2019 Memberships... Renew your membership for 2019 today. Payment can be made by calling the senior center, coming in or mailing your check. Keeping current on your dues will ensure that you continue to receive this newsletter at your doorstep! Highlights of your Senior Center Membership: newsletter direct mailed, participation in over 30 activities at no additional charge and trip registration priority. We are an active recreation center for all adults 55 and better. We have daily drop-in activities you can participate in, as well as trips and tours, fitness, educational, enrichment and dance classes. The Bremerton Senior Center is also home to many entertainment groups such as The Sunshine Singers, Center Line Dancers and more. Rates are on page 3.

- **COUPLES MEMBERSHIP** is for two people, one at least 55 or better, who reside at the same address. We have resident and non-resident rates. Rates are on page 3.

- **SINGLES MEMBERSHIPS** are for single city and non-city residents. Rates are on page 3.

- **ASSOCIATE MEMBERSHIPS** are for those individuals not yet 55 but who still would like to participate in the programs, trips and classes offered at the Center. This is a great membership for sons and daughters of members or active adults who participate at the Bremerton Senior Center. Rates are on page 3.

The “Active Us” is THE place to get your information for the Bremerton Senior Center.
The Bremerton Senior Center is open to all people ages 55 and better. The annual user fees are listed on page 3.

STAFF
Holly Peterson, Recreation Program Coordinator
Barbara Roembke, Front Office Coordinator
Joely Stodden, Front Office Receptionist

VOLUNTEER RECEPTIONISTS
Monday: Pat Sechrest
Tuesday & Thursday: Mac Whittlesey
Wednesday: Judy Ray-Hensley Friday: Al Butler

The Bremerton Senior Center is a division of the City of Bremerton Parks & Recreation Department. The Active Us is published five times a year.

Mission Statement:
The Bremerton Senior Center is committed to enriching Senior lives in Bremerton by providing lifelong learning and recreational opportunities.

S UM$ CORNER
Happy winter SUMS members. Hopefully you all survived the "SNOW MEGATEN". As is usual the winter months are kind of slow. Do have some information for you...Thanks again to all who helped out during the Craft Fair. Our expenses have increased the cost of hosting the Craft Fair. That and an unusually slow Saturday allowed our profits to be below what we are accustomed to. Information from a good source told me that all the fairs were slow on Saturday. That has been the norm for the past few years. This year we will be trying something different, more to come on that as we finalize our ideas. We have paid for advertisement on the two Mentor boards and will expand advertisement to the weekly papers such as the “Reporter”. We hope to have good results with this. We will give it a try. Our December bake sale brought in $348.50. Thanks to the bakers and buyers. With our SUMS funds we purchased a new popcorn maker (the old ones gears were worn out), a 16 quart roaster oven slow cooker, coffee maker and clock for the center. We are also looking at a tune up for the current sound system. That is it for now. Come on Spring!

Paul Vlastelica, SUMS President

CO-ED REC MODIFIED SOFTBALL
FALL/WINTER SEASON @ OSSC
TUESDAYS AND FRIDAYS, 10 AM - 12 PM
SPRING/SUMMER SEASON STARTS
APRIL 9TH AT LIONS PARK FIELD #1
Enjoy the great game of softball played by men and women. The emphasis is on having fun through friendly competition, exercising and to develop individual hitting and fielding skills in a positive, team setting. Previous experience is recommended. Modified Softball is played indoors during the fall/winter and outdoors during the Spring and Summer months at Lions #1. (Ages 55 and up, senior center membership is required.)

BRUSH UP/DUST OFF
TUESDAYS, 12:30-2:30 PM
Have you always wanted to learn how to watercolor, sketch, learn colored pencils? Or have painted previously and want to get back into it? Join members of the Bremerton Art Guild for helpful guidance. This group will meet on a weekly basis with volunteers from the Bremerton Art Guild helping you get started. Bring in your supplies and be ready to have some fun.

FOOTCARE
1ST TUESDAYS & 4TH WEDNESDAYS, BY APPT.
Michelle Camber provides this affordable service. It’s a pedicure without the polish! Call her for prices and to schedule your appointment at (360) 871-5726-home, (360) 689-5114 - cell phone.

CRIBBAGE
WEDNESDAYS, 9 AM
This classic game has been around since the 17th century. Great card game for 2-4 players.

QUILTING CLASS
THURSDAYS, 10 AM-2:30 PM
Novice or experienced quilters, come one and all! Bring your quilting supplies, get new ideas and visit with other quilters. The group occasionally offers classes on techniques and styles. (Sewing machine skills required.)

DOMINOES
FRIDAYS, 10 AM
This game can be played with 2 or more players and can get quite lively at times. Come join the fun!

POOL TOURNAMENTS
8 BALL 1st THURSDAYS - 10:30AM
8 BALL IS GENEROUSLY SPONSORED BY:
BREMERTON HEALTH & REHAB
360-377-3951

9 BALL 3rd WEDNESDAYS - 10:30AM
9 BALL IS GENEROUSLY SPONSORED BY:
FOREST RIDGE HEALTH & REHAB
360-479-4747

Tournaments are just $3 per player and include a delicious lunch and prize to the winner! New rules: Straight 8, call shot, BCA rules, 2 out of three in winners bracket only. Come join us daily, Monday-Friday from 8am to 3pm.

SENIOR PICKLEBALL - NEW!!!!
FRIDAYS, 8-9 AM
Looking for a new FUN recreational activity, come to the Sheridan Park gym for pickleball!! Enjoy this exciting court game which combines the elements of tennis, badminton and table tennis, equipment is provided. This program is for beginner players and instruction will be provided, senior center membership is required.

WELLNESS
AEROBICS-FREE VIDEO
MONDAYS, WEDNESDAYS & FRIDAYS, 9 AM
Get your heart pumping and your sweat dripping in this moderate paced fitness class. Class utilizes weights, resistance bands and other strength training techniques and can be fast-paced at times. Great class to work on your balance and mobility! Participants need to be able to exercise at a consistent level for 5-10 minutes at a time.

TAI CHI
THURSDAYS, 1:30-2:30 PM
SESSIONS: APRIL 4 - MAY 9
Tai Chi Chuan, a Chinese martial art noted for its slow, smooth movements, has been proven to improve balance and increase flexibility. This class features Sun and Yang Styles. This class is accessible for all levels of fitness and taught by Sandy Carlson. Cost is $30/6 weeks. Min of 5. No class Nov 22.

Please check with the office staff for any items you may have left behind in the center or one of our vans. Items left for more than 3 months will be donated or put on the free shelf.
DAIly ACTIvITIES

the members of the bremerton Art guild, bring your project that you would like to work on but don't have the space or just want a little company? Join us Mondays, 10 AM-1 PM

Do you sketch, sculpt, paint? Do you have an art project that you would like to work on but don't have the space or just want a little company? Join us Mondays, 10 AM-1 PM.

COMPUTER LAB DAILY, 8 AM-2:45 PM
Flat screens, one touch screen, new hard-drives and high speed wireless internet in a quiet room, what more could you ask for? If you just want to surf the web, check your e-mail or refresh your computer skills, come on down and see what's new!

POOL DAILY, 8 AM - 3 PM
Four tables are available daily to play on. Whether you come in just for the monthly tournaments or to see if you got game - you're sure to have fun!

SUNSHINE SINGERS MONDAYS, 10:15 AM-12:15 PM
Tea for two and two for tea - that's me and you welcome to play with this fun group.

BREMERTON ART GUILD MONDAYS, 10 AM-1 PM
Do you sketch, sculpt, paint? Do you have an art project that you would like to work on but don't have the space or just want a little company? Join the members of the Bremerton Art Guild, bring your projects and enjoy.

~DONATIONS~
We love donations. Currently we are in need of the following items listed below. Thank you for your generosity!
- regular ground coffee - $5 gal. kitchen bags
- Individually wrapped candy - napkins - disposable plastic water cups - Individual creamers

AARP SAFE DRIVING PROGRAM MONDAY & TUESDAY, 9 AM-1 PM
NEXT SESSION - APRIL 8 & SEPTEMBER 23-24
Need a quick review on your driving skills and/ or want to save money on your insurance? AARP provides instruction for you. Attendance on both days is required to receive credit. Call (360) 473-5357 to register. Supply fee paid to instructor at first class. Class min. 5, max. 12.

CENTER LINE DANCERS MONDAYS & THURSDAYS, 9 AM
Beginners to experienced Bridge players are welcome to play with this fun group.

BADMINTON TUESDAYS & THURSDAYS, 8 AM
Come on down to Sheridan Park gym and have a great time batting at birdies (equipment is provided).

CRAFT CLUB WITH SALLY TUESDAYS, 9 AM-NOON (A.K.A. CRITTERS)
Are you repairing an old friend or creating a new one? From re-stuffing critters to making curtains, Sally and her team of extreme makeover artists can help you work on any project.

SR WOMEN’S INDOOR SOCCER TUESDAYS, 10-11 AM
This program is held at the Olympic Soccer and Sports Center located at Pendergast Regional Park. This is a free program, however, Senior Center membership is required.

SENIOR OPEN ICE SKATE MONDAYS & WEDNESDAYS, 11 AM-12 PM
Always wanted to learn to ice skate? Come to the Center to pick up your weekly passes to skate at the Bremerton Ice Arena. Skates are available to rent for $3.50. This is a free program, however, Senior Center membership is required.

2019 MEMBERSHIP RENEWAL
Senior memberships run the calendar year (January-December) regardless of when you join. Renew your 2019 membership today at the rates listed below. (Sorry no refunds on memberships.)

RESIDENTS
Single.............................$77/yr
Couples.............................$334/yr
Associate..........................$25/yr

NON-RESIDENTS
Single.............................$34/yr
Couples.............................$50/yr
Associate..........................$50/yr

NEW PROGRAM!!!
A new program is in the works and we need to fill interest lists to see if this program would be of interest to you, our members. New program is:

Healthy Cooking Class (min of 5)
We are looking for a volunteer instructor for this class. Interested? Please give the office a call at 360-473-5357. Please let us know if you are interested by calling or come by.

TAKING CHARGE SERIES
A series of topics designed with you in mind. Each month will focus on a different topic - fitness, nutrition, aging, financial and more. Each month is sponsored by a different business/ provider and a light lunch/snack will be served. Reserve your seat today as these workshops fill up quickly.

March 26th - Kitsap Transit Travel
Presented by Kitsap Transit
April 30th - Telephone Fraud
Presented by AARP

MEALS ON WHEELS KITSAP - LUNCHES -Thursdays & Fridays @ Noon
Nutritious and delicious lunches plus a great way to meet other seniors. Reservations are requested, call 360-377-8511 by 2 PM the previous day.

Re: March 2019 Calendar

SVCS/ LUNCHEONS
Our luncheons are a great way to meet people, enjoy a delicious meal and have a good time!

MARCH 5, 11:30 AM ST. PAT’S PARTY
Entertainment, corned beef, cabbage and Irish soda bread will make this luncheon an event to remember. Don’t forget to wear green. Cost: $5pp

APRIL 23, 11:30 AM VOLUNTEER LUNCHEON
Our Annual Volunteer Appreciation Luncheon honors you, our volunteers. Without your dedication, many of our programs would not be able to occur. Reservations are required. Cost: free to volunteers, guests are $5pp.

MAY 7, 11:30 AM CINCO DE MAYO FIESTA
Join your Senior Center friends for a big fiesta! Salsa, chips, non-alcoholic margaritas and Holly’s Mexican Lasagna! Cost is $5pp.

JUNE 3-5, 9 AM - 2 PM BAKE SALE!!!
Enough said right??! Best Bake Sale ever!!! Are you a baker? If so, we want your baked goods. Contact Cathy Vlastelica at 360-308-2416 if you can provide your delicious goodies!

JUNE 4, 11:30 AM AFTERNOON TEA PARTY
Petite scones, fruit cups, cucumber tea sandwiches, smoked salmon sandwiches and green chille roll ups, mini desserts and of course tea. Wear your Sunday best, big hats and bring your favorite tea cup and saucer. This will be a great party! Cost: $5pp
Join us for our Afternoon Tea Party
Tuesday, June 4th
11:30 am
Cost: $5 pp
Bremerton Sr Center

Wear your Sunday best, big hat and bring your favorite cup and saucer. You don’t want to miss this event!
THURSDAY, MARCH 7TH - COST, $34, R1
The 2019 lunch challenge is German! Everyone will be able to order their own entree and judge for themselves who has the best German food in the northwest. We’ll have 6 challenges before we pick our winner. Sign up for as many as you can so you really can be the judge of “who has the best in our little corner of the NW”. Your entree, beverage and transportation are included.

CAYT THE MUSICAL
THURSDAY, MARCH 28TH - COST, $159, R1
Andrew Lloyd Webber's beloved, whimsical masterpiece Cats is coming to the Paramount Theatre. This Cats musical Seattle production is your chance to join the fun at the Jellicle Ball, as an assortment of anthropomorphic cats — inspired by T.S. Eliot's poetry book Old Possum’s Book of Practical Cats — compete for the "Jellicle Choice," which will send one of them to the mysterious, regenerative "Heaviside Layer." -Any more description would hardly do the show justice; suffice it to say that it's one of the best-loved musicals on either side of the Atlantic. This trip is full but please put your name on the waiting list just in case a spot or two open up. (Max. 19)

QUEEN MARY AFTERNOON TEA-NEW DATE!! WEDNESDAY, APRIL 3RD - COST, $74, R1
Treasured memories are made at Seattle’s Queen Mary Tea Room, where exquisite teas, delicious meals, and mouthwatering desserts are savored. Once inside, guests are intimately surrounded by Victorian elegance. The ambiance is accented with English bone china, delicate lace, and rich wainscoting. There are generous helpings of authentic British cuisine, the solace of good friends, the warmth of beautiful full leaf teas from around the world, and shelter from that occasional Seattle rain shower. Transportation, Afternoon Tea and escort are all included on this wonderful trip. ( Plenty of room still available - reserve your spot today!)

BSC REPRESENTATIVE: A staff member accompanies tours and will try to ensure that the tour runs as close to schedule as possible and handle any problems that may arise. All participants must have a current emergency medical wearable form on file prior to traveling. Please make sure your contact phone number/address and medical forms are as current as possible.

FULL TRIPS: if a trip is full, please place your name on the waiting list.

MOBILITY OF OUR PARTICIPANTS: Each trip has an R rating. The higher the rating, the more walking and standing you will be required to do (see page 8). Please check the rating and know your limits prior to signing up. If you require extra time to load/unload please be sure to be the last to load/unload. If it is medically necessary for you to sit in a certain seat, please make sure the office has a copy of your doctors note on file during your travel restriction so we can understand how best to accommodate your request. There are no restroom facilities on either van.

NAVIGATOR/CO-PILOT: The passenger seat is designated the navigator/co-pilot. As the navigator/co-pilot your driver may request your assistance with either driving directions, buckling and unbuckling other travelers and closing the large passenger door. While not all trips require the above mentioned services, there is a basic need for them to some extent on all trips. Please be sure that your physical condition will allow you to perform such duties if requested.

PARKING: Please contact the Senior Center office regarding the parking policy.

PAYMENTS: Full payment is due upon registration.

REGISTRATION PROCESS: Registration for each trip begins when they are published in either this newsletter or the quarterly Parks & Rec Activity Guide. Phone-in or walk in are the two convenient ways to register for trips. Phone reservations require a credit card. All registrations are first come, first served and members have priority.

REFUNDS: Bremerton Senior Center reserves the right to cancel any trip that does not reach minimum working days before the travel date. In that event, you will receive a credit on your account to be used on another trip at the Senior Center. Refunds will not be given to any trip 12 or less that you need to cancel. Cancellations for day trips ($25 or more) are given only if a replacement to fill your spot is found. Please be sure to know in ample time should you need to cancel. Trips canceled by the participant will be charged a 10% cancellation fee. No refunds will be given for trips canceled less than 24 hours in advance of departure. Cancellations for extended trips vary.

TRIP RATINGS: R1-Board & depart bus/Van and walk 2-3 blocks without stopping to rest. Must be able to stand 15 to 30 min. R2-Board & depart bus/van and walk 4-5 blocks without stopping to rest, must be able to stand 30 to 45 min, handle stairs and walk a mile in under 20 min.

Please check the trip ratings carefully when registering. Signing up for trips that are within your limits will allow you to have a better experience.
CHRISTINE ALEXANDER & BREAKFAST
THURSDAY, JUNE 6TH - COST $34, R1
First stop will be at the Sun Break Cafe in Auburn for a wonderful breakfast. Next, we'll head to Christine Alexander's store just down the street from the Cafe. Christine Alexander is one of the world's leading manufacturers of clothing and accessories made with SWAROVSKI ELEMENTS. The designs are created and embelished onto the latest, trendsetting styles in fashion at our manufacturing facility in Auburn, Washington. Breakfast and transportation are all included in this trip.

LITTLE CREEK CASINO
THURSDAY, JUNE 13TH - COST, $16, R1
This is by far one of our favorite casinos to visit. Just an hours drive away so we will be able to spend more time gaming! Don't forget to get all your discounts for 50+ at the promotions booth!

LET'S DO LUNCH!
THURSDAY, JUNE 20TH - COST, $14, R1
Join us for lunch. We'll load up one van and head out to explore new places, new cuisines and meet new friends. Lunch is on your own but the transportation is provided. June's pick will be Pho King (Thai) in Tacoma.

BULLITT CENTER AND LUNCH
THURSDAY, JUNE 27TH - COST, $19, R2
Take a tour of the “Greenest commercial Buildings in the World”. The goal of the Bullitt Center is to drive change in the marketplace faster and further by showing what’s possible today. The tour will be led by volunteer docents from the CID, a collaboration between the University of Washington Integrated Design Lab and the Bullitt Foundation. Tour and transportation via ferry will be included. Lunch will be on your own at Premier Meat Pies on the Seattle Waterfront.

EXTENDED TRAVEL 2019
SOUTHERN CHARM
NOV 3-9, COST DBL OCC $2924/SGL OCC $3724
7 days, 9 meals, RT Transportation from the Senior Center and Trip Insurance. Deposit of $775 required to sign up. Visit Charleston's 50 Carolina, Savannah & Jekyll Island and Jacksonville Florida.

COMING IN 2020
SPRING IN PANAMA
NOVEMBER - CHRISTMAS MARKETS ON THE RHINE RIVER (RIVER CRUISE)

MAY CONT...
TRIPS & TOURS

MOORE TRIPS & TOURS

JUNE

GERMAN LUNCH CHALLENGE
THURSDAY, JULY 11TH - COST, $34, R1
The 2019 lunch challenge is German Everyone will be able to order their own entree and judge for themselves who has the best German food in the northwest. We'll have 6 challenges before we pick our winner. Sign up for as many as you can so you can really be the judge of “who has the best in our little corner of the NW”. Your entree, beverage and transportation are included.

LAKEWOLD GARDENS, FALLS TERRACE AND WAGNER’S BAKERY
THURSDAY, JULY 18TH - COST, $54, R2
Lakewold Gardens is an inspirational experience where generations of families can discover common ground through the beauty of a garden. Located in Lakewood, Washington, Lakewold offers landscape architecture by Thomas Church surrounded by rare and native plants, State Champion trees, over 900 rhododendrons, 30 Japanese maples and stunning statuary. A Washington State historic landmark, Lakewold's Georgian-style mansion and historic architecture complete the 10 acres where visitors can step back in time to an elegant past or enjoy a relaxing moment to contemplate the future. After our docent led tour, we head to the fabulous Falls Terrace in Olympia and then a quick stop at Wagner's Bakery to load up on their amazing breads and desserts! Tour, transportation and lunch are included in this fun day, while the Bakery items are on your own.

SPACE NEEDLE AND PALISADE
TUESDAY, JULY 23RD - COST, $94, R2
Soaring 520 feet skyward, lean into tilting glass walls that will transport you to the Olympic Panorama 360. See the sprawling PNW from the highest vantage point in the region. The 360-view observation level renovation is complete. Half walls and safety caging have been removed and replaced with a floor-to-ceiling viewing experience. After you spend time taking in all of the wonderful views from the Needle, you will have time to shop in the ground level gift shop. We will then head to the amazing Palisade Restaurant in Magnolia. The views of Elliott Bay are beautiful and the food is so delicious! Needle admission, transportation and lunch are all included in this wonderful experience! Please join us!!

MUCKLESHOOT CASINO
THURSDAY, APRIL 4TH - COST, $19, R1
Muckleshoot Casino offers something for everyone. With over 2,600 machines and poker to exciting table games like blackjack, craps, roulette and more you are sure to find something fun to play and with 7 different dining choices you are sure to find something you like to whet your appetite. Lunch is on your own.

LET’S DO LUNCH!
THURSDAY, APRIL 25TH - COST, $14, R1
Join us for lunch. We’ll load up one van and head out to explore new places, new cuisines and meet new friends. Lunch is on your own but the transportation is provided. April's pick will be Boat House 19 in Tacoma.

QUILT TRIP
THURSDAY, MAY 2ND - COST, $14, R1
We’ll load up one van and head to Tacoma to visit ArtCo, Trains & Fabric and Shibori Dragon. Following our 2nd stop, we’ll head to lunch at a local restaurant. Transportation is provided today, however, lunch and any other snacks at pit stops are on your own. (Max. 13)

GERMAN LUNCH CHALLENGE
THURSDAY, MAY 9TH - COST, $34, R1
The 2019 lunch challenge is German! Everyone will be able to order their own entree and judge for themselves who has the best German food in the northwest. We’ll have 6 challenges before we pick our winner. Sign up for as many as you can so you can really be the judge of “who has the best in our little corner of the NW”. Your entree, beverage and transportation are included.

FALLS TERRACE AND WAGNER’S BAKERY
THURSDAY, JUNE 27TH - COST, $19, R2
Lakewold Gardens is an inspirational experience where generations of families can discover common ground through the beauty of a garden. Located in Lakewood, Washington, Lakewold offers landscape architecture by Thomas Church surrounded by rare and native plants, State Champion trees, over 900 rhododendrons, 30 Japanese maples and stunning statuary. A Washington State historic landmark, Lakewold’s Georgian-style mansion and historic architecture complete the 10 acres where visitors can step back in time to an elegant past or enjoy a relaxing moment to contemplate the future. After our docent led tour, we head to the fabulous Falls Terrace in Olympia and then a quick stop at Wagner’s Bakery to load up on their amazing breads and desserts! Tour, transportation and lunch are included in this fun day, while the Bakery items are on your own.

APRIL CONT...

MAY CONT...

THINGS TO KEEP IN MIND
In order to ensure the best possible experience for every member of the Bremerton Senior Center, please keep in mind the following: We do not provide respite care, adult daycare and/or services that would normally be provided by a trained attendant, nurse or personal caregiver (i.e. incontinence, inability to use the restroom independently or preventing a participant from leaving the facility). In addition, the provision of any personal care by staff for a participant is beyond our capability. Please contact the Division of Aging and Long Term Care at (360)337-5700 should you require any of the above mentioned needs.
**MARCH CALENDAR**

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td>8 Pool*</td>
<td>9 Bridge</td>
<td>8 Lo-Impact Aerobics</td>
<td>8-10:30 Ping Pong</td>
<td>9 Bridge</td>
</tr>
<tr>
<td>8 Pool</td>
<td>9 Bridge</td>
<td>8 Lo-Impact Aerobics</td>
<td>10-1:00 Brem. Art Guild</td>
<td>10-1:00 Brem. Art Guild</td>
</tr>
<tr>
<td>8 Pool</td>
<td>9 Bridge</td>
<td>8 Lo-Impact Aerobics</td>
<td>10:15 Sunshine Singers</td>
<td>10:15 Sunshine Singers</td>
</tr>
<tr>
<td>8 Pool</td>
<td>9 Bridge</td>
<td>8 Lo-Impact Aerobics</td>
<td>9:00-10:00 Quilting Class</td>
<td>9:00-10:00 Quilting Class</td>
</tr>
<tr>
<td>8 Pool</td>
<td>9 Bridge</td>
<td>8 Lo-Impact Aerobics</td>
<td>10:30-11:00 Line Dance</td>
<td>10:30-11:00 Line Dance</td>
</tr>
<tr>
<td>8 Pool</td>
<td>9 Bridge</td>
<td>8 Lo-Impact Aerobics</td>
<td>12:00-12:30 Line Dance</td>
<td>12:00-12:30 Line Dance</td>
</tr>
<tr>
<td>8 Pool</td>
<td>9 Bridge</td>
<td>8 Lo-Impact Aerobics</td>
<td>1:30-2:00 Line Dance</td>
<td>1:30-2:00 Line Dance</td>
</tr>
</tbody>
</table>

**APRIL CALENDAR**

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td>8 Pool*</td>
<td>9 Bridge</td>
<td>8 Lo-Impact Aerobics</td>
<td>8-10:30 Ping Pong</td>
<td>9 Bridge</td>
</tr>
<tr>
<td>8 Pool</td>
<td>9 Bridge</td>
<td>8 Lo-Impact Aerobics</td>
<td>10-1:00 Brem. Art Guild</td>
<td>10-1:00 Brem. Art Guild</td>
</tr>
<tr>
<td>8 Pool</td>
<td>9 Bridge</td>
<td>8 Lo-Impact Aerobics</td>
<td>10:15 Sunshine Singers</td>
<td>10:15 Sunshine Singers</td>
</tr>
<tr>
<td>8 Pool</td>
<td>9 Bridge</td>
<td>8 Lo-Impact Aerobics</td>
<td>9:00-10:00 Quilting Class</td>
<td>9:00-10:00 Quilting Class</td>
</tr>
<tr>
<td>8 Pool</td>
<td>9 Bridge</td>
<td>8 Lo-Impact Aerobics</td>
<td>10:30-11:00 Line Dance</td>
<td>10:30-11:00 Line Dance</td>
</tr>
<tr>
<td>8 Pool</td>
<td>9 Bridge</td>
<td>8 Lo-Impact Aerobics</td>
<td>12:00-12:30 Line Dance</td>
<td>12:00-12:30 Line Dance</td>
</tr>
<tr>
<td>8 Pool</td>
<td>9 Bridge</td>
<td>8 Lo-Impact Aerobics</td>
<td>1:30-2:00 Line Dance</td>
<td>1:30-2:00 Line Dance</td>
</tr>
</tbody>
</table>

* = Sheridan Park Gym
**A** = Sheridan Park Lounge
+ = Bremerton Ice Arena
° = OSSC-Pendegrast
*F = Lions Park

**Notes:**
- *C* = Sheridan Park Lounge
- *F* = Lions Park
- *S* = Sheridan Park Gym
GERMAN LUNCH CHALLENGE
THURSDAY, MARCH 7TH - COST, $34, R1
The 2019 lunch challenge is German! Everyone will be able to order their own entree and judge for themselves who has the best German food in the northwest. We’ll have 6 challenges before we pick our winner. Sign up for as many as you can so you really can be the judge of “who has the best in our little corner of the NW”. Your entree, beverage and transportation are included.

CATS THE MUSICAL
THURSDAY, MARCH 28TH - COST, $159, R1
Andrew Lloyd Webber’s beloved, whimsical masterpiece Cats is coming to the Paramount Theatre. This Cats musical Seattle production is your chance to join the fun at the Jellicle Ball, as an assortment of anthropomorphic cats — inspired by T.S. Eliot’s poetry book Old Possum’s Book of Practical Cats — compete for the “Jellicle Choice,” which will send one of them to the mysterious, regenerative “Heaviside Layer.” -Any more description would hardly do the show justice; suffice to say that it’s one of the best-loved musicals on either side of the Atlantic. This trip is full but please put your name on the waiting list just in case a spot or two open up. (Max. 19)

QUEEN MARY AFTERNOON TEA-NEW DATE!!
WEDNESDAY, APRIL 3RD - COST, $74, R1
Treasured memories are made at Seattle’s Queen Mary Tea Room, where exquisite teas, delicious meals, and mouthwatering desserts are savored. Once inside, guests are intimately surrounded by the warm and shelter from that occasional Seattle rain shower. Transportation, Afternoon Tea and escort are all included on this wonderful trip. (Plenty of room still available - reserve your spot today!)

Page 4
<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td>8 Pool</td>
<td>8 Badminton *</td>
<td>8 Badminton *</td>
<td>8 Badminton *</td>
<td>8 Pool</td>
</tr>
<tr>
<td>9 Bridge</td>
<td>8 Pool</td>
<td>8 Pool</td>
<td>8 Pool</td>
<td>8 Pickleball*</td>
</tr>
<tr>
<td>9 Lo-Impact Aerobics</td>
<td>8-10:30 Ping Pong</td>
<td>9 Lo-Impact Aerobics</td>
<td>10-30 9-ball pool</td>
<td>9 Lo-Impact Aerobics</td>
</tr>
<tr>
<td>10-1 Brem. Art Guild</td>
<td>9 Critters</td>
<td>10 Cribbage</td>
<td>9 Bridge</td>
<td>10 Dominoes</td>
</tr>
<tr>
<td>10:15 Sunshine Singers</td>
<td>9 Mah Jong</td>
<td>11 Ice Skating *C</td>
<td>9 Rummikub</td>
<td>10-2 Quilting Class</td>
</tr>
<tr>
<td>11 Ice Skating *C</td>
<td>10 Senior Softball *F</td>
<td>10-15 Line Dance</td>
<td>10-2 Quilting Class</td>
<td>10 Senior Softball *F</td>
</tr>
<tr>
<td>12:30-3 Line Dance</td>
<td>10 Women's Soccer *D</td>
<td>11 Ice Skating *C</td>
<td>12 Meals on Wheels Kitsap</td>
<td>12 Meals on Wheels Kitsap</td>
</tr>
<tr>
<td>12:30 Brush up/Dust off</td>
<td>12:30 Brush up/Dust off</td>
<td>5:30-8:30 Ping Pong</td>
<td>1:30 Tai Chi</td>
<td>5:30-8:30 Ping Pong</td>
</tr>
<tr>
<td><strong>Bake Sale 9am to 1pm</strong></td>
<td><strong>Bake Sale 9am to 1pm</strong></td>
<td><strong>Bake Sale 9am to 1pm</strong></td>
<td><strong>Bake Sale 9am to 1pm</strong></td>
<td><strong>Bake Sale 9am to 1pm</strong></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td>8 Pool</td>
<td>8 Badminton *</td>
<td>8 Badminton *</td>
<td>8 Badminton *</td>
<td>8 Pool</td>
</tr>
<tr>
<td>9 Bridge</td>
<td>8 Pool</td>
<td>8 Pool</td>
<td>8 Pool</td>
<td>8 Pickleball*</td>
</tr>
<tr>
<td>9 Lo-Impact Aerobics</td>
<td>8-10:30 Ping Pong</td>
<td>9 Lo-Impact Aerobics</td>
<td>10-30 9-ball pool</td>
<td>9 Lo-Impact Aerobics</td>
</tr>
<tr>
<td>10-1 Brem. Art Guild</td>
<td>9 Critters</td>
<td>10 Cribbage</td>
<td>9 Bridge</td>
<td>10 Dominoes</td>
</tr>
<tr>
<td>10:15 Sunshine Singers</td>
<td>9 Mah Jong</td>
<td>11 Ice Skating *C</td>
<td>9 Rummikub</td>
<td>10-2 Quilting Class</td>
</tr>
<tr>
<td>11 Ice Skating *C</td>
<td>10 Senior Softball *F</td>
<td>10-15 Line Dance</td>
<td>10-2 Quilting Class</td>
<td>10 Senior Softball *F</td>
</tr>
<tr>
<td>12:30-3 Line Dance</td>
<td>10 Women's Soccer *D</td>
<td>11 Ice Skating *C</td>
<td>12 Meals on Wheels Kitsap</td>
<td>12 Meals on Wheels Kitsap</td>
</tr>
<tr>
<td>12:30 Brush up/Dust off</td>
<td>12:30 Brush up/Dust off</td>
<td>5:30-8:30 Ping Pong</td>
<td>1:30 Tai Chi</td>
<td>5:30-8:30 Ping Pong</td>
</tr>
</tbody>
</table>

**Notes:**
- * = Sheridan Park Gym
- *A = Sheridan Park Lounge
- *C = Bremerton Ice Arena
- *D = OSSC-Pendergast
- *E = Pendergast
- *F = Lions Park
CHRISTINE ALEXANDER & BREAKFAST
THURSDAY, JUNE 6TH - COST $34, R1
First stop will be at the Sun Break Cafe in Auburn for a wonderful breakfast. Next, we'll head to Christine Alexander's store just down the street from the Cafe. Christine Alexander is one of the world's leading manufacturers of clothing and accessories made with SWAROVSKI ELEMENTS. The designs are created and embellished onto the latest, trendsetting styles in fashion at our manufacturing facility in Auburn, Washington. Breakfast and transportation are all included in this trip.

LITTLE CREEK CASINO
THURSDAY, JUNE 13TH - COST, $16, R1
This is by far one of our favorite casinos to visit. Just an hour drive away so we will be able to spend more time gaming! Don't forget to get all your discounts and freebies! Lunch will be on your own. Transportation is provided. June's pick will be Pho King (Thai) in Tacoma. (Max. 13)

BULLITT CENTER AND LUNCH
THURSDAY, JUNE 27TH - COST, $19, R2
Take a tour of the "Grenest Commemorial Buildings in the World". The goal of the Bullitt Center is to drive change in the marketplace faster and further by showing what's possible today. The tour will be led by volunteer docents from the CID, a collaboration between the University of Washington Integrated Design Lab and the Bullitt Foundation. Tour and transportation via ferry will be included. Lunch will be on your own at Premier Meat Pies on the Seattle Waterfront.

SOUTHERN CHARM
NOV 3-9, COST DBL OCC $2924/SGL OCC $3724
7 days, 9 meals, RT Transportation from the Senior Center and Trip Insurance. Deposit of $775 required to sign up. Visit Charleston SC, Savannah, Jekyll Island and Jacksonville Florida.

COMING IN 2020
SPRING IN PANAMA
NOVEMBER - CHRISTMAS MARKETS ON THE RHINE RIVER (RIVER CRUISE)

GERMAN LUNCH CHALLENGE
THURSDAY, JULY 11TH - COST, $34, R1
The 2019 lunch challenge is German! Everyone will be able to order their own entree and judge for themselves who has the best German food in the northwest. We'll have 6 challenges before we pick our winner. Sign up for as many as you can so you really can be the judge of "who has the best in our little corner of the NW". Your entree, beverage and transportation are included.

LAKEWOLD GARDENS, FALLS TERRACE AND WAGNER'S BAKERY
THURSDAY, JULY 18TH - COST, $54, R2
Lakewold Gardens is an inspirational experience where generations of families can discover common ground through the beauty of a garden. Located in Lakewood, Washington, Lakewold offers landscape architecture by Thomas Church surrounded by rare and native plants, State Champion trees, over 900 rhododendrons, 30 Japanese maples and stunning statuary. A Washington State historic landmark, Lakewold's Georgian-style mansion and historic architecture complete the 10 acres where visitors can stop back in time to an elegant past or enjoy a relaxing moment to contemplate the future. After our docent led tour, we head to the fabulous Falls Terrace in Olympia and then a quick stop at Wagner's Bakery to load up on their amazing breads and desserts! Tour, transportation and lunch are included in this fun day, while the Bakery items are on your own.

SPACE NEEDLE AND PALISADE
TUESDAY, JULY 23RD - COST, $94, R2
Soaring 520 feet skysward, lean into tilting glass walls on the open-air deck and float over Seattle on one of the angled vantage points. Nearly 80 percent of the observation level renovation is complete. Half walls and safety cages have been removed and replaced with a floor-to-ceiling viewing experience. After you spend time taking in all of the wonderful views from the Needle, you will have time to shop in the ground level gift shop. We will then head to the amazing Palisade Restaurant in Magnolia. The views of Elliott Bay are beautiful and the food is so delicious! Needle admission, transportation and lunch are all included in this wonderful experience! Please join us!!

MUCKLESHOOT CASINO
THURSDAY, APRIL 4TH - COST, $19, R1
Muckleshoot Casino offers something for everyone. With over 2,600 machines and poker to exciting table games like blackjack, craps, roulette and more you are sure to find something fun to play and with 7 different dining choices you are sure to find something you like to whet your appetite. Lunch is on your own.

LET'S DO LUNCH!
THURSDAY, APRIL 25TH - COST, $14, R1
Join us for lunch. We'll load up one van and head out to explore new places, new cuisines and meet new friends. Lunch is on your own but the transportation is provided. April's pick will be Boat House 19 in Tacoma.

PIKE PLACE MARKET
THURSDAY, MAY 30TH - COST, $19, R2
Join us today for a visit to Pike Place Market! See fish fly, cheese being made, and the "original" Starbucks store. By the end, you will know the best places to eat at Pike Place Market. From Iron Chef winner Tom Douglas, to world famous fish throwers, come meet our Market family! Transportation and escort are all included, lunch is on your own today.

TRIPS & TOURS
TRIP RATINGS:
R1: Board & depart Bus/Van and walk 2-3 blocks without stopping to rest. Must be able to stand 15 to 30 min.
R2: Board & depart bus/van and walk 4-5 blocks without stopping to rest, must be able to stand 30 to 45 min, handle stairs and walk a mile in under 20 min.
Please check the trip ratings carefully when registering. Signing up for trips that are within your limits will allow you to have a better experience.

In order to ensure the best possible experience for every member of the Bremerton Senior Center, please keep in mind the following: We do not provide respite care, adult daycare and/or services that would normally be provided by a trained attendant, nurse or personal caregiver (i.e. incontinence, inability to use the restroom independently or preventing a participant from leaving the facility.) In addition, the provision of any personal care by staff for a participant is beyond our capability. Please contact the Division of Aging and Long Term Care at (360)337-5700 should you require any of the above mentioned needs.
**COMPUTER LAB**

**DAILY, 8 AM - 2:45 PM**

Flat screens, one touch screen, new hard-drives and high speed wireless internet in a quiet room, what more could you ask for? If you just want to surf the web, check your e-mail or refresh your computer skills, come on down and see what’s new!

**POOL**

**DAILY, 8 AM - 3 PM**

Four tables are available daily to play on. Whether you come in just for the monthly tournaments or to see if you got game - you’re sure to have fun!

**SUNSHINE SINGERS**

**Mondays, 10:15 AM-12:15 PM**

Tea for two and two for tea - that’s me and you and lots of friends makes we...come be part of this group and make beautiful music and friendships. The Singers perform all around Kitsap County, delighting audiences everywhere they go! If you’re not sure you can sing, it’s okay. Come in, take a seat and join if you want to. We would love to have more singers in the group and we need YOU! Questions? Contact Joyce Smith, at Joycetsmith78@gmail.com, her phone is 360-692-9027.

**BREMERTON ART GUILD**

**Mondays, 10 AM - 1 PM**

Do you sketch, sculpt, paint? Do you have an art project that you would like to work on but don’t have the space or just want a little company? Join the members of the Bremerton Art Guild, bring your projects and enjoy.

**GAMES**

**Pool:** Monday-Friday, 8 AM-3 PM

**Ping Pong:** Tuesdays & Thursdays, 8-10:30 AM

**Mah Jong:** Tuesdays, 9 AM-2 PM

**Cribbage:** Wednesdays, 9 AM

**Bridge:** Mondays & Thursdays, 9 AM

**Rummikub:** Thursdays, 9AM-12 PM

**Dominos:** Fridays, 10 AM-1 PM

**AARP SAFE DRIVING PROGRAM**

**MONDAY & TUESDAY, 9 AM-1 PM**

**NEXT SESSION - APRIL 8 & SEPTEMBER 23-24**

Need a quick review on your driving skills and/or want to save money on your insurance? AARP provides instruction for you. Attendance on both days is required to receive credit. Call (360) 473-5357 to register. Supply fee paid to instructor at first class. Class min. 5, max. 12.

**CENTER LINE DANCERS**

**MONDAYS & THURSDAYS, 9 AM**

Beginners to experienced Bridge players are welcome to play with this fun group.

**BADMINTON**

**TUESDAYS & THURSDAYS, 8 AM**

Come on down to Sheridan Park gym and have a great time batting at birdies (equipment is provided).

**CRAFT CLUB WITH SALLY**

**TUESDAYS, 9 AM-NOON (A.K.A. CRITTERS)**

Are you repairing an old friend or creating a new one? From re-stuffing critters to making curtains, Sally and her team of extreme make-over artists can help you work on any project.

**SR WOMEN’S INDOOR SOCCER**

**TUESDAYS, 10-11 AM**

This program is held at the Olympic Soccer and Sports Center located at Pendergast Regional Park. This is a free program, however, Senior Center membership is required.

**OPEN SENIOR ICE SKATE**

**MONDAYS & WEDNESDAYS, 11 AM - 12 PM**

Always wanted to learn to ice skate? Come to the Center to pick up your weekly passes to skate at the Bremerton Ice Arena. Skates are available to rent for $3.50. This is a free program, however, Senior Center membership is required.

**2019 MEMBERSHIP RENEWAL**

Senior memberships run the calendar year (January-December) regardless of when you join. Renew your 2019 membership today at the rates listed below. (Sorry no refunds on memberships.)

<table>
<thead>
<tr>
<th>RESIDENTS</th>
<th>NON-RESIDENTS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Single......$77/yr</td>
<td>Couples.............$34/yr</td>
</tr>
<tr>
<td>Associate...$25/yr</td>
<td>Associate.............$50/yr</td>
</tr>
</tbody>
</table>

**NEW PROGRAM!!!**

A new program is in the works and we need to fill interest lists to see if this program would be of interest to you, our members. New program is:

**Healthy Cooking Class (min of 5)**

We are looking for a volunteer instructor for this class. Interested? Please give the office a call at 360-473-5357. Please let us know if you are interested by calling or come by.

**TAKING CHARGE SERIES**

A series of topics designed with you in mind. Each month will focus on a different topic - fitness, nutrition, aging, financial and more. Each month is sponsored by a different business/provider and a light lunch/snack will be served. Reserve your seat today as these workshops fill up quickly.

**March 26th - Kitsap Transit Travel Presented by Kitsap Transit**

**April 30th - Telephone Fraud Presented by AARP**

**JUNE 4, 11:30 AM - AFTERNOON TEA PARTY**

Petite scones, fruit cups, cucumber tea sandwiches, smoked salmon sandwiches and green chile roll ups, mini desserts and of course tea. Wear your Sunday best, big hats and bring your favorite tea cup and saucer. This will be a great party! Cost: $5pp

**JUNE 3-5, 9 AM - 2 PM BAKE SALE!!!!**

Enough said right??! Best Bake Sale ever!!! Are you a baker? If so, we want your baked goods. Contact Cathy Vlastelica at 360-308-2416 if you can provide your delicious goodies!

**MAY 7, 11:30 AM - CINCO DE MAYO FIESTA**

Join your Senior Center friends for a big fiesta! Salsa, chips, non-alcoholic margaritas and Holly’s Mexican Lasagna! Cost is $5pp.

**APRIL 23, 11:30 AM - VOLUNTEER LUNCHEON**

Our Annual Volunteer Appreciation Luncheon honors you, our volunteers. Without your dedication, many of our programs would not be able to occur. Reservations are required. Cost: free to volunteers, guests are $5pp.

**MAY 7, 11:30 AM - CINCO DE MAYO FIESTA**

Join your Senior Center friends for a big fiesta! Salsa, chips, non-alcoholic margaritas and Holly’s Mexican Lasagna! Cost is $5pp.

**JUNE 4, 11:30 AM - AFTERNOON TEA PARTY**

Petite scones, fruit cups, cucumber tea sandwiches, smoked salmon sandwiches and green chile roll ups, mini desserts and of course tea. Wear your Sunday best, big hats and bring your favorite tea cup and saucer. This will be a great party! Cost: $5pp

**LUNCHEONS**

Our luncheons are a great way to meet people, enjoy a delicious meal and have a good time!

**MARCH 5, 11:30 AM - ST. PATTY’S PARTY**

Entertainment, corned beef, cabbage and Irish soda bread will make this luncheon an event to remember. Don’t forget to wear green. Cost: $5pp

**JUNE 3-5, 9 AM - 2 PM BAKE SALE!!!!**

Enough said right??! Best Bake Sale ever!!! Are you a baker? If so, we want your baked goods. Contact Cathy Vlastelica at 360-308-2416 if you can provide your delicious goodies!

**JUNE 4, 11:30 AM - AFTERNOON TEA PARTY**

Petite scones, fruit cups, cucumber tea sandwiches, smoked salmon sandwiches and green chile roll ups, mini desserts and of course tea. Wear your Sunday best, big hats and bring your favorite tea cup and saucer. This will be a great party! Cost: $5pp

**MEALS ON WHEELS KITSAP - LUNCHEONS -Thursdays & Fridays @ Noon, $3**

Nutritious and delicious lunches plus a great way to meet other seniors. Reservations are requested, call 360-377-8511 by 2 PM the previous day.

**TAKING CHARGE SERIES**

A series of topics designed with you in mind. Each month will focus on a different topic - fitness, nutrition, aging, financial and more. Each month is sponsored by a different business/provider and a light lunch/snack will be served. Reserve your seat today as these workshops fill up quickly.

March 26th - Kitsap Transit Travel Presented by Kitsap Transit

April 30th - Telephone Fraud Presented by AARP

11:30 AM, FREE - Senior Center

**SPECIALS**

**JUNE 3-5, 9 AM - 2 PM BAKE SALE!!!!**

Enough said right??! Best Bake Sale ever!!! Are you a baker? If so, we want your baked goods. Contact Cathy Vlastelica at 360-308-2416 if you can provide your delicious goodies!

**JUNE 4, 11:30 AM - AFTERNOON TEA PARTY**

Petite scones, fruit cups, cucumber tea sandwiches, smoked salmon sandwiches and green chile roll ups, mini desserts and of course tea. Wear your Sunday best, big hats and bring your favorite tea cup and saucer. This will be a great party! Cost: $5pp

**DONATIONS**

We love donations. Currently we are in need of the following items listed below. Thank you for your generosity! Required: ground coffee - $5 gal, kitchen bags - individually wrapped candy - napkins - disposable plastic water cups - individual creamers

Daily Activities are free for BSC members unless otherwise noted. Non-members pay $3 drop in fee per activity attended.

**TABLE OF CONTENTS**

| SUMs Corner & Things to Know | 2 |
| Luncches | 3 |
| Trips and Tours | 4 |
| March Calendar | 6 |
| April Calendar | 7 |
| More Trips and Tours | 8 |
| May Calendar | 9 |
| Daily Activities | 10 |
| Membership | 12 |
The Bremerton Senior Center is open to all people ages 55 and better. The annual user fees are listed on page 3. The Bremerton Senior Center is a division of the City of Bremerton Parks & Recreation Department. The Active Us is published five times a year.

Mission Statement:
The Bremerton Senior Center is committed to enriching Senior lives in Bremerton by providing lifelong learning and recreational opportunities.

SUMS

Happy winter SUMS members. Hopefully you all survived the “SNOW MEGATEN”. As is usual the winter months are kind of slow. Do have some information for you...Thanks again to all who helped out during the Craft Fair. Our expenses have increased the cost of hosting the Craft Fair. That and an unusually slow Saturday allowed our profits to be below what we are accustomed to. Information from a good source told me that all the fairs were slow on Saturday. That has been the norm for the past few years. This year we will be trying something different, more to come on that as we finalize our ideas. We have paid for advertisement on the two Mentor boards and will expand advertisement to the weekly papers such as the “Reporter”. We hope to have good results with this. We will give it a try. Our December bake sale brought in $348.50. Thanks to the bakers and buyers. With our SUMS funds we purchased a new popcorn maker (the old ones gears were worn out), a 16 quart roaster oven slow cooker, coffee maker and clock for the center. We are also looking at a tune up for the current sound system. That is it for now. Come on Spring!

Paul Vlastelica, SUMS President

CO-ED REC MODIFIED SOFTBALL

FALL/WINTER SEASON @ OSSC
TUESDAYS AND FRIDAYS, 10 AM - 12 PM
SPRING/SUMMER SEASON STARTS
APRIL 9TH AT LIONS PARK FIELD #1

Enjoy the great game of softball played by men and women. The emphasis is on having fun through friendly competition, exercising and to develop individual hitting and fielding skills in a positive, team setting. Previous experience is recommended. Modified Softball is played indoors during the fall/winter and outdoors during the Spring and Summer months at Lions #1. (Ages 55 and up, senior center membership is required.)

BRUSH UP/DUST OFF

TUESDAYS, 12:30-2:30 PM

Have you always wanted to learn how to watercolor, sketch, learn colored pencils? Or have painted previously and want to get back into it? Join members of the Bremerton Art Guild for helpful guidance. This group will meet on a weekly basis with volunteers from the Bremerton Art Guild helping you get started. Bring in your supplies and be ready to have some fun.

FOOTCARE

1ST TUESDAYS & 4TH WEDNESDAYS, BY APPT.

Michelle Camber provides this affordable service. It’s a pedicure without the polish! Call her for prices and to schedule your appointment at (360) 871-5726-home, (360) 689-5114 - cell phone.

CRIBBAGE

WEDNESDAYS, 9 AM

This classic game has been around since the 17th century. Great card game for 2-4 players.

QUILTING CLASS

THURSDAYS, 10 AM-2:30 PM

Novice or experienced quilters, come one and all! Bring your quilting supplies, get new ideas and visit with other quilters. The group occasionally offers classes on techniques and styles. (Sewing machine skills required.)

DOMINOES

FRIDAYS, 10 AM

This game can be played with 2 or more players and can get quite lively at times. Come join the fun!

POOL TOURNAMENTS

8 BALL 1ST THURSDAYS - 10:30AM
8 BALL is generously sponsored by:
BREMERTON HEALTH & REHAB
360-377-3951

9 BALL 3RD WEDNESDAYS - 10:30AM
9 BALL is generously sponsored by:
FOREST RIDGE HEALTH & REHAB
360-479-4747

Tournaments are just $3 per player and include a delicious lunch and prize to the winner! New rules: Straight 8, call shot, BCA rules, 2 out of three in winners bracket only. Come join us daily, Monday-Friday from 8am to 3pm.

SENIOR PICKLEBALL - NEW!!!!

FRIDAYS, 8-9 AM

Looking for a new FUN recreational activity, come to the Sheridan Park gym for pickleball!! Enjoy this exciting court game which combines the elements of tennis, badminton and table tennis, equipment is provided. This program is for beginner players and instruction will be provided, senior center membership is required.

WELLNESS

AEROBICS-FREE VIDEO

MONDAYS, WEDNESDAYS & FRIDAYS, 9 AM

Get your heart pumping and your sweat dripping in this moderate paced fitness class. Class utilizes weights, resistance bands and other strength training techniques and can be fast-paced at times. Great class to work on your balance and mobility! Participants need to be able to exercise at a consistent level for 5-10 minutes at a time.

TAI CHI

THURSDAYS, 1:30-2:30 PM

SESSIONS: APRIL 4 - MAY 9
Tai Chi Chuan, a Chinese martial art noted for its slow, smooth movements, has been proven to improve balance and increase flexibility. This class features Sun and Yang Styles. This class is accessible for all levels of fitness and taught by Sandy Carlson. Cost is $30/6 weeks. Min of 5. No class Nov 22.

Please check with the office staff for any items you may have left behind in the center or one of our vans. Items left for more than 3 months will be donated or put on the free shelf.
2019 Memberships... Renew your membership for 2019 today. Payment can be made by calling the senior center, coming in or mailing your check. Keeping current on your dues will ensure that you continue to receive this newsletter at your doorstep! Highlights of your Senior Center Membership: newsletter direct mailed, participation in over 30 activities at no additional charge and trip registration priority. We are an active recreation center for all adults 55 and better. We have daily drop-in activities you can participate in, as well as trips and tours, fitness, educational, enrichment and dance classes. The Bremerton Senior Center is also home to many entertainment groups such as The Sunshine Singers, Center Line Dancers and more. Rates are on page 3.

- COUPLES MEMBERSHIP is for two people, one at least 55 or better, who reside at the same address. We have resident and non-resident rates. Rates are on page 3.

- SINGLES MEMBERSHIPS are for single city and non-city residents. Rates are on page 3.

- ASSOCIATE MEMBERSHIPS are for those individuals not yet 55 but who still would like to participate in the programs, trips and classes offered at the Center. This is a great membership for sons and daughters of members or active adults who participate at the Bremerton Senior Center. Rates are on page 3.