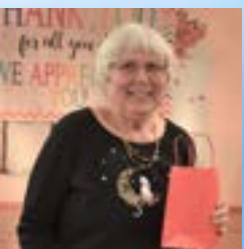
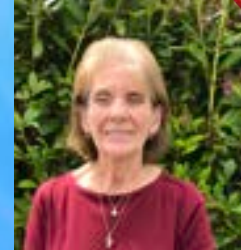
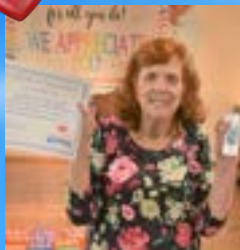
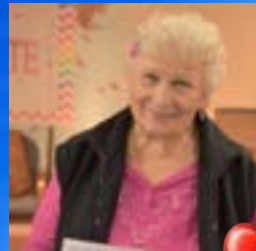


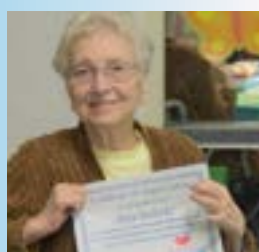
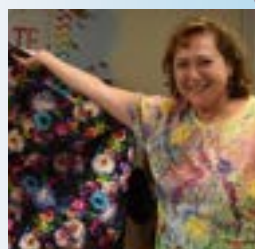


Bremerton Senior Center Active Us Newsletter July-Sept, 2024



The "Active Us" is THE place to get your information for the Bremerton Senior Center.
1140 Nipsic Ave., Bremerton, WA 98310

Volunteers are the of our Senior Center



BREMERTON SENIOR CENTER
CENTER HOURS-
MON-FRI 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 Coordinator: Matt Klous

CENTER HOLIDAYS

We are closed on the following dates:

Thursday, July 4th
INDEPENDENCE DAY

Monday, Sept. 2nd
LABOR DAY

DONATIONS

We always welcome donations of coffee, decaf, napkins, sugar, creamers salt/pepper packets and candy. If you are interested in other donation opportunities, please check with us in the office. Sometimes we have an Amazon wish list so let us know and we can share that with you. If you are considering a monetary donation please speak with Lisa.

TABLE OF CONTENTS

Volunteer Photos	1-2
Membership/Holidays/Donations.....	3
Lisa's Liner Notes/ \$UM\$ Corner	4
2024 Quilt Show	5
Daily Activities	6-8
Daily Calendar, Meals on Wheels.....	8
Trips and Tours	9
Socials	10
Taking Charge, BINGO & Crafternoons	11
Important Travel Info	Back Cover

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.

LISA'S LINER NOTES & \$UM\$ CORNER

2ND ANNUAL QUILT SHOW AND THANK YOU VOLUNTEERS!

We are so excited for our 2nd annual Sr. Center Quilt Show and Bake Sale, Fri., July 26th and Sat. July 27th! The show runs from 10am-4pm. Not only does it feature the talents of our quilters and fabric artists, we will also be holding a delicious bake sale and will have amazing raffle prizes! See the full page ad in this Active Us. Please share it with your friends, it is a stunning show!

Additionally, April was Volunteer Appreciation month and we celebrated our amazing volunteers and their contributions with a thank you social. It was great fun as you can see from the cover and first page. The photos are a small representation of our volunteers. In fact we have over 80 active volunteers doing everything from watering plants; folding and mailing; decorating; program set up and tear down and much more. One volunteer can make all the difference, just imagine over 80!

Recently, Matt Klous noticed we needed a Volunteer Coordinator so he stepped forward to get our volunteers organized. He put together a list of wants and needs around the Center and reached out to our membership. We now have a list of folks that we can pair with needs around the Center.

In the past we have named a Volunteer of the Year. We did that this year but we could not narrow it down easily. It had been too long since our last Volunteer Appreciation event so we decided to say a special thanks to Mac Whittlesey who works in the office, Sally Horn who has organized our Tues. Craft group for decades and Matt Klous for his contributions organizing and recruiting volunteers. When you see them, congratulate them for being our 2024 volunteers of the year.

With over 80 folks helping us out it can be easy to miss someone. We hope if we missed inviting a volunteer to the social, you let us know. I want to acknowledge our many volunteers who could not make the social, we appreciate you all. Finally, a special thanks to Dennis Kurzrock who does things so quietly that sometimes we aren't even aware that he has taken care of something. Recently, Dennis very kindly refinished the table tops in the lounge, and assembled new furniture in our card room! When you see Dennis tell him thanks! -Lisa

Hello SUMS members.

I hope this finds you all doing well and enjoying Summer. We are happy to report your efforts toward the May Bake Sale and Raffle gave \$UM\$ just over \$900. The \$UM\$ officers know how much time, effort and expense it takes to make those goods. Members that baked are: Matt Klous, Marie Erickson, Nancy Buck, Pat Hibbs, Susan Gallagher, Pam Scripture, Victoria Lafser, Elaine Kennicot, Darlene Herrmann, Marcy Caulfield, Lisabeth Berens, Irma McManus, Mel DeDios, Susan McNeal, Ruth Burkholder, Mary Ann Miller and Cathy Vlastelica. If you made baked goods and were not on the list, a big thanks to you also. Special thanks to Darlene who came in early to bag and tag those baked goods and to Susan McNeal who was terrific handling the raffle ticket sales. Big thanks to those who supplied the raffle baskets: Ruth Burkholder, Bridge Group, Ping Pong/Table Tennis, ZUMBA group, Ireland and Wes Niquette and Johnny Cornelison. Thanks to Ireland for making the tags and bows for the baskets too.

Currently \$UM\$ has \$9,067.46 in our bank account. We are looking at buying a couple of computers for the Center as the current ones are very old and out of date. That decision will be made next quarter. Lisa has supplied us with information on some that would work for us.

Just before this publication we will have also had a bake sale for the Kitsap Woodcarvers show in June. We anticipate that this will be a great fundraiser for SUMS. Thanks to all who have baked for 2024's show.

At the end of July is our 2nd Annual Quilt Show. This is a great event open to the public and attended by many. It is also one of our bake sale/raffle fund raisers and we hope to do very well. We once again ask for volunteer bakers and basket makers for this event.

Lissa Gilmore was seated as our Vice President to carry out that position for the remainder of the term.

Again, thanks for your continued support and commitment to SUMS.

- \$UM\$ Officers

Bremerton Senior Center Quilters Presents



2nd ANNUAL QUILT SHOW AND BAKE SALE

**Fri. July 26th & Sat. July 27th
10:00 am-4:00 pm**

**Free event featuring beautiful
displays, a sale room, silent
auction, raffle drawings and
delicious baked goods!**

DAILY ACTIVITY INFORMATION

COMPUTER LAB

DAILY, 8:00 AM-CLOSE

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

POOL

DAILY, 8:00 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, 10:00 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, 10:00 AM-1:00 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 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\$.

SENIOR OPEN ICE SKATE

MON. AND WED., 11:00 AM-12:00 PM

Pick up your free 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.

SR. INDOOR PICKLEBALL

MONDAY & WEDNESDAYS, 9:00-11:30 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). Also, Sr. Center members can check out the Sr. Center equipment and play at Manette Park courts during Center business hours.

CRAFT CLUB WITH SALLY

TUESDAYS, 9:00 AM-12:00 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.



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

DAILY ACTIVITY INFORMATION

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.

PING PONG/TABLE TENNIS

TUES. & THURS., 8:00-11:00 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.

CANASTA

TUES. AND THURS., 12:00 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!

BRIDGE

TUESDAYS, 1:30 PM

THURSDAYS, 9:00 AM

A classic game recognized as a mind sport, Party Bridge is a partnership trick-taking card game of skill. It is played by four players who form two partnerships.

CO-ED REC MODIFIED SOFTBALL

TUES. AND FRI., APRIL 23- SEPT.27,

10:00 AM - 12:00 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.

Sr. Center membership is required.

SHIBA MEDICARE/MEDICAID

2ND WEDNESDAY, MONTHLY, 9:00-11:00AM

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.

CRIBBAGE

WEDNESDAYS, 9:00-11:30 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

WED. & FRI., 9:15-10:00 AM, ONLY \$3!

Get your groove on with our amazing instructor Junko. ZUMBA Gold is designed to meet the fitness needs of adults 50 and better. Class cost is \$3 paid to Junko.

Sr Center membership is required.

MAHJONG

WED. & FRI., 12:30 PM

Do you play? **WE NEED YOU!** 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.

TAI CHI

THURSDAYS, 1:30-2:50 PM, \$5 PER CLASS.

7/18 - 8/22, 8/29-10/3

Tai Chi is proven to improve balance, help to prevent falls and increase flexibility. Tai Chi involves a series of slow, gentle movements and postures and a meditative state of mind. Focus is on proper breathing and the postures. This class is accessible for all levels of fitness and is taught by member Sandy Carlson.

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

DAILY ACTIVITY INFORMATION

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 can even take lessons on our long arm quilting machine. (Required before use of machine).

DOMINOES

FRIDAYS, 10:00 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 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!

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.

M O N D A Y	8:00 POOL 8:30 SEATED CHAIR EXERCISE 9:00-11:30 INDOOR PICKLEBALL @ SHERIDAN PARK GYM 10:00 SCRABBLE, SPADES 10:00 SUNSHINE SINGERS 10:00-12:15 JEWELRY REPAIR, 1ST & 3rd 10:00-1:00 BREMERTON ART GUILD 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 CO ED REC. SOFTBALL @ LION'S FIELD #1 12:00 CANASTA 12:30 BOOK CLUB, LAST TUES/MONTH 1:30 BRIDGE
W E D N E S D A Y	8:00 POOL 9:00 CRIBBAGE 9:00-11:00 SHIBA, 2ND WED. 9:00-11:30 INDOOR PICKLEBALL @ SHERIDAN PARK GYM 9:15 ZUMBA GOLD WITH JUNKO 10:15 LINE DANCING 11:00 ICE SKATING @ BREM. ICE ARENA 12:30 MAHJONG
T H U R S D A Y	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
F R I D A Y	8:00 POOL 9:15 ZUMBA GOLD WITH JUNKO 10:00 DOMINOES 10:00 CO ED REC. SOFTBALL @ LION'S FIELD #1 10:00-2:30 QUILTING 12:00 MEALS ON WHEELS 12:30 MAHJONG 1:00-2:30 JAM SESSIONS

TRIPS AND TOURS- AND AWAY WE GO!

REGISTRATION BEGINS 7/1/24 AT 8:30 AM. 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.

"AMZING" DEALS OUTLET AND MCMENAMINS OLYMPIC CLUB FOR LUNCH, TRIP 2

WED. JULY 10TH, \$18, R1

"AMZING" buys items from other retailers (Amazon, Target, etc) then resell it at deep discounts. On Wed. items are \$5. We have lunch at the Olympic Club. **Meal on your own.**

SHOE-IN TREK, CAPITOL LAKE AND OLYMPIA FARMER'S MARKET

THURS. JULY. 18TH, \$20, R3

We trek around Capitol Lake in Olympia and from there to the Farmer's Market for lunch and shopping. **Meal on your own, bring a sack lunch or get something at the market.**

UWAJIMAYA SEATTLE

WED. JULY. 31ST, \$25, R1

We arrive just in time for lunch and then we can shop! Uwajimaya has 35,000 square feet of Asian specialty products, dining options and a great book and gift shop all under one roof. **Meal on your own.**

SHOE-IN FORT FLAGLER, MARROWSTONE IS.

THURS. AUG 8TH, \$21, R3

Pack a lunch and your camera for a day at Fort Flagler on Marrowstone Island. We explore the Bluff Trail with their gun batteries and enjoy a gorgeous walk through the woods.

TOPSIDE GRILL IN STEILACOOM

TUES. AUG. 13TH, \$20, R1

Enjoy breakfast or lunch at the Topside Grill. After lunch we visit the Delish Bakery and Berry Dock Ice Cream Shop. You may want to wear your stretchy pants! **Meal on your own.**

LADY WASHINGTON, HAPPY HOUR CRUISE

THURS. AUG. 22ND, \$99, R2

We catch the 18th Century tall ship Lady WA. in Pt. Orchard. Our 2 hour cruise includes 2 local beer, snacks and soft drinks. Relax and enjoy the sights. This is an R2 due to the narrow boarding ramp at a 15 degree angle.

LITTLE CREEK CASINO

WED. AUG. 28TH, \$19, R1

Little Creek at Shelton has everyone's favorite games, good food and a pretty drive to get there. Join us for gaming fun. **Meal on your own.**

PT. TOWNSEND & DINNER AT THE AJAX CAFE

THURS. SEPT. 5TH, \$24, R1

Enjoy the sights of downtown Pt Townsend. We people and boat watch, visit the shops and then we head to the Ajax Cafe for dinner. **Meal on your own.**

WASHINGTON STATE FAIR

WED. SEPT. 18TH, \$30, R2

It's all happening at the Fair from flowers, food, fine arts, farm animals and photos! Check out the stages for local talent. There is something for everyone at the WA. State Fair! **Meal on your own.**

THELER WETLANDS SHOE-IN TREK

WEDS. SEPT. 25TH, \$17, R2

Located at the head of Hood Canal, Theler Wetlands consists of more than 3 miles of accessible walking trails within 139 acres of protected salt marsh and estuary wetlands. **Bring your sack lunch.** An ice cream stop is likely!

LUNCH AT THE CABBAGE PATCH IN SNOHOMISH AND STOCKER FARMS VISIT

TUES. OCT. 1ST, \$22, R2

We have lunch at the Cabbage Patch a 1905 home in Snohomish. It boasts a historic setting, delicious food and resident ghosts. After lunch we will visit Stocker Farms for visit to their gorgeous sunflower farm. Bring your camera! **Meal on your own.**



SOCIALS

Summer Aloha Celebration Social



Tues., Aug. 20, 12:00-1:30 pm
Tickets \$8.00



Join us for an Aloha themed party just for the fun of it! Wear your favorite aloha shirt or muumuu and come prepared for a great time.



Stop by the office to purchase tickets!



A B C

School DAZE Social

Tues., Sept. 17th, 12:00-1:30 pm
Tickets \$8.00

$1+1=2$
 $2+2=4$

Bring a photo of yourself at school age for our School “Daze” Board. We will see if we can guess who is who. ALSO - Bring your stash of school supplies, new backpacks and after school food items and we will get them to kids and classrooms in need. Join in the fun!!!

Stop by the office to purchase tickets!

TAKING CHARGE EVENTS, CRAFTERNOON & BINGO

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

**BLAIR INSURANCE PRESENTS:
HOW MEDICARE ADVANTAGE
PLANS COORDINATE WITH V.A. AND
TRICARE**

**Tues., July 23rd
12:00-1:30**

Helia Blair of Blair Insurance takes us through the ins and outs of working with Medicare Advantage plans along with the V.A. and Tricare and gives us tips and tools for navigating the system.

**BREMERTON POLICE DEPT.
PRESENTS:
BREMERTON CITIZENS AUXILIARY
PATROL, IN OUR NEIGHBORHOODS
Tues., Aug. 6th
12:00-1:30**

The BCAP program is an extension and expansion of our City's very successful Neighborhood Watch Program, and is a vital component of the Police Department's community oriented policing policy and crime prevention efforts. Find out about their services in our community and even volunteer opportunities.

**Call the Center for reservations:
360-473-5357**

Crafternoon with us!

**Coasters and Trivet Painting
with Sharpie/Alcohol Ink**



**Wed. July 17th,
1:00-2:45 pm, \$19**



**Make a beautiful set of 4
coasters and a trivet that you
design and decorate with
homemade alcohol inks!**

Call to reserve your spot 360-473-5357.

White Elephant



B I N G O



**Tues., July 9th & Sept. 3rd,
12:30-2:00**

**Wed., July 24th, Aug. 14th &
Sept. 11th, 1:00-2:30**

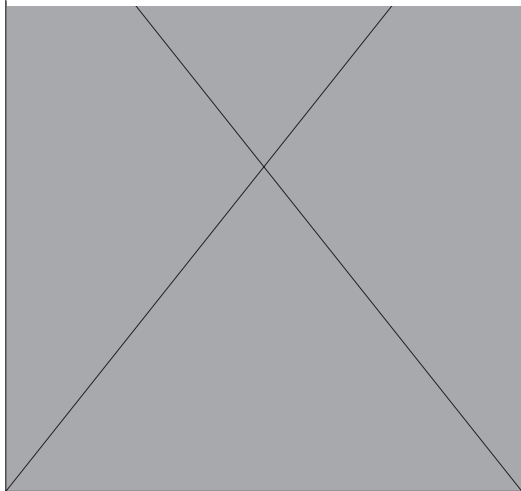
Bring a wrapped White Elephant gift, worth between \$5-\$10, old or new. Each person can play 2 cards. At the end of each game the winner chooses a gift. Each consecutive winner will have the option of choosing a new gift or stealing a gift from another player.

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 Active Us newsletter or the Parks and Rec. 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.