



# BREMERTON SENIOR CENTER

## ACTIVE US NEWSLETTER

OCT.-DEC.2022



**Fall fun in Chelan**  
**Oct. 11th-14th**

The "Active Us" is THE place to get your information for the Bremerton Senior Center.  
1140 Nipsic Ave., Bremerton, WA 98310



## BREMERTON SENIOR CENTER

### 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

### ~DONATIONS~

We welcome donations of napkins, coffee, decaf, sugar, creamers and candy to keep us all sweet and energized. We are moving away from using disposable cups for water. Thanks always!

### CENTER HOLIDAYS

We are closed on the following dates:

Veterans day: Friday, Nov. 11

Thanksgiving: Thurs. & Fri. Nov. 24-25

Winter Break:

Mon. Dec. 26 - Fri. Dec. 30

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### MEMBERSHIP

Membership runs the calendar year January-December. We are open to all people ages 55 and better.

#### 2022 rates:

##### **CITY 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. Payment can be made by calling the Senior Center, coming in or mailing your check. Keeping current on your dues ensures that you receive this newsletter via email or at your door step.

Highlights of your Membership include our 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, trips and tours, 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.
- SINGLES MEMBERSHIPS are for single individuals.
- ASSOCIATE MEMBERSHIPS are for those not yet 55 but who still would like to participate in the programs, trips and classes offered at the Center.

### MISSION STATEMENT

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

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

Happy Fall Y'all! Many of you know every season is my favorite. I can never pick one to definitively call my favorite. I love how the light changes in the fall; the colors deepen; the leaves change color and I love to pull out my cozy sweaters and bundle up as winter weather approaches.

I am very excited to announce our first extended trip in over 3 years! We are headed to Lake Chelan. You may have seen the fliers by now. This will be such a fun trip. Chelan is so lovely, especially in the fall. We are renting a passenger van for this trip to give our vans a well earned rest. Check in with us in the office to see if there are still openings. We have a lot of fun things planned and we will have time to relax and enjoy Autumn in the Cascades. Registration closes for this trip on **Sept. 30th**.

We also have some fun things planned for "Falling into Winter". I am especially excited to welcome the Bremerton High Jazz Band in for our Halloween Boo Open House. These kids are really talented and I'm not just saying that because my son is a member, they are seriously great! Break out your costumes and bring your sense of fun and games.

We are also celebrating with a December Open House so find your ugly holiday/winter sweater and a white elephant gift to exchange.

Watch for ticket sales/announcements for both of these events as space will be limited.

Fall gives rise to the season of Holiday preparations so you will find we have planned trips and Crafternoons to get ready for all the Fall and Winter Holidays. We also have some other local trips including a very special trip to the Japanese American Exclusion Memorial hosted by one of our own members.

Check out all the all fun we have planned in this volume of our Active Us.

-Lisa

### FOOT CARE

#### WEDNESDAY OCT. 26TH AND NOV. 30TH

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

### \$UM\$ Corner

\$UM\$ or Seniors Uncovering Money Solutions is the Non-Profit made up of our Center members. \$UM\$ is 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:

Happy fall \$UM\$ members. Don't know about you but I am ready for some cooler weather. With the Holiday Open Houses coming up we are asking our bakers to dust off their utensils and bake some cookies and cakes for these events. There is a sign-up sheet in the office for your name and telephone number. We realize with inflation the way it is the cost of cooking ingredients has gone through the roof so the bake sales will be a one-day event only during the Open House. If you could bake a couple of items each that would be appreciated. Also, our lovely Ms. Judy has volunteered to assemble a few baskets to be raffled off in October, November and December also. If you want to help her, she volunteers at the Center on Wednesday mornings.

**Remember these wise words, "If you are not a baker, you are a buyer!"** These bake sales and basket raffles are now the major source of income for \$UM\$. We currently have just under \$6000.00 in our bank account. This is down substantially since Covid. We have several ideas from Lisa and Barb to improve the Center and the main funds would come from our \$UM\$ account. So please help us out by buying raffle tickets and baked goods.

We are still looking at a quilt show sometime in the spring that would be open to the public, and a great opportunity for our many quilters to show off their quilting skills. We are also looking to raffle off a quilt or two during this event. More information on this event to follow.

Again, a reminder that Al will be retiring from his treasurer duties at the end of the year. We are looking for someone to take over his duties. Al can fill you in on what the specifics of that position are. He is in the office on Fridays from 8:00-noon. We have had one gentleman who has contacted Al to see what the duties are. If you are interested let Lisa or Barb at the desk know.

Stay tuned for more up to date information on upcoming events.

### MEALS ON WHEELS HOT MEAL SR. LUNCH SERVICE RETURNS AT LIMITED LOCATIONS!

Burley Community Hall: Mon, Wed, Fri  
Pinewood Manor Apts: Mon – Fri  
Bainbridge Island Sr Center: Mon - Fri

CALL 360-377-8511 for take out service and for more information.

## DAILY CALENDAR

|  |   |
|--|---|
| <b>M<br/>O<br/>N<br/>D<br/>A<br/>Y</b>                   | 8:00 POOL<br>10:00 SCRABBLE, SPADES<br>10:00-1:00 BREMERTON ART GUILD<br>10:15 SUNSHINE SINGERS<br>11:00 ICE SKATING @ BREM. ICE ARENA<br>12:30-3:00 LINE DANCING   |
| <b>T<br/>U<br/>E<br/>S<br/>D<br/>A<br/>Y</b>             | 8:00 POOL<br>8:00-11:00 PING PONG<br>9:00 CRAFT CLUB WITH SALLY<br>10:00-12:00 CO ED REC. SOFTBALL @ Lion's Park,<br>field #1 , Thru Oct. 7th. <b>WINTER LOCATION &amp;<br/>TIME TBA</b><br>12:30 CREATIVE CRAFTING |
| <b>W<br/>E<br/>D<br/>N<br/>E<br/>S<br/>D<br/>A<br/>Y</b> | 8:00 POOL<br>9:15 ZUMBA GOLD WITH LENA<br>9:00 CRIBBAGE<br>9:00-11:30 INDOOR PICKLEBALL @SHERIDAN<br>PARK GYM<br>10:15 LINE DANCING<br>11:00 ICE SKATING @ BREM. ICE ARENA  |
| <b>T<br/>H<br/>U<br/>R<br/>S<br/>D<br/>A<br/>Y</b>       | 8:00 POOL<br>8:00-11:00 PING PONG<br>9:00 BADMINTON @ SHERIDAN PARK GYM<br>9:00 BRIDGE, SPADES<br>9:30-2:30 QUILTING<br>1:30 TAI CHI  |
| <b>F<br/>R<br/>I<br/>D<br/>A<br/>Y</b>                   | 8:00 POOL<br>10:00-2:30 QUILTING<br>10:00 DOMINOES<br>10:00-12:00 CO ED REC. SOFTBALL @ Lion's Park,<br>field #1 , Thru Oct. 7th. <b>WINTER LOCATION &amp;<br/>TIME TBA</b><br>1:00-2:30 JAM SESSIONS               |

## FALL OVERNIGHT TRIP

# FALL FUN IN LAKE CHELAN CAMPBELL'S RESORT

3 Nights, 4 Days

Oct. 11-14

Trip includes sightseeing, cider  
tasting, shopping, farmer's market,  
casino and Leavenworth visit!

**\$544 Double Room**

(Shared room)

**\$883 Single Room**

(Room on your own)

All meals on your own

Registration closes 9/30

We are renting a van for this tour.



## 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. Hang out and shoot a few games or refine your skills. Cues are available or bring your own.

### SCRABBLE, SPADES

**MONDAYS, 10 AM**

Join us for these fun games. Scrabble, the classic word game in which two to four players score points by placing tiles to create a word. Spades is a trick-taking card game and Pinochle is a melding and trick taking game. All are welcome.

### 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? Bring your art and work among friends.

### 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.**

### 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! 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.

### 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

**THROUGH OCT. 7TH , LION'S PARK**

**TUES. AND FRI., 10:00 AM - 12 PM,**

**WINTER SEASON - TO BE DETERMINED**

Enjoy co-ed softball. Our emphasis is on having fun through friendly competition, exercise and developing individual hitting and fielding skills in apposite, team setting. Previous experience is recommended.

**Sr. Center membership is required.**

### 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 good time and great exercise. All skill levels are welcome.



**WE WANT YOU!**



Do you scrapbook, make cards, bead, fold origami, make fabulous bows?

We want you! Our supplies plus your talent equals a great Crafternoon. Don't want to teach? Teach us and we'll share with our members. Stop by the office with your ideas.

## DAILY ACTIVITY INFORMATION

### SHIBA MEDICARE/MEDICAID

**2ND TUESDAY, MONTHLY, 9-11AM**

SHIBA's trained volunteers provide free, unbiased and confidential assistance with Medicare and health care choices. They can help assess your health coverage needs; determine eligibility for programs; compare Medicare plans/programs; provide enrollment help with Medicare and more.

### ZUMBA GOLD WITH LENA

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

Get your groove on with Lena. ZUMBA Gold is designed to meet the fitness needs of adults 50 and better. Class cost is \$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**

**SHERIDAN PARK GYM**

Pickleball is a cross between tennis and ping pong for 2-4 players. Play is for fun, not an organized lesson. Sign in at the main desk at Sheridan Park. (Equipment is provided). Center members can check out the Sr. Center equipment and play at the Manette Park courts during Center business hours.

### POOL TOURNAMENTS

**9 BALL-3RD WED., OCT. 19, NOV. 16, DEC. 21**

**8 BALL-1ST THURS., OCT. 6, NOV. 3, DEC. 1**

All tables are reserved these dates for tournament play only. No charge to enter. Sign up by 10:15 the day of the tournament. 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. Popcorn will be provided.

### INDOOR BADMINTON

**THURSDAYS, 9 -11 AM**

Located at Sheridan Park Gym. Equipment is provided or bring your own. Singles, doubles and all skill levels are welcome.

### TAI CHI

**THURSDAYS, 1:30 PM**

**OCT.6-NOV.10, \$30/6 weeks**

**NOV.17-DEC. 22, \$25/5 weeks**

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. 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. You can even 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 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**

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



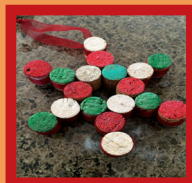
Daily Activities are free for BSC members unless otherwise noted. Non members pay fee of \$3 drop in per day.

## **Holiday Crafternoons!**

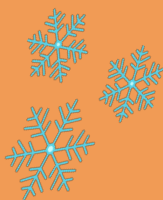
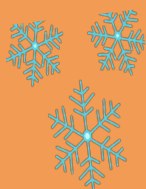
**Tues., October, 18th  
12:30-2:50 pm, \$15  
Spooky Lanterns!**



**Tues., Nov. 15th  
12:30-2:50 pm, \$12  
Wine Cork Crafts!**



**Tues., Dec. 6th  
12:30-2:50 pm, \$15  
Winter Penguins**



Spend the afternoon crafting with your Center friends and having a ball!

Make these cute crafts to decorate your home or to share as gifts.

Register today for one or all of our Crafternoons and get ready for fun.



**TUESDAYS:**

**10/4, 1:15-2:45 pm  
11/8 & 12/20, 12:30-2:30 pm**

**WEDNESDAYS:**

**10/19, 11/30, 12/7  
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.**



## TRIPS AND TOURS - & AWAY WE GO!

We are utilizing 1 van until we get our new vehicles (unless otherwise posted). Our member's health and welfare is always our highest priority. **Masks are required while in the van.**

PLEASE READ ALL TRIP/TOUR INFORMATION ON THE BACK PAGE OF THIS ACTIVE US PRIOR TO SIGNING UP FOR A TRIP. ALL MEALS ARE PAID ON YOUR OWN UNLESS POSTED OTHERWISE.

### **BAINBRIDGE ISLAND JAPANESE AMERICAN EXCLUSION MEMORIAL & LUNCH AT DOC'S MARINA GRILL, R1**

**WED. OCT. 5TH, \$18**

**Nidoto Nai Yoni**, translates to **Let it not happen again**. This is the motto and mission of the Bainbridge Island Japanese American Exclusion Memorial. Our own member Frances Ikegami, along with her sister, are founding members of the Memorial. Frances hosts our tour of this beautiful memorial after which we will visit Doc's for a great meal.

### **3 NIGHTS AT CAMPBELL'S RESORT AT LAKE CHELAN, R2**

**TUES. OCT. 11 - FRI. OCT 14,  
\$544 DBL OCC., \$883, SINGLE OCC.**

**REGISTRATION CLOSES 9/30/22**

**See full ad in this Active Us.** We will be staying at Campbell's Resort right on the Lake. Trip highlights include shopping and exploring historic Lake Chelan; Cider tour and tasting; 12 Cedars Casino; Chelan Farmer's Market: A visit to Leavenworth and more! We are renting a van for this trip. **All meals are on your own. Prices are based on sharing a room or having a room to yourself.**

### **HOLIDAY FOOD & GIFT FESTIVAL AT THE TACOMA DOME & LATE LUNCH AT THE TIDES TAVERN, R2**

**THURS. OCT. 20TH, \$38**

Get ready to get in the Holiday spirit. You'll find unique gift ideas, holiday and home decor, handmade arts and crafts, photography, health and body, clothing, specialty foods and more. Once we have shopped till we drop we will head to The Tides Tavern for a late lunch.

### **THE VETERAN'S MEMORIAL MUSEUM AT CHEHALIS & MARKET ST. PUB/GRILL, R2**

**WED. NOV. 9TH, \$29,**

This is such a special place. The Main Gallery features artifacts and personal stories of our veterans who have served from the Revolutionary War through present times. After we will enjoy lunch at the Market St. Pub and Grill in historic downtown Chehalis.

### **OUT TO LUNCH - SMOKIN' MO'S, SHELTON, R1**

**THURS. NOV. 17TH, \$17**

Hickory smoked BBQ is the name of the game here. There are also salads, seafood and southern comfort food. Bring your appetite!

### **VICTORIAN COUNTRY CHRISTMAS, R2**

**THURS. DEC. 1ST, \$38**

Time to get ready for all things Merry and Bright! If this doesn't get you in the mood, we don't know what will. Peruse the vendors, shop, eat and enjoy the festive music and displays.

### **OUT TO LUNCH - THE OLIVE BRANCH CAFE AND TEA ROOM, TACOMA, R1**

**THURS. DEC. 15TH, \$17**

Housed in Frieghthouse Square in Tacoma, this charming Cafe and Tea room is sure to delight. There is an extensive tea list, sandwich and salad menu and decadent desserts. Oh, did we mention the scones you may want to take home? Yum.



**ALL MEALS ARE PAID ON YOUR OWN UNLESS POSTED OTHERWISE**





## OUR BOO PARTY RETURNS!

We're just dying to see you at our

### Howl-oween Open House and Bake Sale

Tues., October, 25th

12:00-1:30 pm

Tickets \$5.00



Entertainment provided by the Ghouls and Boos of the Bremerton High Jazz Band!

We will be celebrating open house style. Enjoy some "finger" foods and purchase some treats to support your Center.

Come dressed to thrill in your best costumes, have some fun and see what's brewing at the Sr. Center. Eat, drink and be scary.

Space is limited, get your tickets early. Don't wait or you may be sorry...

Stop by the office buy your ticket; sign up for our bake sale; AND to purchase tickets for our gift basket raffles.



## JINGLE & MINGLE



### Open House and Bake Sale

Tues., Decem-brr. 13th

12:00-1:30 pm

Tickets \$5.00

Your "presents" is requested to celebrate Winter open house style!

Wear your best (or worst) holiday regalia, bring a wrapped gift to exchange and enjoy some light snacks. Be prepared for fun and games and buying some yummy treats to support your Center.

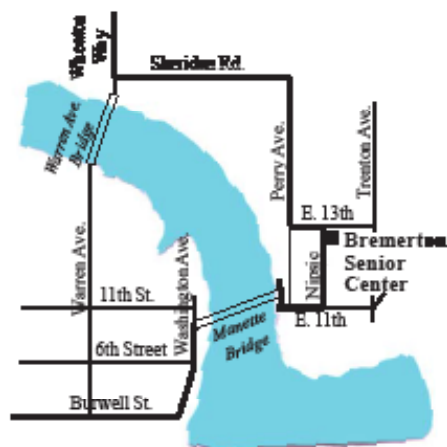
There is "snow" time like the "present" to get your tickets. Don't wait or you may have "misgiftings".

Space is limited. Stop by the office buy your ticket; sign up for our bake sale; AND to purchase tickets for our gift basket raffles.





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



## IMPORTANT TRIP AND TOUR INFORMATION

**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 its minimum prior to the travel date, or due to unforeseen circumstances. Every effort will be made to provide sufficient notice. In that event, you will receive full credit on your account to be used on another trip at the Senior Center. Refunds will not be given to any trip \$19 or less that you need to cancel. Trips canceled by the participant (\$20 or more) will be charged a 10% cancellation fee. No refunds will be given for trips canceled by a member 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.**