



BREMERTON SENIOR CENTER ACTIVE US NEWSLETTER

JAN. - MAR. 2023



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. If you are interested in other donation opportunities please check with Barb at the front desk. Also, if you would like a link to our Amazon wish list let her know and she can email that to you. **Thanks!**

CENTER HOLIDAYS

We are closed on the following dates:

Martin Luther King Jr Day: Monday, Jan. 16

President's Day: Monday, Feb. 20

IN-CLIMATE WEATHER

In the event of severe weather call the Center office 360-473-5357 for adjusted hours or closures.

TABLE OF CONTENTS

Membership	2
Lisa's Liner Notes/\$UM\$ Corner	3
Footcare & Meals on Wheels.....	3
Daily Activity Calendar	4
Activity Information	5-6
BINGO & Crafternoons.....	7
Trips & Tour Descriptions.....	8
Sweetheart Social	9
Important Travel Info	Back Cover

MEMBERSHIP

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

2023 rates:

CITY RESIDENTS

Single \$20.00/yr

Couples \$32.00/yr

Associate \$32.00/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.

Happy New Year!

Camilla Eyring Kimball wrote “You do not find the happy life. You make it.”

I love it! When asked what I do for work, I respond “I hang out with my friends and play.” I feel that way about working with and for our members, not to mention our amazing volunteers and Barb. We do get busy and sometimes things are hectic but there aren't many jobs where we can be surrounded by friends doing all the fun things we all love to do. Life is good and we hope that when you walk in the Center door you feel happy too.

We have some fun things coming up that will make you happy. We are continuing on with some favorites like White Elephant BINGO and our Crafternoons. We thought it would be a hoot to add BUNCO to our calendar too. If you haven't played it's great fun.

We are planning another art day out making a gorgeous pieced glass art creation. This will be a bit different from our blown glass art adventure last summer and we will be working with a local artist for this! I am so excited. Not to mention all the other fun trips we have planned. Read on for more fun and welcome 2023!

-Lisa

FOOT CARE

TUES., JAN. 24, FEB. 28 & WED. MAR. 22

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

Hello SUMS members,

We hope this finds you all doing well in this New Year.

Your SUMS officers and Senior Center staff wish to thank all who participated in the October and December Bake Sales and Raffles. At the time of this printing we do not yet have the totals for the December events **BUT** both of the October events were a great success as we earned \$275.00 from the Bake Sale and \$566.00 from the Raffle. Thank you for your generosity. We can't wait to post what the December totals were too.

We would like to thank the following people who baked, donated baskets and help put our baskets together: Judy Ray Hensley, Lois Ireland, Irma McManus, Ruth Burkholder, Mel DeDios, Berta Stone, Debbie Wilson, Cynthia Sugiura, Tess Sinclair, Paula Heisel, Cynthia Cook, Sandra Johns, Mary Budinsky, Marianna Knowlton, Frances Ikegami, Victoria Lafser, Cheryl Zrout, Jeanne Ladely, Darlene Herrmann, and Lisa Garland.

Your donations help the Center in needed repairs and purchases. We are still planning on a “Quilt Show” sometime next spring with a bake sale and basket raffle.

As a reminder, after 28 years of service, Al Butler will be stepping down as treasurer for \$UM\$ 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.

- Your \$UM\$ Officers

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 AND TAKING CHARGE

M O N D A Y	8:00 POOL 10:00 SCRABBLE, SPADES 10:00-1:00 BREMERTON ART GUILD 10:15 SUNSHINE SINGERS 11:00 ICE SKATING @ BREM. ICE ARENA 12:30-3:00 LINE DANCING
T U E S D A Y	8:00 POOL 8:00-11:00 PING PONG 9:00 CRAFT CLUB WITH SALLY 10:00-12:00 CO ED REC. SOFTBALL @ THE BREMERTON SPORTS CENTER @ PENDERGAST PARK
W E D N E S D A Y	8:00 POOL 9:15 ZUMBA GOLD WITH LENA 9:00 CRIBBAGE 9:00-11:30 INDOOR PICKLEBALL @ SHERIDAN PARK GYM 10:15 LINE DANCING 11:00 ICE SKATING @ BREM. ICE ARENA
T H U R S D A Y	8:00 POOL 8:00-11:00 PING PONG 9:00 BADMINTON @ SHERIDAN PARK GYM 9:00 BRIDGE, SPADES 9:30-2:30 QUILTING 1:30 TAI CHI
F R I D A Y	8:00 POOL 10:00-2:30 QUILTING 10:00 DOMINOES 10:00-12:00 CO ED REC. SOFTBALL @ THE BREMERTON SPORTS CENTER @ PENDERGAST PARK 1:00-2:30 JAM SESSIONS

TAKING CHARGE EVENTS

RETURN HOME Green Funeral Home

Tues. Jan. 17th

11:30-1:00

An end of life option providing families with peace of mind and an unmatched level of care. Return Home provides an end of life service that gently transforms human remains into fertile soil. It is an ethical process which helps to preserve and restore land.

THE CONNECTION BETWEEN ORAL HEALTH AND OVER ALL HEALTH FOR SENIORS

Tues. Feb. 7th

11:30-1:00

Oral health can effect all aspects of our health including heart disease, memory changes and more. This doesn't mean just going to your dentist regularly. Navy hygienist Anita Sachs addresses the importance of oral hygiene, answers questions and give us tips on keeping our dental health in shape to keep our whole body healthier.

Light snacks will be served.

Reservations: Call 360-473-5357

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. Sure to get you hooked. 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, 10:00 AM-12:15 PM

Music lifts our spirits, boosts our endorphins, and can help our memory, mental health and mood. Come sing along with us and start your 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

TUES. AND FRI., 10 AM-12 PM

HELD AT THE BREMERTON SPORTS CENTER AT PENDERGAST PARK

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.



Daily Activities are free for BSC members unless otherwise noted. Non members pay fee of \$4 drop in per day.

DAILY ACTIVITY INFORMATION

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.

SR. 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., JAN. 18, FEB. 15, MAR. 15

8 BALL-1ST THURS., JAN. 5, FEB. 2, MAR. 2

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.

SHIBA MEDICARE/MEDICAID

2ND WEDNESDAY, 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.

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

JAN. 12-FEB. 16

FEB. 23-MAR. 30 \$30/6 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.

WE WANT YOU FOR JAM SESSIONS!

FRIDAYS, 1:00-2:30 PM

We started Jam Sessions last spring and had a lot of fun. Then summer came and vacations etc. happened. Let's get this going again! Jam with your Center friends. **IF YOU ARE INTERESTED, PLEASE CONTACT THE OFFICE @ 360-473-5357. IF WE HAVE ENOUGH MEMBERS, WE WILL GET THIS GOING ONCE AGAIN.**

Crafternoon with us

Love Birds
Tues., Jan. 31st
12:30-2:50 pm, \$12



Make a valentine birdie
or 2 for you and your
Tweetie.

Painting Piggies with Cyn!
Tues., March, 21st
12:30-2:50 pm, \$15



Join in the fun with Cyn
once again as she teaches
us how to paint this
whimsical Pig.

WHITE ELEPHANT



WEDNESDAYS:

1/18, 2/18, 3/7, 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.

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



Tuesdays

1/10, 3/14, 1:00-2:30 pm

Bunco is a raucous dice game generally played with twelve players. (Can be played with 8). Players try to score points while taking turns rolling three dice in a series of rounds. A BUNCO is achieved when a person rolls three-of-a-kind and all three numbers match the round number. Played for bragging rights.

Call to reserve your spot
360-473-5357, 6 person min.

TRIPS AND TOURS - & AWAY WE GO!

REGISTRATION BEGINS JAN. 2, 2023! 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.**

BREAKFAST FOR LUNCH AT THE ORIGINAL PANCAKE HOUSE IN GIG HARBOR & SHOP THE UPTOWN MALL, R1

WED. JAN. 11, \$17

At OPH enjoy a wide variety of pancakes, crepes, waffles and more using whole ingredients. Enjoy fresh squeezed OJ to home prepared potatoes, hand rolled crepes and more. Then it's off to Uptown Mall (outdoors, level and sidewalks) for a bit of shopping; including Chico's, J Jill, Homegoods, Loft, Talbots and more.

POINT NO POINT CASINO, R1

THURS. JAN 26, \$16

Head out to Kingston with us and have some fun. Try your luck at the tables or on the machines and enjoy some yummy food while you're at it. Point no Point is always a good time.

SUQUAMISH MUSEUM TOUR & LUNCH AT CEDAR RIDGE AT THE WHITEHORSE GOLF CLUB, R2

WED. FEB. 8, \$23

Suquamish (People of the Clear Water) is one of many Indian Tribes in the Pacific Northwest who thrived in their traditional ways of life before the arrival of non-Indians. We visit this gem of a Museum in our own backyard and then stop for lunch at the Cedar Ridge Grill on the Whitehorse Golf Club.



EASTERN WIND GLASS WORKSHOP, R1

THURS. FEB. 23, \$66

We stay really close to home for this event. We will be taking a pieced class with local glass artist Dixie Armfield-Rogerson at Eastern Wind Glass right here in town. We will be creating our own lovely, pieced, table top work of art of an ocean wave.



OUT TO LUNCH THE SIZZLER, TACOMA, R1

WED. MAR. 8, \$18

Word on the vans is that a lot of us are missing the Sizzler around these parts, especially the great salad bar. Well, here we go! We head off to Tacoma for an out to lunch date with our Center friends.

TOUR STATE LEGISLATIVE BUILDING AND LUNCH AT DIRTY DAVE'S PIZZA, SALADS, SUBS, R2

THURS. MAR. 23, \$18

If you haven't been before, this is a real treat. We start our day with a tour of our beautiful State Capital Legislative building*. This is the center piece of 5 historic buildings on the State Campus. Afterwards we head to another popular stop in the State Capital, Dirty Dave's for a great lunch.

**(This is a public tour. There will be stairs and standing. Please note the Trip rating).*

Sweetheart Social!

Tues., Feb. 14th

12:00-1:30 pm

Tickets \$5.00

***Roses are red
Violets are blue
Our Sweetheart Social
Is just for you!***

Wear your valentine attire and bring your sweetheart and sweet friends. A light lunch will be served and fun will be had by all.

Tickets are on sale now.



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.