

**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](http://www.biparks.org)), at the 50+ BISCC Center or at the Park District Office. For any free classes that require registration, you must call the Center at 842-1616 or email: [info@biseniorcenter.org](mailto: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](mailto:info@biseniorcenter.org))**

**SPECIAL CLASSES,  
EVENTS & PARTIES**

**SPECIAL CLASSES**

**ANCIENT CHINESE TRADITIONS: EXAMINING KEY FEATURES OF "THE GOOD LIFE"**

This interactive class includes art, architecture, video and text. Participants will explore insights from the Ancient Chinese Texts, including the Daodejing, the Analects of Confucius and Chan Buddhist Sutras. Taught by Dr. Jennifer Manlowe, scholar in Ancient Philosophy. **Kallgren Rm**

**Activity #266001** **Sec#**  
Tu 1:00-2:30p 4/5-5/3 \$50 **01**

**AWAKENING JOY COURSE**

Awakening Joy is a 10-month online course that we will participate in. Class is once a month, with a new theme, along with supporting material. Instructor James Baraz has been teaching the course since 2003. He is co-author of Awakening Joy, a new book based on the course. 1<sup>st</sup> W each month. **Kallgren Rm**

**Activity #262403** **Sec#**  
W Begins 4/6 3:00-5:00p \$5/class **01**

**LEARN MORE ABOUT COMPLEMENTARY THERAPIES**

Tiffany Leville, Complementary Therapies Coordinator at Harrison Medical Center, will discuss complementary therapies and their use to reduce pain, relieve stress and create a sense of calm. This class will include discussion of the types and benefits of complementary therapies.

Tu 2:00-3:30p 4/26 Free Kallgren  
W 2:00-3:30p 7/27 Free Commons

**FUNDAMENTALS OF FITNESS**

Jessica Wagner-Smith, an Exercise Physiologist at Harrison Medical Center, will cover the fundamentals of exercise, and discuss the physiological benefits of fitness and exercise. There will be an opportunity to engage in exercise. (Bring resistance bands, if you have some.) **Commons**

W 2:00-3:30p 6/15 Free  
W 2:00-3:30p 8/24 Free

**A HOLISTIC APPROACH TO HEALTH**

**Learn about nutrition, exercise and get help with motivation.**

What does "being healthy" mean? Forget your chronological age; find the real age that fits your mindset. This class combines exercise with Ubbe Lijebblad, personal trainer/motivational coach, and info. on nourishing body and mind with Ann Whitson, a nutritional therapist. Financial aid may be available. **Drop in Fee:\$16**

**Activity #261333** **Sec#**  
F 11:45a-12:45p 4/1-5/6 \$84 **01**  
F 11:45a-12:45p 5/20-6/24 \$84 **02**

**IGNORE LONG TERM CARE PLANNING AT YOUR PERIL**

The nine essential things you must know about long-term care and the risks and costs of failure to plan. This is an educational seminar, not a sales presentation. In order to provide study material to all attendees, Reservations are required. Call the Center at 842-1616. **Commons**

W 4:30-6:00p 5/4 Free

**QIGONG FOR SENIORS**

See Page 54 for more info.

**COME SHARE A FAVORITE POEM**

We will share our favorite poems, with some tea/coffee and good conversation... Adding to the mix, some young people from the Boys & Girls Club will be joining us to share their favorite poems. Please sign up at the 50+ BISCC Center. **Kallgren Rm**

W 3:30-5:15p 4/13 Free

**LEARN MORE ABOUT THE LIFE OF POET EMILY DICKINSON IN THE MOVIE "THE BELLE OF AMHERST"**

Julie Harris reprises her Tony Award-winning Broadway role as 19th century American poet Emily Dickinson in this one-woman interpretation of the great literary figure's life. Against the backdrop of Dickinson's 19th century Amherst, Mass., home, Harris declaims from the reclusive poet's poems, letters and diaries to offer a delicate portrait of the artist as both a real human being and long-suffering genius. **Kallgren Rm**

W 2:00p 4/27 Free

**EXPERIENCE SUDAN**

Sudan is the largest country in Africa, is home to the Blue Nile and White Nile, and has Roman baths and pyramids older than any in Egypt. Yet, we know little about the culture of Sudan because Sudan has closed its doors to the West for years. Anila Prineveau will share rare photographs and surprising insights and observations in her humorous and heart-felt talk relating a multitude of first-hand experiences with the Sudanese people and their culture. There will be time for questions and answers.

Anila Prineveau, M.Ed., is a retired teacher with 25 years of teaching experience both in the USA and abroad. She lived and taught in Khartoum, Sudan for two years. Please sign up at the Center. **Commons**

M 2:00p 4/11 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 Center.

F 10-11:30a 4/1-5/6\* Free  
**\*No class 4/15**

F 10-11:30a 7/1-8/12\* Free  
**\*No class 7/15**



ADULT PROGRAMS

**T'AI CHI CHIH®, JOY THROUGH MOVEMENT CLASS!**

Linda Robinson (a former student of Donna Moore and Arlene Hobbs) has agreed to travel to Bainbridge to fill in for our instructor Donna Moore. See Page 54 for more info.

**"WE HAVE STORIES" with MARCIA RUDOFF**

Marcia will talk about her new book, "We Have Stories—a handbook for writing your memoirs." She has been teaching memoir writing classes and workshops for over a decade. She is a founding board member of Field's End and a free-lance writer who has been published in newspapers, magazines and anthologies.

F 2:00p 6/17 Free

**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 Center, Conference Rm](#)

Th 2:00-4:00p 4/7-6/23 Free



**MORE PASSION FOR SHAKESPEARE!**

Shakespeare's plays will fly off the page and into the air! Through readings and guided discussion of the text, the plays will come alive! Gain insight and understanding of Shakespeare's language, the themes and characters of each play. Next play will be "Twelfth Night". Instructor: Tom Challinor, BA English, MAT Secondary English Education. Tom has 15 years experience teaching in the classroom, as well as directing and amateur acting. [Call the Center at 842-1616 to sign up for the next series and learn starting date.](#)

HD RM

Th 2:00-4:00p 4/14-5/26 Free

**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. **Commons**

Activity #966021		Sec#
MW 1:00-5:00p	6/6 & 6/8	01
MW 1:00-5:00p	7/18 & 7/20	02
MW 1:00-5:00p	9/12 & 9/14	03

**EVENTS & PARTIES**

**ICE CREAM SOCIALS**

Join us for ice cream sundaes, banana splits and root beer floats as we sit in the back garden. Bring a friend, children or grandchildren.



W 2:00-4:00p	6/29	\$3 donation
W 2:00-4:00p	8/17	\$3 donation

**60's & 70's BBQ POTLUCK PARTY & DANCE**

Wear your "Blue suede shoes, Love beads or Polyester Pantsuit!" for a rockin'good time. Bring your favorite hits from this era. Join us for good conversation and food. Bring something to share that compliments BBQ or if you don't like to cook, make a donation towards the cost of the hot dogs and hamburgers we provide. [Sign up at the 50+ BISCC reception desk so that we know what item you are bringing and how many people to plan for.](#)

F 5:00p 7/29 Donation

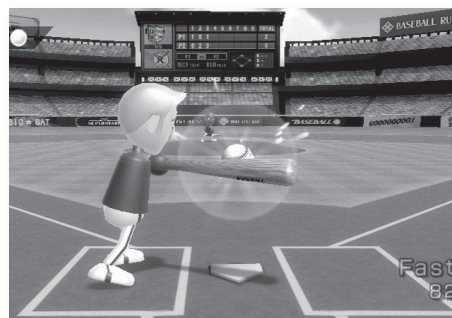
**PICNIC IN THE PARK**

Pack a picnic lunch and join us in the Waterfront Park. Play a little catch or Frisbee, badminton or bocce. Meet members of our community for some old time fun!

T 5:30-8:00p 7/12 Free

**Wii CHALLENGE WITH BOYS & GIRLS CLUB**

WANTED: Wii players for the Challenge with members of the Boys & Girls Club. If you would like to learn so you can join the challenge, that's great! Date/Time TBD [Call the Senior Center to sign up.](#)



**ARTS, MUSIC & LANGUAGE**



**ART PARTNERS**

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

T 2:00p Free

**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. Display your work at the Senior Center. Open to all ages. Come visit and if you decide to join, membership fee is \$30.

2nd W 7:00-9:00p

**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 and are willing to read to the group and 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.

T 10:00a

**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 9:00-10:00a Free

**GERMAN CONVERSATION**

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

F 10:00a Free

ADULT PROGRAMS

**CASUAL SPANISH CLUB**

The video program "Destinos" will be the basis of this year's study by the Spanish Club, alternating with readings and discussion of compositions written by class members and other Spanish language materials. Contact Jean Sargent 842-7459 or Dale Spoor 842-5171.

M 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.

T 1:00p Free

**ASTROLOGY**

Learn about Astrology from instructor Libby Kresky. These are on-going classes open to all ages. Class on hiatus June-August.

**BASIC** Th 9:00-10:00a Free  
**ADV.** Th 10:15-11:15a 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 and strength class fees and to punch cards if you are over 61 and 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 and muscle tone while having fun. ++

**Activity #261338** Sec#  
MW 9:00-10:00a 3/28-6/17 01

**Activity #461338** Sec#  
MW 9:00-10:00a 6/20-9/16 01  
**No class 5/30, 7/4**

**STRENGTH BUILDING**

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

**Activity #261339** Sec#  
TTh 8:45-9:45a 3/29-6/16 01

**Activity #461339** Sec#  
TTh 8:45-9:45a 6/21-9/15 01

**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 #261331** Sec#  
T 3:30-4:30p 4/5-4/26 01  
T 3:30-4:30p 5/3-5/31 02  
T 3:30-4:30p 6/7-6/28 03

**Activity #461331** Sec#  
T 3:30-4:30p 7/5-7/26 01  
T 3:30-4:30p 8/2-8/30 02  
T 3:30-4:30p 9/6-9/27 03

**CHAIR YOGA CLUB**

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

T 9:45a Free

**QIGONG FOR SENIORS**

Qigong (chee gong) is an ancient Chinese wellness and health care practice that integrates movement, physical postures, breathing techniques and focused intention. Qigong reduces stress, builds stamina, increases vitality and enhances the immune system. Qigong is for all bodies, all ages, and all fitness levels. Drop in fee \$5. **Commons**

**Activity #261332** Sec#  
M 11:45-12:45p 4/4-5/23 \$32 01

**T'AI CHI CHIH®, JOY THROUGH MOVEMENT!**

These gentle movements release stress by relaxing the body while refreshing the mind. This short routine can easily be learned by anyone regardless of age or physical ability (seated students are welcome). Please wear comfortable clothing and flexible shoes (durable shoes if stability is an issue). Instructor, Linda Robinson has agreed to travel to Bainbridge to fill in for our instructor Donna Moore. This class will provide you with the basics to participate in the T'ai Chi Chih Practice sessions.

**Activity #261334** Sec#  
W 12:30-1:30p 5/4-6/29\* \$64 01  
**\*No class 6/8**

**T'AI CHI CHIH' - 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, and leader, Jacqueline Namtvedt, to check out different areas of the Island each week. Participants meet outside the Senior Center and carpool to destination. Call the 50+Center to add your name and phone number to the call list. You will get called on Tuesdays with the date and location of the walk.

Th 10:00a Free

**SPORTS**

**CO-ED SOFTBALL TEAM & SPRING TRAINING**

Spring is here and it is time to get out on the playing field. Those 50 years and up are eligible to join the Team!



We'll have Spring Training with a physical therapist, to prepare for the season. Learn about the common injuries to softball athletes and which activities and measures to take to prevent injuries. There will be instruction on warm-up exercises and stretches to be undertaken before, during and after practices and games. Handouts and instructional material will be provided.

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.

**Spring Training and Official Start of the Season:**  
**M & F 10:00a 4/11 & 4/15**

The cost of Spring Training is included in the Team Fee.

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

**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](mailto: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. First Meeting of the Bike Club at Tree House Café, Lynwood

**Activity #261360** Sec#  
Sa 10:00a -11:30a 4/9 \$5 01

**More Sports & Fitness classes on pages 49-51 and 34-45!**

ADULT PROGRAMS

**BIKE MAINTENANCE**

Fix a flat, adjust your brakes, lube your chains, and troubleshoot your drivetrain. We'll cover all the basics. This is a hands-on bike class, focusing on identifying each part's purpose, proper maintenance, common problems, and how to fix them. B.I. Cycle mechanic Gabriel Chrisman will help you feel confident in repairing most any problem that might arise from your biking adventures. Bring your bike or use one of ours. Age 13 and up. Class held at B.I. Cycle.

<b>Activity #431961</b>			<b>Sec#</b>
M 6:30- 8:00p	5/23	\$9	<b>01</b>
W 6:30- 8:00p	7/27	\$9	<b>02</b>

**LEARN TO GOLF OR IMPROVE YOUR SKILLS**

Whether you are a brand new or experienced golfer, Ian Havill, PGA and Brian Cresto, PGA apprentice, will provide you with insight into your golf swing and your short game. You will be instructed at your level of play and ability. All classes will be held at White Horse Golf Club in Indianola. Class # 1- Intro to full swing; #2 - Putting; #3 - Chipping and #4 - Full swing. Minimum 4, maximum 10.

<b>Activity#261362</b>			<b>Sec#</b>
T 2:00-3:00p	6/21-7/12	\$109	<b>01</b>

**DANCE**

**LINE DANCING**

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
<b>*No meeting 5/30, 7/4, 9/5</b>			

**CARDS & GAMES**

- Party Bridge:** Tues 12:15p. Call 842-2631
- Duplicate Bridge:** Thu. 10:30a. Call 842-3104
- Cribbage:** Wed 1:00p, Sat 12:30p
- Bingo:** Mondays and Fridays, 1:00p
- Mah-jongg:** Fridays at 12:30p
- Pinochle:** Thursdays 1:15p
- Shanghai Rummy** Wednesdays 1:00p
- Chess Club:** M-F 9:00-11:00a; Call Henry at the Center for more information.



**2011 APRIL-AUGUST 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. Unless noted otherwise,

**BOEHM'S CANDIES, XXX DRIVE-IN and GILMAN VILLAGE**

Tour the famous Boehm's Candy Factory as well as the Chapel and Swiss Chalet. Just down the street we'll have lunch at the Famous XXX Drive-in, then it's on to Gilman Village for some shopping in the historic relocated buildings of old Issaquah. *This trip requires climbing stairs and walking during the tour of the Candy Factory and Gilman Village.* Min. 12, Max. 19.

<b>Activity#262201</b>			<b>Sec#</b>
W	4/13	\$31	<b>01</b>
Depart: 8:15a		Return: 5:30p	

**TACOMA ART MUSEUM - NORMAN ROCKWELL EXHIBIT and the WA STATE HISTORY MUSEUM**

We will have a tour of the Rockwell exhibit, the only one in the NW. It celebrates the range of his work, including 44 paintings and 323 original Saturday Evening Post covers. The Museum's archives will have materials that depict how Rockwell worked from preliminary sketches, photographs, detailed drawings to the finished painting. Audio Tour is available for an additional \$6 fee. For those who don't want to spend the entire trip at the Art Museum, you can walk over to the History Museum which may be closing as a result of State budget cuts. This visit gives you the opportunity to explore the history of Washington through interactive exhibits, theatrical storytelling, high-tech displays and dramatic artifacts. (This optional trip will be \$7 entrance fee at the door.)

<b>Activity#262202</b>			<b>Sec#</b>
T	4/19	\$26	<b>01</b>
Depart: 8:30a		Return: 4:00p	



**FUTURE OF FLIGHT AVIATION CENTER & BOEING TOUR**

The Aviation Center lets you explore the dynamics of flight and experience new aviation innovations. It is hands on and interactive. Design and virtually test your own jet. Strap yourself into the Innovator for an exhilarating trip to virtual destinations and experiences like the Battle for Iwo Jima, a Grand Prix Race or a barnstorming stunt plane. Then go behind the scenes at Boeing—in the world's largest building—to watch the very same jets you may one day be a passenger on being assembled. The tour is a one-of-a-kind opportunity to view 747, 767, 777, and 787 jets being assembled in the world's largest building by volume (472,000,000 cubic feet). You will see airplanes being built for customers around the world. *The 90-minute tour involves walking approx. 1/3 of a mile, climbing 21 steep stairs and riding an elevator 35 ft. above the factory floor and walking thru a tunnel. Boeing does have special accommodation for wheel chairs or physically challenged guests. Please let us know by 18th of April.*

<b>Activity#262204</b>			<b>Sec#</b>
M	5/2	\$40	<b>01</b>
Depart: 7:45a		Return: 4:30p	

**TOUR RHODODENDRON GARDENS ON WHIDBEY ISLAND AND LUNCH IN COUPEVILLE**

May is a great time for Rhodys. We will have a guided tour at Meerkerk Rhododendron Gardens. The Gardens include ten acres of display and educational gardens enveloped by forty-three acres of woodland preserve with 4+ miles of nature trails. (The trails are a combination of crushed gravel, mulch and grass. The trails are partially ADA accessible.) Then off to Langley for lunch, with time to wander the shops and then we will take a drive around a few interesting areas of Whidbey. **Deadline: May 7.** Min:12/Max:18

<b>Activity#262205</b>			<b>Sec#</b>
Sa	5/14	\$45	<b>01</b>
Depart: 7:30a		Return: 6:30p	

ADULT PROGRAMS

**SPRING! TAKE A TRIP TO BLAKE ISLAND****(a local treasure many of us do not get to visit)**

This 475-acre Island Park with 5 miles of shoreline provides magnificent views of the Olympic Mountains and the Seattle skyline. We'll have three hours to enjoy the Island. There will be several options: you can take part in a 4 mile hike, a 2 mile hike, or just relax by the water. We'll enjoy a picnic lunch – it's a brown bag affair. **Deadline: May 12.** Rain date Th 5/26. Min:40, Max: 50

<b>Activity #262203</b>			<b>Sec#</b>
Th	5/19	\$25	01
Departs City Dock: 10:00a, Return: 2:00p			

**28<sup>th</sup> ANNUAL MEDIEVAL FAIRE AT PORT GAMBLE**

There will be lots to see and do - from combat demonstrations in archery, rapier and armored fighting to medieval craftsmen and artisan work – cooking, woodworking, metalwork, glass bead making and clothing. Jugglers, story tellers and musicians with singing and dancing will provide entertainment. Vendors will be there to purchase lunch or you can bring your own. \$5.00 separate entrance fee. **Deadline: May 27.** Min: 15/Max: 20

<b>Activity #262206</b>			<b>Sec#</b>
Sa	6/4	\$11	01
Depart: 10:30p Return: 4:00p			

**WILD HORSE WIND & SOLAR FACILITY, GINGKO PETRIFIED FOREST AND ELLENSBURG**

**Enjoy two days and one night!** 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 stay overnight in Ellensburg and check out its historic downtown district the next morning. This trip includes walking and standing. Cost includes tour of Wild Horse and hotel room. **Deadline: May 16. No refund after this date unless someone takes your place.** Min:12, Max:18

<b>Activity #462201</b>			<b>Sec#</b>
T,W	6/21, 6/22		01
Depart: 7:15a 6/21 Return:4:30p 6/22			
Single: \$170, Double: \$130			

**LAKE CRESCENT LODGE & MARYMERE FALLS**

When we arrive at the beautiful Lake Crescent Lodge, there will be time to walk around the Lodge grounds along the shore. Then we will have lunch (NOT INCLUDED) at the lodge. After lunch we will hike to Marymere Falls or bring a book and relax by the Lake. Hiking on uneven ground. **Deadline: June 29<sup>th</sup>.** Min:12, Max:18.

<b>Activity #462202</b>			<b>Sec#</b>
W	7/6	\$25	01
Depart: 8:30a Return: 5:00p			

**LAVENDER & BERRY PICKING IN SEQUIM**

Enjoy picking lavender, blueberries and raspberries at the Graysmarsh Farm. Take home these wonderful NW treats to enjoy now or later in the year. Lunch (On Your own) will be at the Alder Wood Bistro in Sequim. Cost of the berries and lavender is not included. **Deadline: July 7** Min:12/Max: 19.



<b>Activity #462204</b>			<b>Sec#</b>
Th	7/14	\$22	01
Depart: 8:30a Return: 4:30p			

**CHUCKANUT BAY-CRACKED CRAB SUNSET DINNER CRUISE****Enjoy two days and one night!**

Travel north to Bellingham where you will have time to explore Fairhaven and have lunch on your own. There will be several hours to rest at the hotel (heated indoor pool and spa) before heading out for a 6pm boarding on the Victoria Star for the dinner cruise featuring Dungeness Crab. We will spend the night at the Holiday Inn Express and have a leisurely breakfast before heading out for a lovely trip back along Chuckanut Drive, with several viewing stops along the way. We will visit Taylor Shellfish Farm for a tour and time to buy oysters. Light lunch will be available at Rosabella's Garden Bakery in Bow located in a red barn on a 50-acre orchard. Our final stop will be at a local farm to shop for fresh produce. **Deadline June 22. No refund after this date unless someone takes your place.** Min:12/Max:18

<b>Activity #462203</b>			<b>Sec#</b>
F-Sa	7/22-23		01
Depart: 7/22 8:00a Return:7/23 5:00p			
Fee: \$160 double, \$220 single			

**HIKE ON THE HEART OF THE FOREST TRAIL AND HURRICANE RIDGE**

We will start the day with a 2-mile hike on the Heart of the Forest Trail. There is lush vegetation, large trees and the sweet smells of the forest. Then, we are on to Hurricane Ridge to enjoy the view and take a walk through the meadows. Bring your own lunch, so we will have more time to enjoy the surroundings. **Bring your Gold Age Pass. You need to be able to walk at least 2 miles on uneven terrain.** **Deadline: July 26.** Min: 12/Max: 19

<b>Activity #462205</b>			<b>Sec#</b>
T	8/2	\$25	01
Depart: 9:00a Return: 5:00p			

**WHIDBEY HIGHLAND GAMES**

Come and join us where the traditions of the Highland Games come alive on the beautiful Whidbey Island. Experience the Scottish music, culture and enjoy the variety of Celtic performances which are scheduled throughout the day on the main stage. **Deadline: August 5.** Min: 15/Max: 18.

<b>Activity #462209</b>			<b>Sec#</b>
Sa	8/13	\$44	01
Depart: 7:30a Return: 7:45p			

**BAINBRIDGE IS. FARM TOUR**

Join Host Ed Markham on a tour of local gardens - visit Gerlind Jenkner and Linda Wolf's bountiful vegetable gardens. Then it is on to the Paulson Farms for a tour and delicious catered lunch at their delightful Garden House. Lunch is included in the price. **Deadline: 8/10.** Min:12/Max:19.

<b>Activity #462207</b>			<b>Sec#</b>
T	10:00a-2:30p	8/16	\$25 01

**A DAY AT MT. RAINIER**

Enjoy the great views, Paradise Lodge and a nice hike, if you like. Bring a lunch or eat at the Lodge. Bring your Golden Age Pass (\$10) or buy one there. **Deadline August 18.** Min: 12/Max: 19

<b>Activity #462208</b>			<b>Sec#</b>
Th	8:00a-7:00p	8/25	\$36 01

**TRANSIT ADVENTURES IN SEATTLE**

We take ferries to explore the greater Seattle area 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](mailto: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.**