

Splash!

July - August 2026



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

*Join us for
Summer at the Center*



What's Inside:

Reed All About It	2
Upcoming at BISCC	3-4
News!	5
Events and Programs	6 -14
Health & Services	15
Fob Friday Listing	16
Photo Club Shows	17
Support Your Center	18
Spotted at BISCC	19

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

370 Brien Drive SE, Bainbridge Island, WA 98110
Phone: 206-842-1616

Email: info@biseniorcenter.org Website: www.biseniorcenter.org

**We are closed:
July 3 & 4**

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 MISSION:

*To enhance the quality of life for our
entire community as we age*

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The changes my grandmother faced were remarkable. She was born in 1899 as she and her family headed north from California via covered wagon to make a home in the Washington state town of Roslyn. She lived not only to see women gain the right the vote, but to be elected herself as a state legislator for three terms between 1948 and 1956. She went on to watch live televised images from the surface of the moon.

And what a world you and I are experiencing. We view Apple Watches—modern versions of Dick Tracy's two-way wristwatches—as commonplace, enjoy private live video meetings with grandkids anywhere on the globe, and expect overnight delivery to our doorstep of whatever consumer product we desire, and don't find living to 100 as shocking.

Another thing that I think is remarkable about the life I have with my children and my grandchildren is that though we are separated by "generations," we have a lot more social commonality.

At the Center, we seek to build on that commonality and strengthen the ties across generations. One of the things I am hopeful that our new, expanded Center will offer is an opportunity for more after-school and early-evening activities. Since our inception, our name has been the Senior and Community Center, and there are great ways to live into that!

We have recently partnered with the Arts & Humanities Asian Arts & Heritage Festival, we again held an intergenerational concert with Woodward students and the Evergreen Singers, some knitters are helping Bainbridge Youth Services kids with a special project for Helpline, and we have wrapped up another great year of Tech Tutoring with BHS students. Occasionally, we've had students join us during the summer for chess games and impromptu get-togethers. It's these kinds of contacts that weave our island into a community. Thank you for being a part of it!

COME AND EXPLORE – LEARN – PLAY –
CONNECT WITH COMMUNITY
BISCC'S ACTIVITY EXPO

JULY 25, 1:00-3:00 PM
HUNEY HALL

Are you shy about joining an activity? Uncertain if it's right for you? Not sure if you'd be welcomed or if you could learn and enjoy it? Come and see for yourself and decide! Join us at our Activities Expo to learn about ALL of the more than 50 programs.

We welcome you with open arms to learn about the tremendous variety of activities, programs, and games created JUST FOR YOU!

PLEASE BRING A FRIEND



SACRED ZENITH

Chair Massage with Maxwell Rossing, LMT of Sacred Zenith returns!

Wednesdays: July 22, August 19, & September 23
1:00 PM – 3:00 PM (15 minute sessions) in the
BISCC Dining Room

Give yourself a little midweek boost! Enjoy a quick, rejuvenating massage designed to melt away tension and leave you feeling refreshed.

Limited spots available – Register online or call the Front Desk

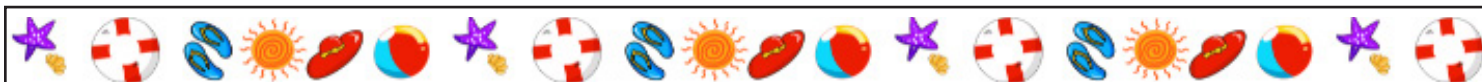
Mandarin Chinese is back effective July 6th!

Mondays, 1p-2p, Zoom

Are you one of the many people all over the world who have decided it's time to learn a bit of Mandarin? Or looking to keep up your Chinese conversation skills? We are a group of Chinese language learners at various levels (mostly HSK 1-4). Everyone is welcome, from absolute beginners to native speakers. We're here to help each other learn. Ken Stern facilitator.

Register online or call the Front Desk - A Zoom link will be sent to the email address we have on file.

For information contact Ken Stern at kenphone26@gmail.com



4th of July on the Island!

Join the Center as we celebrate America's 250th Anniversary at the annual 4th of July Parade in Winslow! BISCC will be marching in the parade, led by members of our energetic Rhythmic Drumming Group. Come cheer us on, bring your signs and help show the community spirit that makes BISCC such a special place!

At the Main Stage, a reading of the original and a modern-language version of the Declaration of Independence will be held at 10am. Handouts of both versions will be distributed during the parade so everyone can follow along and reflect on the document that helped shape our nation.



Fun Facts from Peggy Muir

- If you are 62½ years old or older, you have lived through one-quarter of U.S. history.
- If you are 83½ years old or older, you have lived through one-third of U.S. history.

Let's come together to celebrate our nation's history, our community, and the friendships that make BISCC feel like family.

Chair Zumba continues!

Wednesdays - 11:30 PM – 12:15 PM - Dining Room - \$4 per class
Effective June 10th through August 19th
Register online or call the front desk!

Experience the rhythm and excitement of Zumba from the comfort of a chair! This 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.

TECH HELP AT THE CENTER!

The Silver Tech program (which connects tech-savvy students with BISCC members) **is on break for the summer.**

Tech Help with Deb Allen: 2nd and 4th Tuesdays from 11:00 AM – 12:30 PM AND **Newly added: 1st & 3rd Mondays from 2:30 – 4pm for July & August**

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.





A Community Building for Building Community

The realization of a new, expanded, flexible center took a big step forward when the Bainbridge Island City Council gave its third approval of the project and BISCC's choice of Carley Construction to be the contractor.

Architect Charlie Wenzlau told the council that the building design will reflect forest, sea, and sky, with an abundance of natural light inside and a human-scale, home-like environment. The final design emphasizes flexibility, with the understanding that a variety of activities will take place in the building through its life. The commercial-grade kitchen will be all-electric with induction burners; the roof will be plumbed for solar panels, and contractors have been engaged to help ensure physical and acoustic accessibility.

The campaign committee has been making progress in this “quiet phase,” meeting with folks who are helping with pace-setting gifts and engaging foundations and government agencies as we apply for grant support. If you’d like to learn more or hear how you can help and get a fuller timeline of the campaign, please contact Major Gifts Officer Todd Girouard, todd@biseniorcenter.org.

Beware of Imposters!

The Federal Trade Commission & the Administration for Community Living recently put out an alert about the top reported way people get scammed: imposters. Scammers often pretend to be from your bank, from the government, from an organization you trust, to trick you into giving them information or access.

Here are some tips from the FTC:

- Never ever will someone from the government say: “Your money isn’t safe. Move it to protect it.” Only a scammer will.
- Never ever will someone from the government threaten to suspend your government benefits if you don’t pay immediately. Only a scammer will.
- Never ever will someone from the government demand that you pay with a payment app, cryptocurrency, wire transfers, or gift cards.

Learn more at ejcc.acl.gov. And if you spot an imposter scam (or any other type of scam), report it at ReportFraud.ftc.gov.

Line Dancing Intro to Basic Steps

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.

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 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

Sponsored by:



FIELDSTONE
COMMUNITIES

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

Healing from Grief returns!

Mondays, July 6 and August 24th, 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.

Sound Bath Sessions

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

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!

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.

NIA Body Movement class

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

A mind/body fitness program, 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.

Falling Together with Stephen Brown ON BREAK FOR SUMMER

Next Series – September 2 - 30: \$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 & 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.

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 to change your delivery option.

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.

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 through MyActiveCenter or call the Front Desk. A Zoom link will be sent to the email on file.

BISCC Potluck and Brown Bag Lunch

July 21 & August 18

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.

Intro To Hula Dancing

July 20 & August 17

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!



New Member Get-Together

July 10 & August 7 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 3rd Tuesday, 1:00 - 2:00 pm Conference Room and Zoom

July 21 – Dear Edward – Ann Napolitano

August 18 – Eight Perfect Murders – Peter Swanson

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

Alzheimers/Dementia Support Group for Caregivers

On summer break July and August 2026

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

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: July 7 - September 29 // Next series: October 6 - December 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 with any questions or song requests.

July 1stUSA 250th Birthday

July 15th.....no program

August 5th..Songs with Numbers

August 19thSongs about Smiling/Laughing

1st & 3rd
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 On break until September

Monday

4:30 - 5:30p

Huney Hall

Prior experience recommended. Limited spots available - register online or call the Front Desk.

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 On break until September

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.

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: July 10 - August 7. NEXT SERIES: August 14 - September 11.**

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

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 – 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 mutual support

second Saturdays

10:00a – 12:00p

Conference Room

third Saturdays

2:00p - 4:00p

CUPS drop in

fourth Fridays

3:00p - 4:30p

CUPS drop in

(Email mikeamcloud@gmail.com for info) Check our website: www.qefgbainbridge.org/ & Facebook: <https://www.facebook.com/profile.php?id=61578156041063>

Writing & Literature

Bard Read/Will Film

Plays of the Bard of Avon, read and discussed

Thursdays

2:00p – 4:00p

Dining Room

Poetry Memoir Class

On summer break - Will return Sept 18

Fridays

3:00p - 4:30p

Zoom

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

Exercise & Sports

Whole Body Workout – Instructor Helen Heaslip

Mon & Wed

9:00a – 10:00a

Huney Hall
\$6/session

Gentle, easy exercises to keep you flexible. Full range of active movement for strength and balance using optional weights.

Gentle Stretching – Instructor Helen Heaslip

Tues & Thu

9:00a – 10:00a

Huney Hall
\$6/session

Gentle movement keeps joints 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

Huney Hall

Line Dancing - with Diana Zapalac (high beginner)

Thursday

11:45a – 12:45p

BIR

Line Dancing - with Linda Slothaug

Friday

10:30 - 11:30a

BIR

Line Dancing Intro to Basic Steps

Tuesday

4:30-5:30p

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.

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

Huney 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

Huney Hall
Donation

Zumba Gold ®

Tues & Thurs

10:30a – 11:30a

Huney Hall
\$6/session

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



Cards And Games

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



Languages

French Book Group A group meeting via Zoom that enjoys reading books in French together! To join mail info@biseniorcenter.org	Monday	9:00a – 10:00a	Zoom
German Conversation Sprechen sie Deutsch? Join us for wide ranging conversations! Link in weekly email or biseniorcenter.org/email	Wednesday	3:00p – 4:00p	Zoom
Italian Conversation Club This group is open to all levels, parliamo insieme tutti quanti!	Wednesday	1:30p – 3:30p	Conference Room
Mandarin Chinese Continues as small group. Email Ken Stern (kenphone26@gmail.com) to learn more about dates, times, and details.	Monday	1:00p – 2:00p	Zoom
Spanish Conversation 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 (right column) or ask for a copy at the front desk.

Collette Travel Presentation

Fall Date TBD • 10a–11a • Conference Room

Sign up 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!

Coming soon:

Norway – Africa – Canadian Maritime & Coastal Wonders

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



Adventures in Travel

On summer break July & August – will return in September

See the world from the comfort of the Senior & Community Center!
The first Wednesday of the month at 1p-3p, Dining Room.

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 and he'll put you on the schedule.

Bus Trips & Tours

Senior Shopper Bus - Silverdale

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.

July 14

(Trader Joe's & Costco – participants must have Costco card in person)

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

Free
call the front desk
to reserve your spot

August 11

(Trader Joes & The Trails)

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

July 15 – Argosy Cruises

Friday Night Movies

2nd & 4th Fridays, 6:00pm

Dining Room



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

July 10: Amadeus In 18th-century Vienna, court composer Antonio Salieri becomes awed and consumed by envy when the gifted, irreverent Wolfgang Amadeus Mozart bursts onto the imperial music scene.

July 24: Breakfast at Tiffany's The classic 1961 rom-com where a young New York socialite becomes interested in a young man who has moved into her apartment building, but her past threatens to get in the way.

August 14: Tow A dramedy: The true story of a homeless Seattle woman who fought her way out of tow-company hell to reclaim her life and car after receiving a tow bill for \$21,634.

August 28: Fantasia The 1940 Technicolor classic where Walt Disney's team of artists interpret a series of eight famous pieces of classical music, conducted by Leopold Stokowski.



Art Activities

Dining Room

1:00-3:00pm

Free / Donations Welcome

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

July 7: Make snazzy-looking magnets (or turn them into brooches) using glass tiles as a base. All materials provided. Led by Meredith Patterson.

July 21: Pick a Pocket Full of Posies. Let's have fun making beautiful paper flowers. Cynthia Herrick will facilitate.

August 4: TBA

August 18: Accordion Folded Paper Houses. With collage, words, bits 'n pieces, we will commemorate our lives from childhood to present. Cynthia Herrick will facilitate

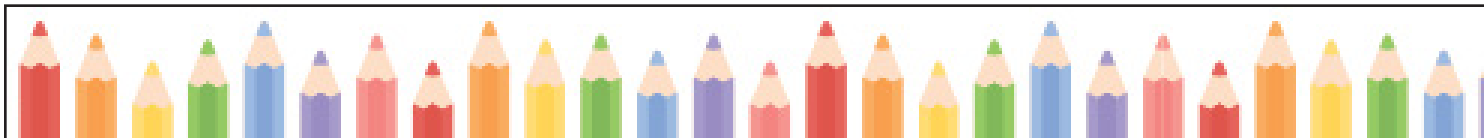
Bainbridge Arts and Crafts

July 28: teacher Karen Cornell, Ceramics Glazing. We will be glazing the work that was done in June's ceramics class.

August 25: teacher Pamela Lee, project TBD

BIMA Art in Action (Community Arts)

BIMA Art in Action will be on summer break June, July, and August and will return in September



Arts & Crafts / Photography

A Stitchin' Time

Thursdays

1:00p – 3:00p

Conference Room

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

Photo Club

July 8 & August 12

7:00p – 9:00p

Huney Hall

Photo Club Workshops

July 15 & August 19

7:00p – 9:00p

Huney Hall

Details at the club's newly designed website: biphotoclub.org. New Email: member.bipc@gmail.com



Island Volunteer Caregivers

IVC Overview

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

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

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

New 2026 IVC Morning Caregiver Support Group

Due to the overwhelming need for additional support, empathy, and encouragement to our island family caregivers, IVC is adding another weekly caregiver support group. The new morning group will 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.



BIRD

Bainbridge Island Resource Directory

BIRESOURCEDIRECTORY.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

Our program provides free home assessments for aging in place and assists with health and safety modifications to assist you with maintaining 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)

July 8 & August 12

1:30 - 3:30 pm

Dining Room & via Zoom

guest speakers and fun activities/topics



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

FOB Friends:

Bainbridge Play Cafe has a modern under-the-sea theme with a cozy feel. This full service coffee shop with pastries and grab-and-go lunch and snack options is open to everyone in our community. Come by every Friday to get 10% off when you show your membership fob.



360 Tormey Ln NE, Suite 194
Blue Building next to Bainbridge children's dentistry.
(206) 239-8435



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.*

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

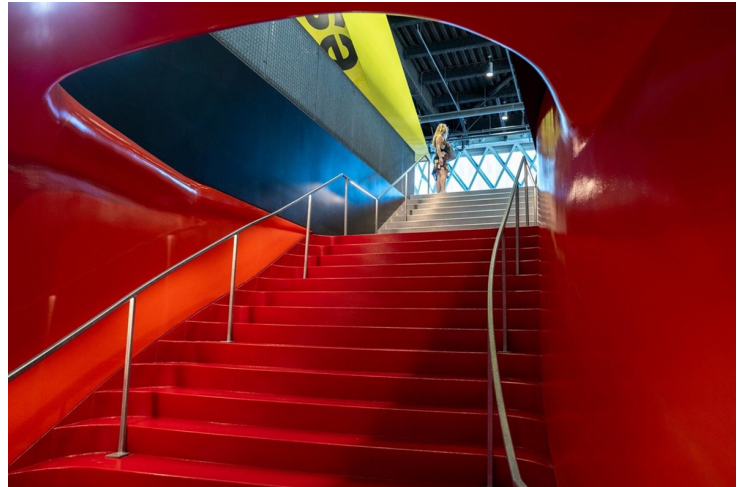
Lamb and Kid	206-201-3563
740 Winslow Way E	
Lively Olive	206-488-0854
152 Winslow Way East	
Millstream - 10% off every day	206-842-4495
122 Winslow Way E	
Pegasus Coffee	206-317-6914
131 Parfitt Way, Bainbridge Island	
Pleasant Beach Living	206-905-7763
4642 Lynwood Center Rd NE Ste 139	
Plum	206-201-3654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

SEATTLE CENTRAL LIBRARY & THE NY PUBLIC LIBRARY // JULY 1-31, 2026

Comparative Images by Photographer Jane Herzog

The theme of Jane's exhibit is a comparison between the architecture of the Seattle Central Library—a deconstructivist building designed by Rem Koolhaas featuring a diamond-shaped glass and steel facade with five platforms—and the flagship branch of the New York Public Library, a Beaux-Arts landmark, known for its grand architecture, research collections, and iconic marble lions, Patience and Fortitude.

Jane's images can be seen online: <https://biseniorcenter.org> (click on Galleries) during the month of July.



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

4TH OF JULY 2026: PRINT EXHIBITION WINNERS // August 1-31, 2026

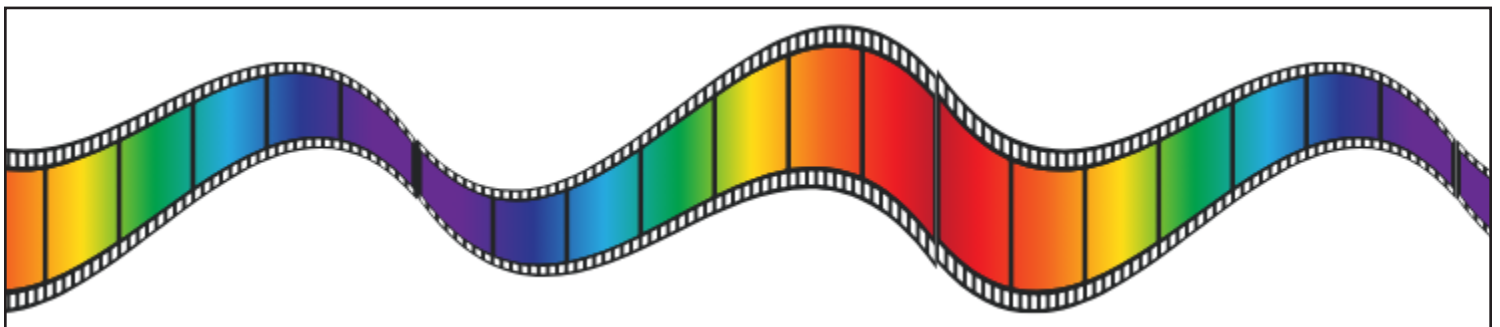


The winners of the People's Choice Awards from the Bainbridge Island Photo Club (BIPC) Annual July 4th Print Exhibit will be on display on The Pat Egaas Gallery Ledge in the lobby of the Senior Center for the month of August. Stop by to take a look and see a sampling of the talent from these Photo Club members.

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

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

First Place Winner from 2025: "YOSEMITE VALLEY" by Chuck Eklun



Have a vehicle gathering dust? Downsizing? Want to feel good twice? Donate that vehicle, or boat, running or not.

We'll put it to good use for a good cause: your Bainbridge Island Senior & Community Center.

Your generous partnership helps us continue offering a robust variety of activities, classes, concerts, exhibitions, connection, support, and good times!

All types of vehicles are welcome: cars, trucks, motorcycles, RV's, and, yes, boats! (Must have their own trailer, please.) After all, we ARE an island. Thank you.

Call 888-422-7751 (888-4-CARS-51) to donate your vehicle to the Bainbridge Island Senior & Community Center.

Or contact Todd Girouard, Major Gifts Officer: todd@biseniorcenter.org

We are a 501(c) nonprofit. Tax ID: 91-1232334

**Consult your tax advisor*



TESTIMONIALS

Nothing makes us happier than hearing how happy we make you!



Testimonials mean so much because they reflect the friendships, support, joy, and sense of belonging our community creates every day. Hearing how the Center impacts lives reminds us why BISCC is such a special place for so many people. We'd love to hear from you!

"I have been involved with this wonderful Center for many years. It has grown into a vibrant, vital part of the Bainbridge Island community. We are so fortunate!!"

"I love the welcoming friendliness & huge variety of activities"

"BISCC is an absolute island treasure ... I enjoy browsing the fun Thrift Store and am in awe of all the programs & activities y'all provide"

Waterfront — THRIFT SHOP — FRIENDS!



Great finds.



Great prices.



Great company.

SHOP. SUPPORT. SMILE. ♥



♥ Thank you ♥
for supporting our community!

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!



Thank You Officer Zach, BIPD for stopping by and chatting with us at BISCC!



BISCC trip to Port Townsend Aero Museum followed by lunch and shopping



Tuesday morning BISCC walking group



It's always a pleasure to welcome our friends from Shalom Hospice to BISCC!



Evergreen Singers perform at Fieldstone Rolling Bay

**Bainbridge Island
Senior/Community Center**

370 Brien Drive SE
Bainbridge Island, WA 98110
Phone: 206-842-1616
E-mail: info@biseniorcenter.org
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 August 7, 2026 (send to mimi@biseniorcenter.org)

Please support our underwriting sponsors!

