



# BREMERTON SENIOR CENTER ACTIVE US NEWSLETTER

MARCH-JUNE 2019



The "Active Us" is THE place to get your information for the Bremerton Senior Center.





**BREMERTON SENIOR CENTER**  
**1140 NIPSIC AVE.**  
**BREMERTON, WA 98310**  
**(360) 473-5357**  
**www.ci.bremerton.wa.us**

## **CENTER HOURS** **MONDAY-FRIDAY 8 AM TO 3 PM**

### **STAFF**

Holly Peterson, Recreation Program Coordinator III  
 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 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.

## **\$UM\$**

### **Seniors Uncover Money Solutions**

**\$UM\$** is you - all members of the Senior Center activities. We are dedicated to raising funds that can be used to make the Center a more enjoyable place for all of us.

### **\$UM\$ Officers:**

President: Paul Vlastelica Vice President: George Cho  
 Treasurer: Al Butler Secretary: Marianna Knowlton

# **\$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, \$UM\$ President

## 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.....\$17/yr  
Couples.....\$25/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**

**11:30 AM, FREE - Senior Center**

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## SOCIALS/ 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 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.*





# Join us for our Afternoon Tea Party

Tuesday, June 4th  
11:30 am

Cost: \$5pp

Bremerton Sr Center

Wear your Sunday best, big hat and  
bring your favorite cup and saucer. You  
don't want to miss this event!



## GENERAL TRAVEL INFORMATION

**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 waiver 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 most 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 tour that does not reach it's minimum 10 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 \$24 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 let staff 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.*

## MARCH

### 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 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)

## APRIL

### 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!!)**



## APRIL CONT..

### 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 Boathouse 19 in Tacoma.

## MAY

### 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 really can be the judge of "who has the best in our little corner of the NW". Your entree, beverage and transportation are included.

## MAY CONT...

### SPRING MYSTERY TRIP

**THURSDAY, MAY 16TH - COST, \$54, R2**

We are going on a trip to a very mysterious place! You will have fun - we are sure and you will make lots of memories! Dress comfortably for anything, wear appropriate shoes (this is an R2) and remember to come with an appetite!

### SALISH LODGE BREAKFAST & SNOQUALMIE FALLS

**THURSDAY, MAY 23RD - COST, \$74, R2**

Enjoy a delightful, bountiful breakfast at the beautiful Salish Lodge. After breakfast, walk along the trail and see the breathtaking Snoqualmie Falls. What a great way to celebrate spring with your senior center friends! Meal & transportation are all included.

### 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 included, lunch is on your own today.

## 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.

### 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.*

# APRIL CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
<div>1</div> <p>8 Pool 9 Bridge 9 Lo-Impact Aerobics 10-1 Brem. Art Guild 10:15 Sunshine Singers 11 Ice Skating *C 12:30-3 Line Dance 1:00 Imperial Cities Document Passout</p>	<div>2</div> <p>8 Badminton * 8 Pool 8-10:30 Ping Pong 9 Critters 9 Mah Jong 10 Senior Softball *F 10 Women's Soccer *D 12:30 Brush up/Dust off</p>	<div>3</div> <p>8 Pool 9 Lo-Impact Aerobics 10 Cribbage 10:15 Line Dance 11 Ice Skating *C 5:30-8:30 Ping Pong</p>	<div>4</div> <p>8 Badminton * 8 Pool 8-10:30 Ping Pong 9 Bridge 9 Rummikub 10-2 Quilting Class <b>10:30 8-ball pool</b> 12 Meals on Wheels Kitsap 1:30 Tai Chi</p>	<div>5</div> <p>8 Pool 8 Pickleball* 9 Lo-Impact Aerobics 10 Dominoes 10-2 Quilting Class 10 Senior Softball *F 12 Meals on Wheels Kitsap 5:30-8:30 Ping Pong</p>
<div>8</div> <p>8 Pool 9 Bridge 9 Lo-Impact Aerobics 10-1 Brem. Art Guild 10:15 Sunshine Singers 11 Ice Skating *C 12:30-3 Line Dance</p>	<div>9</div> <p>8 Badminton * 8 Pool 8-10:30 Ping Pong 9 Critters 9 Mah Jong 10 Senior Softball *F 10 Women's Soccer *D 12:30 Brush up/Dust off</p>	<div>10</div> <p>8 Pool 9 Lo-Impact Aerobics 10 Cribbage 10:15 Line Dance 11 Ice Skating *C 5:30-8:30 Ping Pong</p>	<div>11</div> <p>8 Badminton * 8 Pool 8-10:30 Ping Pong 9 Bridge 9 Rummikub 10-2 Quilting Class 12 Meals on Wheels Kitsap 1:30 Tai Chi</p>	<div>12</div> <p>8 Pool 8 Pickleball* 9 Lo-Impact Aerobics 10 Dominoes 10-2 Quilting Class 10 Senior Softball *F 12 Meals on Wheels Kitsap 5:30-8:30 Ping Pong</p>
<div>15</div> <p>8 Pool 9 Bridge 9 Lo-Impact Aerobics 10-1 Brem. Art Guild 10:15 Sunshine Singers 11 Ice Skating *C 12:30-3 Line Dance</p>	<div>16</div> <p>8 Badminton * 8 Pool 8-10:30 Ping Pong 9 Critters 9 Mah Jong 10 Senior Softball *F 10 Women's Soccer *D 12:30 Brush up/Dust off</p>	<div>17</div> <p>8 Pool 9 Lo-Impact Aerobics 10 Cribbage 10:15 Line Dance <b>10:30 9-ball pool</b> 11 Ice Skating *C 5:30-8:30 Ping Pong</p>	<div>18</div> <p>8 Badminton * 8 Pool 8-10:30 Ping Pong 9 Bridge 9 Rummikub 10-2 Quilting Class 12 Meals on Wheels Kitsap 1:30 Tai Chi</p>	<div>19</div> <p>8 Pool 8 Pickleball* 9 Lo-Impact Aerobics 10 Dominoes 10-2 Quilting Class 10 Senior Softball *F 12 Meals on Wheels Kitsap 5:30-8:30 Ping Pong</p>
<div>22</div> <p>8 Pool 9 Bridge 9 Lo-Impact Aerobics 10-1 Brem. Art Guild 10:15 Sunshine Singers 11 Ice Skating *C 12:30-3 Line Dance</p>	<div>23</div> <p>8 Badminton * 8 Pool 8-10:30 Ping Pong 9 Critters 9 Mah Jong 10 Senior Softball *F 10 Women's Soccer *D <b>11:30 Volunteer Appreciation Luncheon</b> 12:30 Brush up/Dust off</p>	<div>24</div> <p>8 Pool 9 Lo-Impact Aerobics 10 Cribbage 10:15 Line Dance 11 Ice Skating *C 5:30-8:30 Ping Pong</p>	<div>25</div> <p>8 Badminton * 8 Pool 8-10:30 Ping Pong 9 Bridge 9 Rummikub 10-2 Quilting Class 12 Meals on Wheels Kitsap 1:30 Tai Chi</p>	<div>26</div> <p>8 Pool 8 Pickleball* 9 Lo-Impact Aerobics 10 Dominoes 10-2 Quilting Class 10 Senior Softball *F 12 Meals on Wheels Kitsap 5:30-8:30 Ping Pong</p>
<div>29</div> <p>8 Pool 9 Bridge 9 Lo-Impact Aerobics 10-1 Brem. Art Guild 10:15 Sunshine Singers 11 Ice Skating *C 12:30-3 Line Dance</p>	<div>30</div> <p>8 Badminton * 8 Pool 8-10:30 Ping Pong 9 Critters 9 Mah Jong 10 Senior Softball *F 10 Women's Soccer *D <b>11:30 Taking Charge</b> 12:30 Brush up/Dust off</p>			<p>* = Sheridan Park Gym *A = Sheridan Park Lounge *C = Bremerton Ice Arena *D = OSSC-Pendergast *E =Pendergast *F = Lions Park</p>

# MAY CALENDAR

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Monday	Tuesday	Wednesday	Thursday	Friday
* = Sheridan Park Gym *A = Sheridan Park Lounge *C = Bremerton Ice Arena *D = OSSC-Pendergast *E = Pendergast *F = Lions Park		1 8 Pool 9 Lo-Impact Aerobics 10 Cribbage 10:15 Line Dance 11 Ice Skating *C 5:30-8:30 Ping Pong	2 8 Badminton * 8 Pool 8-10:30 Ping Pong 9 Bridge 9 Rummikub 10-2 Quilting Class <b>10:30 8-ball pool</b> 12 Meals on Wheels Kitsap 1:30 Tai Chi	3 8 Pool 8 Pickleball* 9 Lo-Impact Aerobics 10 Dominoes 10-2 Quilting Class 10 Senior Softball *F 12 Meals on Wheels Kitsap 5:30-8:30 Ping Pong
6 8 Pool 9 Bridge 9 Lo-Impact Aerobics 10-1 Brem. Art Guild 10:15 Sunshine Singers 11 Ice Skating *C 12:30-3 Line Dance	7 8 Badminton * 8 Pool 8-10:30 Ping Pong 9 Critters 9 Mah Jong 10 Senior Softball *F 10 Women's Soccer *D <b>11:30 Cinco de Mayo Luncheon</b> 12:30 Brush up/Dust off	8 8 Pool 9 Lo-Impact Aerobics 10 Cribbage 10:15 Line Dance 11 Ice Skating *C 5:30-8:30 Ping Pong	9 8 Badminton * 8 Pool 8-10:30 Ping Pong 9 Bridge 9 Rummikub 10-2 Quilting Class 12 Meals on Wheels Kitsap 1:30 Tai Chi	10 8 Pool 8 Pickleball* 9 Lo-Impact Aerobics 10 Dominoes 10-2 Quilting Class 10 Senior Softball *F 12 Meals on Wheels Kitsap 5:30-8:30 Ping Pong
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# JUNE CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
<div>3</div> 8 Pool 9 Bridge 9 Lo-Impact Aerobics 10-1 Brem. Art Guild 10:15 Sunshine Singers 11 Ice Skating *C 12:30-3 Line Dance	<div>4</div> 8 Badminton * 8 Pool 8-10:30 Ping Pong 9 Critters 9 Mah Jong 10 Senior Softball *F 10 Women's Soccer *D <b>11:30 Afternoon Tea Party</b> 12:30 Brush up/Dust off	<div>5</div> 8 Pool 9 Lo-Impact Aerobics 10 Cribbage 10:15 Line Dance 11 Ice Skating *C 5:30-8:30 Ping Pong	<div>6</div> 8 Badminton * 8 Pool 8-10:30 Ping Pong 9 Bridge 9 Rummikub 10-2 Quilting Class <b>10:30 8-ball pool</b> 12 Meals on Wheels Kitsap 1:30 Tai Chi	<div>7</div> 8 Pool 8 Pickleball* 9 Lo-Impact Aerobics 10 Dominoes 10-2 Quilting Class 10 Senior Softball *F 12 Meals on Wheels Kitsap 5:30-8:30 Ping Pong
Bake Sale 9am to 1pm				
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## JUNE

### 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 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 "Grenest commerical 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 So Carolina, Savannah & Jekyll Island and Jacksonville Florida.

### COMING IN 2020

SPRING IN PANAMA

NOVEMBER - CHRISTMAS MARKETS  
ON THE RHINE RIVER (RIVER CRUISE)

## JULY

### 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 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 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 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!!



## GAMES

<b>Pool:</b>	Monday-Friday, 8 AM-3 PM
<b>Ping Pong:</b>	Tuesdays & Thursdays, 8-10:30 AM,
<b>Mah Jong:</b>	Tuesdays, 9 AM-2 PM
<b>Cribbage</b>	Wednesdays, 9 AM
<b>Bridge:</b>	Mondays & Thursdays, 9 AM
<b>Rummikub:</b>	Thursdays, 9AM-12 PM
<b>Dominoes:</b>	Fridays, 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 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 in 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.

## ~DONATIONS~

We love donations. Currently we are in need of the following items listed below. Thank you for your generosity!  
 regular ground coffee ~ 55 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 8-9 & 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 - BEG 12:30-1:45 PM/INT 1:45-3 PM**

**WEDNESDAYS - BEG 10:15 AM/INT 11:30 AM**

Bring your cowboy boots and have a stompin' good time. Fun routines are learned and practiced with great camaraderie. The dancers also perform at various venues throughout the county.

## BRIDGE

**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.

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

## 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 Gamber 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**

**FRIDAYS, 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-1<sup>ST</sup> THURSDAYS - 10:30AM**

8-BALL IS GENEROUSLY SPONSORED BY:

BREMERTON HEALTH & REHAB  
360-377-3951

**9 BALL-3<sup>RD</sup> 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.







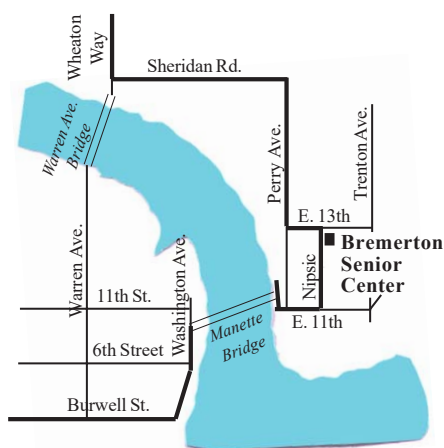
**Bremerton Senior Center**  
**1140 Nipsic Ave**  
**Bremerton, WA 98310**

**Return Service Requested**

**PRSRT STD**  
**U.S. POSTAGE**  
**PAID**  
**Bremerton, WA -**  
**Permit #209**

### *Vicinity Map*

Bremerton Senior Center  
 1140 Nipsic Ave, Bremerton, WA 98310  
 360-473-5357



**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 door step! 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.