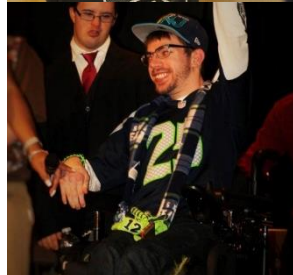
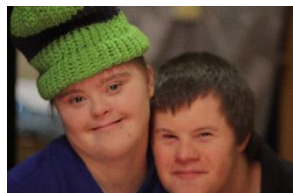




- FUN FOR ALL -



v09/28/16

NORTHSHORE HEALTH & WELLNESS CENTER INCLUSION PROGRAM

PROGRAMS GUIDE – FALL 2017

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

PROGRAMS OVERVIEW

Programming offers year-round, weekly and ongoing 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 **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 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.



"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."

WWW.MYINCLUSION.ORG



Northshore Health & Wellness Center
10212 E. Riverside Dr.
Bothell, WA 98011
Inclusion@mynorthshore.org
425.488.4821 x121
DDA Contract: #102743801

DAY ACTIVITY PROGRAM

MARK YOUR CALENDAR...

\$50/day or 3hrs DDA. Ages 18+. Ongoing socialization and recreation program. 1:1 w/ caregiver. *Bring sack lunch*. Pre-registration required. Mondays & Wednesdays, 9/11 – 12/13, 10am-3pm @ NHWC. *

RECREATION BOWLING

\$50/session or 3hrs DDA. All ages. Join any time. \$3.50/day payable to Kenmore Lanes. Tuesdays, 9/12 – 12/6, 4-5:30pm @ Kenmore Lanes.

SPECIAL OLYMPICS BOWLING

\$60/season or 4hrs DDA. Ages 8+. Competitive (foul line & no bumpers) bowling with Tournament TBD. Concurrent with Rec. Bowling. \$3.50/day payable to Kenmore Lanes.

SPECIAL OLYMPICS BASKETBALL

\$90/season or 6hrs DDA. Ages 8+. Competitive basketball with Tournaments. Practices: Thursdays, 10/5 – 3/2017. Times: Novice-Moderate (ages 8-Adult), 4:30-5:30pm; Advanced (ages 22+), 5:30-6:30pm @ Wellington Elementary School.

ART

\$45/session, 3hrs DDA, or \$5/day. All Ages. Monday 9/11 – 11/23, 3:15-4:15 @ NHWC. Pre-Register : limit 16

MUSIC EXPLORATION

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

Wednesdays, 9/13- 10/11 3:15-4:15pm

SKILLS FOR INDEPENDENCE

\$50/session or 3hrs DDA. Ages 18+ with safety awareness who can be left at home unattended and stay on task. Wednesdays, 10/18 – 11/15, 3:15-4:15pm @ 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, 9/14 – 11/23, 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.

TEAM WRANGLERS

Promotes advocacy and awareness. All abilities welcome.

WRANGLERS SPIRIT GEAR

Branded apparel supports, celebrates and advocates!

KIWANIS “AKTION” CLUB

Ongoing opportunities for community service projects, leadership, skill building and community involvement. Planning meetings 2nd Tuesdays 3:15-3:50pm. *No September meeting.*

Music Project Concert – Dec. 2

7-9:30pm @ NSC Stage. donations accepted supporting Wranglers.

Drama Performance – Dec. 9

7-9:00pm @ NSC Stage. donations accepted supporting Wranglers.

Holiday Potluck Party – Dec. 14

5:30-7pm @ NSC. All Wranglers participants, family and volunteers invited. FREE.

DRAMA – MARK WALDSTEIN*

\$80/session or 6hrs DDA. Ages 14+. Learn drama skills & self-expression preparing for December show. Mondays, 9/25-12/4, 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, 9/30-11/25

Noon-1:30pm @ NSC or NHWC TBA

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, 9/13-11/22. 4:15-5:15pm @ NHWC.

DANCE – SIXTH DAY DANCE COMPANY*

\$80/session or 7 hours DDA. Ages: 14-Adult. Students learn the fundamentals of ballet, jazz and lyrical through dance games, improvisation, floor work and choreography. Mondays, 9/18 – 11/6, 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
- 6) Day Camp pre register- billing at the end of the mon