2017 Memberships... Renew your membership for 2017 today. Payment can be made by calling the senior center, coming in or mailing your check. Keeping current on your dues will ensure that you continue to 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, 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.
**THINGS TO KNOW**

**CO-ED REC MODIFIED SOFTBALL**

**SPRING/SUMMER SEASON @ LIONS #1**

**TUESDAYS AND FRIDAYS, 10 AM - 2 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 outdoors during the Spring/Summer at Lions Park, field #1. (Ages 55 and up, senior center membership is required.)

**TRASH UP/DUST OFF-NEW!!**

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

Have you always wanted to learn how to watercolor, sketch, learn colored pencils? Or have you painting previously and want to get back into it? Join members of the Bremerton Art Guild for helpful guidance. This group will meet on a weekly basis with volunteers from the Bremerton Art Guild helping you get started. Bring in your supplies and be ready to have some fun.

**FOOTCARE**

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

Michelle Gamber provides this affordable service. The gift shoppe is doing very well so please come on down and check out our items, you might find something special for yourself or for someone else special.

**CRIBBAGE**

**WEDNESDAYS, 10 AM**

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

**BAND PRACTICE - NEW!!!**

**WEDNESDAYS & FRIDAYS, NOON-2:45 PM**

This is the group for you. Come and join our new band, bring your instrument and have a great time jamming with your friends!

**QUILTING CLASS**

**THURSDAYS, 10 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. (Sewing machine skills required.)

**$UMS$ CORNER**

**Hello Everyone! We are hoping you all are in good health and have taken precautions for this extreme heat we are having this summer. I am hoping that the temperature outside does not reach too degrees Fahrenheit.**

The Bremerton Senior Center is open to all people ages 55 and better. The annual user fees are listed on page 3.

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.

**$UMS$**

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: Paul Vlastelica  Vice President: George Cho
Treasurer: Al Butler  Secretary: Audrey O'Leary

**DAILY ACTIVITIES**

**CO-ED REC MODIFIED SOFTBALL**

**POOL TOURNAMENTS**

**8 BALL-1ST THURSDAYS - 10:30AM**

**SEPT 7, OCT 5, NOV 2 & DEC 7**

8 Ball is generously sponsored by:

**BREMERTON HEALTH & REHAB**

360-377-9951

**9 BALL-3RD WEDNESDAYS - 10:30AM**

**SEPT 20, OCT 18, NOV 15 & DEC 20**

9 Ball is generously sponsored by:

**FOREST RIDGE HEALTH & REHAB**

360-479-4747

Tournaments are just $5 per player and include a delicious lunch and prize to the winner! New rules: Straight 8, call shot, BCA rules, 2 out of three in winners bracket only. No handicap 8 or 9Ball. Tournaments take a break during the summer months but fun is still to be had in the pool room.

Come join us daily, Monday-Friday from 8am to 3pm.

**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, 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.

**TATI CHI**

**THURSDAYS, 1:30-2:30 PM**

**SESSIONS: SEPT 7-OCT 12 & OCT 19-NOV 30**

T'ai 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.

Cost is $30/6 weeks. Min of 5. No class 11/23.

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Cost is $30/6 weeks. Min of 5. No class 11/23.
AARP SAFE DRIVING PROGRAM

MONDAY & TUESDAY, 9 AM - 1 PM

NOVEMBER 6-7

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 birdsies (equipment is provided).

CRAF 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.

MEALS ON WHEELS

KITSAP - LUNCHES

Thursdays @ Noon, $3

Fridays @ Noon, $3

Nutritious and delicious lunches plus a great way to meet other seniors. Reservations are requested, call 360-377-5571 by 2 PM the previous day.

FRAGRANCE ALERT

Please refrain from wearing excessive perfume or cologne when you visit the Center or go on our trips. There are many people who experience unpleasant physical effects from scented products.

MEMBERSHIP RENEWAL

Senior memberships run the calendar year (January-December) regardless of when you join. Renew your 2017 membership today at the rates listed below. (Sorry no refunds on memberships.)

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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.

Sept 26 - Aging with Grace & Memory Screenings
Oct 24 - Open Enrollment
Nov 28 - Downsizing and Removing Clutter
11:30 AM, FREE
Main Room - Senior Center

MEALS ON WHEELS

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Thursdays @ Noon, $3

Fridays @ Noon, $3

Nutritious and delicious lunches plus a great way to meet other seniors. Reservations are requested, call 360-377-5571 by 2 PM the previous day.

DOMINOES:

Bridge:
Canasta:
Cribbage

Ping Pong:
Pool:

DRUGS

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 $3.50. This is a free program, however, Senior Center membership is required.

PHARMACY

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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!

DECEMBER 5, 11:30 AM HOLIDAY LUNCHEON

Traditional Holiday lunch will be served along with yummy pumpkin pie and whipped cream! Holiday Entertainment followed by a fast and furious white elephant gift exchange. Cost is $5pp.

DECEMBER 4-6, 9 AM-1 PM HOLIDAY BAKE SALE

Our holiday bakers have been hard at work and are anxious to sell you all their delicious and tasty treats for only 3 days! Sale will be held during the Holiday Luncheon as well, however, come early for the best selection of fruit crisps, breads, cookies and brownies! YUMMY!!!

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Cancellations for extended trips vary. Trips canceled less than 24 hours in advance of departure may not be refunded, but may receive a credit on your account to be used on another trip at the Senior Center. Refunds will not be given to trip cancellations or one hour prior to departure. Please make sure your contact phone number/address and medical issues are as current as possible.

**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.

**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 (see page 8). Please check the rating and know your limits prior to signing up. If you require extra time to load/unload please be sure to be the last to load/unload. If it is medically necessary for you to sit in a certain seat, please make sure the office has a copy of your doctors note on file during your travel restriction so we can understand how best to accommodate your request.

**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 unbolting 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.

**PAYMENTS**: Full payment is due upon registration.

**REGISTRATION PROCESS**: Registration for each trip begins when they are published in either this calendar or our quarterly newsletter. Phone-in or walk-in are the two most convenient ways to register for trips. Phone reservations require a credit card.

**REFUNDS**: Bremerton Senior Center reserves the right to cancel any tour that does not reach it’s minimum to working days before the travel date. In that event, you will receive a credit on your account to be used on another trip at the Senior Center. Refunds will not be given to any trip 14 or less that you need to cancel. Cancellations for day trips ($15 or more) are given only if a replacement to fill your spot is found, please let staff know in ample time should you need to cancel. Trips canceled by the participant will be charged a 10% cancellation fee. No refunds will be given for trips canceled less than 24 hours in advance of departure. Cancellations for extended trips vary.

### AUGUST

**BAINBRIDGE IS. MUSEUM OF ARTS & LUNCH**
**TUESDAY, AUGUST 22ND - COST, $19, R2**

Bainbridge Island Museum of Art (BIMA) is a collecting museum with a focus on artists and collections from the Puget Sound region. BIMA is a prominent community resource for quality arts and lifelong learning, and since opening in June 2013 has become the cultural living room for Bainbridge Island with an auditorium, Bistro, store, and a variety of free and paid events. Museum and transportation are included, however, lunch at Cafe' Nola (which we will walk from the museum) is on your own.

**WA STATE HISTORY MUSEUM & LUNCH**
**THURSDAY, AUGUST 31ST - COST, $44, R2**

The Washington State History Museum is where fascination and FUN come together! People of all ages can explore and be entertained in an environment where characters from Washington’s past speak about their lives. Currently on exhibit - Gridiron Glory! In 2012, the Pro Football Hall of Fame celebrated its 50th anniversary. To mark that milestone, the Hall of Fame created a traveling exhibition that presents a panoramic view of the story of professional football….from its humble beginnings in the early 20th century to the sports phenomenon it has become today. The experience showcases the Pro Football Hall of Fame’s vast holdings of football artifacts, rare photos and one-of-a-kind documents. In addition, NFL Films has provided spectacular footage from its unparalleled film archives to illustrate the exhibits many themes and storylines. Throughout the exhibit, visitors will find a series of interactive exhibits that challenge both mind and body. And one of the most extraordinary features of Gridiron Glory is a series of accompanying programs that include appearances by current and former NFL players, coaches and more. Tour, transportation and lunch at Stack 571 are all included.

### DECEMBER

**SPANAWAY FANTASY LIGHTS & DINNER**
**THURSDAY, DECEMBER 7TH - COST, $34, R1**

Visit the 23rd annual “Fantasy Lights at Spanaway Park”, the largest holiday drive-through display in the Northwest, featuring nearly 500 elaborate displays and thousands of sparkling lights. The beautiful two-mile drive along Spanaway Lake has become a memorable lakeside tradition. As we drive, we will listen to a selection of special holiday music performed by a local high school to add to the festive atmosphere of the park. We will start our evening with an early dinner and we might even stop for dessert after we enjoy the lights. Dinner, tour and transportation is included. (Please note: this trip is an evening trip.)

**ELF THE MUSICAL AT THE PARAMOUNT & DINNER**
**FRIDAY, DECEMBER 8TH - COST, $79, R2**

Based on the 2003 film of the same name, Elf the Musical follows Buddy the Elf on his journey to bring the magic of Christmas to his family back in New York City. After years living in the North Pole, Buddy discovers his real father and half-brother don’t believe in Santa Claus, and so the endearing adult elf sets out to bring the holiday spirit back to the “Big Apple.” All the Elf the Musical reviews agree that this live show is a fun holiday outing for all ages. Following this matinee, we will head to dinner at a local restaurant- on your own. Theater production and transportation are included.

**ARGOSY CHRISTMAS SHIP AND DINNER**
**MONDAY, DECEMBER 11TH - COST, $84, R2**

The Argosy Cruises Christmas Ship festival is a holiday celebration that has been a Pacific NW tradition since 1949. Choirs on-board sing 20-minute performances to these communities, all broadcast via state-of-the-art speaker system. On shore, thousands of people gather around roaring bonfires anticipating the arrival of the Christmas Ship. Prior to boarding, we will enjoy a delicious dinner. Cruise, dinner and other transportation is included. (Please note: this trip is an evening trip.)

**TULALIP CASINO OVERNIGHTER**
**TUESDAY, DECEMBER 12TH-WEDNESDAY, DECEMBER 13TH - COST, $124PP, DBL OCC, $199PP, SGL OCC, R1**

Three casinos, one delicious breakfast buffet meal and a beautifully decorated room all in just two short days and one long night...that's right, we're going first class for this trip! If you win big, head over to the Seattle Premium Outlet Mall and get some holiday shopping taken care of! Casinos included: Tulalip (where we will be staying overnight), Skagit Valley and Angel of the Winds. Breakfast, as well as lodging and transportation are all included in your fee.

### FEBRUARY 2018!!

**PIZZA CHALLENGE WINNER!!!**
**TUESDAY, DECEMBER 19TH - COST, $29, R1**

The 2017 food challenge is Pizza! Everyone will be able to order their own small size pizza and judge for themselves who has the best pizza in the northwest. We had 6 challenges and now we head back to the winner! Let’s be the judge of “who has the best in our little corner of the NW”. Your small pizza, beverage and transportation are included.

**HAMILTON THE MUSICAL & DINNER!!!!**
**THURSDAY, FEBRUARY 22ND - COST, $194, R2**

Hamilton: An American Musical is a sung- and rapped-through musical about the life of American founding Father Alexander Hamilton, with music, lyrics, and book by Lin-Manuel Miranda, inspired by the 2004 biography Alexander Hamilton by historian Ron Chernow. Notably incorporating hip-hop, r& b, pop music, traditional-style show tunes, and color-conscious casting of non-white actors as the founding Fathers and other historical figures, the musical achieved both critical acclaim and box office success. Tickets and transportation included, dinner on your own before the show. Max. 18 tickets.
HOLIDAY GLASSBLOWING & LUNCHEON
THURSDAY, NOVEMBER 16TH - COST: $99, R1
A visit to Tacoma Glassblowing Studio will make this trip a must-do! The glassblowers will assist each trip goer individually - picking a shape, pattern, and color. After the picking process, everyone will have 30 minutes, one-on-one time with an experienced glassblower who will be helping them make their piece. Three stations will be set up so three will be making their piece at the same time with different glassblowers. Once, everyone has completed their projects, we will be heading to a local restaurant for a late lunch (on your own). Transportation and glassblowing experience is included in this trip.

RED WIND CASINO
TUESDAY, NOVEMBER 21ST - COST: $19, R1
Aiqually Red Wind Casino has more games to play and more space to play in than ever before. With over 1,400 slots games and a host of table games including craps, roulette, blackjack, Pai Gow and three card poker, Seneca and Speed Keno, no matter what you play, you can play it in the Wind. This lovely casino is nestled in the woods outside of Olympia. Seniors 55+ with valid ID receive 25% off in their dining venues and Potlatch Gift Shop.

VICTORIAN COUNTRY CHRISTMAS
THURSDAY, NOVEMBER 30TH - COST: $19, R2
Join us for one of the largest holiday festivals on the West Coast. Picture several buildings filled with merchants and craftsmen in Victorian storefronts and indoor courtyards adorned with holiday florals, garlands and tassels. Lunch is on your own, admission and transportation are included.

EMERALD DOWNS - OUR DAY AT THE RACES!
SUNDAY, SEPTEMBER 17TH - COST: $69, R1
Let’s have a grand old time and head to Emerald Downs for an extra special day at the horse races. Enjoy a fabulous buffet - Crispy Fried Chicken & BBQ Beef Sandwiches - with all the fixins’, tip sheet, visit our fan exchange area and a beverage just for us in the view room. We go first class for this Day at the Races. We haven’t visited Emerald Downs since 2011 so make sure you sign up quickly as this is bound to fill up!

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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, handle stairs and walk a mile in under 20 min.

Please check the trip ratings carefully when registering. Signing up for trips that are within your limits will allow you to have a better experience.
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**SEPTEMBER CALENDAR**

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Proudly presented by the Bremerton Senior Center & $eniors Uncover Money $olutions

Senior Craft Fair

Friday, October 20
10 AM to 5 PM

Saturday, October 21
9 AM to 4 PM

Sheridan Park Community Center
680 Lebo Blvd., Bremerton

New in 2017 - Vendors can be any age as long as their items are hand-crafted. 90 local vendors who specialize in hand-crafted wares. Food, fun, festive holiday music and free admission! Don’t forget the annual $UM$ Bake Sale - these delightful treats are all hand made by a variety of Bremerton Senior Center members and are definitely something you don’t want to miss! Raffle tickets available at the door for Senior Center donated gift baskets.

Info line: 360-473-5357

$UM$ Sweet-Shoppe Volunteers
November Cont...

HOLIDAY GLASSBLOWING & LUNCH
Thursday, November 16th - Cost, $99, R1
A visit to Tacoma Glassblowing Studio will make this trip a must-do! The glassblowers will assist each trip goer individually - picking a shape, pattern, and colors. After the picking process, everyone will have 30 minutes, one-on-one time with an experienced glassblower who will be helping them make their piece. Three stations will be set up so three will be making their piece at the same time with different glassblowers. Once, everyone has completed their projects, we will be heading to a local restaurant for a late lunch (on your own). Transportation and glassblowing experience is included in this trip.

RED WIND CASINO
Tuesday, November 21st - Cost, $19, R1
Absolutely Red Wind Casino has more games to play and more space to play in than ever before. With over 1,400 slots games and a host of table games including craps, roulette, blackjack, Pai Gow and three card poker, Keno and Speed Keno, no matter what you play, you can play it in the Wind. This lovely casino is nestled in the woods outside of Olympia. Seniors 55+ with valid ID receive 25% off in their dining venues and Potlatch Gift Shop.

VICTORIAN COUNTRY CHRISTMAS
Thursday, November 30th - Cost, $19, R2
Join us for one of the largest holiday festivals on the West Coast. Picture several buildings filled with merchants and craftsmen in Victorian storefronts and indoor courtyards adorned with holiday florals, garlands and tassels. Lunch is on your own, admission and transportation are included.

Extended Trip 2018

SPOTLIGHT ON WASHINGTON D.C.
April 12th-17th - Cost $2,499PP/DBL OCC, R2 - STILL SIGN UP!!
Highlights: U.S. Capitol Building, World War I Memorial, White House Visitor Center, Smithsonian Institution, Arlington National Cemetery, Mount Vernon, Old Town Alexandria, Washington National Cathedral and Ford’s Theatre. This should be a great trip - sign up today!! Deposit of $490 due Nov 6, 2017.

PUYALLUP FAIR
Thursday, Sept 7th - Cost, $19, R2
PUYALLUP FAIR - THE FAIR!! 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.

BRIGHTWATER PLANT TOUR
Thursday, Sept 14th - Cost, $19, R2
Brightwater is possibly the most beautiful and sophisticated sewage treatment plant in the world. The plant design integrates landscape, architecture, wildlife habitat, engineering, art and education. Located in Woodinville, the plant went on-line in 2011. The construction and associated tunneling were a five-year mega-project costing $1.8 billion. Learn how wastewater can be recycled into reusable water, energy and nutrients for plants and soil. Tours encourage visitors to think about responsible water use, the products they use and how everyday choices can help protect Puget Sound. Please note: the tour takes place outside and in an industrial setting; all visitors must dress appropriately and wear long pants and closed-toed shoes. There is approx. a mile worth of walking and traveling up and down multiple levels of stairs. Tour and transportation are included, however, lunch is on your own at a local restaurant.

Emerald Downs - Our Day at the Races!
Sunday, September 17th - Cost, $69, R1
Let’s have a grand old time and head to Emerald Downs for an extra special day at the horse races. Enjoy a fabulous buffet - Crispy Fried Chicken & BBQ Beef Sandwiches - with all the fixins’, tip sheet, visit the Fan Fair on the backside and help choose our winner. Sign up for as many as you can so you really can be the judge of “who has the best in our little corner of the NW”. Your small pizza, beverage and transportation are included.

Fall Mystery Trip
Tuesday, October 10th - Cost, $59, R2
You are going to a very mysterious place today! You will have fun - we are sure and you will make lots of lasting memories. Dress comfortably for anything, wear appropriate shoes (this is an R2) and remember to come with an appetite!

Pizza Challenge!!
Thursday, October 12th - Cost, $29, R1
The 2017 food challenge is Pizza! Everyone will be able to order their own small size pizza and judge for themselves who has the best pizza in the northwest. We’ll have 6 challenges before we pick our winner. Sign up for as many as you can so you can really be the judge of “who has the best in our little corner of the NW”. Your small pizza, beverage and transportation are included.

Holiday Food & Gift Fest
Sunday, October 22nd - Cost, $19, R2
Tacoma’s largest holiday show and one of our favorites! Holiday shopping for arts & crafts, holiday gifts, decorations, jewelry & much more! With over 600 vendors you’re sure to find something you love. Lunch is on your own at the show.

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, handle stairs and walk a mile in under 20 min.

Please check the trip ratings carefully when registering. Signing up for trips that are within your limits will allow you to have a better experience.
**GENERAL TRAVEL INFORMATION**

**BSC REPRESENTATIVE:** A staff member accompanies tours and will try to ensure that the tour runs as close to schedule as possible and handle any problems that may arise. All participants must have a current emergency medical information form on file prior to traveling. Please make sure your contact phone number/address and medical issues are as current as possible.

**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 list.

**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 (see page 8). Please check the rating and know your limits prior to signing up. If you require extra time to load/unload please be sure to let the last to load/unload. If it is medically necessary for you to sit in a certain seat, please make sure the office has a copy of your doctors note on file during your travel restriction so we can understand how best to accommodate your request. There are no restroom facilities on either van.

**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.

**PAYMENTS:** Full payment is due upon registration.

**REGISTRATION PROCESS:** Registration for each trip begins when they are published in either this newsletter, our quarterly newsletter, or on our website www.ci.bremerton.wa.us. 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 and members have priority.

**REFUNDS:** Bremerton Senior Center reserves the right to cancel any tour that does not reach its minimum to working days before the travel date. In that case, we will return your credit on your account to be used on another trip at the discretion of the Center. Refunds will not be given to any trip $25 or less that you need to cancel. Cancellations for day trips ($25 or more) are given only if a replacement to fill your spot is found, please let staff know in ample time should you need to cancel. Trips canceled by the participant will be charged a $10 cancellation fee. No refunds will be given for trips canceled less than 24 hours in advance of departure. Cancellations for extended trips vary.

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**AUGUST**

**BAINBRIDGE IS. MUSEUM OF ARTS & LUNCH**

**TUESDAY, AUGUST 22ND - COST, $19, R2**

Bainbridge Island Museum of Art (BIMA) is a collecting museum with a focus on artists and collections from the Puget Sound region. BIMA is a prominent community resource for quality arts and lifelong learning, and since opening in June 2013 has become the cultural living room for Bainbridge Island with an auditorium, Bistro, store, and a variety of free and paid events. Museum and transportation are included, however, lunch at Cafe Nola (which we will walk from the museum) is on your own.

**WA STATE HISTORY MUSEUM & LUNCH**

**THURSDAY, AUGUST 31ST - COST, $44, R2**

The Washington State History Museum is where fascination and FUN come together! People of all ages can explore and be entertained in an environment where characters from Washington’s past speak about their lives. Currently on exhibit - Gridiron Glory! In 2012, the Pro Football Hall of Fame celebrated its 50th anniversary. To mark that milestone, the Hall of Fame created a traveling exhibition that presents a panoramic view of the story of professional football...from its humble beginnings in the early 20th century to the sports phenomenon it has become today. The experience showcases the Pro Football Hall of Fame’s vast holdings of football artifacts, rare photos and one-of-a-kind documents. In addition, NFL Films has provided spectacular footage from its unparalleled film archives to illustrate the exhibits many themes and storylines. Throughout the exhibit, visitors will find a series of interactive exhibits that challenge both mind and body. And one of the most extraordinary features of Gridiron Glory is a series of accompanying programs that include appearances by current and former NFL players, coaches and more. Tour, transportation and lunch at Stack 571 are all included.

**SPANAWAY FANTASY LIGHTS & DINNER**

**THURSDAY, DECEMBER 7TH - COST, $34, R1**

Visit the 23rd annual “Fantasy Lights at Spanaway Park”, the largest holiday drive-through display in the Northwest, featuring nearly 300 elaborate displays and thousands of sparkling lights. The beautiful two-mile drive along Spanaway Lake has become a memorable lakeside tradition. As we drive, we will listen to a selection of special holiday music performed by a local high school to add to the festive atmosphere of the park. We will start our evening with an early dinner and we might even stop for dessert after we enjoy the lights. Dinner, tour and transportation is included. (Please note: this trip is an evening trip.)

**ELF THE MUSICAL AT THE PARAMOUNT & DINNER**

**FRIDAY, DECEMBER 8TH - COST, $79, R2**

Based on the 2003 film of the same name, Elf the Musical follows a young elf on his journey to bring the magic of Christmas to his family back in New York City. After years living in the North Pole, Buddy discovers his real father and half-brother don’t believe in Santa Claus, and so the endearing adult elf sets out to bring the holiday spirit back to the “Big Apple.” All the Elf the Musical reviews agree that this live show is a fun holiday outing for all ages. Following this matinee, we will head to dinner at a local restaurant- on your own. Theater production and transportation are included.

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**DECEMBER**

**TULALIP CASINO OVERNIGHTER**

**TUESDAY, DECEMBER 12TH-WEDNESDAY, DECEMBER 13TH - COST, $124PP, DBL OCC, $199PP, SGL OCC, R1**

Three casinos, one delicious breakfast buffet meal and a beautifully decorated room all in just two short days and one long night...that’s right, we’re going first class for this trip! If you win big, head over to the Seattle Premium Outlet Mall and get some holiday shopping taken care of! Casinos included: Tulalip (where we will be staying overnight), Skagit Valley and Angel of the Winds. Breakfast, as well as lodging and transportation are all included in your fee.

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**PIZZA CHALLENGE WINNER!!**

**TUESDAY, DECEMBER 19TH - COST, $29, R1**

The 2017 food challenge is Pizza! Everyone will be able to order their own small size pizza and judge for themselves who has the best pizza in the northwest. We had 6 challenges and now we head back to the winner! Let’s be the judge of “who has the best in our little corner of the NW”. Your small pizza, beverage and transportation are included.

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**MORE TRIPS & TOURS**

**FEBRUARY 2018!!**

**HAMILTON THE MUSICAL & DINNER!!!!**

**THURSDAY, FEBRUARY 22ND - COST, $194, R2**

Hamilton: An American Musical is a sung- and rapped-through musical about the life of American founding Father Alexander Hamilton, with music, lyrics, and book by Lin-Manuel Miranda, inspired by the 2004 biography Alexander Hamilton by historian Ron Chernow. Notably incorporating hip-hop, r& b, pop music, traditional-style show tunes, and color-conscious casting of non-white actors as the Founding Fathers and other historical figures, the musical achieved both critical acclaim and box office success. Tickets and transportation included, dinner on your own before the show. Max. 18 tickets.
DAILY ACTIVITIES

**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 see if you got game - you’re sure to have fun!

**BREMERTON ART GUILD**

**MONDAYS, 10 AM-1 PM**

donate supplies to Bremerton Art Guild and make beautiful music and friendships. The Guild also performs at various venues throughout the county.

**BRIDGE**

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

**BADMINTON**

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

**CRAFT CLUB WITH SALLY**

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

**MEALS ON WHEELS**

**KITSAP - LUNCHES**

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

**MEMBERSHIP RENEWAL**

Senior memberships run the calendar year (January-December) regardless of when you renew. Renew your 2017 membership today at the rates listed below. (Sorry no refunds on memberships.)

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**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.

- Sept 26 - Aging with Grace & Memory Screenings
- Oct 24 - Open Enrollment
- Nov 28 - Downsizing and Removing Clutter

**FRAGRANCE ALERT**

Please refrain from wearing excessive perfume or cologne when you visit the Center or go on our trips. There are many people who experience unpleasant physical effects from scented products.

**KITSAP - LUNCHEONS**

**DECEMBER 4-6, 9 AM-1 PM  HOLIDAY BAKE SALE**

Our holiday bakers have been hard at work and are anxious to sell you all their delicious and tasty treats for only 3 days! Sale will be held during the Holiday Luncheon as well, however, come early for the best selection of fruit crisps, breads, cookies and brownies! YUMMY!!!!

**FALL CALENDAR**

- **Sept 26 - Aging with Grace & Memory Screenings**
- **Sept 27 - Open Enrollment**
- **Oct 26 - Downsizing and Removing Clutter**

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**TRIPS AND TOURS**

**SEPT 26, 11:30 AM BOO PARTY**

Happy Fall y'all! So many of you take vacations during the summer that we’re having a party to welcome you back to the center and all its activities. Food - 3rd annual chili cook-off, fun and entertainment will make this a great luncheon! Cost: $5pp.

**OCTOBER 31, 11:30 AM  HOLIDAY BAKE SALE**

Our holiday bakers have been hard at work and are anxious to sell you all their delicious and tasty treats for only 3 days! Sale will be held during the Holiday Luncheon as well, however, come early for the best selection of fruit crisps, breads, cookies and brownies! YUMMY!!!!

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CO-ED REC MODIFIED SOFTBALL
SPRING/SUMMER SEASON @ LIONS #1
TUESDAYS AND FRIDAYS, 10 AM - 2 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 outdoors during the spring/summer at Lions Park, field #1. (Ages 55 and up, senior center membership is required.)

BRUSH UP/DUST OFF-NEW!!
TUESDAYS, 12:30-2:30 PM
Have you always wanted to learn how to watercolor, sketch, learn colored pencils? Or have you painted previously and want to get back into it? Join members of the Bremerton Art Guild for helpful guidance. This group will meet on a weekly basis with volunteers from the Bremerton Art Guild helping you get started. Bring in your supplies and be ready to have some fun.

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.

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.

TAE CHI
THURSDAYS, 1:30-2:30 PM
SESSIONS: SEPT 7-OCT 12 & OCT 19-NOV 30
Tae 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. Cost is $30/6 weeks. Min of 5. No class 11/23.

BALANCE CLASS
THURSDAYS, 10 AM-2:30 PM
Play instrument? Know how to sing in a group setting? This is the group for you. Come and join our new band, bring your instrument and have a great time jamming with your friends!

QUILTING CLASS
THURSDAYS, 10 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. (Sewing machine skills required.)

TAI CHI
THURSDAYS, 1:30-2:30 PM
SESSIONS: SEPT 7-OCT 12 & OCT 19-NOV 30
T’ai 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. Cost is $30/6 weeks. Min of 5. No class 11/23.

BAND PRACTICE - NEW!!
WEDNESDAYS & FRIDAYS, NOON-2:45 PM
Play an instrument? Know how to sing in a group setting? This is the group for you. Come and join our new band, bring your instrument and have a great time jamming with your friends!

Mission Statement:
The Bremerton Senior Center is committed to enriching Senior lives in Bremerton by providing lifelong learning and recreational opportunities.
2017 Memberships...Renew your membership for 2017 today. Payment can be made by calling the senior center, coming in or mailing your check. Keeping current on your dues will ensure that you continue to 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, 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.