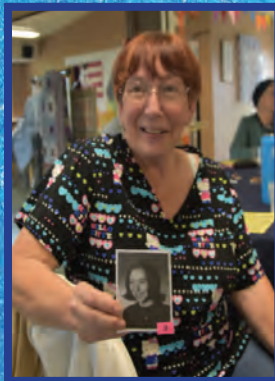


Bremerton Senior Center

Active Us Newsletter

Jan.-March 2025



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

Monday: Paula Orozco
Tuesday & Thursday: Mac Whittlesey
Wednesday: Marie Erickson
Friday: Al Butler
Volunteer Coordinator: Matt Klous

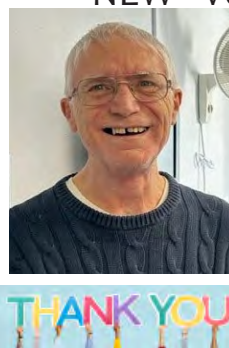
CENTER HOLIDAYS

We are closed on the following dates:
Maint. Closure - Mon. Dec. 31- Fri. Jan. 3rd
Martin Luther King Day, Mon. Jan. 20th
President's Day, Mon. Feb. 17th

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NEW - Volunteer of the Quarter



Meet Rob Joseph! Rob is always willing to help out at the Center. You will often see him setting tables up for our socials. We appreciate you Rob!

MEMBERSHIP

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

2025 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.

SPECIAL MESSAGE & \$UM\$ CORNER

DO YOU KNOW HOW SPECIAL OUR QUILTERS ARE?

Both the Thursday and Friday quilters make quilts as a community service project. In the month of November, they donated nineteen children's quilts, twelve baby blankets/bib sets, and six twin size quilts to KidVantage of Bremerton, a non-profit organization. KidVantage's mission is to provide children with the tangible goods they need to be healthy and safe.

They are always excited to receive the beautiful handmade quilts our Seniors donate. Special thanks to Gwen Quick, Ruth Burkholder, and Mari Woody who have been busy quilters and have donated quilts throughout the year. We have a tote full of community quilts just waiting to be put on the longarm. Many of the quilts were made from donated fabrics. Thank you to the wonderful families that have donated fabrics this year. We appreciate your gift of quilting fabrics and supplies. If you are a Senior interested in quilting or learning to quilt, come join us.

THANK YOU to all our Sr. Quilters that have made and donated quilts. You are appreciated. This is just a small portion of what these members have contributed over the past few years. I just want to say thank you to each of them for all they have done for our Community. Stop in and see what they are up to on Thursdays and Fridays.

Additionally, **THANK YOU** to our many volunteers who helped us to clean up around the building this fall! You jumped in with strong hands and big hearts and made us look great and we appreciate you! -Lisa

Hello \$UM\$ members, winter has arrived! We hope you all stay warm.

We had very productive \$UM\$ meeting recently. As a new Board member, I am impressed with the seriousness of this Board in making the Center a second home to all.

The computer room is now fitted out with two new computers with everything you should need; whether you want to keep your cognitive skills sharp by playing games, filling out important forms or researching.

You may have noticed that we changed the way we did our Holiday Raffle. You could choose which items you wanted your tickets to go towards. Even if you were not present at the time of drawing, you were assured of getting the item of your choosing if your ticket was pulled.

\$UM\$ has recently purchased locked shelves for the quilter's sewing machines. If your group needs anything that might make your activity more accessible to more people, please let \$UM\$ know.

Our \$UM\$ By-Laws were changed to read "The filing of Annual Reports will be filed by the President." Originally this duty was performed by the Secretary.

Our Veterans Celebration November 8th was a great success. A lot of impressive people attended. Thanks to Matt and Lisa for this great event.

One last note: A big thank you to the wonderful bakers who donate their time and fuel for baking. Ingredients like flour, sugar and chips, just to name a few are not cheap anymore. You are appreciated!

Again, thanks for your continued support and commitment to \$UM\$

-Lissa Gilmore for the \$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.

SPADES

DAILY, 8:00 AM-CLOSE

Spades is a trick taking card game sure to get you hooked. All are welcome.

SEATED CHAIR EXERCISE

MONDAYS, 8:30-9:10 AM

Join Lisa for seated exercises! Maintain and increase range of motion while strengthening your muscles. Boost your energy level, circulation and mood.

BREMERTON ART GUILD

MONDAYS, 9:00 AM

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.

SCRABBLE/RUMMIKUB

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. Rummikub is tile based; combining the elements of the card game Rummy and tile game Mahjong.

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.

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.

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 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 Regional Library to get our books. If you are a reader and love to talk 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.

BRIDGE

TUESDAYS, 12:15 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., 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

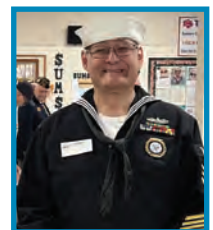
WED. & FRI., 12:30 PM

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.

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.

M O N D A Y	8:00 POOL, SPADES 8:30 SEATED CHAIR EXERCISE 9:00-1:00 BREMERTON ART GUILD 9:00-11:30 INDOOR PICKLEBALL @ SHERIDAN PARK GYM 10:00 SCRABBLE, RUMMIKUB 10:00 SUNSHINE SINGERS 11:00 ICE SKATING @ BREM. ICE ARENA 12:30-3:00 LINE DANCING
T U E S D A Y	8:00 POOL, SPADES 8:00-11:00 PING PONG/TABLE TENNIS 9:00 CRAFT CLUB WITH SALLY 10:00 CO-ED REC. SOFTBALL @ BREMERTON SPORTS CENTER @ PENDERGAST 10:00-2:00 GOOD GRIEF WOMEN'S GROUP 12:15 BRIDGE 12:30 BOOK CLUB, LAST TUES/MONTH
W E D N E S D A Y	8:00 POOL, SPADES 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 10:15-3:00 LINE DANCING 11:00 ICE SKATING @ BREM. ICE ARENA 12:30 MAHJONG
T H U R S D A Y	8:00 POOL, SPADES 8:00-11:00 PING PONG 9:00 BRIDGE 10:00-2:30 QUILTING 12:00 MEALS ON WHEELS 1:30 TAI CHI
F R I D A Y	8:00 POOL, SPADES 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 1/7/24 AT 8:00 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.**

SUQUAMISH CLEARWATER CASINO

WED., JAN. 22ND, \$16, R1

Everything you love in a Casino and close to home too! Do you feel lucky? Get your gaming on! Lunch on your own at the Deli or Cafe.

Meal on your own.

UNIQUE MARKETS-LUNCH AT CEDAR RIDGE GRILL AND SHOP TOWN AND COUNTRY MARKET

THUR., JAN. 30TH, \$17, R1

We search out fun and unique Markets in the NW in 2025. Join us as we visit some fun Markets to shop in Western Wa. We start out with lunch at Cedar Ridge Grill at the White Horse Golf Club in Kingston. After Lunch we stop at local favorite Central Market in Poulsbo for some shopping before we head home. **Meal on your own.**

PANCAKE CHALLENGE #2 IS ELMER'S, TACOMA

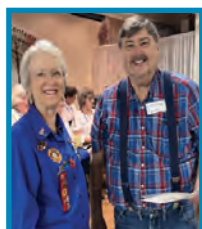
WED., FEB. 5TH, \$18, R1

We continue our search for the best pancakes in our area with breakfast for lunch in Tacoma at Elmer's. You may want to try a German Pancake or aim for cinnamon roll pancakes or opt for a classic with maple syrup. Yum! **Meal on your own.**

LEMAY CAR MUSEUM

THUR., FEB. 20TH, \$43, R2

We check out a NW favorite, the LeMay Car Museum. This is a self guided tour. LeMay's is referred to as America's Car Museum and recognized as one of the 10 best Auto Museums in the world and, it's right in our back yard! After we have enjoyed the cars we will visit their Full Throttle Cafe for lunch. **Meal on your own.**



CIRQUE DU SOLEIL - KOOZA

FRI., MAR. 7TH, \$127, R3

We will have lunch at the British Pantry in Redmond and then on to the fun at Marymore! We get to see the newest Cirque Du Soleil show featuring the story of KOOZA. This show combines acrobatic performance and the art of clowning, while exploring fear, identity, recognition and power. The Innocent's journey brings him into contact with comic characters from an electrifying world full of surprises.

Meal on your own.

TACOMA GLASS BLOWING CLASS AND BJ'S RESTAURANT FOR LUNCH

WED., MAR. 12TH, \$171, R1

We will each get hands on instruction to make our own piece of art! You will get to choose your project and colors and will be hands on with an instructor/artist to create your own work of art! Afterwards we will have lunch at the BJ's Brewhouse. **Meal on your own.**

CAPITAL MALL IN OLYMPIA

THUR., MAR. 27TH, \$26, R2

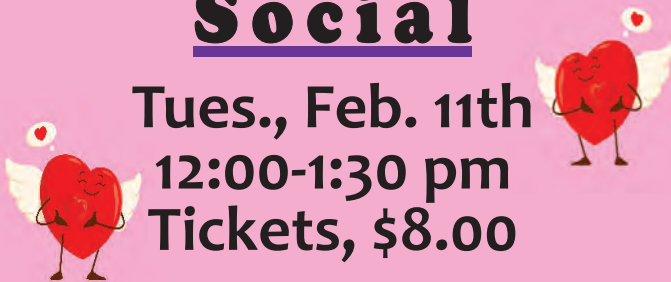
You can find it all at the Olympia Capital Mall from National chains like Macy's, Chico's, Loft to locally owned pet, cosmetic and art stores. There is even an REI. Snack as you go, or power shop and then enjoy a sit down lunch at one of the 18 eateries. **Meal on your own.**

DONATIONS

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!

SOCIALS AND SPECIAL EVENT

Sweetheart Social

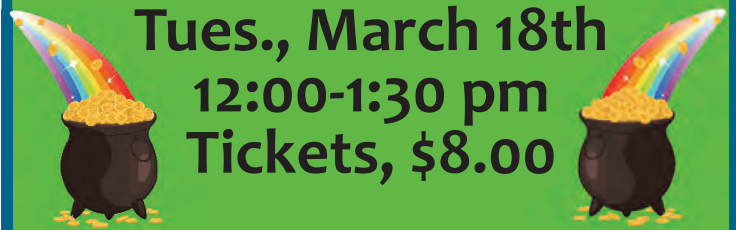


Tues., Feb. 11th
12:00-1:30 pm
Tickets, \$8.00

Celebrate the month of love, with your sweetie and your Center friends! Wear your best red and pink!

Purchase tickets in advance
360-473-5357

St. Patty's Social



Tues., March 18th
12:00-1:30 pm
Tickets, \$8.00

Tis the time for the wearin' o' the green! Join us for great food and shenanigans! Be prepared for fun!

Purchase tickets in advance
360-473-5357



Free Special Event **Meet Local Author Janet McGiffin** Tuesday, March 4th, 12:00-1:30 pm



"I like history and the fiction part makes it go down easier." Unknown

Janet writes historical fiction using her fictional Empress Irini series as examples. She will share the joys of research; the anguish of deciding what history to leave out; making characters accessible to a modern reader without forgetting their place in history; and working with an editor and illustrator assigned by a publisher. Janet's Empress Irini Series is a four-book Historical Fiction series set in the Byzantine era—brimming with fear and intrigue. The narrator, Thekla, a seventeen-year-old on the run in Constantinople, must rely upon her courage and quick wits to survive this vigorous, glittering Byzantine capital that linked the West and the East.

Call for reservations, 360-473-5357

Crafternoon with us!



Painting Lovely Llamas with Cyn
Tues., March, 25th, 12:15-2:45 pm,
\$5 to register.
\$12 to Cyn at class for supplies.



Cyn is back for more painting fun! Think you can't paint? Cyn can prove you wrong! Join us in painting the cutest Llama you've ever seen. Cyn takes us step by step through how to paint and you get to take home a delightful masterpiece.

Sign up today!

Register by March 21st for this fun class!

360-473-5357



White Elephant



Tues., Feb. 4th

Wed., Jan. 15th, Feb. 26th & Mar. 5th

All days - 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.