



- FUN FOR ALL -

NORTHSHORE HEALTH & WELLNESS CENTER INCLUSION PROGRAM

PROGRAMS GUIDE – WINTER 2017

**INCLUSION • FRIENDSHIP • ADVOCACY • SKILLS
RESOURCES • LEADERSHIP • RECREATION**

PROGRAMS OVERVIEW

Programming offers year-round recreation, socialization, advocacy and support for individuals of all ages with developmental disabilities, as well as community inclusion opportunities for all abilities. Serving Bothell, Woodinville, Kenmore and surrounding communities, programming is a non-profit service of the Northshore Health & Wellness Center (NHWC) operated by the Northshore Senior Center (NSC).

INCLUSION & FAMILY SUPPORT

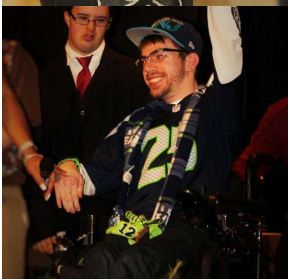
Promoting “Fun For All” Inclusion and Family Support offers recreation opportunities for all abilities in many programs. Participants of any ability may take part in designated programs by paying registration fee. Siblings without a disability may participate in designated programs for free.

PARTICIPATION INFORMATION

Participation requires completion of a Program Participation Form yearly, as well as payment of registration fees. Donation-funded Scholarship available for many programs. Admission fees are additional. Participants arrange transportation for most programs. Programming does not support personal care needs, required 1:1, wanderers or combative behavior and participants with these needs are welcome to bring a caregiver to programs at no cost.

NORTHSHORE ADULT DAY HEALTH CENTER

The Northshore Adult Day Center is a community-based health program providing a variety of health, social and related support services designed to meet the needs of adults with functional impairments through an individualized plan of care. Participants age 18+ attend 10am-3pm and can attend up to five days a week (Monday-Friday) in a safe and enjoyable therapeutic activity program, while offering family/caregivers time away from their responsibilities.



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“Experienced activities that built confidence and fostered friendships.” - “Provided invaluable experiences to meet new people in a positive environment.” - “Kept my child in touch with friends while active and engaged.” - “Thank you for these fantastic opportunities.”

COLE CAPLAN

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WWW.MYINCLUSION.ORG



A NEW 2017 PROGRAM PARTICIPANT FORM IS NEEDED FOR ALL PARTICIPANTS

DAY ACTIVITY PROGRAM (FULL)

\$50/day or 3hrs DDA. Ages 18+. Ongoing socialization and recreation program. 1:1 w/ caregiver. *Bring sack lunch*. Combine *with registration* in Wednesday programs (when offered) for extended day. No drop-in. Wednesdays, 1/11 – 3/29, 10am-3pm @ NHWC.

RECREATION BOWLING

\$50/session or 3hrs DDA. All ages. Join any time. \$3.75/day payable to Kenmore Lanes. Tuesdays, 1/10 – 3/28, 4-5:30pm @ Kenmore Lanes.

WRANGLERS SPECIAL OLYMPICS TRACK

\$90/season or 6hrs DDA. Ages 8+ competitive track program with tournaments in April and June. Practices: Thursdays starting 3/16; and Mondays 3/20, 3/27 & 4/3. Time: 5:30-6:30pm. Location: TBD. Join by 4/6.

ART

\$50/session, 3hrs DDA, or \$5/day. All Ages. Wednesdays, 1/11 – 3/15, 4:15-5pm @ NHWC.

GAMES+SOCIAL

Free. All ages. Come socialize and have fun! Wednesdays before Art only: 3:30-4:15pm @ NHWC.

SKILLS FOR INDEPENDENCE (COOKING)

\$50/session or 3hrs DDA. Ages 18+ with safety awareness who can be left at home unattended and stay on task. Mondays, 1/23 – 3/13, 3:10-4:00pm @ NHWC.

MARTIAL ARTS

\$60/session or 4hrs DDA. Ages 12+. Traditional Asian martial arts. No contact. Emphasis: courage, caring and respect. Instructor Dean Churchill: Black belt: Woodinville Martial Arts, Wranglers parent. Wednesdays, 1/11 – 3/22, 5:15-6:15pm @ NHWC.

NORTHSHORE ADULT DAY HEALTH PROGRAM

\$50-\$65/day. Ages 18+. 10am-3pm, Monday – Friday @ NHWC. Community based Day Health Program. State respite & health funding may apply. Transportation possible. Contact intake coordinator for more details.

KIWANIS "AKTION" CLUB

Ongoing opportunities for community service projects, leadership, skill building and community involvement. Planning meetings 2nd Tuesdays 3:15-3:50pm.

TO SIGN UP

- 1) Complete & return a 2017 Program Participation Form
- 2) See Activities Guide for class details then total up fees for classes
- 4) Pay securely online with credit card or in person with check/cash
- 5) RSVP for free classes and to use DDA respite hours

TEAM WRANGLERS

Promotes advocacy and awareness. All abilities welcome.

WRANGLERS SPIRIT GEAR

Branded apparel supports, celebrates and advocates!

DRAMA – JONATHAN REIS*

\$80/session or 5hrs DDA. Ages 14+. Learn drama skills & self-expression preparing for annual show. Mondays, 1/9 – 3/27, 4:15-5:15pm @ NHWC.

SINGING – BERNADETTE BASCOM*

\$80/session or 6hrs DDA. Ages 14+. New students welcome. Ties study of music with a singing performance empowering students. Saturdays, 2/11 – 4/1, Noon-1:30pm @ NSC.

TENNIS – EASTSIDE TENNIS CENTER*

\$60/mo or 4hrs DDA. Ages 14+. Offers added instructor support and reduced class size. Wednesdays, 2-3pm @ ETC.

Camp Movement 2.0*

\$40/mo or 3hrs DDA. Ages 14+. Adaptive fitness with Betsy Sanders, NFPT. Wednesdays, 1/4 – 3/22. 4:00-5:00pm or 5:15-6:15pm @ NHWC.

Dance*

\$45 session or 3 hours DDA. Ages: 14-Adult. Students learn the fundamentals of ballet, jazz and lyrical through dance games, improvisation, floor work and choreography. Taught by Sixth Day Dance Company. Mondays, 2/27 – 3/20, 5:30-6:30pm @ NHWC

*Payment to Senior Center. NOT eligible for Scholarship Fund use.

WEATHER PLAN

Centers may be closed, and programs cancelled, due to inclement weather. If Northshore School District schools are closed or on a delayed start any Wranglers Inclusion Program beginning before 12:00pm will be cancelled. Afternoon and evening programs may also be cancelled with a decision made by 2:00pm. Check the Online Calendar for current program status.

Northshore Wranglers Inclusion Program
Northshore Health & Wellness Center
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