

BAINBRIDGE ISLAND SENIOR CENTER



Splash!

Jul - Aug
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
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Ice Cream Social



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.
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**



Bainbridge Island
Senior Center



CITY OF
BAINBRIDGE ISLAND

I had occasion recently to visit with Joyce Kallgren, who stopped by the Senior Center office to see how things were going. Joyce talked about how she worked with Walter Demler of the Bainbridge Park District to move from the Grange Hall to Waterfront Park, and how important the Center has been for people over the years - with exercise, cultural programs, Chuckwagon meals (now Meals on Wheels), and other opportunities. Joyce said that the spirit of hospitality-welcoming members and non-members alike-has been the case since the Center's inception. This organization has come a long way since the remodeling guided by Don Kallgren that expanded a house on Waterfront Park into an "umbrella" to protect a variety of groups and activities.

And, of course, the umbrella is still here. In my short time as your executive director, I have marveled at the abundance of activity: sing-alongs and choral enterprises; Pinochle to table tennis; shared lunchtimes and lively lectures; public-service knitting and liberating laughter; thrift-store bargains and ad-hoc kaffeeklatsches; dental and foot care; yoga, line dancing, and more!

So far, my job has mostly amounted to trying to catch up with the rest of you - a challenge indeed, but one that I am enjoying immensely. Thanks to volunteers, the Senior Bus Trips and the transit trips known as "Seattle Safaris" have been revived. Reid Hansen led a couple of island history tours (another is coming up July 15 with yours truly behind the wheel), a group took an outing to the Harbor History Museum in Gig Harbor, there've been adventures to the Tacoma Glass Museum, the Seattle Aquarium and more. And more to come: please check out this issue of Splash! for details.

We're introducing a couple of new exercise offerings this summer. I invite you to check them out. Tanya Agnew will lead Nia-an admixture of dance, martial arts, and healing movement; Sue Schaeffer has put together a yoga class specifically for men. I invite you to try them out and tell me what you think. Look in this issue for times and rooms.

I also have been meeting with representatives of several other island organizations with which I think we can make a common purpose: Island Volunteer Caregivers, Island Neighbors, BARN among them. Working together, I think there's a lot that this web of organizations can do to strengthen the ties that bind and enrich our community.

It's a comfort to me to know that Joyce Kallgren, who's seen the arc of the Center's history, supports the Senior Center's decision to go forward under independent management. Let's be inspired to prove Harry Truman accurate in his observation "It is amazing what you can accomplish if you do not care who gets the credit."

Reed Price
Executive Director

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

EDITOR'S NOTE: *You no doubt noticed a slightly new look to the front page of Splash!. In an attempt to incorporate our new logo, the Mighty Marketing Committee elected to give our masthead a fresh new face lift.*

As I have mentioned in the past, this newsletter is always going to be a work in progress in the hopes of bringing you the latest in programs, travel opportunities, resources and news of our community.

By Catherine Exton

Nancy Lewars

Nancy Lewars was born in Philadelphia, Pennsylvania and grew up in the Penn Valley suburb. She has an older brother and a younger sister who still live back East. Her father was an OB-GYN who scheduled deliveries for his patients' convenience not his own. He was a kind and loving man who resembled Walter Cronkite. Her mother was an artist who painted orchids and also grew them in her greenhouse. Nancy's favorite childhood memory is about making forts in the dense bushes around her home and hunting with her friends for salamanders in the local creek.

Each summer Nancy's extended family gathers at a family home on the Outer Banks of South Carolina. To Nancy, family is everything. Her marriage demonstrates this. She has been married to husband Mike for fifty-two years. He is involved in several non-profits and is on the Bainbridge Island Planning Commission.

Nancy studied at Mt. Holyoke in Massachusetts where she earned a B.A. in English. Then she followed her fiancé, Mike, to Stanford where she earned an M.A. in education. She also attended a horticultural school for two years.

She taught ninth-grade English until her first child, Stacy, was born. Then she became a full-time mom and had a second daughter, Corbin. Stacy now owns the U-pick blueberry farm on Bainbridge Island and has two children. Corbin lives in Ballard and is a writer who also coaches people who write memoirs. She has two children as well. The four grandchildren have formed a group called the Fabulous Four, an improv outreach group that visits nursing homes and senior centers.

Nancy's special interests include leading the Liberation Laughter group at BISC, being on the BISC Board of Directors and a member of the Marketing Committee. She is also on the Board of Island Neighbors as Chairman of the Membership Committee and as a member of the Fundraising Committee. This organization connects people with community resources. For example, Helpline has walkers to loan, and Meals on Wheels Kitsap offers discount coupons for local farmers' markets. The website for Island Neighbors is: <http://islandneighbors.org>.



Nancy began the Liberation Laughter class in 2011 because she felt that she was living too much in her mind and wanted to live more from her heart. She studied improv with the Portable Reality Show in Poulsbo and then with Unexpected Productions for a year and a half. In her Liberation Laughter class, members practice improv exercises with unconditional support. Anything goes and there is no such thing as a mistake.

What inspires Nancy? — People with wonderful skills and gifts to share who remain unassuming.

In closing, Nancy invites the members of the Bainbridge Island Senior Center to celebrate their new ability to share activities, grow together, stay curious and have fun.



Cards & Games

GAME DAY Every Tuesday in the Fireside Room 8:30 am - 4:00 pm We have the games and the coffee. You bring the players!	Party Bridge	Tuesday - 1:00 pm	Dining Room	Pat Mulanax - 780-7870
	Duplicate Bridge	Thursday - 10:00 am	Huney Hall	Doug Cook - 842-6250
	Cribbage	Wed & Sat. - Noon	Fireside Room	Selden Smith - 491-8939
	Bingo	Mon & Fri - 1:00 pm	Dining Room	
	Beg. Mah-jongg	Friday - 1:00 pm	Conf. Room	Elaine Howard - 780-8469
	Adv. Mah-jongg	Friday - 1:00 pm	Living Room	Call 842-1762
	Pinochle	Thursday - 1:00 pm	Fireside Room	Anne Graves - 780-1449

NOTE: Senior Center Membership is encouraged for participation in classes and activities.

THE OUT-TO-LUNCH BUNCH - Thanks to the Events Committee, the Out-to-Lunch Bunch program is beginning again. **Limited to 10 people**, participants will carpool to a local restaurant for a friendly, social, get-to-know-you-better lunch experience. A sign-up sheet will be available at the front desk for those interested in socializing with fellow members. **Carpools will leave the Senior Center at 11:15 am.**



Thursday	July 13	11:15 am	Los Cabos - Poulsbo
Thursday	August 24	11:15 am	The Marketplace - Pleasant Beach

LIVE SIMPLY TO LIVE WELL - Our hectic world requires we take simple but decisive steps to make our lives and spaces simply work better for us. And you don't have to do it alone! Help is all around you. What we hold onto holds us, and letting go of what we no longer need - in both "stuff" and beliefs - is magically rewarding and renewing. Simplicity Coach & Downsizing Expert Lisa B. Martin will lead a discussion on what simply matters, and share trends and tips on how to reduce stress and increase joy at home, work, or play.

Thursday	July 13	9:30 a.m.	Dining Room.	Donation.
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MIND-STRENGTHENING YOGA FOR MEN - Recent clinical research finds yoga has positive effects on cognitive function, memory, sleep and stress reduction. This class with Sue Charumati Schaeffer will offer a safe experience of learning postures that will stretch your body and increase your balance. Relaxation and meditation techniques will also be introduced. Schaeffer is a Kripalo certified yoga teacher with extensive experience with older adults. **Four sessions - Limit 10 people.**

Tuesday	July 18 & 25 Aug 1 & 8	11:00 am	Conference Room	\$10/session
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 **CHAIR + CLASSIC NIA (Non-Impact Aerobics)** - Combining dance, martial arts and mindfulness, Nia tones your body while transforming your mind. More than just a workout, Nia is a holistic fitness practice addressing each aspect of your life--body, mind and soul. No experience necessary and open to all! Tanya Agnew, who grew up on Bainbridge and continues as an adult to make it her home, is a Certified Nia Black Belt Teacher, with special training with older adults and "moving to heal." You will be guided by Tanya in gentle movements that help your body feel good and energized. **Limit 15 people.**

Wed & Fri	Begin July 26	1:00 – 2:00 pm	Huney Hall	\$7.50/session
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INTRO TO IPHONES and iPADS - Learn about what your Apple devices can do. While you can get tech tutoring here (resuming in the fall), the emphasis of this class will be on the Grande Dame of computer voice control, Siri, introduced in 2011. Through demos and lecture instructor Kim Clark will present Siri's time saving features and foibles, as well as its easy access to internet information. Plenty of time for Q & A..

Tuesday	Aug. 22	1:00 p.m.	Conference Room	Donation
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COMING IN SEPT: Like a little more Shakespeare in your life? Join a weekly session of reading and discussing the Bard's plays, beginning tentatively with "Anthony and Cleopatra."

Thursdays	Sept. 14	3:00 pm	Conference Room	Donation
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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 842-1616 to register. A fee of **\$15** (AARP members) or **\$20** (non-members), payable to AARP, is due at the first class. **Class limited to 14.**



Tues & Thurs	July 11 & 13	9:00 am-1:00 pm	Conference Room
		No class in August	

Arts, Music & Language

AMERICAN PRESIDENTS' WIVES - Dining Room	Monday	9:30 am	Donation
ASTROLOGY CLUB: Dining Room	Thursday	1:00 pm	Donation
BI PHOTO CLUB - Open to all ages. Visit www.biphotoclub.org for more info.	2nd Wed	7:00–9:00 pm	\$30 yearly
EVERGREEN SINGERS: Huney Hall <i>(No practice until</i>	Tuesday	10:00 am	\$15/mat'ls
FRENCH CONVERSATION CLUB: Conf Room	Monday	9:00-10:00 am	Donation
FRIDAY NIGHT MOVIES - Dining Room	2nd & 3rd Friday	7:00–9:00 pm	Donation
GERMAN CONVERSATION CLUB: Living Room	Thursday	9:00-10:30 am	Donation
KNIT WITS: Living Room	Friday	9:00 - 11:00 am	Donation
LIBERATION LAUGHTER: Conference Room	Friday	10:00 am	Donation
LIBRARY/WATERFRONT BOOK GROUP: Conference Room	3rd Tuesday	1:00 pm	Donation
MEMOIR/CREATIVE WRITING: Conf Room	2nd & 4th Wed	1:30-3:30 pm	Donation
SING-A-LONG: Fireside Room	Friday	11:00 am	Donation
SPANISH CLUB - Contact Dale & Regina Spoor. Call 842-5171 for more info. Conference Room	Monday	10:10 am-12:10 pm	Donation
WATERFRONT READERS THEATRE - Huney Hall <i>(No classes in July & August)</i>	Friday	1:00 - 2:30 pm	\$10

Fitness, Dance & Sports

GENTLE EXERCISE- Easy, gentle exercise by certified instructor Helen Heaslip.	Mon-Wed-Fri	9:00 - 10:00 am	\$5.00/session Huney Hall
CHAIR YOGA CLUB - Dining Room - Spend quiet time stretching in the chair and feel rejuvenated.	Tuesday	9:45 am	Donation
YOGA FOR EVERY BODY - Stimulates the whole person - mind, body and spirit. Judith Bardsley	Wed	2:30 - 3:30 pm	\$10/session Huney Hall
ATTITUDE OF GRATITUDE YOGA - Gentle breath work and body movements. Judith Bardsley, instructor.	Tues - Thurs	2:30 pm	\$7.50/session Huney Hall
T'AI CHI CHI'H - PRACTICE SESSIONS - Must first complete training from certified instructor.	Wednesday	11:00 am	Donation Huney Hall
CHAIR + CLASSIC NIA - Gentle movements that help your body feel good and energized. Tanya Agnew	Wed - Fri	1:00 pm	\$7.50/session Huney Hall
YOGA FOR MEN - Safe postures that will stretch the body and increase balance. Sue Schaeffer	Tuesday	11:00 am	\$10/session Conf. Room
LINE DANCING CLUB - Non-partnered dancing - a surprising workout.	Monday & Friday	10:15-11:30 am	Donation Huney Hall
TABLE TENNIS CLUB - Great fun whether you are a seasoned player or want to learn. Times may vary. Register to receive email.	Monday Thursday Saturday	11:30 am-2:15 pm 7:00-10:00 pm 9:00 am-12:00 pm	Donation \$2 Huney Hall

Unless noted otherwise, all trips depart from **Bethany Lutheran Park & Ride and Winslow Arms, 220 Parfitt Way**. Please be ready to board the bus 15 minutes prior to departure time. Please notify staff at time of registration if you will be using a wheelchair, walker, scooter, or a service dog.



LAKE CRESCENT/ELWHA DAM: - Visit the site of the former Elwha Dam to see how things have changed. Then on to Lake Crescent where you can climb to the top of Marymere Falls (medium to hard) or just relax by the lake and read a good book. Bring a sack lunch or eat in their restaurant. Bring your Senior Pass. **Registration Deadline: July 6.**

Saturday July 8, 2017 8:00 am – 5:00 pm Fee -\$30

HISTORIC BAINBRIDGE - Spend a day on an unforgettable tour with island historian, **Reid Hansen**. Acquire knowledge of the history of Bainbridge from the earliest settlers to the present day. He will take you to 19 historic sites and provide you with a companion pictorial brochure. Bring a sack lunch and a bottle of water as you will be stopping at one of these sites for a lunch break. The ability to walk on uneven ground and get on and off the bus multiple times is advised. **Registration Deadline: July 13**

Saturday July 15, 2017 10:00 am – 2:30 pm Fee: \$20

RIVER VALLEY CHEESE: First is a tour of Boehm's Candies, then lunch at the XXX Root Beer Diner, lunch on your own, (cash or check only) then to River Cheese to learn how to make your own cheese. This is so much fun. Take home 2lbs of cheese, besides eating all the cheese you want in the class. **Fee includes the cost of Boehm's tour and the two-hour cheese making class.** Register early to make sure you have a seat on the bus. **Registration Deadline: July 14.**

Tuesday July 25, 2017 8:00am - 6:00 pm Fee: \$95

MOUNT ST. HELENS: The first stop is the Visitors Center where you can see the original video of the eruption, then to Lucy Rah's Café in Castlerock for lunch (on your own), then to Johnson Center. They have a new film of what is happening on the mountain now. Bring your Golden Age Pass. **Registration Deadline: July 27th.**

Tuesday August 1, 2017 8:00 am – 6:00 pm Fee: \$45

POINT DEFIANCE ZOO AND AQUARIUM: This is a **FREE** day for Seniors. Bring sack lunch or eat in their deli. **Registration Deadline: Aug 11.**

Tuesday August 15, 2017 9:00 am - 4:00 pm Fee: \$25

CHIEF SEATTLE DAYS - We will visit the Suquamish Museum, and then it's off to Chief Seattle Days. There will be a traditionally Alder-baked salmon meal (cost is \$6 for seniors (on your own)). Fee includes Museum entrance fee. **Registration Deadline: August 17**

Saturday August 19, 2017 9:00 am - 4:00 pm Fee: \$25

OLYMPIC MUSIC FESTIVAL: Musicians from Garden Music - back for a third-straight season, by popular demand. The group combines classical, jazz, Latin, bluegrass and more featuring George Gershwin's "An American in Paris". Bring a sack lunch or eat at Taps at the Guard House - Fort Worden in Port Townsend. Fee includes cost of performance. **Registration Deadline: July 26**

Saturday August 26, 2017 10:00 am - 6:00 pm Fee: \$80

MT. RAINIER: Enjoy a beautiful time hiking, listening to the rangers, just relaxing, or maybe reading. Bring sack lunch or eat lunch at Paradise Lodge (cost on your own). Bring Senior Golden Age Pass. **Registration Deadline: Sept 7**

Saturday September 9, 2017 8:00 am - 6:00 pm Fee: \$40

ADVENTURES IN TRAVEL - Be an armchair traveler. Explore the world through the camera lens. Seasoned travelers share their experiences and photography with you. Bob Leik, facilitator.

Wednesday 1:00 - 2:00 pm Donation Dining Room

No programs have been scheduled for July.

August 2 Colleen Keilbart Ethiopia (a travel documentary)
August 16 Richard Candey Russia



If you have travel photos you would like to share, please contact Bob Leik at bsleik@comcast.net.

Seattle Safari transit trips are led by volunteers to local destinations around the Sound using ferries and buses. Participants pay for their own transportation, admissions, and meals. Unless otherwise noted, Seattle Safari participants **meet at 9:20 am** in the inner lobby of the Bainbridge Island ferry terminal OR near the Second Mate's Office on the ferry (port/left side as the ferry goes to Seattle.) You must be on board the ferry by **9:38 am for the 9:40 ferry.**

Tuesday, July 18 Alkai Beach led by Frances Burress and Gloria Krause
Take ferry to Seattle, then a short walk to Water Taxi for 15-minute ride to West Seattle. Ride the free bus to one end of the beach via the Admiral District. Walk along the shops, choose a place for lunch, then continue exploring or return to Bainbridge. Rated: Moderate/Hard

Senior Water Taxi fare with proper ID: \$2.25
ORCA \$4.50 each way

Adult Water Taxi fare: Cash \$5.25
Lunch: \$12.00+

Monday, August 21 International District led by Frances and Gloria
Ferry to Seattle, then board the #99 bus (or perhaps the #62) to the International District. A possible visit to the Klondike Museum, lunch at one of the many restaurants in the District, then a visit to Uwajimaya, a fabulous Asian market. More information will be available in early August, so check with the Senior Center for an updated description.

Senior (65+) fare on Metro Transit with proper ID: \$1.00 each way
Adult (19-64) Metro Transit fare: \$2.50 - \$3.25 each way

For information about these trips and to register for any of the Safaris, call the Senior Center at 206-842-1616

For Your Information

Hawaiian Fish Hook - According to Dave Webb, our resident balladeer, the new logo reminded him of a circle of fish hooks, and he shared what the fish hook symbolizes to the Hawaiians. The deep connection and reverence the Hawaiians have for the ocean created the meaning behind the **Hawaiian Fish Hook** necklace. It represents strength, prosperity and a great respect for the sea. Ancient Hawaiians believed that a bone necklace takes on part of the spirit of those who wear it.



Dave thinks "That works perfectly with the senior center mission on an island surrounded by salt water."



REMINDER!!! - Don't forget about smile.Amazon.com when you are shopping online. The AmazonSmile Foundation will donate 0.5% 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 the smile.Amazon.com web page to read all about it.

CALLING ALL FACEBOOK PEEPS - The Senior Center has been quite active on our Facebook page. 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 if you need a helping hand.



Deadline for submissions to SPLASH! is always the first Friday of the month prior to publication.
The deadline for the next issue is: August 4, 2017

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

We Thank You \$o Much! – The BISC Membership Committee wants to extend **a big thank you to all** of you who have renewed your membership for the year 2017! This past spring, several of the Membership Committee made renewal reminder phone calls, and what a treat it was to spend a few minutes talking to you and hearing support and appreciation for BISC expressed over and over again. And, you showed your support not only in words, but by renewing your membership. We are grateful!

Those of you who are receiving this newsletter, and **who may not yet** have renewed your membership for 2017...It's not too late! Come on down to the Senior Center; experience the changes we're making; and renew your membership!

Since BISC no longer has the financial support of the Park District, we need to consider how much of the BISC operating budget should come from membership fees. To that end, your BISCC Membership Committee is about to embark on a fact-finding mission to ask senior centers in Washington State, who serve communities about the size of Bainbridge Island, the following questions:

1. What is the membership fee?
2. What are the membership benefits?
3. And what percentage of the Senior Center budget comes from membership fees?

We hope the information we gather will help the BISCC Board of Directors make adjustments, as needed, for the 2018 BISCC operating budget. We will keep you posted, of course, as well.

Again: Thank you for your \$upport of BISC!

Marketing Committee - Cindy Mcgregor, Sheila Curwen, Nancy Lewars, Bob Leik, Bill Hemp, Karen King, Caryn Wood, Ruth Flanagan

Movie Nights: Traditionally, movie night has been suspended in July and August due to lower attendance, and resumed in September. We will survey those attending in June to gauge demand. Call the front desk at 842-1616 to determine if movies will be shown and what will be shown.

Technology Tutoring: We have had 6-7 student tutors per session and positive evaluations by both tutors and tutorees. Due to school finals and summer break, the next sessions will resume in September. Sign-up is at the reception desk.

Website and social media: For the freshest of news, visit our website (www.biseniorcenter.org). Be sure to look through the gallery pages for people you recognize. And check out the BI Senior Center presence on Facebook and Instagram. Social media options like these are welcome new challenges for many of us and keep us in the mainstream.

Other ideas: We are looking into a Senior Discount Day once a week or month that would be honored by select businesses in the community. We are also planning to make a new series of short videos about our senior center, perhaps in partnership with talented teens.

Events Committee - Mickey Guthrie, Ruth Flanagan, Bob Leik, Barbara Cole, Robin Melton, Leona MacKay, Charlotte Caskey, Jamie Mittet, Colleen Keilbart, Glenda Inman

On the first of May our BISC President and Director along with members of the City Council, held a ribbon-cutting celebration of becoming a standalone Senior Center. The events committee provided coffee and tea along with goodies for the ceremony and the following week. The remainder of May all volunteers were occupied learning our new computer program. "MySeniorCenter" is unique to Senior Centers and we are happy to be a part of their system.

June began with more flowers for the Center provided by members of the Committee. Plans were made to have cookies and punch on June 14th, to kick off the City's plans to celebrate the reopening of the Eagle Harbor Waterfront Park with an Ice Cream Social. On June 17th, we provided refreshments for the memorial for iconic islander Dave Ullin held in Huney Hall.

July the committee will be assisting the Marketing Committee with plans for the July 4th booth. We will provide sign up applications, waivers, brochures, and copies of **SPLASH!** **Don't forget to stop by our booth on the 4th!**

In August, we will again join the Marketing Committee to assist them with a booth at the City's **"Bainbridge Island Night Out"** to be held August 1st.

HELPLINE HOUSE - Founded in the 1960s as a food bank in response to the "war on poverty," Helpline House is a community-funded non-profit agency providing a full range of services. Basic services are provided cost-free to those in need. Needs are defined broadly, and are not always financial. Any community member in crisis or in need of social work consultation, volunteer opportunities or other related service is welcome at Helpline House.



Besides providing a food bank, social work and counseling programs and medical equipment loans, Helpline House also offers a legal clinic monthly onsite. Clinics are usually scheduled for the fourth Wednesday of each month. Please call Helpline House (206) 842-7621 to confirm this month's date. Our legal services are by appointment only. Clients are screened for income and case appropriateness by CLEAR (1-888-201-1014). Helpline House is centrally located in Winslow on Knechtel Way.

Paint Out Winslow – A Plein Air Weekend - August 19 & 20

Paint Out Winslow is back and better than ever with bigger territory to roam! Amateur and professional painters alike are invited to join us as we paint The Rock in our fourth annual plein air event—and it's free!

b a i n b r i d g e
arts & crafts

Gallery | Education | Outreach

On August 19 and 20, head out on your own to a spot anywhere on Bainbridge Island and paint (or pastel, or pencil) to your heart's content. Join us that Sunday afternoon for a juried evaluation and celebration. Cash prizes and painting supplies will be awarded in both amateur and professional categories. Work will be on public display for all to enjoy.

While the event is free, we'd like to know who'll be joining us, so please register at bacart.org/artists/paintoutwinslow where you'll be given detailed information for the event. Now, get out there and paint!

Home Improvement Season is here! The Independent Living Program is lending a hand.



The *Independent Living Program* provides home modifications for the elderly and disabled on Bainbridge, so that they may remain in their homes safely. HRB assesses individual needs and then hires contractors to make necessary improvements which eliminate barriers to residing safely in their homes. 2017 funding is available from the City of Bainbridge Island to safeguard wellbeing at home. Contact Julie at Housing Resources Bainbridge to apply or to learn about financial resources, contracting services, and recommendations to make qualifying residential improvements.

Julie Stone, Independent Living Manager

[206-842-1909 ext. 17](tel:206-842-1909); julie@housingresourcesbi.org.

BARN GRAND OPENING - As an active organization that represents the activities of and for seniors on the island, we are always looking for worthwhile organizations that could benefit from our support. A truly outstanding endeavor that many of our members have been actively involved with over the past few years is the **Bainbridge Artisan Resource Network**, or BARN for short. The group has spent the last few years successfully raising almost 9 million dollars to build an outstanding structure to house 11 different artisan groups, such as woodworkers, welders, writers and weavers - to name a few.



BARN had their Grand Opening celebration Saturday, June 3 and the Senior Center donated our bus to shuttle folks from the Baptist church parking lot to the premises located on Three Tree Lane off New Brooklyn Road. Reed Price generously donated his time to drive the bus while Tom Kilbane volunteered to supervise the parking.

If you can get a tour of BARN, it is highly recommended you do so. The most impressive aspect of the BARN is that it was accomplished by volunteers from the island without professional help. The accomplishment gives me confidence that our Senior Center will be able to raise the funds to support our programs. To be successful, we'll need to be creative, engaged and industrious. Please call the Center and volunteer to help!

PET CARE - Especially in the summer, many of you will be going on vacation and hiring someone to take care of your pet. Here are some thoughts to consider so it will be a great experience for you and your pet:

ALWAYS ask for more than one reference. Call the reference and ask a lot of questions:

~What went well, what didn't?

~How did the animal react when they returned?

~Was it unusually clingy or insecure?

~Did the animal do things it doesn't normally do, like chewing up your things or going potty in the house? An animal may be a little anxious when you first leave, and make a mistake. That should stop. If it hadn't, but continued while you were gone, that's not good. That tells you the person didn't spend enough time with your pet, or changed his/her routines, which should not happen. ~Did the neighbors notice lots of company, or loud music?

It's fairly easy to tell if a person loves animals, and not all people are in this business because they do. It's a good idea to have the person come a few times and spend time with your pet before you leave. You will know if that person cares deeply for animals. Also, it is really a good idea to interview more than one person, no matter what raves you have heard.

Make sure that you are clear on your expectations: Let the person you hire know that he/she is expected to be with the animal most of the time. Having an outside job, or lots of responsibilities doesn't bode well. Feeding your pet, walking your pet so it can do its business and then returning many hours later is not taking care, or bonding. Your agreement needs to be that your pet is the number one priority.

Make sure the prospective sitter is comfortable with the quirks and habits of your animal. If your animal sleeps with you, be sure this is agreeable with the sitter. If it isn't, that tells you a lot. Animals have insecurities and needs just like we do. You have left them with a stranger. They will need LOTS of cuddles, and probably more treats than you think necessary. Someone who doesn't agree with all your requests, or say's "Oh, I don't believe in that" is a red flag. This is your furry child. Make sure you and your pet feel really good with the arrangement.

Hopefully these thoughts will help make this a win/win situation. I know a lot of this will be automatic with most of you. Just be overly careful. There are more wonderful pet sitters on the Island by far than bad ones who will be completely devoted to the care and love of your pet.

Robin Melton
Your Pet's Auntie
[\(206\) 855-2900](tel:(206)855-2900)

FRIDAY NIGHT AT THE MOVIES

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

7:00 pm - Dining Room

Call ahead in July and August to determine if movies are scheduled.



Watch for upcoming movies on the easel in the Fireside Room, on a poster in the hallway at the Senior Center, on Facebook or in the weekly email updates.

Movies provided by **NETFLIX**

BAINBRIDGE ISLAND NIGHT OUT - August 1, 2017

National Night Out is an annual community-building campaign that promotes police-community partnerships and neighborhood camaraderie to make our neighborhoods safer, better places to live. Support for National Night Out is provided by local merchants and non-profit organizations. Look for the Senior Center booth or if you cannot attend, you can still show your support by leaving your front porch light on, which is a hallmark of the event. For additional information, contact Carla Sias at csias@bainbridgewa.gov.

Meals on Wheels: Monday thru Friday at BISCC - 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.

Foot Care: 2nd & 4th Wednesday - 7:30 am - 1:00 pm - Fee: \$20. 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 transportation and non-medical, in-home support services 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 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 - 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 206-842-2041

Veteran's Assistance - for VA and County aid, call Roth Hafer at 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 the 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
www.biseniorcenter.org

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Anyone may become a member of BISC,
a 501(c)(3) non-profit organization that
supports the Senior Community.
Annual Membership dues are \$12 per person

Thrift Shop

The weather is changing to warmer summer days and our clothing racks are echoing that change with cooler clothing for our Northwest climate. We have lots of new home décor, kitchen wares, furniture and books to offer. Summer reading is a must for relaxing and there are many varied authors to choose from, plus cookbooks, gardening and how-to books to peruse while you're sipping a cold drink from one of our crystal stemware that you just bought.

DON'T FORGET: Every Thursday when you show your new key tag for purchases in the Thrift Shop, you will get 10% off.

UPCOMING: A fashion show is slated for Saturday, September 16th at 2:00 pm in Huney Hall. Tickets will go on sale the first part of September.

If you have items to donate, please bring them in during our regular hours of 10 am to 4 pm. For pickups please call the Senior Center front desk at 842-1616 or call either 842-7740 or 855-8484.

SEE YOU IN THE SHOP!!

Judy Duffy, Manager
Karen Marten, Assistant Manager



A special Thank You to our sponsors for their ongoing support of the Bainbridge Island Senior Center

