

# Poulsbo Senior Connection Newsletter

ISSUE #1



◆  
Summer  
2025



Your destination for senior activities in Poulsbo



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Dear Friends and Neighbors,

We are excited to introduce the very first issue of the Poulsbo Senior Connection Newsletter - a collaborative effort dedicated to keeping our vibrant senior community informed, engaged, and connected.

This newsletter brings together the collective resources and programs of Poulsbo Parks and Recreation, the North Kitsap Senior Community Center, the Kitsap Regional Library, and the Suquamish Museum. Together, we aim to offer a wide variety of events,



educational opportunities, recreational activities, and cultural experiences tailored to the interests and needs of older adults in our community.

We are also proud to acknowledge our community partner, the North Kitsap–Poulsbo Rotary, whose support helps make this collaboration possible.

Thank you for being part of our growing senior network. We look forward to seeing you at upcoming events and hearing your feedback as we build a stronger, more connected community—together.

Warm regards,

The Poulsbo Senior Connection Newsletter Team



# About our Partners

## Poulsbo Parks & Recreation



Poulsbo Parks & Recreation strives to help build community and provide enrichment for our local seniors through our recreation programs. We currently offer free fitness classes several days a week as well as providing other affordable opportunities for senior recreation.

We are working with local organizations to improve our facilities to increase comfort and versatility for our seniors. We would love to hear what we can do for you!

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## Poulsbo Rotary

Rotary is a global network of more than 1.2 million neighbors, friends, leaders, and problem-solvers who see a world where people unite and take action to create lasting change – across the globe, in our communities, and in ourselves. To this end, Poulsbo Rotary has completed the following projects during the past 5 years.



- Development of 8 unit Domestic Violence transition housing at Morrow Manor (\$2.1 million project)
- Donated \$19.6k and labor to renovate and furnish Poulsbo Coffee Oasis Youth Support restaurant in Poulsbo
- Built Garden sheds at Poulsbo Raab Park

And so much more!

# About our Partners

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## Kitsap Regional Library



Serving more than 274,000 Kitsap residents, Kitsap Regional Library is foundational in our community. Visit any of our nine locations, access digital library materials and services, or utilize mobile services for individuals with significant barriers to using their Library location.

The Library has more than 400,000 physical items in its collection and over 63,000 downloadable ebooks,

audiobooks, and digital magazines available online, along with 50+ free digital research tools. Each of our libraries was born from a passion for creating opportunities for individuals to grow and thrive.

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## North Kitsap Senior Citizens Center

Our Mission: To provide a setting for companionship, entertainment and sociability for its Senior Citizen members, 50 years of age and older, along with opportunities for self-expression in the interest of good citizenship and community betterment.

The Senior Center provides citizens aged 50+ opportunities and activities that combat loneliness, promote friendship and self-worth.



Come in to sit, relax and enjoy a cup of coffee and a good book in our cozy corner. Our motto remains: "Fun, Friendship and Service."

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# About our Partners

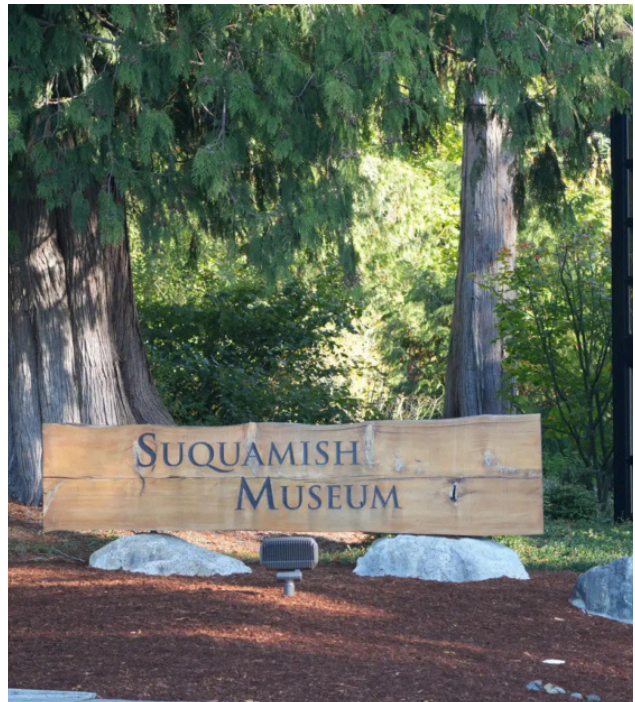
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## Suquamish Museum

The Suquamish Museum is dedicated to fostering a more inclusive and respectful community by collecting, preserving, and teaching the living culture and history of the Suquamish Tribe.

Through language, culture, and historical programming, we aim to educate and inspire a diverse community of tribal members, students, artists, and visitors, creating a space where the rich heritage of the Suquamish Tribe comes alive for all.

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## How to Get Involved

**Are you passionate about improving the quality of life for seniors in our community?** We're inviting local organizations, service providers, and community partners to become part of our Senior Task Force—a collaborative group that meets monthly to explore programming and funding opportunities aimed at enriching the lives of older adults in North Kitsap.

Whether you'd like to join the conversation, offer a free or low-cost program, or support our efforts through financial sponsorship, your partnership can make a meaningful difference.

Let's work together to build a more connected, supportive, and vibrant community for our seniors. For more information, please contact Kris Goodfellow at Poulsbo Parks and Recreation, 360-779-9898 or [kgoodfellow@cityofpoulsbo.com](mailto:kgoodfellow@cityofpoulsbo.com).

# Class/Event Descriptions

## *Recreation Center*

### **Lifelong Health & Fitness**

Regular physical activity is one of the most important things older adults can do for their health. It can prevent or delay many of the health problems that seem to come with age. It also helps your muscles grow stronger so you can keep doing your day-to-day activities without becoming dependent on others. **RC**

### **Laughter Yoga**

An easy, fun exercise for the mind, body and spirit. It provides a reduction of stress and tiredness, a renewal of physical energy, and greater inner calm. **RC**



### **Intro to Tai Chi: Moving for Better Balance**

Builds muscle strength, increases attentiveness and awareness, improves postural stability, and releases tension. In these classes, you will learn the 8 Tai Chi forms. Come enjoy connecting with others while improving coordination, flexibility, and so much more! No experience is necessary. We will be primarily standing, but there are great benefits when seated as well.

**RC**

## *Suquamish Museum*

### **Free Admission Second Saturday**

Join us for free admission at the Suquamish Museum **SM**

### **Summer Glass Float Find**

First Clue Drops 7/9 at 9AM  
On Our FB Page! Join us  
July 9–20, 2025 for a free &  
fun community scavenger  
hunt in Suquamish! **SM**



# *North Kitsap Senior Citizens Center*

Free NKSCC programs require a nominal annual membership fee

## **Bridge, Scrabble & Mahjong**

Join us for a fun hand or 2 of bridge or challenge your brain with a game of Scrabble. Players Welcome  
**NKSCC**

## **Pinochle**

Improve your skills and become a Pinochle pro! Experienced players meet weekly, snacks provided.  
**NKSCC**

## **Movie & Popcorn**

Through the summer enjoy a movie favorite in the afternoon. **NKSCC**

## **Canasta Hand & Foot**

Join others to play this fast moving game. Opportunity to learn as you play. **NKSCC**

## **BINGO**

No explanation needed. Bingo cards are \$1 **NKSCC**

## **Watercolor**

Paint with an instructor from the Poulsbo Artist League the first Friday of every month.  
**NKSCC**

# *Kitsap Regional Library - Poulsbo Branch*

## **Peninsula Community Health Services Mobile Medical Clinic**

Get help with insurance enrollment and community resources. Address health concerns and connect with specialists in the mobile medical clinic. **KRL**



# Weekly Calendar of Events

## *Monday*

12:15-1:15pm Lifelong Fitness and Health **RC**

## *Tuesday*

10:00-4:00pm Bridge, Scrabble & Mahjong \* **NKSCC**

12:15-1:15pm Tai Chi **RC**

6:00-7:30pm Free Concert at Muriel Iverson William  
Waterfront Park

## *Wednesday*

11:00-4:00 Pinochle \* **NKSCC**

12:15-1:15 Lifelong Fitness and Health **RC**

1:00-4:00 Mobile Medical Clinic (3<sup>rd</sup> Wednesday of the  
month) **KRL**



## *Thursday*

9:30-10:30 Chair Yoga (\$) **RC**  
11:00-4:00 Canasta or Cribbage \* **NKSCC**

## *Friday*

12:00-4:00 Bingo \* (3<sup>rd</sup> Friday of the month) **NKSCC**  
12:15-1:15 Lifelong Fitness **RC**  
1:00-3:00 Watercolor Class with Poulsbo Artist League  
(1<sup>st</sup> Friday of the month) \* **NKSCC**  
2:00-4:00 Movie & Popcorn \* (TBA) **NKSCC**

## *Saturday/Sunday*

11:00-4:00 Free Admission every second Saturday of the  
month **SM**

### **Locations:**

**RC** Poulsbo Parks & Recreation Center

**KRL** Kitsap Regional Library Poulsbo

**SM** Suquamish Museum

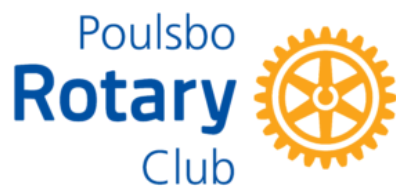
**NKSCC** North Kitsap Senior Citizens Center (\* Member Activities)

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This newsletter is produced by Poulsbo Parks and Recreation  
in collaboration with our partner organizations.



Parks & Recreation Dept  
19540 Front Street NE  
Poulsbo, WA 98370  
(360) 779-9898  
Mon-Fri 8-7, Sat 9:30-11:30



Poulsbo Rotary Club  
[www.poulsborotary.com](http://www.poulsborotary.com)  
Meetings at Sons of Norway  
every Friday at 7am



Kitsap Regional Library,  
Poulsbo Branch  
700 NE Lincoln Rd.  
Poulsbo, WA 98370  
(360) 447-5450  
Mon-Thu 10-7, Fri-Sat 10-5



North Kitsap Senior Citizens  
Center  
18972 Front Street NE  
Poulsbo, WA 98370  
(360) 779-5702  
Mon, Tue, Thu, 11-4



Suquamish Museum  
6861 NE South St  
Suquamish, WA 98392  
(360) 394-7105  
Wed-Sun 9-4