



- FUN FOR ALL -

# NORTHSHORE HEALTH & WELLNESS CENTER INCLUSION PROGRAM

## PROGRAMS GUIDE – WINTER 2018

**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

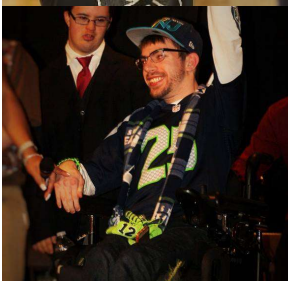
Promoting “Fun For All” Inclusion and Family Support offers recreation opportunities for all abilities in many programs. Participants of any ability may take part in designated programs by paying registration fee. Siblings without a disability may participate in designated programs for free.

### 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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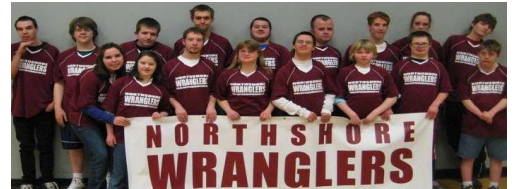


“Experienced activities that built confidence and fostered friendships.” - “Provided invaluable experiences to meet new people in a positive environment.” - “Kept my child in touch with friends while active and engaged.” - “Thank you for these fantastic opportunities.”

### **NIKKIE CHAMBERS**

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[WWW.MYINCLUSION.ORG](http://WWW.MYINCLUSION.ORG)



# A NEW 2018 PROGRAM PARTICIPANT FORM IS NEEDED FOR ALL PARTICIPANTS

## DAY ACTIVITY PROGRAM - WEDNESDAY FULL

\$50/day or 3hrs DDA. Ages 18+. Socialization, activities, recreation, and other skills. 1:1 w/ caregiver. *Bring sack lunch.* Mondays and Wednesdays, 1/3 – 3/30. No drop-in. 10am-3pm @ NHWC.

*Please let Nikkie know if you have interest in Friday being offered, and your name will go on the interest list.*

## RECREATION BOWLING

\$50/session or 3hrs DDA. All ages. Join any time. \$3.75/day payable to Kenmore Lanes. Tuesdays, 1/9 – 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: Monday and Thursday 5:30-6:30pm. Location: TBD. Join by 4/6. *Specific Practice Information to Follow*

## ART

\$50/session, 3hrs DDA, or \$5/day. All Ages. Wednesdays, 1/10 – 3/21, 3:15-4:15 pm @ NHWC.

## COOKING SKILLS CLASS - FULL

\$50/session or 3hrs DDA. Ages 14+. Lessons include Nutrition, Kitchen and Food skills, and bi-weekly Food Labs. Mondays, 1/8 – 3/19, 4:15-5:15pm @ 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, 1/10 – 3/21, 5:15-6:15pm @ NHWC.

## MUSIC EXPLORATION - FULL

\$45/session or 3hrs DDA. Music, Movement, Rhythm, Instruments. Explore different types of music. Limited Guest Entertainment.

Mondays 1/8-3/19, 3:15-4:15pm @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 2<sup>nd</sup> Tuesdays 3:15-3:50pm.

**Check the Inclusion Program website for further information regarding Class Descriptions**

## TO SIGN UP

- 1) Complete & return a 2018 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

## SINGING - BERNADETTE BASCOM\*

\$85/session or 6hrs DDA. Ages 14+. New students welcome. Ties study of music with a singing performance empowering students. Saturdays, 2/24 – 4/7, 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.

## EXERCISE CLASS SAMPLER\* - FULL

\$40/mo or 3hrs DDA. Ages 14+. Class will be a variety of activities, with guest instructors to try movement that can include: yoga, Zumba, fitness center, and others! Wednesdays, 1/10 – 3/22. 4:15-5:15pm @ NHWC.

## Dance\* - FULL

\$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, 1/8 – 3/26, 5:30-6:15pm @ NHWC

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

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## WEATHER PLAN

Centers may be closed, and programs cancelled, due to inclement weather. Keep an eye on the website, calendar, and Facebook for updates on any closures or delays.

## TEAM WRANGLERS SPIRIT GEAR

Branded apparel supports, celebrates and advocates! Contact Nikkie to order