



# Bremerton Senior Center Active Us Newsletter Jan-Mar, 2024



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

### CENTER HOLIDAYS

We are closed on the following dates:

NEW YEARS DAY

JAN. 1ST

MARTIN LUTHER KING DAY

JAN. 15TH

PRESIDENT'S DAY

FEB. 19TH

### ~DONATIONS~

We welcome donations of napkins, coffee, decaf, sugar, creamers and candy to keep us all sweet. We really need ground, regular 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 Lisa know and she can email that to you. **Thanks!**

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### MEMBERSHIP

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

#### 2024 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\$ MEMBERSHIP MEETING TUES., JAN. 30th, 10:00 am**

\$UM\$ is the non-profit made up by you, our members. Please join us for this important meeting.

**Refreshments will be served**

Hello \$UM\$ members. Hope this finds you well as your \$UM\$ officers wish you a Happy New Year. We know that this time of year can be a little hectic but worth it when we have family and friends nearby. A reminder that we have elections for two of your \$UM\$ officers in December. Voting ballots for some changes to the By-Laws will be made available at the office for your vote.

We hope you had happy gatherings in December and got to participate in our annual bake sale and basket raffle. As always we thank our members who created such amazing baskets and baked goods.

Finally, we want to thank everyone for their generosity in making 2023 such a great year. All the trips, lunch gatherings, our bakers, our basket makers have made this year very fun. The Bake Sales and Raffles have been great money makers for the \$UM\$ treasury. Again, thank you for all your work and enjoyment at the Senior Center.

**- \$UM\$ Officers**

Happy New Year! We hope you had a great Holiday Season. ***It's dues time! Thanks for your support of the Senior Center by paying your annual dues in a timely manner.***

Make sure you check out our trips and tours. Watch for a new trip series ***"IN OUR OWN BACK YARD"***. We will explore unique locations and favorites close to home through the year. If you have ideas in or near Kitsap County let us know at the office.

**-Lisa**

## **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 and 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.

## **JEWELRY REPAIR**

**MONDAYS, 1ST & 3RD 10:00 AM-12:15 PM**

Member Lissa Gilmore has the skills & tools to repair your jewelry, even replace a semi precious stone. Bring it down! All proceeds go to \$UM\$.

## 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/ADV 12:30-3:00 PM**

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 sewing, to making curtains, scarves and more! Join in the fun! Bring your favorite project or learn something new.

### CO-ED REC MODIFIED SOFTBALL

**MON. AND FRI., OCTOBER 9TH-APRIL 5TH**

**10:00 AM - 12:00 PM**

**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 work with Kitsap Library to get our books. If you are a reader and a lover of reading and talking about books, join us.

### CANASTA

**TUES. AND THURS., 1:30 PM**

The traditional version of Canasta has four players paired into teams. The goal for each team is to be the first to reach 5,000 points. These points are gained through the process of creating melds — three or more cards of the same rank. Want to try? Join us!

### PING PONG

**TUES. & THURS., 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.

### 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.**

### MEALS ON WHEELS KITSAP AT THE BREMERTON SR CENTER

**Thurs. & Fri. @ Noon, \$5**

Enjoy nutritious, delicious lunches and share a community meal. Reservations are needed. Call the Meals on Wheels office at 360-377-8511 by 2 pm the previous day.

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

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

Welcome to our new instructor Junko! Get your groove on with us. ZUMBA Gold is designed to meet the fitness needs of adults 50 and better. Class cost is \$3 paid to Instructor. **Sr Center membership is required.**

### MAHJONG IS BACK!

**WED. & FRI., 12:30 PM**

Do you play? We had a lot of requests to bring this fun game back but **WE NEED YOU to keep this on the calendar!** 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.

### 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 determine eligibility for programs; compare Medicare plans/programs AND provide enrollment help with Medicare and more.

### BRIDGE

**THURSDAYS, 9:00 AM**

A classic game 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.

### TAI CHI

**THURSDAYS, 1:30 PM, \$30/6 weeks  
JAN 4-FEB 8, FEB 15-MAR 21**

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

**THURS. & FRI., 9:30 AM-2:30 PM**

Novice or experienced quilters, come one come all. Bring your quilting supplies and create with other quilters. You will have such fun you'll be in stitches! 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.

### JAM SESSIONS- New Format!

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

Hey all you cool cats! Do you love to play music? This is a collaborative jam session with no leader, just fun for fun's sake. Bring your instruments and music and jam with your friends. 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 don't miss out! **Come play with us! Call the Center to let us know if you will be here in the New Year! 360-473-5357.**

### \$UM\$ MEMBERSHIP MEETING

**TUES., JAN. 30th, 10 am**

\$UM\$ is the non-profit made up by **you, our members.** Please join us for this important meeting.

**Refreshments will be served**



## 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**

### **BRITISH PANTRY SHOPPING AND LUNCH**

**WED. JAN. 10TH, \$18, R1**

The British Pantry is a full bakery and British imported food, gift store. With a full restaurant for lunch we can shop for our favorites and enjoy classic English fare. Meal on your own.

### **RED WINDS CASINO**

**THURS. JAN. 18TH, \$18, R1**

Always a favorite, we head down to Nisqually just outside of Olympia for some gaming fun! When you are hungry enjoy the Deli. Meal is on your own.

### **TACOMA MUSEUM OF GLASS, AND LUNCH AT BJ'S**

**WED. JAN. 24TH, \$39, R2**

We start with lunch at BJ's in Tacoma and then head to the Tacoma Museum of Glass to immerse ourselves in delicate beauty! We get to visit the Hot Shop to watch the artists in action **and** there will be a fun surprise! Meal on your own.

### **THRIFT SHOP HOP TUKWILA & FAMOUS DAVE'S BBQ**

**THURS. FEB. 8TH, \$22, R2**

Did you know that Tukwila has huge thrift stores? Well now you do. We will visit Value Village, St. Vincent De Paul, Goodwill and Habitat for Humanity. Come with us and search for bargains. Meal on your own.

### **IN OUR OWN BACKYARD- TOUR THE KITSAP HUMANE SOCIETY AND LUNCH AT APPLEBEE'S**

**TUES. FEB. 20TH, \$12, R2**

The first of the series **IN OUR OWN BACKYARD**. We go behind the scenes at our own **Kitsap Humane Society**. Tour the new facility, meet the staff and volunteers crucial to the care of the animals **AND** we even get to meet some of the animal guests! Then it's off to lunch together! Meal on your own.

### **JERSEY BOYS @ TACOMA MUSICAL PLAYHOUSE AND DINNER AT ANTHONY'S GIG HARBOR**

**FRI. FEB 23RD, \$56, R1**

Based on the rise, success and breakup of the 60's rock n' roll group Frankie Valli and The Four Seasons, this show is sure to get your feet tapping and the memories flowing. Before the show we'll enjoy the Sunset Dinner at Anthony's in Gig Harbor (on your own).

### **LUCKY EAGLE CASINO, ROCHESTER**

**WED. MARCH. 6TH, \$18, R1**

It's been awhile since we've visited the Lucky Eagle. This casino was voted "Best Casino of South Sound" in The Olympian and "Best in Lewis County". We can hope for the best for ourselves too! Meal at either the Crafthouse or the Cedar Cafe (on your own).

### **HUCKLEBERRY SQUARE CAFE, BURIEEN**

**THURS. MARCH. 14TH, \$18, R1**

You are in for a treat! Set in the quaint town of Burien this family diner specializes in all things Huckleberry and has been a local tradition for 40 years serving quality food and amazing desserts. After our lunch we will have a bit of time to browse around old downtown Burien. Meal on your own.

### **HESS' GERMAN DELI, WHOLE FOODS (SHOPPING & LUNCH) & TRADER JOE'S, TACOMA**

**WED. MARCH 27TH, \$20, R1**

If you love specialty stores, you will love this trip! We start out at Hess' German Deli, Grocery and Bakery. From there we head to Whole Foods in University Place. You can have lunch at the Pizza Parlor in Whole Foods serving wood fired Pizza and Beer, or from their made on site goodies in the grocery. **(Lunch on your own)**. From Whole Foods we make a final shopping stop at Trader Joe's and then head for home with all our goodies! Meal on your own.

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

## FREE Sweetheart Social



**Tues., February 13th**  
**12:00-1:30 pm**

Join us for a fun celebration of love and friendship. Bring your sweetheart or meet up with your friends and have a great time!



*This social was donated by "Cupid". There is no charge but space is limited to 50 members.*

**Call for reservations  
beginning  
Monday, Jan. 8th.**

<b>M O N D A Y</b>	8:00 POOL 8:30 SEATED CHAIR EXERCISE 10:00 SCRABBLE, SPADES 10:00 SUNSHINE SINGERS 10:00-12:15 JEWELRY REPAIR 10:00-1:00 BREMERTON ART GUILD 10:00 CO ED REC. SOFTBALL @ PENDERGAST BREM. SPORTS 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 <b>\$UM\$ MEETING, JAN. 30TH</b> 12:30 BOOK CLUB, <b>LAST TUES/ MONTH</b> 1:00 BRIDGE 1:30 CANASTA
<b>W E D N E S D A Y</b>	8:00 POOL 9:15 ZUMBA GOLD WITH JUNKO 9:00 CRIBBAGE 9:00-11:30 INDOOR PICKLEBALL @ SHERIDAN PARK GYM 10:15 LINE DANCING 11:00 ICE SKATING @ BREM. ICE ARENA 12:30 MAHJONG
<b>T H U R S D A Y</b>	8:00 POOL 8:00-11:00 PING PONG 9:00 BRIDGE 9:30-2:30 QUILTING 12:00 MEALS ON WHEELS 1:30 TAI CHI 1:30 CANASTA
<b>F R I D A Y</b>	8:00 POOL 9:30-2:30 QUILTING 10:00 DOMINOES 10:00 CO ED REC. SOFTBALL @ PENDERGAST BREM. SPORTS 12:00 MEALS ON WHEELS 12:30 MAHJONG 1:00-2:30 JAM SESSIONS

# SPEC. PRESENTATION-JAN. 16TH & TAKING CHARGE EVENTS

## FUNDING MEASURE FACTS

EDUCATIONAL PROGRAMS  
& OPERATIONS (EP&O) LEVY  
CAPITAL BOND



**DATE: JANUARY 16, 2024**

**TIME: 1:00 PM**

**LOCATION: BREMERTON  
SENIOR CENTER**

**MORE CONTACT INFO:**

marlaina.simmons@bremertonschools.org

Please join  
Superintendent James  
Crawford and Assistant  
Superintendent Garth  
Steedman for an  
informational presentation on  
the two funding measures on  
the ballot February 13, 2024.

**[BremertonSchools.org/Levy-Bond](https://BremertonSchools.org/Levy-Bond)**

This special presentation is open to the public and pertains to Bremerton City residents. You may have a Bremerton mailing address but live and vote in the County. If you are unsure, check with the office, we can help to figure that out. A light snack will be served or you are welcome to bring a sack lunch. We encourage you to invite your friends and neighbors.

**Call the Center to reserve your spot.  
360-473-5357**

Taking Charge events are open to the public. Please invite your friends and family. Light lunches will be provided for these programs. You are also welcome bring a sack lunch. See below for presentation times.

### **PUGET SOUND ENERGY PRESENTS: BILL DISCOUNT RATE PROGRAM Tues., Jan. 9th, 11:30 am - 1:00 pm**

PSE's Bill Discount Rate Program provides you with ongoing help on your monthly energy bill. Depending on your income you may be able to save 5-45% a month on your bill. Enrollment is easy. Program participants will get an automatic discount on their energy bills every month in addition to any other assistance they may be receiving. In fact, if you have received energy assistance in the past, it is likely you qualify for the Bill Discount Rate program.

### **KITSAP COUNTY ASSESSOR PRESENTS: PROPERTY TAX RELIEF FOR SENIORS/DISABLED Tues., Feb. 6th, 11:30 am - 1:00 pm**

If you owned and occupied your home last year; are over the age of 61, disabled by social security or VA service-connected disability and are on a limited income find out if you qualify for property tax relief today. There are three different exemption levels based on income levels. A representative from the Kitsap County Assessors Office will be here to guide us through the 3 tiers and how to apply.

### **PUGET SOUND KIDNEY CENTER PRESENTS: SURVIVING & THRIVING WITH KIDNEY DISEASE Tues., Mar. 12th, 10:00 - 11:30 am\***

PSKC teaches us what our kidney's do and how to promote kidney health with good nutrition, a healthy lifestyle and living well with kidney disease. They will also talk about the classes that are available locally, including one to be held here at the Senior Center in May. If you or someone you love is curious or concerned about kidney disease, please join us. \*Lite lunch will be served. after the presentation.



## Crafternoon with us!

### Valentine Lovebird Feeders

**Tues., Jan. 23rd**  
**12:30-2 pm, \$17**

Make valentines to share with your sweetheart, feathered friends and more. You will leave with a set of feeders and tags to share.



### Bandanna Bunnies and Decorated Eggs

**Tues., Mar. 5th**  
**12:30-2:00 pm, \$17**

We will make these adorable Bunnies from bandannas that hide a fun treat in their tummy! Fun for decoration or to share with friends and family at Easter.



**Call to register  
today!**  
**360-473-5357**



## White Elephant



**Tuesday 12:30- 2:00**

**Jan. 2nd**

**Mar. 19th**

**Wednesday 1:00-2:30**

**Jan. 17th**

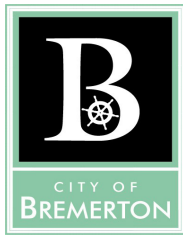
**Feb. 7th & 28th**

**Mar. 13th**

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.

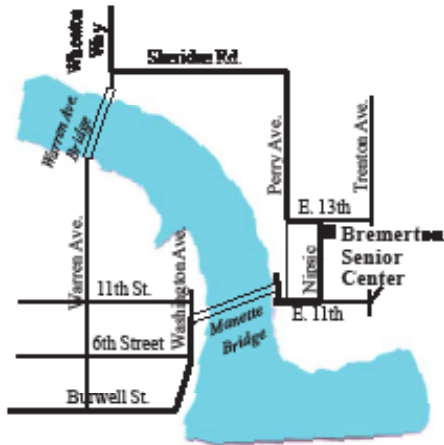


**Call to reserve your spot**  
**360-473-5357**



**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.**