



BREMERTON SENIOR CENTER ACTIVE US NEWSLETTER



April - June 2022



SPRING



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, Program Assistant

VOLUNTEER RECEPTIONISTS

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



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:
Memorial Day, Mon., May 30th
Juneteenth, Mon., June 20th

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~DONATIONS~

Once again we are saying a big **THANK YOU** for your generosity!

We put the call out for tables for our card and art rooms and within 2 days of that request we had 2 donations! Special thanks for the beautiful coffee table and the brand new card tables. They are so appreciated.

We also want to say thanks for the donation of a brand new dishwasher in our kitchen! Ours was pushing 20 years old and sometimes it wanted a day off mid week. Volunteer/member Mac Whittlesey took up the mantle and gifted us with a new dishwasher. **WOW!**

If you have a few clean glass jars with lids, we can use about 20 for a Crafternoon project. Thanks!



LISA'S LINER NOTES

“There is little in life so reassuring as a genuine welcome.” - Robin Hobb

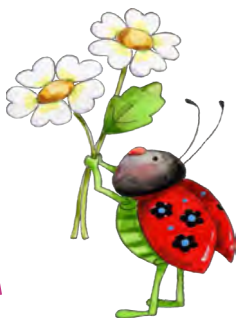
You may notice that in our welcome photos we are all masked. When we started this issue of Active Us, masks were required. By the time it went to print, masks are recommended, not required. We are nothing if not flexible!

We chose the **WELCOME** theme for this Active Us because we are so enthused to have so many new members coming in and to see members we haven't laid eyes on for awhile too. I have to give kudos to you for spreading the word about the Center, you all are amazing!

We strive to make everyone feel welcome at the Center and you, Barb and our volunteer staff do an outstanding job of doing just that. No one here is a stranger and we have you all to thank for that. **Thanks!**

I love that when asked to pose for pictures, everyone was willing to humor me and get their photo taken without question. Even better, to a person, you can see the smile in their eyes.

We also chose Welcome because we are ready for Spring. I am ready for gardening, bird songs, and longer days in the sunlight. Bring it on! **WELCOME SPRING; WELCOME FRIENDS; WELCOME TO THE SENIOR CENTER! - Lisa**



TAKING CHARGE

TAKING CHARGE SERIES

Each FREE presentation focuses on a different topic pertaining to our age group and is sponsored by a local provider. A snack is served or bring a sack lunch. Call for reservations, 360-473-5357.

KNOW YOUR LOCAL MEDICARE OPTIONS

George Bratton, AB NW Insurance

April 19, 11:30 am-1:00 pm

George brings to light that “You Have Choices” when it comes to your Medicare insurance options and sheds light on the amount of plan opportunities available in Kitsap County. He discusses the importance of putting together your “Needs Analysis” and conducting an annual plan review.

“PROTECT YOURSELF - IN A WORLD OF INCREASING DATA BREACHES, IDENTITY THEFT, ONLINE SCAMS...”

Scott Prior, Connection Credit Union

MAY 10, 11:30 am-1:00 pm

Scott Prior, Director of Connection Credit Union in Silverdale walks us through tips, services and products that will help to keep your money and information safe from predators.

PERSONAL EMERGENCY RESPONSE SYSTEMS (PERS)

Kitsap Co. Aging and Longterm Care

JUNE 28, 11:30 am-1:00 pm

“PERS” are sometimes called a “Life Alert” button, or you may have heard them referred to as the “Help! I’ve Fallen and Can’t Get Up!” button. Join us to learn about how the product and service has advanced, the types of systems, and multiple features. We’ll also review what to think about when considering a PERS for yourself or someone you care for.



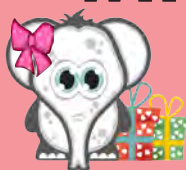
DAILY CALENDAR

M O N D A Y	8:00 POOL 8:00 COMPUTER LAB 9:00 BADMINTON @ SHERIDAN PARK GYM 10:00 SCRABBLE & PINOCHLE 10:00-1:00 BREMERTON ART GUILD 10:15 SUNSHINE SINGERS *Starts April 4 11:00 ICE SKATING @ BREM. ICE ARENA 12:30-3:00 LINE DANCING
T U E S D A Y	8:00 POOL 8:00 COMPUTER LAB 8:00-11:00 PING PONG 9:00 CRAFT CLUB WITH SALLY 10:00-12:00 CO ED REC. SOFTBALL @ Lion's Park, field #1 12:30 CREATIVE CRAFTING -(Formerly Sketching & More)
W E D N E S D A Y	8:00 POOL 8:00 COMPUTER LAB 9:15 ZUMBA GOLD WITH LENA *NEW TIME* 9:00-11:30 PICKLEBALL @ SHERIDAN PARK GYM 9:00 CRIBBAGE 10:15 LINE DANCING 11:00 ICE SKATING @ BREM. ICE ARENA
T H U R S D A Y	8:00 POOL 8:00 COMPUTER LAB 8:00-11:00 PING PONG 9:00 BADMINTON @ SHERIDAN PARK GYM 9:00 BRIDGE & RUMMIKUB 9:30-2:30 QUILTING 12:00 MEALS ON WHEELS - ON HOLD 1:30 TAI CHI
F R I D A Y	8:00 POOL 8:00 COMPUTER LAB 10:00-2:30 QUILTING 10:00 DOMINOES 10:00-12:00 CO ED REC. SOFTBALL @ Lion's Park, field #1 12:00 MEALS ON WHEELS - ON HOLD 1:00-2:30 JAM SESSIONS *Starts April 8 1:30-4:00 PICKLEBALL @ SHERIDAN PARK GYM *No play on June 10th.



BINGO AND JAM SESSIONS

WHITE ELEPHANT



TUESDAYS

4/5, 5/3 & 6/7 12:30-2:30 pm

WEDNESDAYS

4/27, 5/18 & 6/29 1:00-2:30 pm

Due to the popularity of our White Elephant BINGO games, we have added a second game day each month! Bring a WRAPPED gift, worth between \$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.**



**BRINGING
MUSIC
TO LIFE**

JAM SESSIONS!

BEGINNING APRIL 8TH!

FRIDAYS, 1:00-2:30 PM

Dust off those instruments and come jam with your Center friends! Bring your favorite sheet music or use what the Center has. After all, life without music would "b' flat"!





CRAFT WITH US! CRAFTERNOONS! A “TWIST” ON TIE DYE TUES. MAY 24th, 12:30-2:30 pm, \$15.00



NO TWISTING, TYING OR MESS MAKES THIS PROJECT SO EASY. We use permanent markers and a secret ingredient to make this tie dye easy and mess free. Registration includes an apron to dye, plus a set of pens to take home with you. If you have a light cotton bag, t-shirt or tea towel or something additional you want to decorate too, bring it along. It's a Crafternoon to “dye” for.

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



MASON JAR LUMINARIES WED. JUNE 22nd, 1:00-2:30 pm, \$15.00



Make 2 glass beaded luminaries to decorate your garden or your home. We call these “whimsies” because they are so whimsical and cheerful. Welcome summer with this fun garden project.

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



BLACKOUT POETRY WORKSHOP THURS., APRIL 21ST 12:30-2:30 pm



What is Blackout Poetry? This is “found” poetry created by using printed pages of text such as a book or newspaper, blacking portions out and creating your own poems. The challenge is to make meaning from what's already on the paper. We will provide the texts and supplies, you will provide the epic poetry! We end the afternoon of “writing” with a reading of your creations.

TRIPS AND TOURS - & AWAY WE GO!

We are excited to offer trips again! We will be utilizing 1 van until we get our new vehicle. We appreciate your patience and flexibility as we plan our outings at this time. Our member's health and welfare is always our highest priority. Masks may be required while in the van.

MAY AND JUNE

NORTH KITSAP NURSERY HOP

TUESDAY, MAY 4 - COST, \$16, R3

We head to North Kitsap Nurseries today and try not to go plant crazy! *I don't know about you but I get so excited about Spring I wet my PLANTS!* We'll visit Valley Nursery, Savage Plants, Roadhouse Nursery and the Bainbridge Gardens. Lunch on your own at The Grub Hut in Kingston.

SHOE-INS, UELAND TREE FARM

THURSDAY, MAY 12- COST, \$8, R3

If you haven't discovered this close to home trail yet you are in for a major treat. Located west of Kitsap Lake this is a popular local trail. You are sure to enjoy! **Bring a sack lunch with you. Ice cream stop on your own.**

HOOD CANAL AND WHITNEY GARDENS

THURSDAY, MAY 17 - COST, \$35, R2

The rhodies will be in bloom and the gardens are amazing. We will drive through Union, picnic, visit Whitney's and end the day with ice cream at Hunter's Farms on the way home. **(Picnic included, ice cream on your own).**

SHOE-INS, DUNGENESS WILDLIFE REFUGE

THURSDAY, MAY 26 - COST, \$15, R3

This National Wildlife Refuge just east of Port Angeles in the Strait of Juan De Fuca is a gorgeous place to explore miles upon miles of sandy beach, spy shorebirds wheeling, and even get a little shot of greenery at the beginning and end of your trip. We will end our trip with a stop at Sunny Farms Store. **Bring a sack lunch with you. Ice cream stop on your own.**



SHOE-INS, SEATTLE WATERFRONT TO SEATTLE SCULPTURE PARK

THURSDAY, JUNE 2- COST, \$15, R3

This urban trail trek takes us to the Seattle waterfront heading North to the Sculpture Park. Cameras are a must! **Bring a sack lunch with you. Ice cream stop on your own.**

NEW EMERALD QUEEN CASINO

TUESDAY, JUNE 21 - COST, \$17, R1

This time for sure! We planned to attend the first month they opened but that didn't happen due to Covid. Let's check it out now and see if we can win big. With over 2,100 slots, 60 table games and six dining venues we are pretty sure we can occupy ourselves for the afternoon.

SHOE-INS, THELAR WETLANDS,

THURSDAY, JUNE 23- COST, \$8, R3

A local favorite with more than 3 miles of trails along salt marsh and estuary wetlands. Trails are flat and birds are plentiful. **Bring a sack lunch with you. Ice cream stop on your own.**

SHOE-INS, NISQUALLY WILDLIFE REFUGE PT. 2

THURSDAY, JUNE 30- COST, \$19, R3

We had the great pleasure of exploring the South boardwalk last year. Lisa hosts this trip exploring the North Trail. Make sure to bring your binoculars/cameras for this trek. We head back home through Pierce County along the Scenic Chamber's Creek Rd. **Bring a sack lunch with you. Ice cream stop on your own.**



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.



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, 10:15 AM-12:15 PM

Returning April 4th! Music lifts our spirits, boosts our endorphins, and can help our memory, mental health and mood.



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

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.



INDOOR BADMINTON

MONDAYS & THURSDAYS, 9 -11 AM

Located at Sheridan Park Gym. Equipment is provided or bring your own. 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.



DAILY ACTIVITY INFORMATION

CRAFT CLUB WITH SALLY

TUESDAYS, 9 AM-12 PM

Looking for new craft ideas? Need some help with an unfinished project? This group can do it all from re-stuffing critters, to making curtains, scarves and more! Join in the fun!

CO-ED REC MODIFIED SOFTBALL

SPRING/SUMMER SEASON BEGINS

APRIL 5TH

TUESDAYS & FRIDAYS 10:00 AM - 12:00 PM

LIONS PARK, FIELD 1

Our emphasis is on having fun through friendly competition exercise and developing individual skills in a positive, team setting. Previous experience is recommended. Senior Center membership is required.

SKETCHING AND MORE IS NOW - CREATIVE CRAFTING

TUESDAYS, 12:30-2:30 PM

Do you enjoy scrap-booking, and card making? Do you sketch, color or paint by numbers? If you do, come to Creative Crafting. All crafts are welcome. Bring your papers, card crafts, painting/coloring and enjoy company while you craft. **AND the last Tuesday of each month Lisa or Barb will have a fun project for you to try.**

PING PONG

TUESDAYS & THURSDAYS, 8-11:00 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.



ZUMBA GOLD WITH LENA

WEDNESDAYS, 9:15 AM-10 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

POOL TOURNAMENTS RETURN MAY 5TH!!

8 BALL-1ST THURSDAY

MAY 5TH, JUNE 2ND, 10:30 AM

9 BALL-3RD WEDNESDAY

MAY 18TH, JUNE 15TH, 10:30 AM

**NEW! NO CHARGE TO ENTER
COMPETITION.**

All tables are reserved these dates for tournament play only. Play is for bragging rights! Sign up no later than 10:15 am the morning of the Tournament.

Members are welcome to bring snacks to share. Popcorn will be served by the Center.

**RULES: STRAIGHT 8, CALL SHOT,
BCA RULES, 2 OUT OF 3 IN WINNERS
BRACKET ONLY.**

NO HANDICAP 8 OR 9 BALL.



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.



**MEALS ON WHEELS
KITSAP - LUNCHES**

ON HOLD UNTIL FURTHER NOTICE

CALL 360-377-8511 FOR TAKE OUT SERVICE

DAILY ACTIVITY INFORMATION

INDOOR PICKLEBALL

WEDNESDAYS, 9-11:30 AM

FRIDAYS, 1:30-4 PM, * NO PLAY JUNE 10TH

SHERIDAN PARK GYM

Pickleball is a cross between tennis and ping pong. This is for fun, 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

All skill levels are 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. 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,

APRIL 7-MAY 12

Noted for its 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.



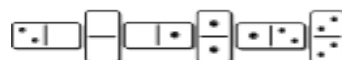
QUILTING

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 and create with other quilters. Take lessons on our long arm quilting machine. *Required prior to using the machine.

DOMINOES



FRIDAYS, 10 AM

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

JAM SESSION

FRIDAYS, 1:00-2:30 PM

STARTS APRIL 8TH

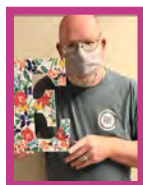
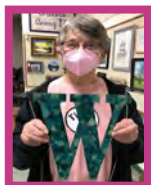
Jam with your Center friends! Bring your favorite sheet music or use what the Center has. After all, life without music would "b' flat"!

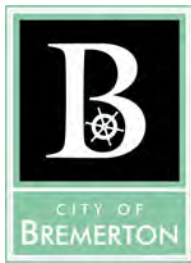


FOOT CARE

FRIDAYS, APRIL 1, MAY 6, JUNE 3

Pam is a registered nurse and a certified foot care specialist with training from a podiatrist. 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



MISSION STATEMENT:

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

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.*