This Week at the Senior/Community Center

July 31, 2023

SOMETHING TO TALK ABOUT:
Join us for a Zoom discussion of interesting topics. Sponsored by Fieldstone Communities Bainbridge Island. Call 360-689-4314 to schedule a tour of Fieldstone’s apartments on Rolling Bay.

This week: Mon., Wed., & Fri. at 1:30 pm

Monday: CREATIVE AGING WITH BIMA - Becky Johnston joins us to talk about the Creative Aging program which is a program across museums in Washington state, including Bainbridge Island Museum of Art. Becky will also talk specifically about BIMA’s programming and, since she’s in the middle of designing upcoming programs, looks forward to your suggestions she can carry into her work.

Wednesday: TECH TALK WITH JOHN CHEN - John Chen provides us with valuable information about using computers and other devices. This month: How to keep your printer running smoothly, and what to look for in a new printer.

Friday: POLITICS WITH DAVID HARRISON - Join us for a lively discussion about political news. David Harrison, founder of the Northwest Policy Center at the University of Washington joins us to analyze the national political landscape.

Join us on Zoom. Here's the link: https://us06web.zoom.us/j/82524617784?pwd=NXVVeExscTdpdTdp3ZjYoTEdvaVNuUT09
You can also call in, but you won’t be able to see the other participants or any presentations: Dial 1-253-215-8782 and enter this Meeting ID: 825 2461 7784 and this Passcode: 8421616 (hint: it’s the Center’s phone number!) If you’d like help setting up a group or for technical assistance to get online, call 206-842-1616.
**Last week...**

Mike Kelly talked about the Citizens Climate Lobby: its goals nationally, regionally, and right here on Bainbridge Island. Get connected with local resources regarding climate change.

Attorney Colin MacDonald joined us on behalf of the Federal Trade Commission to share some of the most recent tricks, guidance on how you avoid being tricked, and what to do if you encounter a scam.

Bainbridge Prepares volunteers have been organizing disaster hubs in various locations around the island. Hubs co-lead Alice Ostdiek joined us to talk about what the hubs are being designed for, where they’re located, and how you can help.

**BI PHOTO CLUB EXHIBIT**

For August in our lobby [and online](#), enjoy the winners of the People's Choice contest from the Grand Old Fourth, featuring the art of the Bainbridge Photo Club.

**Friendly Reminders For This Week**

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**Library**

[Library banner](#)
Let’s celebrate, support & enjoy the talent of our local BISCC artists!

Stop by the Kitsap Regional Library on Bainbridge Island during the month of August and check out the glass display cases in their lobby located at 1270 Madison Ave. N. Bainbridge Island. It's art from BISCC members, in conjunction with BIMA and Bainbridge Arts & Crafts, & our wonderful volunteers.

**OPEN CHESS GAMES**

Do you like to play chess? Swing by the Fireside Room on **Tuesday and/or Thursday mornings** from **8:30am to 10:00am through August 31st**! You'll enjoy a fun intergenerational game of chess with one of our local students! [Register Here]

Who doesn’t like a 10% off? Our Fob Friday participants really want you to take advantage of this membership benefit. As the holidays approach, support our local, small businesses as you save money! Check the Fob Friday page in our current SPLASH! or website for the list of participating retailers. They are always happy to see BISCC members!

Looking for something fun & meaningful to do?

BISCC maybe just the right fit!

- **Party Bridge Coordinator**, Tues. 1:00 to 4:00 pm. Contact Mary Gibbs at 206-842-1616.
- **The Marketing & Membership Committee** is looking for creative & imaginative people to join our team! Contact the Front Desk.

**Tracking Your Volunteer Hours Has A Big Impact**

It Helps BISCC Continue to Provide So Many Wonderful Classes, Fun Activities, Trips & Services to our Members!
**LANGUAGE, LITERATURE, and MORE:**

**French Book Reading Group:** Mondays, 9-10 am on Zoom Email - info@biseniorcenter.org to get connected.

**Spanish Conversation:** Mondays, 10:00 - 12:00, preregister on MyActiveCenter.*

**Mandarin Chinese:** Mon at 1 pm contact Ken Stern for details.

**Italian Conversation Group:** Wed at 1:30-3:30 pm in the East Conference Room.

**German Conversation Group:** Wed, at 3- 4 pm via Zoom. Use this link

**Games:** Bring your own games or join others in the Fireside Room, noon-2 pm Mondays.

**Evergreen Singers:** Tue, 12:00 - 1:15pm, Huney Hall. $20 summer materials fee. Sign up on MyActiveCenter or with the front desk.

**Dementia Support Group:** NEXT MEETING Mon, August 14, 9:30 - 11:00am, IN person E Conf Room and Zoom (please pre-register here for Zoom).*

**Virtual WriteOn!** Join our online writing community, first and third Tue. at noon. Register in advance to get an email invite the hour before. **Next meeting Aug 1.**

**Waterfront Book Group** 3rd Tuesday Next meeting Aug 15, 1 – 2pm Conference Room and Zoom. (Reading Hidden Valley Road by Robert Kolker) **Register Here.**

**BISCC Art Workshops:** Bring your own project and work with others. Dining Room 1:30-3pm - Tues, Aug 8, Aug 29 - Click here to register.

**Bainbridge Island Museum of Art:** 1:00-3:00 pm., Dining Room, Next class: **Tue., Aug 15:** Paper weaving (Fully subscribed).

**Bainbridge Arts & Crafts:** 1:00-3:00p - Dining Room. Next Class **Tue., Aug.22:** Intro to Block Printing on Fabric (Fully subscribed).

**Party Bridge:** Tue 1:00-3:30 pm in the Fireside Room. Registration is limited to the first 12 players. Please register by noon Monday on MyActiveCenter or by calling the front desk (206-842-1616) and leave a message.

**Preventative Foot Care:** 2nd, 3rd.and 4th Wednesdays. $25 fee. Appointments strongly recommended. Call 360-876-1612 and leave a message.

** Anything Goes!** on Zoom, Sign up at ‘My Active Center” or call the Center. - **Next get together Wed. Aug 2, 10 am.** The theme will be "Hot Summer Songs".

**Prostate Cancer Group:** Email Jim Gleckler to get details.

**Cribbage:** Wed & Sat at 1-4 pm, Fireside Room. Eager to welcome new players!

**Photo Club:** 2nd Wed. from 7-9 pm, Huney Hall. **Next meeting Aug 9.**
Not Your Typical (NYT) Book Group: Alternate Thur, 10:00-11:30 am via Zoom. (This group is currently at capacity but contact the Center for more information.)

Duplicate Bridge: 🃼 Keep your mind active and meet interesting people. Thu, 10:30 am - 3 pm; Huney Hall

Pinochle: 🃼 Thu. afternoons, 1-4 pm; Fireside Room. Come for the cookies, stay for the delightful company and welcoming play!

Bard Read: Currently enjoying episodes of Upstart Crow from Britbox - Thu., 2:00-4:00 pm, Dining Room - To register click here

Pétanque in the park: Thu, 1 - 3 pm across the street. Bring a friend; we've got the boules.

A Stitchin' Time: Join us, Thu. 1 - 3 pm in the E Conf Room or under the umbrellas. Bring your knitting, crochet, or other fabric project, or just come to socialize.

Liberation Laughter: 😄 Fridays at 10-11:15 am in the Dining Room. A delightful get-together to play non-competitive games.

Help with Medicare: Fridays, 10:30 & 11:30am time slots, Committee Room. Registration required; call Helpline: 206-842-7621.

Poetry Surprise: On Summer break - Will return Sept. 22 - Poetry related games, readings, and more, Fridays, 2:00 - 3:30pm on Zoom. Sign up in advance.

Sing-along: If you play an instrument, bring it! All are welcome to raise their voices; song books provided! Fri, 11 am - noon in the Fireside Room.

BINGO: Have fun with friends, and maybe win cash. 1-4 pm Friday in the Dining Room.

Mahjong: 🍃 Fri., 1:00-4 pm. Beginners welcome. Fireside Room.

New Member Get-Together: This Friday, Aug.4, from 2:30-3:30 pm. Come by and learn more about the Center!

Queer Elders Family Group: 2nd Fridays of each month, 2:00p – 4:00pm East Conf Rm and 4th Friday of each month, 4-5 pm via Zoom (email ann.lovejoy@gmail.com for the Zoom link) - Next meeting Aug 11

* If you are using our self-register Zoom programs (Spanish, Dementia Support Group, WriteOn, Waterfront Book Group, NYT Book Club, Anything Goes!, Poetry Surprise are examples), here's guide for sign-ins.

Come Enjoy Great Company!!

Meals On Wheels Kitsap offers in-person dining in the BISCC Dining Room Monday thru Friday, 12:00 to 12:45pm.

Pre-registration is required by 2pm the prior business day, by calling 360-377-8511 or toll-
NEED TECH SUPPORT WITH YOUR DEVICES?

Get one-on-one Tech Help free of charge

* Mon, Tue, Wed *

Call the Front Desk at 206-842-1616 to get on the list!

Trips & Travel Info..........  

~ DON'T MISS THE DEADLINE TO SIGN UP FOR THESE DAY EXCURSIONS ~

~ Call the Front Desk at 206-842-1616 to register ~
**FUN FITNESS:**

**GENTLE EXERCISE:** Mon. & Wed. at 9-10 am with Helen Heaslip in Huney Hall; $6 register here.

**SOUND BATH SESSIONS:** Mon, Aug 7, 1-2pm, Conference Room. August Sessions are fully subscribed. - **YOGA MATS AVAILABLE IF NEEDED OR BRING YOUR OWN** - **BRING A TOWEL OR a A COUPLE OF PILLOWS FOR SUPPORT FOR YOUR NECK AND LEGS**

**MINDFULNESS OUTDOORS WALKS:** NEXT SERIES BEGINNING IN SEPT - DETAILS & REGISTRATION INFO COMING SOON, Catherine Kelleher will help you learn mindfulness practices to boost awareness of what you see, smell, hear, and feel as you walk to different locations.

**BEGINNING YOGA:** Add flexibility and strength; for all abilities. $6. - Huney Hall. On Mon, 3- 4 pm with Sue Charumati Schaeffer. CANCELED THIS WEEK.

**GENTLE STRETCH:** Helen Heaslip leads, Tue & Thu, 9-10 am, Huney Hall $6. Register here.

**CHAIR YOGA:** Stretch with Teresa Hatten using guidance from an audio CD; donation. Tue, 9:45-10:45 am, Dining Room.

**ZUMBA GOLD®:** Choreography that focuses on balance, range of motion and coordination. Lisa Farrell-Waiss leads this popular class. Tue, 10:30-11:30am, Huney Hall, $6. Register Here
GENTLE CHAIR YOGA WITH SUE: Sue Charumati Schaffer leads this class ideal for people with mobility or cognitive challenges. Caregivers encouraged to attend as well. Wed., 3-4 pm. $6. CANCELED THIS WEEK.

LINE DANCING: Non-partnered dancing is great fun.
Monday at 10:15 -11:15 am with Bill Nakao (switches to Tues on Aug. 8);
Wednesdays 4:30-5:30 pm with Diana Zapalac - CANCELED FROM AUG 14 - 31
Fridays at 10:30-11:30am with Linda Slothaug - ON BREAK MONTH OF AUGUST - WILL RESUME SEPT 8

YOGA FOR HEALTH (ADV): Requires instructor's assessment; class is currently fully subscribed. Join Judith Bardsley for this invigorating class where we improve our balance, strength, flexibility and endurance. Tue and Thu at 3-4 pm. $7.


S.A.I.L.: Mon., Tues., Wed., and Fri 1:30-2:30 pm. Stay Active and Independent for Life with this strength and balance program. $5/class.

GENTLE PILATES WITH A MAT: This gentle class with Audrey Piper focuses on the fundamentals of core engagement. - Wed, 11:30-12:30, Huney Hall, $6 Click here to register

TABLE TENNIS: We meet Mons at 11:30 am - 1:15 pm, Thu at 7-10 pm and Sat., 9-11:30am. Join us at the tables!

(Intermediate class Mon., 4:30 pm, requires instructor OK.)

Thank you to Bainbridge Senior Living, Pizzo Computer Consulting, and First Fed Bank.

Please support these Signature Sponsors

WATERFRONT Thrift

THIS WEEK'S HOURS:
Mon thru Thu from 10am - 1pm
Friday 10am - 4pm

For questions regarding donations, please call Tijen Sion-Hotchkiss, thrift shop manager at 206-842-1616.
It's that time again! Mark your calendars for August 5 from 9 AM to 2 PM and come shop our Jumble sale! Will have furniture, household items, and lots and lots of treasures you don't want to miss. 100% of the proceeds from this fantastic sale, benefit the Bainbridge Island Senior Community Center.

TO OUR CURRENT THRIFT SHOP VOLUNTEERS - PEASE CONTACT TIJEN FOR MORE INFO ON VOLUNTEERING FOR THIS EVENT!

COMING SOON............

BEGINNER UKULELE CLASSES!

When: Starting Aug 7 thru Aug 28 - Mondays - 8:30am - 10:00am
Where: Dining Room
Class Limit: 5 people
Cost: $25 per series - Registration for entire series required - Click Here or call the Front Desk at 206-842-1616
Note: Ukulele's can be obtained free of charge from Kitsap Regional Library or purchased from instructor, Aaron McFadden at aaronmcfadden108@gmail.com

ANNUAL BARBECUE: Enjoy burgers, beans, wieners, and friends in this fun annual event! Aug, 12, 4-6 pm. Sponsored by ART In-home Care Services (ARTiCare)
INTERESTED IN AMERICAN-STYLE MAH-JONGG?

Our Friday mahjongg group plays Chinese-style, but we've had interest in possibly an American-style group. Let lena@biseniorcenter.org know if you'd be interested.

For questions about programs, contact Program Manager Lena Wilson.

In our community ...

National Night Out

National Night Out is an annual family-friendly event hosted by police departments across the nation to promote crime prevention and personal safety. The event may look different from year to year, but usually includes informational booths with educational materials for parents, games about safety for kids, and opportunities to meet and chat with the officers who serve you. There is also free food, prizes, and impressive equipment displays featuring police cars, police motorcycles, ambulances, fire vehicles, BIPD’s police boat, and more. The location of the event varies from year to year, but it always takes place on the first Tuesday evening in August. This year's event is taking place August 1. Be sure to follow us on Facebook for details!

Bainbridge Island Museum of Art (BIMA) presents BIMA Spotlight, the museum’s first-ever juried group exhibition. Six jurors reviewed approximately 3,400 artworks, submitted by 606 artists from the Puget Sound region. The result is a diverse salon-style show, filling the majority of BIMA’s two gallery floors with the work of 150 artists from the Puget Sound Region. BIMA Spotlight is part of BIMA's 10th Anniversary celebration and closes on Sunday, September 24, 2023. BIMA is located at 550 Winslow Way East, Bainbridge Island, Washington 98110. The museum is free and open daily from 10:00am-5:00pm and is offering extended hours on Fridays and Saturdays until 8:00pm through September 2.
No $$? No Worries! BISCC events are open to all, and all are welcome. Please don’t let a lack of funds prevent you from participating in events, travel, or programs with associated costs. Instead, check in with Reed about our Scholarship and Program Activity Funds.

The Senior/Community Center is a Puget Sound Energy Powerful Partner. Learn more about the program on this webpage.

When you give through One Call for All, each donation of $20 or more adds a "vote" toward our share of the Community Fund. Consider a recurring donation!

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Our mailing address is:
370 Brien Drive SE
Bainbridge Island, WA 9110

206-842-1616

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