

# Splash!

March - April 2026



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



## BISCC is Blooming!

*with Activities, Friendship, and Fun*

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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 love our volunteers!**  
**Remember to record  
your hours!**

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



OUR VISION:

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

Board of Directors

**President:** Eleanor Weinel  
**Vice President:** Linda Holt  
**Secretary:** Tressa Johnson  
**Treasurer:** Mary Beth Mohrman

Directors

Sue Coble Bunn  
Sheila Curwen  
Mike McCloud  
Del Miller  
Barbara Ochota  
Rita Riley  
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



**Making a plan**

In our last formal strategic plan, we laid out a roadmap for our organization from 2019 through 2024. In the past year the board has had a series of discussions evaluating our organization capacity, strengths, and challenges. In 2026, we are going to roll up our sleeves and again map out a plan—a three-to-five year forecast we intend to bring to the membership at our annual meeting in February 2027.

In a world of unknowns it may seem that crafting a strategic plan is a fool's errand. However, when I look back at our current plan (find it on our website at [biseniorcenter.org/about](http://biseniorcenter.org/about)), it's clear that having a strategy has provided important guideposts for our growth.

In 2019 we laid out five major goals around the areas of (1) Identity and Image, (2) Programs and Outcomes, (3) Capacity Building and Governance, (4) Funding, and (5) Community Partnerships. Our Identity goal was expressed this way: "The Center will be known and respected throughout the community as the 'go to' resource for information, wellness, life-long learning, fun and friendships." Our Program goal was that "The Center offerings will meet the diverse needs and energize our community's growing over-50 population through accessible, innovative and multigenerational programs and services." Under Capacity Building our goal was to "be a professional organization with appropriate facilities, a strong board, sufficient staff and engaged volunteers to meet its goals." Our funding goal: "The Center will have a multi-faceted funding program to sustain its mission into perpetuity." And, as to community partnerships we said: "The Center will be a leader in strengthening our community's capacity to meet the needs of its citizens through partnering with local organizations and agencies."

I am proud to report that we have made significant progress on all these goals, even as we weathered the challenges of the intervening years. We continue to grow our programs, improve our capacity, broaden our funding sources, and foster community partnerships—and through this we have seen our reputation as a valuable community resource grow—incrementally, often personal experience and word-of-mouth.

How the next few years will play out could be anybody's guess, but with a strategic plan it will be our best guess—based on a solid evaluation of our strengths, opportunities, aspirations, and plans to measure results.

**Looking to deepen your yoga practice? We have great news! Intermediate Yoga with Helen Heaslip is expanding.**

Starting the week of March 3rd, you can now join Helen every Tuesday and Thursday at Huney Hall.

When: 2:45 PM – 3:45 PM

Cost: Only \$7

The Vibe: Traditional poses, seated and standing work, and helpful adjustments from Helen to make sure you're getting the most out of your flow.

Since we work on the floor, please ensure you are comfortable using a yoga mat. We provide mats, blocks, and blankets!

Register now online or give our Front Desk a call to save your spot. See you on the mat!



**Let Your Ride be a Beacon of Light! Donate Your Car**



Easy process | Free pick-up | Tax-deductible\*

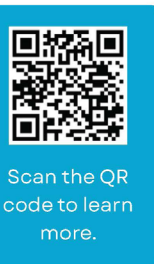
**Cars for a Cool Cause.**



Turn that unused vehicle into support for Bainbridge Island Senior & Community Center! We accept all types of vehicles, such as cars, trucks, trailers, boats and more. Donating your vehicle can help us enhance our aging community's quality of life. We foster healthy and engaged living with tools and resources that support older adults over 50.

**Donate your vehicle or boat to Bainbridge Island Senior & Community Center**  
888-422-7751 (888-4-CARS-51)  
biseniorcenter.org

\*Consult your tax advisor



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. 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, 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>

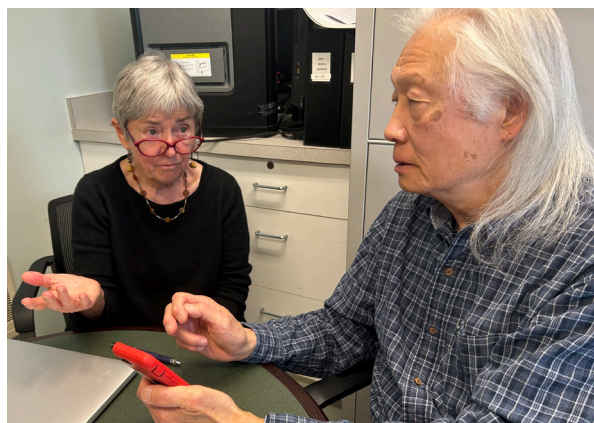


### TECH SUPPORT IS HERE!

Get tech support from our local high school students through the Silver Tech Program at BISCC! This program connects tech-savvy students from Bainbridge Youth Services with members to help with smartphones, tablets, and computers.

Twice monthly on Monday afternoons  
2:15 PM – 3:15 PM  
(check with Front Desk for available dates)

Additional Tech Help Options: If you can't make



Tech Help with John Chen: Mondays 1:00 PM – 3:00 PM

Tech Help with Deb Allen: Alternating Tuesdays 11:00 AM – 12:30 PM

Advanced registration is required. You can sign up by calling the BISCC Front Desk at 206-842-1616.

Please bring your device, its charging cable, and any necessary passwords.

# Oldies and Goodies



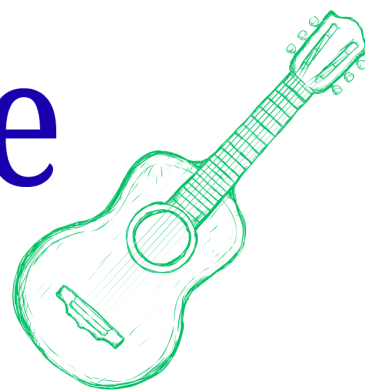
SING ALONG TO FAVORITES FROM YOUR YOUTH LIKE MAC THE KNIFE, BLUEBERRY HILL, AND WAKE UP LITTLE SUZY

**MARCH 15**  
2-4PM

**BEVERAGES & SNACKS**

**RESERVATIONS REQUIRED**

# Time and Tide



TIME & TIDE COMBINES ORIGINAL ARRANGEMENTS, TIGHT HARMONIES, AND LEAN INSTRUMENTATION AS THEY PERFORM TRADITIONAL BALLADS AND FAVORITE SONGS. AUDIENCE PARTICIPATION IS ENCOURAGED!

**APRIL 25**  
5-7PM

**PIZZA DINNER**

**RESERVATIONS REQUIRED**

## Aging in Place Forum

Sunday March 29, 2026 from 1 to 3:30 pm at the Bainbridge Island Senior & Community Center

Learn about: Accessibility, Connection, Resources, Finances & more

## NEW! Pop-Up Chair Zumba with Lisa Farrell-Waiss

Tuesday, March 3 - 12:00 PM – 12:45 PM - Conference Room - No charge

Experience the rhythm and excitement of Zumba from the comfort of a chair! This pop-up class is a fantastic, low-impact workout designed specifically for those with mobility challenges or anyone looking for a fun, seated cardio session.

### Why Try Chair Zumba?

- **Low Impact:** Gentle on the joints while keeping your heart rate up.
- **Accessible:** Perfect for all fitness levels and those with limited mobility.
- **Fun:** All the upbeat music and rhythmic moves of a traditional Zumba class, reimagined for a seated position.

**Register online or call the Front Desk**

## The Readers Theater Group returns!

Our popular Readers Theater group is back for a new series of rehearsals leading up to a grand finale performance. This is "theater of the mind" at its best—no memorization required, just a passion for storytelling.

Next series: Mondays, 1:45p – 3:15p, Dining Room

Rehearsals: March 9 through April 27

Performance: Sat, May 2, 2p-3p, Huney Hall

Must register for entire series – Sign up online or call the Front Desk.

## *Line Dancing Basic Steps & Concepts is moving to Island Center Hall effective April 1st.*

For more information regarding class schedule and registration, please contact Diana Zapalac at dlzapalac@yahoo.com or 360-610-2144

## Threshold Choir 'Song Respite'

Tuesday April 7, 2-3p in the Conference Room



Enjoy a healing/meditative experience with Agate Pass Threshold Choir. They will share the soothing blend of their voices, as they sing restful songs with gentle messages meant to help create an oasis of grace, peace, and comfort, bringing calmness. (four-person max for limited 15-minute slots available)

Registration required by calling the Front Desk.

## Find Your Flow: Tai Chi Chih is Back!

Rediscover balance and tranquility this spring with the return of Tai Chi Chih, led by the wonderful Eileen Magnuson. Unlike more strenuous exercises, Tai Chi Chih is a "moving meditation" composed of 19 movements and one pose. It is designed to circulate and balance your Qi (internal energy), helping to calm the mind while gently toning the body.

Joint-Friendly: Strengthen and tone without the impact of traditional workouts.

Mental Clarity: Reduce stress through focused, rhythmic movement.

All Skill Levels: Perfect for beginners and returning students alike.

Fridays, March 13 – May 1 from 9:30 AM – 11:00 AM in the BISCC Dining Room

Cost: \$50 for the full 8-week series

These classes are sequential, building your practice week-by-week. To get the most out of the experience, we strongly encourage weekly attendance! Spaces are limited! Register online or call the Front Desk.

## Tai Chi Advanced Series!

This class is offered once a week for those who have learned the Yang-style short form. This class will begin with 10 to 15 minutes of warm-up exercises. Those with experience in other styles are welcome, but instruction will not be provided in class to teach the form.

Tuesdays, 4:30p-5:30p, Dining Room - \$15 series

Current series: Feb 10 to Mar 10 // Next series: March 24 to April 21

Please contact Stephen Brown at 206-855-9587 prior to registration.

## 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](http://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](http://biseniorcenter.org/calendar)

Sponsored by:



To schedule a tour of their Rolling Bay apartments, call 206-594 1010

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!

### **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. Gentle walkers also meet Fridays at the same time. 10 person max

The "Intermediate Walkers" group is doing longer, faster-paced walks including areas with inclines/small hills. Tuesdays only. 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: March 18 - April 22 (no class on April 8) 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: RETURN EFFECTIVE APRIL 3RD!**

Fridays from 5-6p in Huney Hall (Class begins promptly at 5pm)

Meditative Sound Bath, 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.

Register online or call the Front Desk – donations accepted

## Rhythmic Drumming

**2nd Wednesday each month from 11:45a-12:45p in 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 Dancing

3rd Monday each month (April through August) from 9:30 - 10:30a in the BISCC Dining Room  
Ever wanted to learn the art of Hula? Join our very own Lily Fong for a beginner-friendly class! No experience? No problem! We'll be learning "Pearly Shells" and "Hukilau." Space is limited! Register online or visit the front desk to save your spot.

## BISCC Potluck and Brown Bag Lunch

March 17th and April 21st 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

March 6 & April 3 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

**March 17 – The Personal Librarian – Marie Benedict**

**April 21 – Life in Five Senses – Gretchen Rubin**

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**

**March 9 & April 13; 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 with NEW START TIME 11:00am – 12:00pm 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.

Current series: Jan 6 - March 31 // Next series: April 7 - June 30

**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.

March 4th: Songs with innuendo

March 18th: Songs about alcohol/drinking

April 1: Nonsensical songs

April 15th: Songs about taxes or money

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

**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 Eileen Magnuson, or with their 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: Feb 2 through Mar 9 (no class Feb 23)

Next series: Mar 23 - April 20

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

Monday

4:30 - 5:30p

Honey 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: February 6 to March 6. Next series: March 13 to April 10. Following series: April 17 to May 15.**

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

Friday

9:00a - 10:00a

Honey 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

Honey Hall  
\$6/session

## Intermediate Yoga – Helen Heaslip (see page 3)

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.

Tues & Thurs

2:45 - 3:45p

Honey 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

Honey Hall  
\$6/session

*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!*

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.

## 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

Honey 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.

Mon 3:00p – 4:00p

Honey Hall  
\$6

This welcoming class offers gentle movement to support healthy joints and muscles, with options for chair or floor participation making this class accessible for all abilities.

### Gentle Stretching – Instructor Helen Heaslip

Tues & Thu 9:00a – 10:00a

Honey Hall  
\$6/session

Gentle movement keeps joints and 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

Honey 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

“Line Dancing Basic Steps & Concepts” is moving to Island Center Hall effective April 1st. For more information regarding class schedule and registration, please contact Diana Zapalac at [dlzapalac@yahoo.com](mailto:dlzapalac@yahoo.com) or 360-610-2144

### 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)

Mon-Fri 1:30p – 2:30p

Honey Hall  
\$5/session

Improves strength, balance, & cardiovascular fitness. Exercises can be done standing or seated.

### Table Tennis

All welcome for fun at the tables!

Monday 11:30a – 1:15p

Thursday 7:00p – 10:00p

Saturday 9:00a – 11:30a

Honey Hall  
Donation

### Zumba Gold ®

Tues & Thurs 10:30a – 11:30a

Honey Hall  
\$6/session

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

## 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

March 14 10:00a – 12:00p

Conference Room

April 11 10:00a - 12:00p

Conference Room

(Email [mikeamcloud@gmail.com](mailto:mikeamcloud@gmail.com) for info) Check our website for latest schedule: <https://www.qefgbainbridge.org/>

## 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	1:00p – 4:00p	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.



## Pack Your Bags! Join us at BISCC for Our 2026 Travel Reveal!

Ready to swap the island for the Alps, the Outback, or the bright lights of London? Join us on **Wednesday, March 4th at 11:30 AM in the Dining Room** for a special presentation with Collette Travel. We're unveiling four incredible journeys for late 2026:

- The Alps: Switzerland, Austria & Bavaria (Sept)
- Tropical Bliss: Discover Aloha Hawaii (Nov)
- Bucket List: South Pacific Wonders (Nov)
- Holiday Magic: Christmas in London (Nov)

Get the "inside scoop" on daily itineraries, learn about the door-to-door sedan service to SeaTac, and get your questions answered by the experts.

Note: Discounted seats for the Switzerland trip are held only until March 17th, so don't wait! Flyers available on the travel bulletin board at BISCC.

Register at the Front Desk or online to save your seat for the presentation.

## Bus Trips & Tours

### Senior Shopper Bus - Silverdale

Skip the driving and join us for our monthly Silverdale Shopping excursion! It's the perfect way to hit your favorite stores with great company.

We pickup at Bethany Lutheran Church and BISCC. Since there's no parking at the Center, let us know if you need a lift from the Bethany Park & Ride when you call to sign up. Call the front desk at 206-842-1616 to save your seat on the bus!

2nd Tuesday  
of each  
month

12:30p – 4:00p  
*leave park & ride: 12:15*  
*leave BISCC: 12:30*

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

Local Trips to watch for:

- Bremerton Community Theater – “Mamma Mia” – Details coming soon for April trip
- Rozengaard Tulip Farm – Details coming soon for April trip

### Adventures in Travel

See the world from the comfort of the Senior/Community Center! The first Wednesday of the month at 1p-3p, Dining Room. Register online or call the Front Desk to save your seat

- March 4th — Rick and Sara Goetz show us Patagonia and Easter Island.
- April 1st — Tom and Helen Bartuska visit Peru and hike the Inca Trail.

*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.*


### Before you go to Japan

Thinking about planning a trip to Japan or just interested in learning more? Travel can be exciting, but it often comes with stress. Please join Peter Damashek, who has studied Japanese for 40+ years, as he talks with us about what to expect, hidden revelations, and increasing satisfaction in your travel experience.

**Wednesday, March 11 from 11:30am to 1:00p in the BISCC Dining Room**

Limited seating - Register online or call the Front Desk

<b>Friday Night Movies</b>	<b>2<sup>nd</sup> &amp; 4<sup>th</sup> Fridays, 6:00pm</b>	<b>Dining Room</b>
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 No charge, but donations welcome! Free popcorn provided. Please enter through the Thrift Shop entrance.

**Mar 13: Springsteen – Deliver Me from Nowhere** A powerful and intimate depiction of Bruce Springsteen’s journey crafting his 1982 album Nebraska, which emerged as he recorded Born in the USA with the E Street Band.

**Mar 27: Thelma** When feisty 93-year-old Thelma Post gets duped by a phone scammer pretending to be her grandson, she sets out on an hilarious but treacherous quest to reclaim what was taken from her.

**Apr 10: Rental Family** The heartwarming tale of an American actor in Tokyo who rediscovers purpose, belonging, and the beauty of human connection by working for a Japanese “rental family” agency, playing stand-in roles for strangers.

**Apr 24: A Real Pain** The Oscar winning tale of mismatched cousins who reunite for a tour through Poland to honor their beloved deceased grandmother. The adventure takes a turn when the odd-couple’s old tensions resurface against the backdrop of their family history and the remnants of the Holocaust.



<b>Art Activities</b>	<b>Dining Room</b>	<b>1:00-3:00pm</b>	<b>Free / Donations Welcome</b>
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**BISCC Art Workshops** *(You must register weekly. Classes open for registration on prior Mondays.)*

**March 3 – Decorative ceramic tiles:** We will design and create unique ceramic tiles to use as coasters or to hang as wall art. Instructor will bring materials for decoupage, including colorful map pages, but participants are encouraged to bring personal materials (such as printed photos) if desired. Led by Meredith Patterson

**March 17 – Personalized Paper Dolls**

**April 7 – DIY Stamped Tea Towels.** Create a custom tea towel by using various tools for stamping and printing, resulting in your own unique design. All class materials provided along with step by step instructions. Led by Nina and Anita Wesler. Limit of 10 participants.

**April 21 – Collage a Still Life Picture**

**Bainbridge Arts and Crafts**

**March 24 – Still life charcoal drawings.** Working with light and shadow. Led by Karen Cornell

**April 28 – TBA.** Led by Heather Griffin

**BIMA Art in Action (Community Arts)**

**March 10 - George & David Lewis: Deeply Rooted Leaf Imprint Clay Tiles** - Create leaf imprints in clay tile inspired by the work of George and David Lewis.

**April 14 - Poetry Month/Earth Day Concrete Poetry** - Inspired by Earth Day & National Poetry Month, create poems in the shape of different natural elements such as animals, foliage, and the elements.

## Arts & Crafts / Photography

<b>A Stitchin’ Time</b>	<b>Thursdays</b>	<b>1:00p – 3:00p</b>	<b>Conference Room</b>
All types of handwork, all skill levels welcome (beginners too!)			
<b>Photo Club</b>	<b>Mar 11 &amp; Apr 8</b>	<b>7:00p – 9:00p</b>	<b>Huney Hall</b>
<b>Photo Club Workshops</b>	<b>Mar 18 &amp; Apr 15</b>	<b>7:00p – 9:00p</b>	<b>Huney Hall</b>
<i>Details at the club’s newly designed website: <a href="http://biphotoclub.org">biphotoclub.org</a>. New Email: <a href="mailto:member.bipc@gmail.com">member.bipc@gmail.com</a></i>			



## 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 take place Thursdays 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.



BIRESOURCE DIRECTORY.ORG  
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

Spring is on it's way! 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)

March 11 & April 8

1:30 - 3:30 pm

Dining Room & via Zoom



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

## FOB Friends: Vintage Wine Shop at Harbor Square

February 2026 will mark the 20th year of the Vintage Wine Shop located In Harbor Square on Winslow Way East. Jeff Tweiten, an avid Star Wars & Pop culture fan, has added a collection of memorabilia to make a unique atmosphere. There are over 1,000 wines from all around the world with particular emphasis on wines from the Northwest, France, and Italy. The Wine Bar features daily tastings of Northwest wines and wines by the glass. Come by every Friday, show your membership fob and get 10% off!

756 Winslow Way E / 206-780-1626 / <https://harborsquarewineshop.com>



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

<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>	206-842-5567
<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>	415-527-8700
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)	

## BI PHOTO CLUB FAVORITE IMAGES: SHARING NIGHTS 2025

March 1-30



Dorothy Rosenbladt May 2025 2nd Place

The Bainbridge Island Photo Club has meetings every other month where images are shared and critiqued by fellow members. After each meeting, members vote online about which were their favorite 2 images from the evening. The Photo Club Show for March 2026 in the Senior Center Lobby Gallery features these images from 2025.

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

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

## ARS POETICA IMAGES & POEMS

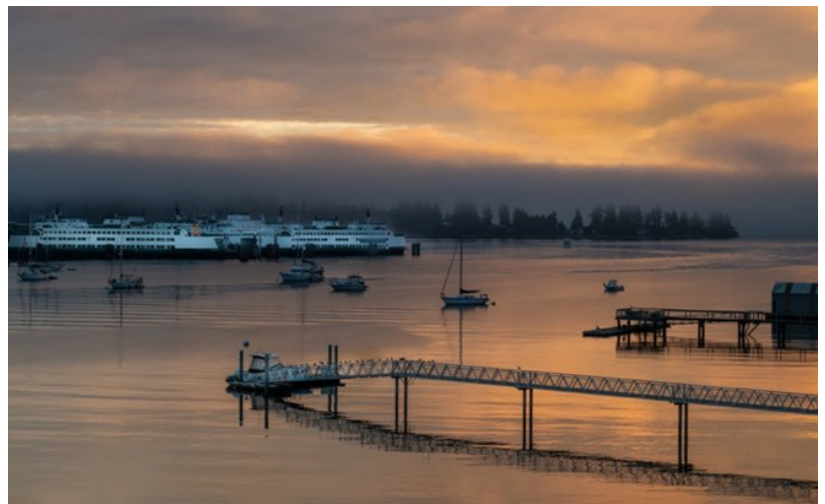
April 1-30

### HARBOR DREAMS

Poet: Diane Walker

In the quiet of early morning,  
The ships gather in the harbor,  
Dreaming of adventures  
And awaiting the sunrise.

*Photographer (right): Diane Hutchings*



“Ars Poetica is where poetry meets art. Ars Poetica is a celebration of the profound interplay between poetry and visual art.” April is National Poetry Month, and the Bainbridge Island Photo Club will again be celebrating it by participating in Ars Poetica Washington. This year we are up to 10 galleries joining throughout Western Washington for the event.

At the BIPC meeting at 7:00 pm on Wednesday April 8, we will have poets reading their work while photo club members show their work to interpret the poems. This event will occur in Huney Hall at the Senior Center. It is open to the public and visitors are more than welcome.

Local poets submit poems which are juried by a panel of judges. The selected poems are then made available to visual artists to select a poem or poems that they would like to represent with their art. The BIPC members have found it to be both fun and challenging and a way to think differently about our photographic efforts.

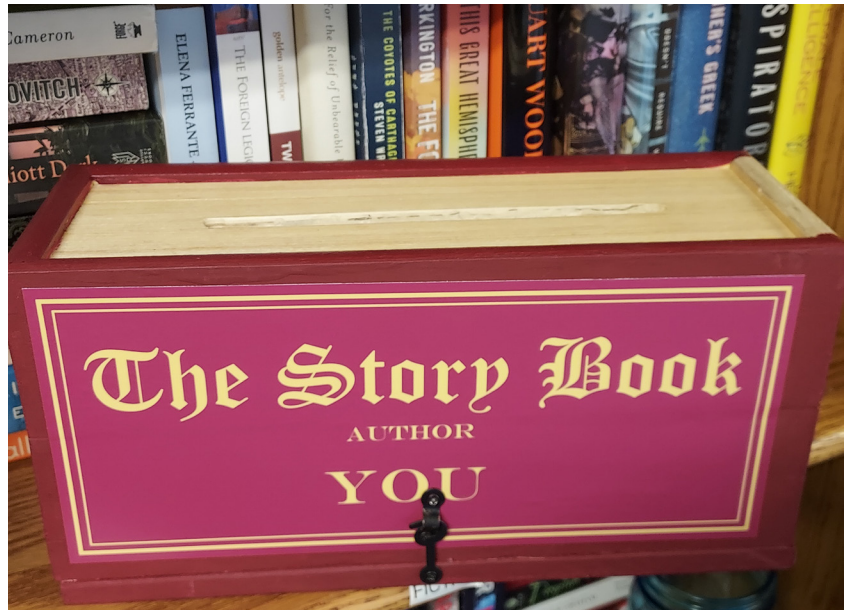
The poems and accompanying photographs will also be on display during April in the Senior Center lobby in the Pat Egaas Memorial Gallery. We will also schedule a Something to Talk About during the month where both the photographers and the poets will be invited to share more about their artist efforts. The images can be seen online: <https://biseniorcenter.org> (click on Galleries) during the month of April.

## Wait Wait There's More!

### Do You Have a Story to Tell?

Of course you do. We all do. Storytelling is as old as humanity. That's why we're trying something new: The StoryBox. Something old is new! We want to collect your stories about our shared Bainbridge Island Senior & Community Center!

- What does the center mean to you?
- How has it enhanced/changed your life?
- Is there a funny, or warm, or inspiring story associated with our welcoming place of connection and community?



There are no rules or requirements, really, other than please be respectful and real. And you can 'name it and claim it' or be anonymous. We will curate these stories and put them to good use in our Splash!, newsletter, weekly emails, social media, and more! Share, share, share. Your stories will help all of us, in many ways!

The StoryBox (see photo) was designed and crafted by BISCC board member, David Huether, and decorated by artist Joan Kinsman. Be on the lookout for the StoryBox at BISCC!

500 piece puzzle completed  
in 51:00 minutes.



That's 9.8 pieces per minute.  
That's six seconds per piece.



### A Piece-ful Success on Bainbridge!

A huge thank you to everyone who joined us for the Queer Elders Family Group's Puzzle FUN-raiser! It was a day filled with laughter, strategy, and community spirit.

We are thrilled to crown our inaugural champions: Lisa, Jamie, Rebecca, and Carrie! Watching you all navigate those tricky corners was a masterclass in teamwork.

Beyond the puzzles, this event helped support BISCC, ensuring our community continues to have a vibrant, supportive space here on the island. Thank you for being a part of our family!

### Medication Disposal at the Bainbridge Island Police Department

You are welcome to drop off unwanted medication at the station between 8AM and 4PM Monday- Friday except Federal holidays. If you have a large quantity, please call ahead 206-842-5211 to ensure there is room available in the bin.

*PLEASE: No sharps, intravenous solutions, injectables, syringes, or medical waste. Those items are not accepted in the medication bin. Contact the Kitsap Public Health District for instructions on how to properly dispose of those items and preferred drop-off locations.*

## Looking for a Boost to your Health and Well-Being?

We are partnering with BetterAge to help you get the most out of your own life on your own terms. Small steps today can make a big difference.



Take the first small step today with BetterAge's free and confidential 7-10 minute assessment about your health and well-being. Then explore your personal health and well-being report and recommendations. See what other small steps might make sense for you! Come talk to senior center staff about your report if you need more support.

Start  
now:

[biseniorcenter.org/betterage](https://biseniorcenter.org/betterage)



## VANGUARD FUNDS FOR RETIREES

9AM on Thursday, April 2 in the BISCC Dining Room

Paul Merriman reprises and updates his 2020 presentation on Vanguard investments, research guidance, and retirement distributions. Seating is limited, so please register early.

This program is supported by the Merriman Financial Education Foundation and Bainbridge Community Foundation.



## Youth Improv Takes the Stage at BISCC!

Thursday, March 12 from 4:00–5:00 PM in Huney Hall  
(No charge)

Join us as we welcome The Chive Mind of the Bainbridge Improv Collective. This energetic group of youth improvisors (grades 6–12) will delight audiences with spontaneous storytelling that inspires laughter, creativity, and joyful surprise.

Register online (under Presentations) or call the Front Desk to save your seat.



## Discover what "Housing Resources Bainbridge (HRB) offers!

Join us the first Wednesday of each month (beginning March 4) from 12:15–1:15 PM in the BISCC Conference Room for an overview of HRB services.

HRB's "Independent Living at Home" program works with older adults, people with disabilities, and those coming home to rehab to maintain their independence. We assess the home environment and perform modifications and repairs to make it more functional and safe. Services are available free of charge for income-eligible households. HRB also offers this program to households which are not income-eligible on a fee-for-service basis.

Learn more about how these programs can support your safety, independence, and well-being. Register online or call the Front Desk to reserve your spot.

**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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**RETURN SERVICE REQUESTED**



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 April 3, 2025 (send to [mimi@biseniorcenter.org](mailto:mimi@biseniorcenter.org))**

*Please support our underwriting sponsors!*

