



# Bremerton Senior Center Active Us Newsletter Spring Apr.- June, 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: Marie Erickson  
Friday: Al Butler

**VOLUNTEER COORD. :** Matt Klous

**CENTER HOLIDAYS**

We are closed on the following dates:

Memorial Day  
Monday, May 27th  
Juneteenth, Emancipation Day  
Wednesday, June 19th

**~DONATIONS~**

We welcome donations of napkins, coffee, decaf, sugar, creamers and candy. 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 us know and we can email that to you. Special thanks to Gary S. for giving us 2 new book cases for the lending library. **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\$ CORNER, LISA'S LINER NOTES , DAILY ACTIVITY INFO**

## **LISA'S LINER NOTES-**

As you may know we rely on volunteers to help with everything from decorating to socials and more. April is Volunteer Appreciation month so we will be celebrating our volunteers at our April Social. Volunteers will receive an invitation. Guests are welcome. See page 8 for more details. Thanks to Matt Klous for stepping up as our Volunteer Coordinator. He has been a huge help and we are so glad to have him. It's Shoe-In season so Treks are back. We will take full advantage of local spring blossoms on our trips. Cyn is back with a new paint class and Master Gardener Kim Logan is back with a great garden presentation. We're also partnering with Puget Sound Kidney Center for a free 6 week Taking Charge class about Healthy living/eating with Chronic Kidney Disease. -Lisa

## **\$UM\$ CORNER-**

Hello \$UM\$ members. It has been a busy Winter for \$UM\$. We had our annual Board of Directors meeting to discuss last year's events/finances and what we are looking forward to in 2025. We had a profitable year (\$3,623 after expenditures). Thanks to all who baked, made baskets and bought raffle tickets. We currently have just over \$10,000 in the \$UM\$ account and Lisa is looking at items to purchase for the Center. If you have suggestions please let her know. Marie Erickson was voted in as your new Secretary. We thank everyone who cast a ballot for this position. Lissa Gilmore has volunteered to carry out the remainder of Roger Spiese's Vice President's Term. We thank Lissa for taking the position. The revisions to the By-Laws were also passed. New By-Laws will be posted on the bulletin board. Our events for Spring are our April 23rd Volunteer Luncheon and May 14th Spring Fling. These will be our first baked goods and raffle fundraisers so bakers and basket makers will be needed! We will also be doing a bake sale for the Woodcarving Show at Parks and Recreation June 8th and 9th so we will need lots of baked goods to cover both days. Last year we ran out at that event! Your \$UM\$ Officers and Center Staff are very appreciative of the time and effort all of you put in making 2023 successful. We know 2024 will be an equal success with your continued dedication and effort. -Your \$um\$ 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**

Join Lisa 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. & WED., 11:00 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.

### CO-ED REC MODIFIED SOFTBALL

**MON. & FRI., APRIL 1-19, 10:00 AM - 12:00 PM,**

**BREM. SPORTS CENTER, PENDERGAST PARK**

**TUES. & FRI., APRIL 23-OCT 4, 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. ***Sr. Center membership is required.***

### 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 knitting, needlework and more! Join in the fun! Bring your favorite project or come learn something new.

### 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.

### BRIDGE

**TUES., 1:30 PM**

**THURS., 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.

### CANASTA

**TUES. AND THURS., 12:00 PM *NEW TIME!***

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.**

## DAILY ACTIVITY INFORMATION

### ZUMBA GOLD

**WED. & FRI. NEW DAY, 9:15-10 AM, \$3**

Join Junko for a fun workout to great music and now available 2 days a week! 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

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

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. Call the office the day before to let us know if you will be in to ensure that there are enough players.

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

### TAI CHI

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

Tai Chi is proven to improve balance, help to prevent falls and increase flexibility. Tai Chi consists of slow, gentle movements and postures. Often described as meditation in motion, it can bring a serene state of mind through movement and controlled breathing. Accessible for all levels of fitness. Taught by member Sandy Carlson.

### QUILTING

**THURS. & FRI., 10:00 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

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

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 sheet 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!**

### 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.



## TRIPS AND TOURS - & AWAY WE GO!

**TRIP REGISTRATION BEGINS MARCH 26th.** 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**

### 2023 DELI CHALLENGE WINNER REVISITED!

#### **DELI CHALLENGE WINNER!**

#### **NOW, MAKE ME A SANDWICH**

**TUES., APRIL 2ND, \$21, R1**

The votes are in and “Now, Make Me a Sandwich” Deli in Burien was voted our favorite local Deli for Sandwiches. We head back for our winning lunch and then stop on the way home for ice cream or Panera cookies in Gig Harbor. ***Meal and dessert are on your own.***

### LUNCH IN LA CONNER AND VISIT THE TULIP FIELDS

**WED., APRIL 17TH, \$129, R2**

Join us for an all day adventure as we head north to celebrate Spring in the Skagit tulip fields. Our first stop is downtown La Conner to shop, sight see and get lunch (on your own) at one of the many local restaurants. Then we meet up again and head to Roozengaarde Farms and Garden Rosalyn before heading back home. ***Meal on your own.***

### EMERALD QUEEN CASINO

**THURS., APRIL 25TH, \$17, R1**

We haven't been to the EQC in quite awhile. At less than an hour drive away, we will be able to spend more time gaming! Don't forget to get any Senior Deals you can. ***Lunch is on your own*** at the Casino's Puyalapabs Cafe, Waterway Deli, Sportsbook Grill, or the Riverbank Express serving Asian and American fare.

### KITSAP NURSERY HOP

**WED., MAY 1ST, \$17, R2**

We revisit our favorite nurseries starting with Bainbridge Gardens then to Poulsbo to Valley Nursery and Olmsted's. From there we head to Central Kitsap to the Roadhouse and Central Valley nurseries. I am sure we will fill the new vans with lovelies for our gardens! ***Lunch will be in downtown Poulsbo (on your own, you choose your restaurant).***

### RHODODENDRON SPECIES BOTANICAL GARDEN AND LUNCH AT MAMA STORTINI'S

**WED., MAY 15TH, \$29, R2**

We visit the home to one of the largest rhodie species collections in the world. The garden displays over 700 of the more than 1,000 species world wide! We will enjoy a curated tour and then have time on our own to browse the gardens and visit the nursery. Lunch will be at Mama Stortini's for great American and Italian fare. ***Meal is on your own.***

### SENIOR DAY AT TACOMA RAINIERS

**TUES., MAY 21ST, \$68, R2**

Mix and Mingle on the Rainiers' Party Patio while we root, root, root for the home team and enjoy the game. Our tickets include a 90 MIN. BBQ Buffet including hamburgers, hot dogs, salad and more along with beer, wine, sodas and water ***and is included with your ticket.*** We will even be featured on the fan board!



Image by <a href="https://pixabay.com/users/pamter-8135554/?utm\_source=link-attribution&utm\_medium=referral&utm\_campaign=image&utm\_content=3249411">Panter</a> from <a href="https://pixabay.com/?utm\_source=link-attribution&utm\_medium=referral&utm\_campaign=image&utm\_content=3249411">Pixabay</a>." "Image: Freepik.com". This page has been designed using assets from Freepik.com

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

## TRIPS AND TOURS CONTINUED

**TRIP REGISTRATION BEGINS MARCH 26th.** 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**

### **SPECIAL SHOE-IN EVENT - TREK WITH ALPACAS AT TOPSTALL FARM**

**THURS., MAY 23RD, \$91, R3**

Our first Shoe-In Trek of the year starts off with a BANG as we head to Topstall Farm in Roy for a very special experience. Our trek will include us each walking with a llama or alpaca companion! Learn about the unique characteristics of this herd, their fleece and the yarn made from it. We can explore the farm, home to barn owls, chickens, ducks, amazing art created by our hostess and more. We also get to check out the farm store for treasures. Note the trip rating information on the back page of this Active US. You must be able to meet R3 rating levels and we are limited to 10 people total. Bring your sack lunch to picnic at the farm.



### **TACOMA HALF PRICE BOOKS, LUNCH AT CHEESECAKE FACTORY AND BROWN AND HALEY FIFE STORE**

**THURS., MAY 30TH, \$21, R1**

We start at Half Price Books in Tacoma. If you are a new or used book, music, game and gifts fan this is the place for you! After, we head to lunch at The Cheesecake Factory, and then we top off our afternoon at the Brown and Haley Outlet Store in Fife to keep us sweet. **Meal is on your own.**

### **SHOE IN MYSTERY TRIP/IN OUR OWN BACKYARD**

**THURS., JUNE 6TH, \$14, R3**

We combine a "Mystery Trip" with an "In Our Own Backyard Trip" to come up with this fun day of trekking. Bring your camera and your sack lunch, and be prepared for fun! **An ice cream stop is likely (on your own)! Bring your sack lunch.**

### **CARLSBORG OLD MILL CAFE & OLYMPIC GAME FARM**

**WED., JUNE 12TH, \$39, R1**

We head to Old Mill Cafe in Sequim. Afterwards we head out to see the animals at the Olympic Game Farm. We will probably need to stop for ice cream before we leave Sequim. **Lunch and Ice Cream are on your own.**

### **"AMZing" DEALS OUTLET AND McMENAMINS OLYMPIC CLUB FOR LUNCH**

**TUES., JUNE 18TH, \$18, R1**

"AMZing" buys items (overstocks, returns or items with damaged packaging) from other retailers like Amazon, Costco, Target, and more. They resell it at deep discounts. On Tues. all binned items are only \$8! They also have clothing racks and shelves stocked with individually priced items, all at discounts. **Meal is on your own.**

### **TACOMA HIGHLAND GAMES**

**SAT., JUNE 22ND, \$26, R2**

We make our way to Tacoma/Graham to Frontier Park and spend the day enjoying traditional Scottish Games. The Tacoma Highland Games began in 1970. Enjoy the music, dance, athletic events and more. **Lunch on your own. Bring something from home or get something at the games.**

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

## SOCIALS AND DAILY CALENDAR

### **Volunteer Appreciation Social**

**Tues., April 23rd**

**12:00-1:30 pm**

**Invitations will be sent to  
Volunteers**

**Guest ticket \$8.00**

**We celebrate our  
amazing volunteers.  
Without their dedication  
we wouldn't be so  
fabulous! They keep us  
going and we are so  
thankful!**

### **Spring Fling Social**

**Tues., May 14th**

**12:00-1:30 pm**

**\$8.00**

**Celebrate Spring with  
us with some good food  
and great company!**

### **Burger Bash**

**Tues., June 11th**

**12:00-1:30 pm**

**\$8.00**

**Join us for great food and  
even better friends. Let's  
get ready for summer  
with a fun burger picnic!**

<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, 1st & 3rd 10:00-1:00 BREMERTON ART GUILD 10:00 CO ED REC. SOFTBALL (See pg.4 for date/location.) 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 12:00 CANASTA 10:00 CO ED REC. SOFTBALL (See pg.4 for date/location.) 12:30 BOOK CLUB, LAST TUES/ MONTH 1:30 BRIDGE
<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 10:00-2:30 QUILTING 12:00 MEALS ON WHEELS 12:00 CANASTA 1:30 TAI CHI
<b>F R I D A Y</b>	8:00 POOL 9:15 ZUMBA GOLD WITH JUNKO 10:00-2:30 QUILTING 10:00 DOMINOES 10:00 CO ED REC. SOFTBALL(See pg.4 for date/location.) 12:00 MEALS ON WHEELS 12:30 MAHJONG 1:00-2:30 JAM SESSIONS



# TAKING CHARGE EVENTS

This special Taking Charge class is for people with Chronic Kidney Disease. Please note that this is a 6 week class. Share this with your friends and family. Class will be held here at the Center May 29th-July 1st. Contact and registration for the Puget Sound Kidney Center 6 week class should be made by calling PSKC at 425-259-1907. ***The Center will be open for this class only on June 19, the Juneteenth Holiday.***

## Survive and Thrive with CKD 2024 Classes



### Free 6 Week Course

- Designed for people with chronic kidney disease (CKD) stages 2-4, their family and friends.
- Learn what kidneys do, how to promote kidney health with good nutrition and lifestyle changes, how to make a plan for your life and types of treatment available.
- Taught by a doctor, dietitian, nurse practitioner, social worker and patient mentors.

**To register visit [www.pskc.net/classes](http://www.pskc.net/classes). For questions or more information, call 425-259-1907 or email [kidneytalk@pskc.net](mailto:kidneytalk@pskc.net).**

**Session One: January 17 – February 21, 1:00 pm – 2:30 pm**  
**Virtual**

Class One: January 17  
Class Two: January 24  
Class Three: January 31  
Class Four: February 7  
Class Five: February 14  
Class Six: February 21

**Session Three: May 29 – July 3, 1:00 pm – 2:30 pm**  
**In-Person at Bremerton Senior Center**  
1140 Nipsic Ave, Bremerton WA 98310

Class One: May 29  
Class Two: June 5  
Class Three: June 12  
Class Four: June 19  
Class Five: June 26  
Class Six: July 3

**Session Two: March 20 – April 24, 1:00 pm – 2:30 pm**  
**In-Person at Verdant Health Commission**  
7410 196th St SW, Lynnwood WA 98036

Class One: March 20  
Class Two: March 27  
Class Three: April 3  
Class Four: April 10  
Class Five: April 17  
Class Six: April 24

**Session Four: July 24 – August 28, 5:00 pm – 6:30 pm**  
**Virtual**

Class One: July 24  
Class Two: July 31  
Class Three: August 7  
Class Four: August 14  
Class Five: August 21  
Class Six: August 28

**Session Five: October 9 – November 13, 1:00 pm – 2:30 pm**  
**Virtual**

Class One: October 9  
Class Two: October 16  
Class Three: October 23

Class Four: October 30  
Class Five: November 6  
Class Six: November 13



## ***TAKING CHARGE EVENTS***

Taking Charge events are free and open to the public. Please invite your friends, and family. A light lunch will be provided for the May 7th event. You are also welcome to bring a sack lunch. See below for presentation times. Contact the office at 360-473-5357 to sign up for this event.

# ***A Space for Harmony presents: Grief Recovery Community Support Program Tues., May 7th, 11:30***

Join Nicole Duran, Founder and President of A Space for Harmony for information on their free Grief Recovery Support Program. This is an action based program for moving beyond grief whether it is from death, divorce, loss of career, trust, safety or health.

This program makes moving forward possible and provides guidance and partnerships to ensure it happens. You can find hope and joy in your life again

**A light snack will be provided for this program.**

**Feel free to bring a sack lunch.**

**Call the office to make your reservation, 360-473-5347**

## Paint Party with Cyn



Tues., April 9th,  
12:00, \$15.00

Join Member Cyn Engelgau Davis for a fun paint class to create this adorable giraffe. Painting experience is not needed! Bring your lunch. Sign up now!

## In the Garden with Kim



Thurs, April 11th, 12:30,  
Free

Join Center friend and Master Gardener Kim Logan for our spring dive into our gardens! Bring a sack lunch.

Kim discusses companion plants to keep our gardens healthy and happy along with beneficial insect & wildlife companions.

Call by 4/8/24 to reserve your spot, 360-473-5357



## White Elephant



Tuesday, 5/7, 6/4  
12:30- 2:00

Wednesday, 4/3, 4/24, 5/22  
1:00-2:30

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

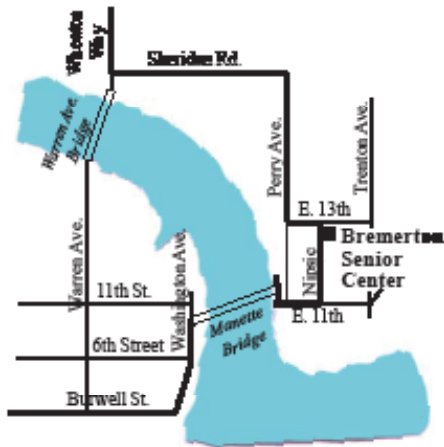






**PRSR STD**  
**U.S. POSTAGE**  
**PAID**  
**Bremerton, WA**  
**Permit #209**

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.**