



# BREMERTON SENIOR CENTER ACTIVE US NEWSLETTER

APRIL- JUNE, 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:

**MEMORIAL DAY**

Monday, May 29th

**JUNETEENTH**

Monday, June 19th

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**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.***



## LISA'S LINER NOTES, \$UM\$ AND SPRING SOCIAL

Hello Center Friends!

Welcome to Spring! Barb and her newly retired hubby are celebrating his retirement on a month long cruise!! She will be out of the office most of April. When she returns, it will be my turn to be absent. I will be getting a brand new hip in late May. Hip, Hip Hooray!! I am hoping to be back at the Center within a month or so and driving sometime after that. Fingers crossed!

As a result, our trip schedule will be lighter than usual through July. You may see some of our friends from Parks and Rec. at the Center giving us a hand. Tell them thanks! In the mean time we have a visit to one of our favorite Casinos, a fun Out to Lunch and scenic drive and a Nursery Hop. We also have a new annual Dining Out Challenge planned.

We also have added a spring workshop with our very own Master Gardener Kim Logan, some extra Bingo games and more.

Most exciting is that we are hosting our own **Quilt and Handicraft Show** in July. See the announcement in this Active Us. Watch for more fun to come in the summer months!  
-Lisa

**Hello \$UM\$ members,**

Hope this finds you all doing well. Wonder when we will see the sun and normal temperatures. Oh well, spring will come eventually.

We had a good SUMS meeting this March. Cheryl McGinnis was introduced as your treasurer and gave her first treasurer's report. We have \$7,226.06 on our balance sheets for SUMS.

Raffle Baskets put together by the Senior Center staff for our Valentine's get together brought us an additional \$198.05. Thanks to everyone for buying tickets and the time spent putting the baskets together.

We are looking forward to the end of July for a Quilt show at the Center. This will be a great event, see the ad in this Active Us. We are looking at a raffle and cookie sale for this event so stay tuned for more information to come.

We have used SUMS funds in March to tune up the Center piano. Center staff has been using the Acrylic Risers that we bought to improve the looks of our gift display.

We are looking at changing several of our SUMS' bylaws including dates and times of meetings, quorum requirements and Executive Board meeting times. We will keep you advised of any changes we wish to make to allow more flexibility.

We wish Lisa a non-complicated and swift recovery when she has a hip replacement.

Our next meeting will be in the middle of May.

Again, from all the SUMS officers thank you for your continued support.

- Your \$UM\$ Officers

**SPRING BRUNCH SOCIAL**

**Tues., May 16TH**

**12:00-1:30 pm, Tickets, \$7**

Join your Center friends for a delicious Spring Brunch and a whole lot of fun.

**Get your tickets today, \$7.00**

**Seating is limited.**

## TRIPS AND TOURS & SPRING GARDEN CLASS

Trips are limited at this time due to low staffing. We appreciate your understanding. Regardless, we have some fun experiences planned and more to come in the coming months.

### **LITTLE CREEK CASINO, SHELTON,**

**TUES, APRIL 4TH, \$17, R1**

This is one of our favorite Casinos! Game to your heart's content and grab a bite at one of the many eateries. **Meal on your own. Prices vary**

### **OUT TO LUNCH , THE SPRUCE GOOSE CAFE AND SCENIC DRIVE, R1**

**THURS. MAY 4TH, \$18, R1**

Located at the Jefferson Airport, close to Port Townsend, this Cafe holds the distinction of having been voted the **Best Airport Pie in the USA**. After lunch we take a scenic Drive and stop at Shine Tidelands beach on the way home. **Meal \$8-\$17, on your own.**

### **NURSERY HOP, R2**

**THURS. MAY 18TH, \$17, R2**

We start at Rosewood Nursery and Woodbrook Native Plant Nursery located in Gig Harbor. Lunch will be a stop at Burger Claim in Belfair (on your own) then visit Crazy Hill Garden and Botanicals before heading to Brother's Nursery and then home. **Meal \$8-\$17, on your own.**

### **DELI CHALLENGE #1 (DELI TBA)**

**THURS. JUNE 22ND, \$17, R1**

We haven't done a meal challenge for awhile. 2023's challenge is all about **Deli's**. Turkey, salami, corned beef oh my! Order your favorite and judge for yourself who has the best Deli Sandwich in the NW. We will have several challenges before we pick our winner for a return visit. Sign up for as many as you like/can so you really can be the judge of "who has the best in our little corner of the NW." **Meal prices will vary from \$11-20.**

**Please note:** All meals are on your own and not included in the price of the trip. Where we can, we will provide an approximate range for entrées. We do not guarantee pricing for meals.

## **GROWING IN CONTAINERS FREE SPRING PLANTING WORKSHOP**

**Thurs., April 13th  
12:30 -2:00 pm**

Limited on space? Interested in tucking a few more plants in your garden? Join member and Master Gardener Kim Logan for a celebration of spring. Maybe you would like to grow fresh herbs and flowers for pollinators, or vine ripened tomatoes. Container gardening is often the answer. Plan your garden to maximize sun, water and space. Learn a few tips, hints and tricks to be successful and creative. Planting in containers such as buckets, pots, an old boot or a breadbox can add an air of character and whimsy to your garden or spare spot on a patio or deck.

**Register today, workshop is open to  
15 members. Call 360-473-5357  
Bring a sack lunch**

### **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 ACTIVITY INFORMATION

### COMPUTER LAB

**DAILY, 8 AM-CLOSE**

Open daily for your convenience. Check your email or do some online research.

### POOL

**DAILY, 8 AM-CLOSE**

Four tables are open daily for play. All levels of skill are welcome. Shoot a few games or refine your skills. Cues are available or bring your own.

### SEATED CHAIR EXERCISE - NEW

**MONDAYS, 8:30-9:15 AM**

Join Lisa for seated exercises. Maintain and increase range of motion while strengthening your muscles. Boost your energy level, circulation and mood with us. Videos will be available when Lisa is on leave.

### SCRABBLE, SPADES

**MONDAYS, 10 AM**

Scrabble is a 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.

### 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 THRU APRIL 14TH**

**BEGINNING APRIL 18TH PLAY WILL BE HELD AT  
LION'S PARK, FIELD 1**

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

*Sr. Center membership is required.*

### BOOK CLUB- NEW

**LAST TUESDAY, MONTHLY 12:30-1:30 PM**

Join anytime. We pick a book and go for it. We will be working initially with Kitsap Library to get our roots established but the possibilities are endless. If you are a reader and a lover of reading and talking about books, join us. Bring your lunch.



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



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

### 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.

### 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. *Sr Center membership is required.*

### 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).

**ALSO** Sr. Center members can check out the Sr. Center equipment and play at the Manette Park courts during Center business hours.

### 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 AND provide enrollment help with Medicare and more.

### BRIDGE

**THURSDAYS, 9:00 AM**

Recognised as a mind sport Bridge, is a partnership trick-taking card game of skill. It is played by four players who form two partnerships. A classic game, come play with us.

### 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, \$30/6 weeks**

**APRIL 6-MAY 11 and MAY 18-JUNE 22**

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 SESSIONS!

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

Do you love to play music? Join the Senior Center Jam Sessions to get in on our informal musical fun. Our members explore new and favorite music and arrangements.

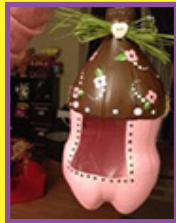
Daily Activities are free for BSC members unless otherwise noted. Non members pay fee of \$4 drop in per day.

## Crafternoon with us!

THESE FEEDERS ARE FOR THE BIRDS!

Wednesday, April 5th  
12:30-2:00 pm, \$12.00

This crafternoon **REALLY IS** for the birds! We will be making bird feeders from recycled 2 liter **plastic** bottles. BYOBs (bring your own **EMPTY** bottles) or we will have some here for you to work with.



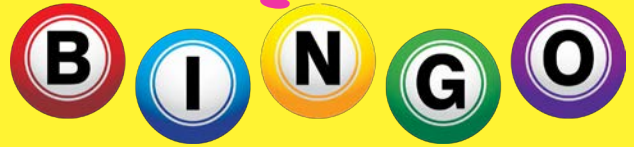
“MAY” WE INTEREST YOU IN A SUN CATCHER?

Thursday, May 11th  
12:30-2:00 pm, \$12.00

Our craft celebration of spring continues as we make 2 beautiful sun catchers to hang outside or in. Register to get in on the fun! You can use our mandala patterns or create a freehand design.



## White Elephant



4/26, 5/10, 5/23, 6/1 & 6/13  
12:30-2:00 pm

Bring a wrapped White Elephant gift, worth between \$5-\$10, old or new. 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.



Tues., April 18th and June 20th  
12:30-2:00 pm

Bunco is a raucous dice game generally played with twelve players but can be played with fewer. 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 and laughs! Prizes may make an appearance too.

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

## DAILY CALENDAR, TAKING CHARGE EVENTS

<b>M O N D A Y</b>	8:00 POOL 10:00 SCRABBLE, SPADES 10:00-1:00 BREMERTON ART GUILD 10:05 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 @ LIONS FIELD 1 12:30 BOOK CLUB, <b>LAST TUES/MONTH</b>
<b>W E D N E S D A Y</b>	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
<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 9:30-2:30 QUILTING 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 FIELD 1 1:00-2:30 JAM SESSIONS

### TAKING CHARGE

#### BRAIN HEALTH & MEDICATIONS

**Tues., April 11th  
11:30 am - 1:00 pm**

Our friends from Kitsap County Aging and Long Term Care are back! They will present a basic review of brain health and tips for safely taking and disposing of medications as one strategy to support brain health.

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#### A FULFILLING RETIREMENT

**Tues., May 9th  
11:30 am - 1:00 pm**

Purpose is one of the four pillars that retirees say leads to a fulfilling retirement. Join Teresa of Edward Jones to discuss how to define your own purpose and why it matters.

Free events open to the public.

Light snacks served.

Feel free to bring a sack lunch.

Reservations call

**360-473-5357**





# **BREMERTON SENIOR CENTER PRESENTS**

## **QUILTS & HANDICRAFTS SHOW & BAKE SALE**

**Friday, July 28th  
Saturday, July 29th  
10:00 am - 4:00 pm  
Both days**



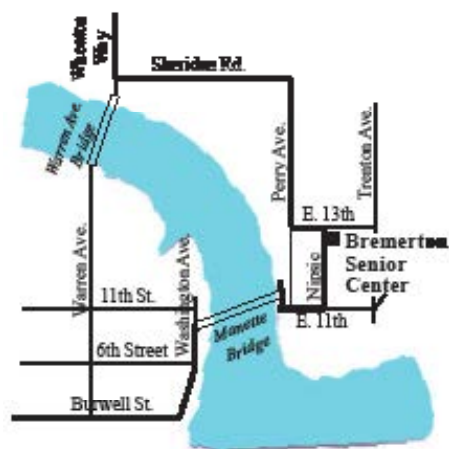
**Brought to you by the Bremerton Sr.  
Center Quilters and Crafters; \$UM\$ and  
the Bremerton Senior Center, a division  
of Bremerton Parks and Recreation.**



**For information contact the  
Sr. Center office at 360-473-5357**



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.**