Splash!

September - October 2026

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



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

370 Brien Drive SE, Bainbridge Island, WA 98110
Phone: 206-842-1616
Email: info@biseniorcenter.org Website: www.biseniorcenter.org

We are closed:
September 7th & October 12th

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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Getting Over Our Stereotypes



Ageism is ingrained in our society. In fact, there are many ways we refer to aging that don't contribute to an appreciation of the value that comes to us as we live longer lives. Ever heard someone complain of "a senior moment"? Me too! Out of my own mouth!

Even the word "senior" can have negative connotations. And "senior community centers?" Often mischaracterized as a "place" for the aged and infirm.

Here on Bainbridge, person by person we've been helping to reframe the idea of a community center as something that speaks to all generations: our center is a vital community resource that is helping people as they live longer, healthier lives.

And we aren't resting!

We have a continuing commitment to listen—with meaningful conversations at membership meetings, being open to inaugurating new programs, and collaborating with other nonprofits in our community to assess needs and jointly respond. In addition, your Center's staff is continually learning from the wider human services community how to stay relevant and current.

As a result, this is a place of possibility, contribution, and growth for people as we age (and we start aging the day we are born). We seek out opportunities for intergenerational collaboration, encourage healthy communication and mutual support, and provide valuable information and resources.

I recently attended an online webinar by the National Centers to Reframe Aging that focused on an extended research project about senior community centers is Pennsylvania. One of their key findings: current community center participants are the most effective ambassadors to share with others the vital, valuable connection that Centers like ours offer.

Spread the word!









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!

LifeTalks: Connect Through Intentional Conversation
Presented by Virginia Mason Franciscan Health, aka Common Spirit

Virginia Mason Franciscan Health
A member of CommonSpirit

Looking for meaningful conversation and deeper connection? Join LifeTalks, an 8-week program designed to bring people together through thoughtful reflection, shared stories, and engaging conversation. Each week, we'll explore a new topic—from memories and life's turning points to friendship, work, history, and legacy. It's a wonderful opportunity to make new friends, feel more connected, and share your story.

Mondays: October 5, 19, 26 & November 9, 16, 23, 30 & December 7
12:00–2:00 PM - Dining Room
Limited to 8–12 participants
Sign up online through My Active Center or call the Front Desk to reserve your spot!



Readers Theater Is Back!

Join us for a new series of rehearsals building up to a big final performance. It's "theater of the mind" — no lines to memorize, just a love of storytelling.
Schedule:
Mondays, 1:45–3:15 PM, Conference Room
Dates: Sept 14, 21, 28, Oct 19, 26, Nov 2, Nov 9
(Note: Nov 2 session is shortened to 1 hour and will be held in the Dining Room instead)
Final Performance:
Friday, Nov 13, 3:00–4:00 PM, Huney Hall
Registration: You must sign up for the full series — register online or at the Front Desk

Relax & Recharge—You Deserve It!

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

Wednesday, September 23 & October 21
1:00 PM – 4:00 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! Spots are limited! To give every member a chance to enjoy this service, please register monthly online or by calling the front desk. Need additional visits? Maxwell is happy to help you schedule extra appointments with Sacred Zenith.



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

Mindfulness Self Compassion Series
A Little More Kindness—Especially for Yourself

Life can be challenging. This four-week, evidence-based training offers a welcoming space to learn ways to be more gentle and supportive of yourself during difficult times, while also reconnecting with the meaning, joy, and goodness in your life.

Mondays: Sept 14, 21, 28, & Oct 5
11:30a – 1p

With Catherine Kelleher, retired nurse and educator

Commitment to all 4 classes is required. Limited to 12 participants

Sign up through My Active Center or call the BISCC Front Desk at 206-842-1616.

Give yourself the gift of a little more kindness and compassion.

Mindfulness-Based Stress Reduction Series

Looking for simple ways to feel more grounded, support your well-being, and better navigate life's ups and downs?

Mondays: Oct 19th, 26th, Nov 2nd, & 9th
9:30a – 11a

Join Catherine Kelleher, retired nurse and educator, for this welcoming, evidence-based 4-week series.

Commitment to all 4 classes required. Limited to 12 participants

Sign up through My Active Center or call the BISCC front desk at 206-842-1616.

Come learn, breathe, and build tools for greater well-being!

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

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.

Lifelong Learning at BISCC!

The U.S. Constitution series is back by popular demand!

Retired high school and university teacher Peggy Muir leads a word-by-word exploration of the U.S. Constitution.

Wednesdays: October 21 through November 25
11:15 a.m.–12:45 p.m. | Dining Room

Seating is limited, and registration is required for the full series — sign up through MyActiveCenter or by calling the Front Desk.

Declaration of Independence Study

Join us for an engaging two-session workshop diving into one of history's most significant documents. Across both sessions, facilitator Peggy Muir will guide us through a close, word-by-word reading of the text. Together, we'll also work on translating the document into modern language, helping bring its ideas to life for today's world.

Wednesdays: October 7 & 14
11:15 a.m. – 12:45 p.m. – Dining Room

Seating is limited – reserve your spot online or by calling 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 or listen on Spotify or Apple.

Check out the full upcoming schedule and view prior programs at biseniorcenter.org/calendar

Sponsored by:



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

Tech Support at BISCC

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 Kids:
Mondays: September 21st / October 19th / New Time – 3:45pm – 4:45pm
(Newly added) Saturdays: September 12th / October 3rd – 10:00am – 11:00am

Tech Help with Deb Allen:
Alternating Tuesdays from 11:00 AM – 12:30 PM
1st Mondays each month from 2:30 – 4pm beginning in October

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.

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.

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.

1st & 3rd Wed 10:00a – 11:00a Zoom

Sept 2...Canceled
Sept 16. Songs from where you were born
Oct 7.....Songs about Weather
Oct 21....Creepy Halloween Songs

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.

Agate Pass Threshold Choir Song Respite

Tues, September 8th, 12– 1p; BISCC Conference Room

Take a quiet pause and let the voices of Agate Pass Threshold Choir wash over you. Their live, a cappella harmonies offer gentle, healing songs meant to ease the mind and open a small space of peace, grace, and comfort — a true oasis of calm in the middle of your day.

15-minute sessions • Up to 4 people per slot
Space is limited — registration required
Reserve your seat online or through the Front Desk.



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.

Ongoing Groups

Our Walking Groups are 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, 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.

New Member Get-Together
September 4 & October 2 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.

Alzheimers/Dementia Support Group for Caregivers

September 14; 9:30-11am in the BISCC 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.

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	second Saturdays	10:00a – 12:00p	Conference Room
LGBTQ+ and allies mutual support	third Saturdays	2:00p - 4:00p	CUPS drop in
	fourth Fridays	3:00p - 4:30p	CUPS drop in

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

T'ai Chi & Yoga

T'ai Chi Chih® with Bill Nakao
Fridays, Sept 11 through Oct 30 | 9:30–10:45 AM | Dining Room - $50 series
T'ai Chi Chih® is a modern, gentle form of T'ai Chi that enhances the flow of Qi, the body's internal energy. Through slow, mindful movements, participants tone and strengthen muscles while minimizing stress on the joints.
Often described as a moving meditation, T'ai Chi Chih® promotes relaxation, balance, and mental calm. Classes are taught sequentially, so weekly attendance is strongly encouraged to receive the full benefit of the series.Register online or call the Front Desk to join the flow!

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
August 31- September 28th — Monday — 4:30 - 5:20p — Huney Hall $15/series

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
September 2 - September 30 — Tuesday — 4:15 - 5:05p — Dining Room $15/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.
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. **$5 drop-in or save $10 at $15 for series.**
CURRENT SERIES: Aug14- Sept 11 NEXT SERIES: Sept 18 - Oct 16. FOLLOWING SERIES: Oct 23 - Nov 20

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

Writing & Fitness

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
Returns September 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

Writing Group — First Wednesdays — 9:30a - 11a — 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

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! Come try it out or simply observe and enjoy the fun atmosphere. Rhythm, counting, wall changes and the most common steps used in many dances. The first class of each month covers the basics. Each week we will build on what we learned and by month's end we'll put it all together into a dance. 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

Join Lisa Farrell for fun, easy-to-follow choreography that helps improve balance, range of motion & coordination!
No class: Sept. 1, 3, 8 & 10

Chair Zumba — Tuesdays — 3:30-4:15p — Dining Room $4/class

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

Cards, Books, & Languages!

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 *Limit 16 people. Please register via MyActiveCenter or call the Front Desk*	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 *Min 4 people / Max 8 Please register via MyActiveCenter or call the Front Desk*	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

Waterfront Book Group **3rd Tuesday, 1:00 - 2:00 pm** **Conference Room and Zoom**

Sept 15 – War on the Border – Jeff Guinn
Oct 20 – Frankenstein – Mary Shelley

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**

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

Languages

French Book Group Monday 9:00a – 10:00a Zoom

A group meeting via Zoom that enjoys reading books in French together! To join mail info@biseniorcenter.org

German Conversation Wednesday 3:00p – 4:00p Zoom

Sprechen sie Deutsch? Join us for wide ranging conversations! Link in weekly email or biseniorcenter.org/email

Italian Conversation Club Wednesday 1:30p – 3:30p Conference Room

This group is open to all levels, parliamo insieme tutti quanti!

Mandarin Chinese **Monday** **1:00p – 2:00p** **Zoom**

Continues as small group. Email Ken Stern (kenphone26@gmail.com) to learn more about dates, times, and details.

Spanish Conversation Monday 10:00a –12:00p Zoom

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.

Travel, Trips & Tours

Collette Travel Presentation
Monday Sept 28 - 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:

- Norway
  Depart July 1, 2027 – Discounted price due date Dec 1, 2026
- Plains of Africa
  Depart June 1, 2027 - Discounted price due date Jan 1, 2027
- Canadian Maritimes and Coastal Wonders
  Depart Aug 1, 2027 - Discounted price due date Feb 1, 2027

collette
celebrating 100 years of travel together

Discover new places, get inspired, and start planning your next adventure!

Adventures in Travel – Returning September 2nd!
See the world from the comfort of the Senior & Community Center!

The first Wednesday of the month from 1p-3p in the BISCC Dining Room.

September 2nd — Dave and Gail Christensen take us on a sailing trip from Alaska to Europe and back in 1990-97.
October 7th — Phil Early takes us on a tour of northern India at the beginning of the Modi era. Unvarnished view of the people, places, and wildlife.

Register online or call the Front Desk to save your seat

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.

September 8
(Trader Joe's & Michaels)

October 13
(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

SOON TO BE SCHEDULED
Watch for flyers, weekly emails, social media & the travel board at BISCC for more details on upcoming trips:

- Bloedel Reserve
- LeMay Car Museum

Movies & Art!

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.



Sept 11: Blast from the Past After spending his entire life in an underground bomb shelter due to his excentric father's belief in a nuclear attack, a naive young man emerges to find an unexpectedly intact world, and love.

Sept 25: Mamma Mia! To the dismay of her mother, a spirited bride-to-be invites three men from her mother's past to the wedding in an attempt to discern which one is her biological father.

Oct 9: Flow A beautiful, mystical and magical Oscar winning animated tale of an unlikely band of animals who band together to survive a devastating flood.

Oct 23: Hamnet The powerful and emotional Oscar winning story of love and loss that inspired the creation of Shakespeare's timeless masterpiece, Hamlet.

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.)*

September 1: Build a yard art piece using decorative plates and glass items from your kitchen or local thrift stores. You'll bring home a splash of color to brighten up your garden, patio, or potted plant. Supplies will be provided but if you have a favorite small plate, teacup or glassware, bring along to personalize your creation. Led by Meredith Patterson and Holly Sprunk.

September 15: Explore the art of Scherenschnitte (German scissor cutting) and Kirigami (Japanese folded paper cutting). Patterns will be given and you will create simple to intricate paper cut-outs. Cynthia Herrick will facilitate. Class max 10

September 29 – Open Workshop - Bring your favorite project and enjoy a relaxed, creative space to work independently.

October 6: A "lavender in glass" project is the theme for this class, crafting with decoupage applied to ornate glass bottles. We'll finish our gorgeous bottles by filling them with dried flowers and lavender sprigs. All supplies are provided. Led by Meredith Patterson.

October 20: Discover Suminagashi, the ancient art of Japanese paper marbling. It is easy and fun to do with just a few supplies which will be included. Cynthia Herrick will facilitate. Class max 10

Bainbridge Arts and Crafts

September 22: Brianna Hunt will be teaching Print with nature! Using leaves, flowers, and other found materials, you will learn how to utilize any object as a printing material as you create a personalized art piece to take home.

October 27: Karen Cornell will be teaching Day of the Dead Painted and Decorated Masks. Masks and materials provided.

BIMA Art in Action (Community Arts)

September 8: Hand-Quilted and Embroidered Artist Book Covers: Using fabric, thread, and found items, we will hand-quilt and embroider an artist book cover. Inspired by Carletta Carrington Wilson's Object Lessons and Handwork 2026.

October 13: Paper mache or wire art sculptures, inspired by BIMA's Fall/Winter Pratt Fine Arts Center @ 50 exhibition (part of Handwork 2026)

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	Sept 9 & Oct 14	7:00p – 9:00p	Huney Hall
Photo Club Workshops	Sept 16 & Oct 21	7:00p – 9:00p	Huney Hall

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

Falling Together with Stephen Brown

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.

BISCC Potluck and Brown Bag Lunch

September 15 & October 20
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.

Remember the Center!

Planned giving is a great way to build-in support for BISCC. You can think about how your required IRA distribution, appreciated stock, or other assets could help BISCC today and help you avoid taxes. Consider making the Center a beneficiary of an account, insurance policy, or in your will. You can learn more at biseniorcenter.org/planned-giving

Leave10
KITSAP

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 to change your delivery option.

Health & Services

Island Volunteer Caregivers
Helping Hands, Open Hearts

IVC enriches our community by connecting volunteers with neighbors who are aging, living with disabilities, or facing challenges, with resources to support independent and fulfilling lives. 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 at 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

Free, Friendly Help Awaits!

Sit down with a SHIBA representative to have your questions answered. Call Helpline House at 206-842-7621 to schedule your appointment today!

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

Fall season is on its way and National Falls Prevention week is September 21- 25! 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)

September 9 & October 14
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 Friday Participating Businesses

FOB Friends: Celtic Crossroads NW

Debbie and Maxx Sonandre's shop not only honors their heritage, but they also support "mom and pop" businesses both at home and abroad. They import only the finest quality handmade products from Celtic Nations in Scotland, Ireland, Wales, and Cornwall and from a small select group of local artisans. The product line specializes in woolens, clothing, glassware, and fine jewelry.

380 Winslow Way E Ste 102

(360) 344-2123

https://www.celticcrossroadsnw.com

Bainbridge Island Senior/Community Center

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 (Seattle Children's) **206-842-5567**
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

Celtic Crossroads NW 360-344-2123
380 Winslow Way E Ste 102

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

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

Wildernest 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)

On the BI Photo Club's Pat Egaas Gallery. . .

PHOTOGRAPHIC COLLAGES // September 1-30, 2026

Images by Photographer Rob Wagoner



I have been an avid abstract photographer for 18 years. I focus on two things in my photography. I try to look at common objects in uncommon ways and I use photography as a springboard to further my creativity & expand the meaning of "what a photograph can be".

Recently, I have begun experimenting with creating my own "photo collages" taking between 5-8 of my images and layering them at different opacities to create abstract compositions. In creating these layered images, the starting point is an idea for a collage based on 1. an expression of a connected theme in the group of images; 2. simply a graphic design composition; or 3. a significant past or current historical event or societal issue.

Photo collages have been created for almost 200 years in photography and up until 1940 were created with cutting & pasting and then shooting the pasted image. Now with the technology of Photo Shop, AI and other programs, collages can be created digitally. My hope with this show is to expose those viewing it to another way of looking at photography, different from simply capturing a scene.

My images can be seen online: https://biseniorcenter.org (click on Galleries) during the month of September. There will be an online discussion of my images at 1:30 PM on Tuesday, September 15. The link will be on the BISCC website in the Gallery section and in their newsletter in early September.

ONE CAMERA, ONE LENS, ONE ISLAND, ONE YEAR // October 1-31, 2026

Images by Photographer Robert Ardinger



Last August I started using a digital version of a type of film camera that I have used for over 50 years. Operating this camera is a bit different that most current cameras and takes a bit of practice to use it well. I started practicing around my Bainbridge Island neighborhood, mostly taking pictures of things just to see what they "looked like in photographs" *. After a month or so I had a few pictures that I kind of liked. They were informal images of things that caught my eye. I thought it would be a fun challenge to see what could be done using this camera (One Camera), with the same lens (One Lens), photographing on Bainbridge Island (One Island) for a calendar year (One Year).

My images can be seen online: https://biseniorcenter.org (click on Galleries) during the month of October. There will be an online discussion of my images in October. The link will be on the BISCC website in the Gallery section and in their newsletter in early October.

Bainbridge Island Senior and Community Center is pleased to welcome Rhonda Parks Manville as the center's new Director of Development & Donor Communications.



She comes to the center with extensive experience in capital campaign fundraising, marketing communications and leadership, and will be charged with overseeing our capital campaign to build a new Bainbridge Island Senior and Community Center.

"I had the privilege of helping the center with a fundraising project several years ago and honestly never had so much fun working with a group of staff and volunteers," Rhonda said. "I love the joy and enthusiasm at the center and encourage everyone to come down and experience it. It's vitally important to build a new center for all the goodness the center has to offer people of all ages."

In the last decade, Rhonda worked on the $6.8 million campaign for a new pet adoption center at Kitsap Humane Society and on the $30 million capital campaign to build a new shelter and veterinary teaching hospital at Seattle Humane. She most recently worked at LifeCenter Northwest, an organ procurement organization serving four states, where she led a communications and community relations team.

Rhonda and her husband Todd have lived on the island for 22 years and have a daughter, Chloe, who lives in Brooklyn, and a goofy husky.

Support for the expansion project

The enthusiasm of expanding the Center to meet the needs of our island today and tomorrow is spreading.

In recommending BISCC for a state grant, Rep. Greg Nance wrote that "connection across generations is not incidental to healthy communities — it is the foundation of them." Joanne Maher, Island Volunteer Caregivers executive director agreed: The Center's "collaboration is important because the project is about more than adding physical space. It is about creating a facility that reflects how our community is changing and provides opportunities for organizations to work together to meet those changing needs."

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.

888-4-CARS-51 (888-422-7751)
Easy Process | Free Towing | Tax Benefits
biseniorcenter.careasy.org



A wonderful visit with our friends from Pike Market SC



Program representatives at our Activities Expo



A little housekeeping ...



4th of July Drummers



Friends & Music!



Shop for treasures at Waterfront Thrift!

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 October 2, 2026 (send to mimi@biseniorcenter.org)

Please support our underwriting sponsors!

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we care completely from our heART

bainbridge senior living

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