

# BREMERTON SENIOR CENTER

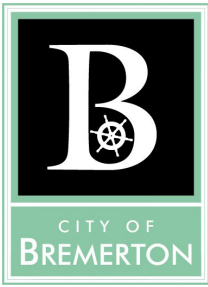
## ACTIVE US NEWSLETTER

JULY-SEPT. 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, Program Assistant

#### **VOLUNTEER RECEPTIONISTS**

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



### **MEMBERSHIP 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**

Single \$17.50/yr

Couples \$26.00/yr

Associate \$26.00/yr

##### **NON-RESIDENTS**

Single \$35.00/yr

Couples \$52.00/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:  
**Independence Day Mon., July 4th**  
**Labor Day, Mon., Sept. 5th**

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### **~DONATIONS~**

As always we welcome donations of disposable cups, coffee, decaf, sugar, creamers and candy to keep us all sweet and energized.

We would like to extend a big thanks to member Bobbie Baines for the donation of craft supplies (and a cabinet to store them) to the Center. We can't wait to use the goodies for our Crafternoons and other projects and the cabinet is much needed.

### **MEALS ON WHEELS**

#### **KITSAP - LUNCHES**

**ON HOLD UNTIL FURTHER NOTICE**

**CALL 360-377-8511 FOR TAKE OUT SERVICE**

### **TAKING CHARGE SERIES**

**WATCH FOR NEW SESSIONS IN THE FALL.**

Each **FREE** presentation focuses on a different topic pertaining to our age group

## LISA'S LINER NOTES AND \$UM\$ CORNER

### ***It's summer and time for wandering. -Kellie Elmore***

We have an action packed summer with lots to look forward to including whales, lavender, amazing treks, high heeled boots and making great memories! Barb and I have been working with our new registration program for just a little while now. We really appreciate your patience with us while we are getting the new system up and running. There is a bit of a learning curve after about 15 years of our old system, but learning something new is good for the brain right?!

**I KNOW** - I've gotcha' wondering about the **high heeled boots** huh? Look for a clue in the Trips and Tours section. Read on and enjoy! "Summertime, and the living is easy." - Lisa

### **\$UM\$ is "Seniors Uncovering Money Solutions"**



\$UM\$ is the Non-Profit made up of our Center members. They are devoted to the betterment of the Sr. Center via fundraising and more. As a member you are automatically part of \$UM\$. Below is a message from our \$UM\$ officers.

### **HELLO \$UM\$ MEMBERS!**

Hope this finds you all doing well. Your SUMS officers along with Lisa met this last month to discuss issues concerning the Senior Center. First of all we discussed the Craft Fair and is it worth having in the future. Lisa mentioned that with Covid still on the rise, we would probably be limited by the number of vendors that would be allowed in the Community Center. That would also include the number of people allowed into the center at one time. This would severely limit the amount of customers to purchase items and of course affect the bottom dollar for vendors as well as for SUMS. As you are aware this has been our biggest revenue maker for years. Second there is the factor of cost. Higher cost for rental equipment and food items would impact what we could charge. It is hard to sell our baked goods for a higher price and expect customers to buy the same amount as in the past. It is hard to ask vendors for more money to have a place when customers would be at a premium.

Bottom line is the Craft Fair has been producing less profit for SUMS when we were featuring it year after year. Last time we had the fair pre-Covid we netted only \$900, the lowest in many years. We can easily make up most of that with a couple more bake sales and basket raffles.


We are planning on a "Quilt Show" here at the Center (if Covid restrictions allow) sometime next spring with a bake sale and basket raffle. We are also planning several basket raffles, watch for those coming up and please support your SUMS organization. Hopefully we will be back to some sort of normalcy and have get togethers once again.

We have talked to Lisa about expanding the card room in the near future and she is looking into what would be required by the city to accomplish that.

Finally after almost 30 years of service, Al Butler will be stepping down as treasurer at the end of the year. We are very thankful for his dedication to SUMS, making payments and deposits all these years. If you see him at the center be sure to thank him. This means we will be looking for a new treasurer for next year. If you are interested, we ask that you to talk to Al so you get a feeling of what it entails. Then let one of your SUMS officers, Lisa or Barb know you are interested.

We plan to have our next SUMS meeting in August. Once we select a date it will be posted at the Senior Center and we welcome you to come.

## DAILY CALENDAR

<b>M O N D A Y</b>	8:00 POOL 9:00 BADMINTON @ SHERIDAN PARK GYM 10:00 SCRABBLE & PINOCHLE 10:00-1:00 BREMERTON ART GUILD 10:15 SUNSHINE SINGERS 11:00 ICE SKATING @ BREM. ICE ARENA 12:30-3:00 LINE DANCING
<b>T U E S D A Y</b>	8:00 POOL 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
<b>W E D N E S D A Y</b>	8:00 POOL 9:15 ZUMBA GOLD WITH LENA 9:00-11:30 PICKLEBALL @ SHERIDAN PARK GYM 9:00 CRIBBAGE  10:15 LINE DANCING 11:00 ICE SKATING @ BREM. ICE ARENA
<b>T H U R S D A Y</b>	8:00 POOL 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 - <b>ON HOLD</b> 1:30 TAI CHI
<b>F R I D A Y</b>	8:00 POOL 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 - <b>ON HOLD</b> 1:00-2:30 JAM SESSIONS 1:30-4:00 PICKLEBALL @ SHERIDAN PARK GYM

## BINGO & CRAFTERNOONS

# WHITE ELEPHANT



### TUESDAYS:

8/16, 9/6

12:30-2:30 pm

### WEDNESDAYS:

7/13, 7/27, 8/31

1:00-2:30 pm

Bring a WRAPPED White Elephant 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.**



## DAILY ACTIVITY INFORMATION

### COMPUTER LAB

**DAILY, 8 AM-CLOSE**

Open daily for your convenience. Check your email, catch up on articles or do some online research.

### 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

**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.

### 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? All skill levels are welcome.

### SUNSHINE SINGERS

**MONDAYS, 10:15 AM-12:15 PM**

Music lifts our spirits, boosts our endorphins, and can help our memory, mental health and mood. Come raise your voice with us and start the day and the week off with a song.

### SENIOR OPEN ICE SKATE

**MON AND WED, 11 AM-12 PM**

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 the main desk at Sheridan Park.

### 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!

### \*CREATIVE CRAFTING

**TUESDAYS, 12:30-2:30**

**\* WATCH FOR CREATIVE CRAFTING TO RETURN IN THE FALL.**

### CO-ED REC SOFTBALL

**SPRING/SUMMER SEASON**

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

**LIONS PARK, FIELD 1**

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



## DAILY ACTIVITY INFORMATION

### 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 fun and great exercise. All skill levels are welcome.

### FOOT CARE

*Tuesday, July 26th.*

**NEW DATE THIS MONTH ONLY**

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](http://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

### ZUMBA GOLD WITH LENA

**WEDNESDAYS, 9:15 AM-10 AM, ONLY \$3!**

**No class Aug. 8**

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. *Center membership is required.*

### 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.

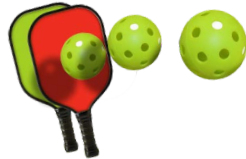
### INDOOR PICKLEBALL

**WEDNESDAYS, 9-11:30 AM**

**FRIDAYS, 1:30-4 PM**

**SHERIDAN PARK GYM**

Pickleball is a cross between tennis and ping pong. This is for fun, not an organized lesson. Sign in at the main desk at Sheridan Park. (Equipment is available). Members can also borrow and play at the Manette Park courts during Center business hours.



### RUMMIKUB

**THURSDAYS, 9 AM**

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

### POOL TOURNAMENTS

**POOL TOURNAMENTS RETURN IN OCTOBER.**

**9 BALL-3RD WED. 8 BALL-1ST THURS., 9 BALL-**

**3RD WED. TAI CHI**

**THURSDAYS, 1:30 PM,**

**July 7-Aug. 18, No Class 7/28**

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 come all! Bring your quilting supplies and create with other quilters. Take lessons on our long arm quilting machine. (Required before use of machine).

### DOMINOES

**FRIDAYS, 10 AM**

Played with two or more players this game get a bit lively. Come join the fun and play a game of bones with us!

### JAM SESSION

**FRIDAYS, 1:00-2:30 PM**

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



## TRIPS AND TOURS - & AWAY WE GO!

We are utilizing 1 van until we get our new vehicle (unless otherwise posted). 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 are required while in the van.*

### THE POINT CASINO

**WEDNESDAY JULY 6 - COST, \$17, R1**

Are you ready to play the slots and tables? Close to home and a lot of fun, you are sure to enjoy your time at The Point. **Lunch is on your own.**

### SHOE-INS, PORT GAMBLE HERITAGE PARK

**THURSDAY, JULY 14 - COST, \$12, R3**

Port Gamble Forest Heritage Park is a 3,493-acre county park founded in 2014, and is the largest in Kitsap County. It contains 60 miles of trails. **Bring a sack lunch with you. Ice cream stop on your own.**



### LAVENDER FESTIVAL, SEQUIM

**FRIDAY, JULY 15 - COST, \$45, R2**

It's back and we are going! Yay for the lavender festival. We will explore several farms along the blooming byway. A picnic lunch will be provided.

### GLASS BLOWING CLASS AT TACOMA GLASS BLOWING & LUNCH ON YOUR OWN

**TUESDAY, JULY 19 - COST, \$126 (2 VANS), R1**

Try your hand at glass blowing at Tacoma Glassblowing! You'll choose your project and work with a glass artist one on one. Our group will work in shifts so there will always be a show. After, we will stop for a late lunch at Cooper's Food and Drink. In 2 weeks, a staff member will collect our treasures for you to pick up.

### KINKY BOOTS - TACOMA MUSICAL THEATER & EARLY SUPPER AT GIG HARBOR ANTHONY'S

**FRIDAY, JULY 22 - COST, \$55, R1**

We start off with an early supper on the waterfront at Anthony's in Gig Harbor (on your own). Then we head to Tacoma for this brilliant, award winning musical. Kinky Boots is loosely based on a true story. It has won every theatrical award possible. Fun music and feel good show will leave you smiling. **Dinner is on your own.**

### SHOE-INS, BANNER FOREST HERITAGE PARK

**THURSDAY, JULY 28-COST, \$11, R3**

This park has 636 acres including old growth forest and a wetland. It's also home to abundant wildlife. **Bring a sack lunch with you. Ice cream stop on your own.**



### WHALE WATCHING, PORT TOWNSEND

**WEDNESDAY, AUG. 3 - COST, \$175, R2**

We head to Port Townsend and board the Puget Sound Express boat for a 4 hour Whale Watching Cruise! Our cruise includes a naturalist explaining the scenery, map tracking, geography and wildlife of the area. Lunch is included. Restrooms and snack bar on board.

### SHOE-INS, UELAND TREE FARM

**THURSDAY, AUG. 4-COST, \$8, R3**

This trail is on a Family owned Tree Farm and is popular with local trekkers. **Bring a sack lunch with you. Ice cream stop on your own.**



### 7 CEDARS CASINO

**TUESDAY, AUG. 9TH - COST, \$25, R1**

It's time for more slots and tables! With over 600 machines and 180 different titles you are sure to find one you like. Such a beautiful drive to this local casino. Lunch is on your own.

### SHOPPING AT CENTRALIA OUTLET MALL

**THURSDAY, AUG. 18TH - COST, \$27, R1**

You can find just about everything here from Pendleton to Hanes, Coach to Chico's and more. We start on one side of the freeway, shop and have lunch (on your own at Country Cousins) then we move to the other side for round two before heading home with our treasures.

**More trips on page 8!**





## MORE TRIPS AND TOURS

### LUNCH OUT AT McMENAMINS SPAR CAFE, OLYMPIA (AND WAGNER'S BAKERY)

**TUESDAY AUG. 23RD - COST, \$25, R1**

We go to Wagner's bakery for dessert before it closes. You can eat dessert first or save it for after lunch at Olympia's Spar Café. Originally a blue-collar joint for dockworkers and loggers, its now a favorite of students, legislators and hipsters like US.

### SHOE-INS, CHAMBERS BAY NATURE TRAIL

**THURSDAY, AUG. 25-COST, \$15, R3**

This 930-acre site includes over two miles of saltwater shoreline, two and a half miles of urban creek and canyon and breathtaking mountain and Puget Sound views. You are sure to enjoy this trek. **Bring a sack lunch with you. Ice cream stop on your own.**



### LITTLE CREEK CASINO

**THURSDAY, SEPT. 1 - COST, \$19, R1**

Voted the best Casino in the South Sound. This is always a favorite. You'll find everything you need to get your game on. **Bring a sack lunch with you. Ice cream stop on your own.**

### QUILTER'S LOCAL SHOP HOP

**WEDNESDAY, SEPT. 7 - COST, \$26, R1**

Today we set out on our own mini shop hop starting in Pierce County. We will hit as many shops as we can fit in and have a great lunch along the way. **Lunch on your own.**



### WASHINGTON STATE FAIR

**WEDNESDAY, SEPT. 14 - COST, \$29, R2**

Break out your boots and your appetites for a stomping good time and all foods fried and sugared, 'cause we are headed to the Fair! **Fair food on your own!**

### SHOE-INS, TACOMA NATURE CENTER

**THURSDAY, SEPT. 22 -COST, \$15, R3**

TNC is a 70-acre nature preserve in the heart of Tacoma includes Snake Lake, wetlands and forest. Trek over 2 miles of nature trails including open water, and forested hillsides to experience native birds, animals and plant-life. **Bring a sack lunch with you. Ice cream stop on your own.**

## TRIP RATINGS & INFO.

**BSC REPRESENTATIVE:** A staff member accompanies tours and will try to ensure that the tour runs as close to schedule as possible, you are as comfortable as possible, and handle any issues 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 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 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 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.

### 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.

**R3:** Board and depart bus/van and walk 5-7 blocks on uneven surfaces without stopping to rest. Must be able to stand 30-45 min., handle stairs and some hills, walk a mile in under 20 min and be able to walk up to 5 miles round trip.

**CHECK TRIP RATINGS CAREFULLY WHEN REGISTERING. SIGNING UP FOR TRIPS THAT ARE WITHIN YOUR ABILITIES WILL ALLOW YOU AND YOUR FELLOW TRAVELERS TO HAVE A BETTER EXPERIENCE.**





**NEW DATE!**  
**Tues. Sept. 13**

## **Tropical Paint & Punch With Cyn**

Cyn returns for a 2nd Paint and Sip project, this time with a tropical theme. Imagine your feet in the sand, relaxing at the beach. Cyn will show us how to put that all on canvas! You'll create a masterpiece while sipping on a refreshing tropical punch!



**Registration only \$3.00**

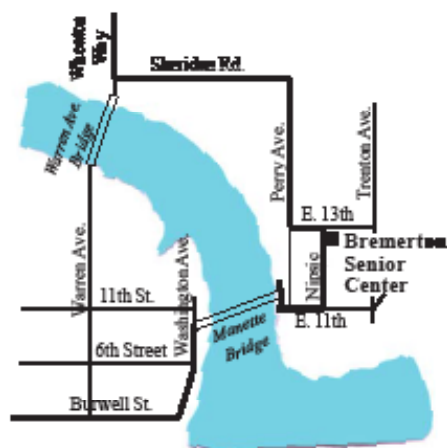
**Class Cost \$15, paid to Cyn at class. 12 person max.**

**Class runs from 12:30-2:50.**

**Wear something that you can paint in.**



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.*