

WATERFRONT PARK COMMUNITY CENTER



The activities at the Waterfront Park Community Center which houses the Bainbridge Island Senior Community Center offer opportunities to keep active in mind, body and spirit, meet other people, make new friends, volunteer and enjoy life. Register online (www.biparks.org), at the WPCC or at the Park District Office for all classes and programs at the WPCC. Classes and programs that do not reach minimum registration limits 7 days prior to class may be canceled. There may be financial assistance available for some programs. Call 206-842-1616 or email eileen@biparks.org for more information.



AGING MASTERY PROGRAM

The Aging Mastery Program (AMP) aims to help millions of Baby Boomers and older adults take key steps to improve their well-being, add stability to their lives and strengthen their ties to communities. Participants

take classes that combine evidence-informed materials, expert speakers, group discussion, levels of master and achievement, and small rewards. All classes are designed to provide the skills and tools needed to achieve measurable improvements in managing health, remaining economically secure, and contributing actively in society. Please join this 8-week program from the National Council on Aging. 30 Scholarships are available; call for more information.

WPCC Dining Room
161200-01 M 2:30-4:00p 1/23-4/10 \$100 Value

HEARTWORK END-OF-LIFE PLANNING WORKSHOP

"A Gift for Yourself and Your Loved Ones" is a 4-week Healthcare Advanced Directives planning series with a trained facilitator who supports participants to complete the "5 Wishes" booklet, or other Healthcare Advanced Directive of their choice. This is an opportunity to learn about current resources and choices, reflect on the meaning of the dying process, share stories and put down on paper one's own end of life hopes and wishes. Participants report "a safe emotional environment," "handouts were life changing," "discussion with other participants was most helpful," "the best thing about the class was "a heartfelt connection to the subject matter," "every person ...shared and participated with their whole heart", and the fee was reasonable. Caroline

Stevens, RN, MSW is a Certified Heartwork Facilitator, who recently retired from Hospice nursing. \$25 materials fee payable to Caroline on the first day of class. Contact Caroline at 206-855-8482 with questions or to discuss a scholarship. WPCC Conference Room

162416-01 Th 2:00-3:30p 4/13-5/4 \$100



CHANGING PLACES: HOME IN TRANSITION ANNUAL CLASS!

Participants will learn how to clean out a home and get it ready for transfer after a significant life event (divorce, downsizing, financial changes, move to assisted living, illness or death). This time is difficult and overwhelming, and people have questions but nowhere to find answers. This interactive class gives participants unique knowledge about the process, useful tools and a template. Instructor,

Karen Hallis, has 30 years of experience as an organizer, attorney and certified professional coach. Participants will not receive legal advice about real estate transactions or disputes. WPCC Dining Room

162411-01 Sa 9:00a-12:00p 2/4
\$45 individual or \$40/person couple

NEW CLASS! DON'T LEAVE YOUR HEIRS WITH A MESS...ORGANIZE YOUR ESTATE

Facing the finalities of life is uncomfortable, stressful and frightening. This class will help you organize information about your life so you can figure out what sort of an estate plan fits your needs. Participants will learn about the estate planning process, various documents used and the administration of an estate. Family dynamics and issues (health, financial and otherwise) can complicate everything. The instructor, Karen Hallis, is an organizer, attorney and a certified professional coach. She combined her professional and personal experiences to create this class after handling some unusual and complicated estate matters. Participants will not receive legal advice. WPCC Dining Room Karen Hallis also teaches Changing Places: homes in transition on Feb. 4th.

162412-01 Sa 9:00a-12:00p 5/6
\$50 individual or \$45/person couple

LIBRARY/WATERFRONT BOOK GROUP

Each month the Kitsap Regional Library will be hosting a discussion of a popular book. Stop by the Center or call the library to learn which book the group is reading each month. WPCC Conference Room

162423-01 3rd T 1:00p Ongoing Donation

MEDICARE WORKSHOP

Learn how Medicare works and how to enroll in Medicare Part A&B (Medicare Health Plans) and the Drug benefit, Part D. Look at how Medicare works with Supplemental Retirement Health Plans and other types of insurance. Genevieve Moyer, SHIBA volunteer. WPCC Huney Hall

162409-01 W 7:00-9:00p 3/29 Donation

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GRANDMOTHER'S GROUP

Explore with fellow grandmothers what this fascinating chapter is all about. How do we wish to consciously participate in this valuable and delightful role? A positive small gathering for 4 Saturday mornings in April. Please call Nancy Klimp, facilitator, at 206-780-7770 before registering for this program. WPCC 161111-01 Sa Time TBD 4/8-4/29 Donation

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! Facilitator: Nancy Lewars. WPCC Conference Room 166006-01 F 10:00-11:30a Ongoing Donation

SING-ALONG

Join the regulars to sing some familiar tunes. If you play an instrument, bring it to play with the group. WPCC Fireside Room 961001-01 F 11:00a Ongoing

CARDS & GAMES

Party Bridge:	Tu	1:00p	Call 842-2631
Duplicate Bridge:	Th	10:00a	Call 842-3104
Cribbage:	WSa	12:00p	Call 491-8939
Pinochle:	Th	1:15-4:00p	Call 780-1449
Mah-jongg:	F	1:00-4:00p	Call 842-1616



BIMPRD ANNUAL EVENTS

APRIL

mEGGa Hunt

JUNE

National Trails Day

JULY

Wednesday
Evening Concerts

AUGUST

SummerFest

AUGUST-SEPTEMBER

Movies in the Park

OCTOBER

Haunted Hayride

DECEMBER

Winter Wonderland

WWW.BIPARKS.ORG