



Bainbridge Island™
Senior/Community Center

FOR THE PRIME OF YOUR LIFE

May 13, 2024

Thank you to our signature sponsors: [First Fed Bank](#), [ARTiCARE.](#), and [Bainbridge Senior Living](#). Please support them; click on their names to learn more.

SOMETHING TO TALK ABOUT

Join us for a Zoom discussion of interesting topics. Sponsored by Fieldstone Communities Bainbridge Island. Call 206-594-1010 to schedule a tour of Fieldstone's apartments on Rolling Bay.

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

Monday: ALL ABOUT HEAT PUMPS - What are heat pumps? How do they work? How should I go about picking out an appropriate appliance? And what about incentives, rebates, and other ways to help me afford it? Maria Dozeman, outreach manager for Puget Sound Energy, and Rodney Agee of Advanced Heating and Cooling will join us on Zoom.

Wednesday: GARDENING WITH ANN - MAY - We've got a lot to talk about with our garden guru Ann Lovejoy! Join us in person (come early and enjoy the Senior/Community Center Garden)! What we'll discuss: Helping heat lovers like tomatoes and peppers, beans and squash; climate friendly plants that tolerate wild weather; protecting pollinators, especially ground dwellers and nest builders; planting fuchsias like tomatoes.

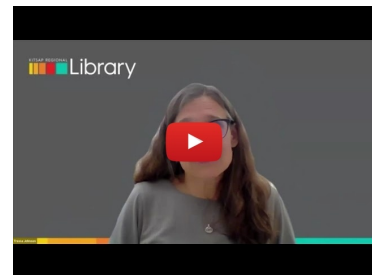
Friday: PHOTOS: PATTERNS & DETAILS - Paul Brians will discuss his current collection of images that's in the BISCC lobby and [online](#). It emphasizes shapes, colors,

and composition rather than subjects: ducks, leaves, ice and more—all taken on Bainbridge.

Join us on Zoom. Here's the link: ([CLICK HERE](#) at meeting time.) 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.](#)

**** Recent Videos ****

LIBRARY SECRETS WITH TRESSA JOHNSON: KRL-Bainbridge Adult Services Librarian Tressa Johnson offered quick takes on key areas of security: passwords, avoiding scams, and information literacy.



FILM MENTORSHIPS FOR YOUNG PEOPLE: Emma Cameron, who is working on a film project here on the island called "Detention," was unable to meet with us on Friday. We will try to reschedule.

REWIND: 10 WAYS TO INCREASE YOUR INVESTMENT INCOME IN RETIREMENT: Paul Merriman, founder of the Merriman Financial Education Foundation, discusses income strategies for people who are no longer employed.



FRIENDLY REMINDERS FOR THIS WEEK

FIX IT WITH BILL BOOTH

Bill Booth is back on May 14th - 11am - 1pm - Conference Room to sharpen knives and tools.

Please call the front desk at 206-842-1616 to schedule an appointment.

Donations to the Center are welcomed!



Introduction to Watercolors

This class is great for beginners!

Friday - May 17 - 9:00 - 11:00am - Dining Room

No charge / supplies provided

Cynthia Herrick, has an extensive background in the art field with the Bainbridge Parks & Rec Dept. and will be here to teach us how to work with watercolors. Participants will be able to take home the art they create that day!

Limited seating available (10 spots) - Reserve your seat thru [My Active Center](#) or call the Front Desk at 206-842-1616



Women of BISCC

May 17th, 11:30am - 12:30pm - Conference Room

Come join this safe-casual space of women supporting women. We'll continue the conversation of women sharing life experiences while making new friends.


Register thru [My Active Center](#) or call the Front Desk at 206-842-1616.




Bainbridge Island™
Senior/Community Center
presents:

A Fresh Look at Death

Learn how your choices today
will be a gift to you, your family, and your finances
Keynote: Elizabeth Coplan, Grief Dialogues
Saturday, May 18 from 8:30am - 2pm
Reservations required; space limited.
Please call 206.842.1616



This event is sponsored by :




In-kind Sponsorship:



Register thru [My Active Center](#) or call the Front Desk at 206-842-1616.

The program runs from 9 am to noon. This is a don't miss event!

LANGUAGE, LITERATURE, & 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 (kenphone26@gmail.com) 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, 11am - 2 pm Mondays.

Dementia Support Group: The first Monday of each month, 9:30 - 11:00am, In-person E Conf Room and Zoom (please [pre-register here](#) for Zoom).*

Mindfulness-Based Stress Reduction

Course: Mon, May 6, 13, 20, & Wed May 29 - 11:30am - 1pm - **A commitment to participate in all 4 classes is required.** Limited to 12 registrants. Series in progress.

Evergreen Singers: Tue, 12:00 - 1:15pm, \$30 - All materials provided - [Register here.](#)
(Next series will be from May 7 thru Aug 27)

BISCC Art Workshop: 1-3pm, Dining Room - FREE - Class limit 10 people. - Next class May 21 - [Register here](#).

Bainbridge Arts & Crafts: 1-3p - Dining Room - Next class May 28 - Teacher, Pamela Lee - Fanciful Play. Create a small Playscape using simple household objects. Sometimes, playing can lead you to new ideas. Class limit 10 people. (Waitlist only) [Register Here](#)

Bainbridge Island Museum of Art: 1-3 pm., Dining Room, Next class May 14 - Metal arts-inspired foil art - Class limit 10 people. (Waitlist only) [Register Here](#)

Waterfront Book Group 3rd Tuesday, 1:00–2:00pm - Conference Room and Zoom. [Register here](#). May 21 – The Hunger – Alma Katsu

Open Chess Games: Tue & Thurs, 8:30 - 10:00am, Fireside Room - All skill levels welcome; [Register Here](#)

Party Bridge: Tue 1-3:30 pm in the Fireside Room. Registration is limited to the first 12 players. Please register by noon Monday on [MyActiveCenter](#) or by calling 206-842-1616.

Visually Impaired Persons (VIP): 2nd Wednesdays of each month - 1:30 - 3:30pm - Dining Room.

Gardening! Join Ann and Rita for some hands-on gardening Wed., May 15 from 10 am to noon. Stick around to join Something to Talk About in person at 1:30!

Parkinson's Peer Support Group - "All stages of progression welcome" - 4th Tuesday of each month in Conf Rm - 1:30 – 3:00pm - Please register thru [MyActiveCenter](#) or call the Front Desk at 206-842-1616.

Preventative Foot Care: 2nd, 3rd, and 4th Wednesdays. \$25 fee. Appointments strongly recommended. Call 360-876-1612; leave a message & Sharon will call you back.

ZOOM INTO MUSIC (formerly Anything Goes!) on Zoom. Next get together May 15 - 10am, No theme, all requests. - Sign up thru [MyActiveCenter](#) or call the front desk at 206-842-1616

Prostate Cancer Group: Email Jim Gleckler (cjgleckler@mac.com) to get details.

Adventures in Travel: Join us the 1st Wednesday of the month at 1 pm in the Dining Room. Next meeting Wed, 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. *We will take July and August off and return on Sept. 4.* Presentations haven't been set for the fall. If you'd like to share a trip you took, either recently or in the past, please contact Sam Bardelson at stbard@mac.com, and he'll put you on the schedule.

Cribbage: ♠ Wed & Sat at 1-3pm. Eager to welcome new players!

American Style Mahjonn: ♠ Weds., noon-2 pm. Beginners welcome. Fireside Room. - Limit 8 people - Please register thru [MyActiveCenter](#) or call the Front Desk to reserve your spot

Photo Club: 📷 Next meeting Wed June 12, 6-9 pm, Huney Hall. bjphotoclub.org - For info contact Bob Rosenblatt 832-545-3507.

Art History Lectures - First Thurs of each month - 09:30a-11a - Dining Room - No charge - Eldon Von Liere shares a different topic each month. [Register here](#)

Not Your Typical (NYT) Book Group: 📖 Alternate Thur, 10:00-11:30 am via Zoom. To get on the waiting list or just inquire about what they're reading, please email info@biseniorcenter.org

Mindfulness Meditation with Steve Parsons - Thursdays - 9:10am to 9:45 am - Online and in-person - Conf Rm - Our sessions begin with an opening reading, followed by silent meditation and a closing reflection. Pre-registration thru [MyActiveCenter](#) or call the Front Desk at 206-842-1616. A Zoom link will be sent to the email we have on file for registered participants.

Duplicate Bridge: 🎲 Keep your mind active and meet interesting people. Thu, 10:30 am - 3 pm; Conf Rm

Bard Read: Thur - 2-4pm - Dining Room. Starting *Romeo and Juliet* in preparation for the chance to see its performance at Seattle Shakespeare Sunday May 19.- [Register Here](#)

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

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

A Stitchin' Time: Join us, Thu. 1 - 3 pm, BIR. Knitting, crochet, or other fabric project, or just come to socialize. As always, any kind of handwork is great and it's fine to just come for the good company. Also you are always welcome to bring a friend.

Liberation Laughter: 😄 Fridays, 9:45 am to 11 am - Conf Room - A delightful get-together to play non-competitive games and enjoy each other.

Parade Dance Practice: Friday May 31, June 14 / Huney Hall 11:30am to 12:15 pm; Final practice July 3, 11:30am to 1:30pm

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

Poetry Surprise: **Fridays from 3:00 - 4:30pm via Zoom**, we'll explore a new topic, study a wide range of poetry styles, and enjoy creative writing exercises to get your poems started. We'll also devote time to workshopping your poetry, if desired, in a thoughtful, affirming way. Must consent to having video/audio on. [Register Here.](#)

Sing-along: Fridays from 11 am - noon in the Fireside Room. Bring your voice--and another instrument if you play!

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

Mahjongg: 🎲 Fri., 1:00-4 pm. Beginners welcome. Fireside Room. (Chinese style)

New Member Get-Together: First Friday each month from 2:30-3:30 pm - Come by and learn more about the Center! Sign up on [MyActiveCenter](#) or call the Front Desk at 206-842-1616.

Queer Elders Family Group: Meets monthly -

Second Fridays @ BISC East Conference Room 2-4:00p

Third Saturdays @ CUPS 9-11:00a

For info on other meetings and events, please contact ann.lovejoy@gmail.com

Friday Night Movies - 2nd & 4th Fridays, movie will start at 6:00pm - Dining Room - No Charge - Free popcorn provided - Please enter thru the Thrift Shop entrance.

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.



* 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](#).

*** Meals on Wheels Kitsap ***

Enjoy in-person dining Mon thru Fri, 12:00 to 12:45pm in the Dining Room.

Register by 2pm the prior business day: 360-377-8511 or 888-877-8511.

This month's menu is [posted online](#).



*** 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 BISSC reception to be added to the waitlist

FUN FITNESS

WHOLE BODY WORKOUT: Mon. & Wed. at 9-10 am with Helen Heaslip in Huney Hall; \$6. [Register Here](#).

VINYASA YOGA: Mon & Wed, 3:00-4:00pm, Huney Hall - Add flexibility and strength through asanas and breath work; for all abilities. \$6. with Sue Charumati Schaeffer. [Register Here](#). (No class **June 5 & 10**)

GENTLE STRETCH: Tue & Thu, 9-10 am. Huney Hall \$6. [Register Here](#).

SLOW FLOW YOGA: Instructor Cheryl Crist - Mon., & Wed at 10:05 am, Huney Hall, \$6 - Starts promptly at 10:05 am and will end and room cleared by 11:15 am. [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. Tues & Thu - 10:30-11:30am, Huney Hall, \$6. [Register Here](#)

LINE DANCING: ♀ Non-partnered dancing is great fun.

[Tuesdays at 10:30 -11:30 am](#) with Bill Nakao at BI Rowing Center

[Wednesdays 4:30-5:30 pm](#) with Diana Zapalac in Huney Hall. - **High Beginner Level**

[Thursdays 12:00-12:50 pm](#) with Diana Zapalac at BIR - **Beginner Level**

[Fridays at 10:30-11:30 am](#) with Linda Slothaug at BI Rowing Center

TA'I CHI CHIH PRACTICE with Bill Nakao: [Wed., 10:30-11:30 am](#). At Rowing Center (Requires instructor OK.)

S.A.I.L.: Stay Active and Independent for Life with this strength and balance program. Monday thru Friday, 1:30-2:30 pm. Huney Hall - \$5/class. [Register Here](#)

GENTLE PILATES WITH A MAT: This gentle class with Audrey Piper focuses on the fundamentals of core engagement. **Summer break for in-person classes from May thru Sept 4 - [AVAILABLE LIVE TUESDAYS at 9:30 am on Zoom; register here.](#)**

SOUND BATH SESSIONS: Thurs - 5pm - 6pm - Huney Hall - Yoga mats, blankets and rollers for neck & leg support available if needed OR bring your own - Chairs available as well - [Register Here](#) - (No class **June 20 & 27**)

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

TA'I CHI GONG: with Stephen Brown, \$15/series.

Beginners: Fri. 8:30 – 9:30am - May 17 thru Jun 14

Intermediate: Mon 4:40 - 5:30pm - Huney Hall - May 13 – Jun 10 - (Requires instructor OK.)

Register thru [My Active Center](#) or call the front desk. A recording of one class is on youtube.com/biseniorcenter.

TRIPS & TRAVEL

SENIOR SHOPPER TUESDAY – May 14

Join the BISCC fun bus to Silverdale and do some shopping!

Stops include Trader Joes and others...

Bus leaves BISCC at 12:30pm and returns around 4:30pm.

No charge

Call the Front Desk to reserve your seat



Local Trips:

- **May 14** - Silverdale Shopper - No charge
- **June 20** - Seattle Aquarium (Walk on trip) - \$40 (self pay ferry fare & lunch at choice of waterfront restaurants) - **Sign up date June 18**
- **July 17** - Secret Garden Lavender Farm - \$25 (self pay lunch separate) - **Sign up due date July 15**
- **July 25** - La Connor Crab Lunch Cruise - \$155 - **Sign up due date June 21**
- **August 14** - Suquamish Tribe Museum & Lunch at Sully's Bistro - \$20 - **Sign up due date August 12**

Keep a lookout for more info on upcoming trips!

COLLETTE TRAVEL

Spotlight on New York City Holiday
(online brochure) -

Discount deadline May 30, 2024



- Kingdoms of SE Asia (online brochure)- Discount deadline July 21, 2024
- Americas Music Cities (online brochure) - Discount deadline Sept. 30, 2024
- Explore the French Riviera (online brochure) - Discount deadline Nov 9, 2024
(Presentation May 6th, 9:30-11am, Conference Room - includes re-cap presentation on New York City Holiday Trip)

* Hardcopy brochures available * Payment plans available *

COMING SOON



*** Starting on May 21st ***

Intermediate Yoga with Helen Heaslip

Tuesdays - 3:00 - 4:00pm in Huney Hall - \$7 per class

Participants must be able to use a yoga mat on the floor - BISCC has loaner mats or bring your own.

Sign up thru [My Active Center](#) or call the Front Desk at 206-842-1616.



Catherine Kelleher's **MINDFUL OUTDOORS 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



“Estate Planning with Kitsap Legal Services”

This topic can be overwhelming for many of us. We welcome Executive Director, Joanne Sprague, and Attorney, Jon Trotter, of Kitsap Legal Services to help us learn where to start by

giving us a basic overview presentation covering: "Wills", "Power of Attorney", and "Healthcare Directives"

Friday, June 7, 2024

3:00pm to 4:30pm - (30 minute Q&A session included)

Huney Hall

Free of charge / Light refreshments will be provided

Participants must pre-register thru [My Active Center](#) or call the Front Desk at 206-842-1616 to reserve your seat.

[Kitsap Legal Services](#) is a non-profit organization providing free civil legal aid to low-income residents of Kitsap County.



NEWLY ADDED!

Introduction to Mindfulness Meditation Class

Suitable for both beginners and individuals with some experience seeking to enhance their practice.

This 4-week class will introduce you to several mindfulness meditation practices, including guided meditations, short presentations, Q & A, and support

Fridays June 7 thru June 28 - 11:30am - 1:00pm - Conf Rm

Class size: Min 6 people - Max 10 People - No charge

Must sign up for entire series thru [My Active Center](#) or call the Front Desk

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

IN OUR COMMUNITY

There's a free screening of the documentary ***"To What Remains" at Bainbridge Cinema on Wednesday, May 22 at 7:00 pm***, about work to search for patriate Americans MIA, hosted by Bainbridge Island junior Roan Brumwell. Following the film is a Q&A with members

of Project Recover representative who have led missions all over the world searching for MIAs. Here's Project Recover's website: <https://www.projectrecover.org/>

WATERFRONT Thrift

Open Mon thru Thu, 10 am to 1 pm
Fri 10 am to 4 pm

Please contact Tijen Sion-Hotchkiss, Thrift Store Manager regarding donations:
206-842-1616

The Waterfront Thrift is accepting and welcomes your donations!

*** GIFT CERTIFICATES AVAILABLE ***

For questions regarding programs, activities or classes please feel free to contact Lena Wilson, Program Manager at lena@biseniorcenter.org or call the Front Desk at 206-842-1616.

THANK YOU to all who donated during our Spring Fundraising Campaign. We appreciate your support of the Center and our activities. It takes all of us!



[All One Call for All donations](#) that are designated specifically for the Bainbridge Island Senior Center and are \$20 or more provide the center with a larger “share” of the community fund. Thank you!

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.



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