2015 Memberships are due...re-new your current membership today. Keeping current on your dues will ensure that you continue to receive this newsletter at your door step! Highlights of your Senior Center Membership: newsletter direct mailed, 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, as well as, trips and tours, fitness, educational, enrichment and dance classes. The Bremerton Senior Center is also home to many entertainment groups, such as: Sunshine Singers, Spectapulars, Center Line Dancers and more. Rates are on page 3.

**COUPLES MEMBERSHIP** is for two people, at least one needs to be 55 or better, who reside at the same address. We have resident and non-resident rates. Rates are on page 3.

**SINGLES MEMBERSHIPS** are for single city and non-city residents. Rates are on page 3.

**ASSOCIATE MEMBERSHIPS** are for those individuals not yet 55 but who still would like to participate in the programs, trips and classes offered at the Center. This is a great membership for sons and daughters of members or active adults who participate at the Bremerton Senior Center. Rates are on page 3.

The “Active Us” is THE place to get your information for the Bremerton Senior Center.
$UMS$

Seniors Uncover Money Solutions

$UM$ is you - all members of the Senior Center activities. We are dedicated to raising funds that can be used to make the Center a more enjoyable place for all of us.

$UM$ Officers:
President: Pat Ward
Vice President: Marlys Price
Treasurer: Al Butler
Secretary: Audrey O'Leary

THINGS TO KNOW

The Bremerton Senior Center is open to all people ages 55 and better. The annual user fees are listed on page 3 & the back cover. The Bremerton Senior Center is a division of the City of Bremerton Parks & Recreation Department. The Active Us is published five times a year.

Mission Statement:
The Bremerton Senior center is committed to enriching senior lives in Bremerton by providing lifelong learning and recreational opportunities.

$SUM$ CORNER

Oh me, oh my, I always wonder why time has to fly by so quickly when we are having fun. January 2015 already? Hope everyone had a very thankful Thanksgiving and Christmas. I certainly did. We all have so much to be thankful for all year long, family, health, kind and supportive friends and a wonderful Senior Center to go to for fun, exercise and social contact. Christmas has come and gone whether or not we thought we were ready. What does it really mean “if we are ready for Christmas”? I think it means for us to count our blessings for Christmas Day, the holiest of days, finding a little something to give those we love, family and friend gatherings and a good time to reflect on the past year. How we could have made a situation better perhaps by being a better listener to those who needed someone to listen to them or notice that someone is having a bad day and something as easy as sharing your smile in hopes of making it better. Let us all work on these suggestions and see what a difference we can make.

Our Holiday luncheon was a huge success as usual. Lots of great food, entertainment and of course our fun gift game. Holly, thank you for always making our luncheons so special. A big thank you to Paul and Cathy Vlastelica for chairing our holiday bake sale again this year, to all who took time from their busy schedule to fire up the oven and bring in such yummy baked goods to those who helped with the sale.

Just a reminder—if you plan on going on any of the trips listed in your newsletter call or come into the office and get signed up because they fill up fast. Of course, as always, if a trip is full get your name on the waiting list. Holly has done another super job if you haven’t already!! Are you interested in Dominos? If so, we now have a group playing and I am sure that they could find room for a few more.

Happy Trails
Marlys Price, VP $UMS
Talking with a good friend is the best therapy there is.

CO-ED REC MODIFIED SOFTBALL

FALL/WINTER SEASON @ OSSC
TUESDAYS AND FRIDAYS 10 AM-12 PM

Enjoy the great game of softball played by men and women. The emphasis is on having fun through friendly competition, exercising and to develop individual hitting and fielding skills in a positive, team setting. Previous experience is recommended. Modified Softball is played indoors during the fall/winter at Olympic Indoor Soccer Center. (Ages 55 and up, senior center membership is required.)

DROP-IN WATERCOLORS/SKETCHING
TUESDAYS, 12:30-2:30 PM

This drop-in group will meet on a weekly basis with volunteer, Roberta Grifflis as your guide. Use what you have from home and bring in your own work to complete or receive guidance on current watercolor projects, start a new watercolor project using different stills, no set course will be followed, so will be no supply fee nor course materials provided. Some sharing of supplies may be available. This informal group will meet as long as the volunteer guide’s schedule permits.

FOOTCARE

1ST TUESDAYS & 4TH WEDNESDAYS, BY APPT.
Michelle Gambert provides this affordable service. It’s a pedicure without the polish! Call her for prices and to schedule your appointment at (360) 871-5726.

CRIBBAGE
WEDNESDAYS, 10 AM

This classic game has been around since the 17th century. Great card game for 2-4 players.

WOODCARVERS
WEDNESDAYS, 12:30-2:30 PM

Design your own project, get some advice or just have interesting conversations while whittling away on your own special creations. Newcomers are always welcome!

1-ON-1 COMPUTER TUTORING

Learning is temporarily suspended until further notice. Thank you and sorry for any inconvenience.

POOL TOURNAMENTS

9-BALL-3RD WEDNESDAYS - JAN 21 & FEB 18, MAR 18, APR 15

9-BALL IS SPONSORED BY:
Forest Ridge

TAKING CHARGE SERIES~
GREEN CLEANING WORKSHOP

TUESDAY, JANUARY 27TH, 11:30 AM
Kitsap County Public Works will teach us the benefits of using green cleaning products to increase your homes air quality and reduce the toxic chemicals going down the drain into the water system. Please RSVP as space is limited as well as the cleaning kits.

UTC - REGULATIONS & ASSISTANCE

TUESDAY, FEBRUARY 24TH, 11:30 AM

Presented by the Utilities and Transportation Commission (UTC). Learn how they can help you with issues such as billing disputes, customer service issues, disconnection threats and much more. They are a valuable resource for customers with nowhere else to turn. Make sure you sign up in advance.

QUILTING CLASS
THURSDAYS, 9:30 AM-2:30 PM

Novice or experienced quilters, come on and all!! Bring your quilting supplies, get new ideas and visit with other quilters. The group occasionally offers classes on techniques and styles.

PINOCHE
THURSDAYS, 12:30-2:30 PM

Pinocle is a trick-taking game typically for two to four players and played with a 48 card deck. Players score points by trick-taking and also by forming combinations of cards into melds. Each hand is played in three phases: bidding, melds, and tricks.
**GAMES**

**Pool:** Monday-Friday, 8 AM-3 PM  
**Ping Pong:** Tuesdays & Thursdays, 8-10:30 AM  
**Mah Jong:** Tuesdays & Fridays, 9 AM-2 PM  
**Cribbage:** Wednesdays, 10 AM  
**Canasta:** Wednesdays, 9 AM  
**Bridge:** Mon & Thurs, 9 AM  
**Rummikub:** Thursdays, 10 AM-12 PM  
**Pinochle:** Thursdays, 12:30-2:30 PM  
**Dominoes:** Fridays, 10 AM-1 PM

**COMPUTER LAB**

**DAILY, 8 AM-2:45 PM**  
Flat screens, one touch screen, new hard-drives and high speed wireless internet in a quiet room, what more could you ask for? If you just want to surf the web, check your e-mail or refresh your computer skills, come on down and see what's new!

**POOL**

**DAILY, 8 AM - 3 PM**  
Four tables are available daily to play on. Whether you come in just for the monthly tournaments or to see if you got game - you're sure to have fun!

**SUNSHINE SINGERS**

**MONDAYS, 10:30 AM-12:30 PM**  
Tea for two and two for tea - that's me and you and lots of friends makes we...come be part of this group and make beautiful music and friendships. The Singers perform all around Kitsap County, delighting audiences everywhere they go!

**BREMERTON ART GUILD**

**MONDAYS, 10 AM-1 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? Join the members of the Bremerton Art Guild, bring your projects and enjoy.

**SENIOR OPEN ICE SKATE**

**MONDAYS & WEDNESDAYS, 11 AM - 12 PM**  
Always wanted to learn to ice skate? Come to the Center to pick up your weekly passes to skate at the Bremerton Ice Arena. Skates are available to rent for $2.50. This is a free program, however, Senior Center membership is required.

**DAILY ACTIVITIES**

**AARP SAFE DRIVING PROGRAM**

**MONDAYS & TUESDAYS, 9 AM-1 PM**  
**FEBRUARY 23-24, APRIL 20-21 & JUNE 22-23**  
Need a quick review on your driving skills and/ or want to save money on your insurance? AARP provides instruction for you. Attendance on both days is required to receive credit. Call (360) 473-5357 to register. Supply fee paid to instructor at first class.  

**CENTER LINE DANCERS**

**MONDAYS - BEG 12:30-1:45 PM/ INT 1:45-3 PM**  
**WEDNESDAYS - BEG 10:15 AM/ INT 11:30 AM**  
Bring your cowboy boots and have a stompin’ good time. Fun routines are learned and practiced with great camaraderie. The dancers also perform at various venues throughout the county.

**BRIDGE**

**MONDAYS & THURSDAYS, 9 AM**  
Beginners to experienced Bridge players are welcome to play with this fun group.

**BADMINTON**

**TUESDAYS & THURSDAYS, 8 AM**  
Come on down to Sheridan Park gym and have a great time batting at birdies (equipment is provided).

**CRAFT CLUB WITH SALLY**

**TUESDAYS, 9 AM-NOON (A.K.A. CRITTERS)**  
Are you repairing an old friend or creating a new one? From re-stuffing critters to making curtains, Sally and her team of extreme makeovers artists can help you work on any project.

**SR WOMEN’S INDOOR SOCCER**

**TUESDAYS, 10-11 AM**  
This program is held at the Olympic Soccer and Sports Center located at Pendergast Regional Park. This is a free program, however, Senior Center membership is required.

**MEMBERSHIP RENEWAL**

Renew your 2015 Membership today! Dues run for the calendar year (January-December). Renewal rates are listed below.

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<tr>
<th>RESIDENTS</th>
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**January 27th - Green Cleaning**  
**February 24th - UTC**  
**Regulations & Assistance**  
**11:30 AM, FREE**  
**Main Room - Senior Center**

**MEAL ON WHEELS KITSAP - LUNCHES**

**FEBRUARY 6TH & 13TH, 11:30 AM**  
**PANCAKE BREAKFAST**  
Breakfast for lunch - yum, yum! Pancakes, bacon, sausage, fruit and muffins make for a tasty luncheon! Extended travel presentation plus all the happenings for 2015! Don’t miss this one. Cost is $5 pp.

**FEBRUARY 10TH, 11:30 AM**  
**VIP LUNCHEON**  
Bring your Valentine for this annual luncheon. An Italian meal along with a wonderful dessert will be served, as well as, entertainment. Cost is $55 pp.

**~DONATIONS~**

Thanks to those who have already donated the items below to the Senior Center. We are still accepting the following donations.

Thank you in advance for your generosity!

**Regular coffee in 3# can**  
De-Caf coffee in 3# can  
10 oz Foam hot/cold cups

Individually wrapped candy  
Individual creamers - (flavored and regular)

**SPECIALS**

Our luncheons are a great way to meet people, enjoy a delicious meal and have a good time!

Starting in January, bring a guest, who’s a non-member to the luncheon and when they join the Senior Center, you’ll receive a special thank you gift!

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**LUNCHEONS**

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GENERAL TRAVEL INFORMATION

TRIPS & TOURS

FULL TRIPS: If a trip is full, please place your name on the waiting list. Often reservations are canceled and we are able to fill the empty spots from the waiting lists.

REGISTRATION PROCESS: Registration for each trip begins when they are published in either the bi-monthly newsletter or the 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.

REFUNDS: The Bremerton Senior Center reserves the right to cancel any tour that does not fill or reach it’s minimum to working days before the travel date. In that event, you can either leave a balance on your account or request a refund which can take 2-4 weeks to process. Refunds will not be given to any trip $20 or less that you need to cancel. Cancellations for day trips are given only if a replacement to fill your spot is found. Cancellations for extended trips vary.

PARKING: Please contact the Senior Center office regarding the parking policy.

BSC REPRESENTATIVE: A staff member accompanies tours and will try to ensure that the tour runs as close to schedule as possible, that you are as comfortable as possible and handle any problems that may arise. All participants must have a current emergency medical waiver form on file prior to traveling.

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. This is a great help to our drivers and we appreciate your willingness to lend a hand.

MOBILITY OF OUR PARTICIPANTS: Each trip has an R rating. The higher the rating, the more walking and standing you will need to do. Please check the rating and know your limits prior to signing up. Since we rely on two 15-passenger vans to travel, be courteous to other passengers. If you require extra time to load and unload please be sure to be the last to load and unload. If you require a special seat to be seated in please make arrangements prior to loading the van and we will attempt to accommodate you. Also, there are no restroom facilities on either van.

ON-GOING PROGRAMS

WELLNESS

COFFEE TALK with EDWARD JONES
First Thursdays: JAN 8, FEB 5, MAR 5
1:30PM-2:30PM, FREE-NEW TIME!!
Receive free financial updates and/or education from #1 Rated Financial Advisor for Bremerton, Teresa Bryant of Edward Jones. This is a great opportunity to receive good financial information, especially now when you may have so many questions and no one to ask. Teresa is a great resource and the topics will vary monthly as per requests. (This will be in the form of group discussions, no individual advice will be given during this hour.)

AEROBICS-ALIVE AND KICKING!
MONDAYS & WEDNESDAYS, 9 AM
Get your heart pumping and your sweat dripping in this moderate paced fitness class. Class utilizes weights, resistance bands and other strength training techniques and can be fast-paced at times. Participants need to be able to exercise at a consistent level for 5-10 minutes at a time. Punchcard (10 classes for $20) or $2.50 drop-in fee per class. Min. of 5 to hold class.

TAI CHI
TUESDAYS-JAN 6-FEB 10, FEB 17-MAR 24
11:30 AM-12:30 PM, COST $30
Tai Chi Chuan, a Chinese martial art noted for its slow, smooth movements, has been proven to improve balance and increase flexibility. This class features Sun and Yang Styles. This class is accessible for all levels of fitness and taught by Sandy Carlson.

JAZZ/EXERCISE CLASS
MONDAYS, 2-3 PM
SESSIONS: JAN 5-FEB 23, MAR 2-APR 6
A great class for stretching, toning and learning very basic jazz moves. All fitness levels are welcome in this class taught by Bryan. Cost for 60 min classes: $36/6 wk or $30/5 wk session. Min. of 5 participants to run class. No class 1/19 & 2/16.

TAP DANCE
TAP I - TUESDAYS, 10-11 AM
SESSIONS: JAN 6-FEB 10, FEB 17-MAR 24
TAP is a wonderful, low-impact aerobic exercise that also increases balance and helps work on your memory. Tap I is for those with Intermediate/Advanced experience. Class is taught by Gary. Cost for 60 min classes: $36/6 weeks. Min. of 5.

BILateral /WELLNESS/ON-GOING

TRIPS & TOURS

JANUARY

BILL & MELINDA GATES FOUNDATION TOUR & LUNCH
TUESDAY, JANUARY 13TH - COST $69, R1
What does it take to change the world? How can each of us make a difference? The Bill & Melinda Gates Foundation Visitor Center takes visitors of all ages on an interactive journey that brings to life the connections we share with others across the globe. On our 60-minute guided tour, we will explore inventions like a life-saving mosquito net, an ingenious personal water filter, and a storage device that can keep vaccines cool for 30 days or more. Learn about the unprecedented effort to eradicate polio in our lifetime. Immerse yourself in debates about education, health and poverty – and decide your own priorities. Tell the world what your foundation would do. This trip includes transportation, tour and lunch at the wonderful Palisades in Magnolia.

TAÇOMA GLASSBLOWING STUDIO & LUNCH
THURSDAY, JANUARY 29TH - COST $69, R1
A visit to Tacoma Glassblowing Studio will make this trip a must-do! The glassblowers will assist each trip goer individually - picking a shape, pattern, and colors. After the picking process, everyone will have 30 minute, one-on-one time with an experienced glassblower who will be helping them make their piece. Three stations will be set up so three will be making their piece at the same time with different glassblowers. Once, everyone has completed their projects, we will be walking to the Harmon Brewery for a late lunch (on your own). Transportation and glassblowing experience is included in this trip.

TRIP RATINGS:
R1: Board & depart Bus/Van and walk 2-3 blocks without stopping to rest. Must be able to stand 15 to 30 minutes.
R2: Board & depart bus/van and walk 4-5 blocks without stopping to rest. Must be able to stand 30 to 45 minutes and handle limited stairs. Should be able to walk a mile in under 30 min.

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**APRIL**

**FIRE TRAINING ACADEMY & LUNCH**
**THURSDAY, APRIL 23RD - COST $16, R2**

Today, we will tour the Washington State Fire Training Academy (FTA), located near North Bend, which serves local communities, state agencies, and industry by providing live fire training to fire and emergency response personnel, both public and private. They also develop, provide and support local public education programs aimed at educating the public about fire prevention and general safety; train Washington State’s fire service, in the field and at the State Fire Training Academy; and certify fire service members in meeting national standards and skills. After our tour, we’ll head to North Bend for lunch at the North Bend Bar & Grille (on your own). Transportation and tour are included.

**SPRING MYSTERY TRIP**
**THURSDAY, APRIL 30TH - COST $54, R2**

We are going on a trip to a very mysterious place! You will have fun - we are sure and you will make lots of memories! Dress comfortably for anything, wear appropriate shoes (this is an R2) and remember to come with an appetite!

**FLOWER WORLD, WIGHT’S, MOLBAKS & MALTBY CAFE**
**TUESDAY, MAY 12TH - COST $34, R2**

Let’s check out what is in bloom this spring at three of our favorite Nurseries! We will also enjoy lunch at the award-winning Maltby Cafe. Limited space on this trip so we have plenty of room for all your purchases! Lunch and transportation is included.

**MAY**

**FEBRUARY**

**BELLEVUE ARTS MUSEUM & LUNCH**
**TUESDAY, FEBRUARY 3RD - COST $24, R2**

Bellevue Arts Museum is the Pacific NW’s center for the exploration of art, craft, and design. The Museum’s mission is guided by the belief that craft and design are essential to the conversation on art and are equally trans-formative. From objects made for everyday use to cutting-edge sculpture, furniture, and jewelry, BAM celebrates the creative process, skill, and vision of today’s most talented makers. Two exhibits we will be visiting are Jason Walker: On the River, Down the Road. Jason is a NW artist, widely celebrated for his skillfully executed ceramic sculpture. Walker’s work explores the human experiences as reflected in nature. Also visit, BAM Biennial 2014: Knock on Wood. A juried exhibition occurring every two years which focuses on the work of established and emerging NW artists and craftsmen, emphasizing current and new work. Tour and transportation are included. Your lunch will be on your own at The Cheesecake Factory, Bellevue Square.

**CAPITOL TOUR & LUNCH**
**TUESDAY, FEBRUARY 17TH - COST $34, R2**

Take a tour of the State’s Legislative Building built in 1928. This is both a working governmental center and serves as the symbol of Washington’s free and democratic government. After the tour we will head to Falls Terrace for Lunch and maybe make a stop at Wagner’s Bakery for a sweet treat (on your own). Tour, transportation and lunch are included in this trip.

**NAVAL UNDERSEA MUSEUM & LUNCH**
**THURSDAY, FEBRUARY 26TH - COST $24, R2**

Tour, transportation and lunch are included in this trip. We are going on a trip to a very mysterious place! You will have fun - we are sure and you will make lots of memories! Dress comfortably for anything, wear appropriate shoes (this is an R2) and remember to come with an appetite!

**FLOWER WORLD, WIGHT’S, MOLBAKS & MALTBY CAFE**
**TUESDAY, MARCH 24TH - COST $12, R1**

Enjoy a great day at one of the newer casinos and one we haven’t been to in quite a while. High-octane casino gaming at Snoqualmie Casino has 50 classic gaming tables, 1,700 state-of-the-art slot machines, and an exclusive five-table Poker room. Plenty of excitement to go around!!! Lunch and gaming are on your own.

**BROWSE SUMNER & LUNCH**
**THURSDAY, APRIL 23RD - COST $16, R2**

 Spend the day browsing Sumner’s Main Street - a street that is full of unique shops and antique collectibles. Lunch will be on your own at any number of delicious spots. Transportation is included, shopping and lunch is on your own.

**MARCH**

**VICTORIA OVERNIGHTER**
**TUESDAY, MARCH 10TH-THURSDAY, MARCH 12TH - COST $514PP/DBL OCC, $719/SGL OCC, R2**

Ride the Victoria Clipper up to Victoria, B.C.. Once we arrive in Victoria, we will take a guided city tour then head to Buchart Gardens for two-hours. After that, we will arrive at the beautiful Fairmont Empress Hotel. Wednesday is High Tea and a visit to the Royal BC Museum. Thursday is free time and our return trip home via the Clipper. Passports or enhanced driver’s licenses are required. What’s all included in your trip:

- Roundtrip Seattle/Bremerton ferry
- Roundtrip Victoria Clipper ferry
- City bus tour & Buchart Gardens admission
- Breakfast daily at the Empress
- High Tea at the Empress
- Royal BC Museum admission
- Dinner basket Thursday evening
- Two nights accommodations at the beautiful Fairmont Empress Hotel

$514 per person/double occupancy  
$719 per person/single occupancy

Full payment is due upon registration. Limited refunds will be available so please plan accordingly. This trip is an R2 rating.

**MUCKLESHOOT CASINO**
**TUESDAY, MARCH 24TH - COST $12, R1**

Muckleshoot Casino offers something for everyone. With over 2,600 machines and poker to exciting table games like blackjack, craps, roulette and more you are sure to find something fun to play and with 7 different dining choices you are sure to find something you like to whet your appetite. Lunch is on your own, however, transportation is included.
## JANUARY CALENDAR

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<th>Monday</th>
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### RAW TEXT CONTENT EXTRACTED

- **JANUARY CALENDAR**
- **FEBRUARY CALENDAR**

### RAW TEXT END