

# BAINBRIDGE ISLAND SENIOR CENTER



# Splash!

**NOV-DEC  
2017**

The Bainbridge Island Senior Center is a 501 (c)(3) non-profit organization.  
370 Brien Drive SE, Bainbridge Island, WA 98110 - Phone: 206-842-1616  
Email: [info@biseniorcenter.org](mailto:info@biseniorcenter.org) Website: [www.biseniorcenter.org](http://www.biseniorcenter.org)  
Editor: Ruth Flanagan - [neatlady929@gmail.com](mailto:neatlady929@gmail.com)



## Time to Renew your Membership

Your membership represents a significant contribution to the financial health of the Bainbridge Island Senior Center.  
(See *Membership Committee Report*, **page 8**, for renewal details)

# White Christmas

You're invited to a festive  
holiday celebration  
Saturday, December 16, 2017  
4:00 - 6:00 pm  
Huney Hall

Refreshments, wine and punch will be served  
Bring your favorite holiday treat

*(Sign up in advance at the front desk and provide a list of ingredients)*

Sing carols, have your photo taken with Santa Claus,  
enjoy fun with friends!

The Bainbridge Island Senior Center (BISC) offers opportunities to keep active in mind, body and spirit, meet other people, make new friends, volunteer and enjoy life. Out of courtesy to our guest speakers, event planners & instructors, please register for classes, programs and events at the Senior Center, 206-842-1616 or online at [www.biseniorcenter.org](http://www.biseniorcenter.org).  
There may be financial assistance available for programs.

## BAINBRIDGE ISLAND SENIOR CENTER

A Partnership  
Between

**Bainbridge Island  
Senior Center  
and the  
City of Bainbridge Island**



There's a lot of activity here at the Senior Center! We have had great engagement in our recent parties and events! The Fashion Show was a delight, and some special thanks are due to Karen Marten and Judy Duffy for organizing such a fun program (and for reawakening my thespian inclinations!). Thanks also are due to the Thrift Store volunteers for helping out with Saturday hours over the summer months.

Coming up Nov. 24 and 25 is the Thrift Store Holiday Sale. It's a great way to shop for gifts and decorations and to support the Center operations at the same time. Please mark your calendar and tell your friends about it.

In fact, please tell your friends about all the activities here at the Center. We've recently revived trips, bicycle trips, a chess group, and gathered folks to see about playing the French boules game pétanque because of member suggestions. Participation in our exercise programs continues to grow - including Yoga, Men's Flexibility. We're reviving Tuesday and Thursday morning exercise as well, starting this month. Our outreach to elected leaders continues: November 8 State Senator Christine Rolfes will join us at 4:30 in Huney Hall for a town hall discussion on issues of interest to the community, and take your questions as well.

We had over 1,000 people register as paid members in 2017. As we kick off membership renewal season, let's invite others to join in and grow that number to 1,500 this year. There's no minimum age for supporting the breadth of information, programming and resources that the Center offers.

I also would love to see everyone who is a member support the Center through the Red Envelope Campaign. One Call for All is a great organization that passes donations on directly to participating organizations without taking a fee. If you have equities you want to donate, or if you would like to make a recurring donation by credit card, OCFA pays for all the associated fees so that the recipient organization gets the full donation. Let's get 1,000 people to give to the Center through One Call this year (that would be a 300 percent increase, but I think we can do it!).

Finally, I want to thank you for the support you've given to me and Mary Gibbs as we have stepped in to serve as your staff members following the decision by the Parks Department to pull away from the Senior Community Center at Waterfront Park. Your confidence in us and your willingness to volunteer - as receptionists, event organizers, program coordinators, instructors and fundraisers - is the real reason there's so much life and energy to experience here.

Have a great holiday season!

### MISSION STATEMENT

*“Striving to meet the needs of the senior community and provide programs, services and resources in a welcoming atmosphere of kindness, courtesy and acceptance.”*

### SENIOR CENTER ORGANIZATION

#### Officers

President: Tom Kilbane  
Vice President: Mickey Guthrie  
Secretary: Veronika Rohrscheib  
Treasurer: Michael Laney

#### Board Members

Ed Bancroft Karen King  
Peter Eddy Nancy Lewars  
Jeannette Franks Bill Luria  
Ellen Fisher Dick Melton

#### Senior Center Staff

Reed Price Exec. Director  
Mary Gibbs Mgr. of Operations

### The Senior Center is going GREEN

We're starting to separate our trash. Look for containers for:

**\*Compost      \*Recycling      \*Landfill**

Thanks to **Bainbridge Zero Waste & Kitsap Public Works** for getting us started!



**The deadline for the next issue is: December 1, 2017**

## Linda McCarty

This vivacious and energetic lady was born in Edmonton, Canada, and grew up in West Vancouver, British Columbia. She has three siblings, an older brother and a younger brother and sister.

After high school she enrolled in the BA program at the University of British Columbia for two years. But adventure called and when she was twenty she left home with \$400 in her pocket and went to London, England, where she worked as a typist for a temp agency. Wherever she was sent to work, it was an adventure with new people to get to know, and a daily challenge to find her way around London. While overseas, she also travelled through France, Spain and North Africa.

One year later, in 1966, Linda returned to Montreal, Canada, to an exciting city getting ready to host Expo '67. She went back to school to study acting; first at the Saidye Bronfman Theatre, and then through a BFA program at Concordia University. She also spent eight weeks on a scholarship with the acting school at the Banff School of Fine Arts in Alberta where her instructor was the famous Henry Woolf. He gave her a leading role as Anna in *Old Times* by Pinter—in her first professional production. Along with theatre roles, she has also had roles in film, TV and commercials—too numerous to mention. She can also be seen performing with our own Waterfront Readers Theatre from time to time.



At thirty, she married Jim McCarty, director of sales and marketing for a large development company in Montreal. The love of their life was a 100-acre beef cattle farm in Ontario, which was close enough for them to commute daily. Yes, they mended fences, performed health checks, pulled calves out and baled hay. They loved the farm, the cows, the community of farmers and the challenges. And then came children: Sam (1984) and Ben (1989).

Because her husband was an American citizen, they decided to return to the U.S. on the West Coast so Linda could be closer to her family in Vancouver, B.C. On an exploratory trip Jim took from Bellingham, he arrived in Seattle, took the ferry to Bainbridge Island, and that night called Linda to say, "This is it." They bought property and built a house long distance and moved to the island in September 1990.

Linda has studied ballet and piano for most of her life, and she added cello and tap dancing since arriving on Bainbridge. She has performed with the The Heels of Thunder dance troupe led by Mary Jensen at the Battle Point Park Jazz Festival and at farmers' markets on Bainbridge Island and in Portland, Oregon. And yes, even at the B.I. Senior Center.

Her son Sam works as a photographer for Amazon. Ben is a fireman/EMT on the island and also works for Islandwood. The McCarty's think of themselves as being very fortunate to have found this wonderful island community.



### Kelley Johnson, Jazz Vocalist

First Sunday Concert Series

Nov. 5, 4 pm in Huney Hall.

\$20 Adults, \$10 Youth.

Tickets at [brownpapertickets.com](http://brownpapertickets.com). More Info: [206-842-3380](tel:206-842-3380).

**Kelley Johnson** is an international award winning jazz vocalist who is known and respected as an arranger, poet and lyricist with a personal body of recordings. Kelley's lithe velvety voice mixes with a dynamic delivery and tricky colorful arrangements to showcase her interpretive finesse and inspired soloists. An organic groovy singer with a direct approach, Kelley reaches her audience with storytelling, subtlety, soulfulness and swing.

**MEET SENATOR ROLFES** - The Senior Center is pleased to welcome Washington State Senator Christine Rolfes for a visit. She represents the 23rd Legislative District, which covers north Kitsap County including Kingston and Bainbridge Island and parts of central Kitsap. Senator Rolfes served on the Bainbridge Island City Council before her election to the state House of Representatives in 2007. Senator Rolfes has been in the state Senate since 2011. She'll give us a brief update on the top issues she is working on and then take your questions.



**Wednesday                      November 8                      4:30 pm - 6:30 pm                      Huney Hall**

**WINTER WONDERLAND** - The Senior Center will participate with the City and Bainbridge Island Metro Park and Recreation District in the second annual celebration at Waterfront Park. Fun for the whole family featuring face painting, a snow feature, Santa Claus, cider and cookies, ice sculptures, live reindeer and more.

**Saturday                      December 9                      4:00 pm to 7:00 pm.                      Waterfront Park**

**PSYCHOLOGICAL FIRST AID** - This two-hour course on verbal de-escalation offers practical knowledge and skills to help trainees navigate encounters with highly distressed individuals in a variety of settings. Preregistration required.

**Tuesday                      November 7                      6:00 pm                      Huney Hall.**

**GENTLE STRETCHING** - Relieve tension, increase flexibility, and enjoy benefits of gentle movement keeping your joints and muscles healthy, guided by certified instructor Helen Heaslip. Movements may include poses that are done lying supported on the floor, some seated and standing. Members are advised to bring yoga mats and to wear comfortable movement clothes. Blocks and blankets will be provided.



**Tue-Thu                      8:30 - 9:30 am                      Huney Hall                      \$5.00/session**

**PARK LEGALLY & AVOID A TICKET** - Do you attend several activities a week at the Center? Paid-up members can get a parking pass from the office, which is good for parking along Brien Drive for use while you are participating in Center activities.



Daily passes are available at the reception desk for non-members. For more information contact Mary or Reed in the office at 206-842-1616.

**WANNA B KARAOKE** - New name, time and place. Every 3rd Wednesday in the Fireside Room at 10:00 am. On November 15 and December 20, we'll be singing seasonal songs and all requests. For information, contact Karen King at 206-276-6948.



**Caregivers Conference  
November 8, 2017  
9:00 am - 1:00 pm**

**Best Western Silverdale Beach Hotel**

Registration Required - 360-337-5700 or 1-800-562-6418  
Cost to Attend: Free to informal unpaid caregivers  
Reasonable rate for professionals  
Complimentary light refreshments and continental breakfast



**THE OUT-TO-LUNCH BUNCH** - Participants carpool to a local restaurant for a friendly, social, get-to-know-you-better lunch experience. Sign-up at the front desk if interested in socializing with fellow members. Carpools will leave the Senior Center at 11:15 am. **Limited to 10 people**

**Thursday**                      **December 7**                      **11:15 am**                      **SuBi Japanese Reastaurant**  
in the Pavillion



**CLOUD COMPUTING** - Longtime IT professional Al Quan will give an overview of the Cloud: what it is, how it works, safety concerns and more. Plenty of time for your specific questions.

**Thursday**                      **November 2**                      **10:00 am**                      **Conference Room**                      **Donation**

**DECLUTTER YOUR HOLIDAYS** - Organizing and Personal Assistance Expert Carmen Saran, M.A., helps with the holidays, with tips on re-gifting etiquette, how to stay organized through the holidays, and get ready for 2018.

**Wednesday**                      **December 6**                      **9:30 am**                      **Conference Room**                      **Donation**

**MEDICARE OPEN ENROLLMENT INFO** - Statewide Health Insurance Benefits Advisors (SHIBA) offer 1:1 unbiased assistance for reviewing 2018 Medicare Advantage plans or Part D plans (for non-employer retiree plans). You must call ahead to schedule an appointment. 1-800-562-6418.

**Wednesday**                      **November 15**                      **1:00 pm - 3:00 pm**                      **Huney Hall.**

**THIRD THURSDAY ART ADVENTURES WITH BAINBRIDGE ARTS & CRAFTS** - Learn a new craft every month guided by professional, working artists brought to us by Bainbridge Arts & Crafts. Materials will be provided and you will leave with your very own work of art.

**Thursday**                      **November 16**                      **9:30 - 10:45 am**                      **Dining Room**

Fall Fruition Collage with artist **Karen Cornell**

**Thursday**                      **December 21**                      **9:30 - 10:45 am**                      **Dining Room**

Beautiful holiday decorations with artist **Savanah Newton**



**COFFEE WITH OFFICER CARLA** - Meet with Police Community Resources Officer Carla Sias who will discuss subjects of interest to all.

**Wednesday**                      **November 15**                      **10:00 am - 11:00 am**                      **Personal Safety**                      **Dining Room**  
**Wednesday**                      **December 6**                      **10:00 am - 11:00 am**                      **Fraud - Scams**                      **Dining Room**

**SHAKESPEARE READERS** - Explore the Bard in a roundtable reading and discussion of his plays.

**Thursdays**                      **Ongoing**                      **3:00 pm**                      **Conference Room**

**COMMUNITY DRUM CIRCLE** - Join Universal Beat of Bainbridge Island for a family friendly, all-ages Drum Circle celebration. Beginners are absolutely welcome.

**Friday**                      **December 8**                      **7:00 pm**                      **Huney Hall**

**TECH TUTORING** - This is your chance for one-on-one tutoring by a student volunteer on using your laptop, smart phone, iPad, etc. Sessions are on some Mondays 2 pm-3 pm. Register with the reception desk (206-842-1616) and you will be contacted regarding an appointment date.

**AARP DRIVER SAFETY - Two Day Class** - Safer driving can save you more than just money on your insurance. The course teaches proven driving techniques to help keep you and your loved ones safe on the road. Call the Senior Center at **206-842-1616** to sign up. A fee of **\$15** (AARP members) or **\$20** (non-members), payable to AARP, is due at the first class. **Class limited to 14 people.**

**Tues & Thurs**                      **Nov. 14 & 16**                      **9:00 am-1:00 pm**                      **Conference Room**



**TABLE TENNIS CLUB** - Great fun whether you are a seasoned player or want to learn. Times may vary. Register to receive email.

**Monday**                      **11:30 am-2:15 pm**                      **Donation \$2**  
**Thursday**                      **7:00-10:00 pm**                      **Huney Hall**  
**Saturday**                      **9:00 am-12:00 pm**

**PETANQUE** - The fun game with the funny name where the goal is to toss or roll hollow steel balls as close as possible to a small wooden ball. Contact: Heidi O'Brien 206-478-1715.

**Thursdays**                      **1:00 pm**                      **Waterfront Park**

## Arts, Music & Language

<b>AMERICAN PRESIDENTS' WIVES</b> - Dining Room	<b>Monday</b>	<b>9:30 am</b>	<b>Donation</b>
<b>ASTROLOGY CLUB:</b> Conference Room	<b>Thursday</b>	<b>1:00 pm</b>	<b>Donation</b>
<b>BI PHOTO CLUB</b> - Open to all ages. Visit <a href="http://www.biphotoclub.org">www.biphotoclub.org</a> for more info.	<b>2<sup>nd</sup> Wed</b>	<b>7:00–9:00 pm</b>	<b>\$30 yearly</b>
<b>CREATIVE WRITING Club:</b> Conference Room	<b>2<sup>nd</sup> &amp; 4<sup>th</sup> Wed</b>	<b>1:30-3:30 pm</b>	<b>Donation</b>
<b>EVERGREEN SINGERS:</b> Huney Hall	<b>Tuesday</b>	<b>10:00 am</b>	<b>\$15/mat'ls</b>
<b>FRENCH CONVERSATION CLUB:</b> Conf Room	<b>Monday</b>	<b>9:00-10:00 am</b>	<b>Donation</b>
<b>FRIDAY NIGHT MOVIES</b> - Dining Room	<b>2<sup>nd</sup> &amp; 3<sup>rd</sup> Friday</b>	<b>7:00–9:00 pm</b>	<b>Donation</b>
<b>GERMAN CONVERSATION CLUB:</b> Living Room	<b>Thursday</b>	<b>9:00-10:30 am</b>	<b>Donation</b>
<b>KNIT WITS:</b> Living Room	<b>Friday</b>	<b>9:00 - 11:00 am</b>	<b>Donation</b>
<b>LIBERATION LAUGHTER:</b> Conference Room	<b>Friday</b>	<b>10:00 am</b>	<b>Donation</b>
<b>LIBRARY BOOK GROUP:</b> Conference Room	<b>3<sup>rd</sup> Tuesday</b>	<b>1:00 pm</b>	<b>Donation</b>
<b>SING-A-LONG:</b> Fireside Room	<b>Friday</b>	<b>11:00 am</b>	<b>Donation</b>
<b>SPANISH CLUB</b> - Contact Dale & Regina Spoor. Call <a href="tel:842-5171">842-5171</a> for more info. Conference Room	<b>Monday</b>	<b>10:10 am-12:10 pm</b>	<b>Donation</b>
<b>WANNA B KARAOKE-</b> Fireside Room For those who only sing in the shower or in the car	<b>3<sup>rd</sup> Wednesday</b>	<b>10:00 am</b>	<b>Donation</b>
<b>WATERFRONT READERS THEATRE</b> - Huney Hall	<b>Friday</b>	<b>1:00 - 2:30 pm</b>	<b>\$10</b>

## Fitness, Dance & Sports

<b>GENTLE EXERCISE-</b> Easy, gentle exercise by certified instructor Helen Heaslip.	<b>Mon-Wed-Fri</b>	<b>9:00 - 10:00 am</b>	<b>\$5.00/session</b> Huney Hall
<b>GENTLE STRETCHING</b> - Enjoy benefits of gentle movement keeping joints & muscles healthy. Helen Heaslip	<b>Tues - Thurs</b>	<b>8:30 - 9:30 am</b>	<b>\$5.00/session</b> Huney Hall
<b>CHAIR YOGA CLUB</b> - Dining Room - Spend quiet time stretching in the chair and feel rejuvenated with Teresa Hatten.	<b>Tuesday</b>	<b>9:45 am</b>	<b>Donation</b>
<b>ATTITUDE OF GRATITUDE YOGA</b> - Gentle breath work and body movements. Judith Bardsley, instructor.	<b>Tues - Thurs</b>	<b>2:30 pm</b>	<b>\$7.50/session</b> Huney Hall
<b>T'AI CHI CHI'H - PRACTICE SESSIONS</b> - Must first complete training from certified instructor.	<b>Wednesday</b>	<b>11:00 am</b>	<b>Donation</b> Huney Hall
<b>MEN'S FLEXIBILITY-</b> Safe postures that will stretch the body and increase balance. Sue Schaeffer	<b>Tuesday</b>	<b>11:00 am</b>	<b>\$10/session</b> Conf. Room
<b>LINE DANCING CLUB</b> - Non-partnered dancing - a surprising workout.	<b>Monday &amp; Friday</b>	<b>10:15-11:30 am</b>	<b>Donation</b> Huney Hall

**ADVENTURES IN TRAVEL** - Be an armchair traveler. Explore the world through the camera lens. Seasoned travelers share their experiences and photography with you. If you have travel photos to share, please contact Bob Leik at [bsleik@comcast.net](mailto:bsleik@comcast.net).

Wednesday	1:00 - 2:00 pm	Donation	Dining Room
	November 1	Mary Ann Tiffany	Japan
	November 15	Joan Walters	Around the World, Pt 1
	December 6	Joan Walters	Around the World, Pt 2

**Lighted Boat Parade** - Spread the joy of the season at the Poulsbo Lighted Boat Parade. Father Christmas will be there and the shops will be open late in case you need any last minute gifts or to just browse. Restaurants will be open.



Tuesday	December 19	4:00-8:00 pm	Fee: \$15
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## Transit Treks

Transit Treks are led by volunteers to local destinations around the Sound using ferries and buses. Participants pay for their own transportation, admissions, and meals. If you are interested in the latest information on upcoming trips, watch for e-mail announcements or check the Senior Center Travel Wall. For additional information and to sign up call the Senior Center at 206-842-1616.

### December Transit Trek...Friday December 1st - Gates Museum - Limit 8

"Arrive curious...leave inspired" according to the museum. Join an interactive journey that brings to life the connections we share with others across the globe. A bonus on this particular date is the "giving event" of the season. Find unique, socially-conscious gifts for family and friends that support various causes...even optionally making your own gifts.



Museum entrance is free...estimate for lunch is \$15 more or less. We will take the **9:40 ferry**. Meet in the terminal lobby by 9:30 or by the first mate's office (left side). Walking will be **moderate** (to 3rd and Columbia) where we will take the #3 bus for a 15-minute ride to the museum. Metro cost is \$1 (senior Orca) or \$2.75 others...along with the return ferry cost.

## Cards & Games



<b>Party Bridge</b>	Tuesday - 1:00 pm	Dining Room	Pat Mulanax - 206-780-7870
<b>Duplicate Bridge</b>	Thursday -10:00 am	Huney Hall	Doug Cook - 206-330-6025
<b>Cribbage</b>	Wed & Sat. - Noon	Fireside Room	Selden Smith - 206-491-8939
<b>Bingo</b>	Mon & Fri - 1:00 pm	Dining Room	
<b>Beg. Mah-jongg</b>	Friday - 1:00 pm	Conf. Room	Call 206-780-8469
<b>Adv. Mah-jongg</b>	Friday - 1:00 pm	Living Room	Call 206-842-1762
<b>Pinochle</b>	Thursday - 1:00 pm	Fireside Room	Anne Graves - 206-780-1449
<b>Skip-Bo®</b>	Monday -- 12:30 pm	Fireside Room	MaryJane Taylor - 831-320-6141
<b>Chess</b>	Alt Thurs - 10:00 am	Fireside Room	Ed Bancroft - 206-780-7947

***The first 70 years of childhood are always the hardest.***

**Membership Committee** - Jennifer Merrill, Patsy Campbell, Ellen Fisher, Don Fisher, Tom Kilbane, Peter Eddy

**What's Missing?** - That's right! The BISC Membership Renewal envelope. That will be coming to you under separate cover and here's why: We are raising the annual dues from \$12/person/year to \$20/person/year, and we don't want our explanation--or your \$upport -- to get lost in the shuffle.



In a nutshell, though, we want you to know we've done extensive research on what other area senior centers ask of their members, and this \$8 increase for BISC membership remains a wonderful bargain! If you've been down to the Senior Center in the past several months--if you've participated in any of the many classes, programs, trips, and social gatherings--you know how vibrant and how cheery our Senior Center is. We want to keep it that way!

As you also know, as of late March 2017, the Park District no longer participates in the administration and financing of the Senior Center. BISC is now a stand-alone non-profit entity, which means that **much more of our income budget needs to come from us!** Your additional \$8 of membership fee, when combined with that of almost 1000 other paying BISC members, results in almost \$8,000 more much-needed dollars to fund the Center in 2018.

We look forward to your continued participation and \$upport in the coming year! Keep an eye out for our Membership Renewal mailing!

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**Marketing Committee** - Cindy Mcgregor, Sheila Curwen, Nancy Lewars, Bob Leik, Bill Hemp, Karen King, Colleen Keilbart, Ruth Flanagan

**Fob Fridays:** Currently we have 19 merchants offering 10% off on Fridays when our members show their Senior Center fobs. Participating businesses are listed in Splash! (page 9). The list continues to grow.

**Movie nights:** Playing the second and third Fridays, 7pm, Dining Room - Popcorn provided. November choices are older films which feature "note-perfect" acting and are based on true events. (See page 10 for details.) There will be no movies in December. Movie Night resumes January 12.

**Technology Tutoring:** Sign-up by our members has been brisk. We are exploring options to recruit more tutors and shorten the wait list. Please remember that signing up for a specific date does not guarantee an appointment. This is because the number of student tutors is not known until shortly before each session. You will be contacted by Cindy McGregor who will schedule or confirm availability. Apologies for this inconvenience.

**Website and social media:** For the freshest of news, visit our website ([www.biseniorcenter.org](http://www.biseniorcenter.org)). Be sure to click on the Gallery tab to see photos of recent events. You might be famous! We also have a presence on Facebook and Instagram.

**Help Wanted:** A volunteer who is reasonably comfortable with technology to head up a wonderful Marketing Committee team. If interested, please leave your name at the front desk.

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**Events Committee** - Mary Gibbs, Mickey Guthrie, Ruth Flanagan, Bob Leik, Barbara Cole, Robin Melton, Charlotte Caskey, Jamie Mittet, Sada Ross

With the Halloween Party behind us, we are now busy putting together plans for the annual Holiday Party on **Saturday, December 16th from 4:00 pm to 6:00 pm** and hope you will come and enjoy the festivities.

After the holidays, plans for next year's events will begin, which may include a Spring Fling in late March, the annual barbeque in July, possibly an Ice Cream Social in August, a Halloween party and the annual Christmas party. If there is a specific event you would like to have the Senior Center provide, please contact any of the committee members or leave your suggestion with the front desk volunteer.

Happy holidays and best wishes for the New Year!

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**FOB FRIDAYS - Members with Benefits!** - Show your BI Senior Center key fob to receive a 10% discount every Friday at any of these fine businesses. *If you know of another island business that would like to participate, call Karen King (206) 276-6948*

bainbridge  
arts & crafts



- Bainbridge Arts & Crafts**  
151 Winslow Way E
- Bainbridge Island Community Pharmacy**  
124 Winslow Way (Winslow Green)
- The Berry Patch**  
104 Winslow Way W Ste 103
- Bon Bon Candies**  
230 Winslow Way
- Covet**  
278 Winslow Way East
- Churchmouse Yarns & Tea**  
118 Madrone Lane
- Dana's Show House**  
194 Winslow Way East
- Eagle Harbor Books**  
157 Winslow Way
- Esther's Fabrics**  
181 Winslow Way E, Suite D
- E Jane Design** (clay artist)  
www.ejanedesigns.com - 415-407-6268
- Fairy Tale Dentist**  
115 Hall Brothers Loop NW #105
- Lollipops** - *Not valid on sale or consignment items*  
278 Winslow Way East # 101
- Paraffine** - *Not valid for bee's wax*  
152 Winslow Way E
- Plum**  
124 Winslow Way E
- Salt House**  
119 Winslow Way East
- Shirvan Rug Gallery**  
424 Winslow Way E
- Tango Zulu**  
146 Winslow Way West
- The Traveler**  
256 Winslow Way E
- Whimsy**  
275 High School Rd NE



Plum  
SALT HOUSE  
MERCANTILE



**HOME IMPROVEMENT SEASON is year round!**  
**THE INDEPENDENT LIVING PROGRAM**  
is lending a hand.

2017 funding is available from the City of Bainbridge Island to safeguard wellbeing at home. Contact Julie at Housing Resources Bainbridge to apply or learn about financial resources, contracting services, and recommendations to make qualifying residential improvements.

PSE offers in-home Energy Assessment. Contact the PSE Energy Advisor by phone 800-562-1482 or email: pse.com/energyassessment.

Julie Stone 206-842-1909 ext. 17;  
julie@housingresourcesbi.org.

Please thank our underwriting sponsor

WINDERMERE REAL ESTATE/BI, INC.

# For Your Information

**Why Should You be Interested in Island Neighbors?** When does a neighbor become more than the person who lives next door? We start with a smile and a wave hello. Sometimes we stop to chat about a fallen branch or a dog running loose. We may even take over a plate of cookies or bowl of tomatoes. Then we go back home until the next casual wave and hello. Perhaps an event occurs when we need to offer help, connect, or share stories. Once we start to develop a bond, the neighbor is more than a friendly face. We begin to watch out for and care about each other. A network of caring and sharing has begun.



Island Neighbors is about sharing resources, helping each other through temporary crises, laughing together, and connecting through common interests. Reaching out to connect in a caring way to help someone stay in their home or community. Affirming each other's place and value in our community. Becoming more than the people next door or in our community. More than an occasional smile and wave.

Help build Island Neighbors into a connected and caring community by volunteering or donating to strengthen our community.

## FRIDAY NIGHT AT THE MOVIES -

Enjoy a **Free** movie and Popcorn on the **2nd and 3rd Friday nights** each month

**7:00 pm - Dining Room**  
(Movies provided by Netflix)



**November 10**  
**November 17**

**The King's Speech**  
**Philomena**

**Colin Firth**  
**Judy Dench**

**REMINDER!!!** - Don't forget about smile.Amazon.com when you are shopping online. The AmazonSmile Foundation will donate 0.05% of the purchase price of your eligible AmazonSmile purchases if you select Bainbridge Island Senior Center as your designated charity. For more information, go to smile.Amazon.com to read all about it.



FYI - All donations to **One Call For All** that are designated specifically for the Bainbridge Island Senior Center and are \$20 or more provide the center with a larger "share" of the general fund that is distributed among all the participants. Also, if you make monthly payments of \$20 or more, BISC will receive 12 times the "shares" of the general fund. Something to keep in mind when making your next donation.

**Like Us on Facebook** - We hope all friends of the Senior Center will visit our Facebook site and "Like" it. Please suggest your family and friends "Like" it also. You can "share" it on your home page. You will find the most up-to-date information and posters of all current events. For easy access open your browser and type in Bainbridge Island Senior Center. And then make it a favorite. Facebook can be intimidating if you are a first time user. If you need help don't hesitate to ask as we are happy to assist. Contact [colleen4260@gmail.com](mailto:colleen4260@gmail.com) if you need a helping hand.



## Thrift Shop



Our annual **Black Friday Christmas Sale** will be held on **November 24 and 25** in Huney Hall. You can find all sorts of items for both indoor and outdoor decorating without going to the big stores off island. If you have Christmas items to donate, please leave them at the Thrift Shop during our operating hours, between 10 am and 4 pm weekdays. We're also accepting furniture items, except for beds and mattresses, that will fit into our limited space.

To all of you who have been both donors and purchasers during the year, we wish each and every one of you special holiday greetings. Tiny Tim said it best: "God Bless Us Everyone!!"

**Meals on Wheels:** Monday thru Friday at BISC - Hot lunches served at noon - \$3.00 for those 60 & over. Make reservations by 2:00 pm of previous day at 1-888-877-8511

**Did You Know You Could Have Meals Delivered?** Call 360-377-8511 to learn if you are eligible. *If you are a family caregiver* and participate in the County's Caregiver Support program, you can receive delivered meals for you and your family to give you respite. Call 1-800-562-6418 - Kitsap County Senior Information & Assistance.

**Foot Care:** 2nd & 4th Wednesday - 7:30 am - 1:00 pm - Fee: \$25. Call Sharon at 1-360-876-1612 to schedule an appointment.

**Smile Partners-Dental Care for Seniors:** Wednesday - 8:00 am - 5:00 pm, in WPCC East Wing. Fee is on a sliding scale. Call 206-780-6908 for exact dates and to make an appointment.

**Medicare & Insurance Questions:** Call SHIBA (Statewide Health Insurance Benefits Advisor) hotline 1-800-562-6900.

**Parkinson's Support Group** - meets the first Monday each month at the Phelps Road Fire Station. For additional information contact Lana Gillis, at 360-779-7178 or email her at lanagale@earthlink.com

**VIP (Visually Impaired Persons) Group** - meets the second Wednesday of each month from 1:00pm-3:00pm at the Bainbridge Island Public Library on Madison Avenue. For information call 206-842-0123 or 206-842-3551.

**Island Volunteer Caregivers (IVC)** - providing non-medical, in-home support services and transportation to seniors, the disabled and others seeking support. 206-842-4441.

~**Caregivers Support Group** - for anyone caring for a loved one who is ill. Tuesdays 2:00 - 3:30 pm at Rolling Bay Presbyterian Church. Call Island Volunteer Caregivers (IVC) at 206-842-4441 for more information or email: info@ivcbainbridge.org.

~**Grief Support Group** - meets 2nd & 4th Thursday, 5:00-6:30 pm. Please contact Robin Gaphni, at IVC for more information - 206-842-4441 or robin@ivcbainbridge.org.

**Housing Resource Bainbridge (HRB)** - referrals for affordable housing including rentals and homeownership. Call 206-842-1909. For the Independent Living Program (Bainbridge), call 206-842-1909 ext. 17

**Veteran's Assistance** - for VA and County aid, call Roth Hafer at 206-842-6506.

**Helpline House** – offering services to the community, such as food bank, social work services, medical equipment, etc. Most services require island residency. Office hours are Monday-Friday, 9:00 am – 5:00 pm. Visit 282 Knechtel Way or call 206-842-7621.

**Super Suppers** - Join others for social fun and fantastic meals the last seven (7) days of each month at 5:00 pm. Mon, Tues, Thurs, Fri & Sun at Eagle Harbor Congregational Church, Wed at St Cecelia's Catholic Church and Sat at LDS Church.

**BI RIDE** - Your bus for Your Island. Catch the bus to shopping, lunch, the park, marina or cinema. Go anywhere on the island or connect with a bus to Poulsbo and beyond. For information or to schedule a ride, call **1-844-4BI RIDE (1-844-424-7433)**

**FREE DOWNTOWN SEATTLE CIRCULATOR BUS** - A pilot project bus route through downtown Seattle is available to ride to some hospitals, health clinics and services. There are 2 buses driving the fixed route, stopping at each of the 7 stops about every 30 minutes. Service starts at 7:00 am and goes until 4:00 pm and is free. If you need to go to Virginia Mason, Harborview or Swedish hospitals, they are along the route. **If you would like more information, call 206-753-4801 or stop by the front desk at Bainbridge Island Senior Center to pick up a brochure.**



# Bainbridge Island Senior Center

370 Brien Drive SE  
Bainbridge Island, WA 98110

Phone: 206-842-1616  
E-mail: [info@biseniorcenter.org](mailto:info@biseniorcenter.org)  
[www.biseniorcenter.org](http://www.biseniorcenter.org)

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Bainbridge Island Senior Center™



Anyone may become a member of BISC, a 501(c)(3) non-profit organization that supports the Senior Community. Annual Membership dues are \$20 per person



Rockin' Out to the Beach Boys



Bill Hemp - Colleen Keilbart - Fashion Show



Western Barbecue

*Please thank our underwriting sponsor*

## HERE'S LOOKIN' AT YOU, KID.

We're proud to support the Bainbridge Island Senior Center and everything it does to make our island's future brighter than ever.



CALL FOR A TOUR AND LUNCH IS ON US! | 206-842-2500 | [www.bainbridgeseniorliving.com](http://www.bainbridgeseniorliving.com)