



BREMERTON SENIOR CENTER ACTIVE US NEWSLETTER

JULY-SEPT., 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

Monday: Paula Orozco
Tues/Thursday: Mac Whittlesey
Wednesday: Judy Ray-Hensley
Friday: Al Butler

~DONATIONS~

We welcome donations of every day napkins, coffee, decaf, individual creamers and wrapped candy. For 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:

INDEPENDENCE DAY

Tuesday, July 4th

LABOR DAY

Monday, Sept. 4th

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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 Note, \$UM\$ Corner & Burger Social

Hello Friends! Just a reminder that I will be out of the office while healing from my hip replacement. I look forward to being back among my Center friends as soon as possible. Thanks for your support, I miss my friends at the Center and can't wait to get back. When you see Barb give her a word or two of thanks also as she is holding it all together at the Center! She is a gem! xoxo Lisa

Hello SUMS members. Hope this finds you all doing well. We had a couple of SUMS meeting since our last communications. We have just over \$7,145.00 on our balance sheets for SUMS.

By the time you receive this we will have had the Raffle Baskets put together by our members for our spring get together in May. Thanks to everyone for buying tickets and the time spent putting the baskets together.

We are looking at July 28 and 29 for a Quilt show at the Center. We are doing a raffle and bake sale during this time, so we need our bakers to come through once again for cookies and cakes. We know the cost of baking goods have increased tremendously over these years. We are asking for just a couple of dozen cookies and a few cakes from everyone to make a go of it. Thank you in advance. Cathy and Paul will not be in the USA prior to the Quilt Show, so we need people to sign up for bake sale table duty for that Friday and Saturday. A signup sheet will be available for you at the Center. You can drop off your baked goods early and we will freeze the items until the show. We will have also had a bake sale for the woodcarver's group at the Sheridan Park Community Center in June. We will keep you up to date on the proceeds from that event and a big thank you to all who helped with baked goods and staffing the table.

The Center piano has been tuned up and feedback tells us that it was over do and sounds great overall.

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. Any changes will be available for you to give feedback before voted on.

Cheryl has gone through our paperwork and purged any items past the required time required by law. We thank her for doing that.

On a sadder note, both George Cho and Marianna Knowlton will be stepping down as Vice President and Secretary. We want to thank them for their years of holding those positions. They will stay on for a short while until we have someone to take their positions. If you are willing, please contact a SUMS officer the Center staff. Without these positions filled it will be difficult to continue SUMS role as a money maker to assist the Center. Again, from all of the SUMS officers thank you for your continued support.

-YOUR \$UM\$ Officers



BURGER BASH SOCIAL

TUES., Sept. 19TH
12:00-1:30 pm
Tickets, \$8

Join us for great picnic style food and fun! Including music, games, ice cream and more!



DAILY ACTIVITY INFORMATION

COMPUTER LAB

DAILY, OPEN-CLOSE

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

POOL

DAILY, OPEN-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

MONDAYS, *SEATED CHAIR VIDEO 9:30

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 in your heart

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-stuffin' critters, to making curtains, scarves and more! Join in the fun!

CO-ED REC MODIFIED SOFTBALL

TUES. AND FRI., 10 AM-12 PM

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 work with Kitsap Library to choose our books but are open to other options too, the possibilities are endless. If you are a reader and a lover of reading and talking about books, join us. Bring your lunch.

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).

Prefer playing outside? 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

Recognized 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.

TAI CHI

THURSDAYS, 1:30 PM, \$30/6 weeks

JULY 6-AUG 10 and AUG 17-SEPT 21

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, 1:00-2:00 PM

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

TRIPS AND TOURS

We are utilizing 1 van until we get our new vehicles (unless otherwise posted).
Trips begin in later July when our hours return to normal after limited staffing.

Meals are paid on your own unless posted otherwise.

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.

CANDY MAKING CLASS AT BOEHMS CHOCOLATE AND LUNCH AT XXX DRIVE IN, ISSAQUAH

THURS. JULY 20TH, \$65, R2

This may be a favorite trip this summer! We start out with lunch in Issaquah at the Historic XXX Root Beer Drive-In for a flas back style meal. We explore Gilman Village for a little bit of shopping and then it's off to Boehms Chocolates to take a chocolate making class! This is an R2 as there will be walking and prolonged standing at Boehms for the class. **Meal on your own. CASH OR LOCAL CHECK ONLY \$15-\$25 (large servings)**

TACOMA RAINIERS GAME

TUES. JULY 25TH, \$34, R2

Let's go to the ballgame and buy some peanuts and Cracker Jack! We get a **FREE Rainier's Hat** and a hot dog with our tickets to root, root, root for the home team against the Salt Lake City Bees. **Hot Dog included, additional food, on your own.**

THRIFT SHOP HOP AND LUNCH @ 5TH ON 4TH

THURS. AUG 3RD, \$19, R1

Do you feel good about giving a treasure a new home? Then you are going to love this trip. Let's thrift shop our way through Gig Harbor, Tacoma, Lacey, Olympia, Shelton and back home with our nifty thrifty's. **Meal on your own. \$7-12.**

GIG HARBOR GONDOLA RIDE AND TIDES TAVERN

THURS. AUG. 17TH, \$57, R2

We can hardly wait for this trip! We enjoy an hour ride on a real Venetian Gondola around Gig Harbor. We break up into 2 groups, one group will take the tour while the other has a leisurely meal at Tides Tavern. Then we switch and the other group tours while the first group dines. Must be able to walk on possible steep dock. **Meal on your own. \$10-28**

WILD FELID ADVOCACY CENTER & SPENCER LAKE GRILL

TUES. AUG. 22ND, \$49, R2

We start with an early lunch at Spencer Lake Grill and then visit this local haven for approximately 50 wild cats including cougars, tigers, bobcats and more. We get a tour and see these amazing rescued cats. **Meal \$12-\$17, on your own.**

DELI CHALLENGE #2, HUSKIE'S DELI, W. SEATTLE

WED. AUG. 30TH, \$21, R1

Our 3rd stop in our Deli Challenge is in W. Seattle at the Huskie's Deli. This is a store front Deli so we will order and take our sandwiches down to Alki and find some picnic tables. We will have time to browse around Alki before coming home. **Meal \$8-\$17, on your own.**

EXPLORE PORT TOWNSEND & WOODEN BOAT FESTIVAL

THURS. SEPT. 7TH, \$18, R1-R2

This is the official first day of the Wooden Boat Festival so we can watch the boats come in and play tourist in our own back yard. Walk uptown or stay downtown. Grab a bite on your own, shop then drift over to the marina to check out the boats. **Meal on your own. Various locations available, prices vary. Rating varies due to using the hill climb to uptown or staying downtown.**

SHOP THE OUTLET COLLECTION IN AUBURN

WED. SEPT 13TH, \$18, R1

Now that the kids are back in school, let's go shopping! With over 80 shops to choose from, you're sure to find a treasure. This mall has everything **Outlet** from Burlington Coat Factory, The Gap, Old Navy, Chico's, Bali's to fragrances and home. There is even a Nordstrom Rack and Premium outlet shops too. **Lunch is on your own at the mall. Prices vary.**

TOUR THE SEATTLE CHOCOLATE FACTORY AND BAHAMA BREEZE FOR LUNCH

WED. SEPT 20TH, \$33, R2

Dessert first! We tour the Seattle Chocolate Factory and get to see how they make their wonderful creations and shop for goodies to take home. Then enjoy handcrafted tropical punches, Caribbean-inspired food, and an island atmosphere for lunch. This trip will surely be a sweet memory. This trip includes stairs. **Meal on your own. \$12-22**

MUCKLESHOOT CASINO

WED. 27TH, \$18, R1

Get ready to get your game on at the Muckleshoot Casino! It's been awhile since we have been here so it is sure to be lucky, right?! Muckleshoot boasts the Sportsbook, Baja Fresh, Manchu Wok, Muckleshoot Restaurant, Pizza and their Sweet Shoppe. **Meal on your own. Prices vary.**

DAILY CALENDAR

M O N	8:00 POOL 9:30 SEATED CHAIR EXERCISE 10:00 SCRABBLE, SPADES 10:00-1:00 BREMERTON ART GUILD 10:00 SUNSHINE SINGERS 11:00 ICE SKATING 12:30-3:00 LINE DANCING
T U E S	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, LAST TUES.
W E D	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	8:00 POOL 8:00-11:00 PING PONG 9:00 BRIDGE 9:30-2:30 QUILTING 1:30 TAI CHI
F R I	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

MEALS ON WHEELS
HOT MEAL SR. LUNCH SERVICE IS BACK
AT THE SR. CENTER
THURSDAYS AND FRIDAYS. 12:00 - 1:00
CALL 360-377-8511
for more information.

FREE TAKING CHARGE

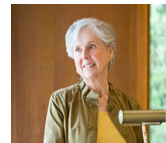
Local Author Rosalys Peel

discusses her book

MIKE AND ME

Tues. Sept. 12th

11:30- 1:00



When her husband Mike was stricken with Alzheimer's, Rosalys had many fears and searched the bookshelves for a "couples guide" that would show them how to deal with Mike's illness together at home. Unable to find that book, she came back after her husband's death from Alzheimer's to write it herself.

Mike & Me draws on ten years of her journal notes along with her unique background in birth and family education.

Mike & Me, An Inspirational Guide For Couples Who Choose to Face Alzheimer's Together was recently honored by winning the National Forward Indie Gold Medal in the Self-Help category.

While Mike & Me is written with the Alzheimer's Couple in mind, caregivers tell Rosalys that what she and Mike did and how they did it can be applied to all care-giving situations.

Rosalys lives on Bainbridge Island, Washington, near her children and grandchildren. She remains a tireless, teacher, writer, speaker, and caring advocate for Alzheimer's couples.

Guests limited to 24.

Light snacks will be served.

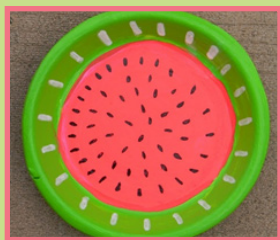
Reservations required

Call 360-473-5357

Crafternoon with us!

Terracotta Coasters
Wednesday, July 26th
11:00-1:00 pm, \$12.00

These coasters are not only useful, they put us in the mood for summer. Anyone for a mint julep? You decorate and leave with 2 coasters to use under your coffee, water OR the adorable glasses from August's Crafternoon, **BELOW**.



Decorated Punch Glasses
Wednesday, Aug. 16th
12:00-2:30 pm, \$15.00

These glasses can pack a punch **AND**, won't they look cute with the coasters you made? (above) You will leave with 2 glasses that are hand washing safe!



7/18 12:30-1:30 pm

8/8 & 8/24 12:30-2:30 pm

9/6, 9/26 12:30-2:30 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.



Wednesdays, July 5th & 19th
Aug. 9th & 23rd, Sept. 13th & 27th
10:00 - 11:30 am, TAP Room

Roll on in for this raucous, fast dice game! 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. When that happens that player yells BUNCO!! Played for bragging rights, laughs and a silly prize or two!

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



**BREMERTON SENIOR CENTER
MEMBERS PRESENT:**

QUILT & TEXTILE ART 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; Textile Artists; \$UM\$ and
the Bremerton Senior Center.**

**Parking available in the Manette Park lots off
Nipsic Ave. On street parking is available in the
neighborhood. Please do not block our neighbors'
driveways. Thanks!**



**For information contact the Sr. Center office at 360-473-5357
The Bremerton Sr Center is a Division of Bremerton Parks and Recreation.**



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.