

50+ Activities at BISCC and Beyond

The 50+ Activities at the Senior Community Center offer opportunities to keep active in mind, body and spirit, meet other people, make new friends, volunteer and enjoy life. Please stop by Monday-Friday, 8:30a-4:00p for a cup of coffee and to learn more about us.

For paid classes you may register online (www.biparks.org), at the 50+Center or at the Park District Office. For our Free classes, events and programs, out of courtesy to our guest speakers, event planners and instructors, please register at the 50+ Center, 206-842-1616, online at www.biparks.org, or email info@biseniorcenter.org. There may be financial assistance available for programs. Contact Eileen Magnuson at 842-1616. **SIGN UP FOR MONTHLY E-NEWSLETTER (send email to info@biseniorcenter.org)**

SPECIAL CLASSES, EVENTS & PARTIES

WELL BEING CLASSES

RETIREMENT HOUSING: UNDERSTANDING YOUR OPTIONS

To move or to stay; that is the question. Is it possible to stay in my own home? How can I maximize that possibility? Is that prudent? What's the difference between assisted living and an adult family home? Why are assisted living communities so different from each other? Who pays for long-term care? What's a CCRC? Come and participate in Jeannette's briefing on choices of where to live and help us all start to answer these questions and many more.

Jeannette Franks, PhD, is your friendly neighborhood gerontologist & teaches a course on grief & loss & a course on Medicare/Medicaid for University of Washington Social Work Continuing Education. She served for nine years on the Kitsap County Advisory Council on Aging and is a Hospice volunteer. She also serves on the Board of the BI Senior Community Center and wrote a book on assisted living.

Activity# 562421
W 2:00 9/7 Free **01**

Sec# 01

SEPTEMBER IS FALL PREVENTION AND AWARENESS MONTH!

Falls are the most common injury among Washington residents age 65 or older: in 2000, falls accounted for 77% of unintentional injury hospitalizations and 59% of unintentional injury death in the 65 or older population.

Please see the September/October BISCC Newsletter for more information about Fall Prevention.

HEARING LOSS: BEYOND HEARING AIDS

PART ONE: Having trouble tackling the phone? Call "TED"

Find out about the Telecommunications Equipment Distribution Program and how it can help. Penny Allen, a contracted trainer, will show you various phones and signaling devices available either free or at reduced cost through this little-known state program. Learn some strategies for effective telephone communication. Interested in the new captioned telephone? You can see it in action! Penny is also a volunteer for the Hearing Loss Association of Washington and will be glad, if time permits, to answer any questions related to hearing loss.

Activity# 562420
W 2:00p 9/21 Free **01**

Sec# 01

PART TWO: Assistive Technology

Laura Cummings from the Hearing, Speech & Deafness Center will demonstrate the latest technology available. She will bring sample equipment (i.e. amplified phones, alarm clocks, TV listening devices) and provide demonstrations on the use of that equipment. She can also provide resources for where to purchase similar items and discount programs for those with low-income.

Activity# 562420
W 2:00p 10/19 Free **02**

Sec# 02

MEDICARE WORKSHOP

Learn how Medicare works and how to enroll-Medicare Part A & B, Medicare Part C (Medicare Health Plans) and the Drug benefit Part D. We will look at how Medicare works with other types of insurance, Supplemental Retirement Health Plans and other types of insurance. **Genevieve Moyer, SHIBA volunteer.**

Activity# 566001
W 7:00-8:30p 10/5 Free **01**

Sec# 01

"FULL WOMAN" with Linda Wolf

Longtime islander Linda Wolf is mostly known for her work with teen girls and Teen Talking Circles. But through the years, she has attended to her first love – photography. Inspired by Rachel Bagby's haunting chant, "Full Woman," Wolf has assembled a remarkable collection of portraits from the "terabyte's worth" she has taken between 1969 and 2011, of females from all over the world. Deeply rooted in the conscious, creative life, Wolf combined her interests in feminism and global citizenry to create a slideshow to the soundtrack of "Full Woman," to remind us "how we need to be honored for how we are, naturally. How valuable we are, how beautiful, how outstanding we are just as human beings." Join Linda for conversation and inspiration.

Activity#566003
W 7:00p 9/21 Free **01**

Sec# 01

MONEY: WORRY LESS & FEEL GOOD AGAIN Insights for Understanding & Action

Are you satisfied & at peace with your financial situation or not so much? Have things changed for you money-wise – do you want to make a change?

If we're worrying, uncertain, or feeling stuck about money it wears on our daily life and damages financial wellbeing. How we feel & think about money influences our dealings with money. So the ability to navigate the emotional ups and downs in your personal economy makes it possible to weather life's transitions and erratic economic conditions too. This deeper, integrated understanding yields resiliency and resourcefulness – tools that surpass any finance expert's schemes for financial success.

In her "Money 101" talk, Dianne Juhl, PhD(c) will help you assess your financial wellbeing and take action with no need to disclose personal financial information. The discussion will include:

- How to identify your emotional connection to money and any obstacles
- How to establish a positive internal dialogue
- How to choose practical, external financial solutions in a way you may not have experienced before

Dianne Juhl, founder/owner of The Feminine Face of Money®, offers practical tools and skills for women (and men) to gain financial language and literacy and make money management changes that last. Contact: (206) 850-2261, dianne@femininefactofmoney.com.

Activity# 562422
W 2:00p 10/12 \$20* **01**
\$5 off for person who brings a friend

Sec# 01

AN UPDATE ON ALZHEIMER'S DISEASE

Learn the latest information about Alzheimer's disease and treatments from Nurse Educator Nancy Merson.

Activity# 562424 **Sec#**
W 2:00p 11/2 Free **01**

ENJOY CONVERSATIONS ABOUT LIFE AS WE GET OLDER – in partnership with the NW Center for Creative Aging

Join a small facilitated group in conversation about what it means to grow older in a creative and meaningful way. Comments from former participants: "I so appreciated the collective wisdom in these elder conversations."

"There was a climate for safe, open and creative conversation. Just the place for elders of all ages." "I like the notion that I could say as much or as little as I wanted."

Registration required. Call the Senior Center 842-1616. Group size limited to 8.

Activity# 562425 **Sec#**
F 1:00p 9/16-10/28* Free **01**
***No class 9/23**

DRIVER SAFETY - TWO-DAY CLASS

Classes often fill up early, so call the Center to sign up. A fee of \$12 (AARP members) or \$14 (non-members) payable to AARP is due at registration.

Activity# 966021 **Sec#**
MW 1:00-5:00p 9/12 & 9/14 **01**
MW 12:15p-4:15p 11/7 & 11/9 **02**

ARTS & ENTERTAINMENT

MOVIES

WASTE LAND

Waste Land offers stirring evidence of the transformative power of art & the alchemy of the human spirit. 2011 Academy Award Nominee for Feature Documentary; 2010 Sundance Festival Audience Award for Best International Documentary. *Waste Land* follows renowned artist Vik Muniz as he journeys from his home in Brooklyn to his native Brazil & the world's largest garbage dump on the outskirts of Rio de Janeiro. There he photographs an eclectic band of pickers of recyclable materials. Rather than proceed on his own, he decides to collaborate with the workers on their "garbage" portraits & to return proceeds from sale of the artworks to improve their lives. The art work sold for \$250,000.

Activity# 563204 **Sec#**
Tu 2:00p 11/15 Free **01**

IN SEARCH OF SHAKESPEARE (a 4-part series)

Hosted by Michael Wood

This series aims to establish a chronology of the life of preeminent scribe William Shakespeare. The Bard's adventures during the 16th century and his inspiration for his work are performed in part here by the Royal Shakespeare Company. If you're a William Shakespeare fan, then you'll enjoy this program. If you're a newcomer to Shakespeare's life, this program is the best introduction to his life, in my opinion, that there is. Find out why Shakespeare discovered that the duty of poets was "to speak what we feel and not what we ought to say!"

Activity# 563204 **Sec#**
Tu 2:00p 12/6 Part 1 Free **02**

BOOK READING - An Owl's Whisper, Michael J. Smith

Join Michael for insight into this suspense-filled, mesmerizing book. *An Owl's Whisper*, built on themes of guilt and redemption, tells the powerful story of Eva Messiaen a young woman in 1940's Belgium during Hitler's occupation.

Activity# 566002 **Sec#**
F 2:00p 9/9 Free **01**

IKEBANA OHARA - An Intro



Ikebana is a traditional Japanese art form that traces its origin to about 1890. Unshin Ohara, a sculptor and Ikenobo master professor, searched for ways to express the beauty of nature scenery and to arrange natural materials. Mutsuko Cooper

who has over 30 years experience will lead the class. Please bring a vase, a small hand pruner or strong scissors and 3 small flowers of the same type such as iris or alstromeria. Sign up at the Senior Center.

Activity# 566008 **Sec#**
W 1:15-3:15p 10/5 Free **01**

IMPROVISATION THEATER with Chris Soldevilla

Join Chris in an active improvisation class to be held at BPA. Improv is an indispensable tool for anyone looking to perform, speak, or do anything in the creative arts. Chris' class will give you the basics & by the end, have you ready to perform as if you were on "Who's Line Is It Anyway?" Using games & exercises players feel free to build confidence & communication skills while thinking fast and having fun. Chris is a member of BPA's THE EDGE Improv group that performs 1st Saturdays of each month at BPA. Students receive a free ticket to "Twelve Angry Men".

Activity#566013 **Sec#**
T 9/20-10/25 1:00-2:30p \$95 **01**

TRAVEL & HISTORY



NEW DUNGENESS LIGHTHOUSE

Come hear about the history, restoration, and preservation of a local treasure, New Dungeness Light Station. And find out how you can stay as a keeper for a week, and be part of that history. Marcia Bromley, New Dungeness Board Member.

Activity# 566005 **Sec#**
W 2:00p 10/26 Free **01**

EVENTS & PARTIES

THE EVERGREEN SINGERS POPULAR FALL CONCERT - "I JUST WANT TO SING IN A CHOIR!"

The Evergreen Singers very fun concert this fall will have you wanting just that! The music ranges from a Mozart comic opera chorus to a mini musical about hilarious trials and tribulations of auditioning for a choir. Then there's a great medley from My Fair Lady.

Share the fun. Bring family and friends.

T 11:00a 10/11 Free



"SING" IN THE SEASON WITH THE EVERGREEN SINGERS

Please join the Evergreen Singers to help "sing in the season". Get in the holiday spirit with beautiful Christmas carols, holiday pops, and audience sing a-longs.

T 11:00a 12/13 Free



OKTOBERFEST PARTY!

Don your liederhosen, dirndl's , and dancing shoes for a little celebration! Sauerkraut, sausage, & Black Forest cake are on the menu. Live music.

Activity# 562402 **Sec#**
 F 5:00-8:00p 9/30 Donation **01**

HOLIDAY PARTY

Everyone is invited to come spend some time with friends old & new as you listen or dance to live music. Delicious refreshments provided by BISCC.

Activity# 562402 **Sec#**
 Sa 4:00-7:00p 12/17 Donation **02**

ARTS, MUSIC & LANGUAGE

ASTROLOGY CLUB

Join this ongoing group to study astrology.

Th ongoing 9:00-11:15a Free



ART PARTNERS

This group enjoys coming together to work on their individual art projects, while enjoying each other's company.

Tu ongoing 2:00p Free

"LIBERATION LAUGHTER"

Come join this group whose single purpose is to have fun in a welcoming and supportive environment. The purpose is to laugh. We use a variety of games which are guaranteed to achieve that goal. It's empowering and just plain fun! Instructor, Nancy Lewars. Please sign up at the 50+ BISCC Center.

Activity#566006 **Sec#**
 F 10:30a-12:00p 9/30-11/11 Free **01**
 *No class 10/21

PHOTOGRAPHY CLUB

Meet with other photographers and learn new techniques and how to use new types of equipment. Share your work and participate in a variety of events. Open to all ages. Come visit and if you decide to join, membership fee is \$30.

2nd W 7:00-9:00p ongoing



MORE PASSION FOR SHAKESPEARE!

Shakespeare's plays will fly off the page & into the air! Through readings and guided discussion of the text, the plays will come alive! Gain insight & understanding of Shakespeare's language, the themes & characters of each play. Instructor: Tom Challinor, BA English, MAT Secondary English Education. Tom has 15 years' experience teaching in the classroom, as well as directing & amateur acting. Call the 50+ BISCC Center at 842-1616 to sign up.

Activity# 566009 **Sec#**
 Th 2:00-4:00p 8/18-12/15 Free **01**

MEMOIR WRITING CLASS

Join us for an interesting journey back through all the life experiences that created who you are today. Learn to get your story down in an honest, interesting way for yourself and your family. \$15 charge for textbook. Questions? Call the 50+ BISCC Center at 842-1616 or instructor Marcia Rudoff at 842-3383. Sign up at the 50+ BISCC Center.

Activity# 563384 **Sec#**
 Th 2:00-4:00p 9/1-11/10 Free **01**

WRITING CLUB

This is an informal group to support others in writing memories, family histories or researching family information. Prerequisites: attended class by Marcia Rudoff or similar class; have a written piece for each class & willing to read to the group & provide support to group members.

2nd & 4th W 2:00-4:00p Free

SING WITH THE EVERGREEN SINGERS

Chorus members entertain at Center functions and in the community. Call Director Charlene Moore for more information at 855-4994.

Activity# 961051 **Sec#**
 Tu 10:00a 8/2-12/13 Free **01**
 Materials fee: \$10

FRENCH CONVERSATION

If you speak French fairly well and enjoy a good conversation in French, please join us! All ages welcome. For more info speak to Eileen 842-1616.

M ongoing 9:00-10:00a Free

GERMAN CONVERSATION

Sprechen Sie deutsch? Join Gerlind Jenkner and others for a little conversation and fun.

F ongoing 10:00a Free

CASUAL SPANISH CLUB

The video program "Destinos" will be the basis of this year's study by the Spanish Club, alternating with readings & discussion of compositions written by class members & other Spanish language materials. Contact Jean Sargent 842-7459.

M ongoing 9:00-11:00a Free



NEEDLEWORK CIRCLE- "THE KNITWITS"

Join this informal group to work on knitting, crocheting or needlework. Brush up on your skills or share your knowledge.

Tu ongoing 1:00p Free

FITNESS, DANCE & SPORTS

FITNESS

MORNING EXERCISE

Pay on a drop-in basis at \$4.50 per session or punch cards for 10 sessions for \$40 (exact change required; checks preferred). B.I. senior discounts (50%) apply to the exercise & strength class fees & to punch cards if you are over 61 & have an income of less than \$30,000 annually. Call Eileen Magnuson, instructor, at 842-1616 for details about exercise. ++

EXERCISE

Increase flexibility, aerobic capacity & muscle tone while having fun. ++

Activity# 561338 **Sec# 01**
 MW 9:00-10:00a 9/19-12/21

STRENGTH BUILDING

Increase overall strength & flexibility through the use of light weights, calisthenics, & stretching. ++

Activity# 561339 **Sec# 01**
 TuTh 8:45 - 9:45a 9/20-12/22*
 *No class 11/24

ZUMBA GOLD



Are you ready to party yourself into shape? That's exactly what the Zumba® program is all about. It's an exhilarating, effective, easy-to-follow, Latin-inspired, calorie-burning dance fitness-party™ that's designed for moving seniors toward joy and health. Instructor, Olga Payne. Punchcard: \$32.50 for 5 classes or \$10 Drop-in.

Activity# 561340 **Sec#**
 F 9:00a 9/2-9/30 **01**
 F 9:00a 10/7-10/28 **02**
 F 9:00a 11/4-11/18 **03**
 F 9:00a 12/9-12-30 **04**

YOGA FOR EVERY BODY

(vinyasa style) The practice is based on how the student feels that day, focusing on the present moment, believing yoga is a process and a journey, not a destination. The ability to flow from feet to the floor and back is required. Safety awareness and use of healthful options are paramount. **Judith Bardsley**, Yogafit® instructor. Punch card: \$65 for 5 classes. Drop-in fee: \$14.

Activity# 561331 **Sec#**
 T 3:30-4:30p 10/4-10/25 **01**
 T 3:30-4:30p 11/1-11/29 **02**
 T 3:30-4:30p 12/6-12/27 **03**

CHAIR YOGA CLUB

Feel rejuvenated after spending some quiet time stretching in the chair.

T 10:00a ongoing Free

T'AI CHI CHI'H - ONGOING PRACTICE SESSIONS

Prerequisite: Completed Tai Chi Chi'h training from a certified instructor. Call Eileen at 842-1616.

W 11:00a Ongoing Free

WALK IN THE PARK

Join other walkers, & leader, Jacqueline Namtvedt, to check out different areas of the Island each week. Participants meet outside the Senior Center & carpool to destinations. Call the 50+Center to add your name & phone number to the call list. You will get called on Tuesdays with the date & location of the walk.

Th 10:00a Ongoing Free

SPORTS



CO-ED SOFTBALL TEAM

Those 50 years and up are eligible to join the Team! They've been playing all summer. Register online or drop by the Senior Center to sign up. To play one must have a current Medical Information/Waiver form on file at the Senior Center. Team plays several games against other Senior Teams. Call 842-1616 for more information. Ongoing; weather permitting. **Rotary Park**

Activity# 261361 **Sec# 01**
 MWF 10:00a Team Fee: \$17

BICYCLE CLUB 2011

Join the bicycle group for some fun adventures with other senior cyclists. Sign up online, at the Senior Center or send an email to jane@biseniorcenter.org and you will be sent the registration form. Please register for 2011. You'll need to fill out a Medical Information/Waiver form. If you already have filled one out for the Club, you only need to update it, if information has changed. Ongoing; weather permitting.

Activity#261360 Sec#01 Fee: \$5

DANCE

LINE DANCING CLUB

Why not join us for some great music, good company and invigorating exercise? We get our exercise while having lots of fun.

M* 10:30a Ongoing Free
 *No class 9/5, 12/26



CARDS & GAMES

Party Bridge: Tues 12:15p. Call 842-2938
Duplicate Bridge: Thu. 10:30a. Call 842-6250
Cribbage: Wed 1:00p, Sat 12:30p
Bingo: Mondays and Fridays, 1:00p
Mah-jongg: Fridays at 12:30p
Pinochle: Thursdays 1:15p
Chess Club: M-F 9:00-11:00a; Call Henry at the Center for more information.

2011 SEPT-DECEMBER TRAVEL PROGRAM



The Travel Program is for those 50 years of age or older. Others are welcome to join us on a space available basis. The bus has a wheelchair lift; if you need to use it, let us know when you sign up!! **If you need help in covering the cost of a trip, please see Eileen Magnuson, Program Coordinator.** There is financial help available. **NOTE:** Lunch is not included unless specifically stated.

PROCEDURES FOR TRAVEL PROGRAM

When you pay for a trip you will get a detailed sheet with the procedures and all the info on the trip. This will be your receipt. Payment will be the only way to sign up for a trip. Deadline is seven days before the trip date unless noted otherwise.

ADULT PROGRAMS



MOUNT ST. HELENS

Take a journey to Mt. St. Helens on the Sr. bus. We will stop at the Backwoods Café for lunch and then on to the Forest Learning Center. Our next stop will be at the Johnston Ridge Observatory. Lunch not included.

Activity# 562201 **Sec#**
Sa 8:00a-7:00p 9/3 \$55 01



ONE DAY TRIP! WILD HORSE WIND & SOLAR FACILITY & GINGKO PETRIFIED FOREST

Learn how Puget Sound Energy harnesses the power of the wind and sun in Eastern Washington to produce electrical energy. We will have a guided tour and get to see a wind turbine tower up close. We'll head down the road a few miles to see the Petrified Forest and view the mighty Columbia River. We'll have lunch (not included) in Ellensburg. This trip includes walking, standing and climbing 8 steps.

Deadline: Sept. 7. Min.12, Max.18
Activity# 562202 **Sec#**
W 7:15a-8:00p 9/14 \$52 01



MIKE NEIL
www.mikeneil.org

THE GIG HARBOR-KEY PENINSULA-FOX ISLAND STUDIO TOUR

The Tour continues the tradition established in 1993 of juried, select artists who open their working studios to the public. The artists are dedicated to providing the opportunity of seeing the artists in their studio environment and offering explanations & demonstrations of their materials and art process. Art is also for sale. Lunch not included.

Activity# 562203 **Sec#**
Sa 9:30a-4:30p 9/17 \$TBD 01

FARM KITCHEN BREAKFAST & CORN MAZE

Enjoy a home cooked type breakfast at the lovely Farm Kitchen. Then it is on to Sunrise Hill Farm to navigate the corn maze. Bring home flowers or pumpkins from their gardens. Breakfast, maze fee (\$8.25) & U-pick not included in price.

Activity# 562205 **Sec#**
Sa 10:30a-3:00p 10/1 \$12 01

EILEEN'S FRUGAL FUN IN KITSAP!

Join Eileen for another fun filled shopping trip in Thrift Store land! Precious treasures or surprises could be waiting for you. Lunch at Shari's on your own (watch for coupons in the Sunday paper).

Activity# 562204 **Sec#**
F 8:30a-3:30p 10/28 \$18 01

NORTH BEND OUTLET MALL

Get your holiday shopping done all in one day! Take the bus and leave the driving to us! Bring a lunch or purchase one at the mall.

Activity# 562206 **Sec#**
T 9:15a-4:30p 11/15 \$25 01

THE CHRISTMAS REVELS

This year *The Christmas Revels* features music, dance & folklore from old Bavaria. Sankt Nikolaus & his sometimes alarming, always unpredictable helper Knecht Rupprecht join the large Revels cast in their jolly annual assignment to drive the dark away. This high-spirited concoction of folk tradition & high art — from hilarious street theater to glorious chorale works — not only delights but also offers a glimpse of some of the deep roots of modern American Christmas celebrations. *The Christmas Revels* is a joyous, timeless celebration for all ages. Welcome Yule! Lunch not included. **Rialto Theater**

Activity# 562207 **Sec#**
Sa 11:00p-6:00p 12/17 \$47 01



TRANSIT ADVENTURES IN SEATTLE

We take ferries to explore the greater Seattle by Metro bus. We check out a destination and have lunch at a neighborhood cafe. HARD trips involve 1½ or more miles walking, MEDIUM, up to 1 mile, EASY, ½ miles. All trips require standing waiting for busses and long walks on ferry ramps. Check out the BISSC newsletter for details about upcoming trips. You may also email transittripsbi@gmail.com or call (206) 842-1616 to be on a list to get information about upcoming trips.

RESOURCES

There are a number of services offered at the Senior Center including daily hot lunches, preventive dental care, foot care, blood pressure checks, and Medicare and insurance help. Please call the center at 842-1616 for more information on these services and other community resources.

**SHARE YOUR KNOWLEDGE/
SKILLS, TEACH A CLASS,
GIVE A TALK OR VOLUNTEER.
CONTACT JANE AT
206-842-1616**



ADULT PROGRAMS