

50+ Activities At BISSC 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+ BISSC Center or at the Park District Office. For our free classes, events & 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)

2012 - 50+ CENTER REMODEL/RENOVATION

In 2012, the Senior Community Center/ Commons Facility will be remodeled. As of the printing of this publication, the dates and length of the renovation are not finalized. We hope to continue many of our programs through the construction period.

- The East Wing (the former Health District side), will be updated in January. The conference room will be enlarged; while still keeping the living room area.
- The West Wing (the Senior Center side) will be demolished and rebuilt with a new configuration and update.

Starting in January updates of the project will be available at the Park District website www.biparks.org, 50+Programs and on the B.I. Senior Community Center website: www.biseniorcenter.org.

SPECIAL CLASSES & EVENTS

ALL COMERS SINGING CLASS – Singing for Fun & Relaxation

Do you enjoy singing but don't always feel comfortable singing in a group? This class is for you! We will do some fun vocal exercises to help you sing more in tune and with clearer diction and opportunities to try ways to sing in harmony. Do you have a favorite song or two? Bring your suggestions and we will try to include a bit of something for everyone. Once we have met as a class we will have a better idea of our wants and needs and design the class to meet them. "I've devoted my career to teaching children and adults to enjoy, understand and participate in the many aspects of music and have always loved to sing. I'm looking forward to meeting each of you." Instructor, **Shirley Jenkins**.

Activity#166010 **Sec#**
W 1:00-2:00p 1/18 – 2/29* \$10 01**
 *No class 2/8
 **Scholarships available

PLANNING AHEAD

Learn more about wills, trusts, powers of attorney and healthcare directives so you can plan things the way you want. **Elizabeth M. Dronkert-Toglia**, Bainbridge Attorney, with a practice focusing on Life and Estate Planning, will discuss, among other things, why the durable power of attorney is an important life and estate planning instrument, allowing you to appoint someone you trust to serve as your Agent and make financial and healthcare decisions for you – even to serve as legal Guardian – if you ever become incapacitated. We will also discuss the importance of selecting the right individual(s) to serve as your Agent(s).

Activity#162401 **Sec#**
 M 2/20 2:00-3:30p Free 01
 W 5/9 7:00-9:00p Free 02

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# 162425 **Sec#**
 F 1:00 Date TBD Free 01



"CAR TALK" WITH RAY

Retired local auto mechanic **Ray Adams** will present info about necessary car maintenance that will help extend the life of your car as well as tips on things you can do to keep your car in good shape. He will explain the language of cars and help to demystify what is under the hood.

Activity#162404 **Sec#**
 M 1:00-2:30p 1/23 Free 01

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 12:15-4:15p 2/6, 2/8 01
 MW 1:00-5:00p 4/16, 4/18 02
 MW 1:00-5:00p 6/25, 6/27 03

Chocolate Festival

SAVE THE DATE for Bainbridge Island's first Chocolate Festival on Saturday, February 4, 2012 from 6:30 to 8:30 p.m. in the Commons. Hosted by the Bainbridge Island Senior Community Center as a fund-raiser for the new Bainbridge Island Warming Center, the festival will showcase chocolate delicacies from a variety of Island restaurants and shops. Desserts and confections will be available for sampling and one lucky raffle ticket holder will win a basket of goodies and gift certificates from local vendors. (Do not need to be present to win.)

Tickets are \$15, which includes admission and one raffle ticket. Tickets are pre-sale and went on sale on December 15 at the 50+Center and Winslow Drugs. Space is limited. Only 250 tickets will be sold. Additional raffle tickets are \$5 for one or \$20 for five.

Sa 6:30-8:30p 2/4 \$15

ARTS & ENTERTAINMENT

MOVIES

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 the 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 how Shakespeare discovered that the duty of poets was "to speak what we feel and not what we ought to say!" Part 1 was held in the fall session.

Activity#163204				Sec#
W 1/11	2:30p	Part 2	Free	01
W 2/1	2:30p	Part 3	Free	02
W 2/15	2:30p	Part 4	Free	03

ARTS, MUSIC & LANGUAGE

ASTROLOGY CLUB

Join this ongoing group to study astrology.
Th ongoing 9:00-11:00a Free

ART PARTNERS

This group enjoys coming together to work on their individual art projects, while enjoying each other's company.
T 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+ BISSC Center.

Activity#166006			Sec#
F 10:30a-12:00p	1/13-3/9*	Free	01

*No class 1/27



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, has 15 years' experience teaching in the classroom, as well as directing & amateur acting. Call the 50+ BISSC Center at 842-1616 to sign up.

Activity#166009			Sec#
Th ongoing	2:30-4:00p	Free	01

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
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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	Jan.-May		08

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.
T ongoing 1:00p Free

FITNESS, DANCE & SPORTS

FITNESS

MORNING EXERCISE

Pay on a drop-in basis at \$4.50 per session or buy a punch card 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. ++

Learn the skills you need to stay healthy & fit from longtime ACE certified instructor Eileen Magnuson in the Funtastic Fitness and Stay Strong! classes.



FUNTASTIC FITNESS!

This class combines aerobic, flexibility, and strength training in a positive, energizing environment. You will learn exercises designed to increase flexibility, joint stability, balance, coordination, agility, muscular strength, and cardiovascular endurance. Get ready for a head-to-toe workout! ++

Activity# 161338			Sec#
MW 9:00-10:00a	1/4-3/28*		01
*No class 1/16, 2/20, 3/19, 3/21			
MW 9:00-10:00a	4/2-6/13*		02
*No Class 5/28			

Comments from participants in Funtastic Fitness Exercise Class:

"I was on my way to canes and wheelchairs. My legs ached all the time thus leading to even more pain. I joined the BIMPRD exercise program about a year ago. In this short amount of time, two hours per week, I am now able to climb stairs, walk down inclines, stand up and generally get around much better!

I also seem to be thinking better and my memory has been improving along with my general health. I need to focus on losing some weight too, wish they had a class for that.

And let's not forget our leader, EILEEN, for without her great attitude and initiative I'd still be on the sidelines."

"Choosing to attend (Eileen's) exercise classes is one of the healthiest decisions I've ever made: I've lost weight, lowered my blood pressure, and best of all I feel great!"



STAY STRONG!

Increase muscular strength, range of motion, balance & agility. Eileen will teach you how to stay strong for your daily life activities. ++

Activity# 161339	Sec#
TTh 8:45-9:45a 1/3-3/29*	01
*No class 3/20, 3/22	
TuTh 8:45-9:45a 4/3-6/14	02

Comments from participants in Stay Strong! class:

"This class is one of the highlights of being on B.I."

"I haven't been crazy about exercise, Eileen makes it a fun experience. It's a great supportive group."

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. Learn new poses and adaptations each week. **Judith Bardsley**, YogaFit® instructor.

Punch card: \$65 for 5 classes.
Drop-in fee: \$14.

Activity# 161331	Sec#
T 3:30-4:30p 1/3-1/31	01
T 3:30-4:30p 2/7-2/28	02
T 3:30-4:30p 3/6-3/27	03
T 3:30-4:30p 4/3-4/24	04
T 3:30-4:30p 5/1-5/29	05
T 3:30-4:30p 6/5-6/26	06

CHAIR YOGA CLUB

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

T 10:00a	Free
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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
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WALK IN THE PARK

Starts again in **March**. 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 Free

SPORTS

BIKE CLUB

Call Jane or Eileen at 206-842-616 or email info@biseniorcenter.org for more information.

INDOOR PICKLE BALL

See the Sports Section, page 48.

CO-ED SOFTBALL TEAM & SPRING TRAINING

Those 50 years and up are eligible to join the Team! Play will begin in April. 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. %

Activity# 161361	Sec
MWF 10:00a Rotary Park	01
Team Fee: \$22	

SKIING

DOWNHILL OR NORDIC - See Outdoor Programs page 30.

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 1/2, 1/16, 2/20, 5/28**



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
Chess Club: M-F 9:00-11:00a; Call Henry at the Center for more information.

2012 January-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.



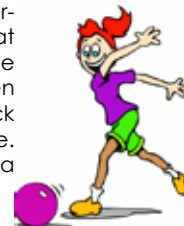
PROCEDURES FOR TRAVEL PROGRAM

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,

% Washington State Sales tax (.086) is now required by the State government on all travel. The tax will be added to the fee that is listed for each trip.

BOWLING & TRADER JOE'S

What could be more fun than bowling at the All Star Lanes in Silverdale? Maybe shopping at Trader Joe's. We'll have 2 hours to bowl and then stop by Trader Joe's to pick up some goodies for home. Transportation will be via van. %



Activity# 162201	Sec#
W 1:00-5:45p 1/25	*\$17 01

SKAGIT RIVER BALD EAGLE WATCHING & time permitting Snow Geese & Swan Viewing

We'll head up to the Skagit River to the Interpretive Center for a talk about eagles and their habitat, and an optional walk along the river. Lunch will be at a local restaurant by the river. Then on to see the geese and swans in the Skagit Valley, time permitting. Dress for cold and possibly rainy weather. Moderate walking. %

Activity# 162202 **Sec#**
 F 1/27 \$40 **01**
 Depart: 7:00a Return: 7:00 approx.

A DAY AT LITTLE CREEK CASINO & BINGO (A Smoke-Free Option Casino)

Are you interested in playing bingo or enjoying the other Casino activities? Enjoy the buffet lunch (\$10.95). You may want to grab two plates to fit all the options for sides and salads, not to mention mouth-watering desserts. At Creekside Buffet you are sure to find something for everyone or have a quiet bite at the Water's Edge Café. For more info see: <http://www.little-creek.com/> %

Activity# 162204 **Sec#**
 Date/Time in FEB.: TBD \$16 **01**
Call the Senior Center to put name on list.



SEATTLE ART MUSEUM - "Tea Ceremony Demonstration"

Experience chado, "the way of tea," in the superbly crafted teahouse located in the Asian Galleries at SAM. The time-honored living art brings a fresh paradigm for thoughtful and harmonious living. **Limited seating; call Eileen ASAP @206-842-1616 to put your name on list.** %

Activity# 162205 **Sec#**
 Th 2/16 \$5 **01**
 Depart: 4:40p Ferry, Return: 8:10p ferry
***Pay your own \$12 SAM entrance fee, ferry & bus/taxi.**

M & M – MALTBY'S CAFÉ AND MOLBAK'S NURSERY

First stop is the Famous Maltby Café for a hearty breakfast/lunch. If you're able to walk after all that food, we'll journey to Molbak's Nursery to check out the beautiful displays and maybe bring home some plants for home or garden. %

Activity# 162206 **Sec#**
 Tu 2/28 \$24 **01**
 Depart: 8:15a, Return: 3:45p

FUTURE OF FLIGHT AVIATION CENTER & BOEING TOUR

Explore the dynamics of flight and experience aviation innovations. It is hands on and interactive learning experience. Strap yourself into the Innovator for an exhilarating trip to virtual destinations. Then a 90 minute, behind the scenes Boeing tour to view 747, 767, 777, and 787 jets being assembled. Tour includes a 1/3 of a mile walk, 21- stair steep climb and an elevator ride 35 ft. above the factory floor and a walk thru a tunnel. **Deadline 2/28.** %

Activity#162207 **Sec#**
 Tu 3/6 \$52 **01**
 Depart : 7:45a Return: 4:30p

VICTORIAN HERITAGE DAYS AT PORT TOWNSEND

The Victorian Festival returns for its 16th year. Step back into the Victorian era as the city recreates its rich heritage and fascinating history. Open homes, historic re-enactment, a Victorian Fashion Show, demonstrations of Victorian crafts and skills. Learn what life was like for your grandparents. %

Activity# 162208 **Sec#**
 Sa 3/24 Time and \$ TBA **01**

Email: info@biseniorcenter.org with your name and phone # or call 842-1616 to receive more information as we get closer to the date.

EXPLORE NISQUALLY NATIONAL WILDLIFE REFUGE

The Refuge was established to protect migratory birds. There's 3,000 acres of salt and freshwater marshes, grassland, riparian and mixed forest habitats for migratory waterfowl, songbirds, raptors and wading birds. The Wildlife Refuge is a great place to see Spring bird migration. There are a number of trails and viewing points. We will have a guided tour to learn about this special refuge and its flora & fauna. We will walk several of the trails. There is also a Visitors' Center. Bring your Golden Age Pass if you have one. We will stop for lunch on the way back. %

Activity#162209 **Sec#**
 W 4/25 \$31 **01**
 Depart: 8:00a Return: 4:00p



GRAY WHALE VIEWING With A STOP AT COUPEVILLE

Gray Whales, reaching up to 50 ft. long and 35 tons, migrate north from Mexico to Alaska with their calves in tow. Catch a glimpse of these large mammals in Puget Sound during peak season. There will be a two-hour stop in quaint Coupeville on Whidbey Island for lunch and shopping. **Deadline For Cancellation: 3/1** %

Activity# 162210 **Sec#**
 Sa 3/31 \$63* **01**
 Depart: 7:05a Ferry Return:4:40p Ferry
***(includes van from Bainbridge to Victoria Clipper Dock)**

STEP BACK IN TIME INTO OLD BAINBRIDGE

Spend a day this Spring on an unforgettable tour of your Island with Island Historian, Reid Hansen. Acquire knowledge of the history of Bainbridge from the earliest settlers to the present day. He will take you to 19 historic sites and provide you with a companion pictorial brochure. Bring a sack lunch as we will be stopping at one of these sites for a lunch break. Some walking is involved. Co-sponsored by the B.I. Historical Museum. %

Activity#162203 **Sec#**
 Sa 4/21 10:00a-2:00p \$14 **01**
 Sa 5/19 10:00a-2:00p \$14 **02**



PILCHUCK SCHOOL OF GLASS

Once a year opportunity! Located on 54 acres in the midst of a Stanwood tree farm lays Pilchuck Glass School an international center for glass art education. Visitors can view the fascinating processes of glass making, talk with artists, tour the studios, and hear about the history and the future of the school. Includes lunch with the artists **Deadline for cancellation April 1.** Call Eileen for more information. %

Activity# 162211 **Sec#**
 Date/Time in May TBD \$72 **01**

50+ PROGRAMS

TRANSIT ADVENTURES IN SEATTLE

Transit trips are led by volunteers to local destinations around the Sound using ferries and busses. Participants pay for their own transportation, admissions, and meals.

If you are interested in the latest information on Transit Trips, check the Senior Center Bulletin Board and sign up by emailing or calling the Senior Center at 842-1616 or send an email to transittrips@gmail.com. Also check the bulletin board at the Senior Community Center. %

Trips will start up in April, first one listed below. Check the Senior Community Center newsletter for details on the rest of the trips.



A DAY AT THE MUSEUMS

We'll hop the ferry & take transit to the Klondike Museum. We will also visit the Last Resort Fire Museum and the Seattle Metro Police Museum, all in Pioneer Square. Lunch at Award Winning Bakeman's Restaurant (Rated: Easy) %
W 4/4 Free
Depart 9:40 ferry, return when done.

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



EXPLORING THE COLUMBIA RIVER

Travel along the Washington side of the River, stopping for great views, with lunch along the way. Overnight at the Best Western at Cascade Locks, with river view rooms with microwave and refrigerator. There's an indoor heated pool and spa as well and adjacent walking path. Early dinner and then we'll take a special 2 hr. "Cruise at dusk" on Sternwheeler. Next day, after a complimentary hot breakfast, we'll explore the Oregon side of the River, with a visit to the Bonneville Dam and stop at several waterfalls, including the Multnomah Falls. Some walking involved. %

Activity# 162212 Sec# 01
Su - M 5/20-21

Depart: 7:30a Return: 7:00p
Fee: \$160dbl, 220, Sgl

Deadline and Cancellation Deadline:
March 22nd



SOL DUC HOT SPRINGS

Enjoy the 3 Mineral Hot Spring soaking pools and Freshwater pool. Bring your own swim suit and towel. Dine at the café or bring your own lunch. Massage also available by appointment. %

Activity# 162213 Sec# 01
Th 6/14 \$45
Depart: 7:30a Return: 6:45p

OUTBACK KANGAROO FARM & JIMMY'S PIZZA-STANWOOD

Put on your farm duds and mud puddle boots for a fun tour. Meet Lemurs, Kangaroos, Wallabies, Llama's and more! Oh My! Then it is on to Jimmy's Pizza for a casual lunch. This tour requires walking on uneven and possibly muddy grounds. Be prepared to get dirty! %

Activity# 162214 Sec# 01
W 6/20 \$38
Depart: 8:00a Return: 4:30p



KING TUT EXHIBIT

The exhibit features more than 100 objects from King Tut's tomb as well as artifacts from ancient sites representing some of the most important rulers throughout 2,000 years of ancient Egyptian history. Many of these objects have never toured in the US before this exhibit. This trip will be via public transit. Must be able to walk and stand for long periods of time. Deadline for cancellation June 7. %

Activity# 162215 Sec# 01
M 7/9 \$25
Depart: 8:45a Ferry Return: 3:00p