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

We acknowledge that the land on which we gather is within the ancestral territory of the People of Clear Salt Water (Suquamish People). Expert fishermen, 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.

We are closed July 4th & July 5th
BISCC News & Events

Women of BISCC
Mondays: July 15, Aug 12, Sept 16
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 through My Active Center or call the Front Desk at 206-842-1616.

Madame Sheila, Palm Reader and Seer will be here to entertain you with her magic show, palm reading and fortune telling act! Based on Bainbridge Island, Madame Sheila also does medicine cards and lucky numbers.

Wednesday, July 8 from 2:30-3:30pm
in the BISCC Conference Room
Q&A session following the show / Donations accepted
Register through My Active Center
or call the Front Desk at 206-842-1616

TASTE of the WORLD
Sunday July 21, 2-4pm
at the Bainbridge Island Recreation & Parks - Fleetwood Center

This event is so much fun! Don’t miss out! If you can share a dish from your culture, register with the front desk (we have helper cooks if you’ve got a recipe to share). Everyone is invited to come to sample! Register online or at the front desk.

Write Your Own Obituary
Tuesday Aug 6 from 10-11:30am in the BISCC conference room. Limit 10 people / FREE

Why write your own obituary? Putting your life in words is an intriguing exercise, a way to share memories, and a chance to tell your story. Our own Ann Lovejoy will cover various ways to create a personalized obituary for publication and/or for family and friends. Whether you prefer to write it by the book or outside the box, it’s a great way to have the last word!

Register through My Active Center or call 206-842-1616
The Senior/Community Center is proud to be an Early Adopter of BetterAge—an assessment tool dedicated to improving the well-being of older adults. The BetterAge assessments we recently invited you to complete provided you with recommendations for activities and information to suggest life adjustments to help in areas where you feel you are struggling. They also provide BISCC with an anonymous roll-up of data that we can compare with other Centers across the country.

Early results indicate that while our community is generally thriving, some BISCC members report negative emotions, loneliness, and physical limitations to activity. We also learned that many of you would like support in physical activity and sleep habits. This info allows us to provide relevant programming and activities. Feel free to schedule a 1:1 meeting with IVC Community Resource Navigator Katie Auger to review your results by calling IVC at 206-842-4441. If you didn’t take the assessment and would like to, please request it from info@biseniorcenter.org.

We are into the delightful part of the year for outdoor activities in the Pacific Northwest and this is a great time to get together at the Senior/Community Center. Spend some time under our umbrellas, consider taking an excursion with the trips & travel program, and don’t miss other opportunities for summer fun outlined in this issue.

Invite a friend and enjoy the Taste of the World potluck on July 21 and our annual barbecue on Aug. 10. Details are on the facing page. Also, summer’s a great time for reading. Please pick up a copy of “A Tale for the Time Being,” by Ruth Ozeki. It’s the BI Reads book this season, and we’ll have discussions on July 8, 22 and Aug. 5, 19. Join one or all. The book is discounted at Eagle Harbor Books, and the library and BISCC have some copies for free distribution.

Expansion plans update:
Our plans for an expanded Senior/Community Center took a big step forward in June when the city council unanimously approved a Memorandum of Understanding with BISCC. The MOU outlines that BISCC will be responsible for design and construction of a new Center—and for raising funds to build it on city property. After the building is completed, BISCC will deed the building to the city in exchange for a long-term, rent-free lease. With this agreement, we can move forward on plans for a capital campaign and specifics of design: envisioning a facility that will be a benefit to the whole community while ensuring BISCC’s sustainability.

Through state Rep. Tarra Simmons’ office, we were able to secure $100,000 for project design work. We are grateful for these two big votes of confidence from our elected officials. These hurdles allow us to finalize a timeline and roadmap for the project. Stay tuned as the project takes shape to find out how you can best provide support.
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.

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**Mindfulness Self Compassion Series with Catherine Kelleher**  
July 12 through Aug 2; 11:30am – 1:00pm – Conf Rm

This empirically backed training is designed to boost coping skills, resilience, and well-being by cultivating skills in being kinder and more supportive of ourselves instead of harshly self-critical when we make mistakes, fall short, or want to motivate ourselves to make changes in our lives.

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

Catherine Kelleher is a retired nurse formally trained to teach mindful self-compassion courses. She taught them regularly for health professions students during her faculty years, and since retiring she has been offering shorter versions at BISCC.

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**Catherine Kelleher’s Mindful Outdoor Walks continue in July!**

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.

- July 16 — Class overview, set up of carpool plans, followed by walk to the Waterfront Trail and Waypoint Woods
- July 23 - Moritani Preserve and nearby Cannery Cove
- July 30 - Hawley Cove Park
- Aug 6 - Blakely Harbor Park

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

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**Bainbridge Island Reads 2024: A Tale For The Time Being by Ruth Ozecki**

Hailed as a neoclassic, this intriguing book offers engaging characters, from young Nao and her great-grandmother Jiko, a Buddhist nun, to Ruth, an author living on an island in the Pacific Northwest and experiencing memory loss. The complex plot weaves together multiple themes, from cultural clashes between Japanese and American norms through climate change and ecological disaster, bullying and loneliness, zen buddhism, pacifism and suicidal ideation, to the nature of time and space with Ozecki’s signature warmth and humor.

Each session will cover one section of the book, though our final session will also include the epilogue. All sessions will be hybrid (in person and online) and will be posted on our YouTube channel for later viewing.

Monday July 8 @ 1:30 Part 1  
Monday July 22 @ 1:30 Part 2  
Monday Aug 5 @ 1:30 Part 1  
Monday Aug 19 @ 1:30 Part 1
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!

Compressions only CPR Training
Wednesday July 10 from 11:30 am - 1:00pm in Huney Hall

Janine Countermanche from the Bainbridge Island Fire Department will be here to provide us with basic Compression CPR training! The skills we learn could save a life! Class participants will have the opportunity to practice their compressions on manikins - AED instruction will be included.

No charge
Class size = 24 people max
Please register through My Active Center or call the Front Desk at 206-842-1616.

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No charge
Class size = 24 people max
Please register through My Active Center or call the Front Desk at 206-842-1616.

On July 26, Patty Lyman is leading a bike ride to Lincoln Park to see the Troll! The ride co-sponsored with Cascade Bicycle Club. The pace of the ride is a leisurely 10-12 miles per hour on the flat. There are some hills. We start at the Senior Center and take the ferry into Seattle.

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!

New Member Get-Together
On the first Friday of each month from 2:30-3:30 pm, come by and learn more about the Center! Sign up on My Active Center or call the Front Desk at 206-842-1616.

Do we have your correct contact information? Emergency contacts?
Please check with Front Desk to see if we have a current “Waiver” on file for you.
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:

- Financial Fitness - July 12
- Healthy Relationships - Aug 9
- Falls Prevention - Sept 13
- Medication Management - Oct 11
- Community Engagement - Nov 8
- END OF SERIES CELEBRATION - 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

Most Mondays, Wednesdays, and Fridays we get together on Zoom at 1:30 pm to talk about topics of interest.

Here’s what we know for now: In July and August we’ll have online book groups for the BI Reads book “A Tale for the Time Being.” Look on page 4 for details of that series. David Harrison, founder of the Northwest Policy Center at the UW, will join us to talk politics on July 12 and Aug. 1. Ann Lovejoy will hold her monthly horticulture get-together in hybrid fashion (online & in-person) July 17 and Aug. 21. And Tressa Johnson will check in from Kitsap Regional Library on July 10 and Aug. 14.

Watch https://biseniorcenter.org/calendar and our weekly emails for the latest programs.

Thanks to YOU, the Bainbridge Island Senior/Community Center has made it on the ballot for the “BEST OF BAINBRIDGE” contest for 2024!
Categories:
- COMMUNITY: Non-Profit (BISCC)
- COMMUNITY: Local Podcast (Something To Talk About)
- SHOPPING: Thrift Store (Waterfront Thrift)

Winning the Best of Bainbridge contest is a big deal. It means that we’ve earned the trust and respect of the community, and that is priceless. Voting will begin July 1st and run thru July 15th at https://vote.bainbridgereview.com/community. Tell your family & friends they can vote once a day - It’s completely free for anyone and everyone to participate.
### Clubs, Groups & Activities

#### Waterfront Book Group

**3rd Tuesday, 1:00 - 2:00 pm**

Conference Room and Zoom

**July 16 – These Precious Days – Ann Patchett**

**Aug. 20 – The Midnight Library – Matthew Haig**

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**

NYT (Not Your Typical) Book Group meets alternate Thursdays from 10 to 11:30am via Zoom. The group currently reads books focused on threats to democracy, political issues, and related topics. We welcome newcomers! For more contact information, please contact the Senior Center.

#### Alzheimers & Other Dementias Caregiver Support Group

**Monday July 1 & Aug 5 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**

Singiers 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

**Wed. July 3…4th of July/Summer**

**Wed. July 17…Moonlight**

**Wed. August 7….One Hit Wonders**

**Wed. August 21….Songs from Foreign Countries**

#### 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.
# T’ai Chi & Yoga

## T’ai Chi Chih Practice – instructor Bill Nakao
(Students must have instructor’s OK to join practice)

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<tr>
<td>Wednesday</td>
<td>10:30a – 11:30a</td>
<td>BIR</td>
<td>Donation</td>
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## T’ai Chi Gong
Bob Shulock will facilitate the Beginner sessions on Fridays - Next series is from July 19 to Aug 16. $15 - Must pre-register

In-Person Intermediate classes will resume in January 2025. A YouTube recording of Stehen’s class is available on our website at https://biseniorcenter.org/exercise-videos/

## Chair Yoga – Facilitated by Teresa Hatten
Spend quiet time stretching in a chair listening to an audio CD.

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<tr>
<td>Tuesday</td>
<td>9:45a – 10:45a</td>
<td>Dining Room</td>
<td>Donation</td>
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## 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)

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<th>Time</th>
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<th>Notes</th>
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<tr>
<td>Thursday</td>
<td>3:00p – 4:00p</td>
<td>Huney Hall</td>
<td>$7/session</td>
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## Intermediate Yoga – Helen Heaslip
The class focuses on allowing the breath to be the guiding tool for each movement, encouraging students to work to their individual needs, with space to be challenged as they grow in confidence and strength.

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<td>Huney Hall</td>
<td>$7/session</td>
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## 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.

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<tr>
<td>Mon &amp; Wed</td>
<td>10:05a – 11:15a</td>
<td>Huney Hall</td>
<td>$6/session</td>
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## 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.

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<tr>
<th>Mon &amp; Wed</th>
<th>3:00 – 4:00p</th>
<th>Location</th>
<th>Notes</th>
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<tbody>
<tr>
<td>No Class July 3</td>
<td>3:00 – 4:00p</td>
<td>Huney Hall</td>
<td>$6/session</td>
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## Sound Bath Sessions
**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 from 9:10 am to 9:45 am - Online and in-person in the BISCC 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.
## Writing, Fun, & Fitness

### Writing & Literature
- **Bard Read/Will Film**
  - Thursdays 2:00p – 4:00p
  - Dining Room
- **Waterfront Book Group** – see page 8 for details
  - 3rd Tuesday 1:00p – 2:00p
  - Conf Rm / Zoom
- **Poetry Surprise** – will return in September
  - Fridays 3:00p – 4:00p
  - Zoom

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

### Exercise & Sports
- **Whole Body Workout** – Instructor Helen Heaslip
  - Mon & Wed 9:00a – 10:00a
  - Huney Hall $6/session
  - Gentle, easy exercises to keep you flexible. Full range of active movement for strength and balance using optional weights.
- **Gentle Stretching** – Instructor Helen Heaslip
  - Tues & Thu 9:00a – 10:00a
  - Huney Hall $6/session
  - Gentle movement keeps joints & muscles healthy. Can be done on floor or chair.
- **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 (high beginner)
  - Wednesday 4:30p - 5:30p
  - Huney Hall
- **Line Dancing** - with Diana Zapalac (beginner)
  - Thursday 12pm – 12:50p
  - BIR
- **Pétanque**
  - Tues & Thurs 1:00p – 3:00p
  - Waterfront Park Donation
  - 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. The Pétanque group is now Tuesdays and Thursdays from 1-3 pm & we do not discriminate on the basis of gender! (We have boules to borrow & play in Waterfront Park).
- **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
  - Huney Hall $5/session
  - S.A.I.L. is SPONSORED BY: kitsapphysicaltherapy
- **Table Tennis**
  - All welcome for fun at the tables!
  - Monday 11:30a – 1:30p
  - Huney Hall Donation
  - Thursday 7:00p – 10:00p
  - Saturday 9:00a – 11:30a
  - Huney Hall
- **Zumba Gold ®**
  - Tues & Thurs 10:30a – 11:30a
  - $6/session
  - Lisa Farrell-Waiss teaches this class - the original moves at a lower intensity
### Arts & Crafts / Photography

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<th>Event</th>
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<tbody>
<tr>
<td>A Stitchin' Time</td>
<td>Thursdays</td>
<td>1:00p – 3:00p</td>
<td>BIR</td>
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<td>All types of handwork, all skill levels welcome (beginners too!)</td>
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**Art Activities** with BAC, BIMA, and BISCC volunteers

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<tbody>
<tr>
<td>Art Activities</td>
<td>Tuesdays</td>
<td>see page 12</td>
<td>Dining Room</td>
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<tr>
<td>with BAC, BIMA, and BISCC volunteers</td>
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**Photo Club** – To join, visit biphotoclub.org

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<th>Event</th>
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<tr>
<td>Photo Club</td>
<td>2nd &amp; 3rdWed</td>
<td>7:00p – 9:00p</td>
<td>Huney Hall</td>
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<td>– To join, visit biphotoclub.org</td>
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### Cards And Games

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

### Languages

<table>
<thead>
<tr>
<th>Event</th>
<th>Days</th>
<th>Time</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>French Book Club</td>
<td>Monday</td>
<td>9:00a – 10:00a</td>
<td>Zoom</td>
</tr>
<tr>
<td>A group meeting via Zoom that enjoys reading books in French together! To join mail <a href="mailto:info@biseniorcenter.org">info@biseniorcenter.org</a></td>
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<table>
<thead>
<tr>
<th>Event</th>
<th>Days</th>
<th>Time</th>
<th>Location</th>
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</thead>
<tbody>
<tr>
<td>German Conversation Club</td>
<td>Wednesday</td>
<td>3:00p – 4:00p</td>
<td>Zoom</td>
</tr>
<tr>
<td>Sprechen sie Deutsch? Join us for wide ranging conversations! Link in weekly email or biseniorcenter.org/newsletter.</td>
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<table>
<thead>
<tr>
<th>Event</th>
<th>Days</th>
<th>Time</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Italian Conversation Club</td>
<td>Wednesday</td>
<td>1:30p – 3:30p</td>
<td>Conference Room</td>
</tr>
<tr>
<td>This group is open to all levels, parliamo insieme tutti quanti!</td>
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</table>

<table>
<thead>
<tr>
<th>Event</th>
<th>Days</th>
<th>Time</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mandarin Chinese</td>
<td></td>
<td></td>
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</tr>
<tr>
<td>Continues as small group. Email Ken Stern (<a href="mailto:kenphone26@gmail.com">kenphone26@gmail.com</a>) to learn more about dates, times, and details.</td>
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<table>
<thead>
<tr>
<th>Event</th>
<th>Days</th>
<th>Time</th>
<th>Location</th>
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</thead>
<tbody>
<tr>
<td>Spanish Club</td>
<td>Monday</td>
<td>10:00a – 12:00p</td>
<td>Zoom</td>
</tr>
<tr>
<td>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.</td>
<td></td>
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</tbody>
</table>
Travel, Trips & Tours

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

- Kingdoms of SE Asia - Discount deadline July 21, 2024
- America’s Music Cities - Discount deadline Sept. 30, 2024
- Explore the French Riveria - Discount deadline Nov 9, 2024

*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!

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.*

<table>
<thead>
<tr>
<th>Date</th>
<th>Day</th>
<th>Time</th>
<th>Fee</th>
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</thead>
<tbody>
<tr>
<td>Tue, July 9</td>
<td>Tue, Aug 13</td>
<td>12:30p – 4:00p</td>
<td>Free</td>
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</tbody>
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**Secret Garden Lavender Farm**

<table>
<thead>
<tr>
<th>Date</th>
<th>Day</th>
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<tbody>
<tr>
<td>Wed, July 17</td>
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$25 + self pay lunch

**Deception Pass Crab Lunch Cruise**

<table>
<thead>
<tr>
<th>Date</th>
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<tbody>
<tr>
<td>Thurs, July 25</td>
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</table>

$155

**Suquamish Tribe Museum & Lunch at Sully’s Bistro**

<table>
<thead>
<tr>
<th>Date</th>
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<tbody>
<tr>
<td>Wed, Aug 14</td>
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</table>

$25 + self pay lunch

Watch for flyers, weekly emails & the travel board at BISCC for more details on upcoming trips

Adventures in Travel

We will take July and August off and return on September 4th.

Presentations have not yet 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.

As BISCC grows, so do our volunteer opportunities! Be a part of our “Dream Team”!

BISCC could not operate at the level it does without volunteers. You can volunteer as often as you’d like - Any amount is valued and appreciated!

- Event helpers
- Various Committees
- Front Desk

Please contact Mary Gibbs, Operations Manager at 206-842-1616 or email mary@biseniorcenter.org for more info. And visit our website to Download the BISCC Volunteer Application (PDF)!
Movie Nights, Art Projects and More

Friday Night Movies 2nd & 4th Fridays, 6:00 - 8:00 pm Dining Room

July 12 – King Richard: The true story of superstars Venus and Serena Williams and their coaching father, “King Richard” follows the uplifting journey of a family whose unwavering resolve and unconditional belief ultimately delivers two of the world’s greatest sports legends. 90/98 Rotten Tomatoes

July 26 – Wings of Desire: An angel tires of his purely ethereal life of merely overseeing the human activity of Berlin’s residents, and longs for the tangible joys of physical existence. He falls in love with a lonely trapeze artist and, with the help of Peter Falk, learns that it might be possible to take human form. 95/93 Rotten Tomatoes

Aug 9 – Enchanted April: Four disparate British women in the 1920s go on holiday together at a castle in rural Italy. Liberated from their husbands and their daily routines, each finds herself transformed by the experience. 85/84 Rotten Tomatoes

Aug 23 – Almost Famous: The funny and often poignant story of a high-school boy in 1973 who is given the chance to write a story for Rolling Stone magazine about an up-and-coming rock band as he accompanies them on their concert tour. 90/92 Rotten Tomatoes

Art Activities Dining Room

BISCC Art Workshops (Class sizes limited - please register in advance) Free 1:00 - 3:00 pm

Tues, July 2: Zen Doodling with Catherine Exton.
Tues, July 9: TBA
Tues, July 16: Grass, Trees, and Forest. Watercolor with David Repyak.
Tues, August 6: Dot Painting, Aboriginal Style with Catherine Exton.
Tues, August 13: TBA
Tues, August 20: TBA

Bainbridge Arts & Crafts (Community Arts) Dining Room Free 1:00- 3:00 pm

Tues, July 24: Birds of a Feather - Bring in photos of birds that you would like to sketch and paint with watercolors.
Tues, August 27: Self Observation - Bring in a picture of yourself and compose a self portrait using mixed media - ink, collage, and colored pencil.

BIMA Art in Action (Community Arts) Dining Room Free

BIMA will take a summer break during July and August, and will return in September.

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!

Thursday, 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.
Island Volunteer Caregivers has a Grievers’ Library outside their offices on Finch Place. Come by and browse available books for the bereaved.

**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!

**Prostate Cancer Group**
2nd Wednesdays from 12 – 2 pm on Zoom (July 10 & August 14)
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.

**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*

**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, July 10 & August 14
1:30 – 3:30 pm
Dining Room & via Zoom

**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.

Island Volunteer Caregivers “Overview”
Wednesdays: July 3rd & August 7th from 11am to 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 BISCC Front Desk at 206-842-1616
**Fob Friday Participating Businesses**

**FOB Friends: Rainborne Market**

Rainborne Market is now open in Winslow Green offering a curated selection of fair trade and ethically sourced goods for every part of your day. Join owner, Cristine on Fridays to enjoy 10% off bedding, bath, kitchen, jewelry, and organic cotton clothing for every member of the family.

Rainborne Market
146 Winslow Way W
(206) 591-2079

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.**

<table>
<thead>
<tr>
<th>Business Name</th>
<th>Phone</th>
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</thead>
<tbody>
<tr>
<td>Bainbridge Arts &amp; Crafts</td>
<td>206-842-3132</td>
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<tr>
<td>Bainbridge Boutique</td>
<td>206-451-0456</td>
</tr>
<tr>
<td>Bainbridge Island Community Pharmacy</td>
<td>206-780-7809</td>
</tr>
<tr>
<td>The Berry Patch</td>
<td>206-842-3593</td>
</tr>
<tr>
<td>Bon Bon Candies</td>
<td>206-780-0199</td>
</tr>
<tr>
<td>Bainbridge Island Community Pharmacy</td>
<td>206-842-5451</td>
</tr>
<tr>
<td>Dana’s Show House</td>
<td>206-842-6945</td>
</tr>
<tr>
<td>Eagle Harbor Books Company</td>
<td>206-842-5332</td>
</tr>
<tr>
<td>ChocMo</td>
<td>360-930-0283</td>
</tr>
<tr>
<td>Conservatory Coastal Home</td>
<td>206-842-5451</td>
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<tr>
<td>B. I. Barkery</td>
<td>206-451-4295</td>
</tr>
<tr>
<td>Bon Bon Candies</td>
<td>206-780-0199</td>
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<tr>
<td>Lively Olive</td>
<td>206-488-0854</td>
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<tr>
<td>Millstream</td>
<td>206-842-4495</td>
</tr>
<tr>
<td>Plum</td>
<td>206-201-3654</td>
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<tr>
<td>Pretty Stick</td>
<td>206-842-3333</td>
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<tr>
<td>Modest Home Mercantile</td>
<td>415-527-8700</td>
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<tr>
<td>Radical Roots</td>
<td>206-591-2117</td>
</tr>
<tr>
<td>Rainborne Market</td>
<td>206-591-2079</td>
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<tr>
<td>Shirvan Rug Gallery</td>
<td>206-780-7992</td>
</tr>
<tr>
<td>Sole Mates Shoes</td>
<td>206-842-5679</td>
</tr>
<tr>
<td>Sweet Dahlia Baking, LLC</td>
<td>206-201-3297</td>
</tr>
<tr>
<td>9720 Coppertop Loop, #103</td>
<td>206-842-1616</td>
</tr>
<tr>
<td>Whimsy</td>
<td>206-488-2582</td>
</tr>
<tr>
<td>275 High School Rd NE</td>
<td>206-780-8527</td>
</tr>
<tr>
<td>Willowtree Market</td>
<td>206-565-3162</td>
</tr>
<tr>
<td>169 Winslow Way E</td>
<td>206-591-2079</td>
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<tr>
<td>Z Bones</td>
<td>206-842-2759</td>
</tr>
<tr>
<td>146 Winslow Way W (Winslow Green)</td>
<td>206-591-2079</td>
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</tbody>
</table>

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!
BI Photo Club Presents...

July BISCC Lobby Show - Slinkies: A Retrospective Photo Show by Rob Wagoner

I retired from my Architectural practice some time ago and took up photography 16 years ago. My focus of interest is creating abstractions of reality, changing the perception of an object or place to give it a different visual perspective than normally accepted. My approach to photography is well stated by the book, The Creative Act: A way of Being by Rick Rubin. “If you start from the position that there is no right or wrong, no good or bad, and creativity is just free play with no rules, it is easier to submerge yourself joyfully in the process of making things. We are not playing to win, we’re playing to play. Working with active play and experimentation until we’re happily surprised is how the best work is revealed.”

So, with that in mind, my photo show in the Lobby Gallery of the Senior Center will be on my images of “Slinkies”. Over the past 16 years, I have focused on slinkies as a sculptural subject three different times. The form can be very graceful and humorous in the many shapes it can take.

You can also view my images online in July at: https://biseniorcenter.org. Look for the date and time for a discussion of my “Slinking Slinkies” images on “Something to Talk About” on the Senior Center website in early July: https://biseniorcenter.org

August BISCC Lobby Show: Bainbridge Island Photo Club July 4th, 2024 Print Exhibit Winners

First place winner from last year (pictured): “The Boys in the Boat” by Dorothy Rosenbladt

The winners of the People’s Choice Awards from the Bainbridge Island Photo Club (BIPC) Annual July 4th Print Exhibit will be on display on The Ledge in the lobby of the Senior Center for the month of August.

Stop by and take a look to see a sampling of the talent from these Photo Club members. These images will also be available for view under the galleries section of the BISCC website during August. Look for the date and time for a discussion of the images on “Something to Talk About” on the Senior Center website: https://biseniorcenter.org in early August.

We would like to give a loud and loving "Shout Out" to our hard-working heroines. These ladies are the unpackers, steamers, pricers, and hangers for Waterfront Thrift. These graceful multi taskers are wonderful representatives of BISCC. Thank you for all you do Cindy Guzman, Kenna and Abi Moser, Yarus Guterson and Cindy Pratt. And a special thank you to our goodwill heroes, Paul and Kathy Cooper!

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!
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 August 2, 2024 (send to mimi@biseniorcenter.org)

Please support our underwriting sponsors!

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