

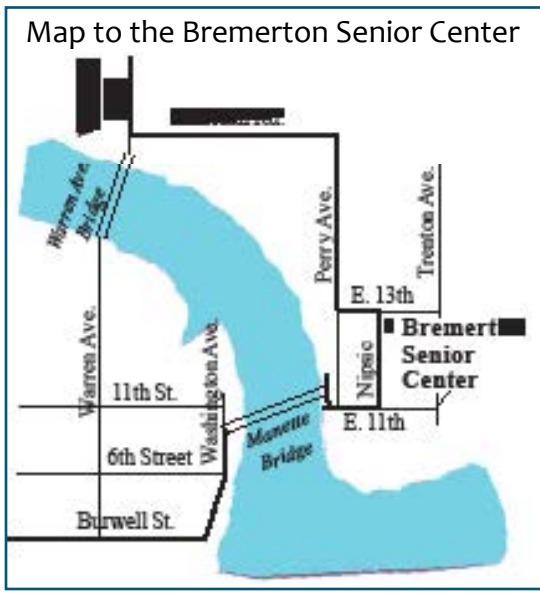
**2015 Memberships are due...**re-new your current membership today. Keeping current on your dues will ensure that you continue to receive this newsletter at your door step! Highlights of your Senior Center Membership: newsletter direct mailed, participation in over 30 activities at no additional charge 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.



**Bremerton Senior Center**  
1140 Nipsic Ave  
Bremerton, WA 98310  
[www.ci.bremerton.wa.us](http://www.ci.bremerton.wa.us)  
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# BREMERTON SENIOR CENTER

## ACTIVE US NEWSLETTER

MAY - JULY 2015



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





**BREMERTON SENIOR CENTER**  
**1140 NIPSIC AVE.**  
**BREMERTON, WA 98310**  
**(360) 473-5357**  
**www.ci.bremerton.wa.us**

**CENTER HOURS**  
**MONDAY-FRIDAY 8 AM TO 3 PM**

**STAFF**  
 Holly Peterson, Recreation Program Coordinator III  
 Mary Scott, Receptionist  
 Marlys Price, Office Assistant/Membership

**VOLUNTEER RECEPTIONISTS**  
 Monday: Gail Dupee  
 Tuesday & Thursday: Mary Whittlesey  
 Wednesday: Berti Gann  
 Friday: Al Butler

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.

**\$UM\$**  
**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

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Sunshine, beautiful sunshine. We have been so blessed with beautiful weather already this year. Some of you that are on Facebook, have posted pictures of your beautiful flowers and yards and it is so interesting to see what others are growing and what's blooming. Be sure to wear your sunscreen, sun hat and don't stay out working in your yard until you get overheated.

Our Volunteer Appreciation Luncheon was a huge success with so many attending and enjoying the wonderful food furnished by local assisted living places. Without all your volunteer hours, our center would not run as smoothly and you are so appreciated in whatever capacity that you choose to volunteer in.

SUMS hosts two luncheons that we really look forward to each year and those are the Spring Fling and the Fall Fest. The funds from both of these luncheon stay right at the center to cover projects that need to be done or that will make the center a better place for all of us. Your participation is greatly appreciated not only buying tickets and attending the luncheons, but also supporting the accompanying bake sales which also support SUMS. We look forward to all those yummy baked goods -YUM YUM!

So glad to see that many of you are taking advantage of the Taking Charge series to learn more about our aging bodies and how we can cope with conditions that go along with that process such as arthritis, balance, memory and much more.

Have you checked to see if there is room on any trips that you might wish to take? Now is a good time to look over your Active Us Newsletter and make plans for those exciting trips that Holly has lined up for all of us.

Finally, we have a nice new parking lot. It's so much safer and easier to get in and out of spaces with the angled parking.

Happy Trails,  
 Marlys Price, VP SUMS

*Creativity is born of uncertainly, be creative.*

**CO-ED REC MODIFIED SOFTBALL**  
**SPRING/SUMMER SEASON @ LIONS PARK**  
**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 Griffus 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 there 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 guides schedule permits.

**FOOTCARE**  
**1ST TUESDAYS & 4TH WEDNESDAYS, BY APPT.**  
 Michelle Gamber 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

**QUILTING CLASS**  
**THURSDAYS, 9:30 AM-2:30 PM**  
 Novice or experienced quilters, come one and all! Bring your quilting supplies, get new ideas and visit with other quilters. The group occasionally offers classes on techniques and styles.

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**8 BALL-1<sup>ST</sup> THURSDAYS - MAY 7 & JUNE 4**

**9 BALL-3<sup>RD</sup> WEDNESDAYS - MAY 20 & JUNE 17**

**9-BALL IS SPONSORED BY:**

BREMERTON HEALTH & REHAB  
 360-377-3951

Tournaments are just \$3 per player and include a delicious lunch and prize to the winner! **King/ Queen of the hill is played daily for \$3.**

**TAKING CHARGE SERIES~**  
**MEMORY SCREENING AND LOSS**  
**TUESDAY, MAY 26TH, 11:30 AM**  
 Presented by Graham and Graham - Is memory loss normal? What do you look for and how do you manage and cope with it?

**BALANCE, DIZZINESS & VERTIGO**  
**TUESDAY, JUNE 30TH, 11:30 AM**  
 Are you concerned about falls? If so, you are not alone. Among those over 65, falls are one of the leading dangers that can lead to broken bones, hospitalizations and even fatalities. Some signs and symptoms may be dizziness, vertigo and poor balance. We will discuss what to look for as well as how to prevent some of these contributing factors to falls.

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:** Mondays & Thursdays, 9 AM  
**Rummikub:** Thursdays, 10 AM-12 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.

AARP SAFE DRIVING PROGRAM

**MONDAYS & TUESDAYS, 9 AM-1 PM**  
**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. Class min. 5, max. 12.

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 makeover 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.

RESIDENTS	NON-RESIDENTS
Single.....\$13/yr	Single.....\$26/yr
Couples.....\$20/yr	Couples.....\$40/yr
Associate.....\$19/yr	Associate.....\$38/yr

TAKING CHARGE SERIES

A series of topics designed with you in mind. Each month will focus on a different topic - fitness, nutrition, aging, financial and more. Each month is sponsored by a different business/provider and a light lunch/snack will be served. Reserve your seat today as these workshops fill up quickly.

**May 26-Memory Screening & Loss**  
**June 30-Balance, Dizziness & Vertigo**  
**11:30 AM, FREE**  
**Main Room - Senior Center**

MEAL ON WHEELS KITSAP - LUNCHES

**Thursdays @ Noon, \$3**  
Nutritious and delicious lunches plus a great way to meet other seniors. Reservations are requested, call 360-377-8511 by 2 PM the previous day.

~DONATIONS~

We are still accepting the following donations.  
Thank you 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)**

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SOCIALS/ LUNCHEONS

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

**MAY 5, 11:30 AM SPRING FLING FUNDRAISER**  
Annual \$UM\$ Fundraiser-which benefits the Senior Center directly! Fabulous Mexican meal, dessert and Center entertainment, such as: the Center Line Dancers, Sunshine Singers and more. All proceeds benefit your senior center. Cost is \$5pp and tickets are limited to 90.

**JUNE 2, 11:30 AM BURGER BASH**  
Celebrate summer a little early with a burger bash! Burgers, beans, potato salad, chips and dessert!! Cost: \$5pp.

**JUNE 1-3, 9 AM-2 PM SUMMER BAKE SALE**  
Brownies, cookies, lemon bars and more will be available during our annual Summer Bake Sale. Donations are accepted now until Friday, May 29th. All proceeds benefit your Senior Center and it’s projects.

**AUGUST 4, 11:30 AM ICE CREAM SOCIAL**  
Who likes Ice Cream? I know we do!! Let’s have a fun Ice Cream social with different toppings, different flavors of ice cream, whipped cream and entertainment! What a great way to celebrate a great dessert - ICE CREAM!! Cost: \$5pp.



GENERAL TRAVEL INFORMATION

**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 10 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 be required 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.

MAY

PHANTOM OF THE OPERA & DINNER ON OWN  
THURSDAY, MAY 7TH - COST \$104, R2

Following an acclaimed sold-out tour of the United Kingdom, Cameron Mackintosh's spectacular new production of Andrew Lloyd Webber's phenomenal musical success, THE PHANTOM OF THE OPERA, will come to Seattle as part of a brand new North American Tour. Critics are raving that this breathtaking production is "bigger and better than ever before." This PHANTOM features a brilliant new scenic design, award-winning original costume design, lighting design by a Tony Award®-winner, new choreography, and a new staging director. The production boasts many exciting special effects including the show's legendary chandelier. The beloved story and thrilling score—with songs like "Music of the Night," "All I Ask Of You," and "Masquerade"—will be performed by a cast and orchestra of 52, making this PHANTOM one of the largest productions now on tour. Performance, and round-trip transportation are included, dinner is on your own at the Old Spaghetti Factory following the production.

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 are included.

SNOQUALMIE CASINO  
THURSDAY, MAY 28TH - COST \$16, 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.

WELLNESS

TAKING CHARGE SERIES

A series of topics designed with you in mind! Each month will focus on a different topic - fitness, nutrition, aging, financial and more. Each month is sponsored by a different business/provider and a light lunch/snack will be served. Reserve your seat today as we anticipate these workshops filling up quickly.

May 26 @ 11:30 AM -  
Memory Screening & Loss  
June 30 @ 11:30 AM -  
Balance, Dizziness & Vertigo

Our Fitness and Dance classes are designed for seniors as well as adults who wish a not-so-fast pace!

TAP DANCE

TAP II - TUESDAYS, 10-11 AM

**SESSIONS: MAY 12- JUNE 16 & JUNE 23-JULY 28**  
Tap is a wonderful, low-impact aerobic exercise that also increases balance and helps work on your memory. Tap II is for those with Intermediate/Advanced experience. Class is taught by Gary. Cost for 60 min classes: \$36/6 weeks. Min. of 5.

TAI CHI - NEW DAY & TIME!!

WEDNESDAYS, JUNE 17-JULY 22 & JULY 29-SEPT 5

1:30 PM-2:30 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.

ON-GOING PROGRAMS

AEROBICS-FREE VIDEO

MONDAYS, WEDNESDAYS & FRIDAYS, 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.



Bremerton Senior Center invites you to join us on Facebook for information on programs, activities and projects. Share photos of your favorite senior activity, class or trip. We look forward to hearing from you!

2015 SHOE-INS!!

The Bremerton Senior Center Shoe-ins are at it again with fun, slightly vigorous walking treks. Sign up for as many as you'd like! All walks include transportation, are approximately 5 miles long (roundtrip) and have an R2 rating. Please dress appropriately for any weather condition, bring water and a sack lunch. If an ice cream shop is nearby, you can bet we will make a pit stop!



All walks are held on Fridays and they are only \$14 each.

- Friday, May 8<sup>th</sup> .....Ruston Way Waterfront, Tacoma
- Friday, May 22<sup>nd</sup> ..Fort Worden State Park, Port Townsend
- Friday, June 12<sup>th</sup> .....No. Kitsap Heritage Park, Kingston
- Friday, June 19<sup>th</sup> .....Dungeness Spit, Sequim
- Friday, July 10<sup>th</sup> .....Old Fort Townsend, Port Townsend
- Friday, July 24<sup>th</sup> .....Fort Steilacoom, Tacoma
- Friday, August 7<sup>th</sup> .....Nisqually, Olympia
- Friday, August 21<sup>st</sup> .....Wapato Park, Tacoma
- Friday, September 11<sup>th</sup> .....Hurricane Ridge, Port Angeles
- Friday, September 25<sup>th</sup> .....Penrose Point Park, Gig Harbor
- Friday, October 9<sup>th</sup> .....Chambers Creek, University Place

Call 360-473-5357 to register over the phone with your credit card or come in person.



## AUGUST

### SAFECO FIELD TOUR

**THURSDAY, AUGUST 6TH - COST \$24, R2**

Safeco Field is the fabulous home of the Seattle Mariners. Guests are treated to a 19.59 acre outdoor baseball park with real grass and a retractable roof. Tour one of the premier baseball facilities ever built, including areas of the ball park that are not normally open to the public such as the press box, private suites, field dugouts and visitors club house. Lunch will be on your own at the Pyramid Brewery. Tour and transportation are included.

### SEATTLE BY SEGWAY

**THURSDAY, AUGUST 13TH - COST \$94, R2**

The tour begins by exploring the Seattle waterfront, where we'll glide past the Aquarium, boat tour companies and a variety of restaurants. After maneuvering past the Washington State Ferry Terminal, we'll head up into Pioneer square. Next we'll head through the art district to Pike Place Market all the way to the Space Needle. After a quick break, we'll head downhill and explore the glory of Myrtle Edwards Park, which stretches down the north end of the Waterfront. After looking for seals and other sea life, we'll zip back over to our starting point, where you will be the envy of everyone there as they see you glide in on your Segway! Tour and transportation are included, however, lunch is on your own at a waterfront restaurant. (Max. 11)

### MYSTERY OVERNIGHTER

**TUESDAY, AUG 18TH-WEDNESDAY, AUG 19TH - COST \$134PP DBL OCC, \$164 SGL OCC, R2**

We're going on a great mystery overnigher. Hopefully this will be the first of many to come. We'll be traveling to a great (frequently requested) location, maybe bring your swimsuit and some sunscreen. Walking shoes or some sturdy footwear is suggested. Tour, transportation and overnight accommodations are included. Meals will be on your own (1 breakfast, 2 lunches, 1 dinner).

## ~FISH AND CHIP~ LUNCH CHALLENGE

**THURSDAYS - COST \$24 EACH, R1**

**MAY 21ST ~ JULY 30TH ~ SEPTEMBER 17TH  
~ NOVEMBER 19TH DECEMBER 17TH**

Take the 2015 Fish and Chip Lunch Challenge! We've BBQ'd, burgered and went crazy with pasta and indulged in Mexican fare, so now this year we will feast on the fabulous delicacy of FISH AND CHIPS!!! Sign up for all of the dates so you can really be the judge of "who has the best in our little corner of the NW". Your fish and chips, non-alcoholic beverage and transportation are included.

## SEPTEMBER

### SEATTLE ASIAN ART MUSEUM, VOLUNTEER PARK CONSERVATORY & LUNCH

**TUESDAY, SEPTEMBER 22ND - COST \$24, R2**

Located in Capitol Hill's Volunteer Park, the Seattle Asian Art Museum's historic art-modern building houses a world-renowned collection of Japanese, Chinese, Korean, Indian, Southeast Asian, and Himalayan art. The Seattle Asian Art Museum is part of the Seattle Art Museum, which collects and exhibits objects from across time and across cultures, exploring the dynamic connections between past and present. Volunteer Park Conservatory, located within walking distance of the Museum, is a very special place to the people of Seattle. Whether you're an accomplished horticulturist or you just like looking at flowers, there's something here for you. Following both tours, we will head to lunch at a local restaurant. Tour and transportation are included, however, lunch is on your own.

### WASTE WATER TREATMENT PLANT & LUNCH

**THURSDAY, SEPTEMBER 24TH - COST \$24, R2**

Take a tour of the South Treatment Plant in Renton and find out where your water comes from and how it gets cleansed and filtered. Trip includes tour and transportation, however, lunch is on your own.

## JUNE

### TACOMA RAINIER'S GAMES

**MONDAY, JUNE 1ST - COST \$54, R1**

Today we'll join fellow senior centers for a day full of fun, baseball and hopefully sunshine! Your ticket includes, game day ticket, a private party deck area, all-inclusive buffet, ice-cold beverages, group name on video screen and a personal deck attendant! Transportation, admission and lunch are provided.

### NORDIC HERITAGE MUSEUM & RAY'S BOAT HOUSE CAFE`

**THURSDAY, JUNE 18TH - COST \$44, R2**

Visit a place where history comes alive! The Nordic Heritage Museum is the only museum in the United States to honor the legacy of immigrants from the five Nordic countries: Denmark, Finland, Iceland, Norway and Sweden. Following this wonderful museum, we will travel to the waterfront in Ballard for lunch at Ray's Boathouse Cafe'. Time/weather permitting, we will make a stop at the amazing Ballard Locks!! Transportation, admission and lunch are provided.

### LITTLE CREEK CASINO

**TUESDAY, JUNE 23RD - COST \$12, R1**

This is by far one of our favorite casinos to visit. Just an hours drive away so we will be able to spend more time gaming! Don't forget to get all your discounts for 50+ at the promotions booth!

### LAKEWOLD GARDENS AND LUNCH

**THURSDAY, JUNE 25TH - COST \$44, R2**

Lakewold Gardens is an inspirational experience where generations of families can discover common ground through the beauty of a garden. Located in Lakewood, Washington, Lakewold offers landscape architecture by Thomas Church surrounded by rare and native plants, State Champion trees, over 900 rhododendrons, 30 Japanese maples and stunning statuary. A Washington State historic landmark, Lakewold's Georgian-style mansion and historic architecture complete the 10 acres where visitors can step back in time to an elegant past or enjoy a relaxing moment to contemplate the future. After our docent led tour, we head to the fabulous Hub at Gig Harbor. While enjoying our lunch (included), we'll watch the airplanes take off and land from our table. Tour, transportation and lunch are included in this fun day!

## JULY

### TACOMA ART MUSEUM & CLIFFHOUSE

**TUESDAY, JULY 14TH - COST \$59, R2**

TAM serves the diverse communities of the NW through its collection, exhibitions, and learning programs, emphasizing art and artists from the NW and broader western region. Several on-going exhibits; Dale Chihuly, Art of the American West: The Haub Family Collection, NW in the West: Exploring our roots and Richard Rhode's Stone Wave. Following our guided tour, we will head to the Cliffhouse in NE Tacoma and enjoy a delicious sunset dinner. Tour, dinner and transportation are all included in today's adventure.

### KUBOTA GARDEN & LUNCH

**THURSDAY, JULY 16TH - COST \$44, R2**

Hidden in So Seattle, Kubota Garden is a stunning 20 acre landscape that blends Japanese garden concepts with native NW plants. Seattle acquired the property, which is a historic landmark, in 1987 from the estate of master landscaper Fujitaro Kubota. The Gardens are a spectacular setting of hills and valley, interlaced with streams, waterfalls, ponds, bridges and rock outcroppings with a rich array of plant material. Lunch following at a local restaurant. Tour, transportation and lunch included.

### TRIP RATINGS:

**R1:** Board & depart Bus/Van and walk 2-3 blocks without stopping to rest. Must be able to stand 15 to 30 min.

**R2:** Board & depart bus/van and walk 4-5 blocks without stopping to rest. Must be able to stand 30 to 45 min and handle limited stairs. Should be able to walk a mile in under 20 min.



[www.facebook.com/BremertonParks](http://www.facebook.com/BremertonParks)

MAY CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
4 8 Pool 9 Bridge 10-1 Brem. Art Guild 10:30 Sunshine Singers 11 Ice Skating *C 12:30-3 Line Dance	5 8 Badminton * 8 Pool 8-10:30 Ping Pong 9 Critters 9 Mah Jong 10 Modified Softball *F 10 Women’s Soccer *D 10-11 Int. Tap <b>11:30 SPRING FLING Luncheon</b> 12:30 Sketching	6 8 Pool 9 Lo-Impact Aerobics 9 Canasta 10 Cribbage 10:15 Line Dance 11 Ice Skating *C 1:30 Tai Chi - NEW!! 12:30 Woodcarvers 5:30-8:30 Ping Pong	7 8 Badminton * 8-10:30 Ping Pong 9 Bridge <b>9:30 8-ball pool tournament</b> 10-2 Quilting Class 10 Rummikub 12 Meals on Wheels Kitsap 1:30 Coffee Talk	8 8 Pool 9 Lo-Impact Aerobics 9 Mah Jong 10 Dominoes 10 Modified Softball *F 12 Meals on Wheels Kitsap 5:30-8:30 Ping Pong
11 8 Pool 9 Bridge 10-1 Brem. Art Guild 10:30 Sunshine Singers 11 Ice Skating *C 12:30-3 Line Dance	12 8 Badminton * 8 Pool 8-10:30 Ping Pong 9 Critters 9 Mah Jong 10 Modified Softball *F 10 Women’s Soccer *D 10-11 Int. Tap 12:30 Sketching	13 8 Pool 9 Lo-Impact Aerobics 9 Canasta 10 Cribbage 10:15 Line Dance 11 Ice Skating *C 1:30 Tai Chi - NEW!! 12:30 Woodcarvers 5:30-8:30 Ping Pong	14 8 Badminton * 8 Pool 8-10:30 Ping Pong 9 Bridge 10-2 Quilting Class 10 Rummikub 12 Meals on Wheels Kitsap	15 8 Pool 9 Lo-Impact Aerobics 9 Mah Jong 10 Dominoes 10 Modified Softball *F 12 Meals on Wheels Kitsap 5:30-8:30 Ping Pong
18 8 Pool 9 Bridge 10-1 Brem. Art Guild 10:30 Sunshine Singers 11 Ice Skating *C 12:30-3 Line Dance	19 8 Badminton * 8 Pool 8-10:30 Ping Pong 9 Critters 9 Mah Jong 10 Modified Softball *F 10 Women’s Soccer *D 10-11 Int. Tap 12:30 Sketching	20 8 Pool 9 Lo-Impact Aerobics 9 Canasta <b>9:30 9-ball pool tournament</b> 10 Cribbage 10:15 Line Dance 11 Ice Skating *C 1:30 Tai Chi - NEW!! 12:30 Woodcarvers 5:30-8:30 Ping Pong	21 8 Badminton * 8 Pool 8-10:30 Ping Pong 9 Bridge 10-2 Quilting Class 10 Rummikub 12 Meals on Wheels Kitsap	22 8 Pool 9 Lo-Impact Aerobics 9 Mah Jong 10 Dominoes 10 Modified Softball *F 12 Meals on Wheels Kitsap 5:30-8:30 Ping Pong
25 CLOSED MEMORIAL DAY	26 8 Badminton * 8 Pool 8-10:30 Ping Pong 9 Critters 9 Mah Jong 10 Modified Softball *F 10 Women’s Soccer *D 10-11 Int. Tap <b>11:30 TAKING CHARGE SERIES - MEMORY SCREENING &amp; LOSS</b> 12:30 Sketching	27 9 Lo-Impact Aerobics 9 Canasta 10 Cribbage 10:15 Line Dance 11 Ice Skating *C 12:30 Woodcarvers 1:30 Tai Chi - NEW!! 5:30-8:30 Ping Pong	28 8 Badminton * 8 Pool 8-10:30 Ping Pong 9 Bridge 10-2 Quilting Class 10 Rummikub 12 Meals on Wheels Kitsap	29 8 Pool 9 Lo-Impact Aerobics 9 Mah Jong 10 Dominoes 10 Modified Softball *F 12 Meals on Wheels Kitsap 5:30-8:30 Ping Pong
				* = Sheridan Park Gym *A = Sheridan Park Lounge *C = Bremerton Ice Arena *D = OSSC-Pendergast *E =Pendergast *F = Lions Park

JUNE CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
1 8 Pool 9 Bridge 10-1 Brem. Art Guild 10:30 Sunshine Singers 11 Ice Skating *C 1:30-3 Line Dance	2 8 Badminton * 8 Pool 8-10:30 Ping Pong 9 Critters 9 Mah Jong 10 Modified Softball *F 10 Women’s Soccer *D 10-11 Int. Tap <b>11:30 BURGER BASH Luncheon</b> 12:30 Sketching	3 8 Pool 9 Lo-Impact Aerobics 9 Canasta 10 Cribbage 10:15 Line Dance 11 Ice Skating *C 12:30 Woodcarvers 1:30 Tai Chi - NEW!! 5:30-8:30 Ping Pong	4 8 Badminton * 8-10:30 Ping Pong 9 Bridge <b>9:30 8-Ball pool tournament championship!</b> 10-2 Quilting Class 10 Rummikub 12 Meals on Wheels Kitsap 1:30 Coffee Talk	5 8 Pool 9 Lo-Impact Aerobics 9 Mah Jong 10 Dominoes 10 Modified Softball *F 12 Meals on Wheels Kitsap 5:30-8:30 Ping Pong
BAKE SALE!!! 9am-2PM				
8 8 Pool 9 Bridge 10-1 Brem. Art Guild 10:30 Sunshine Singers 11 Ice Skating *C 1:30-3 Line Dance	9 8 Badminton * 8 Pool 8-10:30 Ping Pong 9 Critters 9 Mah Jong 10 Modified Softball *F 10 Women’s Soccer *D 10-11 Int. Tap 12:30 Sketching	10 8 Pool 9 Lo-Impact Aerobics 9 Canasta 10 Cribbage 10:15 Line Dance 11 Ice Skating *C 12:30 Woodcarvers 1:30 Tai Chi - NEW!! 5:30-8:30 Ping Pong	11 8 Badminton * 8 Pool 8-10:30 Ping Pong 9 Bridge 10-2 Quilting Class 10 Rummikub 12 Meals on Wheels Kitsap	12 8 Pool 9 Lo-Impact Aerobics 9 Mah Jong 10 Dominoes 10 Modified Softball *F 12 Meals on Wheels Kitsap 5:30-8:30 Ping Pong
15 8 Pool 9 Bridge 10-1 Brem. Art Guild 10:30 Sunshine Singers 11 Ice Skating *C 12:30-3 Line Dance	16 8 Badminton * 8 Pool 8-10:30 Ping Pong 9 Critters 9 Mah Jong 10 Modified Softball *F 10 Women’s Soccer *D 10-11 Int. Tap 12:30 Sketching	17 9 Lo-Impact Aerobics 9 Canasta <b>9:30 9-ball pool tournament championship!</b> 10 Cribbage 10:15 Line Dance 11 Ice Skating *C 12:30 Woodcarvers 1:30 Tai Chi - NEW!! 5:30-8:30 Ping Pong	18 8 Badminton * 8 Pool 8-10:30 Ping Pong 9 Bridge 10-2 Quilting Class 10 Rummikub 12 Meals on Wheels Kitsap	19 8 Pool 9 Lo-Impact Aerobics 9 Mah Jong 10 Modified Softball *F 10 Dominoes 12 Meals on Wheels Kitsap 5:30-8:30 Ping Pong
22 8 Pool 9 Bridge 10-1 Brem. Art Guild 10:30 Sunshine Singers 11 Ice Skating *C 12:30-3 Line Dance	23 8 Badminton * 8 Pool 8-10:30 Ping Pong 9 Critters 9 Mah Jong 10 Modified Softball *F 10 Women’s Soccer *D 10-11 Int. Tap 12:30 Sketching	24 8 Pool 9 Lo-Impact Aerobics 9 Canasta 10 Cribbage 10:15 Line Dance 11 Ice Skating *C 12:30 Woodcarvers 1:30 Tai Chi - NEW!! 5:30-8:30 Ping Pong	25 8 Badminton * 8 Pool 8-10:30 Ping Pong 9 Bridge 10-2 Quilting Class 10 Rummikub 12 Meals on Wheels Kitsap	26 8 Pool 9 Lo-Impact Aerobics 9 Mah Jong 10 Dominoes 10 Modified Softball *F 12 Meals on Wheels Kitsap 5:30-8:30 Ping Pong
29 8 Pool 9 Bridge 10-1 Brem. Art Guild 10:30 Sunshine Singers 11 Ice Skating *C 12:30-3 Line Dance	30 8 Badminton * 8 Pool 8-10:30 Ping Pong 9 Critters 9 Mah Jong 10 Modified Softball *F 10 Women’s Soccer *D 10-11 Int. Tap <b>11:30 TAKING CHARGE SERIES - Balance, Dizziness &amp; Vertigo</b> 12:30 Sketching			* = Sheridan Park Gym *A = Sheridan Park Lounge *C = Bremerton Ice Arena *D = OSSC-Pendergast *E =Pendergast *F = Lions Park