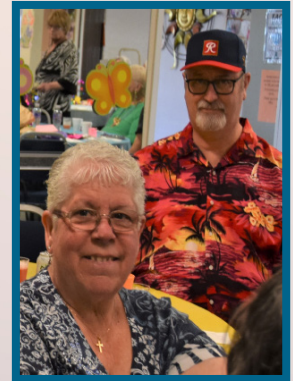




# Bremerton Senior Center

## Active Us Newsletter

### Oct.-Dec., 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: MON-FRI 8 AM TO 3 PM**

**STAFF**

Lisa Garland, Recreation Program Coord. III  
Samantha Klous, Program Assistant

**VOLUNTEER RECEPTION ELVES**

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:

**Veteran's Day - Mon., Nov. 11**

**Thanksgiving - Thurs., Nov. 28 - Fri. Nov. 29**

**Christmas Day - Wed., Dec. 25**

**Maint. Closure - Mon., Dec. 30 - Fri., Jan. 3**

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**DONATIONS**

**We want to express our thanks to member Susie McNeal for her generous donation of fabric tablecloths for our socials.**

We always welcome donations of coffee, decaf, napkins, sugar, creamers and candy. If you are interested in other donation opportunities, please check with us in the office. If you are considering a monetary donation please speak with Lisa. Thanks!

**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

We are celebrating another great Quilt Show and Bake Sale held in July. Our Quilters and bakers really outdid themselves. A big thank you to Barb Peterson for heading up the Quilt Show layout, registration and set up/tear down. Also thank you to Berta Stone for her work in getting our Quilt Show sale and silent auction put together. Our Quilters deserve a big hand for all their work in set up/tear down, sales, security and manning the quilt show for 2 days, not to mention the many gorgeous quilts you graced us with. Funds they raised from their sale will go towards their community quilt supplies.

We want to give a shout out to everyone, groups and individuals, that came up with the amazing raffle baskets. Matt and Samantha Klous, Claudette Desjardin, Gary Trudeau, Cecelia Hughes, our ZUMBA class members, Lois Ireland, Sally Horn and Mac Whittlesey. The baskets were so creative and wonderful. An extra thank you for Lois Ireland for wrapping the baskets beautifully.

**We need your Holiday raffle baskets by Nov. 14th so we can begin selling tickets in advance of the Winter Holiday Hoopla on Tues., Dec. 17th. Then you can choose what baskets you want to put your tickets towards. How fun is that?! Put your thinking caps on for what you want to contribute to the Winter Holiday Hoopla Raffle and watch for the submittal deadline.**

We are excited for the Holiday season coming up. Are you thinking about your Halloween costumes and what you might bring for your December gift exchange?? I am! I can't wait to see what everyone does for the Halloween party and our gift exchange is always a ball.

Watch for our winter coat, mitten and sock drive and the food and toy drive for our local kids and families in need. A list will be available with ideas for the kids and thank you in advance for all you do for our neighbors in need.

Finally, just a reminder that your annual membership dues will begin in January. As of this printing we do not have the 2025 dues amounts.

-Lisa

Hello \$UM\$ members.

Hope this finds you all doing well. Your \$UM\$ Officers would like to thank the following bakers/raffle basket makers who contributed to the Wood Carvers and Quilt Show; Elaine Kennicott, Cathy Vlastelica, Susan Gallagher, Mel DeDios, Marie Erickson, Paula Heisel, Victoria Lafser, Pamela Scripture, Jeanne Ladely, Cynthia Sugiura, Matt & Samantha Klous, Babe Hoffman, Susie McNeal, Ruth Burkholder, Naomi Saul, Pat Hibbs, MaryAnn Miller, Liz Behren, Sandy Schaut, Carol Branscum, Darlene Herrmann, Susan Davis, Jan Bogle, Linda McDaniel, Jean Scott, R & L Ireland, Cecilia Hughes, Claudette Desjardin, Mac Whittlesey, Sally Harris, Zumba Group, Irma McManus, and Gary Trudeau. If you made baked goods or baskets and were not on the signup sheet, a big thanks to you also.

\$UM\$ Bake Sale at the Wood Carvers gathering grossed \$330. At the Quilt show \$UM\$ baked goods and raffle grossed between \$800-\$900. This includes a donation from the Quilters. Thank you. Funds were still being counted so exact numbers are not available. Balance in the account as of September is \$12,522.39

The Quilt Show was a great success once again. We had many visitors come through and the Quilters were able to sell a lot of material to help them for the year. A big thank you to them and the hard work they put into the show.

\$UM\$ made some purchases for the Center including a new microphone for the AV system, radios for the vans for our trips, a new indoor flag pole stand and two new computers. If any group at the center needs any items, please pass that need on to a \$UM\$ officer or contact the Center staff. That way we can take it up at our next meeting.

At our fall meeting (date to be determined), we will vote on changing one of our bylaws concerning the filing of the Annual Report to the State and the IRS. Current bylaws state that the Secretary will do the filing. In past years the President has been doing this duty. We wish to change the bylaws to state that the President of the organization will make the Annual filing. Please let your officers know what your feelings are on this issue.

Again thanks for your continued support and commitment to \$UM\$, the non-profit made up of our members.

-\$UM\$ Officers

## DAILY ACTIVITY INFORMATION

### COMPUTER LOUNGE

**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 PM-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).

### 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.



### NEW GOOD GRIEF-WIDOWS GROUP

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

This group empowers, educates and supports widows in living with their grief rather than in grief through the formation of sisterhood. The focus is on supporting each other, modeling courage and meeting each other's and your own needs.

## DAILY ACTIVITY INFORMATION

### BOOK CLUB

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

Join anytime. We work with Kitsap Regional 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., BEGINNING OCT. 1ST,**

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

**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. *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.**

**OCT. 3RD-DEC. 19TH, No classes Nov. 14th, 21st and Dec. 26th.**

Tai Chi improves balance, helps to prevent falls and increases 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 and is accessible for all fitness levels. Instructed 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.

<b>M O N D A Y</b>	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, <b>1st &amp; 3rd</b> 10:00-1:00 BREMERTON ART GUILD 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 CO-ED REC. SOFTBALL @ BREMERTON SPORTS CENTER @ PENDERGAST 10:00-2:00 GOOD GRIEF 12:00 CANASTA 12:30 BOOK CLUB, <b>LAST TUES/MONTH</b> 1:30 BRIDGE
<b>W E D N E S D A Y</b>	8:00 POOL 9:00 CRIBBAGE 9:00-11:00 SHIBA, <b>2nd WED.</b> 9:00-11:30 INDOOR PICKLEBALL @ SHERIDAN PARK GYM 9:15 ZUMBA GOLD WITH JUNKO 10:15-3:00 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 DOMINOES 10:00 CO-ED REC. SOFTBALL @ BREMERTON SPORTS CENTER @ PENDERGAST 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 **10/1/24 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.**

### **MEEKER MANSION CIDER SQUEEZE**

**SAT., OCT. 12TH, \$47, R2**

We take a rare Saturday trip to the historic Meeker Mansion Museum in Puyallup for an old fashioned Cider Squeeze. Enjoy live music, hayrides and free tours of the gorgeous Meeker Mansion. Your ticket includes 1/2 gal. of Cider too! **Meal on your own.**

### **THRIFT SHOP HOP TACOMA, BLACK BEAR DINER**

**WED., OCT. 16TH, \$19, R1**

We will visit Value Village, St. Vincent de Paul, and The Hoarders Attic to shop for bargains and then have lunch at a local favorite the Black Bear Diner before coming home with all our found treasures. **Meal on your own.**

### **TACOMA DOME HOLIDAY FOOD AND GIFT FAIR AND LUNCH AT THE UPTOWN**

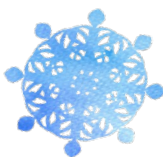
**THURS., OCT. 24TH, \$42, R2**

This is the largest Holiday Gift Show in the West and one we never miss! Discover unique gift ideas, holiday and home décor, handmade arts and crafts, photography, health and body, clothing and more. Get an early start on your holiday shopping. After, we head for lunch at the Uptown in Gig Harbor with 10 different choices for dining. **Meal on your own.**

### **VETERAN'S MEMORIAL MUSEUM AND LUNCH AT BERRY FIELDS CAFE, CENTRALIA**

**WED., NOV. 6TH, \$36, R2**

All displays at this museum focus on real veterans telling their stories. The Museum's mission is to honor and perpetuate the memory of the men and women who have served our nation's armed forces throughout the history of our country. This is a very special museum as all displays are told from the veteran's perspective. After our visit we will get lunch at Berry Fields Cafe. **Meal on your own.**



### **SHOPPING AT SOUTHCENTER AND LUNCH AT BAHAMA BREEZE CARIBBEAN RESTAURANT AND GRILL**

**THUR., NOV. 21ST, \$25, R1**

Let's take a break from our fall/winter weather and visit the tropics for lunch. Enjoy a taste of Caribbean inspired food and beverages in a relaxed island atmosphere. This is such a fun place. It's sure to bring a hint of summer to your day! **Meal on your own.**



### **VICTORIAN COUNTRY CHRISTMAS WASHINGTON STATE FAIRGROUNDS**

**THUR., DEC. 5TH, \$36, R2**

You will find unique holiday decor, arts and crafts, and gift ideas galore. Take a break and listen to some great music and enjoy a glass of wine in the Winter Wine Garden. You may even get a glimpse of Santa Himself. **Meal on your own at food vendors.**

### **BELLEVUE BOTANICAL GARDEN PRESENTS- GARDEN D'LIGHTS**

**TUES., DEC. 10TH, \$37, R2**

Explore over 53 acres lit up limb to roots with over a half million holiday lights! We start our evening with comfort food at Terry's Kitchen in Bellevue and then bask in the light show at Bellevue's Botanical Garden. **Meal on your own.**

### **OUR SR. CENTER 2025 FOOD CHALLENGE IS... PANCAKES!!!**

**1ST ENTRY IS THE OAK TABLE, SILVERDALE**

**THURS., DEC. 12TH, \$8, R1**

Our 2025 food challenge is Pancakes! We will strive to find the best pancakes in our region. Our first visit will be to our own Oak Table in Silverdale. If you have a NW favorite for pancakes, let us know at the office. **Meal on your own.**





## SOCIALS AND HONORING VETERANS

### **HALLOWEEN BOO** **PARTY**



Tues., Oct. 29th  
12:00-1:30 pm  
Tickets, \$8.00

Come dressed for a wicked good time. *Enjoy a special celebrity entertainer that will light up the stage like a jewel!* Stop by the office or call to purchase tickets!  
360-473-5357

### **THANKSGIVING** **SOCIAL**

Tues., Nov. 19th  
12:00-1:30 pm

Join us for gratitude and gravy at our Thanksgiving social. This social is catered and is a gift to the Center by a member.

Reservations required,  
space is limited.

360-473-5357



### **SPECIAL EVENT** **Honoring Our** **Veteran Members**

Tues., Nov. 5th  
1:00-2:30 pm

Join us for a special program, reception and afternoon tea honoring our veteran members who served in our Nation's Uniformed Services.

Please RSVP to attend.

360-473-5357

### **Holiday Hoopla**



Tues., Dec. 17th,  
12:00-1:30 pm

Wear your ugly holiday sweater and bring a wrapped, white elephant gift (not over \$10) to participate in our holiday gift exchange. YULE be sorry if you miss this party because it will be SNOW much fun!! This is catered and is a gift to the Center by a member.

Reservations required,  
Space is limited.

360-473-5357



## Crafternoon with us!



**Ghoulish Gnomes**  
**Tues., Oct. 15th**  
**12:15-2:45 pm, \$17**



We put a spin on the Gnome craze for Halloween. Join us for a fun afternoon of creating our own ghoulish but super cute gnomes. Sign up today. **All supplies included.**

**Paint Enchanted Pumpkins**  
**with Cyn**  
**Thurs. Oct. 17th**  
**12:15-2:45 pm,**  
**\$5 registration,**  
**\$12 to Cyn at class for**  
**supplies**

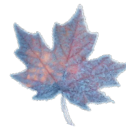
Cyn is back for more painting fun! You'll be painting a pumpkin for fall on your wall. Think you can't paint? That's all in your head, Cyn can show you how! Come play with paints and make your own masterpiece! Sign up today!



**Glovely Reindeers**  
**& Spool Trees**  
**Tues., Nov. 12th**  
**12:15-2:45 pm, \$17**



Join in the fun of making 2 holiday ornaments. Share them with friends, put them on your tree or tie them with a bow on a package. Sign up today! **All supplies included.**



## TAKING CHARGE

**Tues., Oct. 8th**  
**12:00-1:30 pm**

**TRILLIUM INSURANCE PRESENTS:**  
**NAVIGATING THE NEW 2025 MEDICARE/**  
**MEDICAID PHARMACY BENEFITS**

Taking Charge events are free and open to the public so invite your friends. Helia Blair of Trillium Insurance will discuss the big changes that the Centers for Medicare and Medicaid enacted to 2025 Medicare pharmacy benefits affecting many beneficiaries' medical and pharmaceutical plans. Medicare beneficiaries will be receiving letters from their insurance soon and will likely have questions. Helia helps us navigate the changes and answers questions.

**Call to reserve your spot, 360-473-5357**  
**Light snacks will be provided.**

## White Elephant

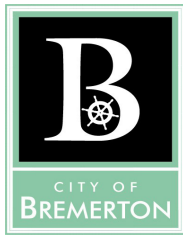


**Wednesdays Oct. 9th & 23rd**  
**and Nov. 13th, Dec. 18th**

**1:00-2:30 pm**

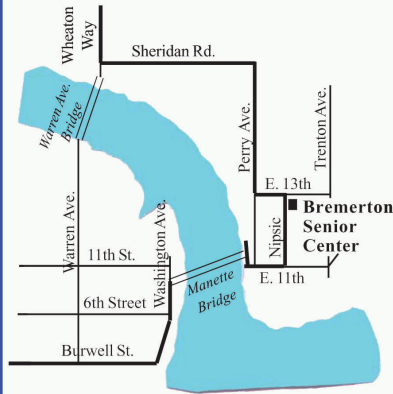
Bring a wrapped White Elephant gift, worth between \$5-\$10, old or new. Each person can play 2 cards. At the end of each game the winner chooses a gift. Each consecutive winner will have the option of choosing a new gift or stealing a gift from another player.

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



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Permit #209

Bremerton Senior Center  
1140 Nipsic, 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. 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.**