2020 Memberships...Renew your membership for 2020 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: Sunshine Singers, Center Line Dancers and more.

• COUPLES MEMBERSHIP is for two people, at least one needs to be 55 or better, who reside at the same address. We have resident and non-resident rates.
• SINGLES MEMBERSHIPS are for single city and non-city residents.
• 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.

Membership rates are on page 2.
FROM THE CENTER

THANKS FROM LISA -
I can’t thank you enough for the warm welcome back to the Senior Center. I’m not sure I’ve smiled this much in ages! I love seeing all the familiar faces and, making new friends. I feel very privileged to get to return to my first love, working with Parks and Recreation and the Senior Center. Please join me also in extending a big thank you to Barb, Cynthia and most especially our amazing volunteers and our SUMS members for all their hard work keeping all the programs and great trips up and running. The center is truly gifted by your service and dedication.

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

MEMBERSHIP RENEWAL
Senior memberships run the calendar year (January-December) regardless of when you join. 2020 rates are below:

<table>
<thead>
<tr>
<th>RESIDENTS</th>
<th>NON-RESIDENTS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Single ............</td>
<td>Single.............. $34.50/yr</td>
</tr>
<tr>
<td>Couples ......... $25.50/yr</td>
<td>Couples.......... $51/yr</td>
</tr>
<tr>
<td>Associate ... $25.50/yr</td>
<td>Associate......... $51/yr</td>
</tr>
</tbody>
</table>

The Bremerton Senior Center is open to all people ages 55 and better. The Bremerton Senior Center is a division of the City of Bremerton Parks & Recreation Department. The Active Us is published four times a year.

~DONATIONS~
We are still accepting the following donations. Thank you for your generosity!

- 10 oz Foam hot/cold cups
- Individually wrapped candy
- Individual creamers - (flavored and regular)

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ACTIVITIES - THINGS TO DO

CO-ED REC MODIFIED SOFTBALL
FALL/WINTER SEASON @ OSC
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 at Olympic Sports Center. (Ages 55 and up, senior center membership is required.)

CRIBBAGE
WEDNESDAYS, 10 AM
This classic game has been around since the 17th century. Be the first to get to 121 points. Great card game for 2-4 players. All are welcome.

QUILTING CLASS
THURSDAYS, 9:30 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. This group occasionally offers classes on techniques and styles.

MEALS ON WHEELS
KITSAP - LUNCHES
Thursdays @ Noon, $3
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.

POOL TOURNAMENTS
8 BALL-1ST THURSDAYS - 10:30AM
JAN 9 (DUE TO CLOSURE), FEB 6, MAR 5, APR 2
9 BALL-3RD WEDNESDAYS - 10:30AM
JAN 15, FEB 19, MAR 18, APR 15

We are currently looking for sponsors for lunch for the Tournaments. If you have a suggestion please let us know. The Center will not be supplying lunch for these events currently.

Tournaments are just $3 per player and include a prize to the winner and 2nd place. New rules: Straight 8, call shot, BCA rules, 2 out of three in winners bracket only. No handicap 8 or 9 ball.

TAI CHI
THURSDAYS 1:30 PM
SESSIONS: JANUARY 16-FEBRUARY 20
Tai Chi Chuan, a Chinese martial art noted for its slow, smooth movements has been proven to improve balance, help to prevent falls and increases flexibility. This class is accessible for all levels of fitness and is taught by Sandy Carlson. Cost is $30/6 weeks. Min of 5.

PICKLEBALL
WEDNESDAYS, 9-11:30 AM
FRIDAYS, 2:30-5 PM
SHERIDAN PARK GYM
Have you heard of the sport called Pickleball? Do you want to learn how to play or practice your skills? Pickleball can be played with 2 or 4 players. The game is played with a solid paddle and a whiffle ball. Pickleball is a cross between Tennis, Badminton, and Ping-Pong and it’s the fastest growing sport and is played all over the world. Any level is welcome to play. Paddles and balls will be on site to use. Participant’s will need to sign an attendance and waiver signature sheet.
**DAILY ACTIVITIES**

**BRIDGE**  
**MONDAYS AND THURSDAYS, 9AM**  
Beginners and experienced players are always welcome to play with this fun group! Come down and join the fun.

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

**BADMINTON**  
**MONDAYS & THURSDAYS, 9AM**  
Come on down to Sheridan Park gym and have a great time batting at birdies. Both singles and doubles welcome! (Equipment is provided).

**CRAFTS 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, scarves and more, Sally and her team of extreme makeover artists can help you work on any project.

**MAH JONG IS LOOKING FOR PLAYERS!**  
**TUESDAY, 9 AM**  
Calling all players!! Tile based game originating in China. Commonly played by 4 players. We are always looking to teach new players! Join in the 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.

**SKETCHING AND MORE**  
**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 meets weekly with volunteers from Bremerton Art Guild helping you get started. Bring in your supplies and be ready to have some fun.

**DOMINOES**  
**FRIDAYS, 10AM**  
This game can be played with two or more players and can get to be a bit lively. Come join the fun and play a game of bones with us!

**TIME CHANGES FOR BADMINTON AND PICKLEBALL IN 2020**

<table>
<thead>
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<td></td>
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<td></td>
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<tr>
<td></td>
<td>Fridays</td>
<td>2:30-5 PM</td>
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</tbody>
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**FOODCARE**  

**$UM$ CORNER**  

Happy winter SUMS members. Our last bake sale/raffle basket was a success. We netted $150.96 from the raffle basket and $535.71 from the bake sale. To the buyers a big thank you. To the bakers a bigger thank you. Here is a list of known bakers for this sale: Joan Ryon, Karen Mitchell, Matt Klous, Al Butler, Sue Ferguson, Heather Parkinson, Cynthia Cook, Marianna Knowlton, Babe Hoffman, Kathy McBride, Darlene Herrman, Beverly Cook, Pam Scripture, June Williams, Soren Christensen, Michael Maniloff, Marlys Price, Cathy Vlastelica and Doris Junis. We plan several more bake sales/raffle baskets throughout the year. We have also bought with your SUMS money new kitchen knives from Cutco. Those of you who own them know they are expensive but very high quality knives. They will be held in a secure location and take the place of older knives that have accumulated over the years.

On a sadder note we remember our beloved director Holly Peterson. An individual who would make you feel welcome but at the same time she ran a tight ship. Even our big burly pool players did not mess with her. How many directors do you know that would take the time to participate in the dance performances with our own center dancers, dress up in those costumes for Halloween and provide all those meals and local trips. She made available and went on many of our trips in the USA and overseas. She was always talking, always smiling (99 percent of the time) and you knew she was around with that loud voice and laugh. She prided bringing in her school kids to sing those songs to us on holidays. And of course she enjoyed bringing her own kids, Liam and Noelle, with her on occasion to work. She loved her senior center and her “peeps”. She battled her cancer almost 6 years. That enabled her to continue to enjoy life, all of us to enjoy her, see her daughter get married and her son off to college. When she could no longer come in to work the second thing she asked her supervisor was “what about the senior center”. She will be missed. Keep her family in your thoughts and prayers. We welcome Lisa Garland as our new director and look forward to more fun times. SUMS is working with the City and Lisa to have a gathering in the future to present a plaque in Holly’s honor. More information to follow.

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**SOCIALS & LUNCHEONS**

**BIRTHDAY BASH**  
**JANUARY 14, 11:30 AM**  
Happy 2020! Today we celebrate everyone’s birthday! There is no cost for this luncheon, it’s been hosted by an anonymous donor! Space is limited to 70 people so make sure to stop by the desk and get your tickets.

**VIP LUNCHEON**  
**FEBRUARY 11, 11:30 AM**  
Bring your very important person (VIP) to this annual event. Each VIP will receive a special gift. Of course, a delicious lunch will be served as well as dessert! Cost: $5pp

**ST. PATTY’S DAY LUNCHEON**  
**MARCH 17, 11:30 AM**  
Join us for a wee party as we celebrate luck, life and laughter on St. Patrick’s day! Prepare for the wearing of the green and some great food. We’re sure you’ll be fed to the brim and that’s no blarney! Cost: $5pp

**VOLUNTEER LUNCHEON**  
**APRIL 14TH, 11:30 AM**  
YOU are our Very Important People and today we celebrate you and all you contribute to the Senior Center! We appreciate you!!! Cost: $5pp

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**$UM$ Officers:**  
President: Paul Vlastelica  
Vice President: George Cho  
Treasurer: Al Butler  
Secretary: Marianna Knowlton

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**DAILY ACTIVITIES**

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

PETS AT THE SENIOR CENTER

We adore our fur babies. As a City facility serving a diverse population and with a working kitchen, regularly checked by the Health Department, we need to make sure that all of our members are comfortable and that we comply with all regulations required of a public facility.

We proudly comply with all rules regarding Service/Assistance animals as required by the American with Disabilities Act. Service/Assistance animals are permitted in accordance with the ADA to accompany a person with a disability almost anywhere the general public is allowed. They are trained and are certified to do work or perform tasks for people with disabilities. They are not a pet. Per the ADA, individuals with emotional support/comfort animals do not have the same rights to public access as individuals with a service dog.

Please leave your pets at home but feel free to bring a picture of them in for us to admire. Thanks for “paws”ing to review this.

TAKING CHARGE SERIES

A series of topics designed with you in mind. Each month will focus on a different topic such as 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. Watch for upcoming events and new topics in February, March and April.

January 21st, 11:30am
Planning Your Estate/Inheritance with Teresa Bryant of Edward Jones.

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, that you are as comfortable as possible and handle any problems that may arise. All participants must have a current emergency medical waiver form on file prior to traveling.

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

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

REFUNDS: The Bremerton Senior Center reserves the right to cancel any tour that does not fill or reach it’s minimum to 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 324 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 Senior Center 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.

REGISTRATION PROCESS: Registration for each trip begins when they are published in either the bi-monthly newsletter or the quarterly 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.

PAYMENTS: Full payment is due at the time of registration.

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 unbolking 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.

TRIP RATINGS:
- R1: Board and depart bus/van and walk 2-3 blocks without stopping to rest. Must be able to stand 15-30 min.
- R2: Board and depart bus/van and walk 4-5 blocks without stopping to rest. Must be able to stand 30-45 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 abilities will allow you to have a better experience.

DAILY ACTIVITIES

电脑实验室

日常，8 AM- 2:45 PM

平板电脑、触摸屏电脑、新硬件和高速无线互联网在一个安静的房间，你还有什么要求？如果你想看网页、刷新你的电子邮件或在慢速的无线网络环境中工作，这里就是完美的地方。

电脑实验室

游泳池

老人

平日，8 AM- 3 PM

四张桌子是每天日常活动的主打。无论你进来是为了参加每月的比赛或只是想看到你是否能通过——你肯定能！

日间

平日，10 AM - 1 PM

茶可以带你和你。平日，10 AM-12 PM

阳光歌手

平日 & 周五，10 AM- 12:30 PM

为两只和两只茶 - 那是的我和你和你朋友制作的...来参加这个团体和和你一起。这是一个好时间。Fund routines are learned 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.

BREMERTON ART GUILD

平日，10 AM-1 PM

你会画画、雕塑、画画吗？你有一个艺术项目，你想让它工作，但不要有空间或你只是想和一个小公司吗？

加入由古德曼的Bremerton Art Guild，带来你的项目和享受。

AEROBICS-FREE VIDEO

MONDAYS & WEDNESDAYS, 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. Participants need to be able to exercise at a consistent level for 5-10 minutes at a time.

AARP SAFE DRIVING PROGRAM

MONDAYS & TUESDAYS, 9 AM-1 PM

April 6th and 7th

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.

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, 10 AM

BRIDGE

MONDAYS & THURSDAYS, 9 AM

RUMMYKUB

THURSDAYS, 9 AM-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, 10:30 AM-12:30 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.

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.

SERIAL 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.

www.ci.bremerton.wa.us
**TRIPS TO TAKE, PLACES TO GO**

**MARCH TRIPS**

**MUKLESHOOT CASINO**
**THURSDAY, MARCH 5TH - COST, $19, R1**
Mukleeshoot Casino offers something for everyone. With over 2,600 machines and tables, it's sure to have something for everyone with 10,000 square feet of space. You are sure to find something fun to play and with 1,000 different games to choose from, you are sure to find something you like to whet your appetite. Lunch is on your own.

**APRIL TRIPS**

**SPRING MYSTERY TRIP**
**THURSDAY, APRIL 9TH - COST $35, R2**
We are going on a trip to a very mysterious place! We promise you will have fun and we are sure you will make lots of memories! Dress comfortably for any weather and some walking. Lunch will be on your own.

**LA CONNER, TULIPS & LUNCH**
**THURSDAY, APRIL 23RD - COST, $34, R2**
While you may think that the best shopping occurs at the Mall – we think a shopping trip in La Conner will totally change your mind! From fine arts and crafts, one-of-a-kind clothing, woodworking, home decor, collectibles, personal care products, stunning antiques, gorgeous jewelry and Italian pottery. After some retail exploration, we’ll head to the Tulip fields to see if we can catch a few glimpses of these spectacular flowers. There are several stops we will be making at the gardens that offer the best variety. Lunch is on your own in La Conner, transportation is included today.

**A&R WORKSHOP IN GIG HARBOR**
**THURSDAY, APRIL 13TH - COST, $79, R1**
We will attend a workshop to make our own decorative 14x19 wooden plank signs. Stop by the office by Feb. 3rd to choose your project in advance. There are 3 projects to choose from. The staff at A & R will take us through the project from start to finish. We will make our own decorative 14x19 wooden plank signs.

**JANUARY TRIPS**

**ASIAN CHALLENGE #1**
**THURSDAY, JANUARY 16TH - COST, $34, R1**
WILD ORCHID, TACOMA, LUNCH INCLUDED
The 2020 food challenge is Asian! Everyone will be able to order their own entree and judge for themselves who has the best Asian food in the northwest. We’ll have 5-6 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.

**LITTLE CREEK CASINO**
**THURSDAY, JANUARY 23RD - COST $16, R1**
Do you feel lucky? Little Creek has over 1200 Hot Machines! With over 230 of the most popular gaming titles. Voted the South Sound’s Best Casino you won't want to miss a chance to have a ball. Lunch is on your own at one of many restaurants. There are lots to choose from - The Island Grille, The Salish Grille, the Water’s Edge Cafe and more.

**THE FLYING HERITAGE MUSEUM AND SPEEDWAY CAFE, MUKILTEO**
**THURSDAY, JANUARY 30TH - COST, $37 , R1**
Enjoy the Speedway Cafe, a great 50’s style diner with a vintage transportation theme for lunch on your own. The Flying Heritage and Combat Armor Museum is located at Payne field in Everett. This is a rare, private collection of WWII era aircraft, tanks, combat armor and more. It is a dynamic collection with attendees often finding mechanics working on restoration/maintenance of the displays while touring. We will enjoy a guided tour with time for questions and visiting their gift shops.

**FEBRUARY TRIPS**

**LET’S DO LUNCH - McMENAMINS ELK’S TEMPLE IN TACOMA**
**THURSDAY, FEBRUARY 6TH - COST, $14 R1**
Continuing their tradition of renovation of NW historical buildings McMennamins has once again rescued a beloved building. Explore the 1916 Elks Temple in Tacoma and choose from 3 restaurants for lunch on your own. Built in 1915-1916 and designed by E. Frere Champney this lovely building is on the National Register of Historic Places. Don’t forget to stop in at the Tasting Room and Bottle Shop for something to take home. Enjoy a leisurely drive through Point Defiance Park on the way home.

**MAKE YOUR OWN DECORATIVE SIGN, A&R WORKSHOP IN GIG HARBOR**
**THURSDAY, FEBRUARY 13TH - COST, $79, R1**
We will attend a workshop to make our own decorative 14x19 wooden plank signs. Stop by the office by Feb. 3rd to choose your project in advance. There are 3 projects to choose from. The staff at A & R will take us through the project from start to finish. Keep your sign for yourself or give it to a Valentines. Enjoy a yummy box lunch and soda while you put your sign together.

**NW FLOWER AND GARDEN SHOW**
**THURSDAY, FEBRUARY 27TH - COST, $43, R2**
Are you already dreaming of spring and planning your garden or, do you just need to see some color to battle the doldrums? Whatever you need, the NW Flower and Garden show will fit the bill. Browse the exhibitors, catch a class and shop for all things flower and garden related. Lunch is on your own at the many options around the Convention Center.

**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. handle stairs and walk a mile in under 20 min.

R2: Board & depart bus/van and walk 4-5 blocks without stopping to rest, must be able to stand 30 to 45 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.*
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<td>9 Badminton *</td>
<td>9 Bridge</td>
<td>9 Lo-Impact Aerobics</td>
<td>10-1 Brem, Art Guild</td>
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<tr>
<td>8-10:30 Ping Pong</td>
<td>9*</td>
<td>11 Ice Skating *</td>
<td>10 Women's Soccer *</td>
<td>10 Senior Softball *</td>
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**Closed President's Day**

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<tbody>
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<td>9 Lo-Impact Aerobics</td>
<td>10-1 Brem, Art Guild</td>
</tr>
<tr>
<td>8-10:30 Ping Pong</td>
<td>9*</td>
<td>11 Ice Skating *</td>
<td>10 Women's Soccer *</td>
<td>10 Senior Softball *</td>
</tr>
<tr>
<td>9*</td>
<td>10:30 Line Dance</td>
<td>11 Ice Skating *</td>
<td>12:30 Sketching</td>
<td>12 Meals on Wheels</td>
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<tr>
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<td>13:00 Tai Chi</td>
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**March Calendar**

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* = Sheridan Park Gym
* = Bremerton Ice Arena
*D = OSC-Pendragon
*F = Lions Park

www.ci.bremerton.wa.us

(360) 473-5357