2018 Memberships... Renew your membership for 2018 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.
THINGS TO KNOW

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.

SUM $ $

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.

SUMS Officers:
President: Paul Vlastelica  Vice President: George Cho  Treasurer: Al Butler  Secretary: Audrey O’Leary

DAILY ACTIVITIES

CENTER HOURS
MONDAY-FRIDAY 8 AM TO 3 PM

STAFF
Holly Peterson, Recreation Program Coordinator III  Barbara Roembke, Front Office Coordinator

VOLUNTEER RECEPTIONISTS
Monday: Gail Dupee  Tuesday & Thursday: Mac Whittlesey  Wednesday: Judy Ray & Marcie Dixon  Friday: Al Butler

CO-ED REC MODIFIED SOFTBALL
FALL/WINTER SEASON @ OSSC
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 indoors during the fall/winter at OSSC-Pendergast Park. (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 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.

BAND PRACTICE
THURSDAYS, 10 AM-2:30 PM
This band is made up of 2-Bev Bevan, 2-Tom Samardzich, 1-Paul Vlastelica, 1-Steve Leach, 1-Holly Peterson, 1-Mac Whittlesey. Meet Tuesdays and Fridays from 10-2:30. Come and join our new band, bring your instrument and have a great time jamming with your friends!

POOL TOURNAMENTS
8 BALL 1ST THURSDAYS - 10:30 AM
NOV 2, DEC 7, JAN 4 & FEB 1
8 BALL IS GENTLY SPONSORED BY:
BREMERTON HEALTH & REHAB 360-377-3951

9 BALL 3RD WEDNESDAYS - 10:30 AM
NOV 15, DEC 20, JAN 17 & FEB 21
9 BALL IS GENTLY SPONSORED BY:
FOREST RIDGE HEALTH & REHAB 360-479-4747

Tournaments are just $3 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 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.

TAI CHI
THURSDAYS, 1:30-2:30 PM
SESSIONS: NOV 2-DEC 14, JAN 4-FEB 8 & FEB 15-MAR 22
Tai Chi Chuan, a Chinese martial art noted for its slow, smooth movements, has been proven to improve balance and increase flexibility. This class features Sun and Yang Styles. This class is accessible for all levels of fitness and taught by Sandy Carlson. Cost is $30/6 weeks. Min of 5. No class 11/23.

WELLNESS

AEROBICS-FREE VIDEO
MONDAYS, WEDNESDAYS & FRIDAYS, 9 AM
Get your heart pumping and your sweat dripping in this moderate paced fitness class. Class utilizes weights, resistance bands and other strength training techniques and can be fast-paced at times. Participants need to be able to exercise at a consistent level for 5-10 minutes at a time.

BAND PRACTICE
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!

QUILTING CLASS
THURSDAYS, 10 AM-2:30 PM
FRIDAYS, 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.)
DAILY ACTIVITIES

COMPUTER LAB
DAILY, 8 AM - 2:45 PM
Flat screens, one touch screen, new hand-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 email 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. Bring your cowboy boots and have a stompin' good time. The dancers also perform at various venues throughout the county.

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 down to Sheridan Park gym and have a great time batting at birdsies (equipment is provided).

CRAFT CLUB WITH SALLY
TUESDAYS, 9 AM-NOON (A.K.A. CRITTERS)
Are you repairing an old friend or creating a new one? From re-stuffing critters to making curtains, Sally and her team of extreme makeover artists can help you work on any project.

SR WOMEN'S INDOOR SOCCER
TUESDAYS, 10-11 AM
This program is held at the Olympic Soccer and Sports Center located at Pendergast Regional Park. This is a free program, however, Senior Center membership is required.

~DONATIONS~
We love donations and are currently in need of the following listed below. Thank you for your generosity!
55 gal kitchen bags - regular ground coffee – Individually wrapped candy-small paper plates-Individual creamers

MEALS ON WHEELS
KITSAP - LUNCHEES
Thursdays @ Noon, $3
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.

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

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! YUMMMY!!!!

FEBRUARY 13, 11:30 AM
VIP LUNCHEON
Bring your very important person (VIP) to this annual event. Each VIP will receive a special gift. Of course, a delicious lunch will be served as well as dessert! Don’t forget you will be entertained. Cost: $5pp.

In order to ensure the best possible experience for every member of the Bremerton Senior Center, please keep in mind the following: We do not provide respite care, adult daycare and/or services that would normally be provided by a trained attendant, nurse or personal caregiver (i.e., incontinence, inability to use the restroom independently or preventing a participant from leaving the facility.) In addition, the provision of any personal care by staff for a participant is beyond our capability. Please contact the Division of Aging and Long Term Care at (360)337-5700 should you require the any of the above mentioned needs.
NEW LEAF ENTERPRISES TOUR & LUNCH
THURSDAY, NOVEMBER 2ND - COST, $19, R2
Now that cannabis is legal, are you interested in learning more about the medical side of the industry? Get answers to all your questions and gain information about the quality and safety of producers during your tour. After lunch we will stop at a local cannabis store so you can use your new found knowledge and discover what medicinal options they have. Trip includes tour and transportation. Lunch will be on your own.

TEATRO ZINZANNI & DINNER
FRIDAY, NOVEMBER 3RD - COST, $189, R2
Part circus, part dinner theatre, Teatro Zinzanni is a big night out unlike any other, a two hour whirlwind of international cirque, comedy and cabaret, all served up with a four-course feast designed by celebrated Northwest chef Tom Douglas. An ever-evolving and constantly changing production, 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 evening to evening. The fast-paced action of the show unfolds above, around and even alongside the audience as they dine on a gourmet meal. Teatro Zinzanni is guaranteed to dazzle. Transportation, dinner and the production are all included. (This event is held at night at Marymoor Park. Max. on trip is 24)

MARCELA’S CREOLE COOKING CLASS
TUESDAY, NOVEMBER 7TH - COST, $49, R1
Step into an inviting eatery that pays homage to the Big Easy! Where red-clothed tables coddee piping hot platters of creole delicacies. Marcela’s Creole Cookery uproots the definitive flavors of authentic New Orleans cuisine and Cajun fare and packages them into a menu brimming with robust seasonings and vibrant, exotic flavors. Your Creole co-pilot as he walks you through a complete creole and Cajun meal, including soup, an appetizer, entree and dessert. Some hands-on participation is required. (Beverages are on your own.) Trip includes transportation and dinner-this is an evening trip. Max 14.
The 2017 food challenge is Pizza! Everyone will be staying overnight), Skagit Valley and Angel of the Winds. Breakfast, as well as lodging and transportation are all included in your fee.

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.

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.

MUCKLESHOOT CASINO
TUESDAY, JANUARY 9TH COST, $19, R1
Muckleshoot Casino offers something for everyone. With over 2,600 machines and poker to exciting table games like blackjack, craps, roulette and more you are sure to find something fun to play and with 7 different dining choices you are sure to find something you like to whet your appetite. Lunch is on your own.

GREEK/MEDITERRANEAN LUNCH CHALLENGE
THURSDAY, JANUARY 18TH - COST, $29, R1
The 2018 lunch challenge is Greek! Everyone will be able to order their own entreé and judge for themselves who has the best Greek food in the northwest. We’ll have 6 challenges before we pick 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 entrée, beverage and transportation are included.

CAPITOL HILL CRIME TOUR & LUNCH
THURSDAY, JANUARY 25TH - COST, $49, R1
Seattle was the grunge music capital of the world. It was also the home to two of the most prolific serial killers in the world. What is it about Seattle? Explore the historical & diverse Capitol Hill neighborhood, the scenic Madrona district with its stone walls, Madison Park & the quaint and charming houseboats in the Lake Union area. Along the way, we will visit Bruce Lee’s gravesite in Lakeview Cemetery, see Kurt Cobain’s former home, travel through Jimi Hendrix’s boyhood neighborhood and Ted Bundy’s old stomping ground. Cases covered on the tour include:
• Was it suicide? The Kid from Aberdeen • Reservoir Man • The Great Raoul • The Mystic Reverend • Devil’s Dip.
This is a 2.5 hr tour that has multiple stops along the way that we will be departing/re-boarding the van. This tour is ideal for both music and True Crime buffs and is an unique way to see some of the older neighborhoods in Seattle. Following the tour, we will head to lunch at a local restaurant. Tour and transportation are included, lunch however, is on your own.

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
Visually 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 Potatch Gift Shop.

ARGOSY CHRISTMAS SHIP & 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.)
### NOVEMBER CALENDAR

**Monday**
- 8 Pool
- 9 Lo-Impact Aerobics
- 9 Bridge
- 8 Modified Softball *D
- 10 Women's Soccer *D

**Tuesday**
- 12:30-3 Line Dance
- 11 Ice Skating *C
- 10-1 Brem. Art Guild

**Wednesday**
- 8 Badminton *
- 8 Pool
- 10:30 Ping Pong
- 8 Bridge
- 9 Rummikub
- 10-2 Quilting Class
- 12 Meals on Wheels
- Kitsap
- 12:30-3 Line Dance
- 11 Ice Skating *C
- 10 Band Practice
- 5:30-8:30 Ping Pong

**Thursday**
- 8 Badminton *
- 8 Pool
- 10:30 Ping Pong
- 8 Bridge
- 9 Rummikub
- 10-2 Quilting Class
- 12 Meals on Wheels
- Kitsap
- 13:00 Tai Chi

**Friday**
- 8 Badminton *
- 8 Pool
- 10:30 Ping Pong
- 8 Bridge
- 9 Rummikub
- 10-2 Quilting Class
- 12 Meals on Wheels
- Kitsap
- 12 Band Practice
- 5:30-8:30 Ping Pong

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### DECEMBER CALENDAR

**Monday**
- 8 Pool
- 9 Lo-Impact Aerobics
- 9 Bridge
- 10-1 Brem. Art Guild
- 10:30 Sunshine Singers
- 11 Ice Skating *C
- 12:30-3 Line Dance

**Tuesday**
- 12:30 Brush up/Dust off
- 10 Modified Softball *D
- 9 Mah Jong
- 8 Pool
- 8 Badminton *
- 10 Women's Soccer *D

**Wednesday**
- 10:30 Sunshine Singers
- 10-1 Brem. Art Guild
- 9 Lo-Impact Aerobics
- 8 Pool
- 8 Badminton *
- 10 Modified Softball *D
- 10 Women's Soccer *D

**Thursday**
- 10:30 8-Ball Pool Tournament
- 12 Meals on Wheels
- Kitsap
- 12 Band Practice
- 5:30-8:30 Ping Pong

**Friday**
- 8 Badminton *
- 8 Pool
- 8-10:30 Ping Pong
- 8 Bridge
- 9 Rummikub
- 10-2 Quilting Class
- 12 Meals on Wheels
- Kitsap
- 12 Band Practice
- 5:30-8:30 Ping Pong

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### Events

- **Veteran’s Day**: 11:30 HOLIDAY LUNCHEON
- **Thanksgiving**: 12:30 Brush up/Dust off
- **Christmas**: 1:30 Tai Chi
- **Bake Sale**: 9am to 2pm
- **DECEMBER CALENDAR**: 5:30-8:30 Ping Pong

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* = Sheridan Park Gym
+ = Sheridan Park Lounge
* = Bremerton Ice Arena
D = OSSC-Pendergast
= = Pendergast
F = Lions Park

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**Closed Dates**
- 24
- 25

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**Xmas Break**
- 26

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**TAKING CHARGE-de-cluttering**
- 112:30 Brush up/Dust off

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**Special Events**
- **Thanksgiving**: Closed
- **Christmas**: Closed
- **New Year’s Eve**: Closed
- **New Year’s Day**: Closed

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**Other Events**
- **POS Lunch**: 12:30 Brush up/Dust off
- **POS Dinner**: 5:30-8:30 Ping Pong
- **POS Dance**: 12:30 Brush up/Dust off
- **POS Karaoke**: 5:30-8:30 Ping Pong

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**Contact Information**
- **Badminton**: Contact Number
- **Pool**: Contact Number
- **Bridge**: Contact Number
- **Aerobics**: Contact Number
- **Sunshine Singers**: Contact Number
- **Line Dance**: Contact Number
- **Ice Skating**: Contact Number
- **Rummikub**: Contact Number
- **Quilting Class**: Contact Number
- ** Meals on Wheels**: Contact Number
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**DECEMBER CALENDAR**

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**NOVEMBER CALENDAR**

- * = Sheridan Park Gym
- # = Sheridan Park Lounge
- C = Bremerton Ice Arena
- D = OSSC-Pendergast
- P = Pendergast
- A = Sheridan Park
- G = Sheridan Park Gym
- * = Bremerton Ice Lounge
- C = Bremerton Ice Lounge
- A = Sheridan Park Gym
- G = Sheridan Park Gym

- Bake Sale 9am to 2pm

- CLOSED

- Veteran's Day

- CLOSED

- Thanksgiving

- CLOSED

- Christmas
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<td>NEW YEAR’s</td>
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**Monday**
- 8:00 Badminton *
- 8:00 Pool
- 8:00-10:30 Ping Pong
- 9:00 Cribbage
- 9:00 Mah Jong
- 9:00 Modified Softball *D
- 9:00 Women’s Soccer *D
- 12:30 Sketching

**Tuesday**
- 8:00 Pool
- 9:00 Lo-Impact Aerobics
- 9:00 Bridge
- 9:00 Mah Jong
- 9:00 Modified Softball *D
- 9:00 Women’s Soccer *D
- 12:30 Sketching

**Wednesday**
- 8:00 Pool
- 9:00 Lo-Impact Aerobics
- 9:00 Canasta
- 10:00-10:30 Line Dance
- 11:00 Ice Skating *C
- 12:30 Band Practice
- 5:30-8:30 Ping Pong

**Thursday**
- 8:00 Badminton *
- 8:00 Pool
- 8:00-10:30 Ping Pong
- 9:00 Bridge
- 10:00-10:30 Line Dance
- 11:00 Ice Skating *C
- 12:30 Band Practice
- 5:30-8:30 Ping Pong

**Friday**
- 8:00 Pool
- 9:00 Lo-Impact Aerobics
- 10:00-10:30 Ping Pong
- 9:00 Bridge
- 10:00-10:30 Line Dance
- 11:00 Ice Skating *C
- 12:30 Band Practice
- 5:30-8:30 Ping Pong

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- * = Sheridan Park Gym
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- *E = Pendergast
- *F = Lions Park
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<td>11 Ice Skating *C</td>
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**CLOSED**

**PRESIDENT’S DAY**

**TAKE CHARGE SERIES - CRISIS CLINIC**

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*D = OSSC-Pendergast
*E = Pendergast
*F = Lions Park
MUCKLESHOOT CASINO
TUESDAY, JANUARY 9TH COST, $19, R1
Muckleshoot Casino offers something for everyone. With over 2,600 machines and poker to exciting table games like blackjack, craps, roulette and more you are sure to find something fun to play and with 7 different dining choices you are sure to find something you like to whet your appetite. Lunch is on your own.

GREEK/MEDITERRANEAN LUNCH CHALLENGE
THURSDAY, JANUARY 18TH- COST, $29, R1
The 2018 lunch challenge is Greek! Everyone will be able to order their own entree and judge for themselves who has the best Greek food in the northwest. We’ll have 6 challenges before we pick 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 entree, beverage and transportation are included.

CAPITOL HILL CRIME TOUR & LUNCH
THURSDAY, JANUARY 25TH - COST, $49, R1
Seattle was the grunge music capital of the world, it was also the home to two of the most prolific serial killers in the world. What is it about Seattle? Explore the historical & diverse Capitol Hill neighborhood, the scenic Madrona district with its stone walls, the historical & diverse Capitol Hill neighborhood, the scenic Madrona district with its stone walls, Madison Park & the quaint and charming houseboats in the Lake Union area. Along the way, we will visit Kurt Cobain’s former home, travel through Jimi Hendrix’s boyhood neighborhood and Ted Bundy’s old stomping ground. Cases covered on the tour include: • Was it suicide? The Kid from Aberdeen • Reservoir Man • The Great Rauloo – see the case the movie was based upon • Christmas Eve Massacre • Chicken Legs – Aspiring Singer’s Cold Case Solved • Mr Tommmy Gun • The Mystic Reverend • Devil’s Dip. This is a 2.5 hr tour that has multiple stops along the way that we will be departing/re-boarding the van. This tour is ideal for both music and True Crime buffs and is an unique way to see some of the older neighborhoods in Seattle. Following the tour, we will head to lunch at a local restaurant. Tour and transportation are included, lunch however, is on your own.

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
Visually Red Wind Casino has more games to play and more space to play in than ever before. With over 1,400 slot 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 Potatch 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.

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 & 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 transportation is included. (Please note: this trip is an evening trip.)
NEW LEAF ENTERPRISES TOUR & LUNCH
THURSDAY, NOVEMBER 2ND - COST, $19, R2
Now that cannabis is legal, are you interested in learning more about the medical side of the industry? Get answers to all your questions and gain information about the quality and safety of producers during your tour. After lunch we will stop at a local cannabis store so you can use your new found knowledge and discover what medicinal options they have. Trip includes tour and transportation. Lunch will be on your own.

TEATRO ZINZANNI & DINNER
FRIDAY, NOVEMBER 3RD - COST, $189, R2
Part circus, part dinner theatre, Teatro ZinZanni is a big night out unlike any other, a two hour whirlwind of international cirque, comedy and cabaret artistry all served up with a four-course feast designed by celebrated Northwest chef Tom Douglas. An ever-changing and constantly changing production, 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 evening to evening. The fast-paced action of the show unfolds above, around and even alongside the audience as they dine on a gourmet meal. Teatro ZinZanni is guaranteed to dazzle. Transportation, dinner and the production are all included. (This event is held at night at Marymoor Park. Max. on trip is 24)

MARCELA’S CROLE COOKING CLASS
TUESDAY, NOVEMBER 7TH - COST, $49, R1
Step into an inviting eatery that pays homage to the Big Easy! Where red-clothed tables coddle piping hot platters of creole delicacies. Marceela’s Creole Cookery ups the definitive fonts and values of authentic New Orleans cuisine and Cajun fare and packs them into a menu brimming with robust seasonings and exotic flavors. This co-op-actor as he walks you through a complete creole and Cajun meal, including soup, an appetizer, entree’ and dessert. Some hands-on participation is required. (Beverages are on your own.) Trip includes transportation and dinner-this is an evening trip. Max 14.

MOHAI & LUNCH
TUESDAY, JANUARY 30TH - COST, $54, R2
MOHAI - Museum of History and Industry in Seattle is a great museum to visit. MOHAI collects and preserves the fascinating fabrics of Seattle’s past and is the region’s diverse history. MOHAI highlights our tradition of innovation and imagination. Through compelling exhibits, scholarship, education, public programs, and community engagement, MOHAI bridges the past, present, and future. MOHAI’s vision is treasured locally and respected nationally as a vibrant resource where history inspires people to be the best they individually and collectively. Following our self-guided tour, we will head to a local restaurant for a delicious lunch. Tour, transportation and lunch are included.

FEBRUARY

SUQUAMISH MUSEUM & LUNCH
TUESDAY, FEBRUARY 6TH - COST, $19, R2
Tour the Suquamish Museum, many never before exhibited, and those on loan from Suquamish families and other museums. The Suquamish Museum Board of Directors and the Museum’s curatorial staff collaborated with Storyline Seattle to develop a compelling exhibit showcasing the Suquamish people and culture. The exciting new exhibit, now open, is entitled Seaforts. During your visit you will be greeted by a Suquamish museum staff member who will give you a personal tour of the Seaforts exhibit. Following our self-guided tour, we will head to a local restaurant for a delicious lunch. Tour, transportation and lunch is included.

LEMARY CAR MUSEUM & LUNCH
THURSDAY, FEBRUARY 15TH - COST, $54, R2
America’s Car Museum is a nine-acre campus – with a four-story museum as the centerpiece. It is one of the world’s largest auto museums and attractions. ACM is a living history museum that is dedicated to preserving history and celebrating the world’s automotive culture. The spacious facility houses up to 350 cars, trucks and motorcycles from private owners, corporatations, and the Lemay collection, which amassed a Guinness Book record of more than 3,500 vehicles in the mid-1990s. Lunch at the iconic Stanley & Seafors, docent led tour and transportation 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.

WSP TRAINING ACADEMY & ALDERBROOK LUNCH
TUESDAY, FEBRUARY 27TH - COST, $44, R2
The WSP Training Division administers all training programs for employees and is responsible for identifying, developing and implementing the department’s training programs. The division conducts training at the WSP Training Academy and throughout the state. Training for other law enforcement agencies is also provided by the division, which is nationally recognized for its Emergency Vehicle Operators Training Program. Facilities include an administration building, dormitories that can accommodate 96 students, classrooms and conference rooms, a multi-purpose building with a gymnasium and training tank/pool, a kitchen and dining hall, an outdoor firing range, a driver training course, and an auto shop. The complex can accommodate up to 120 students each day for training and/or meetings. After our tour we will head to Alderbrook Resort for a delightful lunch. Tour, transportation and lunch is included.
DAILY ACTIVITIES

GAMES
Pool: Monday-Friday, 8 AM-3 PM
Ping Pong: Tuesdays & Thursdays, 8-10:30 AM, Mah Jong: Tuesdays & Fridays, 9 AM-2 PM
Cribbage: Wednesdays, 10 AM
Canasta: Wednesdays, 9 AM
Bridge: Mondays & Thursdays, 9 AM
Rummikub: Thursdays, 9AM-12 PM
Dominos: Fridays, 10 AM-1 PM

COMPUTER LAB
DAILY, 8 AM-2:45 PM
Flat screens, one touch screen, new hard-drives and high speed wireless internet in a quiet room, what more could you ask for? If you just want to surf the web, check your e-mail or refresh your computer skills, come on down and see what’s new!

POOL
DAILY, 8 AM - 3 PM
Four tables are available daily to play on. Whether you come in just for the monthly tournaments or to see if you got game - you’re sure to have fun!

SUNSHINE SINGERS
MONDAYS, 10:30 AM-12:30 PM
Tea for two and two for tea - that’s me and you and lots of friends makes we...come be part of this great camaraderie. The dancers also perform at various venues throughout the county.

BREMERTON ART GUILD
TUESDAYS, 9 AM–NOON (A.K.A. CRITTERS)
From re-stuffing critters to making curtains, Sally and her team of extreme makeover artists can help you work on any project.

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 down on to Sheridan Park gym and have a great time batting at birdies (equipment is provided).

CRAFT CLUB WITH SALLY
TUESDAYS, 9 AM-NOON (A.K.A. CRITTERS)
Are you repairing an old friend or creating a new one? From re-stuffing critters to making curtains, Sally and her team of extreme makeover artists can help you work on any project.

SR WOMEN’S INDOOR SOCCER
TUESDAYS, 10-11 AM
This program is held at the Olympic Soccer and Sports Center located at Pendergast Regional Park. This is a free program, however, Senior Center membership is required.

―DONATIONS―
We love donations and are currently in need of the following listed below. Thank you for your generosity!
55 gal kitchen bags– regular ground coffee – Individually wrapped candy-
small paper plates~Individual creamers~DONATIONS~

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AARP SAFE DRIVING PROGRAM
MONDAY & TUESDAY, 9 AM-1 PM
NEXT SESSION - TBA
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.

2018 MEMBERSHIP RENEWAL
Senior memberships run the calendar year (January-December) regardless of when you join. Renew your 2018 membership today at the rates listed below. (Sorry no refunds on memberships.) Rates will be going up slightly in 2018 so save money today!

RESIDENTS
Single........................$15/yr
couples............................$22/yr
Associate.......................$22/yr
NON-RESIDENTS
Single..........................$30/yr
couples............................$44/yr
Associate.......................$42/yr

TAKING CHARGE SERIES
A series of topics designed with you in mind.
Each month will focus on a different topic - fitness, nutrition, aging, financial and more.
Each month is sponsored by a different business/provider and a light lunch/snack will be served. Reserve your seat today as these workshops fill up quickly.
Nov 28 - Downsizing and Removing Clutter
Jan 23 - Senior Tax Exemptions
Feb 20 - Kitsap Crisis & Assistance

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 required, call 360-377-8511 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.

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

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!!!!

FEBRUARY 13, 11:30 AM VIP LUNCHEON
Bring your very important person (VIP) to this annual event. Each VIP will receive a special gift. Of course, a delicious lunch will be served as well as dessert! Don’t forget you will be entertained.
Cost: $5pp.

In order to ensure the best possible experience for every member of the Bremerton Senior Center, please keep in mind the following: We do not provide respite care, adult daycare and/or services that would normally be provided by a trained attendant, nurse or personal caregiver (i.e., incontinence, inability to use the restroom independently or preventing a participant from leaving the facility). In addition, the provision of any personal care by staff for a participant is beyond our capability. Please contact the Division of Aging and Long Term Care at (360)337-5700 should you require the any of the above mentioned needs.
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
SUMS is you - all members of the Senior Center activities. We are dedicated to raising funds that can be used to make the Center a more enjoyable place for all of us.

SUMS Officers:
President: Paul Vlastelica  Vice President: George Cho
Treasurer: Al Butler  Secretary: Audrey O’Leary

CO-ED REC MODIFIED SOFTBALL
FALL/WINTER SEASON @ OSSC 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 indoors during the fall/winter at OSSC-Pendergast Park. (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 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.

BAND PRACTICE
TUESDAYS, 12:30-2:30 PM

TRIAD BAND
Thurdays, 10 AM-2:30 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!

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.

TAI CHI
THURSDAYS, 1:30-2:30 PM
SESSIONS: NOV 2-DEC 14, JAN 4-FEB 8 & FEB 15-MAR 22 Tai Chi Chuan, a Chinese martial art noted for its slow, smooth movements, has been proven to improve balance and increase flexibility. This class features Sun and Yang Styles. This class is accessible for all levels of fitness and taught by Sandy Carlson. Cost is $30/6 weeks. Min of 5. No class 11/23.

WELLNESS
POOL TOURNAMENTS
8 BALL-1ST THURSDAYS - 10:30AM
NOV 2, DEC 7, JAN 4 & FEB 1
8 BALL IS GENEROUSLY SPONSORED BY:
BREMERTON HEALTH & REHAB 360-377-3951
9 BALL-3RD WEDNESDAYS - 10:30AM
NOV 15, DEC 20, JAN 17 & FEB 21
9 BALL IS GENEROUSLY SPONSORED BY:
FOREST RIDGE HEALTH & REHAB 360-479-4747

Tournaments are just $3 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.

DAILY ACTIVITIES
2018 Memberships... Renew your membership for 2018 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 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, 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.