

# Splash!

May - June 2026



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

## keep going

## keep growing



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The Bainbridge Island Senior/Community Center  
is a 501 (c)(3) non-profit organization.

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Phone: 206-842-1616

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

**We are closed:**  
**May 25th (Memorial Day)**  
**June 19 (Juneteenth)**

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.*

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Social connection is a basic human need. In 2023 the US Surgeon General issued an advisory on the “epidemic of loneliness and isolation.” And that same year the World Health Organization launched an effort entitled the Commission on Social Connection.

In its midpoint report, released in June 2025, the WHO reports that “social health matters just as much as your physical and mental health.” In fact, the report estimated loneliness leads to more than 850,000 deaths annually.

You can be lonely even if surrounded by people. It happens when the relationships you have don’t match what you want or need.

There are structural things communities can do to reduce the risk of isolation and loneliness. Our Center is focused on offering not only programs and services, but a place to gather, connect, relax, and chat. There are several people who include a stop for a cup of coffee or a browse of the newspaper at the Center as part of their daily routine.

One of the challenges as we age is that many of the structural opportunities that reduce the risk of isolation fall away. Retirement, the death of a spouse, limitations on driving – all can lead to increased social disconnection. This means that, just like exercise or diet, we might need to be more assertive in organizing our lives so they we are more likely to be happier and healthier.

One thing we learned during COVID was how we could connect with people using our computers. This is a real advantage, especially if you want to keep connections with people physically distant or you have transportation challenges. At the Center we now have several programs that meet over Zoom. We also post our podcast conversations on YouTube so that people can view them at a later time.

However, if you use Social Media – Facebook, NextDoor, etc. – be wary. Internet friendships carry several risks. I’d recommend not accepting “friend requests” from people you don’t know in person. If you receive unsolicited messages on your phone or in social media don’t respond or accept them. If you do accept a request you don’t recognize, you can “block” the sender.

Don’t share these things on social media: your phone number, your credit card number, or your social security number. Don’t ever agree to send money or buy gift cards. Scammers often start off being friendly and interested in you. It’s MUCH better to find such friendships closer to home

Check out seniorplanet.org from AARP to learn about how to sharpen your digital skills and learn about social connections in a safe environment. At the Center, we’ve partnered with an organization called BetterAge.net to offer overall assessments of your health and provide suggestions for small steps you can take that will make a big difference in your life: <https://biseniorcenter.org/betterage>.

And, you can always stop by for a cup of tea or coffee!



**TECH HELP IS HERE**

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

Silver Tech - Monday afternoons - 2:15 PM – 3:15 PM  
(check with Front Desk for available dates)

If you can't make the Monday student sessions, we also offer Tech Help with Deb Allen: Alternating Tuesdays from 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.

**Kids in Concert Performance**

Sunday, June 7 | 1:00–1:30 PM | Huney Hall

Join us for a joyful performance by Kids in Concert! What began as students playing paper violins has grown into a vibrant program serving over 75 youth from diverse communities across North Kitsap County.

Enjoy an uplifting showcase featuring two small chamber ensembles on string instruments. Come support these talented young performers!

Register online or call the Front Desk to save your seat!



**Sound Bath Sessions**

Fridays – 5p-6p - Huney Hall (Class begins promptly at 5pm) – April thru Sept

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



### Coffee with Officer Zach

**Tuesday, May 19 - 11:00 AM – 12:00 PM - Fireside Room**

Stop by for a friendly conversation and a cup of coffee!

Officer Zach will be here to visit, chat, and answer any questions you may have. It's a relaxed opportunity to connect, share concerns, or simply say hello. Reserve your seat through My Active Center or call the Front Desk.

### Pop-Up: Healing from Grief

**Monday, June 1, 11:30 AM – 12:30 PM, Dining Room**

All of us, at some point, will lose someone—or something—that matters deeply. A relationship. A role. A dream. A beloved pet. A sense of who we once were. Grief touches us all.

Join us as we welcome Heidi Orr, PhD, for a gentle, supportive space to share, reflect, and connect with others navigating grief. All are welcome. Come as you are.

Register online or call the front desk.



### Pop-Up Clown Class

Step into the playful world of clown and find that child inside you that somehow got lost along the way. Explore movement, expression, and a little bit of silliness in this lighthearted beginner -friendly class. No experience needed. Just bring your curiosity and willingness to have fun.

Led by Sue Prindle, a longtime student of Drama Therapist Christina Lewis of The Clown School of San Francisco

**Monday, May 11 - 10:00 AM – 11:30 AM - Dining Room**

Space is limited—Register online (under .Workshops) or call the Front Desk

### Live Music with Mark Pearson : May 8 from 3:00 – 4:00 PM in Huney Hall

Join us for a special afternoon with singer-songwriter Mark Pearson of The Brothers Four—continuing to perform with the same joyful spirit that has defined the group since its beginnings.

Come enjoy an engaging performance filled with timeless music and heartfelt storytelling. RSVP online or call the Front Desk to reserve your spot.

**Let's Talk History!****Tuesday, May 5 - 11:15 AM – 12:15 PM - Dining Room**

Join us for a fascinating conversation with the Bainbridge History Museum! Local historian Lyndsey Ogles will share engaging stories and insights from Bainbridge Island's rich past. Whether you're a longtime resident or new to the area, this is a wonderful opportunity to connect with local history in a friendly, welcoming setting. Come curious—leave inspired!

Limited seating - Register online or call the front desk to save your spot

**Forgotten Artifacts & Found Treasures****Tuesday, May 12 - 11:15 AM – 12:15 PM - Dining Room**

Join us for a special presentation with the Bainbridge History Museum, featuring local historian Lyndsey Ogles. What hidden stories are tucked away in attics, closets, and collections? From overlooked objects to unexpected discoveries, you'll gain a new appreciation for the treasures that surround us. Lyndsey will bring artifacts to share and welcomes you to bring yours.

Limited seating – be sure to register online or call the front desk to reserve your spot!

**Pop-Up Chair Zumba with Lisa Farrell-Weiss!****Thursday, May 7 - 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. Register online or call the Front Desk

**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.

**Mindfulness-Based Stress Reduction Series****Fridays, May 8, 15, 22, 29 from 9a-10:30a in the Dining Room**

This evidence-based training is designed to help you cultivate mindfulness, a powerful tool for reducing stress and boosting well-being in everyday 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.

**Mindful Self-Compassion Series****Tuesdays, June 2, 9, 16, 23rd from 11a - 12:30p in the Dining Room (except June 16 will be in conference 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.

## Events and Programs

### Line Dancing Basic Steps & Concepts NEW DAY & TIME!

Tuesdays, 4:30p - 5:30p - Huney Hall

No partner or experience needed. Everyone is welcome! Come try it out or simply observe and enjoy the lively music and fun atmosphere. Rhythm, counting, wall changes and the most common steps used in many dances. Perfect for people trying dancing for the first time. The first class of each month covers the basics – Great for first timers (and beginners who might want a refresher). Each week we will build on what we learned and by month's end we'll put it all together into a dance. Fun music and new friends await! Register online or call the front desk.

Join us this June for a helpful 3-part offering: **Scam Awareness: Stay Safe & Informed**, presented by *First Federal Financial*.

Mondays | 11:00 AM – 12:00 PM | Dining Room

June 8 – Securing Your Life: Learn how to safely manage your online banking, organize financial statements, protect passwords, and reduce your digital footprint.

June 15 – Scams: Discover how to recognize phishing emails, fake profiles, AI-generated images, and other common scam tactics—including real-life examples.

June 22 – Savvy & Secure: Explore tools like password managers and financial apps - This is designed to help you feel confident, informed, and protected in today's digital landscape.

Free to attend—Limited seating - RSVP online or at 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: Apr 28 – May 12 // Next Series: June 2 – 30

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

### 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

### **The Readers Theater Group returns!**

Our popular Readers Theater group has been hard at work rehearsing, leading up to a grand finale performance

Join us on **May 9 from 2-3p in Huney Hall** to watch and support our Readers Theatre performance! Register online or at 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.

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

Next Series – June 3 to July 1: \$15/series  
Wednesdays from 11:30a-12:30p in Huney Hall  
Must register for entire series - 15 person max  
Reserve your spot 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

### **Housing Resources Bainbridge Overview**

First Wednesday of each month from 12:15–1:15p in the BISCC Conference Room

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.

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.

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

**9:30a – 10:30a - Meet in Atrium at BISCC**  
Tuesdays, Wednesdays & Fridays - The “Gentle Walkers” group will walk on a flat surface and no more than a mile. 10 person max  
Tuesdays - “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.

### **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.

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!

## 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**  
Shake off the morning and sway into something new! Join Lily Fong for a joyful, beginner-friendly hula class—no experience required. We'll learn classics like "May Day is Lei Day" and "Lovely Hula Hands" together. Spots fill fast—sign up online or at the front desk!

## BISCC Potluck and Brown Bag Lunch

May 19 & June 16 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.

## Piano Performance with Loren Coble

Thursday, May 14 - 4:15 – 5:15 PM - Huney Hall

Take a musical break and enjoy an afternoon of beautiful piano music with Loren Coble. Tap your toes, relax with friends, and let the melodies brighten your day!

Seats fill up quickly, so please RSVP through My Active Center or call the Front Desk to save your spot.  
Donations accepted

## New Member Get-Together

May 1 & June 5 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

May 19 – Calling for a Blanket Dance – Oscar Hokeah

June 16 – The Fury – Alex Michaelides

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.)



**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](mailto:info@biseniorcenter.org)

**Alzheimers/Dementia Support Group for Caregivers**

May 11 & June 8; 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 11:00am – 12:00pm in BISCC Conference Room (No meeting June 19)  
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: Current series: April 14 - June 30 // Next series: July 7 - September 29

**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](mailto:kingiddings@gmail.com) with any questions or song requests.

May 6th - Songs of Women's Empowerment

May 20th -Songs of JOY

June 3rd -Songs with a Proper Name

June 17th -Yacht Rock

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** – instructors Bill Nakao & Eileen Magnuson Wednesday 10:30a – 11:20a BIR Donation

(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.

**T'ai Chi Intermediate Series** - Instructor Stephen Brown Monday 4:30 - 5:30p Huney Hall

Prior experience recommended. Limited spots available - register online or call the Front Desk.  
CURRENT SERIES April 27 - May 11 (\$10 for 3 week series) NEXT SERIES: June 1 - June 29 (\$15 for series)  
A YouTube recording of Stephen's class is available on our website at <https://biseniorcenter.org/exercise-videos/>

**T'ai Chi Advanced Series** - Instructor Stephen Brown Tuesday 4:30 - 5:30p Dining Room

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.  
CURRENT SERIES April 28 - May 12 (\$10 for 3 week series) NEXT SERIES: June 2 - June 30 (\$15 for series)  
**Please contact Stephen Brown at 206-855-9587 prior to registration.**

**Qi Gong** - Instructor Bob Shulock Friday 9:00a - 10:00a Huney Hall \$5/session

Perfect for beginners or as a continuing practice related to Tai Chi – Improves balance & coordination, reducing risk of falling. Increases energy, health, and well-being. **CURRENT SERIES: April 17 to May 15. NEXT SERIES: May 22 to June 26. \$5 drop-in or save \$10 at \$15 for series.**

**Chair Yoga** Tuesday 9:45a – 10:45a Dining Room Donation  
Spend quiet time stretching in a chair listening to an audio CD.

**Slow Flow Yoga** – Instructor Cheryl Crist Mon & Wed 10:05a - 11:15a Huney Hall \$6/session

Increase your flexibility with this gentle yoga class that features less intense positions, breath work, and relaxation as part of the program

**Intermediate Yoga** – Instructor Helen Heaslip Tues & Thurs 2:45 - 3:45p Huney Hall \$7/session

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.

**Gentle Yoga** – Instructor Susan Charumati Schaeffer Wednesday 3:00 - 4:15p Huney Hall \$6/session

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

## 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 May 9 10:00a – 12:00p Conference Room  
mutual support June 13 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/>

## Writing & Literature

<b>Bard Read/Will Film</b> Plays of the Bard of Avon, read and discussed	Thursdays	2:00p – 4:00p	Dining Room
<b>Poetry Memoir Class</b> Create or enhance your memoir with a collection of interconnected poems. Writers can study a wide variety of poetry, explore themes and symbols in their own lives, and share poems for kind and constructive workshopping, if desired. Each class is a stand-alone lesson, so you'll never feel lost if you miss a week. Join us to write a few poems or an entire book! Must use video and audio for online meetings. Register online or call the Front Desk	Fridays	3:00p - 4:30p	Zoom

## Exercise & Sports

<b>Whole Body Workout</b> – Instructor Helen Heaslip Gentle, easy exercises to keep you flexible. Full range of active movement for strength and balance using optional weights.	Mon & Wed	9:00a – 10:00a	Huney Hall \$6/session
<b>Gentle Stretching</b> – Instructor Helen Heaslip Gentle movement keeps joints and muscles healthy. Can be done on floor or chair.	Tues & Thu	9:00a – 10:00a	Huney Hall \$6/session
<b>Line Dancing</b> – with Bill Nakao	Tuesday	10:30a – 11:30a	BIR
<b>Line Dancing</b> - with Diana Zapalac (intermediate)	Wednesday	4:30p - 5:30p	Huney Hall
<b>Line Dancing</b> - with Diana Zapalac (high beginner)	Thursday	11:45a – 12:45p	BIR
<b>Line Dancing</b> - with Linda Slothaug	Friday	10:30 - 11:30a	BIR
<b>Line Dancing Basic Steps &amp; Concepts</b> No partner or experience needed. Everyone is welcome! Come try it out or simply observe and enjoy the lively music and fun atmosphere. Rhythm, counting, wall changes and the most common steps used in many dances. Perfect for people trying dancing for the first time. The first class of each month covers the basics – Great for first timers (and beginners who might want a refresher). Each week we will build on what we learned and by month's end we'll put it all together into a dance. Fun music and new friends await! Register online or call the front desk.	Tuesday	4:30-5:30p	Huney Hall
<b>Pétanque</b> The Pétanque group is Tuesdays and Thursdays from 1-3 pm (and other times, too). All are welcome.	Tues & Thurs	1:00p – 3:00p	Waterfront Park Donation
<b>S.A.I.L. (Stay Active and Independent for Life)</b> Improves strength, balance, & cardiovascular fitness. Exercises can be done standing or seated.	Mon-Fri	1:30p – 2:30p	Huney Hall \$5/session
<b>Table Tennis</b> All welcome for fun at the tables!	Monday Thursday Saturday	11:30a – 1:15p 7:00p – 10:00p 9:00a – 11:30a	Huney Hall Donation
<b>Zumba Gold</b> ® Lisa Farrell-Waiss teaches this class - the original moves at a lower intensity	Tues & Thurs	10:30a – 11:30a	Huney Hall \$6/session



## 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.

## Collette Travel Presentation

June 2 • 10a–11a • Conference Room

Sign up now online or call the Front Desk to reserve your seat for an engaging presentation from Toni Ray-Ingram of Collette Travel, featuring exciting travel destinations listed below. Discover new places, get inspired, and start planning your next adventure!

New York City – Discount Deadline 8/22/26 – Departure date 2/22/27

Spain & Portugal – Discount deadline – 9/30/26 – Departure date 3/31/27

Italy – Discount deadline – 10/22/26 – Departure date 5/22/27



## Discover South Pacific Wonders: 11/9-11/23/2026 Discount Deadline 5/4/2026

See what life is like “Down Under” on this incredible journey along the coast of Australia and through New Zealand's South Island. From the tropical splendor of Australia's Great Barrier Reef to the ethereal beauty of New Zealand's glacial fjords, enjoy the best of the South Pacific.

For more information, contact Mary Gibbs [mary@biseniorcenter.org](mailto:mary@biseniorcenter.org) / 206-842-1616

## The BISCC Van Has Arrived!

Our brand-new BISCC van is here—and it's already on the move! So let's gather, hop in, and hit the road—together. Adventure is calling! Stay tuned for upcoming trips and how to sign up.

## 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. Call the 206-842-1616 to save your seat on the bus!

**May 12**  
(Walmart &  
Dollar Store)

**June 9**  
(Trader Joes &  
The Trails)

**12:30p – 4:00p**  
leave BISCC: 12:15  
leave Park & Ride: 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

Check the weekly email, social media, & BISCC bulletin board for details on the following local trips:

May 14 – Port Townsend Aero Museum & Lunch – Details TBA

June 17 – Bainbridge Island Cemetery Tour – Details TBA

June 24 – Herronswood Garden Tour & Lunch – Details TBA

## 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

**May 6th:** Jeri Meyer takes us to Mongolia.

**June 3rd:** Peter Damashek and Ken Stern are our guides listening to and playing music in the pubs of Ireland.

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, 6:00pm	Dining Room
 <p>No charge, but donations welcome! Free popcorn provided. Please enter through the Thrift Shop entrance.</p>	<p><b>May 8: Something's Gotta Give</b> A comedy where a swinger on the cusp of being a senior citizen with a taste for young women falls in love with an accomplished woman closer to his age.</p>	
	<p><b>May 22: Some Like it Hot</b> A classic comedy where two male musicians witness a mob hit, then flee the state in an all-female band disguised as women, but further complications set in.</p>	
	<p><b>June 12: Mickey 17</b> A black comedy action film where Mickey 17, a so-called "expendable" employee, is sent to explore an ice planet, then meets himself back on the ship.</p>	
	<p><b>June 26: Is This Thing On?</b> A heart-warming dramedy: As their marriage unravels, Alex faces middle age and divorce and seeks new purpose in the New York comedy scene, while his wife confronts co-parenting sacrifices made for their family.</p>	
		

Art Activities	Dining Room	1:00-3:00pm	Free / Donations Welcome
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<p><b>BISCC Art Workshops</b> <i>(You must register weekly. Classes open for registration on prior Mondays.)</i></p>			
<p><b>May 5: Create Mexican Folk art Hojalata/Milagros.</b> We will be working with tin plates, embossing and hand-cutting ornaments. Instructor will provide some printed templates with flaming hearts that can be traced onto the tin with a dull pencil or stylus, but students may also bring small printouts from home or freehand their design. Led by Nena Wesler.</p>			
<p><b>May 19 - Create Paper Boxes to hold small treasures.</b> Templates and paper will be supplied. Led by Cynthia Herrick</p>			
<p><b>June 2: Arty seashells - back by popular demand!</b> Create beautiful, decorated clam and oyster shells with alcohol ink, just in time for summer. All materials are provided, class limit of ten. Led by Meredith Patterson.</p>			
<p><b>June 16 - Make an Accordion Folded Paper House to showcase your family papers, photos, memorabilia.</b> Led by Cynthia Herrick</p>			
<p><b>Bainbridge Arts and Crafts</b></p>			
<p><b>May 26 - Teacher Erica Applewhite:</b> simple hand sewn scrap paper books for sketching or collage.</p>			
<p><b>June 23 - Teacher Karen Cornell:</b> Ceramics, Handbuilding</p>			
<p><b>BIMA Art in Action (Community Arts)</b></p>			
<p><b>May 12 - Aimee Lee:</b> Tethered - Hanji Meander Book Art: Create a meander book with pockets using Hanji paper.</p>			
<p><b>BIMA Art in Action will be on summer break June, July, and August and will return in September</b></p>			

Arts & Crafts / Photography			
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<b>A Stitchin' Time</b>	Thursdays	1:00p – 3:00p	Conference Room
All types of handwork, all skill levels welcome (beginners too!)			
<b>Photo Club</b>	May 13 & June 10	7:00p – 9:00p	Huney Hall
<b>Photo Club Workshops</b>	May 20 & June 17	7:00p – 9:00p	Huney Hall
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>			



## 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

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

Summer is coming! Our program provides free home assessments for aging in place and assists with health and safety modifications to allow you to 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)

May 13 & June 10

1:30 - 3:30 pm

Dining Room & via Zoom



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

## FOB Friends: Sweet Dahlia Baking LLC

Delicious, handcrafted food that has been a Bainbridge staple for over 5 years! 10% off on Fridays at the shop (8:30am-6pm) or join the Dinner Club for a 10% discount Thur-Sat.

Order online: [www.sweetdahlia.shop](http://www.sweetdahlia.shop) Fob Friday 10% off promo code: fob2021

Dinner Club pickup hours: Thur, 3-6pm. Fri, 12-6pm. Sat. 12-5pm

9720 Coppertop Lp. NE Ste.103 (206) 201-3297

<https://www.sweetdahlia baking.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)	
<b>Bargain Boutique (Seattle Children's)</b>	206-842-5567
1050 Hildebrand Ln	
<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
740 Winslow Way E	
<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
4642 Lynwood Center Rd NE Ste 139	
<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>	
<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	
<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	
<b>Z Bones</b>	206-565-3162
146 Winslow Way W (Winslow Green)	

## ARS POETICA IMAGES & POEMS: PART II // May 1- 30, 2026

“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 celebrated it by participating in Ars Poetica Washington.

Local poets submitted poems which were juried by a panel of judges. The selected poems were then made available to visual artists to select a poem or poems that they would like to represent with their art.

Half of the poems and accompanying photographs were on display during April. The balance of the images/poems are on display from May 1-30 in the Senior Center lobby in the Pat Egaas Memorial Gallery.

A “Something to Talk About” talk will occur on the 20th of May at 1:30 PM where both the photographers and the poets will be invited to share more about their literary & visual artistic efforts. A link to the talk will be on the Senior Center website under Galleries.

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



Photographer: Diane Hutchings

### **HARBOR DREAMS**

*Poet: Diane Walker*

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

## “FULL CIRCLE”- A COLLECTION OF LANDSCAPES By Diane Hutchings // June 1- 31, 2026



When I first got interested in photography my subject was almost always landscapes.

Getting involved with BIPC exposed me to other ways to pursue this newfound hobby and has contributed to my desire for experimentation. Anyone who has followed my photography knows that I have dabbled in a wide range of genres during my ten years with the Club. This includes macro, wildlife, portraits, abstract, intentional camera movement (ICM), long exposure and architectural photography.

All of these genres have their unique challenges which adds to the enjoyment and sense of

satisfaction when done well. Despite the fun, I have been trying new ideas but I still love shooting landscapes and find myself always looking for a worthy scene. Hence the title of my exhibit, “Full Circle.” So, when someone asks me what type of photography I do, landscapes are right there at the top of my list.

This collection showcases some of my favorites. I hope you enjoy them.

A “Something to Talk About” talk will occur in June. Look for the date & time in the Senior Center newsletter in early June. A link to the talk will be on the Senior Center website under galleries.

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



Last Fall, we reflected on all of the ways that we grow together at the Bainbridge Island Senior & Community Center. Now, as the days lighten and lengthen and birdsong fills the air, we are looking forward to keeping growing, and keeping going! BISCC member Alice Yoshimura shares her beginning with BISCC a few Springs ago – a beginning that has blossomed into a beautiful story.

In April 2021, Alice Yoshimura walked through the doors of the Bainbridge Island Senior & Community Center for the first time. Just months earlier, Alice and her son moved from Honolulu to Bainbridge Island during COVID—leaving behind familiar places, friends, and daily routines in the midst of a collective, global uncertainty.

“We were new to the island with no friends,” Alice recalls. “I was scared and worried as to how I would make it through in a new environment.”

Then she found the Center.

After her son encouraged her to visit, Alice became a member of BISCC, and things started looking up. “I am very happy that I did join and become a member!” she says. Today, Alice meets friends at the Center for coffee, snacks, tai chi, line dancing, or simply to enjoy music together. “I have made so many dear friends all from the Center,” she shares. “BISCC has brought new meaning to life. It is my home away from home.”

This Spring at the Center, we **keep growing and keep going!** Every day BISCC members grow socially, physically, and emotionally, and keep going with confidence, joy, and community.

It wouldn't be possible without you. Your support ensures that folks who feel isolated or uncertain can walk through our doors and discover connection, purpose, and belonging. Your gift sustains the programs and services—from fitness classes and language groups to social activities and shared meals—that make stories like Alice's possible. <https://biseniorcenter.org/donate/>

Please watch for our spring appeal for operations funding in the mail. Thank you for powering BISCC!

*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.



Celebrating the Beach Boys at Friday Line Dancing



Drum Circle



Your very own BISCC mug is waiting for you!  
\$6 at Waterfront Thrift



Chive Mind performance at BISCC



Art Workshop Fun!



Thrift Shop Friends!



Aging in Place Forum

**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 June 5, 2025 (send to [mimi@biseniorcenter.org](mailto:mimi@biseniorcenter.org))**

*Please support our underwriting sponsors!*

