



Bremerton Senior Center

Active Us Newsletter

July-Sept., 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: Vacant
Tuesday & Thursday: Mac Whittlesey
Wednesday: Marie Erickson
Friday: Al Butler
Volunteer Coordinator: Matt Klous

CENTER HOLIDAYS

We are closed on the following dates:

Friday, July 4th
Independence Day
Monday, Sept. 1st
Labor Day

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Volunteer of the Quarter- Susie McNeal



Susie decorates the Center for the changing seasons; donates the silverware and table cloths for socials; helps with our newsletter mailing and even set up a cabana in the parking lot and sold baked goods for us. She is simply a treasure! Thanks Susie!

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 & LISA'S LINER NOTES

Hello \$UM\$ Members:

Welcome to Summer and a host of fun activities, but first a big shout out to all the volunteer bakers that are making this year such a great success. Our bakers so far this year include Frances Mildenstein, Susie McNeal, Caroline Yoneda, Cynthia Cook, Carol Branscum, Jan Bogle, Sandy Hartman, Vicki Lafser, Pam Scripture, Elly Kennicott, Paula Heisel, Marie Erickson, Kathleen Solas, Keira Lovinson, Mary-Ann Miller, Dolores Bennett, Carol VanBrandt, Cathy Vlastellica, Naomi Saul, Pat Hibbs, Susan Gallagher, Jeanne Ladely, Matt Klous, Jeanne Rupp, Brian Smith, Davie J. Blount, Babe Hoffman, Marcy Caulfield, Becky Welch and Darlene Herrmann. A huge thank you goes out to you all! Our April bake sale brought in over \$600.00! Also, a grateful shout out to Susie McNeal who set up a table outside on Friday after our Spring bake sale and continued to sell your goods to members and park patrons. At the time of this printing we do not have the results of the Burger Bash Raffle or the Bake Sale at the Woodcarvers show in June.

\$UM\$ balance currently is \$13,013.09. We are looking forward to buying necessary items for the Center. Please let us know if there is a need.

For upcoming fundraisers we are looking at: The August Senior Center Quilt show and Raffle and our Winter Holiday Social with a Bake Sale, and Raffle. We appreciate all groups and members who contribute to the Bake Sales and donate raffle baskets and items for the Quilt Show silent Auction. You are the best!

We have had requests to bring back the Senior Craft Fair. If you would like to help or participate, leave your name and phone number at the front desk at the Center and \$UM\$ will reach out to you.

The special dining event at Applebee's in May seems to be a success. No final amount is available at this time. Thanks to all our Center members and friends/family for coming out to support the Center. You are appreciated.

We have changed \$UM\$ Bylaws which you can find posted in the \$UM\$ bulletin board in the main room if you would like to read them. The changes streamline the election of officers and add Ex Officio members to the board.

A big thank you to Rob Joseph and Marcy Caulfield for assisting in the annual \$UM\$ audit. Also, to Matt Klous for all he is doing as our Volunteer Coordinator.

Again, thanks for your continued support and commitment to SUMS. - Your \$UM\$ Officers

Lisa's Liner Notes -

I want to extend a special thanks to some non-members who provided overwhelming support to the Senior Center recently. Our new flagpole is in it's new location on the south side of the building by the Rose Garden. A huge thank you to community volunteers Mick Hersey, Gene Cartwright and Rick Bell along with our Parks and Rec. staff, for preparing the site and raising the pole. I had a great time watching the pole get raised and placed at its new location, that was a sight to see!

Mick has also redesigned our brick pathway by the rose garden and extended it to the flag pole. He used his contacts to get us new flags, including a retired Ship's Flag to fly for special occasions. The new Flagpole was purchased by Parks and Recreation. If you haven't seen it yet, do walk to the back of the building and check it out.

You may also have noticed that we now have summer flower baskets at the front of the building. We love them and extend our thanks to our Parks staff for putting them up for us. Finally, you may have noticed we don't have a Monday Volunteer. If you are interested in helping in the office, let us know. - Lisa, Center Director

DONATIONS TO THE SENIOR CENTER

We always welcome donations of coffee, decaf, napkins, sugar, single serving liquid creamers and wrapped candy. If you are Interested in other donation opportunities check with us in the office. If you are considering a monetary donation please speak with Lisa. Thank you! Your support is always appreciated.

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.

NEW NAME- ARTISTS AMONG US

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.

RUMMIKUB AND SCRABBLE

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, knitting and crochet 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

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

JULY 3, AUG. 7, SEPT. 4

9 BALL, 3RD WED. 10:30 AM

JULY 16, AUG. 20, SEPT. 17

Congratulations to our Spring Tournament Winners! 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. It involves slow, gentle, meditative movements and state of mind. Focus is on proper breathing and 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 ARISTS AMONG US 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 7/1/25 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.

PANCAKE CHALLENGE, PANCAKE CHEF

WED., JULY 9TH, \$23, R1

We head to South Seattle to Seatac on our continuing quest for the best Pancakes in the NW. Open since 1959, they MUST be doing something right! **Meal on your own.**

LAVENDER FARMS IN SEQUIM

THURS., JULY 17TH, \$29, R2

Visit Sequim and get a jump on the lavender festival crowds. We'll visit several farms in the area, find a place to picnic and enjoy the day. **Bring a sack lunch to picnic.**

SHOPPING GIG HARBOR

WED., JULY 23RD, \$19, R1

We start at the Uptown shopping mall. Shop and eat where you want. After Uptown we will head downtown to the quaint shops along the water for more shopping. **Meal on your own.**

NORDIC MUSEUM BALLARD

WED., JULY 30TH, \$49, R2

Join our curated tour of this beautiful museum in Ballard including Nordic pastries and coffee along with a 10% discount in the Museum Store. We even get to see a real troll! Lunch at Hattie's Hat in Ballard. **Meal on your own.**

THE POINT CASINO

WED., AUG. 6TH, \$15, R1

Game to your hearts delight at this Kitsap favorite. Enjoy lunch or breakfast at Kloomachin Kitchen, Point Julia Cafe, or the Pizza Pit Stop. **Meal on your own.**

SHOE IN TREK, FIND THE TROLL, W. SEATTLE AND HUSKIES DELI FOR ICE CREAM

THUR., AUG. 14TH, \$35, R3

There are Trolls in the great NW! Let's see if we can find one in West Seattle! Bring a sack lunch and after we find the troll we'll get ice cream! **This is a trek, more than a walk. See trip ratings on the back of this Active US.**

BINGO LUNCH CRUISE ON LAKE UNION

TUES., AUG. 19TH, \$130, R2

Not only will we be cruising Scenic Lake Union for 2 hours, we get a yummy boxed lunch while playing BINGO for prizes! Hopefully some of us will be winners too! How much fun can we pack into one day? **Lunch is included for this trip.**

PUYALLUP FAIR

MON., SEPT. 8TH, VETERANS FREE, NON-VETS, \$39, R2

We take a rare Monday trip today as Veterans get in free to the Fair this day! \$UM\$ would like to thank our veterans for their service and is paying the trip price for our vets. **Veterans make sure to bring your ID. Meal on your own.**

STANLEY AND SEAFORTS

THUR., SEPT. 18TH, \$17, R1

Join us for an early dinner at this Tacoma staple. With panoramic views of downtown Tacoma and Commencement Bay and a great menu, Stanley and Seaforts is a local favorite for a night out. **Meal on your own.**

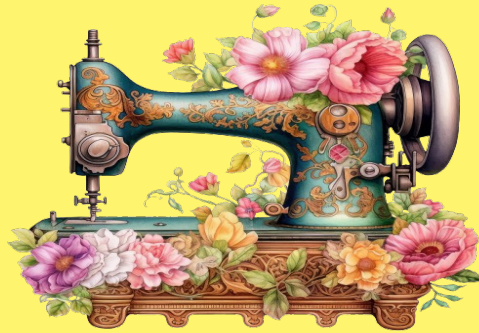
SHOE IN TREK, THE DUNGENESS SPIT

THUR., SEPT. 25TH, \$29, R3

Sequim is home to the longest natural sand spit in North America. The spit, just north of Sequim, boasts breathtaking views, rich maritime history and an abundance of wildlife. There is a .5 mile trail through a wooded area and then you arrive at the head of the spit with a hill down to the beach. We will enjoy time at the beach for exploring but will not be walking the full spit. We will likely stop for ice cream after the spit. **Please wear appropriate shoes, bring water and your sack lunch from home. If you have a WA. State park permit, please bring that on the trip. This is a trek, more than a walk. See trip ratings on the back of this Active US.**



Bremerton Senior Center Quilters Present:



3rd ANNUAL QUILT SHOW AND BAKE SALE

**Fri., Aug. 1st & Sat., Aug. 2nd
10:00 am-4:00 pm**

1140 Nipsic Ave. Bremerton, 98310

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



**Bremerton Senior Center is a division of
City of Bremerton Parks and Recreation.**

For info: 360-473-5357

Sept. Social and White Elephant BINGO

September Social



Fair Fun!

Tues., Sept. 23rd

12:00-2:00 pm

Tickets \$8.00

Celebrate Summer with
your Center friends!



Join us for a fun summer
bash with great food AND a
whole lot of fun - Fair style!

Dave and Rosalie Secord
of Port Angeles will
be providing musical
entertainment. **Bring your
pocketbook as they are
playing for tips!**

Call to purchase tickets
over the phone or stop by
the Center.
360-473-5357



White



Elephant

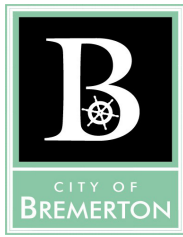


Tuesdays: July 8th &
22nd, Aug. 5th &
Sept. 16th

Wednesday: Sept. 3rd
1:00-2:30 pm

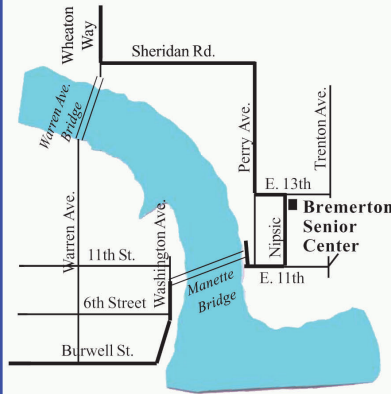
Bring a wrapped White
Elephant gift, worth
between \$5-\$10, old or
new. Each person can play
2 cards. At the end of each
game the winner chooses
a gift. Each consecutive
winner will have the option
of choosing a new gift or
stealing a gift from another
player.

Call to reserve your spot,
360-473-5357



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 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.