

Splash!

May - June 2024



Bainbridge Island
Senior/Community Center
for the prime of your life

**BISCC is
'powered by connection'
PLUG IN TODAY!**



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Our intrepid Board, hard at work

The Bainbridge Island Senior/Community 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

MySeniorCenter News! We are going to upgrade our database in May and we hope it will help those of you who use your wallets. I'm told you'll be able to access your wallet balance on the kiosk and from MyActiveCenter (our online registration tool). More information to come: watch the Monday emails. – Mary Gibbs, Manager of Operations

Coming in May!

Coffee with Officer Zach Burnham - BIPD's Community Resource / K-9 Officer

Visit with Officer Zach on the first Wednesday of each month in the Fireside Room from 10-11am to find out about the happenings and security in our community.

Pictured: K-9 Officer Whitney (a bloodhound) also acts as Officer Burnham's 'personal GPS'.



A Fresh Look at Death

Saturday May 18 from 8:30am- 2pm in Huney Hall you can learn about resources and programs than can make dealing with death easier for you, your family, and your finances. 'A Fresh Look at Death' will feature experts, resource tables, and small group discussions. Registration required.



This event is sponsored by :

- Eagle Harbor Book Company
- Cook Family Funeral Home
- Johanna Munson
- Edgewalk Collective
- Town & Country Markets (refreshments)

Juneteenth Potluck

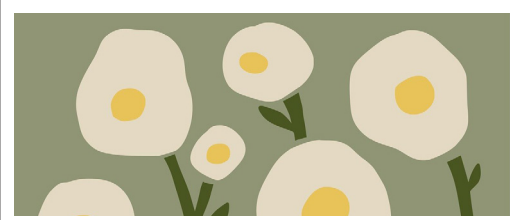
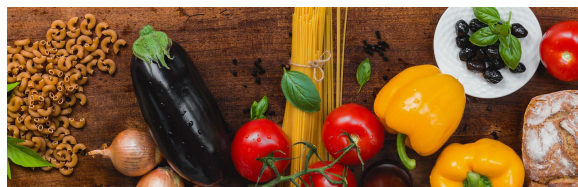
Wednesday June 19 from 12-1:30pm at BISCC

Let's share favorite food and celebrate our community together in honor of this historic day of freedom



Looking for volunteers to share your culinary heritage with the membership at our annual **TASTE OF THE WORLD CUISINE.** Sunday, July 21 from 2-4:00 pm

If you would rather not cook but are willing to share your recipe and staff your table we can help. Please sign up at reception or call Colleen Keilbart, 206-295-5113. Once you sign up we will send details. All membership will be invited to sample a bite of your dish.



We acknowledge that the land on which we gather is within the ancestral territory of the People of Clear Salt Water (Suquamish People). Expert fisherman, canoe builders and basket weavers, the Suquamish live in harmony with the lands and waterways along Washington's Central Salish Sea as they have for thousands of years. Here, the Suquamish live and protect the land and waters of their ancestors for future generations as promised by the Point Elliot Treaty of 1855.

BAINBRIDGE ISLAND
SENIOR/COMMUNITY
CENTER

A Partnership Between
Bainbridge Island
Senior/Community Center
and the
City of Bainbridge



Mission Statement

*Our mission is to empower
and enhance the quality of life
of people in our community
as they grow older.*

Board of Directors

- President:** Gerry Worley
- Vice President:** Eleanor Weinel
- Secretary:** Tressa Johnson
- Treasurer:** David Huether

Directors

- Sue Bunn
- Sheila Curwen
- Linda Holt
- Kimi Kinoshita
- Ann Lovejoy
- Mike McCloud
- Jamie Mittet
- Barbara Ochota

Senior Center Staff

- Executive Director** Reed Price
- Mgr. of Operations** Mary Gibbs
- Thrift Manager** Tijen Sion-Hotchkiss
- Associate Director** Mimi Hicklin
- Program Manager** Lena Wilson
- Office Assistant** Kris Emery
- AARP Trainee** Vicky Mernone

Please Note!
WE ARE CLOSED May 27th
for Memorial Day

From the Executive Director



Director Reed with Grandson Reed

This year, the US Department of Social and Health Services is highlighting the importance of connections as part of May's Older Americans Month. Their theme is "Powered by Connection"—and apt description of our goal here at the Senior/Community Center.

Meaningful connections have an enormous effect on our health and well-being. They improve our physical, mental, and emotional well-being. As we move from employment to retirement, move away from our old neighborhood to a

new one, or grieve the death of a spouse, we need to foster new connections.

The first step is maybe the hardest: take a class, try a new activity, or explore volunteering. If you aren't sure about what you want to do, that's OK. But dip your toe in and find out that the water's fine. Try a physical activity that meets you where you are. From Stay Active for Independent Living (S.A.I.L.) classes every weekday, to yoga, forms of T'ai Chi, Pilates, line dancing, and Zumba Gold®.

Have lunch with Meals on Wheels Monday-Friday. Find the menu posted in the Center or online at <http://www.mealsonwheelskitsap.org/community-dining-mealsites>.

Offer to help out with one of our activities. We are looking for folks with moderate technical proficiency to help out with line dancing, Zoom meetings, and more. Contact program manager Lena Wilson Tabafunda (lena@biseniorcenter.org). These are just starter ideas. Check out this newsletter and mark the things that look interesting!

Update on our expansion project

As you likely know, BISCC is embarking on a project to build an expanded Center, so we can continue to provide a variety of programs that benefit the whole community.

The Board of Directors and its assigned task force have been busy finalizing a Memorandum of Understanding with the City: after completion of construction, we are promising to transfer title of the new building in exchange for a long-term lease under terms similar to the ones we have today.

In our review at the Annual Meeting, members highlighted aspects of the current center they loved: the casual comfort of the Fireside Room, the outside space under umbrellas, and Waterfront Thrift among others. Vice President Eleanor Weinel and Manager of Operations Mary Gibbs are now working with instructors and facilitators to capture their needs, and the initial designs will soon start to take shape.

As we work with professional counsel to launch the campaign, we want to make sure to keep everyone up-to-date. Check in with Reed or a member of the board with your comments & questions.

The Bainbridge Island Senior/Community Center (BISCC) 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 and instructors, please register for classes, programs and events at the Senior Center, 206-842-1616 or online at www.biseniorcenter.org. There is financial assistance available for most paid programs.

Catherine Kelleher's Mindfulness-Based Stress Reduction Course returns in May

This empirically backed training is crafted to help you cultivate mindfulness skills for coping with stress and boosting well-being.

The 4-week course will be held 11:30am -1pm, Mondays, May 6,13, 20, and Wednesday, May 29. A commitment to participate in all 4 classes is required. Limited to 12 registrants.

Sign up through My Active Center or call the front desk at 206-842-1616

Catherine Kelleher's Mindful Outdoor Walks return in June

Learn mindfulness practices to boost awareness of what you see, smell, hear, and feel as you walk. This 4-week, 2.5-hour weekly series will be held from 10am - 12:30pm. All participants meet at BISCC before the walk begins. A commitment to participate in all 4 classes is required. Limited to 10 registrants.

- June 4 - Class overview, set up of carpool plans, followed by walk to the Waterfront Trail and Waypoint Woods
- June 11 - Moritani Preserve and nearby Cannery Cove
- June 18 - Hawley Cove Park
- June 25 - Blakely Harbor Park

Sign up through My Active Center or call the front desk at 206-842-1616.

NEW : Introduction to Mindfulness Meditation Class with James Irish

This 5-week class will introduce you to several mindfulness meditation practices, how to apply mindfulness to daily life, and help you explore the insight and benefits that come with mindful awareness. It will include guided meditations, short presentations, Q & A, and support for developing a personal practice. This class is suitable for both beginners and individuals with some experience seeking to enhance their practice.

When: Fridays June 7 through July 5 from 11:30am - 1:00pm

Where: BISCC Conference Room

Class size: Min 6 people - Max 10 People

Fee: No charge to students

Notes: Must sign up for entire series through My Active Center or call the Front Desk at 206-842-1616.

Instructor Bio

James Irish is currently completing a 2-year mindfulness meditation teacher certification program. He has been practicing mindfulness meditation for the last 5 years and has practiced various types of meditation for over 40-years.

We've moved some programming over to the Bainbridge Island Rowing Club. If you see "BIR" listed as a location on a class, you know it's across the street from the Center. You can check in directly either at the kiosk in our lobby or with our mobile FOB reader at the boathouse. We are paying rent for the space, so your donations are even more important to help us defray those costs! Thanks for making this such a vibrant place!

Island Volunteer Caregivers Overview
Wednesday, May 1 from 11am -12pm in the BISCC Conference Room

Island Volunteer Caregivers works within our community to support life-enriching connections between caring people, seniors, and people with long-term or temporary disabilities. Programs and services include transportation, companionship and so much more!

Please join us to learn about the many services IVC offers within our community and how we may be of service to you or a loved one.

Register through My Active Center or call the Front Desk at 206-842-1616



Patty Lyman is leading 3 bike rides this spring and summer, co-sponsored with Cascade Bicycle Club. The pace of all the rides is leisurely 10-12 miles per hour on the flat. There are some hills. We start all rides at the Senior Center and take the ferry into Seattle.

- May 10 - Bike ride to Seattle Arboretum
- June 14 - Bike ride to Seward Park and Columbia City
- July 26 - Bike ride to Lincoln Park to see the Troll

You must pre-register to ride - For further information and to register, please visit the Cascade Bicycle Club's website at <https://cascade.org/rides-events/>

We hope to see you!

There is a fountain of youth: it is your mind, your talents, the creativity you bring to your life and the lives of people you love. – Sophia Loren



Sponsored by:



The Aging Mastery Program (AMP) is a fun and engaging education and behavior change program for aging well. Results have shown that program participants significantly increased their social connectedness, physical activity levels, healthy eating habits, participation in evidence-based programs, and adoption of several other healthy behaviors.

Our series continues on the second Fridays of each month from 3:00pm to 4:00pm in Huney Hall. Each month we will cover a new topic with special guest speakers:

- Sleep - May 10
- Healthy Eating and Hydration - June 14
- Financial Fitness - July 12
- Healthy Relationships - Aug 9
- Falls Prevention - Sept 13
- Medication Management - Oct 11
- Community Engagement - Nov 8
- GRADATION - Dec 13

Cost is \$10 per person (includes curriculum book).

Registration required for the entire series through My Active Center or by calling the Front Desk at 206-842-1616.

Something to Talk About

Our online check-in program is at 1:30 – 2:30 pm most Mondays, Wednesdays, and Fridays. Some programs are detailed here, others will be announced closer to scheduled times. Check biseniorcenter.org/calendar for the latest. Watch live, or, after the fact, on youtube.com/biseniorcenter.

Sponsored by:



To schedule a tour of their Rolling Bay apartments, call 360-689-4314.

Among programs coming up:

- May 1: Season without Salt: Great ways to spice up your menu with Suzanne Granstrom & Ann Lovejoy
- May 3, June 7: Analysis of National Politics with David Harrison, founder of the NW Policy Center at UW
- May 6: Indipino Community of Bainbridge Island “Elder Oral Histories” is a version of Gina Corpuz’ documentary “Honor Thy Mother”, followed by discussion. Hybrid, in-person @ BISCC
- May 8, June 12: Tips & Tricks with KRL-Bainbridge Librarian Tressa Johnson
- May 15, June 26: Gardening Roundtable with Ann Lovejoy; Bring your questions
- May 20: Barbara Lawrence: The role of Cedar for the Suquamish Tribe, yesterday & today. Hybrid, in-person @ BISCC
- June 19: Juneteenth Today Panel
- June 21: PRIDE Panel: Unity & Inclusion

T'ai Chi Chih Practice – instructor Bill Nakao (Students must have instructor's OK to join practice)	Wednesday	10:30a – 11:30a	BIR Donation
T'ai Chi Gong, Beginners – Instructor Stephen Brown Series of 5 classes. No refunds for missed classes. (5/17 - 6/14)	Friday	8:30a – 9:30a	Huney Hall \$15/series
T'ai Chi Gong, Intermediate – Instructor Stephen Brown Open to students who have taken 3 beginner series, with instructor approval. No refunds for missed classes. (5/13 - 6/10)	Monday	4:30p – 5:30p	Huney Hall \$15/series
Chair Yoga – Facilitated by Teresa Hatten Spend quiet time stretching in a chair listening to an audio CD.	Tuesday	9:45a – 10:45a	Dining Room Donation
Yoga for Health and Wholeness, Adv. – Judith Bardsley Invigorating class to improve balance, strength, flexibility and endurance through asanas and breath work. (Instructor permission required)	Thursday	3:00p – 4:00p	Huney Hall \$7/session
Intermediate Yoga – Helen Heaslip starts May 21	Tuesday	3:00p – 4:00p	Huney Hall \$7/session
Slow Flow Yoga – Cheryl Crist Increase your flexibility with this gentle yoga class that features less intense positions, breath work, and relaxation as part of the program	Mon & Wed	10:05a – 11:15a	Huney Hall \$6/session
NEW! Vinyasa Yoga – Instructor Susan Charumati Schaeffer (previously Beginning Yoga & Gentle Chair Yoga) Slow flow of yoga postures, stretching, breathing & relaxation. Includes floor work; suitable for beginning and intermediate students	Mon & Wed	3:00 – 4:00p	Huney Hall \$6/session

**Sound Bath Sessions: NEW SPRING/SUMMER TIME
Beginning May 2nd: Thursdays from 5-6pm in Huney Hall**

Lila Levari is a certified Vocal Sound healer. She offers meditative Sound Baths, using a variety of musical instruments and her voice, to bring people into a deep state of relaxation and emotional well-being. Sound baths help regulate the nervous system and bring harmonic resonance to the entire body, supporting our innate capacity to heal. Yoga mats, blankets and rollers for neck & leg support available if needed OR bring your own. Chairs available. Register through MyActiveCenter, stop by the Reception Desk, or call 206-842-1616.

Mindfulness Meditation with Steve Parsons

Thursdays - 9:10 am to 9:45 am - Online and in-person in the Conference Room
Our sessions begin with an opening reading, followed by 30 minutes of silent meditation and a closing reflection.
Pre-registration requested through My Active Center or call the Front Desk at 206-842-1616.
A Zoom link will be sent to the email we have on file for the registered participants.

Waterfront Book Group 3rd Tuesday, 1:00 - 2:00 pm Conference Room and Zoom

May 21 – *The Hunger* – Alma Katsu

June 18 – *L.A. Weather* – Maria Amparo Escandon



Books are available for pick-up at the Bainbridge Senior Community Center while supplies last (Monday-Friday, 10-4).

Audiobooks available from the Washington Talking Book & Braille Library (wtbbl.org.)

eBooks & audio available for download from Kitsap Regional Library (krl.org.)

NYT (Not Your Typical) Book Group Alternate Thursdays 10 am Zoom

“The Not Your Typical Book Group meets every other Thursday via Zoom (10am-11:30am). The group reads nonfiction books that are focused on issues such as racism and threats to democracy.

For more information about the group please contact the Senior Center.

Alzheimers & Other Dementias Caregiver Support Group
 Monday May 6 & June 3; 9:30-11 am Conference Room

Connecting with others like you may help put your own experiences in perspective, and provide you with the support and encouragement you need. Facilitated by Judy Rutberg.

Parkinsons Support Group 4th Tuesday of each month, 1:30-3pm Conference Room

The Parkinsons Support group (facilitated by Parkinsons Foundation Ambassador & BISCC member Connie Everett) is an informal, self-managed organization of persons with Parkinson’s and their care partners – sometimes together, sometimes separate – whose purpose is to educate about the disease, share information and offer mutual support in a spirit of self-acceptance. All stages of progression are welcome. Please register through MyActiveCenter or call the Front Desk at 206-842-1616. Call Connie Everett with any questions at 206-434-5970.

Evergreen Singers Tuesdays, 12–1:15 pm \$30 series fee Huney Hall

Singers of all ages and abilities are welcome in this lunch-hour community choir Tuesdays at noon — no audition required. The benefits and joy of singing together and artistic self-expression show up dramatically in your day, week, month, and year — join us and change your life! Led by Dr. Laurie de Leonne, director of several local choruses in the greater Seattle area, and Nancy Bergman Lyman, area pianist and teacher.

May 7 to Aug 27 = \$30 per person // Sept 3 to Dec 31 = \$30 per person

Zoom Into Music!

Music Videos on zoom. Sign up through My Active Center or call reception to join the fun. A link to join will be sent to the email we have on file. Email Karen King at kingiddings@gmail.com with any questions or song requests.

1st & 3rd Wed 10:00a – 11:00a Zoom

May 1st...Songs about Mothers

May 15th...No Theme, All Requests

June 5th...Songs about Fathers

June 19th...Songs honoring Juneteenth

Sing-Along Fridays 11:00a – 12:00p Fireside Room

Join the regulars to sing some familiar tunes. If you play an instrument, please bring it to play with the group.

Arts & Crafts / Photography

A Stitchin' Time All types of handwork, all skill levels welcome (beginners too!)	Thursdays	1:00p – 3:00p	BIR
Art Activities with BAC, BIMA, and BISCC volunteers	Tuesdays	see page 12	Dining Room
Photo Club – To join, visit biphotoclub.org	2 nd Wed	7:00p – 9:00p	Huney Hall
BI Photo Club Workshop	May 15	7:00p - 9:00p	Huney Hall

Cards And Games

Bingo – Have fun & win \$\$	Friday	1:00p – 3:30p	Dining Room
Card Games – Bring a game & share!	Monday	11:00a – 2:00p	Fireside Room
Cribbage – Eager to welcome new players!	Wed & Sat	1:00p – 3:00p	Fireside Room
Duplicate Bridge	Thursday	10:30a – 3:00p	Conference Room
Mah-jongg – American Style	Wednesday	12:00p - 2:00p	Fireside Room
Mah-jongg – Chinese Style	Friday	1:00p – 4:00p	Fireside Room
Party Bridge – Please pre-register by Monday	Tuesday	1:00p – 3:30p	Fireside Room
Pinochle – Join this friendly bunch	Thursday	1:00p – 4:00p	Fireside Room
Chess – play as little or as much as you like!	Tues & Thurs	8:30a – 10:00a	Fireside Room

Languages

French Book Club A group meeting via Zoom that enjoys reading books in French together! To join mail info@biseniorcenter.org	Monday	9:00a – 10:00a	Zoom
German Conversation Club Sprechen sie Deutsch? Join us for wide ranging conversations! Link in weekly email or biseniorcenter.org/newsletter .	Wednesday	3:00p – 4:00p	Zoom
Italian Conversation Club This group is open to all levels, parliamo insieme tutti quanti!	Wednesday	1:30p – 3:30p	Conference Room
Mandarin Chinese Continues as small group. Email Ken Stern (kenphone26@gmail.com) to learn more about dates, times, and details.			
Spanish Club Reading and discussion of Spanish literature, compositions written by class members, and components from News in Slow Spanish. For more information, contact Dale and Regina Spoor, 206-669-9244. Pre-registration required for MSC Zoom link.	Monday	10:00a – 12:00p	Zoom

Writing & Literature

Bard Read/Will Film	Thursdays	2:00p – 4:00p	Dining Room
Waterfront Book Group – see page 8 for details	3 rd Tuesday	1:00p – 2:00p	Conf Rm / Zoom
Poetry Surprise	Fridays	3:00p – 4:00p	Zoom

Fun & Enriching

Liberation Laughter – Founded by Nancy Lewars A delightful get-together to play non-competitive games and enjoy each other.	Friday	9:45a – 11:00a	Conference Room
Queer Elders Family Group (email ann.lovejoy@gmail.com with any questions)	2 nd Fridays & 3 rd Fridays	2:00p – 4:00p 9:00a – 11:00a	Conference Room Cups Espresso

Exercise & Sports

Whole Body Workout – Instructor Helen Heaslip Gentle, easy exercises to keep you flexible. Full range of active movement for strength and balance using optional weights.	Mon & Wed	9:00a – 10:00a	Honey Hall \$6/session
Gentle Stretching – Instructor Helen Heaslip Gentle movement keeps joints & muscles healthy. Can be done on floor or chair.	Tues & Thu	9:00a – 10:00a	Honey Hall \$6/session
Line Dancing – with Bill Nakao	Tuesday	10:30a – 11:30a	BIR
Line Dancing – with Linda Slothaug	Friday	10:30a – 11:30a	BIR
Line Dancing - with Diana Zapalac (intermediate)	Wednesday	4:30p - 5:30p	Honey Hall
Line Dancing - with Diana Zapalac (beginner)	Thursday	12pm – 12:50p	BIR
Pétanque 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. Bring a friend and play, weather permitting.	Thursday	1:00p – 3:00p	Waterfront Park Donation
Pilates Mat Class – Instructor Audrey Piper NO PILATES CLASS MAY - AUGUST! Audrey will be returning in September.			
S.A.I.L. (Stay Active and Independent for Life) Improves strength, balance, & cardiovascular fitness. Exercises can be done standing or seated.	Mon-Fri	1:30p – 2:30p	Honey Hall \$5/session
Table Tennis All welcome for fun at the tables!	Monday Thursday Saturday	11:30a – 1:30p 7:00p – 10:00p 9:00a – 11:30a	Honey Hall Donation
Zumba Gold ® Lisa Farrell-Waiss teaches this class - the original moves at a lower intensity (NO CLASS JUNE 25 & 27!)	Tues & Thurs	10:30a – 11:30a	Honey Hall \$6/session

The following 2025 destinations thru Collette Travel are open for registration:



- Spotlight on New York City Holiday - Discount deadline May 30, 2024
- Kingdoms of SE Asia - Discount deadline July 21, 2024
- Americas Music Cities - Discount deadline Sept. 30, 2024
- Explore the French Riviera - Discount deadline Nov 9, 2024 (Presentation May 6, 9:30 – 11:00am, Conference Room)

Hardcopy & online brochures available

Keep a lookout in the weekly emails for information on presentations and sign up dates! Feel free to call the Front Desk with any questions or visit Coleen’s Travel Corner on Tuesdays from 10:00 to 11:30am in the Fireside Room

Bus Trips & Tours

BISCC events are open to all, and all are welcome. Ask Reed about our Scholarship and Program Activity Funds.

Senior Shopper Bus - Silverdale

Visit popular shopping destinations with friends.
This trip originates and ends at the Center.

Tue, May 14	12:30p – 4:00p	Free
Tue, June 11		

Jamestown S’Klallam Tribal Library & Museum

Visit Sequim to tour the newly remodeled S’Klallam Tribal Library, Art Gallery and Totem Poles

Wed, May 8	8:25a – 2:30p	\$30 + self pay lunch
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Romeo and Juliet - Seattle Shakespeare

Sun, May 19	11:30a – 5:30p	\$50
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Seattle Aquarium (walk-on trip)

Thurs, June 20	9:30a at ferry	\$40 + self pay lunch & ferry
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Watch for flyers, weekly emails & the travel board at BISCC for more details on upcoming trips

Adventures in Travel

Join us on the first Wednesday of the month at 1 pm in the Dining Room to see the World!

Wednesday, May 1: Come with Sara and Rick Goetz as they travel through Egypt, a land of wonder, from Giza and the necropolis of Sakkara to Karnak Temple, to the tombs of long-ago pharaohs and the grand monument immortalizing Queen Hatshepsut. This adventure included a 7-night cruise along the ancient waterway of the Nile, witnessing Egypt’s wonders, its millennia of history and its vibrant culture.

Wednesday, June 5: In 2013 (the year she retired), Sraddha Durand and her son toured through Spain including Madrid, Barcelona, the Alhambra, Seville, Toledo and more, with bonus stops in Gibraltar and Tangiers. The pair researched and planned the trip on their own, which, in a way, stretched out the 2 week trip to several months.

Friday Night Movies

2nd & 4th Fridays, 6:00 – 8:00 pm

Dining Room



May 10 – *The Holdovers*: A cranky history teacher at a prep school is forced to remain on campus over the holidays with a grieving cook and a troubled student who has no place to go. Cute and touching if not laugh-out-loud hilarious, it is a thought-provoking dramedy. 97/92 Rotten Tomatoes



May 24 – *Cinema Paradiso*: A filmmaker recalls his childhood when falling in love with the pictures at the cinema of his home village and forms a deep friendship with the cinema's projectionist. A life-affirming ode to the power of youth, nostalgia, and the movies themselves. 90/96 Rotten Tomatoes

June 14 - *Nyad*: The remarkable true story of athlete Diana Nyad who, at the age of 60 and with the help of her best friend and coach, commits to achieving her life-long dream: a 110-mile open ocean swim from Cuba to Florida. 85/88 Rotten Tomatoes

June 28 – *The Descendants*: A land baron in Hawaii tries to reconnect with his two daughters after his wife is seriously injured in a boating accident. Funny, moving, and beautifully acted, it captures the unpredictable messiness of life with eloquence and uncommon grace. 87/79 Rotten Tomatoes

Art Activities

Dining Room

BISCC Art Workshops (*Class sizes limited - please register in advance*)

Free

TUESDAYS: May 7, May 21, June 4, June 18

1:00 - 3:00 pm

Watch the Monday emails for details on upcoming workshops led by BISCC volunteers and coordinated by Catherine Exton

Bainbridge Arts & Crafts (Community Arts)

Dining Room

Free

Tues, May 28: Fanciful Play. Create a small Playscape using simple household objects.

1:00 - 3:00 pm

Sometimes, playing can lead you to new ideas. Teacher: Pamala Lee

Tues, June 25: TBD. Erica Applewhite

BIMA Art in Action (Community Arts)

Dining Room

Free

Tues, May 14: Metal arts-inspired foil art

1:00 - 3:00 pm

Tues, June 11: Weave the rainbow; paper weaving experiments with color.

Art History Lectures with Eldon Van Liere, Professor Emeritis

Don't miss this wonderful (free of charge!) opportunity to learn about art history here at BISCC!

Thursdays: May 2, June 6, August 8 from 9:30 - 11am in the BISCC Dining Room

Limited Seating: 25 people. Reserve your seat through My Active Center or call the Front Desk at 206-842-1616.

Aging is an extraordinary process where you become the person you always should have been. – David Bowie

Meals on Wheels

Connect with others while enjoying a nutritionally balanced meal. M-F at BISCC at noon. Reservations req.: Call 360-377-8511 or 888-877-8511 by 2 pm at least one business day in advance. Volunteers also needed!

Help with Medicare

Get FREE help with all your Medicare questions from your trained SHIBA (Statewide Health Insurance Benefits Advisors) volunteers

Fridays from 9:30am – 1:30pm in the BISCC Committee Room

Please schedule appointments through Helpline House at 206-842-7621

Prostate Cancer Group

2nd Wednesdays from 12 – 2 pm on Zoom (May 8 & June 12)

PSA (Prostate Survivors Association) is a support group for men with prostate cancer to share information, research, and our stories. All are welcome. Contact Jim Gleckler (cjgleckler@mac.com) for information or to get on the notifications list.

Preventative Foot Care



2nd, 3rd, and 4th Wednesdays from 7:30a – 1:00p. \$25 fee. Appointments required: 360-876-1612

Visually Impaired Persons (VIP)



2nd Wednesdays, May 8 & June 12

1:30 – 3:30 pm

Dining Room & via Zoom

Contact **Housing Resources Bainbridge** for:

- Free grab bars: make your home safe
- Affordable housing: many units coming

Income eligibility requirements.

To learn more: <https://housingresourcesbi.org>

Benefits & Help For Veterans

Are you a Vet? An American Legion Veterans Service Officer can help you with claims with the Veterans Administration (VA). Disability, hearing & eye issues, PTSD & Toxic Exposure (Agent Orange), pension, and death benefits. For more information, contact:



Gary Sakuma, Commander/VSO
American Legion
Colin Hyde Post 172
360-930-4443

Tech Support



Get one-on-one help with your Windows, Apple, or Android devices. All tech tutoring/help requires advanced registration. Call 206-842-1616 or stop by BISCC reception to be added to the waitlist.



ARE YOU A PRIVATE CAREGIVER LOOKING TO PROMOTE YOUR SERVICES?

- Are you a certified and experienced in-home caregiver?
- Do you help clients with day-to-day household tasks such as cooking?
- Do you help clients with personal care such as dressing, bathing, or grooming?



Customers need to find you, list and promote your business on the BI Resource Directory!

2 ways to register for FREE:



OR <https://tinyurl.com/36a2bkut>

For more information contact
Katie Auger: katie@ivcbainbridge.org

FOB Friends: Modest Home Mercantile

Salt House Mercantile is now **MODEST HOME MERCANTILE**. This vibrant store has an amazing variety of Housewares, Body care, Candles, Home decorating, Gift and Food items, along with fun Cocktail mixers! Stop by and get your **10% discount every Friday** and say 'HI' to Katie Rockwell and her friendly, helpful associates.



M E R C A N T I L E

119 Winslow Way East
(415)527-8700
<https://www.modest-home.com>



Members with Benefits! — Support your local businesses and receive a 10% discount every Friday by showing your key fob. *If you know of another island business that would like to participate, call Karen King at (206) 276-6948.*

Bainbridge Arts & Crafts 151 Winslow Way E	206-842-3132	Lively Olive 152 Winslow Way East	206-488-0854
Bainbridge Island Community Pharmacy 124 Winslow Way (Winslow Green)	206-780-7809	Millstream - 10% off every day 122 Winslow Way E	206-842-4495
The Berry Patch 104 Winslow Way W Suite 103 (Winslow Green)	206-842-3593	Plum 124 Winslow Way E	206-201-3654
B. I. Barkery 278 Winslow Way E #10	206-451-4295	Pretty Stick – online only, discount code fobfri10 https://www.prettystickbeauty.com	206-842-3333
Bon Bon Candies 230 Winslow Way E	206-780-0199	Modest Home Mercantile 119 Winslow Way E	415-527-8700
ChocMo 19225 8th Ave NE #101, Poulsbo	360-930-0283	Shirvan Rug Gallery 256 Winslow Way E	206-780-7992
Conservatory Coastal Home 150 Winslow Way	206-842-5451	Sole Mates Shoes 275 High School Rd NE (discount not on sale items)	206-842-5679
Dana's Show House 194 Winslow Way E	206-842-6945	Sweet Dahlia Baking, LLC , Thu – Sat Dinner Club Order online www.sweetdahlia.shop/ , Code: fob2021	
Eagle Harbor Books Company 157 Winslow Way E	206-842-5332	9720 Coppertop Loop, #103	206-201-3297
Esther's Fabrics 181 Winslow Way E, Suite D	206-842-2261	Waterfront Thrift at Senior Center 370 Brien Drive SE	206-842-1616
Fairy Tale Dentist 115 Hall Brothers Loop NW #105	206-488-8006	Whimsy 275 High School Rd NE	206-488-2582
Harbor Square Wine Shop 756 Winslow Way E	206-780-1626	Wilderness 310 Winslow Way E	206-780-8527
Hidden Gem 380 Winslow Way E. Suite 101	206-317-6178	Willowtree Market – Not valid with points program 169 Winslow Way E	206-842-2759
Island Life Artisan Gifts 488 Winslow Way E (Discount on everything except sale merchandise and original art)	206-819-0762	Z Bones 146 Winslow Way W (Winslow Green)	206-565-3162
L'Atelier TR Restaurant 380 Winslow Way E Suite 102	360-626-9044		

Who doesn't like a 10% off? Our Fob Friday participants really want you to take advantage of this membership benefit. Support our local, small businesses as you save money!

Patterns & Details by Paul Brians

Paul's images will be shown on the Senior Center Lobby Gallery wall in the month of May.

He has done lots of photography as a volunteer for the BI Land Trust, including being chief contributor for two books which benefit the organization: *Thirty Walks on Bainbridge* and *Natural Bainbridge*. He posted at least one picture every day on Facebook where he has over 540 friends. Copies of his early photo book *Four Seasons on Bainbridge Island* is available at a steep discount at BI Senior Center's Waterfront Thrift.

His show is titled "Patterns & Details," and emphasizes shapes, colors, and composition rather than subjects: ducks, leaves, ice and more—all taken on Bainbridge. You can also view his images online at: <https://biseniorcenter.org>.

Look for the date and time for a discussion of his images on "Something to Talk About" on the Senior Center website in early May: <https://biseniorcenter.org>



Expressionistic Photography by Tom Hansen



Tom's images will be shown on the Senior Center Lobby Gallery wall in the month of June.

Photo Expressionism is subjective and emotional imagery rather than sharp realistic depiction of the subject. It emerges through digital manipulation applied to photography. It is art in which the artist seeks to express emotional experience rather than impressions of the external world. With so much time waiting on ferries last year, he took his photography in a new direction.

He took up photography in 2015 when he retired. Favorite subjects are Travel, Street, Dance, and Macro Photography. He has been a member of the BI Photo Club since 2017. He uses a Sony Mirrorless Cameras (A7RIV, A7II, and A6000) and his iPhone and edits photos using Lightroom, Topaz AI products Luminar, Snapseed and Photoshop.

You can also view his images online in early June at: <https://biseniorcenter.org>.

Look for the date and time for a discussion of his images on "Something to Talk About" on the Senior Center website: <https://biseniorcenter.org>

Got an idea for a new class or program? Is there a topic you're eager to discuss with others? Are there community stories you'd like us to tell? Let us know and we'll do our best to cover them!

**Bainbridge Island
Senior/Community Center**

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

Please notify the Senior Center if your address, email, or phone number changes so we know how to contact you.

Deadline for the next issue is May 31, 2024 (send to mimi@biseniorcenter.org)

Please support our underwriting sponsors!

