



BREMERTON SENIOR CENTER ACTIVE US NEWSLETTER

JULY-OCTOBER 2019

NEWSLETTER CONTAINS:

- *\$UM\$
CORNER &
THINGS TO
KNOW
- *LUNCHEONS
- *TRIPS AND
TOURS
- *JULY
CALENDAR
- *AUGUST
CALENDAR
- *SEPTEMBER
CALENDAR
- *DAILY
ACTIVITIES
- *MEMBERSHIP
INFO

Proudly presented by the Bremerton Senior Center & \$eniors Uncover Money \$olutions

Senior Craft Fair

Friday, October 11
12 PM to 7 PM

Saturday, October 12
9 AM to 4 PM

Sheridan Park Community Center
680 Lebo Blvd., Bremerton

Vendors can be any age as long as their items are hand-crafted. 90 local vendors who specialize in hand-crafted wares. Food, fun, festive holiday music and free admission! Don't forget the annual \$UM\$ Bake Sale - these delightful treats are all hand made by a variety of Bremerton Senior Center members and are definitely something you don't want to miss! Raffle tickets available at the door for Senior Center donated gift baskets.



Info line: 360-473-5357



\$UM\$ Sweet Shoppe Volunteers

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.

THINGS TO KEEP IN MIND

In order to ensure the best possible experience for every member of the Bremerton Sr 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 Div. of Aging & Long Term Care at (360)337-5700 should you require any of the above mentioned needs.

\$UM\$

CORNER

Happy summer SUMS members. The SUMS officers have been busy gearing up for the Senior Craft Fair. It looks like the dates will be changed this year and beyond. In trying not to compete with the Tacoma Dome Fair, we are moving our dates to October 11 and 12. Hopefully this will allow us to see more business on Saturday (9 AM to 4 PM), which has been flat the last few years.

We also have new Friday hours (Noon to 7 pm). We hope this will allow people to visit after work. Pat and Cathy will soon be making calls to fill positions at the greeter and bake sale tables. We need your help again. Last year the bake sale made a record profit. That was because you answered the call and baked a lot of goods. We are asking for all bakers to come through again. We will be reminding you as the event grows closer. Talking of bake sales, we grossed \$420.00 in the June bake sale. Big thanks to all the bakers and buyers. The money that SUMS has accumulated is being spent. We recently purchased for the center printer ink, toaster/oven, microwave and cutting mats. We are looking into replacing the current mish mash of cutting knives in the kitchen with Cutco knives. George has been in contact with Gordon Sound and we will be upgrading our current sound system to one that will be able to utilize modern methods of melody. That is it for now. Have a profitable and safe summer.

\$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
 Treasurer: Al Butler

Vice President: George Cho
 Secretary: Marianna Knowlton

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 PROGRAMS!!!

Interested in starting a new program/activity? Please let us know and we will start an interest list.

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.

September 24 - Elder Abuse, APS
October 22nd - NW Justice Project
Senior Legal Services

11:30 AM, FREE - Senior Center

MEALS ON WHEELS KITSAP - LUNCHES

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.**

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

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SOCIALS/ LUNCHEONS

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

SEPT 10, 11:30 AM WELCOME BACK LUNCH

Happy Fall y'all!! So many of you take vacations during the summer that we're having a party to welcome you back to the center and all its activities. Food - 3rd annual chili cook-off, fun and entertainment will make this a great luncheon! Cost: \$5pp.

OCTOBER 29, 11:30 AM BOO PARTY

Tricks, treats and fun things to eat - this party has it all. Costume and pumpkin carving contests as well as donut bobbing! This menu will be a Halloween mystery right up until the end as well as the entertainment!! Cost is \$5pp.

DECEMBER 3, 11:30 AM HOLIDAY LUNCHEON

Traditional Holiday lunch will be served along with yummy pumpkin pie and whipped cream! Holiday Entertainment followed by a fast and furious white elephant gift exchange. Cost is \$5pp.

DECEMBER 2 - 4, 9 AM-2 PM HOLIDAY BAKE SALE

Our holiday bakers have been hard at work and are anxious to sell you all their delicious and tasty treats for only 3 days! Sale will be held during the Holiday Luncheon as well, however, come early for the best selection of fruit crisps, breads, cookies and brownies! YUMMY!!!!

~DONATIONS~

We love donations. Currently we are in need of the following items listed below. Thank you for your generosity!
regular/de-caf ground coffee ~ 55 gal kitchen bags ~ individually wrapped candy ~ napkins ~ disposable plastic water cups ~ Individual creamers

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.

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!!

AUGUST

LET'S DO LUNCH!

THURSDAY, AUGUST 1ST - 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. August will be Katie Downs, along the Ruston Way Waterfront.

UWAJIMAYA & THE HOUSE OF HONG

TUESDAY, AUGUST 6TH - COST, \$44, R2

Serving the Pacific NW since 1928, Uwajimaya is the preferred provider of the freshest meat, produce and seafood and the largest selection of Asian gifts and groceries. Once done shopping, we will head to The House of Hong and enjoy a wonderfully prepared family style meal. RT ferry transportation and lunch is included.

LUCKY EAGLE CASINO

THURSDAY, AUGUST 29TH - COST, \$19, R1

Lucky Eagle has over 1000 Hot Machines! Meltdown, Wheel of Fortune, Quick Hits, Hot Shots, Fireball, Secrets of the Forest, Power Strikes, Playboy Hot Zone, Moon Goddess and more! PLUS 115 slot games in a private non smoking room! Lunch is on your own.

LEAVENWORTH OVERNIGHTER

TUESDAY, AUGUST 20TH-FRIDAY, AUGUST 23RD COST, \$394PP (DOUBLE OCC.)

This will be a three-night, four-day overnigher in the beautiful Bavarian Village - Leavenworth! We will start our journey off with a ferry ride and then lunch on your own at Jake's on 2nd in Snohomish. After our bellies are full, let's head to Leavenworth via Stevens Pass.

Once in Leavenworth, we'll check into our lovely hotel, get cleaned up and then head into town for dinner on your own. The first performance will be Pirates of Penzance at Ski Hill Amphitheater. A swashbuckling adventure, operatic romance, and riotous comedy cross swords to make for an unforgettable night. Blending the beloved Gilbert & Sullivan show with an extra dash of comedy, this will be a performance not to be missed!!

Wednesday will be spent in Lake Chelan shopping and eating lunch on your own. We'll then head back to the hotel and enjoy a group dinner (included) at our hotel's wonderful restaurant.

Thursday will be spent in Leavenworth for a leisurely day of sight-seeing (lunch and dinner are on your own this day). Later that night, we will head to Hatchery Park for Hello Dolly! The greatest and grandest Golden Age musical will thrill and delight audiences. Jaw-dropping dance numbers, stunning costumes, slapstick humor, memorable melodies-Hello Dolly! is just full of wonderful things.

Each night we will stay at The Icicle Village Resort which has a pool and buffet breakfast each morning (included). Once we check out Friday morning, we will head south to Yakima, stop at a great fruit stand and eat lunch on your own at Whistling Jack's on Chinook Pass. Transportation, breakfast buffet, Wednesday's dinner, overnight accommodations, The Pirates of Penzance and Hello Dolly! Theater Productions are all included in your fee. What a great deal for a summer vacation!!

SEPTEMBER

GERMAN LUNCH CHALLENGE

THURSDAY, SEPTEMBER 5TH- 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.

PUYALLUP FAIR

THURSDAY, SEPTEMBER 12TH- COST, \$29, R2

Puyallup Fair - THE FAIR!! The Puyallup Fair (officially known as the Western Washington Fair) is the largest single attraction held annually in the state of Washington. The Fair continually ranks in the top ten largest fairs in the world. Situated south of Seattle and east of Tacoma in the shadow of majestic Mount Rainier, the Fair & Events Center comprises 169+ acres, with buildings and land valued at more than \$54 million. This trip is a must to go on annually or for your first time.

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.***

JULY 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</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>CLOSED IN OBSERVANCE OF THE FOURTH OF JULY</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 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 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 12:30 Brush up/Dust off</p>	<div>31</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>	<p>* = Sheridan Park Gym *A = Sheridan Park Lounge *C = Bremerton Ice Arena *D = OSSC-Pendergast *E = Pendergast *F = Lions Park</p>	

AUGUST CALENDAR

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 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	2 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
5 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	6 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	7 8 Pool 9 Lo-Impact Aerobics 10 Cribbage 10:15 Line Dance 11 Ice Skating *C 5:30-8:30 Ping Pong	8 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	9 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
12 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	13 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	14 8 Pool 9 Lo-Impact Aerobics 10 Cribbage 10:15 Line Dance 11 Ice Skating *C 5:30-8:30 Ping Pong	15 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	16 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
19 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	20 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	21 8 Pool 9 Lo-Impact Aerobics 10 Cribbage 10:15 Line Dance 11 Ice Skating *C 5:30-8:30 Ping Pong	22 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	23 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
26 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	27 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	28 8 Pool 9 Lo-Impact Aerobics 10 Cribbage 10:15 Line Dance 11 Ice Skating *C 5:30-8:30 Ping Pong	29 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	30 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

SEPTEMBER CONT...

EMERALD QUEEN CASINO-LOBSTER BUFFET!!!

WEDNESDAY, SEPTEMBER 18TH - COST, \$14, R1

Today you truly did hit it big time with this deal!! We will head to the Emerald Queen Casino in Tacoma and have a lobster and seafood feast!! The feast starts at 3pm and we'll get there in time to gamble a bit and eat ourselves silly! Buffet price for seniors is \$20.95 and adults \$24.95. The buffet is on your own and transportation is provided from the Senior Center.

FALL MYSTERY TRIP

THURSDAY, SEPTEMBER 19TH - COST, \$79, 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!

DINING DIVAS & DAPPER DANS

THURSDAY, SEPTEMBER 26TH - COST, \$14, R1

Singles, couples, friends - join your senior center on this latest and greatest dining adventure. We will be going to restaurants featuring early/twilight dinners. Each trip will provide the transportation and a senior center host, you only need to pay for your meal and have a great time!! September will feature the Ajax Cafe up in Port Hadlock.

OCTOBER

LET'S DO LUNCH!

THURSDAY, OCTOBER 3RD - 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. October's pick will be Al Lago Ristorante.

DINING DIVAS & DAPPER DANS

TUESDAY, OCTOBER 15TH - COST, \$14, R1

Singles, couples, friends - join your senior center on this latest and greatest dining adventure. We will be going to restaurants featuring early/twilight dinners. Each trip will provide the transportation and a senior center host, you only need to pay for your meal and have a great time!! October will feature the Alderbrook Resort.

TACOMA DOME'S HOLIDAY & GIFT FEST

THURSDAY, OCTOBER 17TH - COST, \$19, R2

Tacoma's largest holiday show and one of our favorites! Holiday shopping for arts & crafts, holiday gifts, decorations, jewelry & much more! With over 600 vendors you're sure to find something you love. Lunch is on your own at the show.

OCTOBER CONT...

THE 7 CEDARS AND POINT CASINOS

THURSDAY, OCTOBER 31ST - COST, \$19, R1

Today you truly did hit the jackpot! 2 casinos in one day! Hold onto your hat for this whirl-wind adventure. Lunch is on your own at whichever casino you decide. Transportation is provided.

NOVEMBER

GERMAN LUNCH CHALLENGE

THURSDAY, NOVEMBER 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 & transportation are included. (max 12.)

DINING DIVAS & DAPPER DANS

THURSDAY, NOVEMBER 21ST - COST, \$14, R1

Singles, couples, friends - join your senior center on this latest and greatest dining adventure. We will be going to restaurants featuring early/twilight dinners. Each trip will provide the transportation and a senior center host, you only need to pay for your meal and have a great time!! November will feature Stanley and Seaforts.

UNCLE'S BUCKS FISHBOWL & LUNCH

TUESDAY, NOVEMBER 26TH - COST, \$29, R1

A truly, unique bowling atmosphere featuring a huge underwater aquarium with scores of beautiful, tropical fish! There are 12 full lanes of bowling that offer a unique underwater ocean experience! Custom bowling balls that bear the likeness of octopus, mermaids, camouflage and more! 2 hours of bowling and transportation are included, however, lunch at the grill will be on your own.

EXTENDED TRAVEL 2019

SOUTHERN CHARM - STILL ROOM AND TIME!

NOV 3-9, COST DBL OCC \$2924/SGL OCC \$3724

This is a wonderful & relaxing trip with breath-taking scenery. 7 days/9 meals, RT Transportation from the Senior Center & Trip Insurance. Deposit of \$775 required to sign up. Visit Charleston So Carolina, Savannah & Jekyll Island and Jacksonville Florida.

COMING IN 2020

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

SEPTEMBER CALENDAR

SEPTEMBER CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
CLOSED IN OBSERVANCE OF LABOR DAY	<div>3</div> 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	<div>4</div> 8 Pool 9 Lo-Impact Aerobics 10 Cribbage 10:15 Line Dance 11 Ice Skating *C 5:30-8:30 Ping Pong	<div>5</div> 8 Badminton * 8 Pool 8-10:30 Ping Pong 9 Bridge 9 Rummikub 10-2 Quilting Class 10:30 8-ball pool 12 Meals on Wheels Kitsap 1:30 Tai Chi	<div>6</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
	<div>9</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>11</div> 8 Pool 9 Lo-Impact Aerobics 10 Cribbage 10:15 Line Dance 11 Ice Skating *C 5:30-8:30 Ping Pong	<div>12</div> 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	<div>13</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
	<div>16</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>18</div> 8 Pool 9 Lo-Impact Aerobics 10 Cribbage 10:15 Line Dance 10:30 9-ball pool 11 Ice Skating *C 5:30-8:30 Ping Pong	<div>19</div> 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	<div>20</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
	<div>23</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>25</div> 8 Pool 9 Lo-Impact Aerobics 10 Cribbage 10:15 Line Dance 11 Ice Skating *C 5:30-8:30 Ping Pong	<div>26</div> 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	<div>27</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
	<div>24</div> 8 Badminton * 8 Pool 8-10:30 Ping Pong 9 Critters 9 Mah Jong 10 Senior Softball *F 10 Women's Soccer *D 11:30 Taking Charge 12:30 Brush up/Dust off			
<div>30</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				* = Sheridan Park Gym *A = Sheridan Park Lounge *C = Bremerton Ice Arena *D = OSSC-Pendergast *E = Pendergast *F = Lions Park

GAMES

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

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.

AARP SAFE DRIVING PROGRAM

MONDAY & TUESDAY, 9 AM-1 PM

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

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 PICKLEBALL

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.

CO-ED REC MODIFIED SOFTBALL

SPRING/SUMMER SEASON

STARTS APRIL 9TH @ LIONS PARK FIELD #1

FALL/WINTER SEASON @ OSSC

TUESDAYS AND FRIDAYS, 10 AM - 12 PM

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-1ST THURSDAYS - 10:30 AM

TOURNAMENTS RUN FROM SEPTEMBER - JUNE

8-BALL IS GENEROUSLY SPONSORED BY:

BREMERTON HEALTH & REHAB

360-377-3951

9 BALL-3RD WEDNESDAYS - 10:30 AM

TOURNAMENTS RUN FROM SEPTEMBER - JUNE

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.

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.

TAOIST TAI CHI-NEW!!!

WEDNESDAYS, 8 AM- 9:30 AM

SESSION: SEPT 4-DEC 18

Taoist Tai Chi was developed by Mr. Moy Lin-shin, a Taoist monk who dedicated his life to helping people improve their health and well-being. The practice of Taoist Tai Chi can help improve balance, bone strength and flexibility. This practice is accessible to people of all ages and fitness. Senior Center membership is required. Cost is a \$16/user fee payable to Senior Center and a monthly supply fee payable to instructor of \$20.

TAI CHI - CHUAN, SUN & YANG STYLES

THURSDAYS, 1:30-2:30 PM

SESSIONS: JULY 11-AUG 15 & SEPT 19-OCT 21

Tai Chi Chuan, a Chinese martial art noted for its slow, smooth movements, proven to increase flexibility and improve balance and fall prevention. This class features Sun & Yang Styles, is accessible for all levels of fitness & is taught by Sandy Carlson. Cost is \$30/6 weeks. Min of 5. No class 10/10.



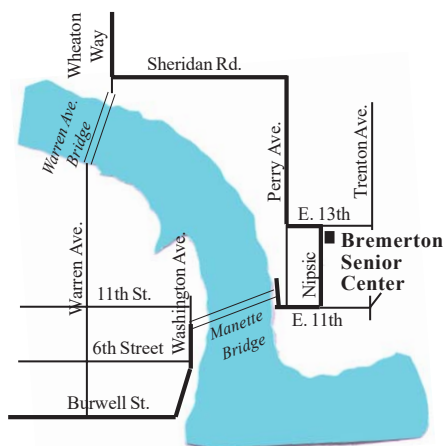
Bremerton Senior Center
1140 Nipsic Ave
Bremerton, WA 98310

Return Service Requested

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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.