



- FUN FOR ALL -

# NORTHSHORE HEALTH & WELLNESS CENTER INCLUSION PROGRAM

**PROGRAMS GUIDE – SUMMER SESSION 2017**

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

## PROGRAMS OVERVIEW

Promoting “Fun For All”, the Northshore Inclusion Program provides inclusion, fun and friendships for individuals of all ages and abilities through year-round inclusion, recreation, skills and socialization opportunities, as well as advocacy and family support. Founded in 1998, serving Bothell, Woodinville, Kenmore and surrounding communities, programming is a non-profit service of the Health and Wellness Department operated by the Northshore Senior Center.

## INCLUSION & FAMILY SUPPORT

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

## PARTICIPATION INFORMATION

Participation requires completion of a 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.



v07.10.2017 (updates in red)



“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**

Program Coordinator  
Northshore Health &  
Wellness Center  
10212 E. Riverside Dr.  
Bothell, WA 98011  
colec@mynorthshore.org  
425.488.4821 x121  
DDA Contract: #102743802

# WWW.MYINCLUSION.ORG



## DAY ACTIVITY PROGRAM

\$50/day or 3hrs DDA. Ages 18+. Ongoing socialization and recreation program. 1:1 w/ caregiver. Bring sack lunch. Combine with registration in afternoon programs (when offered) for extended day. Pre-registration only. Mondays & Wednesdays, 7/10 – 8/16, 10am-3pm @ NHWC. **Wednesday: Full. Monday: Available.**

## RECREATION BOWLING

\$40/session or 3hrs DDA. All ages. Join any time. \$3.75/day payable to Kenmore Lanes. Tuesdays, 7/11 – 8/15, 4-5:30pm @ Kenmore Lanes.

## GAMES+SOCIAL

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

## ART

\$40/session or 3hrs DDA. All Ages. Wednesdays, 7/12 – 8/16, 4:15-5pm @ NHWC.

## MARTIAL ARTS

\$40/session or 3hrs DDA. Ages 12+. No contact. Emphasis: courage, caring and respect. Instructor Dean Churchill: Black belt, Woodinville Martial Arts, Wranglers parent. Wednesdays, 7/12 – 8/23, 5:15-6:15pm @ NHWC.

## NORTHSHORE ADULT DAY HEALTH PROGRAM

\$55-\$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.



## “CAPES FOR COURAGE” WRANGLERS 5K RUN/WALK Saturday, 9/9, Bothell

Join the Northshore Wranglers for the 2nd Annual Wranglers 5K Run/Walk. This Super Hero costume 5k is sure to be one of the best runs of your year!  
**WWW.WRANGLERS5K.ORG**



## WRANGLERS SPIRIT GEAR

Sweatshirts (\$25) and tees (\$10) available in select sizes. Go Wranglers!

## MARK YOUR CALENDAR

- Bothell 4<sup>th</sup> of July Parade, 7/4
- Camp Killoqua, 7/30 – 8/5
- Clothing Fundraiser, 8/12
- Woodinville Parade, 8/19
- Wranglers 5K Run/Walk, 9/9

## DRAMA – MARK WALDSTEIN\*

\$80/session or 6hrs DDA. Ages 14+. Learn drama skills & self-expression preparing for December show. Mondays, 7/10 – 8/21, 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, 7/15 – 8/26, 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. No class in August.

## FITNESS – BETSY SANDERS\*

\$40/mo or 3hrs DDA. Ages 14+. Adaptive fitness with Betsy Sanders, NFPT. Wednesdays, 7/12 – 8/23. 5:15-6:15pm @ NHWC.

## DANCE – SIXTH DAY DANCE COMPANY\*

\$70/session or 6 hours DDA. Ages: 14-Adult. Students learn the fundamentals of ballet, jazz and lyrical through dance games, improvisation, floor work and choreography. Mondays, 7/10 – 8/21, 5:30-6:20pm @ NHWC

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

## TO SIGN UP

- 1) Complete & return a Participation Form
- 2) See Programs Guide for class details
- 3) Total up fees for classes
- 4) Pay online or in person
- 5) RSVP to use DDA respite hours

Northshore Wranglers Inclusion Program  
Northshore Health & Wellness Center (NHWC)  
10212 E. Riverside Drive, Bothell

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