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.
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

**SUMS**

**SUM$** 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.

**SUMS Officers:**

- President: Pat Ward
- Vice President: Marlys Price
- Treasurer: Al Butler
- Secretary: Audrey O’Leary

**SUMS**

**SUMS** is 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 luncheons 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 uncertainty, be creative.

---

### CO-ED REC MODIFIED SOFTBALL

**SPRING/ SUMMER SEASON @ LIONS PARK**

**FALL/ WINTER SEASON @ OSCC**

**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.

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### CRIBBAGE

**WEDNESDAYS, 10 AM**

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

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### WOODCARVERS

**WEDNESDAYS, 12:30-2:30 PM**

Design your own project, get some advice or just work to complete or receive guidance on current 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!

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### 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.
DAILY ACTIVITIES

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-2 PM
Canasta: Wednesdays, 9 AM-2 PM
Bridge: Mondays & Thursdays, 9 AM-2 PM
Bummikub: Tuesdays, 10 AM-12 PM
Dominoes: Thursdays, 10 AM-12 PM

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.

BADMINTON
MONDAYS & 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
Single...............$13/yr
Couples.............$26/yr
Associate...........$19/yr

NON-RESIDENTS
Single...............$26/yr
Couples.............$40/yr
Associate...........$38/yr

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’re sure to have fun! Four tables are available daily to play on. Whether you 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.

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

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.

MOTHER’S DAY BEG 10 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.

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.

MEAL ON WHEELS KITSAP - LUNCHES
Thursdays @ Noon, $3
Nutritious and delicious lunches plus a great time batting at birdies (equipment is provided).

~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)

Table of Contents
1. Daily Activities
2. Lunches
3. Trips and Tours
4. May Calendar
5. June Calendar
6. More Trips and Tours
7. Wellness & On-Going Programs
8. Daily Activities
9. Membership

SPECIAL THANK YOU GIFT!
Thank you for your generosity!

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!

Burger Bash
Celebrate summer a little early with a burger bash! Burgers, beans, potato salad, chips and dessert!! Cost: $5pp.

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 28th. All proceeds benefit your senior center. Cost is $5pp and tickets are limited to 50.

A special thank you gift!
Thank you for your generosity!

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.

Thank you for your generosity!

Socials/Lunches
TRIPS & TOURS

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.

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 Management
June 30 @ 11:30 AM - Balance, Dizziness & Vertigo

Wellness

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 510 minutes at a time.

ON-GOING PROGRAMS

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-IN'S!!
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 $1 each.

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.

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May 26 @ 11:30 AM - Memory Screening & Loss Management
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.
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 Bakery. 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, AUGUST 21ST - COST $134PP DBL OCC, $164 SGL OCC, R2
We’re going on a great mystery overnighter. 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 12:00
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 deliacy 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.

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 ad how it gets cleansed and filtered. Trip includes tour and transportation; however, lunch is on your own.

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 BOATHOUSE 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 fish and chips, non-alcoholic beverage and transportation included.

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!

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, interfaced 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.

LIKE US ON FACEBOOK
www.facebook.com/BremertonParks
# MAY CALENDAR

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# BAKE SALE!!! 9am-2PM

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<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td>8 Pool</td>
<td>9 Bridge</td>
<td>10-1 Brem. Art Guild</td>
<td>10:30 Sunshine Singers</td>
<td>11 Ice Skating *C</td>
</tr>
<tr>
<td>9 Bridge</td>
<td>10:30 Ping Pong</td>
<td>9 Badminton *</td>
<td>9 Cribbage</td>
<td>10-1 Brem. Art Guild</td>
</tr>
<tr>
<td>9 Mah Jong</td>
<td>10 Modified Softball *F</td>
<td>10 Women’s Soccer *D</td>
<td>10-11 Int. Tap</td>
<td>9 Bridge</td>
</tr>
<tr>
<td>8 Pool</td>
<td>10:30 Ping Pong</td>
<td>11 Ice Skating</td>
<td>7:30 Tai Chi - NEW!</td>
<td>12:30 Woodcarvers</td>
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<td>10 Dominoes</td>
<td>10 Cribbage</td>
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<tr>
<td>10 Modified Softball *F</td>
<td>10 Meals on Wheels</td>
<td>11 Ice Skating</td>
<td>10 Cribbage</td>
<td>12 Ping Pong</td>
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<tr>
<td>*F = Lions Park</td>
<td>Lounge</td>
<td>*A = Sheridan Park Gym</td>
<td>*D = OSSC-Pendergast</td>
<td>12:30 Sketching</td>
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<td>*D = OSSC-Pendergast</td>
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<td>*A = Sheridan Park Gym</td>
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# JUNE CALENDAR

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<td>10 Meals on Wheels</td>
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# CLOSED MEMORIAL DAY

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<tr>
<td>9 Canasta</td>
<td>10 Gribbage</td>
<td>11 Ice Skating *C</td>
<td>1:30 Tai Chi - NEW!</td>
<td>12:30 Woodcarvers</td>
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<tr>
<td>9 Lo-Impact Aerobics</td>
<td>10:15 Line Dance</td>
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<td>10 Dominos</td>
<td>10 Modified Softball *F</td>
<td>12 Meals on Wheels</td>
<td>Kitsap</td>
<td>12:30 Sketching</td>
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<tr>
<td>9 Rummikub</td>
<td>10 Modified Softball *F</td>
<td>12 Meals on Wheels</td>
<td>Kitsap</td>
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