



Bainbridge Island Senior & Community Center

FOR THE PRIME OF YOUR LIFE

May 11, 2026

[Click here](#) to view the weekly email in it's entirety on our website

Thank you to BISSC signature sponsors [Bainbridge Senior Living](#), [Wenzlau Architects](#), and [ARTiCare](#). Please support them; click on their names to learn more.

Our recurring programs are now listed online, to make this email shorter & easier to read.

Language, Literature, & More

Fun Fitness

Coming up this week

SOMETHING TO TALK ABOUT A 1:30 PM ZOOM PODCAST

Sponsored by Fieldstone Communities of Bainbridge Island. Call 206-594-1010 to schedule a tour of Fieldstone's apartments on Rolling Bay.

Monday: Nathaniel Sargent - Black Kitsap Pioneer - Amy Brooks, a local historical preservationist and active member of the Elizabeth Ellington Chapter of the National Society of the Daughters of the American Revolution based in Bremerton, shares the story of Nathaniel Sargent—a man born into slavery in Kentucky who later moved to Kitsap County in

1882, where he built a life as a rancher and logger, and became one of Kitsap's first Black elected officials.

Wednesday: No program

Friday: No program

Join us on Zoom. Here's the link: ([CLICK HERE](#) at meeting time.) You can also call in, but you won't be able to see the other participants or any presentations: Dial 1-253-215-8782 and enter Meeting ID: 825 2461 7784 and Passcode: 8421616 (hint: it's the Center's phone number!) If you'd like help setting up a group or for technical assistance to get online, call 206-842-1616.

Sign up on [YouTube](#), [Spotify](#), or [Apple Podcasts](#) to get notified when a new podcast is published or to view previous programs.



**BEST OF BAINBRIDGE / BEST OF KITSAP
2024 & 2025**

Something to Talk About has been voted Best Local Podcast in the sixth annual Kitsap Best of the Best Awards!

Thousands of votes came in, and the community has chosen BISCC 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!

Last week's podcasts

Independent Living at Home with HRB - The Independent Living at Home program works with older adults, people with disabilities, and those coming home to rehab to maintain their independence. Misty Mountford, who directs the program, joined us to explain how she assesses the home environment and perform modifications and repairs to make it more functional and safe. Her work aims to help clients continue to live in the homes they love and remain engaged in the communities they've built.



Dementia Friends - Dementia Friends USA is a national initiative that educates and empowers individuals to understand dementia and take action to create supportive, dementia-friendly communities. Misty Mountford, our guest this week, joined us to share how she came to be involved with the group. Misty talked about how we can all play a part in creating dementia friendly communities.



Bainbridge Prepares Task Force - Misty Mountford completed her weeklong visit with us with a discussion of an advisory group that's part of Bainbridge Prepares. Misty is chairing BP's "Access and Functional Needs" working group. The group works to ensure that vulnerable populations – including the elderly, individuals with low income, people with disabilities, and those experiencing homelessness – are considered in the planning for disaster preparedness.



FRIENDLY REMINDERS FOR THIS WEEK

Call the Front Desk at 206-842-1616 or register thru [My Active Center](#) to sign up:

HIGHLIGHTS


The "Gentle Walkers" group is canceled on Wednesdays effective May 6th. You can still join the Gentle Walkers on Tuesdays & Fridays - 9:30a-10:30a. [Register online](#) or call the Front Desk

WOW! What an amazing performance by Mark Pearson!

Mark's storytelling and music were absolutely captivating, taking us on a heartfelt journey through song and story. The house was packed, and hearing the audience singing along with him was truly magical. It was a memorable afternoon filled with music, laughter, and connection.

We look forward to welcoming Mark back again soon! [Visit Mark's website](#) to explore his music, stories, and latest updates



 **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

***** We are sorry to announce "The Piano Performance with Loren Coble" set for Thursday, May 14th is cancelled - Thank you for your understanding *****

Forgotten Artifacts & Found Treasures

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.

Tuesday, May 12 - 11:15 AM – 12:15 PM - Dining Room
 Limited seating – be sure to [register online](#) or call the front desk to reserve your spot!



MEMORY CAFÉ

A welcoming space for connection, music, and companionship

Join us for a warm and engaging morning designed for individuals living with memory loss and their care partners.

Enjoy live music and meaningful connection in a supportive, inclusive environment. Featuring Special Guests: Carl Westphal & Paul Connor.

Friday, May 15 - 10:00 AM – 11:30 AM
 Fire Station 21 - 8895 Madison Ave NE - ADA accessible

Free to attend – Registration required using the QR code or contact: Misty Mountford at misty@housingresourcesbi.org or call 206-842-1909 ext. 18

A Memory Café

for people with memory loss and their care partners

Join us for a morning of music and companionship with special guests Carl Westphal and Paul Connor.

Friday, May 15, 2026
 10:00 – 11:30 AM
 Fire Station 21
 Bainbridge Island
 8895 Madison Ave NE

All guests with memory loss are welcome, no matter the underlying condition or stage of disease. Care partners can include spouses, children, friends, and professional caregivers.

This is not a drop off program.



Register for free tickets or contact Misty Mountford at misty@housingresourcesbi.org or 206-842-1909, ext. 18



No \$\$\$? No Worries! BISSC events are open to all, and all are welcome. Please don't let a lack of funds prevent you from participating in events, local travel, or programs with associated costs. Instead, check in with Reed about our Scholarship and Program Activity Funds.

Click here to see our
new website!



Click here to visit our
Facebook page!

WHAT'S FOR LUNCH?

Join Us in the Dining Room!

There are some delicious meals lined up with **Meals on Wheels Kitsap** every **Thursday & Friday!**

12:00 PM – 12:45 PM - Dining Room

Thursday – May 14 - Stuffed Casserole Over Quinoa

Friday – May 15 - Zesty Bean Soup

Please register by **2:00 PM the business day prior** to your meal.

📞 Call: 360-377-8511 or 888-877-8511

Come for the food, stay for the great company! We'll see you there! 😊

It's always a pleasure to welcome our friends from [Shalom Hospice](#) to BISCC!

Candace Meadows' warm and welcoming smile brings joy to our staff, volunteers, and members every time she visits. We are grateful for the compassion and support that Shalom Hospice provides to our community.



*** TRIPS & TRAVEL ***

Call the Front Desk to register

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.

This trip leaves the Center with a 12:15p pickup, swings by Winslow Arms, then continues to Bethany Lutheran before heading out at 12:30p.

Since there's no parking at the Center, let us know if you need a lift from Winslow Arms or Bethany Park & Ride when you call the Front Desk to sign up. No charge - **Limited seating**

12:30p – 4:00p

May 12 – Walmart & Dollar Store

June 9 – Trader Joes & The Trails

Our recurring programs are now listed online, to make this email shorter & easier to read.

LANGUAGE, LITERATURE & MORE

FUN FITNESS

COMING SOON

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.



Relax & Recharge—You Deserve It!

Take a break and treat yourself to a Pop-Up Chair Massage with Maxwell Rossing, LMT of [Sacred Zenith!](#)

Wednesday, May 20 - 10:00 AM – 12:00 PM (15 minute sessions) - Dining Room
Enjoy a quick, rejuvenating massage designed to melt away tension and leave you feeling refreshed. Give yourself a little midweek boost!
Limited spots available – [Register online](#) or call the Front Desk

IN OUR COMMUNITY

The 3rd Annual Asian Arts & Heritage Festival May 1-31, 2026 - Bainbridge Island, WA

Japanese Language & Culture Experience
A lively, beginner-friendly introduction to Japanese language, culture, tea, and song with instructor Yuki Moxon.

May 14, 2026 - 5:00 PM - 6:30 PM - Conference Room

[Click here to RSVP](#)

[Click here for all event info thru the month of May.](#)

Join us for a fascinating (and surprisingly fun!) presentation:

Hidden Clues in Historic Family Photographs

Friday, May 15th - 10:00 AM - Bainbridge Public Library

Susan Strawn—author, artist, and expert in historical fashion—will show us how to “read” old photographs like detectives. From clothing and hairstyles to subtle details you might never notice, you’ll learn how these images can reveal stories about your ancestors’ lives.

Free and open to everyone!
Bring a friend—and maybe a photo or two you’ve always wondered about!

Learn more: www.bigenealogy.org

Bainbridge Island Genealogical Society



HIDDEN CLUES
 IN
 HISTORIC
 FAMILY
 PHOTOGRAPHS



Friday, May 15 at 10AM

In Person at the Bainbridge Public Library

Presented by

Susan Strawn

Author, Artist, Lecturer

Historical/Cultural Textile and Fashions Expert

Often overlooked details in historic photographs can provide important clues such as when and where a photo was taken; social standing or occupation; fraternal organization memberships; or a recent death in family.

Join us and learn how to find hidden clues that may be lurking in your historic family photos! Presentation is free, and everyone is welcome.



In partnership with
 CLEAR REGIONAL
 Library

4th Annual Music for All Generations Concert

On Wednesday, May 13th at 6:30 p.m. the Woodward Jazz Band, Woodward Choir and Bainbridge Island Senior/ Community Center’s Evergreen Singers will be performing in the 4th annual Music For All Generations Concert.

This is a free event that will take place at Woodward Middle School, 9125 Sportsman Club Rd NE, Bainbridge Island. Woodward students, families and community members are invited to attend.

**MUSIC
 FOR ALL GENERATIONS
 CONCERT**

Featuring The Woodward Middle School Choir,
 The Bainbridge Island Senior/ Community Center's Evergreen Singers
 and The Woodward Middle School Jazz Band

MAY 13TH AT 6:30PM
Woodward Middle School,
 9125 Sportsman Club Rd NE, Bainbridge Island, WA 98110

Bainbridge Island
 Senior/Community Center

WOODWARD
 MIDDLE SCHOOL

What does Kitsap Aging Information and Assistance offer me?

May 28th 2:00 – 3:00

Virtual – Zoom, Registration

Link: <https://us06web.zoom.us/meeting/register/1LNx3o3aTuakGi8ScrdFFg#/registration>

Presenters Jason Doty and Aja Cheslik with Kitsap County Division of Aging and Long-Term Care will share the range of services and supports intended to help older adults, adults with disabilities, and caregivers in Kitsap County

WATERFRONT THRIFT STORE
Hours: Mon-Thu 10 am to 1 pm; Fri 10 am to 4 pm
Saturdays 10 am to 2 pm

Discover treasures at our delightful thrift shop! Browse an excellent selection of lightly used clothing for men and women, along with housewares, home décor, artwork, and jewelry. We accept major credit cards, and **members receive 10% off on Fridays** when they show their membership fob.

Donations for all seasons are always welcome!

There are some items we cannot accept, [listed here](#). - Thank you for your understanding. Please contact Tijen Sion-Hotchkiss at 206-842-1616 with any questions.

**We are currently accepting paper bags
and will gladly take them off your hands!**



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



ARE YOU A MONTHLY DONOR? We'd like to add 20 people giving a [monthly gift of \\$20 or more through One Call for All!](#) Each gift of \$20 or more increases our share of the Community Fund! (OCFA pays all credit card fees!)



Sent by Bainbridge Island Senior & Community Center

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