

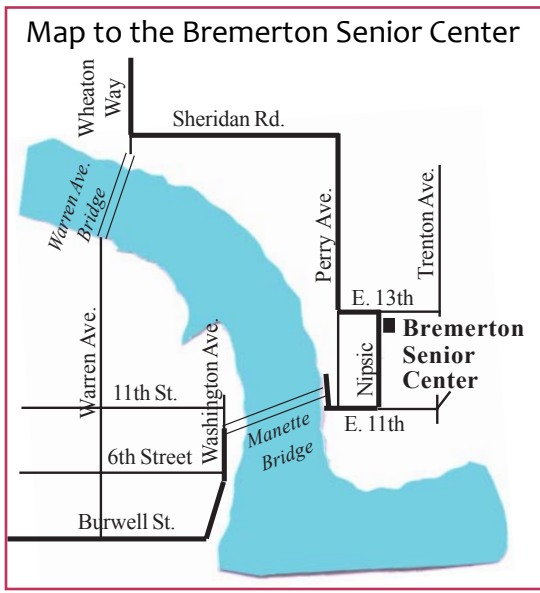
**There is still time to re-new or join the Senior Center Membership for 2014!**  
Re-new your dues and join the other current members of the senior center to ensure you receive this newsletter at your door step! Highlights of your Senior Center Membership: newsletter direct mailed, participation in 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.

- COUPLES MEMBERSHIP** is for two people, at least one needs to be 55 or better, who reside at the same address. They will be able to purchase two resident memberships for \$19 or two non-resident memberships for \$38.
- SINGLES MEMBERSHIPS** are for single city and non-city residents. These rates \$12 for residents and \$24 for non-resident.
- 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. The fee is \$18 for residents and \$36 for non-residents.



**Bremerton Senior Center**  
**1140 Nipsic Ave**  
**Bremerton, WA 98310**  
**[www.ci.bremerton.wa.us](http://www.ci.bremerton.wa.us)**  
**(360) 473-5357**  
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# BREMERTON SENIOR CENTER

## ACTIVE US NEWSLETTER

JULY - SEPTEMBER 2014



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: Helga Nielsen  
 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

**\$UM\$**

**CORNER**

Hoping everyone survived the 4th of July with ear drums still intact. Lots of celebrations in our neighborhood and it got very loud. So I guess one might say that Independence Day was thoroughly celebrated.

The Spring Fling was successful with lots of luscious food and great entertainment. Thanks to all you who furnished food and helped with serving and clean up.

The Backyard BBQ was a hit again this year as we all knew that it would be. Thanks Paul for cooking up those great burgers and again to all that helped serve, donate food and the cleanup. Paul and Cathy Vlastelica again chaired the bake sale on the 16th, 17th and 18th of June. Thanks a bunch for all your hard work and a very big special thanks to all that baked or made all those yummy goods which made the bake sale a huge success.

Don't put away those recipes and baking pans just yet because we will be having another bake sale on December 8th, 9th and 10th with our Holiday Luncheon date of December 9th. Big thanks to Paul and Cathy Vlastelica for volunteering to chair that bake sale as well.

Tickets are now on sale for the Ice Cream Social on August 5th. Get them before their gone!

Reminder: Summer has arrived so don't forget that sunscreen , drinking plenty of water and just enjoy our beautiful Pacific Northwest summer weather. Take a little stroll around your neighborhood and enjoy all the beautiful sights. It truly is a mind refresher and a good way to get your exercise.

Next SUMS meeting is July 15th and all members of the Senior Center are invited to attend. If you have any suggestions or concerns regarding SUMS, please bring them to this meeting.

Happy Trails----Marlys Price, SUMS VP  
 Smile, it's contagious...

**CO-ED REC MODIFIED SOFTBALL**

**SPRING/SUMMER SEASON, APR-OCT @ LIONS**  
**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. Games & practices are played at Lions Park. (Ages 55 and up, senior center membership is required.)

**FOOTCARE**

**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 on your own special creations. Newcomers are always welcome!

**DROP-IN WATERCOLORS**

**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 guide's schedule permits.

**1-ON-1 COMPUTER TUTORING**

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

**BRIDGE**

**MONDAYS & THURSDAYS, 9 AM**

Beginners to experienced Bridge players are welcome to play with this fun group.

**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.

**PINOCHLE**

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

Pinochle 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.

**POOL TOURNAMENTS**

**8 BALL-1<sup>ST</sup> THURSDAYS -**

**SEPT 4, OCT 2, NOV 6, DEC 4 & JAN 8**

**9 BALL-3<sup>RD</sup> WEDNESDAYS -**

**SEPT 17, OCT 15, NOV 19, DEC 17 & JAN 21**

**BOTH TOURNAMENTS ARE SPONSORED BY:**

*Forest Ridge*

HEALTH AND REHABILITATION CENTER  
 360-710-7286

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~**  
**ALZHEIMER'S-THE BASICS**

**TUESDAY, JULY 8, 11:30 AM**

Michael with the Alzheimer's Association will be presenting the basics of memory loss, dementia and alzheimer's disease. Learn the facts today. The program will provide information on detection, casues and risk factors. stages of the disease, treatment and much more.

**ELDER INVESTMENT FRAUD**

**TUESDAY, AUGUST 26, 11:30 AM**

Presented by Kitsap Credit Uniton. Topic will also include financial exploitation and identity theft.

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  
**Pinochle:** Thursdays, 12:30-2:30 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**  
**AUG 18-19 AND NOV 17-18**  
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. Register by calling the center at (360) 473-5357. A supply fee is paid to instructor at first class. Class min. 5.

CENTER LINE DANCERS

**MONDAYS - MODERN MUSIC**  
**CHO'S-BEG 12:30-1:45 PM/INT 1:45-3 PM**  
**WEDNESDAYS - CLASSIC/MODERN MUSIC**  
**MARY FRANCIS- 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

**TUESDAYS & THURSDAYS, 8 AM**  
Come on down to Sheridan Park gym and have a great time batting at birdies. Necessary 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? This group can help you do both. 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.

2014 MEMBERSHIP

Renew your 2014 Membership today! Dues run for the calendar year (January-December). We've broken it down to what it cost per month so you can see just how affordable your yearly membership is.

SINGLES-2014

CITY RESIDENT.....\$ 12.00 (\$ 1/MONTH)  
NON-RESIDENT.....\$ 24.00 (\$ 2/MONTH)

COUPLES-2014

CITY RESIDENT.....\$ 19.00 (\$ 1.58/MONTH)  
NON-RESIDENT.....\$ 38.00 (\$ 3.16/MONTH)

SINGLE ASSOCIATES (NOT QUITE 55)-2014

CITY RESIDENT.....\$ 18.00 (\$ 1.50/MONTH)  
NON-RESIDENT.....\$ 38.00 (3.00/MONTH)

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.  
**August 26 & September 23**  
**11:30 AM, FREE**  
**Main Room - Senior Center**

MEAL ON WHEELS KITSAP - LUNCHES

**Thursdays and Fridays @ 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.  
*Interested in breakfast at the Senior Center provided by Meals on Wheels Kitsap? Breakfast would be served on Monday mornings around 8:30 AM. Please contact the Senior Center to be placed on an interest list.*

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SOCIAL LUNCHEONS

Our luncheons are a great way to meet people, enjoy a delicious meal and have a good time!  
**AUGUST 5, 11:30 AM** **ICE CREAM SOCIAL**  
ICE CREAM SOCIAL!!!! Yummy ice cream and all the toppings, who knows, we may even have entertainment!! Cost: \$5pp.  
**SEPT 9, 11:30 AM** **FALL FEST**  
\$UM\$ will host this new luncheon. Center entertainment, lunch and dessert will be provided. All proceeds will benefit your senior center! Tickets available now and a sell-out is projected. Cost: \$5pp

NOTE OF THANKS

We would like to thank the following sponsors of our luncheons:  
**The Ridge in Silverdale**  
**Forest Ridge**  
**Bremerton Health and Rehab**  
**Crista Shores**  
**Claremont Senior Living**  
**Bay Pointe**  
**and**  
**Northwoods Lodge**

What would we do with out their generous donations of food to our monthly gatherings? They are the reason we are able to keep costs down and we can pass the savings onto you. Not only do they bring food but they also donate their time serving the meal and helping with cleaning the kitchen. They are greatly appreciated by all who attend these luncheons and fund-raisers! Please remember to thank them when you see them at the next event!



# 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.

# WALKS & EXT. TRAVEL

## 2014 SHOE-IN'S Tackle the Trail

The Senior Center Shoe-ins are at it again with fun, slightly vigorous walking treks. We will tackle the entire 26 mile Olympic Discovery Trail over 13 walks! You will be able to map your progress and see where you've gone and where you're going.

Sign up for one, two or more by calling or coming into the center. 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!

Fridays from 9am to 3pm, \$14 each  
 May 16 ~ May 30  
 June 13 ~ June 27  
 July 11 ~ July 25  
 August 1 ~ August 15 ~ August 29



## Tuscany & the Italian Riviera

April 10-17, 2015

\$3,734 ddl occ pp

Join us for this romantic, beautiful, once-in-a-lifetime vacation! 8 days, 10 meals, all transportation, cancellation waiver and insurance are all included in the price. Early bird sign-up until Oct 10.

Please stop by the senior center for a complete listing of trips through December 2014!

(Stopping by the center every now and again not only let's our staff say "hi" to you but also keeps you up to date with the most current trip information. We come out with new trips all year long - not just during the newsletter printing.)

Registration for all trips is always being accepted and trips are filling up fast!

# 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.

August 26th @ 11:30 AM - Elder Fraud Investment with Kitsap Credit Union  
 September 23 @ 11:30 AM - Key Life Decisions with Edward Jones

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

## JAZZ/EXERCISE CLASS

MONDAYS, 2-3 PM

SESSIONS: JULY 21-AUG 25 & SEPT 8-OCT 13

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.

## TAP DANCE

TAP II - TUESDAYS, 10-11 AM

SESSIONS: JULY 8-AUG 12 & AUG 19-SEPT 30

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. No class 9/9.

# ON-GOING PROGRAMS

## COFFEE TALK with EDWARD JONES

First Thursdays: AUG 7, SEPT 4 & OCT 2

1:30PM-2:30 PM, **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 each day. (No class on 7/16, 7/23, 7/28 & 7/30)

## TAI CHI CHUAN- 24 Movements

TUESDAYS - NO CLASS UNTIL SEPT

11:30 AM-12:30 PM, \$30 supply fee

Tai Chi Chuan, a Chinese martial art noted for its slow, smooth movements, has been proven to improve balance and increase flexibility. This introduction to classical Yang style Tai Chi Chuan will teach students the first movements of a 24 form sequence. Class taught by Sandy Carlson.

## GENTLE HATHA YOGA - NEW!!

MONDAYS - NO CLASS UNTIL SEPT

8:30 AM-9:45 AM,

\$30 instructor fee/\$6 facility fee

This class will offer Hatha Yoga in Iyengar style as well as Vinyasa style for linking postures. Yoga classes will help you develop flexibility, balance, strength, awareness, peace and energy. Gentle Hatha Yoga classes assist students to deal with breathing difficulties. Be sure to wear comfortable clothing and bring a yoga mat. Class taught by Certified yoga instructor Luara Yipani, from Georgian Center of Yoga and Harmonious Development of a Human Being.



SEPTEMBER

MEXICAN LUNCH CHALLENGE

THURSDAY, SEPTEMBER 4TH - COST \$24, R1

Take the 2014 Mexican Lunch Bunch Challenge! We've BBQ'd, burgered, went crazy with pasta and this year we will eat Mexican food! Lunch and transportation are included.

PUYALLUP FAIR

THURSDAY, SEPTEMBER 11TH - COST \$19, R2

The Puyallup Fair (officially known as the Western Washington Fair) is the largest single attraction held annually in the state of Washington. The Fair continually ranks in the top ten largest fairs in the world. Situated south of Seattle and east of Tacoma in the shadow of majestic Mount Rainier, the Fair & Events Center comprises 169+ acres, with buildings and land valued at more than \$54 million. This trip is a must to go on annually or for your first time.

EMP & SPACE NEEDLE

TUESDAY, SEPTEMBER 23RD - COST \$79, R1

EMP is a leading-edge, nonprofit museum, dedicated to the ideas and risk-taking that fuel contemporary popular culture. With its roots in rock 'n' roll, EMP serves as a gateway museum, reaching multigenerational audiences through our collections, exhibitions, and educational programs, using interactive technologies to engage and empower our visitors. At EMP, artists, audiences and ideas converge, bringing understanding, interpretation, and scholarship to the popular culture of our time.

TULALIP CASINO

TUESDAY, SEPTEMBER 30TH - COST \$16, R1

Enjoy a great day at one of our favorite casinos up north and the Premium Outlet Mall! Visit both places or stay the day gaming or shopping - your choice. There is a complimentary shuttle to the outlet from the casino (where you will be dropped off.) Tulalip boasts a large non-smoking gaming section with hundreds of games to choose from. This is one of our favorites, that's for sure! The Eagles Buffet offers a mouth-watering selection of international dishes plus fresh seafood, a carving station of succulent meats and Mongolian grill. Don't forget to complete your dining experience with a decadent dessert of pastry made fresh in the Tulalip Bakery.

OCTOBER

MUSEUM OF FLIGHT & CLAIM JUMPER

THURSDAY, OCTOBER 2ND - COST \$64, R2

The independent, non-profit Museum of Flight is one of the largest air and space museums in the world, attracting more than 500,000 visitors annually. The Museum's collection includes over 150 historically significant air- and spacecraft, as well as the Red Barn®—the original manufacturing facility of The Boeing Co., the original papers of the Wright brothers, and the one-of-a-kind NASA Space Shuttle Trainer, used to train every space shuttle astronaut since the inception of the program. Among the most popular exhibits at the Museum are the world's first fighter plane, the first jet Air Force One, the prototype Boeing 747, the West Coast's only Concorde, and the world's fastest aircraft – the Blackbird spy plane. More than just an attraction, however, the Museum is a hub of science, technology, engineering, and math education. After this amazing tour, we will head to the Claim Jumper in Tukwila to enjoy a FABULOUS lunch. Tour, transportation and lunch are included (dessert is on your own).

MYSTERY TRIP

TUESDAY, OCTOBER 7TH - 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 and wear appropriate shoes, and remember to come with an appetite!

TEATRO ZINZANNI THEATRE & BRUNCH

SUNDAY, OCTOBER 12TH - COST \$109, R1

Part circus, part dinner theatre, Teatro ZinZanni is a night out unlike any other, a two hour whirlwind of international cirque, comedy and cabaret artists all served up with a four-course Sunday Brunch feast designed by celebrated Northwest chef Tom Douglas. Teatro ZinZanni combines improv comedy, vaudeville revue, music, dance, cirque and sensuality into a dizzying and colorful new form that is never quite the same from show to show. Transportation, brunch and the production are all 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.

JULY

MEXICAN LUNCH CHALLENGE

TUESDAY, JULY 1ST - COST \$24, R1

Take the 2014 Mexican Lunch Bunch Challenge! We've BBQ'd, burgered, went crazy with pasta and this year we will eat Mexican food! Lunch and transportation are included.

EMERALD QUEEN CASINO

TUESDAY, JULY 15TH - COST \$16, R1

Between the two locations there are over 56 of your favorite Vegas-style table games and over 3, 490 dynamic video slots including Progressive Jackpot machines! There is an ample non-smoking area which features your favorite video slot machines as well. Lunch is on your own and there is a shuttle service between both locations.

LEAVENWORTH OVERNIGHTER, LK CHELAN AND SUMMER THEATER

WEDNESDAY, JULY 30TH - FRIDAY, AUGUST 1ST  
COST \$389PP, DBL OCC/\$489 SGL OCC, R2

This is a two-night, three-day overnigher in the beautiful Bavarian Village - Leavenworth. We will start our journey off with lunch (included) at the Oak Table Cafe in Kingston, then catch the Kingston ferry and head to Leavenworth. Once in Leavenworth, we'll enjoy dinner (included) at JJ Hill's Fresh Grill before heading to see the Leavenworth Summer Theater's production of "Fiddler on the Roof". Thursday morning we will head to Lake Chelan, boarding the Lady of the Lake and tour Rainbow Falls and the remote town of Stehikan - which is only accessible via boat or plane! After our tour and boat ride, we will head back into Leavenworth and eat dinner (on your own) before we see the wonderful "Sound of Music" - LST's production is a Bavarian Village classic. Each night we will stay at The BEST WESTERN PLUS Icicle Inn which includes a breakfast buffet. Once we check out of the Best Western and eat lunch (on your own) in Leavenworth, we will head east to Cashmere and take a tour of the world famous Liberty Orchards - home of Aplets and Cotlets! This Factory tour includes free samples!! All modes of transportation, breakfast buffet, one dinner and one lunch, overnight accommodations, two Theater Productions and factory tour are all included in your fee.

AUGUST

RHODODENDRON GARDEN & JIMMY MAC'S

THURSDAY, AUGUST 7TH, - COST \$12, R2

The Rhododendron Species Foundation & Botanical Garden is home to one of the largest collections of species rhododendrons in the world. Conservation has come to be of primary importance in recent years with the destruction of Rhododendron habitat in many areas of the world. We'll enjoy a guided tour, some free time to explore and then head to Jimmy Mac's for lunch on your own.

PIKE PLACE MARKET FOOD TOUR - YUMMY!!

TUESDAY, AUGUST 12TH, - COST \$64, R2

Back by popular demand - the world famous Pike Place Market Food and Cultural Tour!!! This is an amazing tour, with 15 different foods to try!!! Become a market insider as we take you on a behind-the-scenes adventure to experience the sights, sounds, and flavors of this historic 101-year old culinary landmark. See fish fly, cheese being made by hand, and the original Starbucks store! The tour guides are culinary and history enthusiasts who are past and present members of the Pike Place Market community. This tour is more like a friendly invitation to come and visit their Market family.

TILlicum VILLAGE & BLAKE ISLAND

THURSDAY, AUGUST 21ST- COST \$89, R2

Experience the NW's tribal culture with our Tillicum Village Sightseeing Tour Cruise and Native American Salmon Bake and Performance. On arrival you'll be greeted with steamed clams in savory nectar. After your delicious meal, sit back and enjoy our one-of-a-kind stage performance and imagery combining Coast Salish storytelling and live traditional Native American dance. Tillicum Village is the only experience of its kind in the NW where you can see these dances and hear these songs, performed by the very dancers whose families have owned them for generations. Tillicum Village is a true Northwest experience, a cultural Native American experience you won't forget!

FORT NISQUALLY & C.I. SHENANIGANS

THURSDAY, AUGUST 28TH- COST \$54, R2

Fort Nisqually is a living history museum where volunteers and staff, in period clothing, demonstrate the crafts of the 19th century and engage visitors in historic dialogue. Discover what life was like in the 1850's at Ft. Nisqually, the region's premier living history museum. After our guided tour and time in the gift shop, we'll head to Ruston Way and enjoy the popular, CI Shenanigan's restaurant. Tour, transportation and lunch are included.

JULY CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
* = Sheridan Park Gym *A = Sheridan Park Lounge *C = Bremerton Ice Arena *D = OSSC-Pendergast *E =Pendergast *F = Lions Park	1 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 1-3 Spectapulars	2 8 Pool 9 Lo-Impact Aerobics 9 Canasta 10 Cribbage 10:15 Line Dance 11 Ice Skating *C 12:30 Woodcarvers 5:30-8:30 Ping Pong	3 8 Badminton * 8 Pool 8-10:30 Ping Pong 9 Bridge 10-2 Quilting Class 10 Rummikub 12 Meals on Wheels Kitsap 12:30 Pinochle 1:30 Coffee Talk	4  CLOSED  4th of JULY
7 8 Pool 9 Bridge 10-1 Brem. Art Guild 10:30-1:00 Sunshine Singers Summer Picnic 11 Ice Skating *C 1:30-3 Line Dance 2 Jazz	8 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 11:30 TAKING CHARGE SERIES - ALZHEIMER’S 12:30 Sketching 1-3 Spectapulars	9 8 Pool 9 Lo-Impact Aerobics 9 Canasta 10 Cribbage 10:15 Line Dance 11 Ice Skating *C 12:30 Woodcarvers 5:30-8:30 Ping Pong	10 8 Badminton * 8 Pool 8-10:30 Ping Pong 9 Bridge 10-2 Quilting Class 10 Rummikub 12 Meals on Wheels Kitsap 12:30 Pinochle	11 8 Pool 9 Low Impact Aerobics 9 Mah Jong 10 Modified Softball *F 12 Meals on Wheels Kitsap 5:30-8:30 Ping Pong
		Senior Games		
14 8 Pool 9 Bridge 10-1 Brem. Art Guild 10:30 Sunshine Singers 11 Ice Skating *C 12:30-3 Line Dance 2 Jazz	15 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 1-3 Spectapulars	16 9 Lo-Impact Aerobics 9 Canasta 10 Cribbage 10:15 Line Dance 11 Ice Skating *C 12:30 Woodcarvers 5:30-8:30 Ping Pong	17 8 Badminton * 8 Pool 8-10:30 Ping Pong 9 Bridge 10-2 Quilting Class 10 Rummikub 12 Meals on Wheels Kitsap 12:30 Pinochle	18 8 Pool 9 Low Impact Aerobics 9 Mah Jong 10 Modified Softball *F 12 Meals on Wheels Kitsap 5:30-8:30 Ping Pong
21 8 Pool 9 Bridge 10-1 Brem. Art Guild 10:30 Sunshine Singers 11 Ice Skating *C 12:30-3 Line Dance 2 Jazz	22 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 1-3 Spectapulars	23 8 Pool 9 Lo-Impact Aerobics 9 Canasta 10 Cribbage 10:15 Line Dance 11 Ice Skating *C 12:30 Woodcarvers 5:30-8:30 Ping Pong	24 8 Badminton * 8 Pool 8-10:30 Ping Pong 9 Bridge 10-2 Quilting Class 10 Rummikub 12 Meals on Wheels Kitsap 12:30 Pinochle	25 8 Pool 9 Low Impact Aerobics 9 Mah Jong 10 Modified Softball *F 12 Meals on Wheels Kitsap 5:30-8:30 Ping Pong
28 8 Pool 9 Bridge 10-1 Brem. Art Guild 10:30 Sunshine Singers 11 Ice Skating *C 12:30-3 Line Dance 2 Jazz	29 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 1-3 Spectapulars	30 8 Pool 9 Lo-Impact Aerobics 9 Canasta 10 Cribbage 10:15 Line Dance 11 Ice Skating *C 12:30 Woodcarvers 5:30-8:30 Ping Pong	31 8 Badminton * 8 Pool 8-10:30 Ping Pong 9 Bridge 10-2 Quilting Class 10 Rummikub 12 Meals on Wheels Kitsap 12:30 Pinochle	

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