



BREMERTON SENIOR CENTER

ACTIVE US NEWSLETTER

OCT.- DEC. 2021



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

Lisa Garland, Recreation Program Coord. III
Barbara Roembke, Front Office Coord.

VOLUNTEER RECEPTIONISTS

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

IN LOVING MEMORY

This Active Us is lovingly dedicated to former Senior Center employee and member Marlys Price. Marlys was truly a kind and loving person to all she met. Her smile was infectious, her hugs were warm and she was deeply devoted to her loved ones. We count ourselves grateful to have called her our friend. We miss her immensely.

MEMBERSHIP RENEWAL 2021

Members who paid their 2020 dues prior to the covid closure will have their dues extended through 2021.

For members who have not paid their 2020 dues and new members joining in 2021, membership will be prorated from June through December.

2021 prorated rates are below:

RESIDENTS	NON-RESIDENTS
Single \$8/yr	Single \$16/yr
Couples \$11.75/yr	Couples \$23.50/yr
Associate \$11.75/yr	Associate \$23.50/yr

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. Our **Active Us** is published four/five times a year.

CENTER HOLIDAYS

We will be closed on the following days in Nov. and Dec.

Veterans Day
Thursday, Nov. 11

Thanksgiving
Thursday, Nov. 25th
Friday, Nov. 26th

Winter Break
Fri., Dec. 24th - Fri., Dec. 31st

Mission Statement:

The Bremerton Senior Center is committed to enriching Senior lives in Bremerton by providing lifelong learning and recreational

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~DONATIONS~

Thank you to those of you who brought in furniture and a beautiful umbrella for our patio. We look forward to less smoke next summer to get to enjoy that wonderful space. You all always answer the call whether it is coffee cups, cutlery and more and we are so grateful for your kindness.

We also want to thank member Berta Stone for the donation of her long arm quilting machine and her expert instruction.

As always we appreciate 10 oz hot/cold cups, individually wrapped candy and individual creamers. Thank you!

“Autumn carries more gold in its pocket than all the other seasons.”

- Jim Bishop

I love the colors of fall. In fact, I love everything about this time of year. I may as well be a kid again between Halloween and piles of leaves. With a teenager in high school, Friday nights are all about football and band at Bremerton High and bundling up for the games.

We want to thank our members for being so diligent in wearing your masks at the Center. With membership rising we are so grateful that you are looking out for each other. We are excited to welcome all our new members!

We've made the difficult decision to not plan trips for fall. During summer it was easier to be at outdoor locations to maintain proper spacing. We are sad but our members welfare is always our highest priority. We will get back to our travel shenanigans when we can do so safely.

Watch for BINGO! White Elephant Bingo that is! Read on in the New Activity section for more information! Crafternoons continue as we roll into the holiday season! We hope you will set aside a Tuesday afternoon and get crafty with us. These are great afternoon activities.

Additionally, Scrabble and Pinochle have been added Mon. at 10am by request.

We want to extend a special thanks to member Berta Stone for the very generous donation of her long arm quilting machine. She is also offering complimentary lessons in using the machine for your quilting projects. *-Lisa*

TAKING CHARGE SERIES

Free workshop series designed with you in mind. Each session focuses on a different topic pertaining to our age group and may be sponsored by a different business/provider. A snack is served or bring a sack lunch.

KITSAP COMMUNITY RESOURCES HOME WEATHERIZATION INFORMATION AND RESOURCES

OCT. 12th, 11:30-1:00

Cheyenne Skelly provides information about KCR's home weatherization program designed just for Seniors and resources available in our community.

TERESA BRYANT - EDWARD JONES FINANCIAL SCAMS AIMED AT SENIORS

NOV. 9th, 11:30-1:00

Our friend Teresa reviews the latest financial scams, how to identify them and avoid being the victim of a fraud.

MEALS ON WHEELS LUNCHES


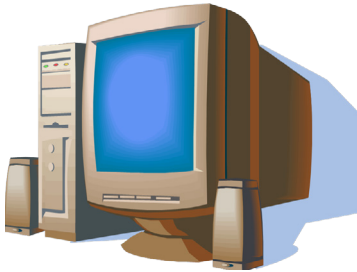
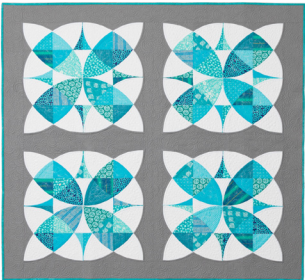
We look forward to welcoming back Meals on Wheels when their regular service resumes.

Look for the frozen meal menu on our bulletin board in the lobby. Call Meals on Wheels @360-377-8511 for more information.

HELP US SAVE ON POSTAGE!

**GIVE US YOUR EMAIL ADDRESS
AND YOUR NEWSLETTER WILL BE
CONVENIENTLY DELIVERED TO
YOUR INBOX!**

DAILY CALENDAR

M O N D A Y	<p>8:00 POOL 8:00 COMPUTER LAB 9:00 BADMINTON @ SHERIDAN PARK GYM* 9:00 LOW IMPACT AEROBICS VIDEO 10:00-1:00 BREMERTON ART GUILD 10:00 SCRABBLE & PINOCHLE 10:30 SUNSHINE SINGERS - ON HOLD 11:00 ICE SKATING @ BREM. ICE ARENA 12:30-3:00 LINE DANCING</p> 
T U E S D A Y	<p>8:00 POOL 8:00 COMPUTER LAB 8:00-10:30 PING PONG 9:00 CRAFT CLUB WITH SALLY 12:30 SKETCHING AND MORE</p>
W E D N E S D A Y	<p>8:00 POOL 8:00 COMPUTER LAB 8:15 ZUMBA GOLD WITH LENA 9:00-11:30 PICKLEBALL @ SHERIDAN PARK GYM* 9:00 LOW IMPACT AEROBICS VIDEO 9:00 CRIBBAGE 10:15 LINE DANCING 11:00 ICE SKATING @ BREM. ICE ARENA</p> 
T H U R S D A Y	<p>8:00 POOL 8:00 COMPUTER LAB 8:00-10:30 PING PONG 9:00 BADMINTON @ SHERIDAN PARK GYM* 9:00 BRIDGE 9:00 RUMMIKUB 9:30-2:30 QUILTING 1:30 TAI CHI*</p>
F R I D A Y	<p>8:00 POOL 8:00 COMPUTER LAB 9:00 LOW IMPACT AEROBICS VIDEO 9:30 Sr. Softball @ OSC 10:00-2:30 QUILTING 10:00 DOMINOES 2:30-5:00 PICKLEBALL @ SHERIDAN PARK GYM</p> 

WHITE ELEPHANT



What is White Elephant BINGO?

It's the BEST fun!

Bring a White Elephant ²WRAPPED gift. (Worth no more than \$5, old or new. Like we do at our holiday party.) Each person can play 2 cards. At the end of each game the winner can choose a gift. Each consecutive winner will have the option of choosing a new gift or stealing a gift. We will have a Ton of Fun!

25 person max. Call to reserve your spot 360 473-5357



SAVE THESE DATES!

SEPT. 28th

OCT. 26th (Wear a costume!)

NOV. 30th

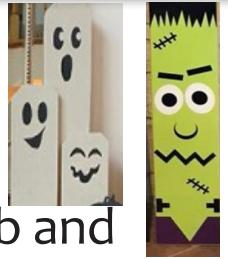
DEC. 14th (Holiday edition)

12:30-2:30 pm

NEW ACTIVITY - CRAFTERNOONS!



Wicked Pickets Tues., Oct. 19, 12:30-2:50,



Come hang out with your “ghoul and boo friends” and Barb and Lisa will walk you step by spooky step through making a Halloween Wicked Picket. It is sure to give you and your trick or treaters the chills. Bring your lunch, sorry no boo’s will be served...

Class min. is 5, max. is 15. Cost \$19.00



Dishy Dishes Tues., Nov. 16, 12:30-2:50



This is a wonderful craft to make for someone special or keep for yourself. We will decorate a plate with Mod Podge, tissues and art papers. When you are done you will have a beautiful base for a candle or a centerpiece for your table. And, if you do decide to gift your plate, we guarantee it will both sleigh **and** bowl the receiver over, especially if cookies are added. Bring your sack lunch.

Class min. is 5, max. is 15. Cost \$20.00



There's no place like Gnome for the Holidays Tues., Dec. 7, 12:30-2:50



Gnomes are all the rage lately so we thought we would get in on the fun and make one for ourselves. Or, you can give it to someone as a holiday gift. We all know that at the holidays, **all roads lead to gnome...** Class is taught by our friend Philonise. Bring your lunch and your sense of whimsy! Class min. is 5, max. is 15. Registration \$3.00, Supplies \$20.00 (cash, paid to Philonise at class).

Not sorry about the puns, they are just too much fun!

DAILY ACTIVITY INFORMATION

COMPUTER LAB

DAILY, 8 AM-CLOSE

Open daily for your convenience. Flat screens, one touch screen, new hard drives and high speed wireless Internet in a quiet room, what more could you ask for? Surf the web, check your e-mail or refresh your computer skills.

POOL

DAILY, 8 AM-CLOSE

Four tables are open daily for play. All levels of skill are welcome. Come hang out and shoot a few games or refine your skills. Cues are available or you are welcome to bring your own.

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 Bremerton Art Guild, bring your projects and enjoy.



SUNSHINE SINGERS

MONDAYS, 10:30 AM-12:15 PM

CURRENTLY NOT MEETING DUE TO MASK MANDATE

Come expand your lungs and get your happy on! Music lifts our spirits, boosts our endorphins, and can help our memory, mental health and mood. Join us and make beautiful music and friendships.

SENIOR OPEN ICE SKATE

MON AND WED, 11AM-12 PM

Always wanted to learn to ice skate? Pick up your weekly passes at the Center to skate at the Bremerton Ice Arena. Skates are available to rent for \$4.00. **This is a free program for Senior Center members (membership is required).**



AEROBICS - FREE VIDEO

MON, WED & FRI, 9 AM

We have a selection of videos from easy to fast paced focusing on strength training, endurance and dance fitness. Participants need to be able to exercise at a consistent level for 5-10 minutes at a time. **Duration varies on video.** Hand weights and resistance bands are available for use.

ZUMBA GOLD WITH LENA

WEDNESDAYS, 8:15 AM-9 AM, ONLY \$3!

Start your day off on the right foot and get your groove on with Lena! Zumba Gold is designed to meet the fitness needs of adults 50 and better. Because you know, we just get better after 50. Class is only \$3 paid to Lena! Min. class 5 members



CENTER LINE DANCERS

MON - BEG 12:30-1:45 PM/INT 1:45-CLOSE

WED - BEG 10:15 AM/INT 11:30 AM

You should be dancin'!! YEAH! Line dancing is a fun way to get fit and feel great! Let the music move your feet, you'll be dancing to the beat! Learn and practice routines to upbeat music. This class is guaranteed to put a smile on your face and add a bounce to your step.

It comes down to
perseverance
and
resiliency.
- Roger Staubach

DAILY ACTIVITY INFORMATION

SCRABBLE and PINOCHLE

MONDAYS, 10:00 AM

We have members interested in playing both of these classic games and space and times to play on Mondays. Join us for Scrabble, the classic word game in which two to four players score points by placing tiles to create a word. **OR** Join this trick-taking, ace-ten card game typically for two to four players and played with a 48-card deck.

INDOOR BADMINTON

MONDAYS & THURSDAYS, 9 AM,

Come on down to Sheridan Park gym and have a great time. All equipment is provided but you are welcome to bring your own too. Singles and doubles welcome! This is for fun and not an organized lesson. **All skill levels are welcome to play.** Participants sign signature sheet at Sheridan main desk.



CRAFT CLUB WITH SALLY

TUESDAYS, 9 AM-12 PM

Looking for new craft ideas? Need some help with a **UFO** (UnFinished Object)? This group can do it all from re-stuffing critters, to making curtains, scarves and more! Bring your projects and join in the fun.



PING PONG

TUESDAYS & THURSDAYS, 8-10:30 AM

Bring your paddle or use one of the Center's and have some fun. Whether you call it ping pong or table tennis, it's always a great time and great exercise. All skill levels welcome.

SKETCHING AND MORE

TUESDAYS, 12:30-2:30 PM

This group meets weekly to take advantage of space, light, and their shared knowledge. Have you always wanted to sketch, do you paint or craft? Join your fellow members for helpful guidance and camaraderie. Bring in your supplies and be ready to have some fun.

CO-ED REC MODIFIED SOFTBALL

DAYS AND TIMES TO BE DETERMINED

WATCH FOR FURTHER ANNOUNCEMENTS

POOL TOURNAMENTS ON HOLD UNTIL FURTHER NOTICE

8 BALL 1 THURSDAYS 10:30 AM

9 BALL 3RD WEDNESDAYS 10:30 AM

All tables are reserved for tournament play only.

NEW No charge to enter tournament! Sign up no later than 10:15 the day of the tournament to be entered.

Rules: Straight 8, call shot, BCA rules, 2 out of 3 in winners bracket only. No handicap 8 or 9 ball.

Play is for bragging rights. You are welcome to bring snacks. The Center will not be providing lunch/snacks.

DAILY ACTIVITY INFORMATION

SR WOMEN'S INDOOR SOCCER

DAYS AND TIMES TO BE DETERMINED

WATCH FOR FURTHER ANNOUNCEMENTS

This program is free with your annual Senior Center membership.

CRIBBAGE

WEDNESDAYS, 9 AM

Enjoy this classic card game. Be the first to get to 121 points. Great card game for 2-4 players. All are welcome.

INDOOR PICKLEBALL

WEDNESDAYS, 9-11:30 AM

FRIDAYS, 2:30-5 PM

SHERIDAN PARK GYM

Pickleball is a cross between tennis, and ping pong. This is for fun and not an organized lesson. Participants sign in at the main desk at Sheridan Park. (Equipment is available). **NEW!** You can also check out equipment at the Sr. Center and play at the Manette Park courts during Center business hours.

BRIDGE

THURSDAYS, 9 AM

Beginners and experienced players are always welcome to play this classic card game with this fun group of players. The game is played by 4 players in two competing partnerships with partners sitting opposite each other. Come down, join the fun and test your skill.



QUILTING

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 create with other quilters. We are also the new home for a long arm quilting machine. Lessons are required prior to using the machine. Inquire at the front desk to make arrangements.



TAI CHI

THURSDAYS, 1:30 PM

SEPT. 16 - OCT. 21

OCT. 28-DEC 9, NO CLASS NOV. 25

Tai Chi Chuan is a Chinese martial art noted for its slow, smooth, meditative movements. Tai Chi has been proven to improve balance, help to prevent falls and increase flexibility. This class is accessible for all levels of fitness and is taught by member Sandy Carlson. Cost is \$30/6 weeks. Min of 5.

DOMINOES

FRIDAYS, 10 AM

This game is 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!



FOOTCARE

FRIDAYS, OCT. 1, NOV. 5 & DEC.3, BY APPT.

Pam Lindgren is a registered nurse and a certified footcare specialist with training from a podiatrist. You can schedule an appointment on her website at www.myfootcarenurse.net. Cost is \$35. For \$10.00 off your appointment enter - **CODE-BREMERTON**. To book by phone call 360-286-8403 to schedule here at the Center and mention **CODE-BREMERTON**.