



## Latino Family Egg Hunt

On Saturday, March 31st, Padres a Padres held a popular annual Easter Egg Hunt at Cornwall Park in Bellingham. The event was well attended, with 55 parents and children enjoying the day. The weather was warm and sunny, a perfect day for an Easter Egg Hunt. Families had a chance to connect and share a meal. Children looked for eggs and had a great time.

*Interested in learning more about our Padres a Padres Program? Contact Marta at (360) 715-0170 ext 308 or [martam@arcwhatcom.org](mailto:martam@arcwhatcom.org).*

## Spring Fling Success!

May 6th was a lovely spring day that members of Down syndrome Outreach (DsO) were able to spend together at the Fairhaven Park Pavilion for the annual family support event, Spring Fling. Families of all ages came together and had wonderful support from many volunteers. Families connected with one another over delicious potluck dishes and desserts and good conversation. Volunteers helped create a safe and inclusive atmosphere by providing childcare and a variety of activities, including arts and crafts, face painting, lawn games, sensory stations, and playing at the playground. Every Spring Fling, families say how valuable this relaxed time together is, and how grateful they are to be a part of this community. It's beautiful to see new families connecting with one another and getting a chance to meet older families to get a glimpse of the bright road ahead.

Many thanks to the donors for Spring Fling who helped to ensure we had hot dogs, buns, and other event related items for our 90 attendees, and a special thank you to Bellingham Parks and Recreation who co-sponsor this event year after year.

THANKS to our DsO Advisory Team and all of the families to have helped spread the word about Buddy Walk! **The need to raise funds is a never ending process, but we were able to secure enough donations to ensure our 15th Annual Buddy Walk!** It will be on October 7, 2018. Mark your calendars; it will be here before we know it! Please note there will be changes to increase the sustainability of this event, and a continued effort for fundraising.

*For more information about Down syndrome Outreach, DsO events, or how to get involved, please contact Jessika at (360) 715-0170, ext. 304, or email [jessikah@arcwhatcom.org](mailto:jessikah@arcwhatcom.org).*





# 2017 Annual Report



Over **2,400** community members received our monthly newsletter with information on relevant disability related topics, family perspectives, upcoming workshops, & community events.

Personalized, One-on-One assistance and Parent Matches were provided for over **1,058** requests for assistance on topics ranging from service navigation, IEP, housing, personal care issues, advocacy, coaching, and more.

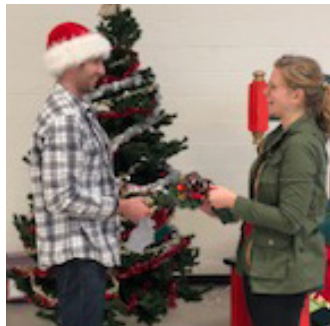


Disability awareness events reached over **1,025** people, while additionally 450 community members participated in the Down syndrome Outreach "Buddy Walk".

Disability Awareness Presentations and Technical Assistance to Whatcom County schools reached **1,347** staff, students, and families in all seven school districts; topics include self-determination, inclusion, and positive behavior supports.



*"It's really important for people with developmental disabilities and their families to have a place to feel supported and the Arc does that for this community" -- Jenn Mason*



As we start planning for our next fiscal year, your input is needed! Do you have ideas for future workshops, support meetings, activities, or ways we can improve services? Fill out our brief survey on our Facebook page, email [parentcoalition@arcwhatcom.org](mailto:parentcoalition@arcwhatcom.org), or call our offices at (360) 715-0170.

# Parent to Parent

## Summer Evening Family Barbecue for Parent to Parent Families

6 - 7:30 pm, Saturday, July 14  
Bloedel Donovan Park, Large Gym  
2214 Electric Avenue, Bellingham



Come and enjoy a summer evening with friends. Super Sitters will be there to offer fun activities for the kids. Hot dogs, dessert, and drinks will be provided by P2P. Please bring your favorite potluck item (salad, fruit, vegetables) to share.

For more information call 360-715-0170 ext 302  
or [p2p@arcwhatcom.org](mailto:p2p@arcwhatcom.org)  
Co-sponsored by Bellingham Parks & Recreation

## Special Thanks from Parent to Parent

We would like to thank Bellingham School District Special Olympics Coach David Umbaugh for coming to our Sibshop and running the games with the kids.

Thank you to Penny Ellenwood and Jeremy Wilson for providing massages at our Helping Parents Night Out, and to Fairhaven Village Inn for generously donating a beautiful room for our event.

A warm Thank You to Jacquie Bresadola from Pace Atelier Art Studio for graciously supporting our Latino Family Art Night.

A huge Thank you to Christine Wasserman and Lettered Streets Covenant Church for donating to our Parent Networking Night, and we appreciate staff from Whatcom Center for Early Learning for coming and supporting families at the event.



## Super Sitter Training

10 am - 2:30 pm  
June 25 - 27

The Arc of Whatcom Co.  
2602 McLeod Rd.  
Bellingham



This popular class is available for youth ages 13 and older and teaches basic baby-sitting skills along with skills caring for children with disabilities. Participants will gain confidence in caring for children, particularly for children with special needs. They will also enjoy the learning environment of the camp as they meet new friends. This training also includes a day of infant/child CPR and First Aid certification. We recommend participants have some prior baby-sitting experience. Registration forms are due June 19 and can be located at [www.p2pwhatcom.org](http://www.p2pwhatcom.org). Class fee of \$95 is due by the morning class starts, partial scholarships are available. For questions and registration forms please contact Karlene at (360) 715-0170 ext 302 or [p2p@arcwhatcom.org](mailto:p2p@arcwhatcom.org)

## Parent Support Meetings

Parents and caregivers are welcome to join our confidential support meetings. Have a snack and connect with other parents.

Topic: Sibling Support

Monday, June 11, 7 - 8:30pm

The Arc of Whatcom County, 2602 McLeod Rd., Bellingham

Topic: to be announced

Monday, July 9, 7 - 8:30pm

The Arc of Whatcom County, 2602 McLeod Rd., Bellingham

For Interpretation Services, please contact us 1 week prior to meeting. To RSVP for childcare, please contact our office by the Friday prior to the meeting at [p2p@arcwhatcom.org](mailto:p2p@arcwhatcom.org) or (360) 715-0170 ext 302

## Swim Social

6:30 - 7:30 pm, Saturday, July 28

Arne Hanna Aquatic Center, 1114 Potter St.



Come join us for some family fun splashing around! Children under the age of 7 must be in the pool with an adult. If you need an extra pair of helping hands to assist you in the pool, please call our office at (360) 715-0170 ext 302 or email [p2p@arcwhatcom.org](mailto:p2p@arcwhatcom.org)



# Community Events



## My Way Matinee: Sensory-Friendly Films

Get the movie theatre experience, but with lower sound and brighter lights. Movies start at 10:30am on 1 Saturday per month. For the movie schedule, visit <https://www.regmovies.com/promotions/my-way-matinee>

## S.P.I.N. Dance

6 - 8pm, Monday, June 18 Theme: Hoedown  
6 - 9pm, Monday, Aug 20 Theme: Popsicle Social  
\*\*Please note NO JULY DANCE  
Bellingham Senior Center, 315 Halleck St.

At the SPIN Dances, you can always count on lively music provided by local bands or DJ's, a healthy snack at intermission, and FANTASTIC company!

Call Amanda: (360) 778-7000 or visit <http://www.maxhigbee.org/spin-dances.html>



## Autism 200 Series

This summer, join us for a two-part series, "Transition to Adulthood."

7-8:30pm, Thursday, July 19

Autism 206: Transition to Adulthood: Housing Options – A Panel Discussion

7-8:30pm, Thursday, August 16

Autism 207: Transition to Adulthood: Behavioral Support for Adults

Autism 200 is a series of 90-minute classes for parents and caregivers of children with autism who wish to better understand autism spectrum disorder.

Sign up for the livestream at <http://www.seattlechildrens.org/classes-community/current-class-offerings/autism-200-series/>



## Out of The Ashes

Every Tuesday, 3:30 - 5:30pm  
Boundary Bay Brewery (Garden)  
1107 Railroad Avenue, Bellingham



Celebrate summer with great music & fun friends! Out of the Ashes is a music program that gives people with disabilities the chance to play music. Come and join in the fun this summer and learn how you can be a part of Out of the Ashes! For more information visit <http://www.outoftheashes.us/>

## Self-Advocacy Meeting

4:30 - 6:30pm, Thursday, June 14

4:30 - 6:30pm, Thursday, July 12

The Arc's Dan Godwin Community Center  
2602 McLeod Road, Bellingham

For more information, contact Jessika:  
[jessikah@arcwhatcom.org](mailto:jessikah@arcwhatcom.org) or (360) 715-0170, ext 304.

## Square Pegs Adult Autistic Meetup Group

11 - 2pm, Sunday, June 24

11 - 2pm, Sunday, July 22

Community Food Co-op Connections Building\*

405 E Holly St, Bellingham

Square Pegs is a peer-support and social group for adults (18+) who identify as being on the autism spectrum or as having Asperger's syndrome. \*Enter the classroom through door #103, which is to the right of the Bakery entrance. Please do not park at the front of the main Bakery entrance, there is parking on the street and some behind the Bakery building.

Questions? Contact Kenn at [kenn.jones1@gmail.com](mailto:kenn.jones1@gmail.com) or Zack Siddeek at [Zsiddeek@yahoo.com](mailto:Zsiddeek@yahoo.com). Visit <https://www.meetup.com/Squarepegs/> and look for "Bellingham Meeting"

## Gearing up for Summer

Leisure Guides are available at:  
Bellingham Parks & Recreation Office  
located at 210 Lottie Street, Arne  
Hanna Aquatic Center, Downtown Bellingham  
Library, and [www.cob.org/services/recreation/activities/leisure-guide.aspx](http://www.cob.org/services/recreation/activities/leisure-guide.aspx)



Contact Amanda at Bellingham Parks and Recreation for questions concerning your child's/children's attendance at a camp this summer: (360) 778-7000 or [parcs@cob.org](mailto:parcs@cob.org)

## Kaleidoscope Play and Learn Groups

Kaleidoscope Play and Learn groups help families prepare their children ages birth to age 5 for success in school and life. This program supports family members at free weekly, facilitated play groups. Parents, grandparents, aunts, uncles, older siblings, other caregivers and family members are welcome to join!

For more information and the Play and Learn schedule, visit <https://www.ccanorthwest.org/kpl/>



## Father's Network Campout

June 15-17

Friday, Saturday, & Sunday

The Fathers Network annual family campout is coming up! This will take place over Father's Day weekend in Anacortes at Washington Park. The Father's Network connects fathers of children of all ages who have special needs with each other and with resources, information, and education to assist them as they become more competent and compassionate caregivers for their children. Contact: Louis Mendoza at (425) 653-4286 or [Louis.mendoza@kinderling.org](mailto:Louis.mendoza@kinderling.org)

## Regional Reduced Fare Permit

Did you know people with disabilities are eligible for reduced transportation fare in Washington? The Regional Reduced Fare Permit (RRFP) is an ID card that entitles you to discount fares on 15 transportation systems throughout the Puget Sound region. This permit entitles you to ride the regular buses at a discounted fare. The permit is also valid on the Washington State Ferries. One personal care attendant (PCA) can ride for free with a reduced-fare passenger; the PCA must get on and off with the reduced-fare passenger. The reduced-fare passenger must have an RRFP with "PCA" on the card.



<https://www.soundtransit.org/Fares-and-Passes/Types-of-fares/Regional-Reduced-Fare-Permit>

## Want to get involved & help improve early intervention services?

The mission of the Whatcom Infant & Children's Council (ICC) is to provide leadership in assuring that children with developmental delays and their families receive necessary services. The at-large meetings are held quarterly. Everyone is welcome and encouraged to attend WICC meetings.

### ICC At-Large Meeting:

12 - 1:30pm, Tuesday, June 12

St. Luke's Community Health Education Center: 3333 Squalicum Parkway, Bellingham

## FREE CHILDCARE & REFRESHMENTS PROVIDED AT MEETINGS!

For information, contact: Melissa Abraham, Co-Chair of the WICC: (360) 715-0170 ext 301 or [melissaa@arcwhatcom.org](mailto:melissaa@arcwhatcom.org).

## Challenge Air Fly Day

9am - 4pm, Saturday, August 18

Seattle/Everett, WA

Paine Field Airport



Challenge Air builds self-esteem and confidence of children and youth with specials needs, through the experience of flight.

Visit <https://www.challengeair.com> to register or learn more.



Seattle Children's  
HOSPITAL • RESEARCH • FOUNDATION

## Center for Children with Special Needs Camp Directory

The 2018 Summer Camp Directory for children with special health care needs is now available!

- Lists over 80 summer camps and programs for children, youth and young adults with behavioral conditions, learning and developmental disabilities, medical conditions, and physical disabilities across Washington
- Now includes camps in northern Oregon and western Idaho to help serve families in southern and eastern Washington
- Search the online directory by camp type, specific condition, region, and more!
- Single print copies available by mail

<https://cshcn.org/resources-contacts/summer-camp-directory/>



## Free Access Pass

The National Park Service is offering a free pass to federal recreation sites for people with disabilities who present documentation of disability status and ask for the free Access Pass. This life-long pass provides that person, along with three other adults, free admission to federal recreation sites around the country. For more details, visit [www.nps.gov/findapark/passes.htm](http://www.nps.gov/findapark/passes.htm).



Washington State Parks also offer pass programs that reduce or waive camping, moorage and watercraft launch fees for limited-income senior citizens, disabled veterans, foster parents and people with disabilities. For more information, visit [www.discoverpass.wa.gov/131/Exemptions](http://www.discoverpass.wa.gov/131/Exemptions).

# Whatcom Taking Action

## What is Applied Behavior Analysis (ABA)?

Applied Behavior Analysis (ABA) is a method used to reduce challenging behaviors. ABA is also used to help people acquire and improve many skills including language, attention, social awareness, self-help, and play. ABA has been found to be very effective for children diagnosed with Autism Spectrum Disorder and other similar developmental disabilities.



WHATCOM  
takingaction  
for Children and Youth with Special  
Health Care Needs (CYSHCN)

## We are starting ABA services, now what?

### Who are the people providing therapy to my child?

Basically, you'll be working with a board certified behavior analyst (BCBA) and a registered behavior technician (RBT). The BCBA will assess and write your child's treatment plan and train the RBT therapist to implement the treatment plan.

Where does ABA therapy take place?

Setting will vary based on provider. Some providers exclusively offer clinic-based therapy while some might offer in-home, while some clinics are a combination of the two.

- Clinic setting: bring a change of clothes, snacks, diapers, wipes, gloves.
- Home setting: need to be home at scheduled ABA Therapy session; parent or guardian must stay home during session.

### What does ABA therapy look like?

ABA can look like play. The first days will be bonding or pairing. ABA can be done at the table, on the floor or almost anywhere.

### What is my role as a parent?

Your involvement is vital to success. You can help your child get the most out of ABA therapy by working hand-in-hand with the team and following through with the intervention activities at home. Parental involvement contributes to generalization of the child's acquired skills. Let your team know if you have questions or are unsure how to implement the activities/goals.

### Myths:

- **ABA turns kids into "little robots".** Behavioral rigidity is one of the characteristics of autism and many mental health disorders. ABA will maximize a child's ability to express their own personality and preferences by teaching them the skills they need to communicate and play.
- **ABA uses aversives / physical punishment.** NO. ABA programs do not use physical punishment to treat autism.
- **ABA just uses food and toys to bribe kids into doing things. ABA gets kids hooked on edible rewards.**  
ABA is a reinforcement based science. Food is a particularly useful reinforcer at the beginning of an ABA program, especially if the individual is a child and/or has little to no language skills. However, pairing the food with other things, such as social praise, allows those things to become reinforcers themselves and gives you more to work with.
- **ABA does not teach a child HOW or WHY to do something; it only trains them to behave in a certain way.**  
A good ABA program needs to be designed to teach to all the needs of the individual. This includes concepts such as complex language, social interaction, problem solving, flexible thinking, and theory of mind (such as understanding things from other people's perspectives).
- **ABA addresses "behavior" only, it's not language focused.** ABA programs are comprehensive programs – meaning that an ABA program addresses all areas including behavioral needs in addition to social skills, language/communication skills, cognitive skills, self-help/daily living skills, play skills and motor skills.
- **ABA is just dog training adapted for use with people.** Applied Behavior Analysis is a comprehensive understanding of why people tend to make the choices that they do. The fact that some behaviorists use this understanding to help adults, to help children and to train animals does not diminish its value in supporting better choice-making in children with autism.
- **ABA is a specialized Autism therapy and is not useful for people with other diagnoses.** ABA is used around the world to help all kinds of people overcome all kinds of social and behavioral problems such as quitting smoking, addressing personality disorders, relationship counseling, obsessive compulsive disorders, and many common issues. Studies are available that support the use of ABA programming with children affected by any number of different disabilities including Down syndrome, Emotional Disorders, General Developmental Delay, etc.



# Choice and Self Determination

## Camp T.E.A.M.(Together Everyone Achieves More)

Many community members just returned from this annual overnight event. Camp TEAM is an outrageously fun experience for teens and adults with developmental disabilities, an excellent time to meet new people and build ties between community members of Skagit and Whatcom counties. Participants were able to play games, do arts and crafts, play putt-putt golf, join in indoor and outdoor adapted sports, learn new dancing techniques, go on nature walks, sit around a bonfire, eat s'mores, build relationships, and boogie down to karaoke! Western Washington University Recreation Program students serve as energetic co-campers and counselors. This event was held at Warm Beach Camp and Conference Center, just south of Stanwood. This new Camp TEAM location has ADA Accessible cabins, restrooms, dining hall and activity spaces.

Thanks to all the sponsors: Western Washington University, Skagit County Health and Human Services, Whatcom County Health and Human Services, Whatcom Educational Credit Union, and Bellingham Parks and Recreation



## Smiles of Life Calendar Spotlight:

Noah is an extremely imaginative, humorous, and loving 26-year-old who is on the Autism Spectrum and has Fragile X Syndrome. He is supported by his family, care helpers, job coaches, and his recreation mentors who assist him with the tasks of everyday living and working. He loves working with animals, especially horses and dogs, and visiting his sister on her farm. He works as a ranch and farm assistant and as a dog walker. Noah likes hiking, adaptive cycling, and going on recreation adventures with his mentors from the Max Higbee Center.

Charlie is a kind and considerate 19-year-old with a learning disability who grew up in Japan. Although it may take him some extra time to learn new things, he appreciates it when people are patient with him and take the time to explain things to him. In fact, he himself is a teacher. Over the summer he taught kids about the local branch of the library and how to play chess. He loves to draw, write, and listen to music.

Evie is a smart and imaginative 9-year-old who likes to say that she is "unique in her own way". She likes hanging out with her parents on their many adventures like swinging at the park, going to Fred Meyer, and braving the big city of Seattle. She also likes taking it easy at home with her dog and two cats. She collects toys and everything to do with horses.



**The Arc**

*For people with intellectual  
and developmental disabilities*

## The Parent Coalition

The Arc of Whatcom County provides leadership support for individuals with developmental disabilities and their parents/guardians. The goal of the Parent Coalition is to enable persons with developmental disabilities and their parents/guardians to become effective and involved in accessing services.

*The Parent Coalition newsletter  
is published monthly by:*

### The Arc of Whatcom County

Dan Godwin Community Center  
2602 McLeod Road  
Bellingham, WA 98225  
(360) 715-0170

[www.arcwhatcom.org](http://www.arcwhatcom.org)

OFFICE HOURS: 10am-1pm M-F

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### Board of Directors

Susan Radke, President;

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## Stay Connected

### Online Community Calendar:

Visit The Arc's website at [www.arcwhatcom.org](http://www.arcwhatcom.org) and click on Events.

**Facebook:** Visit our FB page: [www.facebook.com/ArcWhatcom](http://www.facebook.com/ArcWhatcom) for the latest information and events.

**E-alerts:** The Parent Coalition emails updates on legislation, workshops and upcoming activities. To sign up, visit [www.arcwhatcom.org](http://www.arcwhatcom.org) or email [monicab@arcwhatcom.org](mailto:monicab@arcwhatcom.org).



PARTNER AGENCY

*The Parent Coalition is funded by grants from the  
Developmental Disabilities Program of Whatcom County,  
the United Way and your generous donations.*

## My Life Plan

My Life Plan is a free online planning tool that guides you through key questions to help plan and prepare every stage of life.

Life Course Welcome Packet:  
Introduction to Planning & Services in Washington State.

**This free four-page packet includes:**

- A Star Form to identify supports to reach goals of any kind.
- How to apply for a determination of DDA eligibility in Washington.
- How to organize key documents that will be needed to apply for programs now and into the future.
- Description of WA State's DDA's wavier programs and Community First Choice (CFC).

To download and print your own copy, visit <http://informingfamilies.org/life-course-intro/>

## Special Olympics Summer Softball Schedule:

SAT JUNE 16 10am-12pm Downer Fields

SAT JUNE 23 10am-12pm Downer Fields

SAT JUNE 30 10am-12pm Downer Fields

SAT JULY 7 10am-12pm Downer Fields

SAT JULY 14 10am-12pm Downer Fields

SAT JULY 21 10am-12pm Downer Fields

SAT JULY 28 10am-12pm Downer Fields

SAT AUG 4 10am-12pm Frank Geri Fields

SAT AUG 11 10am-12pm Downer Fields

Additional Regional and State Games info will be announced once available.

If you have any questions, please contact Jason at [admin@sobellingham.org](mailto:admin@sobellingham.org) or (360) 630-4554

## Seattle to Host 2018 Special Olympic Games

Special Olympics announced that Seattle has been selected to host the 2018 Special Olympics USA Games, the national games for Special Olympics in the United States. **For more information, visit <https://www.specialolympicsusagames.org/>**



# Event Calendar

## June

**11 Monday, 7 - 8:30pm**  
**Parent Support Meeting**  
*see page 3 for more details*

**12 Tuesday, 12 - 1:30pm**  
**ICC At-Large Meeting**  
*see page 5 for more details*

**14 Thursday, 4:30 - 6:30pm**  
**Self Advocacy Meeting**  
*see page 4 for more details*

**16 Saturday, 10am - 8pm**  
**Special Olympics Softball First Practice**  
*see left hand side of page*

**18 Monday, 6 - 8pm**  
**SPIN DANCE**  
**Theme: Hoedown**  
*see page 4 for more details*

**25-27 Wednesday - Friday**  
**10am - 3:30pm**  
**Parent to Parent Super Sitter Training**  
*see page 3 for more details*

## July

**9 Monday, 7 - 8:30pm**  
**Parent Support Meeting**  
*see page 3 for more details*

**12 Thursday, 4:30 - 6:30pm**  
**Self Advocacy Meeting**  
*see page 4 for more details*

**14-15, Saturday - Sunday**  
**10am - 3:30pm**  
**Sand Sculpture Contest**  
**7930 Birch Bay Drive**  
<http://www.birchbaychamber.com/sand-sculpture-competition.html>

**19 Thursday, 7 - 8:30pm**  
**Autism 200 Series**  
*see page 4 for more details*

**28 Saturday, 6:30 - 7:30pm**  
**Parent to Parent Swim Social!**  
*see page 3 for more details*

**31 Tuesday, 4 - 6pm**  
**Infants & Childrens Council Parent & Provider Networking**  
Boundary Bay Outside Stage Area

## August 2018

**\*\*Please note there will be no Self Advocacy or Parent to Parent Meetings in August. Meetings will resume in September.**

**4 Saturday, 11 - 3pm**  
**Bellingham Kids Fest**  
**Downer Fields**  
**1114 Potter Street**

**11 Saturday**  
**FACES Music Benefit**  
Boundary Bay (Mountain Room)

**16 Thursday, 7 - 8:30pm**  
**Autism 200 Series**  
*see page 4 for more details*

**13-18 Monday - Saturday**  
**NW WA Fair Week**  
**1775 Front St, Lynden**

**15 Wednesday, 2 - 3pm**  
**Rascal Rodeo**  
**1775 Front St, Lynden**

**17 - 19 Special Olympic Summer Games in Seattle**  
*see left hand side of page*

**18 Saturday, 9am - 4pm**  
**Challenge Air Fly Day**  
*see page 5 for more details*

**20 Monday, 6 - 8pm**  
**SPIN DANCE**  
**Theme: Popsicle Social**  
*see page 4 for more details*

## September

**6 Thursday, 4:30 - 6:30pm**  
**Self Advocacy Meeting**  
*see page 4 for more details*

**10 Monday, 7 - 8:30pm**  
**Parent Support Meeting**  
*see page 3 for more details*

**17 Monday, 6 - 8pm**  
**SPIN DANCE**  
**Theme: Sports Night**  
*see page 4 for more details*

**NOTE: All events listed are in Bellingham unless otherwise noted.**  
Find more events at [www.arcwhatcom.org/wp/events/](http://www.arcwhatcom.org/wp/events/).