



Bremerton Senior Center ActiveUs Newsletter April-June, 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:

Monday, May 26th
Memorial Day
Thursday, June 19th
Emancipation Day

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Volunteer of the Quarter



MARCY CAULFIELD

Marcy creates a fun experience for all, whatever she does. Marcy bakes for our bake sales, decorates, helps get the ACTIVE US mail ready and helped \$UM\$ with their annual audit. Thanks Marcy!



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.

\$UM\$ CORNER & CLOTHES EXCHANGE

Hello \$UM\$ members,

A lot of great things have happened here at \$UM\$ in the last year, and even more are coming up.

Big thanks to all the bakers and raffle basket makers in 2024. Thanks once again to L. Ireland for making the baskets look beautiful. We made \$393 on baked goods and \$1268 on raffle baskets in Dec. and the total income for 2024 was \$9852.76. The total out was \$7460.27 and the balance in the bank is \$12,963.71.

Just a reminder, all funds raised are for the Center. We recently purchased storage lockers for the Quilters. If your group requires anything please let your \$UM\$ officers or Center staff know. We have already received some requests for 2025.

Paul Vlastelica remains President and Marie Erickson as Secretary and a change in \$UM\$ Bylaws was also approved. Thank you to all members that voted.

In 2025 we plan the following fundraisers: a bake sale for the Volunteer Appreciation social in April and the Woodcarvers show in June; a raffle for the Burger Bash in June; a bake sale and raffle for the Quilt Show in July and in December for the Holiday Social.

To our great bakers, the Volunteer Appreciation will take place April 15th. Please be thinking of what you would like to bake (cookies and breads) to start off the year with our first fundraiser. We realize the increased cost of baking, especially for eggs. Any little bit that you can contribute will be a help and we deeply appreciate your efforts.

We are also doing Applebee's dine-in donation May 15th. When you dine in on that date, and show the flyer for the organization, they donate 15% to \$UM\$. A flyer will be emailed to you and is included in this newsletter to show your server when you order. Please share with your friends and neighbors. You can also order online with a code.

We continue to update the \$UM\$ Bylaws and may be coming to you for another vote. Thanks again for all your continued support.

-Your \$UM\$ Officers

Bremerton Senior Center Clothes Exchange Day Wed., April 2nd 10 am-1 pm

It's time for Spring cleaning and exchanging what doesn't fit anymore for something that does.

Join in on the fun three-ways:

Between 9:30 to 10:00 am you can drop off donated clothes and receive tickets to exchange for clothes from 10:00 am to 1:00 pm

OR

You can bring up to 7 items after 10:00 am for exchange.

OR

Without an exchange, each piece will be \$1. All proceeds will go to \$UM\$, our non-profit.

If you have a favorite Charity or a friend in need please feel free to come by at 1:15 to 1:30 and grab what is needed.

Clothes must be clean and in good condition.

No underwear, shoes, or accessories.



DONATIONS TO THE SENIOR CENTER

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

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

LIONS 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.

POOL TOURNAMENTS RETURN!

8 BALL, 1ST THURS., 10:30 AM

APRIL 3, MAY 1, JUNE 5

9 BALL, 3RD WED. 10:30 AM

APRIL 16, MAY 21, JUNE 18

Tournaments are just \$6 per player, including a light lunch. Winner receives a \$10 gift card and bragging rights. *Sign up no later than the day before by noon, 360-473-5357.*

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 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 @ LIONS PARK FIELD 1 10:00-12:00 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 @ LIONS PARK, 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 4/1/25 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 SAFETY AND ENJOYMENT AND THE ENJOYMENT OF OTHER MEMBERS ON EACH TRIP. MEALS ARE PAID ON YOUR OWN.

PANCAKE CHALLENGE, JUDY'S COUNTRY KITCHEN, THURS., APRIL 10TH, \$22, R1

We head to Centralia to Judy's Country Kitchen for this pancake challenge. After pancakes, we will stop to browse some antique shops. **Meal on your own.**

LILAC FESTIVAL AT HULDA KLAGER'S LILAC GARDEN, AND LUNCH AT RAMBLING JACK'S RIB-EYE WED., APRIL 23RD, \$45, R2

Each year in the Spring, the historic Hulda Klager Lilac Gardens in Woodland, WA hosts Lilac Days to celebrate the beauty of lilacs in bloom. Don't miss your chance to see this spectacular garden! **Meal on your own.**

ROAM WOLF/DOG SANCTUARY, SUZAN'S GRILL THUR., MAY 1ST, \$87, R2

Roam in the Spirit of the Wolf with your Center friends on this unforgettable, once in a lifetime tour of a local wolf/dog sanctuary. Our private guided walking tour includes education on the wolf/dog breed in their natural habitat and the chance to meet their friendly, furry, loving ambassadors. **Meal on your own.**

APPLEBEE'S SR CENTER FUNDRAISER

APPLEBEE'S DINING IN DONATION- SILVERDALE THUR., MAY 15TH, NO CHARGE RIDES., R1

In a continuing effort to support worthy neighborhood causes, Applebee's invites you to participate in their Dining to Donate Fundraiser. **MEAL ON YOUR OWN. 15% of Applebee's proceeds from 11 am to close goes to \$UM\$ on this day.**

Share the fliers included in this ACTIVE US with your friends and family! Sign up to go on one of our vans or go on your own.

Present the donation flyer included in this newsletter so the Sr. Center (\$UM\$) receives the donation.

FLOWER WORLD & LUNCH AT MALTBY CAFE THUR., MAY 22ND, \$44, R2

Flower World is 200 acres of Nursery heaven! They also now have a produce Market on site so you can take goodies both flowering and tasty home with you. After our visit enjoy lunch at the Maltby Cafe before heading home. **Meal on your own.**

GREASE AT TACOMA PLAYHOUSE & DINNER AT MOCTEZUMA'S MEXICAN RESTAURANT FRI., MAY 30TH, \$57, R1

Grease is the word! Summer Lovin' in the 50's, what can be better? Enjoy Sandy fall in love with Danny; the Pink Ladies flirt with the Thunderbirds; dance at the sock hop; and all to great music. **Meal on your own.**

SENIOR DAY AT TACOMA RAINIERS TUES., JUNE 3RD, \$69, R2

Mix and Mingle on the Rainiers' Party Patio while we 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.**

THURSTON & MASON COUNTY QUILT SHOP HOP TUES. JUNE 10TH, \$26, R1

Quilters, we head south to Nisqually to visit GeeGee's Quilts and Shiplap Quilts. We'll stop for lunch at Martin Way Diner in Lacey and then on to Annie's Quilts in Shelton before heading home. **Meal on your own.**

TO MARKET TO MARKET: FEDERAL WAY VALLEY HARVEST MARKET & MARLENE'S MARKET & DELI THUR. JUNE 26TH, \$22, R1

We start at Valley Harvest with fresh produce, European Deli, Mexican Bakery, Asian foods and more. Then off to Marlene's Natural Foods and Deli in Federal Way featuring 2 stories of green, organic, and sustainably-produced foods, supplements, beauty care, and household products. **Meal on your own at the Deli.**

Volunteer Appreciation Social



**Tues., April 15th,
12:00-2:00 pm**



**Invitations will be sent to
Volunteers
Guest Ticket \$8.00**

**Help us celebrate Volunteer
Appreciation month! If it
weren't for our amazing
volunteers the Center
wouldn't be so fabulous!
Join us to celebrate the
many wonderful volunteers
that make the Center such
a special place to be!**

Burger Bash



**Tues., June 17th,
12:00-1:30 pm
\$8.00 pp**



**It's time for our annual get
ready for summer "cook
out"! Our Burger Master
will be grilling so we can
enjoy great burgers and
accompanying picnic fare!**

**Purchase social tickets
in advance!**

Free Community Event Taking Charge

**Scams and more:
How to avoid
becoming a victim.
Tuesday, May 13th
12:00-1:30 pm**

**Join Bremerton Detectives
Mitchell Chapman and
Brandon Smith to educate
us about:**

**Your contact information;
the dark web; common
scams and what to do
about them; the perils of
writing checks; wire fraud
and questions about cell
phones.**

**Light lunch will be served.
Call to make reservations,
360-473-5357**

CRAFTERNOON, BINGO

Crafternoon with us Rock Painting!



**Tues., April, 29th
12:15-2:45 pm, \$8**



Painted rocks are fun in the garden, to leave for someone to find or to decorate your house. Think you can't paint? Oh yes you can! Come and paint with us. Bring rocks you like or use ours.

**Come and play! Sign up today!
Register by April 25th for this fun class!
360-473-5357**



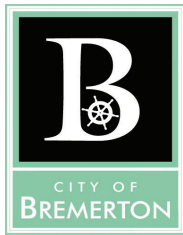
White Elephant



**Tues., April 8th, May 20th
Wed., April 30th, May 7th, June 4th and 25th
All days - 1:00-2:30 pm**

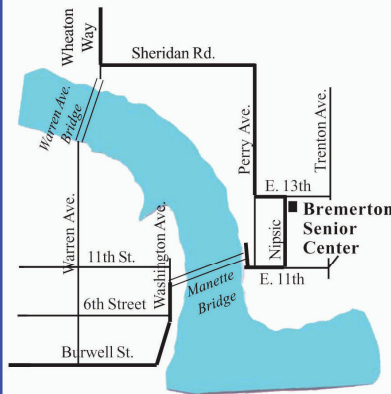
Bring a wrapped White Elephant gift, worth between \$5-\$10, old or new. Each person can play 2 cards. At the end of each game the winner chooses a gift. Each consecutive winner will have the option of choosing a new gift or stealing a gift from another player.

Call to reserve your spot, 360-473-5357



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 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.