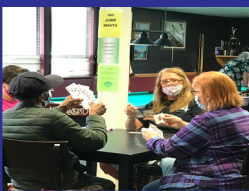




BREMERTON SENIOR CENTER ACTIVE US NEWSLETTER JAN.-MAR. 2022



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

MISSION STATEMENT:

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

MEMBERSHIP RENEWAL 2022

Senior Center memberships run the calendar year (January-December) regardless of when you join. 2022 rates are below. We are open to all people ages 55 and better.

2022 rates are:

RESIDENTS	NON-RESIDENTS
Single \$17.50/yr	Single \$35.00/yr
Couples \$26.00/yr	Couples \$52.00/yr
Associate \$26.00/yr	Associate \$52.00/yr

The 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 dates:

Martin Luther King Jr. Day, 1/17
President's Day, 2/21

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~DONATIONS~

Our members always answer the call whether it's coffee cups, cutlery, your time and expertise and more. We want to say a special thanks to Kenny Jones. Our US Flag was in bad shape and the replacement was on back order. Additionally, our flag pole rope was stuck. Kenny bought the Center a new flag and he and Marvin Scroggin surprised us by fixing the rope and raising a new flag for us in time for Veterans Day. Also many thanks to Larry Taylor and Gary Hatley for helping us with some saw work for our Oct. Crafternoon and a new "Artists Among Us" sign in the Center.

We are looking for a set of TV tray tables/small coffee tables for the card and art rooms. We need something to put coffee cups and other supplies on that is stable, movable and nice looking. As always we appreciate 10 oz hot/cold cups, individually wrapped candy and individual creamers. Thank you!

LISA'S LINER NOTES

“Nearly every moment of every day, we have the opportunity to give something to someone else - our time, our love, our resources.

- S. Truett Cathy.

I believe the above to be true and nowhere is it more evident than here at the Senior Center. We see it daily in the generous gift of our volunteers' time; donations of supplies; member's help with projects; time spent helping other members and our community and so much more. 2021 proved to be very special in this regard.

We are the recipient of a very special gift by a member of over 14 years. Gayle Dupee joined the Center in 2008, in fact, I was the one who entered her membership 14 years ago. For years Gayle took care of our gardens making them beautiful. She also volunteered for and traveled with the Center. Early last year I received a call from her letting me know that she wanted to do something special for the Center. In fall of 2021 Gayle provided us with a check to replace our vans! If you have traveled with us, you know our vans have been well loved and used over the years. Because of Gayle's generosity we will be able to travel safely and in style and comfort in our new transit vans. We are very excited to show them off in 2022. I cannot express our gratitude enough for this wonderful gift and I can't wait to get behind the wheel and go "tripping" with you all once again! Stay tuned for information on our "launching" of our new vehicles.

Please help us extend our heartfelt thanks to Gayle and to all our volunteers. You all are our engine.

Additionally, the Center was also the recipient of a bequest made by a former member. We feel so honored to be remembered in their will and to put those funds to good use in the future. We will let you know more as we move forward. Isn't it nice to know that even though we are in the midst of some discomfort and trial, wonderful things still happen? - Lisa

TAKING CHARGE

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 REGIONAL LIBRARY

JAN. 25, 11:30-1:00

Did you know that you can book a librarian at our libraries? No, really, you can. There are so many services our libraries provide and we bet you don't know most of them exist. Meet with 2 of our local librarians about all the services available to you for free.

KITSAP COMMUNITY RESOURCES HOME WEATHERIZATION INFORMATION AND RESOURCES

FEB. 15, 11:30-1:00

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


MEALS ON WHEELS LUNCHES

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

Call Meals on Wheels @360-377-8511 for more information.

**THANK YOU FOR WEARING
YOUR MASKS IN THE SENIOR
CENTER.**

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 SCRABBLE & PINOCHLE 10:00-1:00 BREMERTON ART GUILD 10:00-2:00 INDOOR MODIFIED SOFTBALL @ OSC - PENDERGAST PARK 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 9:30 WOMENS SOCCER @ OSC - PENDERGAST PARK - ON HOLD 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 & RUMMIKUB 9:30-2:30 QUILTING 10:00-2:00 INDOOR MODIFIED SOFTBALL @ OSC - PENDERGAST PARK 12:00 MEALS ON WHEELS - ON HOLD 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 10:00-2:30 QUILTING 10:00 DOMINOES 12:00 MEALS ON WHEELS - ON HOLD 1:30-4:00 PICKLEBALL @ SHERIDAN PARK GYM</p>	



WHITE ELEPHANT



It's the BEST fun!
SAVE THESE DATES!

JAN. 11th and FEB. 8th, 12:30-2:30 pm

Bring a White Elephant WRAPPED gift, worth no more than \$5-\$10, old or new (like we do at our holiday party). Each person can play 2 cards. At the end of each game the winner will choose a gift. Each consecutive winner will have the option of choosing a new gift or stealing a gift from another player. We have a Ton of Fun!

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

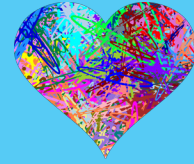
JAM SESSIONS!

Were you with the band? Are you ready to make beautiful music? Come jam with your Center friends! We have a few day/time options so call the Center at 360-473-5357 or stop by and let us know what days and times work best for you. Let's get the band back together! After all, Life without music would "be flat"!



“CRAFTERNOON” WITH US!

ART WITH HEART
February 1st, 12:30-2:50
\$15.00



We will be painting 2 works of Heart Art to celebrate Valentines Day. Wear your painting clothes and bring your sense of fun and whimsy. No skill is needed for these 2 canvases.

Call to reserve your spot 360-473-5357, 12 person max



MARCH ROCKS!
March 22nd, 12:30-2:50
\$8.00

Get in on the painted rock craze with us. We supply the rocks, paints and painting ideas/templates. Keep them to decorate your garden or leave them somewhere for others to find. We call this project Bremerton Senior Center Rocks! Get it?!

Call to reserve your spot 360-473-5357, 12 person max

NEW!

FUN AND GAMES!!

NEW!

Wednesdays

Jan. 19th, Feb. 23rd, Mar. 16th

1:00-2:30 pm

Join us for party games at the Center!

January - Pictionary!

February - Scattergories!

March - Trivia!



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.

SCRABBLE and PINOCHLE

MONDAYS, 10 AM

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. We had requests to add these games to the schedule. If you are interested in playing come on down!

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. All skill levels are welcome.



SUNSHINE SINGERS

MONDAYS, 10:30 AM-12:15 PM

***CURRENTLY NOT MEETING DUE TO MASK**

MANDATE

Music lifts our spirits, boosts our endorphins, and can help our memory, mental health and mood. Watch for updates on our return to music.

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.**

SENIOR OPEN ICE SKATE

MON AND WED, 11 AM-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 \$5.00. **This is a free program for Senior Center Members. (membership is required)**

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'!! Line dancing is a fun way to get fit and feel great! Let the music move your feet, you'll be dancin' 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.

HELP US SAVE ON POSTAGE!
Give us your email address and
your newsletter will be delivered
directly to your inbox!

DAILY ACTIVITY INFORMATION

INDOOR BADMINTON

MONDAYS & THURSDAYS, 9 -11 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.

CO-ED REC MODIFIED SOFTBALL

FALL/WINTER SEASON @ OSC

MONDAYS AND THURSDAYS, THRU APRIL 7TH

10:00 AM - 2:00 PM

Enjoy the great game of co-ed softball. Our emphasis is on having fun through friendly competition, exercising and developing individual hitting and fielding skills in a positive, team setting. Previous experience is recommended. Modified Softball for ages 55 and up is played indoors during the fall and winter. **SENIOR CENTER MEMBERSHIP IS REQUIRED.**

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.

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.

SR WOMEN'S INDOOR SOCCER

TUESDAYS, 9:30-11AM - ON HOLD

Played at the Olympic Sports Center located at Pendergast Regional Park. This program is free with your annual Senior Center membership.

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.

POOL TOURNAMENTS

ON HOLD UNTIL FURTHER NOTICE

8 BALL 1ST THURSDAYS 10:30 AM

9 BALL 3RD WEDNESDAYS 10:30 AM

Tournaments will resume when the capacity limits have been lifted. Please watch for further announcements.



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

DAILY ACTIVITY INFORMATION

ZUMBA GOLD WITH LENA

BEGINNING FEBRUARY 2ND!

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. Class is only \$3 paid to Lena. All skill and fitness levels are welcome. Min. Class 5 members

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, 1:30-4 PM

NEW TIME!

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). Members 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.

RUMMIKUB

THURSDAYS, 9 AM

Rummikub is an easy to learn and fast moving game for 2-4 players. The object is to be the first player to play every tile on your rack. New players always welcome!

TAI CHI

THURSDAYS, 1:30 PM

JAN. 6 - FEB. 10; FEB. 17- MAR. 24

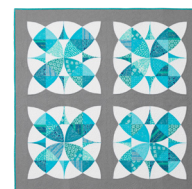
Tai Chi Chuan is a Chinese martial art noted for it's slow, smooth, meditative movements. Tai Chi has been proven to improve balance, help to prevent falls and increase flexibility. This class is accessible for all levels of fitness and is taught by member Sandy Carlson. Cost is \$30/6 weeks. Min of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

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.



DOMINOES

FRIDAYS, 10 AM

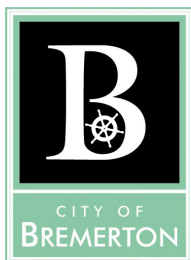
This game is played with two or more players and can get to be a bit lively. Come join the fun and play a game of bones with us!

FOOT CARE

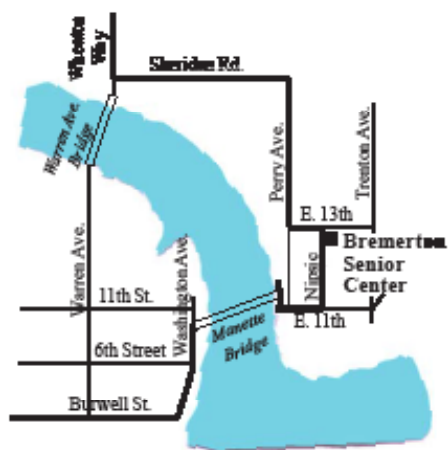
FRIDAYS, JAN. 7, FEB. 4, MAR 4TH, BY APPT.

Pam Lindgren is a registered nurse and a certified foot care 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 Pam at 360-286-8403 to schedule here at the Center and mention **CODE-BREMERTON**.





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



2022 MEMBERSHIPS - Renew your membership for 2022 **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 via email or at your door step! Highlights of your Senior Center Membership: newsletter direct mailed/emailed, 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 (on hold currently), fitness, educational, hobbies, enrichment and dance classes. The Bremerton Senior Center is also home to entertainment groups, such as: Sunshine Singers and the Center Line Dancers.

- **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.

Thank you for your continued support of the Center.