

Bremerton Senior Center Active Us Newsletter Oct.-Dec., 2025



The "Active Us" is THE place to get your information for the Bremerton Senior Center.
1140 Nipsic Ave., Bremerton, WA 98310

BREMERTON SENIOR CENTER

CENTER HOURS: MON-FRI 8 AM TO 3 PM

STAFF

Lisa Garland, Recreation Program Coord. III
Samantha Klous, Program Assistant

VOLUNTEER RECEPTION

Monday: Berta Stone
Tuesday & Thursday: Mac Whittlesey
Wednesday: Marie Erickson
Friday: Al Butler
Volunteer Coordinator: Matt Klous

CENTER HOLIDAYS

We are closed on the following dates:

VETERANS DAY - Tuesday, Nov. 11th
THANKSGIVING

Thurs., Nov. 28th and Fri. Nov. 29th
WINTER HOLIDAYS & MAINTENANCE
Mon., Dec. 22nd through Fri., Jan 2nd

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VOLUNTEER OF THE QUARTER



Chef Cynthia Bowans has been a game changer with her expertise at our monthly socials, pool tournaments and Taking Charge events. We feel so fortunate to have Cynthia's years of culinary experience, and her professionalism is outstanding! Best of all, she is so much fun to work with!!



Thank you Cynthia for all you do!!

MEMBERSHIP

Membership runs the calendar year January-December. We are open to all people ages 55 and better.

2025 rates:

CITY RESIDENTS

Single \$20.00/yr
Couples \$32.00/yr
Associate \$32.00/yr

NON-RESIDENTS

Single \$35.00/yr
Couples \$52.00/yr
Associate \$52.00/yr

The Senior Center is a division of the City of Bremerton Parks & Recreation Department. Payment can be made by calling the Senior Center, coming in or mailing your check. Keeping current on your dues ensures that you receive this newsletter via email or at your door step.

Highlights of your Membership include our newsletter direct mailed/emailed, participation in over 30 activities at no additional charge and trip registration priority. We are an active recreation center for all adults 55 and better. We have daily drop-in activities you can participate in, trips and tours, fitness, educational, hobbies, enrichment and dance classes. The Bremerton Senior Center is also home to entertainment groups, such as: Sunshine Singers and the Center Line Dancers.

- COUPLES MEMBERSHIP is for two people, at least one needs to be 55 or better, who reside at the same address.
- SINGLES MEMBERSHIPS are for single individuals.
- ASSOCIATE MEMBERSHIPS are for those not yet 55 but who still would like to participate in the programs, trips and classes offered at the Center.

MISSION STATEMENT

The Bremerton Senior Center is committed to enriching Senior lives in Bremerton by providing lifelong learning and recreational opportunities.

SPECIAL REGISTRATION INFO. & \$UM\$ CORNER

Center friends,

It's been such a fun year and we look forward to more fun and adventures this quarter. I want to update you all on some changes to trip registration and give a shout out to our registration volunteers, they rock and there are a lot of them.

When you come to register you do not come into the office like you used to. If you are registering in person a volunteer directs you to the main room to get a registration form that is time stamped. You fill out your request form for trips, events and payment information and are directed to the Tap Room. There, volunteers review the form, answer questions, total and accept payment. Then a runner brings the forms to the office, and they are put in order by the time stamp (as are the phone registrations) and entered into the computer in order.

If you are calling in to register, volunteers take phone registrations and put them in time-stamped order. **Do not** call before 8 and leave a message, we won't answer and you may miss your chance to register. **All registrations** are time stamped, both phone and walk-in, and they are entered into the computer in that order. Remember, if you are calling in we will need your credit/debit information. Please make sure we know the billing address if it is different than your home address, we really appreciate that.

If a trip or activity is full, we add that person to the waitlist then. There may be times that a trip you want is full and that can be disappointing, we get that. If we can take 2 vans we will so always ask to be put on the waitlist. By mid afternoon we usually have registrations entered. Finally, margarita time!! (Not really, we can't do that at work.)

It takes about 10 volunteers to make registration run as efficiently as possible. They make this crazy, busy day run smoothly. It's really great to see everyone pitching in so that other members get to enjoy the fun of traveling with their Center friends. We understand it's disappointing if you don't get a trip you really wanted. Please know we have made the process as fair and painless as can be. That would not be possible without Samantha and our amazing volunteers. They really deserve a huge round of applause! Lisa

Hello members,

SUMS (Seniors Uncovering Money Solutions, our Non-Profit made up of Sr. Center members) is excited to announce our Oct. 23rd Panera, Silverdale Fundraiser! We will receive 20% of all purchases made when you present our flyer (included in this newsletter). We even added an extra flyer to share with your friends! Make sure to save the date!

We had some great fundraising last quarter. The Woodcarvers Bake Sale, our Burger Bash raffle baskets, and the Applebee's fundraiser were a great success, raising a combined \$1,585.31. Additionally the Annual Quilt Show raised \$1505.06. Thanks to all members who participated, purchased and donated!

We are looking at some building upgrades. We've approved switching our internet to a more affordable provider, and solar lights for the new flagpole are on the way. We're also addressing a sloping floor in the pool room and getting estimates for new bathroom floors and painting.

Thanks to everyone who was able to come to the \$UM\$ "Thank You" event Aug. 26th. We were able to show pictures of purchases that we have made throughout the years thanks to your generosity. We are also exploring new opportunities, including a possible Bingo night at McCloud's benefitting SUMS. Thanks, your \$UM\$ officers.

DONATIONS TO THE SENIOR CENTER

We always welcome donations of coffee, decaf, napkins, sugar, creamers and candy. Interested in other donation opportunities? Check with us in the office. If you are considering a monetary donation please speak with Lisa. Thanks!

DAILY ACTIVITY INFORMATION

COMPUTER LOUNGE

DAILY, 8:00 AM-CLOSE

Open daily for your convenience. Check your email or do some online research.

POOL

DAILY, 8:00 AM-CLOSE

Four tables are open daily for play. All levels of skill are welcome. Shoot a few games or refine your skills. Cues are available or bring your own.



SPADES

DAILY, 8:00 AM-CLOSE

Spades is a trick taking card game sure to get you hooked. All are welcome.

SEATED CHAIR EXERCISE

MONDAYS, 8:30-9:10 AM

Join Lisa for seated exercises! Maintain and increase range of motion while strengthening your muscles. Boost your energy level, circulation and mood.

ARTISTS AMONG US

MONDAYS, 9:00 AM

Do you sketch, sculpt, paint? Do you have an art project that you would like to work on but don't have the space or just want a little company? Bring your art and work among friends.

SCRABBLE/RUMMIKUB

MONDAYS, 10:00 AM

Scrabble is a classic word game in which two to four players score points by placing tiles to create a word. Rummikub is tile based; combining the elements of the card game Rummy and tile game Mahjong.

SUNSHINE SINGERS

MONDAYS, 10:00 AM-12:15 PM

Music lifts our spirits and boosts our endorphins, and can help our memory, mental health and mood. Come sing with us and start your week off with a song.

SENIOR OPEN ICE SKATE

MON. AND WED., 11:00 AM-12:00 PM

Pick up your free weekly passes at the Center to skate at the Bremerton Ice Center. Skates are available to rent for \$5.00. This is a free program for Senior Center Members.



CENTER LINE DANCERS

MON. - BEG 12:30-1:45 PM/INT 1:45 PM-CLOSE

WED. - BEG 10:15 AM/INT 11:30 AM

Line dancing is a fun way to get fit and feel great! Learn and practice routines to upbeat music. This class is guaranteed to put a smile on your face and add a bounce to your step.

SR. INDOOR PICKLEBALL

MONDAY & WEDNESDAYS, 9:00-11:30 AM

SHERIDAN PARK GYM

Pickleball is a cross between tennis and ping pong for 2-4 players. Play is for fun, not an organized lesson. Sign in at the main desk at Sheridan Park. All skill levels are welcome! (Equipment is provided).

CRAFT CLUB WITH SALLY

TUESDAYS, 9:00 AM-12:00 PM

Looking for new craft ideas? Need some help with an unfinished project? This group can do it all from sewing, to making curtains, scarves and more! Join in the fun! Bring your favorite project or learn something new.

GOOD GRIEF- WIDOWS GROUP

TUESDAYS, 10:00 AM-12:00 PM

This woman's group empowers, educates and supports widows in living with their grief rather than in grief through the formation of sisterhood. The focus is on supporting each other, modeling courage and meeting each other's and your own needs.

Daily Activities are free for BSC members unless otherwise noted. Non members pay fee of \$4 drop in per day.



We're raising dough!

SUMS-SENIORS UNCOVER MONEY SOLUTIONS

October 23, 2025
7:00 am to 8:00 pm

9995 Silverdale Way Northwest, Silverdale, WA

Use code FUND4U at panerabread.com, in the Panera App,
or at the kiosk in-cafe.

Online orders placed all day at your event cafe will count toward your total sales.

20%
OF NET SALES
WILL BE
DONATED*

Bring this flyer or show a digital copy to your
cashier when ordering at the cafe to ensure your
organization gets a portion of the net sales.

Panera
FUNDRAISING

*20% fundraiser: Up to 20% of net sales from your designated and registered fundraising event will be donated to your approved organization. Minimum sales of \$100 on the specified date, time and location required to receive 20% donation. 25% fundraiser: Up to 25% of net sales from your designated and registered fundraising event will be donated to your approved organization. Minimum sales of \$150 on the specified date, time and location required to receive 25% donation. General terms: Details on percentage of net sales to be donated and the minimum sales requirement will be provided during the event registration process. Fundraising events available only at participating US bakery-cafes. Fundraising event details and available dates and times for fundraising events will vary by bakery-cafe. Gift card purchases, catering orders, and orders placed on third party delivery sites are excluded and will not count towards the total net sales from your designated fundraising event. This offer will be void if flyer is distributed in or near the participating bakery-cafe on the night of the event. Fundraising events may be cancelled without notice due to abuse, error, fraud, computer error, electronic or technical malfunctions, or other unforeseen or unintended circumstances. Other restrictions may apply. For more information on how our fundraising events work, please visit: <https://fundraising.panerabread.com/info>.

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Free- Meet the Author Event!

Thurs., Nov. 20th, 11:30

Light snacks served.

Call for reservation 360-473-5357.

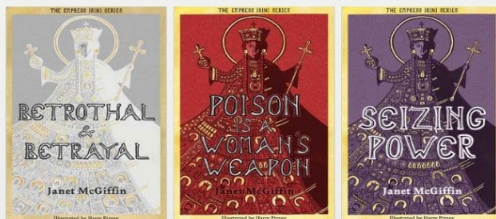
LOCAL AUTHOR TALKS ABOUT

The Fascination of Historical Fiction



JANET
MCGIFFIN

NOW AVAILABLE ON
amazon.com



READ THE REST
OF THE SERIES!

About The Series:

In the dazzling splendor of Byzantine Constantinople, a young woman is destined to change the Empire. Stunningly beautiful Irini of Athens has caught the roving eye of powerful Emperor Constantine who brought her from Athens to the Great Palace of Constantinople to wed his weak and sickly son, Co-emperor Leon. But Irene is no pawn of a womanizing scion. Beneath her luminous smile lies her own lust—for power.

This historical fiction four-book series follows Byzantine history with characters taken from real people whose brief spark in time is breathed back into flame in this historically accurate series about power and treachery in 8th Century A.D. Byzantium.

DAILY ACTIVITY INFORMATION

BOOK CLUB

LAST TUESDAY, MONTHLY 12:30-1:30 PM

Join anytime. We work with Kitsap Regional Library to get our books. If you are a reader and love to talk about books, join us.

PING PONG/TABLE TENNIS

TUES. & THURS., 8:00-11:00 AM

Bring your paddle or use one of the Center's and have some fun. Whether you call it ping pong or table tennis, it's always a good time and great exercise. All skill levels are welcome.

BRIDGE

TUESDAYS, 12:15 PM

THURSDAYS, 9:00 AM

A classic game recognized as a mind sport, Party Bridge is a partnership trick-taking card game of skill. It is played by four players who form two partnerships.

CO-ED REC MODIFIED SOFTBALL

TUES. & FRI., OCT 7-DEC 30, 10 AM-12 PM

BREMERTON SPORTS CENTER, PENDERGAST PARK

NO PROGRAM 11/28 AND 12/26

Enjoy co-ed softball. Our emphasis is on having fun through friendly competition, exercise and developing individual hitting and fielding skills in a positive, team setting. *Sr. Center membership is required.*

SHIBA MEDICARE/MEDICAID

2ND WEDNESDAY, MONTHLY, 9:00-11:00AM

SHIBA's trained volunteers provide free, unbiased and confidential assistance with Medicare and health care choices. They determine eligibility for programs; compare Medicare plans/programs AND provide enrollment help with Medicare and more.

CRIBBAGE

WEDNESDAYS, 9:00-11:30 AM

Enjoy this classic card game. Be the first to get to 121 points. Great card game for 2-4 players. All are welcome.

ZUMBA GOLD

WED. & FRI., 9:15-10:00 AM, ONLY \$3!

Get your groove on with our amazing instructor Junko. ZUMBA Gold is designed to meet the fitness needs of adults 50 and better. Class cost is \$3 paid to Junko. *Sr. Center membership is required.*

MAHJONG NEW TIME!

WED. & FRI., 12:00 PM

The goal of Mahjong is similar to poker. The aim is to make matching sets and pairs. To win a player must form their tiles in four sets and one pair. Generally this groups plays American/National style but we are flexible and have plenty of room.

POOL TOURNAMENTS

8 BALL, 1ST THURS., 10:30 AM

OCT. 2ND, NOV. 6TH & DEC. 4TH

9 BALL, 3RD WED. 10:30 AM

OCT. 15TH, NOV. 19TH & DEC. 17TH

Tournaments are just \$6 per player, including a light lunch. Winner receives a \$10 gift card and bragging rights. **Sign up no later than the day before by noon, 360-473-5357.**

TAI CHI

THURSDAYS, 1:30-2:30PM, \$5 PER CLASS.

NO CLASS NOV. 20TH

Tai Chi improves balance, helps to prevent falls and increases flexibility. It is slow, gentle movements and postures and a meditative state of mind. Focus is on proper breathing and the postures and is accessible for all fitness levels. Instructed by Sandy Carlson.

Daily Activities are free for BSC members unless otherwise noted. Non members pay fee of \$4 drop in per day.

DAILY ACTIVITY INFORMATION

QUILTING

THURS. & FRI., 10:00 AM-2:30 PM

Novice or experienced quilters, come one come all. Bring your quilting supplies and create with other quilters. You can even take lessons on our long arm quilting machine. (Required before use of machine.)

DOMINOES

FRIDAYS, 10:00 AM

The object of the game is to score points by being the first player to play all your dominoes in a round. Played with two or more players this game can get lively. Join the fun and play a game of bones with us.

JAM SESSIONS

FRIDAYS, 1:00- 2:30 PM

Do you love to play music? This is a collaborative jam session with no leader, just fun for fun's sake. Bring your instruments and music and jam with your friends. Music connects us with others. It's exercise for the brain and is proven to improve our mood and our memory. Plus, it is hugely fun so don't miss out!

MEALS ON WHEELS KITSAP AT THE BREMERTON SR CENTER

Thurs. & Fri. @ Noon, \$5

Enjoy nutritious, delicious lunches and share a community meal. Reservations are needed. Call the Meals on Wheels office at 360-377-8511 by 2 pm the previous day.

M O N D A Y	8:00 POOL, SPADES 8:30 SEATED CHAIR EXERCISE 9:00-1:00 ARTIST AMONG US 9:00-11:30 INDOOR PICKLEBALL @ SHERIDAN PARK GYM 10:00 SCRABBLE, RUMMIKUB 10:00 SUNSHINE SINGERS 11:00 ICE SKATING @ BREM. ICE ARENA 12:30-3:00 LINE DANCING
T U E S D A Y	8:00 POOL, SPADES 8:00-11:00 PING PONG/TABLE TENNIS 9:00 CRAFT CLUB WITH SALLY 10:00 SR. CO-ED REC. SOFTBALL AT BREMERTON SPORTS CENTER AT PENDERGAST PARK 10:00-12:00 GOOD GRIEF WOMEN'S GROUP 12:15 BRIDGE 12:30 BOOK CLUB, LAST TUES/MONTH EXCEPT OCT. CLUB WILL BE OCT. 21ST.
W E D N E S D A Y	8:00 POOL, SPADES 9:00 CRIBBAGE 9:00-11:00 SHIBA, 2nd WED. 9:00-11:30 INDOOR PICKLEBALL @ SHERIDAN PARK GYM 9:15 ZUMBA GOLD WITH JUNKO 10:15-12:00 LINE DANCING 11:00 ICE SKATING @ BREM. ICE ARENA 12:00 MAHJONG
T H U R S D A Y	8:00 POOL, SPADES 8:00-11:00 PING PONG 9:00 BRIDGE 10:00-2:30 QUILTING 12:00 MEALS ON WHEELS 1:30 TAI CHI
F R I D A Y	8:00 POOL, SPADES 9:15 ZUMBA GOLD WITH JUNKO 10:00 DOMINOES 10:00 CO-ED REC. SOFTBALL @ BREMERTON SPORTS CENTER @ PENDERGAST 10:00-2:30 QUILTING 12:00 MEALS ON WHEELS 12:00 MAHJONG 1:00-2:30 JAM SESSIONS

TRIPS AND TOURS- AND AWAY WE GO!

REGISTRATION BEGINS 9/30/25 AT 8:00 AM. PLEASE READ ALL TRIP/TOUR INFORMATION ON THE BACK PAGE OF THIS ACTIVE US PRIOR TO SIGNING UP FOR A TRIP. IT IS IMPORTANT TO UNDERSTAND THE TRIP RATINGS AND THAT YOU ARE ABLE TO FOLLOW THEM TO ENSURE YOUR SAFETY AND ENJOYMENT AND THE ENJOYMENT OF OTHER MEMBERS ON EACH TRIP. **MEALS ARE PAID ON YOUR OWN.**

PANCAKE CHALLENGE, HUCKLEBERRY SQUARE BURIEN

THURS., OCT. 9TH, \$28, R1

It's all about the Pancakes today. It's our final stop on our Pancake Challenge for the year. We head to another local treasure featuring NW Huckleberries on your pancakes!!! **Meal on your own.**

7 CEDARS CASINO

THURS., OCT. 16TH, \$26, R1

Our last Casino trip of the year is 7 Cedars on the way to Sequim! Play and (hopefully) win! Enjoy good food and a fun time! **Meal on your own.**

HAUNTED TACOMA SEAPORT AND DINNER AT COOPERS

TUES., OCT. 21ST, \$60, R2

We begin with dinner at Coopers for some great food. Then we tour the Foss Seaport Museum after dark and hear some of the best ghost stories the Tacoma waterfront has to offer. Hear the ghost encounters of the staff/public as you walk in the shadow of history. **Meal and rental of ghost hunting equipment on your own.**

SILVERDALE PANERA FUNDRAISER

THURS., OCT. 23RD, R1

Sign up to support our non-profit SUMS. Bring your coupon included in this Active US, and have lunch (on your own) to support the Senior Center. We will receive 20% of the profits from all coupon sales today. Share the coupon with your friends! **Meal on your own.**

MUSEUM OF FLIGHT AND LUNCH AT THE CLAIM JUMPER

WED., NOV. 5TH, \$40, R2

Explore the Museum of Flight at Boeing Field. The 14 acre campus includes over 160 air and space crafts. Check out the air ships and experience the stories of those who flew them. After our visit we head to the Claim Jumper in Southcenter for lunch. **Meal on your own.**

HOLIDAY BOUTIQUE CRAFT SHOW, LYNNWOOD EVENT CENTER

THURS., NOV. 13TH, \$40, R2

Get a jump on your holiday shopping with handmade gifts, unique crafts and art from local vendors just in time for the season. We will shop and enjoy and then we head to lunch at Astoria Pizza before heading home. **Meal on your own.**

HOLIDAY INN @ TACOMA MUSICAL PLAYHOUSE

FRI., NOV. 21ST, \$70, R1

We have dinner at Anthony's and then we are off to watch a classic holiday musical at the Tacoma Playhouse! **Meal on your own.**

TO MARKET, TO MARKET:

T & T MARKET AND BRITISH PANTRY

TUES., NOV. 25TH, \$32, R1

T&T Supermarket is the largest Asian Supermarket chain in Canada with stores in Washington too. After our shopping there, we head to the British Pantry for our favorite English baked goods, products and to have lunch. **Meal on your own.**

BELLEVUE SQUARE SHOPPING, DINNER ON YOUR OWN AND SNOWFLAKE LANE PARADE

WED., DEC. 3RD, \$35, R2

If you can't find what you are looking for here, there is something wrong with your shopping vibe. There is over 200 stores to pick from and 84 places to eat in the mall/surrounding area. Wear good walking shoes and bring a warm jacket for the parade at 7 pm. **Meal on your own.**

TULALIP LIGHTS AND ICE

WED., DEC. 17TH, \$45 R2

Wander the Lights and Ice Festival with 7.8 million holiday lights, a real ice rink, and gifts and treats from vendors. You'll have time to shop or play some slots. Eat where you want on the Tulalip Campus then we meet to tour the Lights and Ice Festival. Prepare for some festive fun. **Meal on your own.**

Haunting Halloween Party

Tuesday, October 28th

 12:00-2:00 pm
Tickets \$8.00 pp



It's time to eat, drink and be scary!! Dress up for the costume contest and plan to have fun! Join us for a spooktacular party, we're sure it will be a graveyard smash!

Holiday(s) Party

Tues., December 9th

 12:00-2:00 pm
Tickets \$8.00 pp



We celebrate the Fall and Winter Holidays today! Dig out your holiday sweaters and get ready to get your Merry groove on. Join us for fun, great company and yummy food. Bring a gift of no more than \$10 for the gift exchange if you want to participate. We'll have a great time with a lovely meal and festive friends.

Make sure to purchase all social tickets in advance at the office!

Honoring our



Veteran Members

**Tues., Nov. 4th
1:00-2:30 pm**

Join us for a special program, reception & afternoon Tea honoring our veteran Members who served in our Nation's Uniformed Service. May all veterans feel the deep respect and Recognition they deserve today. Your service means the world to us.

Call to reserve your spot,
360-473-5357

White Elephant



Tuesday, Nov. 25th

**Wednesdays Oct. 15th & 29th
and Nov. 12th, Dec. 17th**

1:00-2:30 pm

Bring a wrapped White Elephant gift, worth between \$5-\$10, old or new. Each person can play 2 cards. At the end of each game the winner chooses a gift. Each consecutive winner will have the option of choosing a new gift or stealing one from another player.

Free-Medicare/Medicaid Continuing Education Nick Woog

Tuesday, October 14th

12:00-2:00 pm

It's the time of year to consider your needs during open enrollment. Nick will guide us through upcoming changes in both Medicare and Medicaid and will answer questions about options that will work for you in the coming year.

Fall Owl Crafternoon



Tues., Oct. 7th,

12:15-2:45 pm, \$8

“Who-who” wouldn't want to make these adorable fall owls? Have a hoot creating with us! Sign up today!

Register by 9/25 for this class!

Spool Tree and “Glovely” Reindeer



Tues., Dec. 16,

12:15-2:45 pm, \$12

Come and have fun creating these delightful trees and reindeers with us!

Register by Dec. 8th!



Free- Safety And Exercise Within Your Home Tuesday, Nov. 18th

12:00-2:00 pm

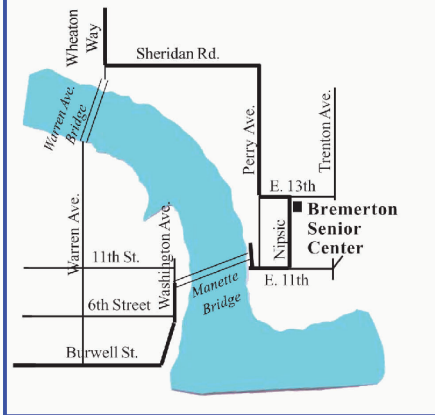
**Presented by Scott Richards
of Kitsap Physical Therapy**

Scott walks us through tips and measures we can take to stay both fit and safe in our homes. Scott addresses things we can do in our homes to prevent falls and injuries. He will also share ways we can stay fit and get exercise in the comfort of our own home.

Call 360-473-5357 to sign up for these no-charge events. A light lunch will be served or you are welcome to bring a sack lunch.



Bremerton Senior Center
1140 Nipsic, Bremerton, WA 98310
360-473-5357



IMPORTANT TRIP AND TOUR INFORMATION

BSC REPRESENTATIVE: A staff member accompanies tours and will try to ensure that the tour runs as close to schedule as possible, you are as comfortable as possible, and handle any issues that may arise. All participants must have a current emergency medical waiver form on file prior to traveling.

FULL TRIPS: If a trip is full, please place your name on the waiting list.

PARKING: Please contact the Senior Center office regarding the parking policy.

REFUNDS: The Bremerton Senior Center reserves the right to cancel any tour that does not fill or reach its minimum prior to the travel date, or due to unforeseen circumstances. Every effort will be made to provide sufficient notice. In that event, you will receive full credit on your account to be used on another trip at the Senior Center. Refunds will not be given to any trip \$19 or less that you need to cancel. Trips canceled by the participant (\$20 or more) will be charged a 10% cancellation fee. No refunds will be given for trips canceled by a member less than 24 hours in advance of departure. Cancellations for extended trips vary. All registrations are first come, first served and members have priority.

PAYMENTS: Full payment is due at the time of registration.

NAVIGATOR/CO-PILOT: The passenger seat is designated the navigator/co-pilot. As the navigator/co-pilot your driver may request your assistance with either driving directions, buckling and unbuckling other travelers and closing the large passenger door. While not all trips require the above mentioned services, there is a basic need for them to some extent on all trips. Please be sure that your physical condition will allow you to perform such duties if requested.

TRIP RATINGS:

R1: Board and depart bus/van and walk 2-3 blocks without stopping to rest. Must be able to stand 15-30 min.

R2: Board and depart bus/van and walk 4-5 blocks without stopping to rest. Must be able to stand 30-45 min., handle stairs and walk a mile in under 20 min.

R3: Board and depart bus/van and walk 5-7 blocks on uneven surfaces without stopping to rest. Must be able to stand 30-45 min., handle stairs and some hills, walk a mile in under 20 min and be able to walk up to 5 miles round trip.

CHECK TRIP RATINGS CAREFULLY WHEN REGISTERING. SIGNING UP FOR TRIPS THAT ARE WITHIN YOUR ABILITIES WILL ALLOW YOU AND YOUR FELLOW TRAVELERS TO HAVE A BETTER EXPERIENCE.