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  Website: www.biseniorcenter.org  
Editor: Ruth Flanagan - neatlady929@gmail.com

SEP-OCT 2017

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.

Themed Fashion Show

Featuring the choicest Thrift Shop wear modeled with a bit of whimsical flair!  
A 10-minute play with outfits galore is some of the fun we have in store.

“You could not, would not want to miss a one-of-a-kind fashion show such as this!”

September 16, 2017

2:00 pm

Bainbridge Island Senior Center - Huney Hall  
Admission: $5.00  
Advance Ticket Sales Begin Sept. 1st.  
First Come, First Served
September brings the first day of autumn, and this time of year often carries with it the motivation to tidy things up, organize our lives, and focus on what matters.

I think that as you look through this edition of Splash!, you'll see this spirit reflected in classes on technology, household organization, gardening and more. There's also plenty of fun—a busy trip schedule, two art sessions, a theatrical presentation, our fashion show, a BBQ, and a Halloween party!

We had a wonderful turnout for our spiff-up party in July – thank you so much for helping to keep our building and grounds in great shape. Note we're having a fall cleanup on Saturday, Oct. 14 at noon.

We also are getting in shape as a self-sustaining nonprofit. We've had our successful first fundraising event—the Jumble Sale in late August—and are developing our strategy for ongoing program support. To that end we welcome two corporate sponsors—Bainbridge Senior Living and Windermere Bainbridge, and a number of merchants who are supporting us through "Fob Fridays."

For much of our fundraising infrastructure we rely on One Call for All. Although you may think of them as the Red Envelope Campaign, they support us—and other local nonprofits—365 days a year.

Here are some other things you might not know about using One Call For All (onecallforall.org):

- Each contribution of $20 or more earns us a share in undesignated funds, so consider breaking an annual amount into a series of smaller gifts.
- One Call for All will handle your gift of appreciated assets—such as shares of stock—at no cost to you or to us, and any income tax deduction you claim will be based on the price of the asset at sale.
- You can easily set up a recurring gift, say monthly or quarterly, through One Call—and it can include your gift to the Senior Center as well as other One Call participants.
- You can use credit cards or PayPal accounts, in addition to checks, to donate through One Call. When you do, the Senior Center pays no bank handling fees.

We provide programs and activities at the Senior Center at the lowest possible cost so that any member who wishes may take full advantage of what's on offer. We can only do that with the financial support of members like you. Thank you very much.

Reed Price
Executive Director
Bill Luria

Bill Luria, his wife Lynne, and their German Shepherd, Rocky, live in Rolling Bay. In 1990, they moved from Alaska to Bainbridge Island with their son, Matt. Bill and Lynne were both raised in New York. Bill’s father was born in Russia and his mother was from Poland. His parents’ immigration story is an inspiring example of altruism. Their villages in Russia and Poland saw the black storm clouds of Nazism gathering. The villagers decided to act. They pooled their money and chose a few young people to pay their passage to America. Bill’s parents were the fortunate ones chosen and immigrated to America. Most of the villagers that remained behind died in the Holocaust.

Bill earned a Bachelor’s Degree in Electrical Engineering from Rensselaer Polytechnic Institute. During the decade of the moon exploration, Bill worked on the Apollo Program. “The teamwork, the vision of landing on the moon, it was exciting!”

After earning an MBA from NYU and a Masters of Urban Planning from Hunter College in New York, Bill and Lynne decided they wanted a change. They made a pretty big leap. Not quite as large as Neil Armstrong’s step on the moon, but a move from New York to Alaska in the 1970’s was quite a change. Bill managed a variety of neighborhood and community development programs for the Governor of Alaska. The money was flowing from the oil pipelines and Alaska used these funds to improve the infrastructure of the state.

Bill is an active member of several boards in addition to his role on the BISC board. He is Chair of the Bainbridge Island Planning Commission, Vice-Chair of the Washington State Independent Living Council and is a member of Sustainable Bainbridge. In 2007, Bill was diagnosed with Multiple Sclerosis and is now a member of the Government Relations Committee of the National MS Society.

Under his leadership, your BISC Board has created a Government Relations/Advocacy Committee to create a program to monitor and respond to State and local level events regarding Senior issues. BISC has a growing membership of vital seniors who have concerns about their health care, housing, transportation services, retirement benefits and age-specific recreation. Bill hopes to encourage members to increase their influence and play a critical role through active engagement to shape decisions that will affect their lives. Recently, on August 9, Representative Derek Kilmer came to the Senior Center and discussed current issues at the state and national levels that affect Seniors. On September 20 a representative of Puget Sound Advocates for Retirement Action will hold a forum at our Center about protecting and strengthening Social Security and Medicare.

Together we can be a powerful force.

Puget Sound Advocates for Retirement Action

The Senior Center welcomes Puget Sound Advocates for Retirement Action for an overview of the future of the important programs that support aging Americans. Q&A and time to meet with advocates to follow.

September 20, 2017
4:00 pm - 6:00 pm
Bainbridge Island Senior Center - Huney Hall

Tech Tutoring begins September 25. This is your chance for one-on-one tutoring by a student volunteer on using your laptop, smart phone, iPad, etc. Sessions are on Mondays 2 pm-3 pm. Register with the reception desk (206-842-1616) and you will be contacted regarding an appointment date.
THE OUT-TO-LUNCH BUNCH - 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. **Limited to 10 people**

<table>
<thead>
<tr>
<th>Thursday</th>
<th>Sept 28</th>
<th>11:15 am</th>
<th>Port Gamble General Store</th>
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<tbody>
<tr>
<td>Thursday</td>
<td>Oct 26</td>
<td>11:15 am</td>
<td>Sawan - Lynwood Center</td>
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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 reception for non-members. For more information contact Mary or Reed in the office at 206-842-1616.

WATERFRONT READERS THEATRE - Join the readers for some nostalgia, some pathos, some comedy and a whole lot of fun as they perform two presentations of their latest production, directed by Neva Cole.

<table>
<thead>
<tr>
<th>Friday</th>
<th>October 27</th>
<th>2:00 pm</th>
<th>Huney Hall</th>
<th>Donation</th>
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</thead>
<tbody>
<tr>
<td>Saturday</td>
<td>October 28</td>
<td>7:00 pm</td>
<td>Huney Hall</td>
<td>Donation</td>
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</table>

Put on your cowboy hat and boots and mosey on over to Huney Hall for barbequed hamburgers, hot dogs and all the fixin’s.

**Friday, September 8th**
4:00 - 6:00 pm

If you want to bring a potluck dish there will be a sign up sheet at the front desk to let us know what you’re bringin’.

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.**

<table>
<thead>
<tr>
<th>Tues &amp; Thurs</th>
<th>Sept 5 &amp; 7</th>
<th>9:00 am-1:00 pm</th>
<th>Conference Room</th>
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<tr>
<td></td>
<td>Oct. 10- &amp; 12</td>
<td>9:00 am-1:00 pm</td>
<td>Conference Room</td>
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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 and the smiles!

<table>
<thead>
<tr>
<th>Party Bridge</th>
<th>Tuesday - 1:00 pm</th>
<th>Dining Room</th>
<th>Pat Mulanax - 206-780-7870</th>
</tr>
</thead>
<tbody>
<tr>
<td>Duplicate Bridge</td>
<td>Thursday -10:00 am</td>
<td>Huney Hall</td>
<td>Doug Cook - 206-842-6250</td>
</tr>
<tr>
<td>Cribbage</td>
<td>Wed &amp; Sat. - Noon</td>
<td>Fireside Room</td>
<td>Selden Smith - 206-491-8939</td>
</tr>
<tr>
<td>Bingo</td>
<td>Mon &amp; Fri - 1:00 pm</td>
<td>Dining Room</td>
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</tr>
<tr>
<td>Beg. Mah-jongg</td>
<td>Friday - 1:00 pm</td>
<td>Conf. Room</td>
<td>Call 206-780-8469</td>
</tr>
<tr>
<td>Adv. Mah-jongg</td>
<td>Friday - 1:00 pm</td>
<td>Living Room</td>
<td>Call 206-842-1762</td>
</tr>
<tr>
<td>Pinochle</td>
<td>Thursday - 1:00 pm</td>
<td>Fireside Room</td>
<td>Anne Graves - 206-780-1449</td>
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</tbody>
</table>
PODCASTING – Barry Peters - Most of us have favorite radio shows we’ve loved. Now, radio stories are found on the internet — as “podcasts”. The amazing and varied world of podcast radio is not hard to explore — and the results are rewarding. Barry Peters of Bainbridge Community Broadcasting shows you how to find the most interesting stories and enjoy the new world of internet podcast radio.

**Wednesday**
- **September 6**
  - 9:30 am
  - Conference Room

TELEPHONE AND COMPUTER SCAMS – Jon Olmstead - Learn about the telephone and electronic scams that are impacting our community members. The presentation covers the various types of the scams (telephone, computer, email), what types of data scammers are trying to gather, how to identify these scams and what to do if you think you are being scammed.

**Wednesday**
- **September 6**
  - 4:00 pm
  - Huney Hall

LIVE SIMPLY: DOWNSIZE NOW! – Simplicity Coach & Downsizing Expert Lisa B. Martin will offer tips and tactics to improve space management, reduce stress, enhance quality of life, and increase joy in daily life and during times of transition. Come with questions: we’ll find the answers!

**Thursday**
- **September 7**
  - 9:00 am
  - Dining Room

WELCOME TO MEDICARE - sponsored by Kitsap County Division of Aging & Long Term Care - Are you turning age 65 soon? Will you soon be eligible for Medicare? Want to know more about Medicare? Join this free class. We’ll cover: Medicare Parts A and B; Medicare supplement and Medicare Advantage; plans; Part D prescription drug plans; fraud prevention Provided by: SHIBA (Statewide Health Insurance Benefits Advisors.)

To register: 1-360-337-5700 or 1-800-562-6418

**Tuesday**
- **September 12**
  - 4:30 pm – 6:30 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**
- **September 21**
  - 9:30 am
  - Dining Room

  Build your own beautiful journal with artist **Karen Cornell** using watercolors, salt, and beads

**Thursday**
- **October 19**
  - 9:30 am
  - Dining Room

  Come and explore the delightful mediums of ink and watercolor with artist **Paula Ensign**

GENDER BENDER: What is Transgender All About? - Members of Bainbridge Island’s Transfriending support group for family and friends of those in gender transitions will offer information about what transgender really means, discuss how they navigate through the gender-changing transitioning of a family member, and take questions from the audience. Everyone who wants to know more about the gender spectrum is welcome.

**Saturday**
- **September 30**
  - 1:00 pm
  - Huney Hall

PUTTING THE GARDEN TO BED - Tips and timing techniques can greatly reduce the need to weed, water, and fertilize your garden plants. Gardening expert Ann Lovejoy will offer information and advice about sustainable gardening for the mature, not to say slightly over-ripe gardener. Following the program there will be a Fall Cleanup of the Center’s gardens beginning at noon.

**Saturday**
- **October 14**
  - 11:00 am
  - Dining Room

STAYING IN TOUCH DIGITALLY – Kim Clark - Facebook, FaceTime, Instagram, and more -- Kim will discuss digital technologies and take your questions.

**Tuesday**
- **October 24**
  - 2:00 pm
  - Conference Room

MEMOIR WRITING CLASS – Venera Di Bella Barles - “Anyone can write their Memoirs!” Join Venera for her 5-session class and learn how to transform your stories into a manuscript. Donations welcome.

**Tuesday**
- **Sept. 5, 12, 26**
  - 1:30 pm
  - Conference Room

  **Oct. 3, 10**


**Thursdays**
- **Begins Sept 14**
  - 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**
- **September 29**
  - 7:00 pm
  - Huney Hall

**October 27**
  - 7:00 pm
  - Huney Hall
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

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 CH’H - PRACTICE SESSIONS - Must first complete training from certified instructor. Wednesday 11:00 am Donation 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

JEEPERS CREEPERS - Gentle walks around various parts of the island for the casual strollers. Tuesday 9:00 am Donation

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 Huney Hall Thursday 7:00-10:00 pm Saturday 9:00 am-12:00 pm
**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.

### Wednesday 1:00 - 2:00 pm

<table>
<thead>
<tr>
<th>Date</th>
<th>Speaker(s)</th>
<th>Location</th>
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<tbody>
<tr>
<td>September 6</td>
<td>Bob Leik, Barbara Cole, Suelyn Wong, Coleen Edwards</td>
<td>Norway and Scotland, Part 1</td>
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<tr>
<td>September 20</td>
<td>Ken and Sue Hassenmiller</td>
<td>England and Ireland</td>
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<tr>
<td>October 4</td>
<td>Gayle Bishop</td>
<td>Provence and the Cote d'Azur</td>
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<tr>
<td>October 18</td>
<td>Bob Leik, Barbara Cole, Suelyn Wong, Coleen Edwards</td>
<td>Norway and Scotland, Part 2</td>
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</tbody>
</table>

**B.A.R.N., Pot and Wine** – First a stop at the B.A.R.N. to spend a bit of time and have a box lunch. Then it’s off to Paper and Leaf for a tour after which we will go to Bainbridge Winery for some wine tasting, if you choose (cost $5.00 - not included in cost of trip.)

**Saturday**  
**September 23**  
**11:00 am**  
**Fee: $15**

**Rainbow Bingo** - Drag queen, Sylvia O’Stayformore, and her two drag queen assistants host an evening of ribald fun at the West Seattle Senior Center. You **must register by September 8th**. Trip Fee includes your $18 registration fee, bus transportation and ferry. More information available online at [http://sc-ws.org/events/rainbow-bingo/](http://sc-ws.org/events/rainbow-bingo/)

**Friday**  
**September 29**  
**4:00 - 11:00 pm**  
**Fee: $40**

**Oktoberfest** – join the celebration with German Bier, brats, entertainment, games and more. It is indoors, so it’s a go rain or shine. Free entrance fee, just cost of bus.

**Friday**  
**October 6**  
**11:00 am - 5:00 pm**  
**Fee: $30**

**Hurricane Ridge** – Very beautiful scenic drive to Hurricane Ridge, the most easily accessed mountain area in the Olympic National Park. Hike, enjoy wildflowers, attend ranger interpretations. Bring sack lunch or eat from vending machines. Don’t forget your Senior Golden Pass.

**Tuesday**  
**October 21**  
**8:00 am – 5:00 pm**  
**Fee: $35**

*For additional information on any of these trips, contact Colleen at travel@biseniorcenter.org or 206-842-1616.*

**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.

**October 25**  
**Bloedel Reserve-Bainbridge Island** (Admission: $6-$17)  
Frances Buress and Gloria Krauss

This will be a Trek via BI Ride ($1-$2 each way) to the Island’s own Bloedel Reserve. Meet **outside** the Bainbridge Ferry Terminal (near the BI Ride sign) at **10:10 am**.  
Rated: **Medium/Hard** – Two miles of paths covered with bark; hills, stairs as well as paved areas. Return to Winslow via the 12:30 pm BI Ride to a downtown restaurant for lunch.

**Overheard at the Senior Center:** “They say you are what you eat. In that case I must be fast, cheap and easy!”
Committee Reports

Marketing Committee - Cindy McGregor, Sheila Curwen, Nancy Lewars, Bob Leik, Bill Hemp, Karen King, Colleen Keilbart, Caryn Wood and Ruth Flanagan

Fob Fridays: A new perk with your BISC membership will soon be a senior discount offered by local businesses on Fridays when you show your BISC fob. Participating businesses are listed on page 9 of this issue of Splash! Start date is September 1.

Technology Tutoring: The first session this Fall is September 25. This is your chance for one-on-one tutoring by a student volunteer on using your laptop, smart phone, iPad, etc. Sessions are on Mondays 2 pm-3 pm. To make an appointment, you first need to sign-up at the reception desk. You will then be contacted by Cindy McGregor who will schedule and confirm the dates.

Website and social media: For the freshest of news, visit our website (www.biseniorcenter.org). We also have a presence on Facebook.

Help Wanted: A volunteer who has some marketing experience and is reasonably comfortable with technology to head up a wonderful group of people on the Marketing Committee. If interested, please leave your name at the front desk.

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

The Events Committee has been busy planning upcoming events for everyone to participate in and enjoy. On Friday, September 8th, will be our Western BBQ (western attire optional, clothing mandatory) from 3:00 p.m. to 5:00 p.m. Potluck contributions gladly accepted. Sign up at the front desk to let us know what you are bringing.

On Saturday, September 16th the Events Committee will assist Judy Duffy with the Cat-in-the-Hat Themed Fashion Show. Don’t forget about the Out-to-Lunch Bunch on Thursday, September 24th. We will be going to Port Gamble General Store. Meet at BISC by 11:15 if you need a ride. Please sign up, as there is a limit to how many can congregate comfortably.

On October 30th, we will host a Halloween Happy Hour from 4:00 to 6:00 p.m. Costumes are optional, but prizes may be handed out for the best or the most original or the scariest costumes. Come enjoy the fun with hors d’oeuvres, wine, punch and/or coffee. Donations appreciated.

If you have any suggestions for activities or events for next year, please contact any of the committee members or leave a message at the front desk.

Halloween Happy Hour

Monday, October 30, 2017
4:00 - 6:00 pm
Hors d’oeuvres, Wine,
Punch, Coffee
Costumes Optional
(prizes may be awarded for costumes)
Fun Galore!
FOB FRIDAYS - Members with Benefits!
Show your BI Senior Center key fob to receive a 10% discount every Friday at any of these fine downtown Winslow businesses.

- The Berry Patch
- Bon Bon Candies
- Covet
- Dana’s Show House
- Esther’s Fabrics
- Fairy Tale Dentist
- Lollipops
- Paraffine
- Plum
- Salt House
- Shirvan Rug Gallery
- Tango Zulu
- The Traveler

Discount not valid for bee’s wax
Discount not valid on sale or consignment items

If you know of another island business that would like to participate, call Karen King (206) 276-6948

September is Fall Prevention Month!
Independent Living is all about fall prevention.

In partnership with the City of Bainbridge Island the Independent Living Program is available to evaluate and modify elements placing residents at risk in their home environment such as the need for: ADA fixtures; grab bars; accessible entries; adequate lighting; safe flooring; and/or adequate ventilation. Funding for repairs is available for qualifying improvements.

Falls threaten safety and independence generating enormous economic and personal costs. One third of Americans aged 65+ falls each year. Every 13 seconds an older adult is treated in the emergency room for a fall: every 20 minutes an older adult dies from a fall. Falling is not an inevitable result of aging. For more information on how to improve strength and the quality of life contact Julie Stone, Independent Living Manager 206-842-1909 ext. 17; julie@housingresourcesbi.org.

Table Tennis Singles Tournament
Saturday,
October 14, 2017
Huney Hall

Sign-in at 12:30
Tournament begins at 1:00 pm
Preregister Online or
Call 206-842-1616

$10/advance
$15 day of event

Please thank our underwriting sponsor
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

September 8 - The Light Between the Oceans 2016 – The moral dilemma of an Australian lighthouse keeper. The book is popular with book clubs because it is heart wrenching and value-challenging.

September 15 - Hell or High Water 2016 – Jeff Bridges A modern western heist thriller. Got rave reviews. Rated R.


October 20 - Deepwater Horizon 2016 - Mark Wahlberg, Kurt Russel, Kate Hudson Action thriller based on one of world’s largest man-made disasters (2010, Gulf of Mexico.)

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 smile.Amazon.com to read all about it.

VOLUNTEERS NEEDED
If you would like to volunteer in any of these areas, call Bainbridge Island Senior Center at 206-842-1616 to request an application!

Board of Directors
Front Desk Receptionists
Committees - Membership, Marketing, Events
Bingo Callers
Warming Center Volunteers
Evergreen Singers
Meals-on-Wheels Volunteers
Thrift Shop Cashiers - 3 hour shifts

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, BISCC 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 if you need a helping hand.
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: $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 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 206-842-2041

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 Poulso 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.
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.

Please thank our underwriting sponsor

LIFE IS À LA CARTE.

We love menus with lots of options. That's why we're proud to support all the activities Bainbridge Island Senior Center brings to the table.