

# The Navigator

August 2018



A monthly publication of Northshore Senior Center;  
10201 E. Riverside Drive, Bothell, WA 98011; 425.487.2441  
www.northshoreseniorcenter.org

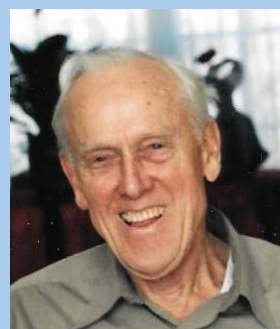
## NEWS



### ANNUAL BOTHELL CENTER CLOSURE!

Our Bothell Senior Center will be **closed the week of August 6th** so that we can set up for our Ransacked Attic Sale. Please take this opportunity to visit our Mill Creek or Kenmore Senior Centers, which are all included as part of your Northshore Senior Center membership

### Remembering Dick Hartry And His Generous Gift



With the passing of Richard “Dick” Hartry in 2014, the Northshore Senior Center lost both an active member and a generous donor. Dick was raised along with five siblings during the Depression on a sheep farm in southwestern Manitoba, Canada, and later served as a pharmacy assistant with the Canadian Army based in Great Britain during WWII. While there, he met Connie who became his lovely bride. Post-war, Dick completed his pharmacy degree and moved to San Mateo, CA in search of more sunshine. In CA, Dick and a partner operated Anderson Pharmacy, where he also learned to fit prosthetic devices. In retirement, Dick sold his pharmacy and moved north to Kirkland to enjoy a more relaxed pace in a temperate climate. Naturally, he soon gravitated to the Northshore Senior Center where his warm personality soon earned him a circle of friends, some of whom, like Dick, loved to talk about investments. When he passed in 2014, Dick left a very generous gift to the Northshore Senior Center, helping to ensure our organization’s continued success. We greatly appreciate Dick’s generosity.

For more information on including a gift for the Northshore Senior Center in your estate, please connect with Brooke Knight at 425-286-1023 or brookek@mynorthshore.org.

### OCTOBER MEMBERSHIP RATE INCREASE

After 4 years with no rate increases, we will be increasing our membership rates slightly starting in October to help offset our annual expenses. **Rates for individuals will increase to \$48/year and for couples to \$85/year.** As always, please inquire with our membership staff and volunteers if you can’t afford these rates and need a scholarship.

Has your membership lapsed? Renew your membership now to lock in current rates before the increase. Lifetime membership rates will remain at \$500/person or \$750 per couple at this time.

**WE'RE  
HIRING!**

Thanks to some new funding obtained through the King County Vets, Seniors and Human Services levy, we will be hiring for several new positions. Please help spread the word and ensure we have great candidates to choose from!

- Full-time (exempt) Development Coordinator, helping to oversee and direct all aspects of fundraising for our organization.
- Part-time (.5 FTE) Benefits Support Person, working to ensure members are accessing the full range of public benefits they are eligible for.

A link to all open positions can be found on our website.

## Volunteer Opportunities



### Urgent needs!

- ◆ Wednesday morning Baker –Simple box recipes – nothing complicated.
- ◆ Pancake Breakfast Servers
- ◆ Adult Day Center Front Desk Receptionists
- ◆ Ransacked Attic Sale (Rummage) volunteers
- ◆ Adult Day Center Kitchen helper

### Other needs:

- ◆ Computer Lab/proctoring
- ◆ Coffee Bar Servers
- ◆ Employment Office
- ◆ Bookie Office Receptionist
- ◆ Lawn Care/Work groups

If interested in volunteering or to learn more, email [volunteer@mynorthshore.org](mailto:volunteer@mynorthshore.org) or connect with Pasha Mohajerjasbi, our new volunteer coordinator. Some of you may recognize Pasha. She most recently has been a volunteer in the Coffee Bar on Wednesdays. We're thrilled to have her in this new role.

**Welcome Pasha!!**

## **BE A NORTSHORE AMBASSADOR!**

We will be holding our first meeting of our new Northshore Ambassadors on Thursday, August 30th at 2pm in the dining room in Bothell. Please stop by to learn more about what being an "Ambassador" entails and how you can help spread the word to our community about all the good things happening at the Northshore Senior Center. Potential Ambassadors from all programs and sites are encouraged to attend!

### HELP SPRUCE UP OUR GARDENS

All who are willing are encouraged to join us at 8am on Saturday, August 25th to help us clean up our green spaces around the Bothell Senior Center. Children under 18 welcome with a parent/guardian to supervise. Please bring gloves and any hand tools you might have. We have a limited quantity to share. We'll have coffee and some treats for everyone.

**Let's make our garden spaces beautiful again!**

## Wish List

In addition to the cash donations we rely upon to do our work, we are always in need of donations of critical supplies. Some current needs include:

- ◆ Crayola water colors, knitting looms & yarn
- ◆ Theme paper ware (napkins, plates, cups) Hawaiian, birthday and summer
- ◆ Bingo prizes (word search, snack items) & small candy bars (no nuts), (wallet, small flashlights, watches)
- ◆ Uno and other simple games
- ◆ Baking supplies (flour, sugar, chocolate chips, butter and Condensed milk)
- ◆ Electric tea pot, electric pencil sharpener
- ◆ Colored Sharpies, glue sticks, card stock
- ◆ Clear plastic water bottle caps
- ◆ Food coloring
- ◆ Mason jars (half pint and pint)
- ◆ Medium beach balls
- ◆ Rhubarb
- ◆ 25 ft. orange extension



## Social Services

### FROM HEARTACHE TO AN OPEN HEART...



YOU ARE NOT ALONE. The Grief & Loss support group is FREE and provides a safe environment for individuals coping with a loss, whether a loved one or close friend, a treasured relationship, loss of physical functioning or previous status. Learn how one can move through the grief process and grow "from heartache to an open heart."

On-going, Third Wednesdays: Aug. 15, Sept. 19, 10am—11am, Room 203

Facilitators: Cindy Tang, MSW

For more information, contact Cindy at 425-286-1047 or [CindyT@mynorthshore.org](mailto:CindyT@mynorthshore.org)

## Mill Creek

### **Mill Creek Senior Center (new address)**

4111 133rd St SE, Mill Creek, WA 98012  
*We are located across the street from Penny Creek Elementary in Vintage of Mill Creek.*

### **Evergreen Health: Positive Change with Goal Setting**

Learn to set attainable goals that lead to positive change in your life. August 8th, 10-11am. Call 425-899-3000 to register

### **Watercolor Class**

Dip into colorful, creative watercolor painting. Techniques are demonstrated in every class. Different subjects with reference pictures provided for every two week project. All levels encouraged. Recommended supply list available at front desk or email [akiebox@hotmail.com](mailto:akiebox@hotmail.com). Instructor—Carol Aki BFA  
Wednesdays 10am-12pm  
Session 3: August 1st—August 29th  
\$24/member, \$48/non-member for 5 weeks

Single class \$10/  
member/\$20 non-member

### **Music for Fun**

Our music group has expanded to two hours, our library has grown to several dozen old songs, almost all with lyrics and chord markings, or bring your own favorite piece of music for us to try out. We're playing strings... actually any acoustic instrument, or just bring your voice for the lyrics.

Donation collected for music copy cost.  
Mondays 1:00pm to 3:00pm - \$5.00 contribution monthly, or \$1.00 per class.

### **String Players Music Group**

If you are interested in picking up your old instrument again—violin, viola or cello—let us know. We would like to start a new music group to play simple music together. We have beginning to intermediate level music - it's whatever we'd be interested in learning—classical... popular... Come and play when you can. Just for fun—no performances. If you are interested call Larry at 425-330-4614 or: Terry at 425-948-7170



## Special Events

### **Kaiser Permanente Bothell 5K** **Capes for Courage**

Join us on August 3rd for our 3rd Annual Kaiser Permanente Bothell 5K Capes for Courage Run/Walk. This family friendly event (with a 1 mile option) is raising money for the Northshore Senior Center's Inclusion Program, supporting special needs individuals in our community. Register now at [www.Bothell5k.org](http://www.Bothell5k.org). Use discount code SENIOR10 to get \$5 of your registration fee.

### **Ransacked Attic Sale**

- ◆ August 9 & 10: 8am-6pm
- ◆ August 11: 8am-noon



### **Healthy Living Fair**

#### ***Made possible by Kaiser Permanente***

Older adults and their families are invited to join us for this annual event. The keynote presentation will be provided by nationally renowned expert on aging, Dr. Eric Larson. Enjoy the "Taste of Retirement" showcasing food prepared by the resident chefs of some of our region's premier senior living facilities. Other events include workshops/presentations, vendor booths and a prescription drug take-back. Space in keynote presentation is limited to attendees are asked to arrive early to register for this portion of the day's events.

**Friday, September 14th from 9am-11am**  
**Bothell Senior Center**  
(10201 E. Riverside Drive)

### **Taste of Northshore**

Join us on September 29th for the 1st Annual Taste of Northshore Event, a culinary competition featuring some of our region's best food and wine, and benefitting the Northshore Senior Center. Restaurants competing for the people's choice award include Revolve, Beardslee Public House, Zulu's, Preservation Kitchen, Poquito's and Lombardi's. Tickets are \$75 each and tables are \$750. Sponsorship opportunities are still available—contact [brookek@mynorthshore.org](mailto:brookek@mynorthshore.org) for more information.

Just a thought...

Inertia—kind of a funny word for “I don’t feel like it.” During warm summer days it’s easy to feel that way. The house needs cleaning, the lawn is turning brown, bills need to be paid—don’t feel like doing anything. For most of us this is just a temporary feeling and it passes once the temperature or mood changes. If not, we may need a little prod to get moving.

What grabs your interest? Maybe it is just a beautiful flower or butterfly, a baby’s smile, or a friendly dog’s face. These sparks show that we’re still responding to interesting possibilities. Be a little creative when you don’t want to be. Learn about something you’ve wondered about. Ask questions, read about it, join a group. Keep at it until you actually enjoy what you are doing. We don’t have to stay stuck.

Just a thought.

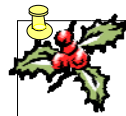
-Gloria Campbell

Northshore Bicycle Club

THE NORTHSORE SENIOR CYCLISTS TRIP to the Trail of the Coeur d’Alene in Idaho’s historic Silver Valley will be 9/4-9/9. 9/4 is a travel day with group rides starting on 9/5. You can arrive and depart anytime within these dates. Cyclists will meet each evening to plan the next day’s ride. Contact [Bill.Vanhorn@Yahoo.com](mailto:Bill.Vanhorn@Yahoo.com), Ph. 206-367-1809 for more information.

Cross Country Ski Club

ANNUAL CROSS COUNTRY SKI TRIP to Methow Valley, February 4-10, 2019. It’s time to make your reservation for a 7-day cross-country ski trip with a great group in one of the best places in the state (Methow Valley). We stay at River Run Inn Guest House in Winthrop, WA. Cost for the trip averages about \$42/night/person for 13 persons. This trip can fill up quickly! A \$75 deposit is required to reserve your space. For more details please contact Barbara Van Droof 206-363-3606 [bvandroo@comcast.net](mailto:bvandroo@comcast.net) or John Booth, 425-488-7673 [j.k.booth@comcast.net](mailto:j.k.booth@comcast.net).



HOLIDAY MARKETPLACE



Volunteers needed for the Holiday Marketplace November 2nd & 3rd. We also need a program lead! Please contact Pasha at 425-286-1032.

VENDORS WANTED FOR HOLIDAY MARKETPLACE NOVEMBER 2018

The Holiday Marketplace will be held Friday and Saturday, November 2nd and 3rd, 2018.

We are looking for quality vendors with Handcrafted products to sell. Table prices are \$60.00 for a six foot table or \$75.00 for a 8 foot table. Please leave a message for Suzanne Lippmann at the Northshore Senior Center 425-487-2441 or call her at 425-488-1599 and she will call you with more information.

Our August meeting of the **Board of Directors** will be held at the new Mill Creek Senior Center. Please feel free to join us at 5:30 on August 28th.

Regular exercise is a proven way to relieve stress, sleep better, & increase strength & energy.



Shape Up is a wonderful program sponsored by King County Emergency Medical Services (EMS) to encourage older adults to exercise.

*Enroll in any of our Shape Up fitness programs and if you are a new participant, a returning participant, or would like to try a new exercise class, you will receive \$10 off when signing up for your next class.*

