



Bainbridge Island
Senior & Community Center

FOR THE PRIME OF YOUR LIFE

June 1, 2026

[Click here](#) to view the weekly email in its 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 area listed online, to make this email short & easy 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.

One podcast this week:

Friday: Politics Friday with David Harrison - David Harrison joins us for analysis of the national political scene, as he does every month. This month: Paxton and the Senate races, the Iran War, the Slush Fund and other Congressional battles

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 podcast

Rachel Pritchett - Parks Commissioner - We caught up with Rachel Pritchett, the most recently elected Bainbridge Island Metro Park & Recreation District Commissioner. We discussed her priorities, what she sees as parks issues most needed wider public engagement, and other issues.



FRIENDLY REMINDERS FOR THIS WEEK

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

HIGHLIGHTS

Threshold Choir 'Song Respite'

Tue – June 2 - 2p-3p - Conference Room

Enjoy a healing/meditative experience with Agate Pass Threshold Choir. They will share the soothing blend of their voices, as they sing restful songs with gentle messages meant to help create an oasis of grace, peace, and comfort, bringing calmness.

[Register required online](#) by calling the Front Desk (four-person max for limited 15-minute slots available)



Collette Travel Presentations 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!

[Spotlight on New York City](#) - Discounted price thru 8/22/06 - Depart 2/22/27

[Discover Spain & Portugal](#) - discounted price thru 9/30/26 - Depart 3/31/27

[Italy's Treasures](#) - Discounted price thru 10/22/26 - Depart 5/2/27

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.



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

Next series: Weds, June 3 thru July 1 – \$15

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

Adventures in Travel: Wed, June 3rd - 1p-3p - Dining Room - [Register online](#) or call the Front Desk (optional)

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

We're inviting people to share their trips, either a recent trip or one from the past. Contact Sam Bardelson at stbard@mac.com for more information or to be put on the schedule.

We are pleased to announce the [The Chive Mind of the Bainbridge Improv Collective](#) will return for another performance!

The Youth Improv Team (grades 6-12), hits the stage with a high-energy afternoon of comedy created entirely in the moment. No scripts. No plan. Just live improv - Come see what they create. Then be part of it.

Thursday, June 4th, 4:30–5:30 PM Huney Hall No charge
[Register online \(under Presentations\)](#) or call the Front Desk (206)842-1616 to save your seat.



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

bainbridge-island-senior-community-center.monkeypod.io/mailcoach/webview/campaign/a1dff2d-f8ab-40df-a0a0-b54d2db1f3a5
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.

New Member Get-Together: NEW & EXISTING MEMBERS WELCOME!

Friday, June 5th - 2:30-4:00 pm - 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

[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!



Falling Together, with Stephen Brown

Weds - 11:30a-12:30p – Huney Hall - \$15 series

Must register for entire series - 15 person max

[Reserve your spot online](#) or call the Front Desk

Next Series – June 3 to July 1

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

GENTLE BEGINNING YOGA- **canceled june 3** - Wed - 3p - 4:15p - Huney Hall Wed.

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**

12:00 PM – 12:45 PM - Dining Room

Thursday – June 4 - Creole Baked Fish Over Brown Rice

Friday – June 5 - National Doughnut Day - Italian Herb Baked Chicken Over Quinoa

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 time to get your applications in for the **Senior Farmers Market Nutrition Program**

Get fresh fruit and vegetables while you support local farmers. Income-eligible seniors are issued EBT-style benefit cards, which can be used at approved farmers markets and participating farm stands.



Questions? Please call 360-377-8511 or toll-free 1-888-877-8511 or [click here](#) to learn more

Click Here To Apply or get a hardcopy at BISCC

***** TRIPS & TRAVEL *****

Call the Front Desk to register

*** Bainbridge Cemetery Tour ***

Discover Bainbridge's Past – One Headstone at a time. Join us as we welcome Lyndsey Olges from the Bainbridge Island History Museum and Ashley Riley from Bainbridge Grave Folk to be our tour guides as we visit Port Blakely Cemetary, Kane Cemetary (Port Madison Cemetary) and Seabold Cemetary.

Wednesday, June 17th - Cost \$10

Call the Front Desk to register

**Join us to learn about
Bainbridge Cemeteries**

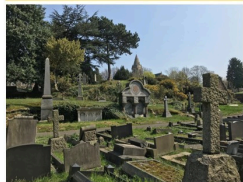
**Wednesday
June 17, 2026
Cost: \$10.00**

Our guides for this excursion:

Lyndsey Olges—BI History Museum

Ashley Riley—Bainbridge Grave Folk

**We will visit: Port Blakely Cemetery,
Kane Cemetery, and Seabold Cemetery.**



Deadline to sign up: June 12, 2026

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

June 9 – Trader Joes & The Trails

Our recurring programs are listed online, to make this email short & easy to read.

LANGUAGE, LITERATURE & MORE

FUN FITNESS

COMING SOON

Declaration of Independence Study

Read • Reflect • Discuss

Join us for a thoughtful two-session workshop exploring one of the most influential documents in history.

Over the course of two sessions, we will read the text word-by-word

Together, we'll also begin translating the document into contemporary language, making its ideas more accessible and relevant today.

Mondays, June 15 & June 22 - 12:30 PM – 2:00 PM - Dining Room

Limited seating – [Register online](#) or call the Front Desk to save your seat

Join us 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.**

"Chair Zumba" continues!

Wednesdays - 11:30 PM – 12:15 PM - Dining Room - \$4 per class

Effective June 10th thru August 19th

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.

[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.

Visually Impaired Persons (VIP): 2nd Wednesday each month with guest speakers and fun-activities/topics - 1:30 to 3:30 in Dining Room - Call (206) 780-2835 for more info, transportation, or to RSVP. **Next session June 10th**

IN OUR COMMUNITY



A Memory Café

for people with memory loss and their care partners

Take time out of your day to relax, socialize, and meet people who are experiencing the challenges of memory loss or caring for someone who is.

This month's café will feature a craft activity led by two local artists passionate about sharing their creativity with the community. Coffee, tea, and light snacks will be served.

Friday, June 12, 2026
10:00 – 11:30 AM

Fire Station 21
Bainbridge Island
8895 Madison Ave NE

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

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.

Island Volunteer Caregivers | **Bainbridge Island Senior/Community Center** | **HRB HOUSING RESOURCES BAINBRIDGE** | **BLOEDEL RESERVE** | **AUBIN APHASIA Resource Center**

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.

For questions regarding programs, activities or classes please feel free to contact Lena Wilson, Program Manager at lana@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!)



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