



BREMERTON SENIOR CENTER ACTIVE US NEWSLETTER

OCT- DEC, 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

Samantha Klous, Program Assistant

VOLUNTEER RECEPTIONISTS

Monday: Paula Orozco

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. We really need ground, unflavored coffee. If you are interested in other donation opportunities please check with Samantha at the front desk. 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:

THANKSGIVING

Nov. 23rd & 24th

CHRISTMAS & MAINTENANCE

Dec. 25th -29th

NEW YEARS DAY

Jan. 1st

TABLE OF CONTENTS

Membership	2
Lisa's Liner Notes/\$UM\$ Corner	3
Activity Information	3-5
Trips & Tours	6-7
Socials	8
Taking Charge Presentations.....	9
BINGO & Crafternoons.....	10
Daily Activity Calendar	11
Container Garden Workshop	11
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.

\$UM\$ CORNER, DAILY ACTIVITY INFORMATION

Hello Center Friends!

You may have noticed that Barb is not in the office recently. The big news is she has retired as of Sept. 29! Why didn't we hold a big shebang for her? Barb didn't want one because she wants to come back and partake in our activities as a member and didn't want a fuss. We haven't lost her, she will be back to play (not to work). You will see a new face in the office! Samantha Klous is already a member of the Center and has moved over from Youth Recreation to the Center! Welcome Samantha!

Our new vans arrived in at the City in August and they are wonderful! We have 2 Ford Transit XLT's. No more shmooshing or folding in half to get on board. We've named one Gail after member Gail Dupee who gifted us the funds for the vans, and the other is named Holly, for our former director. Sadly both ladies have passed but I think they both would be so tickled to see us travel in style and comfort.

-Lisa

Hello SUMS members.

Hope this finds you all doing well. To update you on our raffle/bake sales, we had two events this summer. For the first time we set up a bake sale table at the Wood Carvers gathering at Sheridan on a Friday and Saturday. By the end of the day Friday, we had only 6 baked items left. Cathy and I baked up a quick 12 additional items and at the end of the event we made around \$187.00. The chips and water were not big sellers at this event. The baked goods were. Problem was we ran out of goods. We could have easily made an additional \$100-\$150.00 if we had additional baked goods. This may be a recurring event for us so we really need enough baked goods that can last for the two-day event.

The quilt show was a hit. Thanks to all who stepped up to make this event a success. Cathy and I were on a trip and then Cathy caught Covid. Our SUMS officers and Center staff came to the rescue, set up the event and got everything up and running. Our final count was a positive \$1088.58. Amazing!! Thanks to Lisa for putting out a call for additional baked goods.

These two events show that our members homemade baked goods are a great seller. We need more bakers for our events. So please, in the future, consider making cookies, breads, etc. The funds go back to our Senior Center activities and upkeep.

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. It is hard to get a meeting set during the summer months. We will let you know when our next meeting will take place. Again, from all the SUMS officers thank you for your continued support.

-SUMS Officers

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

MONDAYS, 8:30-9:15 AM

Lisa is back for seated exercises!

Maintain and increase range of motion while strengthening your muscles. Boost your energy level, circulation and mood.

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. Sunshine Singers perform within our community bringing lots of smiles!

DAILY ACTIVITY INFORMATION

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 INDOORS 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 a positive, team setting. Previous experience is recommended.

Sr. Center membership is required.

BOOK CLUB

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

Join anytime. We pick a book and go for it. We work with Kitsap Library to get our books. If you are a reader and a lover of reading and talking about books, join us.

*Oct. meets on the 24th due to our Boo Party. Dec. meets on the 19th due to building closure Dec. 25 through Jan. 1.

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, 9-11:30 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. All skill levels are welcome! (Equipment is provided). **Sr. Center members can check out the Center equipment and play at 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.

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

DAILY ACTIVITY INFORMATION

BRIDGE

TUESDAYS, 1:00 PM NEW DAY & TIME ADDED!

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
SESSION 1, OCT. 19 to NOV. 30. No class
11/23**

SESSION 2, DEC. 7-21 & JAN. 4-18

Tai Chi is 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.

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

The object of the game is to score points by being the first player to play all your dominoes in a round. Played with two or more players this game can get lively. Join the fun and play a game of bones with us.



MAHJONG IS BACK!

FRIDAYS, 12:30 PM

Do you play? We have had a lot of requests to bring this fun game back. The goal of Mahjong is similar to poker. The aim is to make matching sets and pairs. Played with tiles, to win a player must form four sets and one pair. This is a classic and we have had several requests to bring this back. Mahjong players, come one, come all and meet us in the card room for this fun game!

JAM SESSIONS

FRIDAYS, 1:00- 2:30 PM

Hey all you cool cats! Do you love to play music? Bring your instruments and join the **Senior Center Jam Sessions**. Music connects us with others. It's exercise for the brain and is proven to improve our mood and our memory. Plus, it is hugely fun so get in on the fun!

Our members explore new and favorite musical arrangements. Keyboard is available at the Center. **WE NEED YOU!**



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

TRIPS AND TOURS - & AWAY WE GO!

PLEASE READ ALL TRIP/TOUR INFORMATION ON THE BACK PAGE OF THIS ACTIVE US PRIOR TO SIGNING UP FOR A TRIP. IT IS IMPORTANT TO UNDERSTAND THE TRIP RATINGS AND THAT YOU ARE ABLE TO FOLLOW THEM TO ENSURE YOUR ENJOYMENT AND THE ENJOYMENT OF OTHER MEMBERS ON EACH TRIP. MEALS ARE PAID ON YOUR OWN

DELI CHALLENGE, NOW MAKE ME A SANDWICH WED. OCT. 4TH, \$18, R1

Now Make Me A Sandwich serves a delicious variety of sandwiches from all over the world. They make everything from scratch. After lunch we drive back home with a stop for ice cream at Ben and Jerry's in Gig Harbor. Meal on your own.

CASA MIA & LATTINS CIDER MILL & FARM THURS. OCT. 12TH, \$20, R2

Enjoy a classic Italian lunch at Casa Mia in Olympia. They have an All You Can Eat Spaghetti Special for \$10.99 and more. Then we are off to Lattin's for all things apple, cider, fritters and pies! Enjoy the harvest, animals and goodies to take home. Meal on your own.

DINNER AT TIZLEY'S & GHOST WALK IN PT. GAMBLE, WED. OCT. 18TH, \$42, R2

Enjoy dinner at Tizley's in Poulsbo. Then we head to Port Gamble to learn some history and find out why some past residents never left. Our (G)host Peter Orbea takes us on a SPOOKY history walk full of ghost stories and maybe even a sighting or two. Some say the Walker-Ames house is the most haunted house in Washington. Meal on your own.



HOLIDAY FOOD & GIFT FESTIVAL AT TACOMA DOME & LUNCH AT UPTOWN MALL, GIG HARBOR,

THURS. OCT. 26TH, \$38, R2

Get ready to get in the Holiday spirit. You'll find unique gift ideas, holiday and home decor, handmade arts and crafts and more. Once we have shopped till we drop we will head to The Uptown Mall in Gig Harbor for your choice for a late lunch or more shopping. Meal on your own.

EASTERN WINDS, GLASS CLASS CLASS #1, THURS. NOV. 2ND, CLASS #2, WED. NOV. 29TH, \$63, R1

Classes are small so sign up for one date so all can participate. Local artist Dixie Armfield-Rogerson will lead us through making either an ornament set or a 6X6 plate, your choice. You design it and put it together and Dixie will fire it for you. When the items are ready, you can pick them up at the Sr. Center.

QUILT AND CRAFT SHOW AT PUYALLUP FAIRGROUNDS, THURS, NOV. 16TH, \$32, R2

Touted as a quilter and crafter shoppers paradise. You'll find a variety of sewing, quilting and craft supplies. Great for the crafters and sewers on your holiday shopping list and for gift ideas to make too. There are even make and take workshops (cost on your own) and free how to seminars.



ALL MEALS ARE PAID ON YOUR OWN UNLESS POSTED OTHERWISE

TRIPS AND TOURS CONTINUED

ZOO LIGHTS AND DINNER AT THE SPAR CAFE THURS, NOV. 30TH, \$35, R2

We start with dinner at the Spar Cafe and then get ready for a delightful experience at Zoo Lights at Point Defiance. While the animals are sleeping we wander through the zoo spotting all the decorations made of lights. Find a Sasquatch, tiger, tunnels of lights, and more. The zoo is decorated with over 800,000 lights! You won't want to miss this. Meal on your own.

EARLY DINNER AT PUERTO VALLARTA AND BIG BAND CHRISTMAS WITH THE SWING REUNION ORCHESTRA, TACOMA MUSICAL PLAYHOUSE MON. DEC. 4TH, \$53, R1

We start the evening with great Mexican food in Gig Harbor. Then get ready to SWING into the holiday season with Don Miller and the Swing Reunion Orchestra as they grace the Tacoma Musical Playhouse for a big band Holiday celebration that can't be beat! If this doesn't get you in the mood for the holidays, we don't know what will.

Meal on your own.

MULBAKS NURSERY, GIFT SHOP AND CAFE THURS. DEC. 14TH, \$28, R1

You may wonder why we are visiting a nursery in December. Mulbaks in Dec. is a winter wonderland! The green houses are always fantastic but in the winter it is a special treat! There are special displays and set ups for taking photos so bring your cameras. Shop for a poinsettia or 2-3. Shop the gift shop for yourself or for gifts, take photos in front of their poinsettia trees and get lunch in their cafe. It truly is a winter wonderland!

Meal on your own.



Photo by Parker Sturdivant on Unsplash

MEALS ON WHEELS KITSAP LUNCHES

Thursdays @ Noon, \$5

Fridays @ Noon, \$5

Nutritious and

**delicious lunches and a great way to meet other
seniors.**

Reservations are requested.

Call 360-377-8511 by 2 pm the previous day.

BOO PARTY

**We're just dying to see
you at our**

Howl-oween Boo Party

Tues., October, 31st

12:00-1:30 pm

Tickets \$8.00

It's Halloween time. We're having a bash. Wear your best costumes to our fun Monster Mash!

Come dressed to thrill, have some fun and see what's brewing at the Sr. Center. Eat, drink and be scary with us.

We will be having a Chili feast so bring your appetite!

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

JINGLE & MINGLE

**Open House and
Bake Sale**

Tues., Decem-brr. 12th

12:00-1:30 pm

Tickets \$8.00

Your "presents" is requested to celebrate Winter! Wear your best ugly sweater for our annual ugly sweater contest.

Bring a wrapped gift of no more than \$10 to participate in our gift exchange and enjoy Lunch with your fellow elves. 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 "miss-giftings".

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.

MEDICARE/MEDICAID CONTINUING EDUCATION AND OPEN ENROLLMENT INFORMATION

**Tues., Oct. 10th
11:30 am - 1:00 pm**

It's the time of year to consider your Medicare/Medicaid needs during open enrollment.

Eric Suhadolc of Medicare Optimized offers answers and information about available healthcare and drug plans. You have choices!

Taking Charge presentations are open to the public. Please invite your friends.

**Free event, register today
Open to Public
Call 360-473-5357**

Light snacks will be provided for these programs or bring a sack lunch. Presentation begins at noon.

VOLUNTEER SERVICES OF KITSAP COUNTY



**Who we are and what we
do in Kitsap County**

**Tues., Nov. 14th
11:30 -1:00 pm**

Join Rusty for an informational presentation about Volunteer Services and what services are available in Kitsap County. From driving to appointments to light cleaning and more Volunteer Services is here to serve our community seniors.

Interested in volunteering? This may be the perfect fit for you.

Taking Charge presentations are open to the public. Please invite your friends.

**Free event, register today
Open to Public
Call 360-473-5357**

CRAFTERNOONS AND WHITE ELEPHANT BINGO

Crafternoon with us!

Fall Wreaths

Tues., Oct. 3rd

12:30-2:00 pm

\$17



Bring your creativity and have some fun making a fall wreath. You can make an owl wreath, something traditional or spooky for Halloween. We will have wreath forms, supplies and ideas.

Winter Decorations Terra Cotta Ornaments

Tues., Nov. 7th

12:30-2:00 pm

\$15



We start off with small terra cotta pots and end up with adorable decorations. You can hang them on your tree, give them as a gift, decorate a shelf, the possibilities are endless! You will go home with 3 decorations to celebrate winter!

You are welcome to bring a sack lunch to our Crafternoons.

Call to reserve your spot

360-473-5357



White Elephant



Tuesday 12:30- 2:00

Oct. 17th

Nov. 21st

Wednesday 1:00-2:30

Oct. 25th

Nov. 1st & 15th

Dec. 6th

Dec. 20th

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

DAILY CALENDAR AND WINTER GARDEN WORKSHOP

M O N D A Y	8:00 POOL 8:30 SEATED CHAIR EXERCISE 10:00 SCRABBLE, SPADES 10:00-1:00 BREMERTON ART GUILD 10:00 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 @ PENDERGAST BREM. SPORTS 12:30 BOOK CLUB, LAST TUES/ MONTH * SEE PAGE 5 1:00 BRIDGE
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 BRIDGE 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 PENDERGAST (BREM. SPORTS) 12:30 MAHJONG 1:00-2:30 JAM SESSIONS

FALL/WINTER GARDENING WORKSHOP

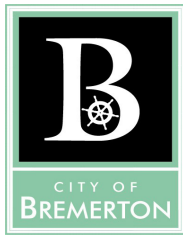
Putting your garden to
“bed” and veggies and
herbs you can grow all
winter

Thurs., Oct. 5th
12:30 -2:00 pm

Member and Master Gardener Kim Logan walks us through putting your flower and vegetable gardens to “bed” for the winter.

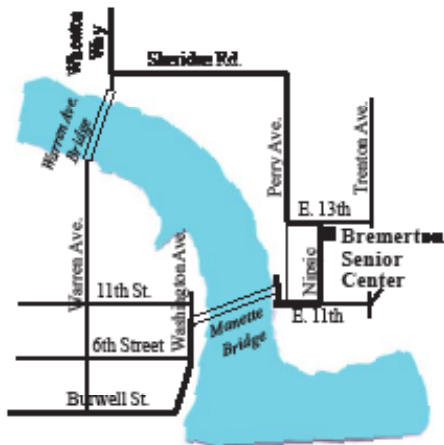
BUT, if you just aren’t ready to stop playing in the dirt, Kim has some tips for winter herbs and veggies you can grow!

Register today
Workshop is open to 15
members. Call to reserve
your space.
360-473-5357



PRSR STD
U.S. POSTAGE
PAID
Bremerton, WA
Permit #209

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.