

# Splash!

January - February 2026



Bainbridge Island  
Senior & Community Center  
*for the prime of your life*

HAPPY  
*New Year*



Bainbridge Island  
Senior & Community Center

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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](mailto:info@biseniorcenter.org) Website: [www.biseniorcenter.org](http://www.biseniorcenter.org)

We are closed:  
January 1 & 2 & 19  
February 16

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



Bainbridge Island  
Senior/Community Center



OUR VISION:

*Bainbridge Island is a vibrant,  
compassionate, inclusive place to  
grow up and grow older.*

Board of Directors

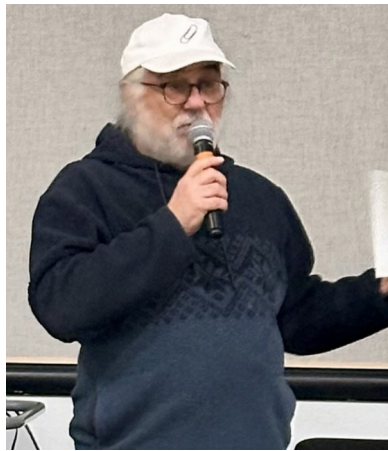
- President:** Gerry Worley
- Vice President:** Eleanor Weinel
- Secretary:** Tressa Johnson
- Treasurer:** David Huether

Directors

- Sue Coble Bunn
- Sheila Curwen
- Linda Holt
- Kimi Kinoshita
- Mike McCloud
- Barbara Ochota
- John Stephens
- Roy Wallace

Senior Center Staff

- |                            |                      |
|----------------------------|----------------------|
| <b>Executive Director</b>  | Reed Price           |
| <b>Mgr. of Operations</b>  | Mary Gibbs           |
| <b>Thrift Manager</b>      | Tijen Sion-Hotchkiss |
| <b>Associate Director</b>  | Mimi Hicklin         |
| <b>Program Manager</b>     | Lena Wilson          |
| <b>Major Gifts Officer</b> | Todd Girouard        |
| <b>Office Assistant</b>    | Kris Emery           |



The effort to build a new center is in the air, and with a city sign out front, and floor plans floating around, you might think it's a "done deal." It's quite a deal, but it's not yet done. While I am very excited about where we are on this effort, we've still got a lot of work ahead of us. Here's an update:

We've cleared some important milestones! We have the city's approval of our design, developed by Wenzlau Architects with a lot of input from our members, staff, volunteers, and

community groups. Our building project task force has chosen a contractor to work alongside the architect and consultants as the specific design and construction documents are created. Getting a strong team in place early will help us keep to our \$22.5 million dollar budget by identifying smart building approaches and materials.

We've made initial progress in raising money in through pledges, direct donations, and grants – and we are focused right now on "leadership gifts," that keep the project rolling. We need to reach about 40 – or 50-percent of our goal before we can even apply to some foundations, and would like to be even further along before breaking ground.

Everyone's participation in helping us achieve these ambitious goals is important, and, following campaign best practices given our small staff, we are focusing speaking one-on-one with our most generous supporters first before inviting the community to participate. In the meantime, you can help us by telling people what an important place the Center is, how a bigger, more flexible space will help strengthen our community—providing a hub for resilience, an intergenerational meeting place, and expanding our mission to make connections and combat loneliness and isolation. Tell them that you support the new community building for building community!

A frequent question is what will happen to our programs during the construction? We are committed to keeping the Center community going. We won't know what spaces are available until we have a better idea of the timeline for when we're breaking ground, but we appreciate survey work done by Mark Subbotin about possible locations, and we are forming a facilities committee to dig into the logistics. I hope we can begin construction in 2027, and I know we need to keep working on the project every day in order to get there! As this project takes more of my time, I want to thank Associate Director Mimi Hicklin, Manager of Operations Mary Gibbs, and Program Manager Lena Wilson for their increased responsibility in keeping our Center friendly and smooth-running. And thank you for doing your part as well.

*Your volunteer hours add up to benefit our beloved Senior Center. If you volunteer at BISCC at any level (instructors, group leaders, front desk, thrift shop, and everything in between) please remember to record your hours either at the kiosk, or call the front Desk and ask them to add your hours in for you! Thank you to all who donate your valuable time!*



We are in the process of deploying a new, electric van for the Senior & Community Center. This ADA lift equipped, 10-person van will replace our aging 22-passenger vehicle early in 2026. It was acquired with a Washington state consolidated transportation grant and a Bainbridge Community Foundation grant — and a lot of support from our membership. We are looking forward to it serving our community for many years!

**Cars for a cool cause!**  
**Fall Into The Season of Giving.**  
**Donate Your Vehicle Today**  
The pick-up is free and your gift is tax deductible.



Learn more:  
855-500-7433  
[biseniorcenter.careasy.org](https://biseniorcenter.careasy.org)



Bainbridge Island  
Senior & Community Center

The Bainbridge Island Senior & Community Center has teamed up with CARS (Charitable Adult Rides & Services) to offer a vehicle donation program to the community. Dollars raised from donated vehicles or boats will help the Center run its day-to-day operation and hold our myriad of classes, workshops, hands-on experiences, club meetings, field trips, and more. CARS guides donors throughout the entire donation process and provides a free and convenient pick-up. Many nonprofits across the U.S. rely greatly on their vehicle donation program as a stable source of funds. CARS is the largest nonprofit vehicle donation provider and a trusted partner to over 3,500 other nonprofits in North America. If you would like more information about this topic, please contact Todd Girouard, BISCC Major Gifts Officer, at 206.293.0332 (cell) or Todd@biseniorcenter.org. You may also visit <https://biseniorcenter.careasy.org/home>





# THANK YOU!

We are deeply grateful for your continued support and generosity! While final numbers are still rolling in, we are thrilled to share that our Fall/Winter Campaign has been an outstanding success. THANK YOU for your commitment to BISCC's financial stability, growth, and vibrant programming as we move into a new year. 2026 is looking bright, and you make it all possible!

Thank you for your donations!. . . and please feel free to recognize a program or person with your gift! Recent donations celebrated Becky Allen's 80th birthday, and honored the memory of Garnet Logan, Anina McCormic, Charles Wallace, Joseph Wallace, and Dave Webb.

## Getting flexible at 3 pm

If morning isn't your time of day, check out these fine afternoon fitness offerings at BISCC:

**On Monday, Sarah King leads Gentle Afternoon Stretching.** Sylvia loves it: "After attending class for almost two months, I feel stronger and less stressed. Sarah is knowledgeable and customizes moves based on each participant's abilities. She recognizes that each of us is the expert on our own body and demonstrates how exercises can be adapted so that we can meet our self-defined goals."

**On Wednesday, Sue Chaurmati Schaeffer teaches Gentle Yoga**—including healthy breathing, stretching, postures, relaxation, and meditation. Suitable for beginner and intermediate students. Richard says it's the first time he's taken yoga and appreciates Sue's patience, understanding, and personal attention to each participant.



**On Friday, join Rossella Vanti for NIA**, a movement class that is accessible to individuals of all levels. Roy says: "Rossella adjusts her classes to the age, fitness levels, and abilities of the participants. While NIA is typically performed standing, it can also be enjoyed while sitting. Her music selections and verbal imagery – as well as her grace and expertise – makes the hour-long sessions fun and worthwhile for all."

The Queer Elders Family Group would like to invite you to join the Jigsaw Puzzle Contest raising FUN and funds for BISCC! All ages welcome!

The contest will be held at Webster Hall, The Island School, 8553 NE Day Road, Bainbridge Island on Sat, Jan 31, 2p – 3:30p

Learn more and register: <https://www.qefgbainbridge.org/>



**Valentine's Party**

February 14 from 2-4pm at the Bainbridge Island Senior & Community Center  
Sock Hop with all the music from the 50s!



**Annual Meeting**

Wednesday, February 18 at 10:30 am.  
Updates on Center activities, finances, and our capital campaign.  
Elect incoming directors. Share your priorities.



**Bainbridge Island Senior/Community Center**

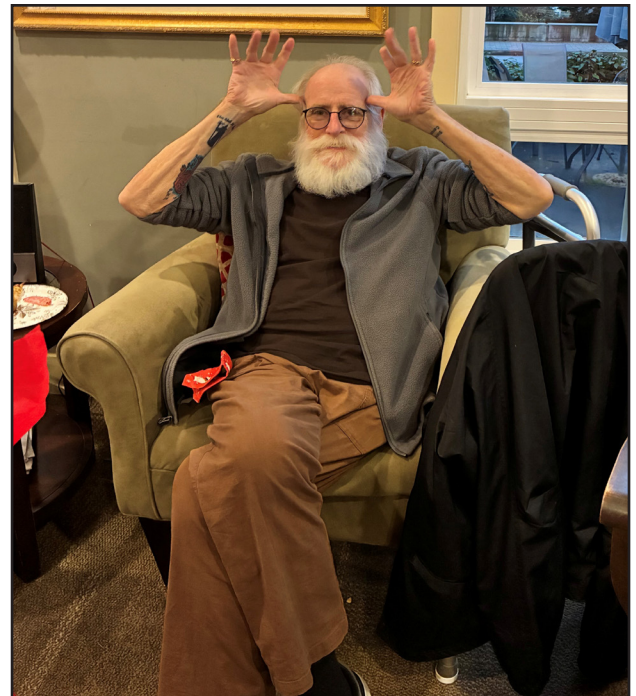


**GIVE A LITTLE, HELP A LOT**

Every donation of \$20 or more through One Call for All increases our share of the Community Fund, helping us continue to serve Bainbridge seniors and our community.  
Bonus: OCFA covers all credit card fees, so your entire gift supports our work!

<https://donations.onecallforall.org/donate/211>

Contact us 206-842-1616 [biseniorcenter.org](http://biseniorcenter.org)



Silly Steve!

Time to renew! Support our community with a 2026 membership. Still just \$25!

## **Mindfulness-Based Stress Reduction Series**

Mondays, January 12 through February 9 from 11:15am-12:45pm in the BISCC Dining Room

This evidence-based training is designed to help you cultivate mindfulness, a powerful tool for reducing stress and boosting well-being. Four-week, 1.5 hours weekly series with Catherine Kelleher, retired nurse and educator.

Commitment to the 3 classes required. Limited to 12 registrants.

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

## **Mindful Self-Compassion Series**

Mondays, February 23 through March 16 from 11:15am -12:45pm in the BISCC Dining Room

This evidence-based training is designed to help you cultivate skills in being kinder and more supportive of yourself instead of harshly self-critical when you make mistakes, fall short, or want to motivate yourself to make changes in your life. Four-week, 1.5 hours weekly series with Catherine Kelleher, retired nurse and educator.

Commitment to the 4 classes required. Limited to 12 registrants.

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

## **Aging in Place Forum**

A special program featuring expert speakers on home safety, finances, building community, home caregiving, & more

Save the Date: Sunday afternoon, March 29

## **Tai Chi Chih Classes** with Bill Nakao - Next series Jan 16 to March 06 - \$50

Want to learn T'ai Chi Chih? Taking this class is a requirement for participating in the Wednesday T'ai Chi Chih practice. The eight-session class will teach you the entire set of 19 movements and essential 1 pose and enable you to join the weekly practice sessions held at BIR. - Contact the Front Desk for more info

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!

Do you prefer to get information via email? Would you like to save the Center some \$\$\$?

Consider having the Splash newsletter emailed to you!

Call the front desk or email [info@biseniorcenter.org](mailto:info@biseniorcenter.org) to change your delivery option.

### **Our Walking Group is growing with members of all skill levels!**

Tuesdays - 9:30a – 10:30a - Meet in Atrium at BISCC.

The "Gentle Walkers" group will walk on a flat surface and no more than a mile. 10 person max

The "Intermediate Walkers" group is doing longer, faster-paced walks including areas with inclines/small hills. 15 person max

We love dogs, but only trained service dogs allowed - Thank you for understanding.

Everyone welcome – Those with mobility issues (i.e. canes) are welcome to try at your discretion.

No charge but donations accepted for BISCC. Registration recommended due to limited spaces available.

### **Writing Group**

First Wednesdays each month from 9:30a-11a in the Dining Room

Our monthly writers' group explores ways to write an effective memoir, share our writing, and gently critique each other's work (or not!). Co-facilitated by Ann Lovejoy & Kathi Peregrin

Limited seating - Register through My Active Center or call the Front Desk - Donations accepted

### **Falling Together with Stephen Brown**

Next series: Wednesdays Jan 7 - Feb 4 ; 11:30a-12:30p – Huney Hall

\$15 – Must register for entire series online or call the Front Desk

Do you have trouble with balance? Learn to 'fall together' with Stephen Brown who is an expert in balance and fall prevention. Stephen will show you how to increase strength in your hips and legs and improve your balance and practice body mechanics of getting up and down from the floor. May not be suitable for those requiring a walker or wheelchair

### **NIA Body Movement class**

12:15p - 1:15p on Fridays in Huney Hall- \$6 per class

A mind/body fitness program, is increasingly used by people with Parkinson's disease (PD) to improve well-being, flexibility, agility, strength, and balance through a fusion of dance, martial arts, and music.

Modifications available - chairs can be used if needed. Led by Rossella Vanti.

Register through My Active Center or call the Front Desk.

### **Weight-Loss Support Group**

First Thursday each month from 11:30a-12:30p in the BISCC Fireside Room : No charge

LIFE SUPPORT for your weight-loss journey. A group coming together to encourage and inspire each other. Register through My Active Center or call the Front Desk. Contact Becky Allen at 831-601-6865 with any questions.

### **Sound Bath Sessions: On break until Spring - Dates TBD**

Meditative Sound Baths, using a variety of musical instruments to bring people into a deep state of relaxation and emotional well-being. Yoga mats, blankets & rollers for neck & leg support available if needed or bring your own - Chairs can also be used.

Donations accepted. Register through MyActiveCenter or call the Front Desk at 206-842-1616.

## Rhythmic Drumming

**2nd Wednesday each month beginning February 11th – 11:45a-12:45p – Huney Hall**

Come join the Kitsap Rhythm Collective to experience the joy and connection of playing a variety of drums with fellow Elders. They provide the drums and the how to's!  
Register through My Active Center or call the Front Desk at 206-842-1616 to save your spot.

## Intro To Hula Dancin: on break until Spring - Dates TBD

Join us as our own, Lily Fong, teaches us basic steps of Hula dancing. We'll learn movements to Pearly Shells & Hukilau. No experience needed; all are welcome!  
Register online or call the front desk

## BISCC Potluck and Brown Bag Lunch

January 20th and February 17th at 11:30am in the BISCC Dining Room

Bring a favorite dish to share, or your own brown bag lunch. We'll provide coffee, tea, & water. Come enjoy good food and great company! It's a fantastic chance to socialize and show off your culinary skills (or your favorite takeout spot!). We can't wait to see what delicious creations you bring! Register online or call the Front Desk



## Mindfulness Meditation

Thursdays - 9:00 am to 10:00 am

In-person and online with James Irish in the BISCC Conference Room.

Sessions include a silent 30-minute meditation followed by a short reading or talk, Q&A time and opportunity to discuss aspects of mindfulness and meditation. Pre-registration thru MyActiveCenter or call the Front Desk. A Zoom link will be sent to the email on file.



## New Member Get-Together

January 9 and February 6 from 2:30-4:00 pm in the BISCC Conference Room

New to BISCC or want a quick refresher on all that we offer?  
Join us for a friendly orientation where you can:

- Learn about our programs, trips & activities
- Meet volunteers, other members and/or staff
- Discover ways to get involved
- Come see what makes our community so special

Sign up on MyActiveCenter or call the Front Desk at 206-842-1616.

**Waterfront Book Group**      3<sup>rd</sup> Tuesday, 1:00 - 2:00 pm      Conference Room and Zoom

**Jan. 20 – Mrs. Plansky’s Revenge – Spencer Quinn**

**Feb. 17 – Burning Questions – Margaret Atwood**

Books are available for pick-up at the Bainbridge Senior/Community Center while supplies last (Monday Friday, 9-4).

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

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

Large Print may be available. Contact Tressa Johnson: tjohnson@krl.org



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

NYT (Not Your Typical) Book Group meets alternate Thursdays from 10am to 11:30am via Zoom. The group reads (mostly) non-fiction books focused on issues of political, social and cultural importance (for example, racism, climate, or challenges to democracy, among others). We welcome newcomers! For more information, please contact info@biseniorcenter.org

**Alzheimers/Dementia Support Group for Caregivers**

**January 12 & February 9; 9:30-11am**      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. (Call to pre-register if attending via ZOOM)

**Women of BISCC**

**Third Friday of each month from 11:30am – 12:30am in BISCC Conference Room**

We'll continue the conversation of women sharing life experiences while making new friends.

Register through MyActiveCenter or call the Front Desk at 206-842-1616.

**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 - no audition required.

Register through My Active Center or call the Front Desk

**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.

1<sup>st</sup> & 3<sup>rd</sup>      10:00a – 11:00a      Zoom  
Wed

January 7th-Songs about Wanderlust or Leaving

January 21st-State’s songs-Official or not

February 4th-Love songs

February 18th-Songs about Teenage angst

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

Join your voice with others as we sing folk songs and other familiar tunes. Musicians Chuck Salmon, Linda Owens, and David Bray regularly lead us—and they welcome others to bring an instrument and play along.

## T'ai Chi Chih Practice – instructor Bill Nakao

(Students must complete training from certified instructor, Bill Nakao, or with his permission.)

A modern form of T'ai Chi that enhances the flow of Qi, the body's internal energy. Tones and strengthens muscles without putting excessive stress on joints.

Wednesday 10:30a – 11:20a BIR Donation

## T'ai Chi Intermediate Series - Instructor Stephen Brown

Prior experience recommended. Register online or call the Front Desk.

Current series: Dec 29 through Jan 26

Next series: Feb 9 through Mar 9

A YouTube recording of Stephen's class is available on our website at <https://biseniorcenter.org/exercise-videos/>

Monday 4:30 - 5:30p Huney Hall \$15/series

## Qi Gong

Bob Shulock facilitates beginner sessions. Improves balance & coordination, reducing risk of falling. Increases energy, health, and well-being.

Current series Dec 19 to Jan 30

Next series Feb 6 to Mar 6

\$5 drop-in or save \$10 at \$15 for series

Friday 9:00a - 10:00a Huney Hall \$5/session

## Chair Yoga

Spend quiet time stretching in a chair listening to an audio CD.

Tuesday 9:45a – 10:45a Dining Room Donation

## 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

## 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.

Tuesday 3:00p – 4:00p Huney Hall \$7/session

## Gentle Yoga – Instructor Susan Charumati Schaeffer

Gentle yoga will focus on healthy breathing, stretching, postures, relaxation and meditation. Good for beginners and intermediate students

Wednesday 3:00 - 4:15p Huney Hall \$6/session

## Fun & Enriching

### Liberation Laughter

Friday 9:30 - 10:45a Conference Room

We play lighthearted, non-competitive, creative games that inspire connection. Founded by Nancy Lewars

### Queer Elders Family Group

LGBTQ+ and allies mutual support

(Email [mikeamcloud@gmail.com](mailto:mikeamcloud@gmail.com) for info)

Coffee drop-ins and other events - check our website for latest schedule: <https://www.qefgbainbridge.org/> Visit

our Facebook page: <https://www.facebook.com/profile.php?id=61578156041063>

Jan 2nd 2:00p – 4:00p Cups  
Feb 13 2:00p - 4:00p Conference Room

## Writing & Literature

### Bard Read/Will Film

Plays of the Bard of Avon, read and discussed.

Thursdays

2:00p – 4:00p

Dining Room

### Poetry Surprise

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.

Fridays

3:00p - 4:30p

Zoom

## 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 Afternoon Stretching - instructor Sarah King.

Gentle movement to keep joints and muscles healthy. Can be done on the floor or a chair. Starts Sept 8. Register online or call the Front Desk

Mon

3:00p – 4:00p

Huney Hall  
\$6

### 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 Diana Zapalac (intermediate)

Wednesday

4:30p - 5:30p

Huney Hall

### Line Dancing - with Diana Zapalac (high beginner)

Thursday

11:45a – 12:45p

BIR

### Line Dancing - with Linda Slothaug

Friday

10:30 - 11:30a

BIR

### Line Dancing Basic Steps & Concepts

Learn basics of Line Dancing with Diana Zapalac! Rhythm, counting, wall changes and the most common steps used in many dances. Perfect for people trying dancing for the first time. Fun music and new friends await!

Fridays  
(now EVERY WEEK!)

4:15 - 5:15p

Huney Hall

### Pétanque

Tues & Thurs

1:00p – 3:00p

Waterfront Park  
Donation

The Pétanque group is Tuesdays and Thursdays from 1-3 pm (and other times, too). All are welcome.

### 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

### Table Tennis

All welcome for fun at the tables!

Monday

11:30a – 1:30p

Thursday

7:00p – 10:00p

Saturday

9:00a – 11:30a

Huney Hall  
Donation

### Zumba Gold ®

Tues & Thurs

10:30a – 11:30a

Huney Hall  
\$6/session

Lisa Farrell-Waiss teaches this class - the original moves at a lower intensity

## Cards And Games

<b>Bingo</b> – Have fun & win \$\$	Friday	1:00p – 3:30p	Dining Room
<b>Card Games</b> – Bring a game & share!	Monday	11:00a – 2:00p	Fireside Room
<b>Cribbage</b> – Eager to welcome new players!	Wed & Sat	1:00p – 3:00p	Fireside Room
<b>Mah-jongg</b> – American Style <i>Limit 16 people. Please register via MyActiveCenter or call the Front Desk</i>	Monday	11:30a - 1:30p	Conference Room
<b>Mah-jongg</b> – Chinese Style	Friday	1:00p – 4:00p	Fireside Room
<b>Party Bridge</b> – Please pre-register by Monday	Tuesday	12:30p – 3:30p	Fireside Room
<b>Pinochle</b> – Join this friendly bunch	Thursday	1:00p – 4:00p	Fireside Room
<b>Canasta</b> – A fun card game in the Rummy family <i>Min 4 people / Max 8 Please register via MyActiveCenter or call the Front Desk</i>	1st & 3rd Wed	9:30a – 11:30a	Fireside Room
<b>Chess</b> – play as little or as much as you like!	Tues & Thurs	8:30a – 10:00a	Fireside Room



## Languages

<b>French Book Group</b> 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>	Monday	9:00a – 10:00a	Zoom
<b>German Conversation</b> Sprechen sie Deutsch? Join us for wide ranging conversations! Link in weekly email or <a href="http://biseniorcenter.org/email">biseniorcenter.org/email</a>	Wednesday	3:00p – 4:00p	Zoom
<b>Italian Conversation Club</b> This group is open to all levels, parliamo insieme tutti quanti!	Wednesday	1:30p – 3:30p	Conference Room
<b>Mandarin Chinese</b> 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.			
<b>Spanish Conversation</b> 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

## CODE OF CONDUCT

BISCC is committed to cultivating a culture of inclusiveness. We hope these guidelines will allow participants to feel at ease, create an enjoyable atmosphere for all, and maintain the facility for the entire community. Read the Code of Conduct on our website at [biseniorcenter.org/board](http://biseniorcenter.org/board) (right column) or ask for a copy at the front desk.



Trips for 2026 include:

Islands of New England, 8/21 to 8/28 2026

So Africa Victoria Falls, 9/1 to 9/15/2026

Discover South Pacific Wonders, 11/9-11/23/2026

Discount deadline - 2/14/2026

Call Collette for price

Discount Deadline 5/4/2026

Check out the flyers on the Travel Board at BISCC regarding 2026 trips – Easy online registration to book your trips! Payment plans available

Bainbridge Island Senior Community Center presents...

## Discover the Islands of New England

with Optional 2-Night Boston Post Tour Extension

August 21 – 28, 2026



## Discover the Islands of New England

August 21 – 28, 2026

Discount Deadline: 2/14/2026

The Atlantic coast is calling. Explore New England's majestic seaboards, from Rhode Island to Cape Cod. Explore the local charms, walk along historic cobblestone streets, and feel like a true New Englander.

Visit Collette's website for more info or to register:  
<https://groups.gocollette.com/en-US/link/1280541>

Still have questions? contact Mary Gibbs at 206-842-1616

## Bus Trips & Tours

### Senior Shopper Bus - Silverdale

Visit popular shopping destinations with friends.

*This trip originates at Bethany Lutheran Church and ends at the Center. No parking at BISCC, so let us know if we need to pick you up at Bethany Park & Ride when you register.*

2nd Tuesday of each month

12:30p – 4:00p

Free

*call the front desk to reserve your spot*

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

### Adventures in Travel

*See the world from the comfort of the Senior/Community Center!* The first Wednesday of the month at 1 pm. January 7th — Barry Spinak takes us on a road trip from Geneva, Switzerland through northwest Italy to Nice, Aix-en-Provence, Avignon, and Annecy in France.

February 4th — Rick and Cindy Randall visit Southern Spain starting in Madrid then on to the medieval walled city of Toledo, Cordoba with its famous La Mezquita mosque, the former Moorish capital Granada and the fabulous Alhambra, the Andalusian hill-town of Rhonda, and ending in Sevilla, including a day trip to Jerez to sample their famous sherry.

*We are always looking for presenters. If you have a trip you'd like to share, either a recent trip or one from the past, contact Sam Bardelson at [stbard@mac.com](mailto:stbard@mac.com) and he'll put you on the schedule.*

## Friday Night Movies 2<sup>nd</sup> & 4<sup>th</sup> Fridays, 6:00 – 8:00 pm Dining Room



No charge, but donations welcome! Free popcorn provided. Please enter through the Thrift Shop entrance.



**Jan 9: A Complete Unknown** - In 1961, an unknown 19-year-old Bob Dylan arrives in New York City with his guitar and forges relationships with musical icons on his meteoric rise, culminating in a groundbreaking performance that reverberates around the world

**Jan 23: Smoke Signals** Uneasy rivals and friends spend their days killing time on a reservation arguing about their indigenous cultural identities, then set out on a cross-country journey to retrieve the ashes of a divisive man – the abusive alcoholic father of one friend, and the life-saving hero of the other.

**Feb 13: Eleanor the Great** - After a devastating loss, witty and proudly troublesome 94-year-old Eleanor moves to New York and tells a tale that takes on its own dangerous life, forming deep, unexpected friendships along the way.

**Feb 27: Anchorman: The Legend of Ron Burgundy**- Hotshot television anchorman Ron Burgundy welcomes upstart reporter Veronica Corningstone into the male-dominated world of 1970s broadcast news – that is, until the talented female journalist begins to outshine Burgundy on air.

## Art Activities Dining Room 1:00-3:00pm Free / Donations Welcome

**BISCC Art Workshops** *(You must register weekly. Classes open for registration on prior Mondays.)*

**Jan 6** - Welcome to the New Year by painting stemware glasses with acrylic paint pens to create eye-popping glassware. If you have a particular glass item, you'd like to decorate, please bring. Led by Meredith Patterson and limit of 10 people.

**Jan 20** - Design a Personal Prayer Flag Banner. Collage techniques and words will be used. Guest Artist: Virginia Davison. All supplies included and donations gratefully accepted.

**Feb 3** - Open Workshop or Project TBA

**Feb 17** - TBD

### Bainbridge Arts and Crafts

**Jan 27** – TBD

**Feb 24** - TBD

### BIMA Art in Action (Community Arts)

**Jan 13** - Mare Blocker - Waterlife Reefs - Build a coral reef inspired by Mare Blocker using paper & colored pencils

**Feb 10** - Black History Month, Aisha Harrison - Nature Sculptures - Drawing inspiration from Aisha Harrison, create an assemblage sculpture using items found in nature

## Arts & Crafts / Photography

**A Stitchin' Time** Thursdays 1:00p – 3:00p Conference Room

All types of handwork, all skill levels welcome (beginners too!)

**Photo Club** Jan 14 & Feb 11 7:00p – 9:00p Huney Hall

**Photo Club Workshops** Jan 21 & Feb 18 7:00p – 9:00p Huney Hall

*Details at the club's newly designed website: [biphotoclub.org](http://biphotoclub.org). New Email: [member.bipc@gmail.com](mailto:member.bipc@gmail.com)*



## Island Volunteer Caregivers

### IVC Overview

The first Wednesday of each month – 11a-12p in the BISCC Conference Room

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

1:1 assistance with IVC is available as needed – Call 206-842-4441 to schedule an appointment.

### New 2026 IVC Morning Caregiver Support Group

Due to the overwhelming need for additional support, empathy, and encouragement to our island family caregivers, IVC is adding another weekly caregiver support group. The new morning group will begin Thursdays January 8th from 10-11:30 and run every week in addition to our existing group Tuesdays from 2-3:30. We meet at the annex space in the IVC office. For more information please contact Joy Sprague, IVC Caregiver Support Group Facilitator: joy.sprague@yahoo.com



### Preventative Foot Care

2nd, 3rd, and 4th Wednesdays from 7:30a – 1:00p. \$25 fee.

Appointments required: 360-876-1612

### Meals on Wheels

**Thurs & Fri only at BISCC at noon.** Connect with others while enjoying a nutritionally balanced meal. 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  
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.



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LOCAL RESOURCES FOR FAMILY NEAR & FAR

Handy-help | Caregivers | Families | Seniors

Hosted by BISCC & other nonprofit organizations

### Get Ready for Medicare

Thursdays, 9a-12p and 12:30p-3:30p  
BISCC Committee Room – No charge  
Get 1:1 help with a SHIBA representative  
Call Helpline House at 206-842-7621 to schedule an appointment

### Tech Support

(including Silver Tech) On Monday afternoons, get help with your Windows, Apple, Android and/or computer devices. Please bring your charging cable & passwords to appointment  
Advanced registration required - Call the Front Desk to sign up : 206-842-1616



Veterans Service Organization to assist vets & their families.  
For assistance at BISCC contact Steve Walker 360-731-8298  
or Suquamish Vet Center  
6353 NE Middle St Suquamish WA 98392  
Walk-in 10-2 every Wednesday

### Housing Resources Bainbridge (HRB)

Independent Living: Home Assessments

Winter is coming - is your home ready? Our program provides free home assessments for aging in place and assists with health and safety modifications to allow you maintain your home and your independence. This program was previously only available to income qualified households but is now available to all Bainbridge Island resident regardless of income (fee may be involved depending on income).

Contact Misty Mountford to find out more about all we can offer you at (206) 842-1909, ext. 18 or email at misty@housingresourcesbi.org

### Visually Impaired Persons (VIP)

Jan 14 & Feb 11

1:30 - 3:30 pm

Dining Room & via Zoom



Call (206) 780-2835 for more info, transportation, or to RSVP.

## FOB Friends: Dana's Wilder Grace

SHOP LOCAL! Dana's has moved in with Wilder Grace! Two great, local stores in one. Gifts and greeting cards for everyone along with beautifully, curated clothing. Come by every Friday to get your 10% discount when you show your membership fob!

Dana's/Wilder Grace ... 400 Winslow Way E  
(206) 867-3849



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.*

<b>Bainbridge Arts &amp; Crafts</b>	206-842-3132
151 Winslow Way E	
<b>Bainbridge Island Community Pharmacy</b>	
124 Winslow Way (Winslow Green)	206-780-7809
<b>Bargain Boutique (Seattle Children's)</b>	<b>206-842-5567</b>
<b>1050 Hildebrand Ln</b>	
<b>The Berry Patch</b>	206-842-3593
104 Winslow Way W Suite 103 (Winslow Green)	
<b>B. I. Barkery</b>	206-451-4295
278 Winslow Way E #10	
<b>Bon Bon Candies</b>	206-780-0199
230 Winslow Way E	
<b>ChocMo</b>	360-930-0283
19225 8th Ave NE #101, Poulsbo	
<b>Conservatory Coastal Home</b>	206-842-5451
150 Winslow Way	
<b>Dana's / Wilder Grace</b>	(206) 867-3849
400 Winslow Way E	
<b>Eagle Harbor Books Company</b>	206-842-5332
157 Winslow Way E	
<b>Esther's Fabrics</b>	206-842-2261
181 Winslow Way E, Suite D	
<b>Fairy Tale Dentist</b>	206-488-8006
115 Hall Brothers Loop NW #105	
<b>Harbor Square Wine Shop</b>	206-780-1626
756 Winslow Way E	
<b>Hidden Gem</b>	206-317-6178
380 Winslow Way E. Suite 101	
<b>Hive Home Goods</b>	<b>415-527-8700</b>
119 Winslow Way E	
<b>Island Life Artisan Gifts</b>	206-819-0762
488 Winslow Way E	
<b>L'Atelier TR Restaurant</b>	360-626-9044
380 Winslow Way E Suite 102	

<b>Lamb and Kid</b>	206-201-3563
<b>740 Winslow Way E</b>	
<b>Lively Olive</b>	206-488-0854
152 Winslow Way East	
<b>Millstream - 10% off every day</b>	206-842-4495
122 Winslow Way E	
<b>Pegasus Coffee</b>	206-317-6914
131 Parfitt Way, Bainbridge Island	
<b>Pleasant Beach Living</b>	206-905-7763
<b>4642 Lynwood Center Rd NE Ste 139</b>	
<b>Plum</b>	206-201-3654
124 Winslow Way E	
<b>Pretty Stick – online only, discount code fobfri10</b>	
<a href="https://www.prettystickbeauty.com">https://www.prettystickbeauty.com</a>	206-842-3333
<b>Radical Roots</b>	206-591-2117
148 Winslow Way W	
<b>Rainborne Market</b>	206-591-2079
146 Winslow Way W	
<b>Shirvan Rug Gallery</b>	206-780-7992
256 Winslow Way E	
<b>Sole Mates Shoes</b>	206-842-5679
275 High School Rd NE	
(discount not on sale items)	
<b>Sweet Dahlia Baking, LLC, Thu – Sat Dinner Club</b>	
Order online <a href="http://www.sweetdahlia.shop/">www.sweetdahlia.shop/</a> , Code: fob2021	
9720 Coppertop Loop, #103	206-201-3297
<b>Waterfront Thrift at Senior Center</b>	206-842-1616
370 Brien Drive SE	
<b>Wilderness</b>	206-780-8527
310 Winslow Way E	
<b>Willowtree Market – Not valid with points program</b>	
169 Winslow Way E	206-842-2759
<b>Z Bones</b>	206-565-3162
146 Winslow Way W (Winslow Green)	

## BIPC AWARD WINNERS IN THE 2025 NWCCC COMPETITIONS

January 1-31



Peoples Choice Award 2025  
Yosemite Valley – Chuck Eklund

The Bainbridge Island Photo Club has once again had a banner year in the regional competitions sponsored by the Northwest Council of Camera Clubs. NWCCC is comprised of ten clubs in western Washington. Our strong showing is a function of both the significant participation of our club's members and their skill level. This year, twenty-one photographers participated in the various competitive salons and competitions. The award-winning images will be displayed at the Senior Center and online in the Gallery during the month of January.

The NWCCC images can be seen online: <https://biseniorcenter.org> (click on Galleries) during the month of January.

There will be an online discussion of these images with the photographers in January. The link will be on the Senior Center/Community Center website and in their newsletter in early January.

## AN IRISH ADVENTURE BY TOM HANSEN

February 1-28

On a recent trip to Ireland, I was deeply touched by the landscapes, music, art, history, people, and politics of Ireland. The images and discussion that will be displayed will cover the full range of these subjects and are my lasting memories of both the Republic of Ireland and Northern Ireland.



The images can be seen online: <https://biseniorcenter.org> (click on Galleries) during the month of February.

There will be an online discussion of these images with the photographer in February. The link will be on the Senior Center/Community Center website and in their newsletter in early February.



See anyone you know?



Bingo with the teens!

## Listen Up!

by Dawn McNamara

PODCASTS...Heard of them? Probably.  
But have you evert tried one? Probably not.

It's difficult enough to ensure we are on top of today's news, let alone reading or listening to anything extra. However, podcasts are relatively new in the realm of journalism and entertainment. And they more or less have to be discovered.

“SOMETHING TO TALK ABOUT” (STTA), our very own Senior & Community Center Podcast is hosted weekly by Reed Price, our esteemed Director of the Center. Reed Zooms with experts in their own field about everything from “the sublime to the ridiculous” and ends up offering us all a great deal of useful local and communal information.



One of the past podcast topics included speaking with Dominique Cantrell, the Executive Director of Bainbridge Prepares, continuing to help ensure that Bainbridge Island is “the most resilient town in Washington state and what projects are underway to help accomplish that.” Good to know!

Other past topics included information about Estate Taxes, Aging in Place. Another very timely piece was done on Spirituality, Resistance, and Love: how faith traditions might help focus the work of resistance to authoritarianism.

The best part? You can pick and choose the podcasts that are of special interest to you by going on line to your computer or phone to [YouTube.com/biseniorcenter](https://www.youtube.com/biseniorcenter) or look for the schedule of some fascinating topics coming up at [biseniorcenter.org/newsletter](https://www.biseniorcenter.org/newsletter). You could also tell ALEXA to open up your podcast.

If you have a special request on a topic you think would benefit seniors, please respond to [reed@biseniorcenter.org](mailto:reed@biseniorcenter.org). We'd love to hear from you!

## Something to Talk About

“Something to Talk About” podcast has been voted Best Local Podcast in the “Best of Bainbridge 2025” AND “Best of Kitsap Best of the Best 2025” Awards! Thousands of votes came in from across Bainbridge Island, North Kitsap, Central Kitsap, and South Kitsap, and the community has chosen the senior center's podcast as their top pick. We can now proudly claim not just our local Bainbridge title, but the honor of being a 2025 Kitsap Best of the Best winner!

Upcoming topics are listed at [biseniorcenter.org/calendar](https://www.biseniorcenter.org/calendar) and you can watch previous episodes on [youtube.com/biseniorcenter](https://www.youtube.com/biseniorcenter) or listen on Spotify or Apple.

Check out the full upcoming schedule and view prior programs at [biseniorcenter.org/calendar](https://www.biseniorcenter.org/calendar)

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BHS kids visit BISCC



Friends! Tedd, Jay, and Grace



BISCC's Fundraising Committee (emphasis on the FUN) out to lunch at Ginn D Thai Restaurant in Lynwood Center



Harvest Festival Volunteers Linda, Jon, and Diane



Evergreen Singers Concert



Mary wins a cake!

**Bainbridge Island  
Senior/Community Center**

370 Brien Drive SE  
Bainbridge Island, WA 98110  
Phone: 206-842-1616  
E-mail: [info@biseniorcenter.org](mailto:info@biseniorcenter.org)  
[www.biseniorcenter.org](http://www.biseniorcenter.org)

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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 \$25 per person. EIN: 91-1232334

*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 February 6, 2025 (send to [mimi@biseniorcenter.org](mailto:mimi@biseniorcenter.org))**

**Time to renew! Support our community with a 2026 membership. Still just \$25!**

*Please support our underwriting sponsors!*

