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 doorstep! 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.

The “Active Us” is THE place to get your information for the Bremerton Senior Center.
Mission Statement:
The Bremerton Senior center is committed to enriching Senior lives in Bremerton by providing lifelong learning and recreational opportunities.

$UMS$
Seniors Uncover Money Solutions

$UMS$ 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.

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

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 Gambier 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
TUESDAYS, 12:30-2:30 PM
This drop-in group will meet on a weekly basis to schedule your appointment at (360) 871-5726. 4TH WEDNESDAYS, BY APPT.

Mission Statement:
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.

SUM$ 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 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 they go!

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....
**AARP SAFE DRIVING PROGRAM**

**MONDAYS & TUESDAYS, 9 AM - 1 PM**

Aug 18 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**

Choc-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 makeovers 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 Park Regional Park. This is a free program, however, Senior Center membership is required.

**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.

**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 | $ 2.00 ($ 1/month) |
| Non-Resident  | $ 4.00 ($ 2/month) |

**COUPLES-2014**

| City Resident | $ 3.00 ($ 1.5/month) |
| Non-Resident  | $ 6.00 ($ 3/month) |

**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**
- **Clareston Senior Living**
- **Bay Pointe**
- **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!
**TRIPS & TOURS**

**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.

**WALKS & EXT. TRAVEL**

2014 SHOE-IN'S Tackle the Trail
The Senior Center Shoe-In's 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, 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 dddl 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 lets 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!

**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 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 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 the last to load and unload. If you have a special need 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.

**WELLNESS**

**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 per requests. (This will be in the form of group discussions, no individual advice will be given during this hour.)

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**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 & 8/30)

**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. Class introduction to classical Yang style Tai Chi Chuan will teach students the first movements of a 24 form sequence. Class taught by Sandy Carlson.

**WELLNESS/ON-GOING**

**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 adults who wish a not-so-fast pace! Instructor Luara Yipani, from Georgian Center of Yoga and Harmonious Development of a Human Being.

**JOINT FLEXIBILITY & BALANCE**
Mondays, 9-10 AM, 5 Classes
Focusing on the importance of the connection between the mind and body. A gentle balance class using yoga and Pilates to help focus the mind and increase body awareness. Class is appropriate for all fitness levels, including those with joint problems. For questions or more information, please call Marcy at 360-473-5357 ext.7. Cost is $30 for 5 classes. Class taught by Sandy Carlson.

**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 III - TUESDAYS, 10-11 AM
SESSIONS: JULY 8- AUG 19 & SEP 23-OCT 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 wk. Min. of 5. No class 9/9.

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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.

PYUALLUP FAIR
THURSDAY, SEPTEMBER 11TH - COST $19, R2
The Pyuallup 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-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.

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 home 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 prototype Boeing 247, 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 circus, comedy and cabaret artists all served up with a tour-course Sunday Brunch feast designed by celebrated Northwest chef Tom Douglas. Teatro ZinZanni combines improv comedy, vaudeville revue, music, dance, circus 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.

MEXICAN LUNCH CHALLENGE
THURSDAY, 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, I.K. 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 overnighter in the beautiful Bavarian Village - Leavenworth. We will start our journey off with a night on the town in Tukwila to enjoy a FABULOUS lunch. Tour, transportation and lunch are included (dessert is on your own).

PIKE PLACE MARKET FOOD TOUR - YUMMY!!
THURSDAY, 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, Indigenous 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 Market family.

FORT NISQUALLY & C.I. SHENANIGANS
THURSDAY, JULY 15TH - 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.
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**Senior Games**

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