STAY SHARP!

*BRAIN GYM® WITH SHERYL ALLEN

Five class series from February through March on Fridays at 10:00 (3FC) - See dates below.
*Class series fee: $25

Brain Gym is a program of simple, enjoyable physical movements enhancing learning performance and creating more ease in all areas of life. These movements create new neural pathways and synergize the body and brain for learning, work, and physical activities. Sheryl Allen has been a licensed Brain Gym consultant for over 18 years and is sharing her expertise at The Willows in a five class series beginning this month. Each class will be one hour, with additional time at the end for answering any questions that come up. Participants will receive detailed handouts with visuals and instructions for everything that was covered in class so that you can take your Brain Gym with you when you go! The class themes will be as follows:

Friday, February 1st: Body Brain Basics
Friday, February 15th: Keep all your marbles as you age!
Friday, March 1st: Change your Mind, Change your Life!
Friday, March 15th: Meridian Magic. What are Meridians?
Friday, March 29th: Use it or Lose it! Bringing it all together.

Note: There will be no Better Balance class on Brain Gym days.
The Regulars

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 RHODES CAFE**
**Friday, February 1st at 9:00**
A casual breakfast out just for the ladies! Sign up in the book to join.

**MEN’S BREAKFAST AT SEHOME DINER**
**Friday, February 22nd at 8:30**
All men are welcome to sign up and join us for a casual breakfast out on the town!

**COFFEE TIME - DAILY**
**7:15, 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**
**2nd & 4th 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, February 6th & 27th at 2:00 (3MC)**
Step into the shoes of a fictional character! Choose a part and read scripts from classic plays.

**Tech Troubles?**

**TALK TECH WITH TAYLOR**
**Wednesdays in February from 10:30 to 12:30 (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.
**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 trainer** is 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, Dominos, 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:**

<table>
<thead>
<tr>
<th>QIGONG</th>
<th>YOGA</th>
<th>BETTER BALANCE</th>
<th>STRONGER ARMS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mon &amp; Wed at 1:00</td>
<td>Tues &amp; Thurs at 9:30 &amp; 10:30</td>
<td>Wed &amp; Fri at 10:30</td>
<td>Wed at 11:00</td>
</tr>
<tr>
<td>Practiced seated, qigong is a simple and gentle exercise that promotes enhanced flow of energy and circulation in the body.</td>
<td>Find your balance. Practice flowing movements seated in a chair, then standing with the chair’s support. Emphasis is on focused breathing.</td>
<td>Specially chosen exercises that boost better balance. Both on your feet and seated in a chair. All abilities welcome.</td>
<td>Strengthen and tone arms and upper body using hand weights.</td>
</tr>
</tbody>
</table>

**Benefits:**

- Reduced stress
- Improved respiration & circulation
- Better balance

**Benefits:**

- Improved range of motion
- Better balance
- Increased strength

**Benefits:**

- Better balance
- Increased strength
- Improved core stability

**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!

**THRIVE, NATURALLY**

**THE BENEFITS OF NATUROPATHIC MEDICINE WITH LENA ROBERTSON**

**Sunday, February 17th at 2:00 (3MC)**

Naturopathic medicine is a distinct health care system that emphasizes the promotion of optimal health and vitality, naturally. Non-invasive naturopathic therapies are often used to complement pharmaceutical interventions or surgical treatments. Local naturopathic provider, Dr. Lena Robertson of New Heights Natural Health, will be visiting The Willows this month to discuss the philosophy of naturopathic medicine, its role in the health care system, and how this style of medicine can facilitate better whole-person wellness.

Dr. Lena Robertson graduated from Bastyr University with her doctorate in naturopathic medicine. She obtained her BS in Biology from UW and studied acupuncture at Wu Hsing Tao School of Five Element Acupuncture. Her focus is on geriatrics, preventative health care, nutrition, mental and emotional health, and more.

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**NEVERSTOPLEARNING**

**GREAT COURSE DISCUSSION WITH BRENDA BROOKS**

**Saturdays, February 2nd & 16th at 2:00 (3MC)**

**Joyce’s “Portrait” as Modernist Narrative**

In the next section of A Portrait of the Artist as a Young Man, Stephen Dedalus and his classmates prepare for a retreat, which will be an opportunity to step away from the concerns of the world and focus on death, judgement, hell and heaven. Stephen’s emergence into sexuality and his frequenting of brothels in Dublin have left him without God’s grace, wallowing in what he calls “his sin-loving soul”. Stephen is a precocious, sensitive man. His every action and thought is magnified by his remarkable intellect and powerful language; thus his sense of sin is profound.

**Yeats as the Great 20th-Century Poet**

By 1910, Yeats had already accomplished an astonishing array of achievements in culture: poetry, plays, essays, public works; in all these areas, Yeats was a significant figure. It is not too much to say that he was the founder and guiding spirit of the Irish Revival, and certainly, without his brilliant and energetic leadership, the revival would not have been nearly the cultural achievement that is was. But then, Yeats found himself restless for a new direction in his poetry, eager to move beyond what he had accomplished and seeking new themes and directions to guide his work.
Partnered For Your Health

One-on-one Podiatry Appointments with Dr. Sheafor

Monday, February 4th from 8:30-12:00 (3PR)
Dr. Sheafor will be visiting 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 you can utilize this in-house service!

Stay Strong!

Stronger Arms 6-Week Progression

Tuesdays & Thursdays at 10:00 (3FC) - February 26th-April 4th
Pick up a pair of hand weights and progress gradually over this six-week period at your own pace and intensity. We’ll safely challenge ourselves to increase repetitions as time goes on and even flex our brain muscles by counting in different languages as we go! As for any exercise program, it is recommended to obtain a doctor’s approval since certain physical conditions or medications can make lifting hand weights unsafe. Space and hand weights are limited, please sign up in the book to secure your spot in the class!

Is Right at Home Right for You?

Tuesday, February 19th 11:45-12:30 (3MC)
The Willows has partnered with Right at Home for years as a way to provide a little extra assistance to our residents when they need it. The Right at Home staff continue to impress with their in-house service options including medication management, personal hygiene, ambulation, wound care, and more. Right at Home Northwest Washington owner Sharon Morris will stop by The Willows this month to provide more insight as to what exactly Right at Home can do and how to get started with them. Sharon will give a brief presentation at Town Hall on February 19th, and will be available for one-on-one meetings afterward during which you can see if Right at Home is right for you! Sign up in the book for your meeting with Sharon.

www.thewillowsbellingham.com
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.

MORE FOR YOUR BRAIN...

CREATIVE WRITING GROUP
Fridays, February 1st & 15th 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. We’ll find inspiration from our featured guest author, Pamela Beason, at the February 1st meeting. As a mystery, suspense, and adventure author, Pamela “writes stories with... a dash of humor and a big dose of suspense.” Everyone is welcome to join in on this informal group!

COGNITIVE COCKTAIL HOUR
Wednesday, February 20th 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 scattergories, and much more. Sign up in the book and come to drink, think, socialize, and improve your mind!

HAPPY GALENTINE’S DAY

GALENTINE’S HAPPY HOUR
Wednesday, February 13th at 3:00 (3rd Floor Core)
Single or not, we all rely on our girlfriends to make us smile, laugh, and keep us going. We invite you to celebrate these friendships at this year’s re-vamped Galentine’s event. Celebrate Valentine’s Day with your gals at this year’s Galentine’s Happy Hour! Our Happy Hour will be complete with a delicious signature pink drink, a glamorous photo booth, and an opportunity to “make and take” a little something special. Kick up your heels, get dolled up if you’d like, and come to enjoy an afternoon with just the girls.

Happy Galentine’s Day to all!
**Get Involved**

**PAPERWHITE PLANTING WITH GARDEN SPOT STAFF**

*Sunday, February 24th at 1:00*

*Materials Fee: $12*

Paperwhite flowers are a great way to add a cheerful touch of spring during these long days of winter. They grow fast, they’re easy to tend to, and when they bloom they are a treat for your nose and your eyes! Join Marcy, owner of Bellingham’s Garden Spot Nursery, for this simple and fun paperwhite planting party. Your fee will cover the paperwhite bulbs, a pot, and all of the necessary supplies, including some seasonal twigs and small branches (think pussy willows) to help support the stems as they grow and bloom.

**AWAKENING YOUR CREATIVITY IMPROV FREE OPEN HOUSE!**

*Monday, February 11th at 1:30 (3MC)*

What is improv all about? Stop by the Awakening Your Creativity Improv Open House to find out! Try out some simple, interactive games that are sure to make you laugh. Benefits of this brain-healthy creative outlet include: improved concentration and listening skills, increased confidence, and the ability to think quick on your feet. First-timers will get one of our LifeMinded T-Shirts for stepping out of their comfort zone and trying something new! All you have to do is show up and be yourself!

**HARBORVIEW LIONS LOCAL HISTORY DISCUSSION GROUP**

*Sunday, February 24th at 1:00 (1FWL)*

Do you enjoy learning about local history? Are you a long-time Whatcom County resident with your own stories of the area to share? All are welcome to join members of the local Harborview Lions Club for this informal local history discussion group. You are invited to bring your memories of the cities and towns of Whatcom County, your interest in learning more from resident Belling-hamsters, and your ideas for future discussion topics!

**GOURMET WANNABES: SALADS**

*Wednesday, February 27th at 11:30 (3GL)*

We’re moving on from last month’s hors d’oeuvres luncheon onto the next course in the meal - salads! You are invited to join us, just put together your favorite salad mixture - whether it be a bright spinach and strawberry mix, a lemony Caesar, or maybe a classic egg salad - with plenty to share. Sign up in the book to reserve your seat at the table and to let the others know what you plan to bring!

www.thewillowsbellingham.com
PRESENTING...

**BELLINGHAM MUSIC CLUB PRESENTS: WINNERS OF H.S. VOCAL & INSTRUMENTAL COMPETITIONS**

Wednesday, February 6th at 10:00
Come bask in the talent of Whatcom County’s finest high school-aged vocalists and instrumentalists. These students will showcase their award-winning arrangements from the High School Vocal Competition in honor of Jack & Ginny Frymire and the High School Instrumental Competition in honor of Nicholas Bussard. As always, this concert is free. Please sign-up in the book for transportation. E,WW

*BELLINGHAM THEATRE GUILD PRESENTS: ALMOST, MAINE*

Sunday, February 10th at 1:30
*Ticket Fee: $15*
One cold, clear, winter night, as the northern lights hover in the star-filled sky above, the residents of Almost, Maine, find themselves falling in and out of love in unexpected and hilarious ways. Knees are bruised. Hearts are broken. But the bruises heal, and the hearts mend—almost—in this delightful midwinter night’s dream. Sign up by Thursday, January 31st to enjoy the Bellingham Theatre Guild’s production of this cheeky story of love and loss. E,WW

**WWU SYMPHONY ORCHESTRA DRESS REHEARSAL**

Monday, February 25th at 11:30
Willows residents are being granted special access to Western Washington University’s Symphony Orchestra dress rehearsals before their main events. We will see behind-the-scenes as the 80-member Orchestra fine-tunes their performances and makes adjustments before the big show. This month’s show will feature Mozart’s *Requiem*. Admission to the rehearsal is free of charge, though donations are appreciated. Sign up in the book to join! E,WW

OUT ON THE TOWN

**DRINK & DRAW AT CULTURE CAFÉ AT KOMBUCHA TOWN**

Tuesday, February 12th at 3:30
We’re headed to Kombucha Town to “Drink and Draw!” Sip on a drink while sketching, doodling, and getting your creative juices flowing. You don’t have to be an artist to partake in this outing, all you need is a sketchpad, a drawing utensil, and an open mind! E,WW

**DINNER OUT AT MYKONOS GREEK RESTAURANT**

Monday, February 18th at 4:30
Providing some of the best Greek dishes in town, Mykonos is sure to delight your taste buds and fill your belly. Choose from a variety of Greek specialties ranging in price from $12-$28. This family-owned establishment says, *Kalí órexí* - Enjoy your meal! E,WW
**In House...**

**SUPER BOWL LIII**  
Sunday, February 3rd kickoff at 3:30 (3MC)  
Our Seahawks may be out of the running, but who doesn’t love a little Sunday afternoon football? Come for the snacks, for the commercials, or to see the Patriots and the Rams battle it out for the Lombardi Trophy. Soft drinks, beer and light Super Bowl snacks will be provided and the game will be on the Media Center big screen. See you there!

**TUESDAY NIGHT SERIES: POIROT**  
Tuesdays, beginning February 5th at 7:00 (3MC)  
From England to Egypt, accompanied by his elegant and trustworthy sidekicks, the intelligent yet eccentrically-refined Belgian detective Hercule Poirot pits his wits against a collection of first class deceptions. Tag along for the mysterious ride as we pick up where we left off with Poirot last fall!

**ON THE ROAD...**

**LIVE AT THE MET OPERA: CARMEN**  
Saturday, February 2nd at 9:25  
*Ticket Fee: $23.10 -pay at the door*  
Bizet’s masterpiece of the gypsy seductress who lives by her own rules has had an impact far beyond the opera house. The opera’s melodic sweep is as irresistible as the title character herself, a force of nature who has become a defining female cultural figure. *Carmen* was a scandal at its premiere but soon after became a triumphal success and has remained one of the most frequently staged operas in the world. On the Saturday following Susan Jay’s January 31st *Carmen* presentation, we’ll watch this epic story unfold on a live stream from New York’s Metropolitan Opera House in the comfort of our local movie theatre. Sign up in the book to witness all that *Carmen* has to offer!

**AN AFTERNOON AT THE PICKFORD FILM CENTER**  
Wednesday, February 20th 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!
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.

THURSDAY SHOPPING

LAKEWAY FRED MEYER
Every other Thursday at 2:00*
One-stop shop with groceries, pharmacy, clothing, home décor, & more.

TRADER JOE’S/PUBLIC LIBRARY
Every other Thursday at 1:30*
Trader Joe’s has unique groceries & an extensive wine/beer selection.

ONCE A MONTH AS SCHEDULED

SUNSET SQUARE
Monday, February 11th at 2:00
Shops include:
- Walgreens
- Lowe’s
- JoAnn Fabrics
- Rite Aid
- Skagit Bank
- Beauty Supply
- Xfinity (Comcast)

Popular Personalized Transportation destinations include...
- The Dollar Tree
- Various banks
- Walgreens/Rite-Aid
- Bellis Fair Mall
- Thrift Stores
- And much more!

PERSONALIZED TRANSPORTATION
Wednesday, February 20th 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.*

*Sign up in the book to join*
**DON’T MISS!**

**PERSONALIZED REGISTRATION**
Tuesday, February 26th from 10:00 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.

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**OUT & ABOUT KEY**

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

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**VISIT TO BANNER BANK**
Wednesday, February 13th 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.

**COFFEE & CONVERSATION WITH VIKI**
Thursday, February 21st at 11:30 (3GL)
Questions? Comments? Concerns? Meet with our manager, Viki, and voice what is important to you.

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**THE WILLOWS TEAM**

Manager: Viki  
viki@thewillowsbellingham.com  
Assistant Manager: Leslie  
leslie@thewillowsbellingham.com  
Sales & Marketing Director: Patrick  
Front Desk: gillian, Shea, Molly H  
Relocation Coordinator: Molly D  
Food Service Manager: Jim  
DR & Catering Manager: Derek  
Resident Managers: Jim & Laura  
Programs/LifeMinded Coaches: Sierra, Jen, Taylor  
programs@thewillowsbellingham.com  
Housekeeping Team: Jeanine, Karen, Sheri, Bupar  
Maintenance Team: Tim, John, Bekk, Neville  

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**MOVE IN ANNIVERSARIES**

Ruth Hecker  9 years  
Warren Mowry  7 years  
Miriam Reynolds  6 years  
Marian Olson  5 years  
Marilyn Walker  4 years  
Jim Glen  4 years  
Mary Gopherud  3 years  
Sandy Miller  3 years  
Susan Jay  3 years  
Hugh O’Neill  2 years  
Shirley Higgins  2 years

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**STAFF ANNIVERSARIES**

Jeanine Desrochers  26 years  
Tim Myhre  2 years

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www.thewillowsbellingham.com
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.
**THE BEAT GOES ON...**

*DRUM CIRCLE*
8-week session from February through March every Friday at 11:15 (3FC)
*Class Fee: $40*

The super Willows Drum Circle combining the Beginner and Intermediate groups continues! Drumming in a collaborative group benefits your brain, your body, and your social self. Under the direction of local percussion instructor, Nathan Matson, the beat will go on. All who’ve attended one of Nathan’s workshops here before are invited to join in for this 8-week session. If you’re new to drumming at The Willows, speak with Sierra in Programs to see how you can get in on the action.

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**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.

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.

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.

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

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.

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!

www.thewillowsbellingham.com
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!

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

9:25 - Birchwood Presbyterian Bus
9:00 - Assumption Catholic
9:30 – First Congregational, Garden St. Methodist
10:00 - St. Paul’s Episcopal, Unitarian Fellowship
10:30 - Trinity Lutheran

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.

NOONDAY PRAYER
Saturday, February 9th at 11:00 (1FEL)
Short non-denominational service combining prayer, scripture readings, and reflection.

HYMN SING
Sunday, February 17th at 7:00 (3MC)
This month’s Hymn Sing, led by Anne Richardson, will feature a variety of hymns from resident suggestions.

CLASSICAL MUSIC FOR YOUR EARS & YOUR EYES
Monday, February 4th at 7:00 (3MC)
Enjoy another selection of classical music with captivating on-screen visuals to entertain more than just your ears.

HEART & FRIENDSHIP SONGS SING-ALONG WITH ANNE RICHARDSON
Thursday, February 28th at 7:00 (3MC)
Join former resident, Anne Richardson, as she presents popular songs on the big screen along with lyrics for all to follow along. This month’s songs will be inspired by Valentine’s day and will be about love, friendship, and the heart.
WINTER CONCERT SERIES

SARAH POTOCKI, PIANO
Sunday, 2/3 at 2:00 (3CL)
A pianist since age four, Sarah Potocki will graduate from WWU with her Bachelor of Arts in Music this spring and is currently teaching ten piano students. Her program will include works by Barber, Debussy, Gershwin and more!

BOB’S YOUR UNCLE
Thursday, 2/7 at 7:00 (3CL)
Folky, Irish-y, bluesy... they play it all, and take requests! You’ll also enjoy their musical style and their comedic banter between songs.

WASHBOARD TRIO
Thursday, 2/21 at 7:00 (3CL)
This trio, performing for the first time on The Willows’ stage, consists of several familiar faces who also participate in the Bellingham Traditional Jazz Society. Expect to hear a compilation of piano, trumpet, clarinet, and their namesake a washboard!

STRING TRIO
Sunday, 2/24 at 3:00 (3CL)
This trio of professional musicians comes to The Willows courtesy of The Whatcom Symphony Orchestra’s “Classical Around Town” program. We’re in for a treat!

FOR THE CREATIVE MIND

WILLOWS GALLERIA
OPENING: INEXPLICABLE ART BY PATRICIA HISS
Saturday, February 23rd at 4:00 (2FG)
Patricia Hiss is an accomplished musician and artist who is eager to display a collection of her visual art pieces here in our Galleria this month. With a Masters degree in music and many years as a soloist soprano under her belt, Patricia’s creative energy is vast and very diverse. She’s sung around the world, taught music to people of all ages, and designed and created costumes for the East Carolina University Opera Theater for over 25 years. When she retired from teaching and costuming, she vowed she would never create more than one of anything again. So, after ten years of doing portable needlepoint while singing with the Vancouver Bach Choir in British Columbia, she began designing jewelry. Making jewelry is just one of her passions, her compulsions, and joys, among other artistic endeavors including one-of-a-kind paper crafts.

From paper dolls to opera costumes, nursery rhymes to arias and from cutting and pasting to more cutting and pasting, Patricia is a lifelong artist. She invites you to come sit a while and let your imagination soar at her gallery opening this month. You are sure to be intrigued by her collection of “inexplicable art.”

www.thewillowsbellingham.com
Next month, we will be hosting a very special event showcasing unique clothing and accessories from the very popular Amaryllis Boutique in La Conner. Complete with Willows-resident models and a shopping rack filled with exclusive deals and one-of-a-kind items, this event will be one to remember. Clear some space in your closet now, we’re sure you’ll find something to love!

Stay tuned for more information!