

Seabeck Star

Seabeck Community Center Newsletter Volume 2 Number 2 March 2022

Master Fitness Instructor Energizes SCC Early Birds

Longing to energize your day? Feeling rusty and sluggish? The Seabeck Community Center offers hope at Genean Page's 6 a.m. fitness class which is changing lives. One participant attributes Page with making it possible for her to experience a high quality of life again.

This Angel of the SCC grew up in Seabeck and works as an oncology nurse at Saint Michael's Medical Center.

A Certified Group Fitness Instructor and a Certified Personal Trainer, she also teaches at the Hazelwood YMCA in Silverdale three evenings a week. Thus, with her time booked to the max, early mornings were her only option, yet Page committed to helping Seabeckians form healthy habits.



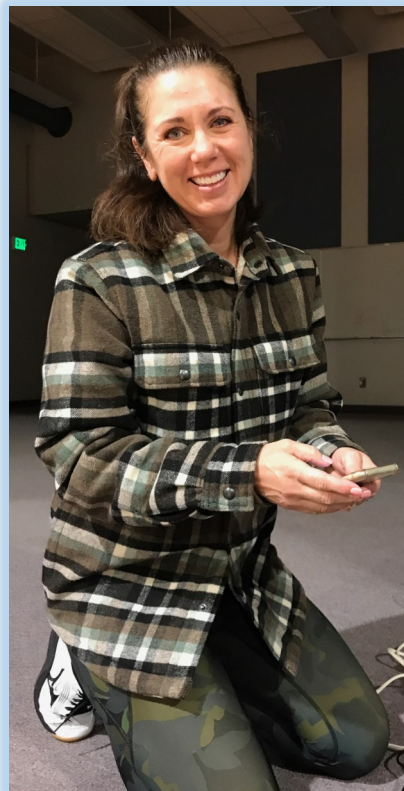
Fitness for Five Dollars at SCC

Fitness with Genean

Monday, Tuesday, Thursday / 6 a.m.

Zumba Tuesday, Thursday / 5 p.m.

Yoga Tuesday, Thursday / 6 p.m.



I've been to a lot of exercise classes; this is the best combo of them all.

— Debbie Boe

Rebecca Soberg, a dynamic Seabeck Post Office employee for many years, advises, "Best thing you can do for yourself and your day! Thank you, Genean."

Class members cite Page's fitness course as boosting their energy, working all of the muscle groups and increasing their flexibility, strength and balance.

ABOVE: Genean Page preps for her 6 a.m. class.

LEFT: Early-bird fitness fans.

SCC Events

Zumba UNICEF Benefit for Ukranian Children

On Saturday, March 26, 2022, thirty exercisers joined Organizer Jim O'Brien at a laughter-filled Zumba event which raised funds for UNICEF

Seabeck Drum Circle

Saturday, April 2 / 1 p.m.

Evergreen Bonsai Club

Meets every third Friday.

April 15, May 20 / 7 p.m.

Hood Canal Salmon Enhancement Group

Educational Talk on Local Events

Topic: Salmon Center in Belfair

Tuesday, April 19 / 10 a.m.

Markets and Fairs

Seabeck Spring Arts and Craft Fair

Saturday, May 21 / 10 a.m. to 6 p.m.

Sunday, May 22 / 10 a.m. to 4 p.m.

Enjoy arts and crafts created locally, and start your gift shopping early!

Contact Yvonne Kaiser at ykaiserscc@gmail.com

Seabeck Community Market 2022 Season

April 3, 2022, 1st & 3rd Sundays

12 p.m. to 4 p.m. / Closed Easter

Runs through October 16, 2022

To rent or book the SCC, contact seabeckkurt@gmail.com. See the SCC online calendar for more events.

Check us out at www.seabeckcc.org or at <https://www.facebook.com/SeabeckCC/>.

Everybody Loves Jim

Jim O'Brien, SCC's Zumba and Yoga Instructor [See Page 1], used to weigh over 50 pounds more, but has danced and stretched his way to better health.

His classes are so exciting and fun. Everybody loves Jim!

— Bryan Alvarez

O'Brien, who also instructs at the Hazelwood YMCA, has a heart for people. As a collective, he and his fellow instructors have organized 16 charity events for causes such as Scarlet Road — which helps those sexually exploited and trafficked, along with events to benefit victims of domestic violence, blankets to the homeless, and other vital causes.

At the SCC, O'Brien has coordinated the Zumba event on Saturday, March 26, 2022, from 11 a.m. to 12. p.m. [See Page 1] with all donations going to UNICEF to help the displaced children in the Ukraine. He has suggested a ten dollar donation, but adds, "Please don't let money be an obstacle for this event. Come with a smile and positive energy and join in the fun."

He is holding a similar Zumbathon at the Silverdale Boy Scout Hall in Old Town on April 9, 2022, from 1 - 3 p.m., followed by a potluck.



Contact Us

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The Seabeck Community Center is a 501(c)(3) non-profit. Donors can deduct contributions they make under IRC Section 170. Donations are accepted online or by check.

SCC Physical Location
CKSD Seabeck Center
15565 Seabeck Hwy NW
Seabeck, WA 98380

The Central Kitsap School District graciously leases the facility and grounds to the Seabeck Community Center. All CKSD computer usage, behavior, weapons-free and drug policies apply on the SCC Campus.

April 1 - 19, 2022 www.kitsapgreatgive.org

April 19, 2022, marks the Kitsap Great Give, a yearly event when over 350 nonprofit organizations receive generous donations.

This year the Seabeck Community Center made the list! But wait, there's more: Kitsap Community Foundation partners will boost your gift by five percent! Early gifting begins April 1 and runs through April 19, 2022.



Mark Your Calendars: Work Party / May 7



Stay tuned for a letter to members in April regarding a Work Party at the SCC on May 7, 2022, with Shift 1 from 9 a.m. to 10:00 a.m. for window washing, scrubbing of bathrooms and other interior jobs, with Shift 2 from 10 a.m. to noon for site cleanup, blowing, sweeping, *et cetera*.

To lead a crew, contact us at seabeckstar@gmail.com and use the Subject Line: [Work Party](#).

The Board thanks the community for its outpouring of support, donations, memberships and volunteer hours.