Splash!

November - December 2026

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

Making Spirits Bright

at the

Bainbridge Island Senior & Community Center



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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:
November 26 & 27
December 25 & January 1

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

Board of Directors

President: Eleanor Weinel
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You Belong Here



The Bainbridge Island Senior & Community Center has been part of a statewide, 10-community pilot program to assess wellbeing challenges to older adults in Washington conducted by BetterAge. One of the key findings of the 10-month study is that as we age, we can face multiple, interconnected challenges: chronic conditions, low digital confidence, social isolation, and a reluctance to ask for help. What this means in practice is that if we address one challenge in isolation it is unlikely to be successful.

However, if we were to pick one challenge that I think is a key to the others, I'd pick social isolation.

While loneliness has been identified as epidemic, the BetterAge survey found that loneliness is just one component of social isolation. A lack of belonging, limited or low social support, and social anxiety also feed into a sense of isolation. Because of this, folks who may most benefit from support are also among the least likely to seek it.

One of our key program strategies here at BISCC is to set up low-risk opportunities to experience community. As members of the Center, we can help this experience be successful by making a point of welcoming someone new in our class, at the coffee bar, or nosing around Waterfront Thrift. That invitation at friendship can lower social anxiety, offer a sense of belonging, and open the door to finding social support.

To this end, I want to express my deep gratitude to the many of you who volunteer as facilitators of programs and activities here – giving generously of your own time and expertise. Your offerings are themselves a form of welcome that pays dividends to the people you touch beyond what you can know. Your commitment shows up in your reliability, preparation, friendly engagement, coordination with our small staff, and flexibility. Thank you. May you be blessed as your volunteer work blesses others!

Parkinson's Today A Conversation on Care, Treatment, and Living Well

Join us for an education event exploring Parkinson's through practical information, helpful resources, and a live question-driven conversation with a slate of experts. **Whether you're new to Parkinson's, caring for someone who is, or part of the support team—you belong here.**

Saturday, Nov. 7

Bainbridge Island Senior Center
370 Brien Drive SE,
Bainbridge Island 98110

1:30 pm - 4:45 pm
Doors open at 1:00

FREE PROGRAM

Registration Required

Register at **apda.link/PDbi26**

Featured Topics

- Exercise
- Non-motor symptoms
- Emerging Treatments
- Q&A with Experts
- Community Resources
- And more!

Our Speakers

Parkinson's Disease Specialists



Anny Lin. MD
UW Neurosciences



Pravin Khemani, MD
Swedish Neurosciences



Jessica Aubin, MS CCC-SLP
Aubin Speech Aphasia



Kaitlin Barr, PT, DPT
Kitsap Physical Therapy

206-695-2905
apdanw@apdaparkinson.org
www.apdaparkinson.org/NW

Bainbridge Island Senior & Community Center

AUBIN APHASIA Speech & Language Center

Our public parking lot is expected to be full due to multiple concurrent events. Carpooling is encouraged and to make things easy, we've arranged a free shuttle. Just park nearby at Helpline House (282 Knechtel Way NE) and we'll whisk you over to BISCC and back.
Shuttle times: 1:00 PM – 1:45 PM and 4:30 PM – 5:15 PM

Join the BISCC Team and make a difference in our community!

We're looking for friendly, reliable volunteers to fill two exciting roles:

- Front Desk Volunteers
- and Bingo Callers!

Whether you enjoy greeting people and helping out at the front desk, or calling numbers and keeping the energy up during bingo, we'd love to have you on board.

To learn more about the roles and how to apply, contact Mary Gibbs at 206-842-1616.

ESTATE PLANNING

Let us know if you've named the Center in your plans.

We want to thank you today for your gift tomorrow!



You are warmly invited to the grand finale of the Readers Theater Group!
Please join us on Friday, November 13, from 3:00 to 4:30 PM at Honey Hall for an afternoon of wonderful storytelling.

Our performers have worked diligently to prepare a special program for you. Experience the magic of "theater of the mind," where the power of the spoken word brings every scene to life.
To ensure we have a seat saved for you, please register at the Front Desk or online.



Join us for an afternoon of fun and laughter as we welcome back The Chive Mind of the Bainbridge Improv Collective!

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.

Friday, Nov 20th - 4:00p – 5:00p - Huney Hall - No charge

Register online or call the Front Desk save your seat

PLEASE SIGN IN

Even if you're here for only a second,
please check in at kiosk!

We use attendance numbers to share the Center's community value.

RECURRING DONATIONS

Consider giving through One Call for All

$20 a month adds up!
and makes us eligible
for Community Fund dollars



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!

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.

NIA Body Movement class
Fridays, 12:15p - 1:15p 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.

Pop-up Session: Facilitated Chair Yoga
Friday, November 6 from 10:00-11:00am in the Dining Room
Join us for a refreshing POP-UP CHAIR YOGA session led by certified instructor Jane Mangue!
This gentle, ADA-friendly class is open to everyone and suitable for all mobility levels. This class is free!
Please register online or call the front desk to reserve your spot.
Don't fret, our regular Chair Yoga (recording) classes will continue every Tuesday from 9:45 to 10:45 a.m. in the dining room.

Sound Bath Sessions
Starting in November, we're moving to a monthly schedule with new session times:
• Thursday, November 12 | 12–1 PM | Huney Hall
• Thursday, December 10 | 12–1 PM | Huney Hall
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

Chair Massage with Maxwell Rossing, LMT of Sacred Zenith
Wednesdays November 18 & December 16
1:00 PM – 4:00 PM (15 minute sessions) in the BISCC 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.

Pop-up Session: Mindful Eating
Monday, December 7 - 9:30–11:00 a.m. - Conference Room
With the holiday season arriving, treats seem to be everywhere making it easier than ever to find ourselves emotional eating. Learn to recognize those triggers and discover ways to make food choices that feel right for you. Join us for a welcoming 1.5-hour class about bringing more awareness to the way we eat, think, and feel about food.
Led by Catherine Kelleher, retired nurse and educator. Space is limited to 12 participants.
Sign up through My Active Center or call the BISCC Front Desk at 206-842-1616

LifeTalks: Connect Through Intentional Conversation

Presented by Virginia Mason Franciscan Health, aka Common Spirit

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.

Virginia Mason Franciscan Health
A member of CommonSpirit

Each week, we'll explore a new topic—from memories and life's turning po history, and legacy. It's a wonderful opportunity to make new friends, feel more connected, and share your story.

Mondays: 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!

Something to Talk About

Something to Talk About has been voted "Best Local Podcast" in the Best of Bainbridge contest for 2026! This recognition follows our 2024 and 2025 honors, including being named a "Kitsap Best of the Best" winner in 2025.
We're deeply grateful to the thousands of community members who voted and helped BISCC earn this recognition. We're proud to celebrate *Something to Talk About* as a favorite on Bainbridge Island and throughout Kitsap County!
We're also honored to be finalists in these categories:

- Community: Nonprofit Organization
- Places: Live Music Venue

This wonderful recognition reflects BISCC's dedication, care, and hard work in creating a welcoming place for our community.

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:

FIELDSTONE® COMMUNITIES

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

BISCC Potluck and Brown Bag Lunch

November 16 & December 15 at 11:30am in the BISCC Dining Room

Bring a favorite dish to share, or your own brown bag lunch. We'll provide coffee, tea, & water. Come enjoy good food and great company!

It's a fantastic chance to socialize and show off your culinary skills (or your favorite takeout spot!). We can't wait to see what delicious creations you bring! Register online or call the Front Desk.



Music!

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: 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

Nov. 4th-Songs from TV shows or Movies
Nov. 18th- no session
Dec. 2nd-Songs about Time
Dec. 16th-Winter Holiday Songs

Sing-Along **Fridays** **11:00a – 12:00p** **Fireside Room**
A community folk sing with volunteer musicians Chuck Salmon, Linda Owens, David Bray, Tony Oliver, Craig Spencer, and you!

Agate Pass Threshold Choir Song Respite

Tues, November 3, 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
November 6 & December 4 from 2:30-4:00 pm in the BISCC Conference Room

New to BISCC or want a 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

November 9 & December 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)

Parkinson's Support Group

2nd Thursday of every month - 11:15 AM – 12:45 PM - Conference Room and via Zoom
Whether you're newly diagnosed or have been on this journey a while, you belong here. Caregivers welcome! All stages of Parkinson's welcome — come for the support, stay for the community.
Register online or call the Front Desk

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® Instruction with Bill Nakao
Next Series TBD - Stay tuned!
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.

*Not suitable for guests who use canes or walkers. Participants must be able to stand and move independently.

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
November 2 - November 30 — 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
November 4 - December 2 — Tuesday — 4:15 - 5:10p — 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. Not suitable for guests who use canes or walkers. Participants must be able to stand and move independently. **$5 drop-in or save $10 at $15 for series.**
CURRENT SERIES: Oct 23 - Nov 20 // Next series: Dec 4 - Jan 15 (CANCELED DECEMBER 4 & 11)

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 — 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 (Nov 6 & Dec 4 class will be in Huney Hall)	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 — Mon-Fri — 9:00a – 4:00p — Waterfront Park Donation

Equipment is available to borrow at the Front Desk - We encourage you to bring a friend along! New to the game? Join us on Tues & Thurs at 11 a.m. to learn the ropes from some of our experienced players. Register online or call the Front Desk.

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!

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**

Nov. 17 – The Familiar by Leigh Bardugo
Dec. 15 – West With Giraffes by Lynda Rutledge

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
Tuesday, Nov 10 – 10:00a-11:00a in the BISCC 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 Highlights of Norway
- Discover Canadian Maritimes and Coastal Wonders

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

collette
celebrating 100 years of travel together

Adventures in Travel – *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.

November 4th: Lawrence Watt-Evans takes us to China in the dead of winter — Beijing, Chengde, Shanghai, Suzhou, and the Great Wall; palaces, temples, streets, and skylines.
December 2nd: Local author Wendy Hinman will talk about sailing adventures as recounted in her two books: Tightwads on the Loose details the 7-year voyage she took around the Pacific with her husband, Garth Wilcox, the hero of her second book Sea Trials, which shares his story of a sail around the globe with his family, surviving a shipwreck, as well as threats from storms, pirates, gun boats, mines, thieves, a broken rig, scurvy, and starvation.

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
Skip the driving and join us for our Silverdale Shopping excursion! It's the perfect way to hit your favorite stores with great company.

We've added an additional shopping day every other month!

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

November 10
Trader Joe's & Costcto
(riders must have Costco card on person)

December 8
(Kitsap Mall)

December 22
(Trader Joes)

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

Free
call the front desk to reserve your spot

Watch for flyers, weekly emails, social media & the travel board at BISCC for more details on upcoming trips.

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

Movies

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.



Nov 13:Michael-The early life and music of Michael Jackson, from the discovery of his talent as the lead of the Jackson Five to the artist who became the biggest entertainer in the world.

Dec 11: The Shop Around the Corner - The classic, 1940 Jimmy Stewart rom-com: Two employees at a gift shop can barely stand each other, without realizing that they are falling in love through the post as each other's anonymous pen pal.

Monday Movie Matinee & Discussion — 3rd Mondays, 2:30-4:30pm — Dining Room

Join us for a relaxing afternoon of film, friendship, and conversation! Enjoy a featured movie followed by a friendly group discussion. This free monthly program is a wonderful way to unwind, connect with others, and share your thoughts about the film.

November 16 – Tampopo - 1987 - Juzo Itami's award winning parody is a charming blend of samurai and oater film traditions. Starring Tsutomu Yamazaki and Nobuko Miyamoto and an unforgettable array of characters exploring the high art of top ramen cuisine.

December 21 - Holiday Inn – 1954 - Bing Crosby, Rosemary Clooney, and Danny Kaye star in this romp of a song and dance musical. This holiday classic takes us from the cross-dressing 'Sisters' to a sentimental 'White Christmas' finale.

Please register online or call the front desk to reserve your seat. We look forward to spending an enjoyable afternoon with you!

Honor Thy Mother: The Untold Story of Aboriginal Women and Their Indipino Children

Tuesday, November 10, 11:00 AM – 12:30 PM in the BISCC Dining Room

Join us for a special screening hosted by Gina Corpuz — Executive Producer of the Indipino documentary, author of The History of the Indipinos of Bainbridge Island, and Advisor to the Bainbridge Island Historical Museum. A Q&A with Gina will follow the film.

Seating is limited — reserve your spot online or call the front desk to save your seat.

Port Madison Dialogues — A Three-Part Film Series

Mondays: December 14, 21 & 28 from 11:00 AM – 12:30 PM - Dining Room

Join us for a special viewing series exploring the history, culture, and contemporary issues facing the Suquamish Tribe. Attend one session or all three!
Session 1 (Dec 14): Since Time Immemorial — Early History – with Special Guest Lisa Jackson, Suquamish Tribal Member & Museum Director
Session 2 (Dec 21): Tribal Sovereignty and Governance
Session 3 (Dec 28): Current Issues Facing the Tribe

Seating is limited — reserve your spot online or call the front desk today!

Pop-Up Card Making series

led by April Donohoe and Carol Austin.

We are excited to have you join us for a creative morning of crafting! Whether you are a seasoned crafter or a complete beginner, come enjoy some company and create something special.

The series takes place on Mondays, November 16, 23, and 30, from 9:15 AM to 11:15 AM in the Dining Room. This program is completely free and all supplies are provided.

Space is limited to 10 participants,. Register online or call the front desk to sign up. While signing up for the full series is recommended, drop-ins are welcome if space allows.

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.)*

November 3: Paper Bag Snowflakes - Turn your paper lunch bags into big showy snowflakes for your holiday decorations. All materials will be provided; just bring your festive spirit! Limit of 10 participants. Led by Nina Wesler

November 17: Learn how to fold a piece of paper to create 4 spaces to color/collage - Cynthia Herrick will facilitate.

December 1: Wildly Colorful Alcohol Ink Cards - Create one-of-a-kind cards using alcohol ink, resulting in an unexpected and beautiful card you can use for holidays or other occasions. Card recipients will be dazzled! All materials provided, limit of 10 participants. Led by Meredith Patterson.

December 15: Deck the halls with unique paper ornaments for holiday decorating. Cynthia Herrick will facilitate.

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

(Community Arts) by Bainbridge Arts and Crafts

November 24 – Instructor Erica Applewhite – When a Card is Much More than a Card with Erica Applewhite

Come make a card that's more like a handmade gift! Two blank cards with envelopes and cello bags will be provided. Various techniques and media will be available to make extravagant cards that double as gifts for your loved ones.

December 22 – Instructor Pamela Lee – Inner Light Keeps us Glowing with Pamela Lee

Our inner light keeps us glowing during dark times and during celebrations! We will be exploring what energizes us, and find a visual expression of this wonderous energy using mixed media of bamboo, paper, glue and paint.

BIMA Art in Action (Community Arts)

November 10: Art inspired by Día de los Muertos

December 8: Holiday card-making

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	Nov 11 & Dec 9	7:00p – 9:00p	Huney Hall
Photo Club Workshops	Nov 18 & Dec 16	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
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

Winter is right around the corner. Let HRB help you look over your home before the winter weather. 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)

November 11 & December 9
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: BonBon Confections

For the past 14 years Bon Bon's mission has always been to supply superior customer service combined with the highest quality confections available. We take pride in making "Bainbridge Island Fudge" and providing a wide selection of specialty chocolates made locally and from around the world, truffles, caramels, licorice, sugar-free sweets, nostalgic candies, and assorted gifts.

230 Winslow Way E

(206) 780-0199

bonboncandies.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. . .

FUNGI // November 1-30, 2026

Images by Photographer Irma Suplee



I'm sure you know it as mushrooms, but the group consists of many other forms. One thing to know about fungi is they are not plants or bacteria. They are more akin to animals since they secrete digestive enzymes to consume their food. In doing so they contribute to the ecosystem by helping decomposition.

Since getting Sally-dog, I've been walking her in the mornings for several years. It is amazing how much one can see while taking a walk around the neighborhood. Accompanied by my trusty mobile phone and being very interested in finding what I consider interesting, unique or unusual, I capture their images.

My images can be seen online: https://biseniorcenter.org (click on Galleries) during the month of November.

LANDSCAPE IMAGES // December 1-31, 2026

Images by Photographer Frank Willmann



I have enjoyed nature photography since my days at Bainbridge High School, where I first discovered how a camera can turn a moment outdoors into something lasting. My first framed print came from my now museum worthy Pentax SP1000, capturing the brilliant golden subalpine larches in Washington's Enchantments on a crisp fall morning. That was the scene that convinced me to keep carrying a camera.

Today I use a mirrorless Fujifilm X T30, a great lightweight choice for wandering trails, scrambling over rocks, and exploring wide landscapes. My photographs highlight travels through the wonderfully varied scenery of the western United States and Canada. Each image reveals a small piece of the places that continue to inspire me, and I am excited to share them.

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

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!

Tech Support at BISCC (ADVANCED REGISTRATION REQUIRED)

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:
Third Mondays each month from 3:45pm – 4:45pm
First Saturdays each month from 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

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.





Licensed Medicare Advisor
Serving Kitsap County and
Proud Sponsor of BISCC



Eric Suhadolc
(360) 644-7272
EricS@MedicareOptimized.com

MEDICARE OPTIMIZED

Providing Medicare education
and informational guidance
to local residents

I do not offer every plan available in your area. Currently I represent 8 organizations which offer over 80 products. Any information provided is limited to those plans that I do offer in your area. Please contact Medicare.gov, 1-800-MEDICARE, or your local State Health Insurance Program (SHIP) to get information on all your options.

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HRB HOUSING RESOURCES BAINBRIDGE

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.

A Bright Future for our Community

The building project continues apace. We have completed the construction documents and applied to the city for a building permit. While ground breaking for our expanded Center is still some time away, we're continuing to secure commitments from funders, engage foundations and other funding organizations, and spread the word!





Our van just got a snazzy new look! Check out the before-and-after photos to see the transformation. There is so much fun waiting for you—sign up for one of our upcoming trips today!



Our annual BISCC BBQ



Another successful Resource Fair in the books!



BISCC was honored to host Indigenous Peoples' Day



BISCC takes a walk at Bloedel Reserve

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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Bainbridge Island Senior/Community Center

CITY OF BAINBRIDGE ISLAND

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

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.

Deadline for the next issue is December 4, 2026 (send to mimi@biseniorcenter.org)

Please support our underwriting sponsors!

ARTiCARE
we care completely from our he ART

bainbridge senior living

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