLOWS TEAM

Manager: Viki
viki@thewillowsbellingham.com
Assistant Manager: Leslie
leslie@thewillowsbellingham.com
Sales & Marketing Director: Patrick
Front Desk: gillian, Shea, Molly H, Laura
Relocation Coordinator: Molly D
Food Service Manager: Jim
DR & Catering Manager: Derek

Resident Managers: Jim & Laura, Mike & Carol
Programs/LifeMinded Coaches: Sierra, Jen, Taylor
programs@thewillowsbellingham.com
Housekeeping Team: Jeanine, Sheri, Bupar, Nancy
Maintenance Team: Tim, John, Bekk, Neville, David

Maintain your talents. Sharpen your skills. Stay productive. Continue to put your abilities to work through volunteering, mentoring, networking and more. Whatever your life's work, it need not end with retirement.

GET INVOLVED

SUNSHINE COMMITTEE

Brighten the day of others with a card, visit, or kind word. Talk to the Front Desk to get involved.

GIFT BOUTIQUE

Help stock merchandise and work short shifts in the shop. Talk to Sierra for more information.

WILLOWS AMBASSADORS

Patrick can use your help by volunteering to show your apartment, meet prospective residents, or hosting someone who is trying out The Willows. Contact Patrick for more information.

DINING ROOM SUPPORT

Help with folding napkins and other projects every Monday and Wednesday at 1:30. Meet in the Dining Room.

RECYCLING COMMITTEE

Do your part to help The Willows be "green!" Help monitor the Refuse rooms throughout the building to ensure recycling items are sorted correctly and educate your peers about proper recycling. Contact Jen in Programs to get involved.

CONCERT SERIES "DOCENTS"

Would you like to introduce featured musicians at our evening Concert Series shows? Speak to Sierra in Programs if you're comfortable in front of a crowd!

BUILD COMMUNITY

WILLOWS INSTANT BLOCK PARTY

Let us help you plan the perfect party! Decide when and where you'd like to host your party, invite everyone in your hall (or block), and pick treats from the options available. You'll pick up your "Instant Block Party" cart from the Kitchen, complete with everything you'll need, and away you go! Check with the Front Desk and be sure to give us at least two weeks notice to get the party rolling.

*AWAKENING YOUR CREATIVITY IMPROV FREE OPEN HOUSE Monday, July 15th at 1:30 (3MC)

What is improv all about? Stop by the Improv Open House to find out! Try out some simple, interactive games that are sure to make you laugh. The benefits of this brain-healthy creative outlet are vast and include increased confidence and the ability to think quick on your feet. First-timers will receive a LifeMinded T-Shirt for trying something new! All you have to do is show up and be yourself!



FIND A GREAT SUMMER READ

FRIENDS OF THE WILLOWS LIBRARY BOOK SALE!

First week of July (Lobby)

The Willows book sale is back! Whether you are in the market for something new to read, a literary gift for a friend, or simply another addition to your bookshelf, stop by the Lobby to browse the many books that will be for sale. All books will be **\$1 each**, and the proceeds will benefit The Willows Library and the Bellingham Public Library towards book kits that are used by The Willows Book Club. The sale goes through the first week of July, so there will be plenty of time to take advantage of this wonderful opportunity!



WILLOWS PREFERRED PARTNERS



Walgreens on Sunset offers free prescription

drop-offs to Willows residents. They also carry other grocery and sundry items that they would be happy to deliver if you're also getting a prescription delivered. Call the store to place an order. (360) 647-2713.

The Willows Salon

Tuesday: 9:00-4:00

Wednesday: 9:30-4:00

Thursday: 9:00-4:00

Friday: 9:00-1:00

(360) 756-0989 for appointments



Built around your specific needs, **Right at Home** can offer personal in-home assistance to help you

maintain your independence. Special pricing arrangement for Willows residents. Call (360) 392-3934 or inquire at the Front Desk for more information.

Foot Care with Crissy

Crissy Impero, RN, has over 12 years of experience providing foot care. She visits The Willows twice a month to deliver on-site care for your feet, including trimming toenails, and reducing corns, callouses and thick nails. Sign up for your appointment in the book.



Tracey from **Hearing Northwest** will be stopping by every few months to provide complimentary hearing tests, hearing aid repair and otoscopic exams of your ear canal. Sign up for an appointment in the book.

Massage Therapy

With Diane Weber, LMP

Thursdays from 10:00 to 2:00

\$10 per 15 minutes. Schedule your appointment in the sign up book. Gift Certificates now available for purchase at the Front Desk!

Whether it's daily reflection, a weekly gathering, or lively discussion, a key to living LifeMinded is feeding the soul. Life is a journey, so join in!

WEEKLY

BIBLE STUDY

Wednesdays at 10:30 (1FWL)

Rod Johnson leads non-denominational scripture study and prayer.

CATHOLIC SERVICE

Fridays at 11:00 (3MC)

Prayer and communion led by a lay person from Assumption Catholic Church.

MONTHLY

WORSHIP, COMMUNION & FELLOWSHIP GATHERING

Wednesday, July 3rd at 2:00 (1FWL)

Pastor Kathy Hartgraves and friends of Garden Street United Methodist Church meet for worship, communion and fellowship. Kathy warmly welcomes folks from any denomination to attend this informal gathering. This meeting recurs on the first Wednesday of every month. For more information, contact the church office at (360) 733-7440.

HOLY COMMUNION & PRAYER

Saturday, July 13th at 10:30 (1FEL)

This short, non-denominational service combines communion, prayer, scripture readings, and reflection. Reverend Marsha Vollkommer of St. Paul's Episcopal Church leads this monthly gathering that all are welcome to attend.

CLASSICAL MUSIC FOR YOUR EARS & YOUR EYES

Monday, July 1st at 7:00 (3MC)

Enjoy a selection of classical music with captivating on-screen visuals to entertain more than just your ears.

HYMN SING WITH VERN

Sunday, July 7th at 7:00 (3CL)

Join resident piano and organ player, Vernon Greenstreet, to sing along to a collection of beloved hymns.

HYMN SING

Sunday, July 21st at 7:00 (3MC)

Led by former resident, Anne Richardson, this Hymn Sing features a variety of hymns with lyrics and accompanying images projected on the big screen.

GUYS & DOLLS SING-ALONG

Thursday, July 25th at 7:00 (3MC)

Anne Richardson presents popular songs with lyrics for all to follow along. This month's program will feature songs that fit into the theme "Guys & Dolls" - think Doris Day's "A Guy Is a Guy."

See this page for a description of upcoming live music programs, and the opposite page for other in-house musical events happening this month.

ON THE ROAD

*BELLINGHAM FESTIVAL OF MUSIC CONCERTS AT WWU

Bellingham Festival of Music concerts offer the chance to enjoy classical works performed by guest artists from around the world. We will provide transportation to the following shows:

- **Saturday, June 29th at 7:00**
- **Saturday, July 6th at 7:00**
- **Wednesday, July 10th at 7:00**
- **Sunday, July 14th at 7:00**
- **Friday, July 19th at 7:00**

*Tickets are \$49 and they must be purchased in advance - they are available online at bellinghamfestival.org/tickets or through the WWU Box Office at (360) 650-6146. Sign up in the book for transportation once you've secured your ticket.

*MARROWSTONE MUSIC FESTIVAL CONCERTS AT WWU

A part of the Pacific Northwest's premier orchestral training program, Marrowstone Music Festival students have the opportunity to study with internationally acclaimed performers and artist-faculty and Marrowstone graduates and alumni play in major orchestras and opera companies across the United States. We will provide transportation to the following shows:

- **Sunday, July 28th at 2:30**
- **Sunday, August 4th at 2:30**

*Tickets range from \$37 to \$45 and they must be purchased in advance - they are available online at marrowstone.org/tickets or through the WWU Box Office at (360) 650-6146. Sign up in the book for transportation once you've secured your ticket.

IN HOUSE

SUMMER CONCERT SERIES

See what's happening on The Willows' "stage."

PETER FISHER, VIOLIN Tuesday, 7/2 at 7:00 (3CL)

Visiting The Willows all the way from London, Peter Fisher is a violinist with an extensive repertoire ranging from Baroque to Jazz. We hope you'll enjoy this very special show!

ERIC & THE ALL STARS Thursday, 7/18 at 7:00 (3CL)

One-half of the saxophone duo, The Two Tenors, Eric Hirst returns to The Willows to play a solo sax show, accompanied by his background tracks by well-known "All Stars."

MARK KELLY'S LARGE JAZZ ENSEMBLE

Sunday, 7/21 at 2:00 (DR)

Mark Kelly returns with his entire group of budding jazz musicians. These students always put on a good show. Donations for Mark's students will be accepted at the show.

LOOK FORWARD TO...

***WHATCOM MUSEUM HISTORY SUNSET CRUISE**

Tuesday, August 13th at 5:45

***Ticket Fee: \$35 - Registration closes Tuesday, July 2nd**

The Whatcom Museum's popular History Sunset Cruise sails into its 36th year this summer! The tour, aboard the 100-foot Victoria Star, takes a close-up view of parks, businesses, industry, and neighborhoods from Bellingham Bay. It travels down waterways, sailing past historic points of interest, shipyards, fishing activities, and all other boats in the harbor. Regular sightings of harbor seals and water birds along the way make for a memorable evening! The history cruise on Tuesday, August 13th will be narrated by local historian, Doug Starcher, who will tie his knowledge of local history with up-to-date facts about bay activities. Doug's narrative of history, trivia, and current events will give us a new understanding of the place we live.

The boat has indoor and outdoor seating on two levels, an on-board snack bar, and a full bar with a selection of Northwest beers, wines, and cocktails. Restrooms are available on board. We suggest that cruise-goers eat an early dinner at The Willows before we head out so that you don't have to worry about bringing food along. We expect this to be a popular trip and we've set an early deadline for registration, so don't delay - sign up at Personalized Registration on Tuesday, June 25th!



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