

- Monday, Jan 29: Common Types of Elder Financial Exploitation & Scams Targeting Veterans
- Monday, Feb 26: Identity Theft/Medical Identity Theft And Scams Targeting Veterans
- Monday, Mar 19: Planning for Unexpected Life Events And How to be Financially Prepared for Disasters

Outsmart The Scammers

This presentation will help give attendees the information they need to Outsmart the Scammers.

Free to Members Only

B Room 203
 Tuesday, Feb 20, 1pm - 2pm
 Presenter: Randy Busch

Put Your Retirement Plan To Work

Encourages participating in an employer-sponsored plan, explains why it's important to start saving now, suggests two additional tax-advantaged ways to save outside the employer plan, and encourages rollover of money from previous employer plans.

Free to Members Only

B Room 203
 Tuesday, Mar 20, 1pm - 2pm
 Presenter: Randy Busch

Reverse Mortgages: The Cinderella of Retirement Planning?

Financial advisors have long looked at Reverse Mortgages as the "Loan of Last Resort"-- the ugly stepsister of the retirement planning story. This workshop will create a major paradigm shift in your thinking. The instructor explains how recent program changes and groundbreaking research by the financial planning industry and noted academics have overwhelmingly proven the necessity of using reverse mortgages at the age of 62, not 82. With 10,000 Baby Boomers turning 62 daily and over \$6 trillion in Home Equity amongst your senior clients, reverse mortgages just may be the late coming Cinderella to the retirement ball that fixes the retirement crisis we are facing. We also like to offer a free appraisal with a reverse mortgage.


Free to Members Only

M Senior Center
 Wednesday, Jan 10, 11am - 12:30pm
 Wednesday, Feb 7, 4:30pm - 6pm
 Wednesday, Mar 7, 1:30pm - 3pm
 Facilitator: Carl Self

FITNESS

EnhanceFitness

An exercise program with proven effectiveness. Includes balance, flexibility, strength and aerobic training. NOTE: Group Health (Kaiser Permanente) enrollees who have Medicare Parts A and B and who are **"locked in"** to a Group Health (Kaiser Permanente) Medicare plan can participate in covered physical activity programs with free benefit. \$56 nonmember/\$28 member, per month


B Multipurpose Room 
 Mondays, Wednesdays and Fridays
 8:15am - 9:15am
 (no class Jan 1, 15 and Feb 19)
 Certified Instructor: Dollie Brown

K Episcopal Church of the Redeemer
 Mondays, Wednesdays and Fridays
 9am - 10am, (no class Jan 15 and Feb 19)
 Certified Instructor: Frank Mateo
 206-778-2366

EnhanceFitness, Advanced

An advanced exercise program for seniors with good balance. Includes aerobic dance, strength training and stretching. NOTE: Free benefit under the same stipulations as in the NOTE shown in EnhanceFitness listing.

\$56 nonmember/\$28 member, per month

B Multipurpose Room 
 Mondays, Wednesdays and Fridays
 9:30am - 10:30am,
 (no class Jan 1, 15 and Feb 19)
 Certified Instructor: Dollie Brown



Meditation Practice

Why meditate? Mentally you will be able to live with more clarity and concentration. You will become more even-minded and cheerful. Physiologically, meditation has been found to reduce stress, strengthen the immune system and help regulate many of the body's systems. Come join the community of friends who have been meeting weekly for over 3 1/2 years. Learn to improve your ability for "mindfulness" and to create the life you want. Use your attention more effectively, learn to quiet your mind and body, detach from stress of your life and create more happiness.

Free to Members Only



B Senior Center
Thursdays, 11am - noon
Facilitator: Sandy Taylor

Mill Creek Fitness

We all know the benefits of regular exercise. Controls weight, combats health condition and disease, improves mood, boosts energy, promotes better health and most important is fun. The fitness class includes balance, flexibility, strength and aerobic training. Bring a mat or towel. And best of all, register at the class, even if the 15 class session has started.

\$70 nonmember/\$35 member, for 15 classes
\$50 nonmember/\$25 member, for 10 classes
\$25 nonmember/\$12.50 member, for 5 classes
(*Group Health Members, check for coverage*)

M North Creek Presbyterian Church
Mondays, Wednesdays, Fridays, 10am - 11am
Instructor: Diana Stearns

Pain Free Posture Alignment Therapy

How does this therapy work? Physical pain is the body's way of alerting you to the fact that your body isn't aligned, and therefore isn't moving properly. These gentle exercises and stretches will remind your muscles how they are designed to function, and strengthen them in their natural position. In this way, the cause of the irritation is eliminated and is now able to heal.

\$14 nonmember/\$7 member, per class



B Senior Center
Thursdays, 10am - 10:50am
Instructor: Sandy Taylor

Pickleball

Pickleball is a hodgepodge of tennis, badminton and Ping-Pong, played on a court with a three-foot net. Have fun and exercise at the same time.

\$4 nonmember/\$2 member

B Multipurpose Room
Mondays, 12:30pm - 4:20pm
Tuesdays, 9:30am - noon Advanced and Intermediate players.
Tuesdays, noon - 4:30pm Beginner and Novice players.
Wednesdays, 5:30pm - 8:30pm
Thursdays, 12:30pm - 2:30pm Advanced and Intermediate players.
Thursdays, 2:30pm - 4:20pm Beginner and Novice players.
Fridays, noon - 1:20pm and 2:30pm - 4:20pm
Saturdays, when available 9am - noon
(*no games on Jan 1, 15 and Feb 19*)
Primary Leaders: Roger and Connie Hughes, 206-200-8756 or 425-823-4491 and co-leader Jean Mitterndorfer, 425-225-5133

Qigong "Chee-Kung" To Wake Up Your Energy

Qigong is an ancient Chinese exercise using Posture/Movement, Deep Breathing and Conscious Intent to move life energy through your body. Dr. Oz: "If you want to be healthy and live to 100, do Qigong." Sit or stand for this self-healing gentle exercise. Practice regularly for strength, relaxation, health and vitality. Easy yet powerful! You can do it! Free to Members Only

B Room 205
Tuesdays, 1pm - 2:30pm
(*"Five Treasures" Basic Beginning Qigong*)
Advanced Exercise, 2pm - 2:30pm
(*"Five Animals", "Eight Brocade" or other*)
Certified Instructor: Patricia Wangen,
425-487-3458 - leave message



FITNESS CENTER

Fitness Center

Research has proven that regular exercise is beneficial for your physical and mental well-being. With just a few hours of strength training each week, you can reduce back and joint pain, and minimize symptoms of arthritis and osteoporosis. The Fitness Center at Northshore Health & Wellness Center is a comfortable space focused on keeping exercise enjoyable.



The Fitness Center provides cardiovascular and strength-training equipment specifically geared toward seniors but also great for people of all ages!

The machines are simple to operate and we offer a safe, inviting atmosphere where individuals can achieve their fitness goals. A physical fitness trainer can work with participants to design an exercise program to address specific injuries or weaknesses, or to set and achieve progressive goals. Individuals drop in during open hours to run or walk on the treadmill, lift weights, or join in classes.

Our rates are low, and our trainers are eager to work with you to create a program tailored to your needs. In **no time at all, we'll get you moving and increase your strength and flexibility.** Exercise at your speed to meet your interests.

Hours: Mon- Friday 8:00am - 4:00pm
Cost: \$24 senior center members
\$48 nonmembers -
Punch cards for 12 visits

State-of-the-Art Equipment

Our fitness equipment was selected to provide a low-impact, total body cardio and strength routine for any exercise level. Most machines are simple to operate and designed to safely guide you in building strength and function.

Fitness machines include: treadmills, elliptical, recumbent bicycles, an arm-cycle, and complete workout machines. We also have a range of free weights and weight-lifting benches, and mats for stretches and floor exercises. A trainer is available to assist you with a machine or demonstrate new techniques.

Unlike most fitness centers where you have to pay for a session with a trainer, one is on staff at Northshore. Get signed up now!!

During your first visit, our trainer will work with you to evaluate your level of fitness and areas of focus. The trainer will define an appropriate exercise program, and monitor your progress at every session.

Health Questionnaires can be picked up at any of the reception desks at the senior center or here at the H&W center or in the fitness room. The questionnaire will be reviewed by our fitness trainer and after receipt of our Approval form from your physician or care provider an appointment with you will be set to review and begin your orientation.



Rock Steady Boxing

Training classes taught by Certified Instructors, include an exercise program that attacks Parkinson's at its vulnerable neurological points. While focusing on overall fitness, strength training, reaction time and balance. Workouts include focus mitts, heavy bags, speed bags, jump rope, core work, calisthenics and circuit weight training. No boxing experience is necessary and people of all ages are invited to participate. Boxers, both male and female, range in age from mid 30's to nearly 90's. Low impact options available every step of the way. Rock Steady Boxing enables people with Parkinson's disease to fight their disease by providing non-contact boxing style fitness programs that improve their quality of life and sense of efficacy and self worth. Recent studies also suggest that intense exercise may be "neuro protective," actually working to delay the progression of symptoms. RSB provides encouragement through a "tough love" approach, inspiring maximum effort, speed, strength, balance and flexibility. Boxing works by moving your body in all planes of motion while continuously changing the routine as you progress through the workout. RSB classes have proven that anyone at any level of Parkinson's can actually lessen their symptoms and lead a healthier/happier life.



\$30 assessment fee and gloves

\$24 per class nonmember/\$12 per class member, Shape Up \$10 coupon can be used for first class

H&W Fitness Center

Tuesdays and Thursdays, noon - 1:30pm

Certified Rock Steady Instructors

Pre-registration required. Call Judi Pirone at 425-488-4821

Senior Strength

Emphasis on developing muscular strength and endurance, flexibility, mobility, increasing lean body mass and injury prevention. Uses weights and resistance bands.

\$20 nonmember/\$10 member, per month

B Multipurpose Room,
Tuesdays and Thursdays, 8:30am - 9:15am
(classes on fourth Thursdays of the month will be in dining room)



Facilitators: Anne Ovenell, 425-483-6784 and Margaret Carroll, 425-486-9290

Table Tennis (Ping Pong)

Three tables. Primarily doubles play. Fun games and sociability for all levels. "We live to play, and play to live."

\$4 nonmember/\$2 member

B Multipurpose Room
Sundays, 1pm - 4pm
Coordinator: Roger and Connie Hughes,
425-823-4491
Supporters: Hal Bomgardner, 425-890-7854

Tai Chi

Tai Chi is a slow and graceful Chinese art. It involves a series of movements performed in a slow, focused manner and accompanied by deep breathing. It has been considered to be a form of 'meditation in motion' which promotes serenity and inner peace. Students will learn 18 breathing exercises, 25 warm-ups and the Yang Family Tai Chi Form.

\$140 nonmember/\$70 member, 11 classes

\$168 nonmember/\$84 member, 12 classes

\$18 nonmember/\$9 member, per class



▪ *Tai Chi Introduction (Beginners)*

Students will prepare to learn the Yang Family Tai Chi Hand Form. They will learn deep breathing, balance and strengthening exercises.

Instructor: Nancy Lucero

B Multipurpose Room
Fridays, 1:30pm - 2:30pm
Session: Jan 12 - Mar 30, 12 weeks

M Senior Center
Wednesdays, 1:30pm - 2:30pm
Session: Jan 8 - Mar 14, 10 weeks

• *Tai Chi Hand Form (Intermediate)*

Students will learn Yang Family Tai Chi Hand Form.

Instructor: Mike Lucero

B Multipurpose Room
Fridays, 1:30pm - 2:30pm
Session: Jan 12 - Mar 30, 12 weeks

M Senior Center
Wednesdays, 1:30pm - 2:30pm
Session: Jan 8 - Mar 14, 10 weeks

B=Bothell, **H&W**=Health and Wellness, **K**=Kenmore,
M=Mill Creek, **W**=Woodinville, **PK**=Peter Kirk

Walking Group

Exercising with a walking group is a fun, social and easy way to be active. Walk at your own pace and enjoy a friendly activity. Rain or shine, please wear all-terrain shoes.

Free to Members Only

K Tracy Owen Station (Log Boom Park)
Tuesdays and Thursdays, 10am - 11am

B Sammamish Trail
Tuesdays and Thursdays, 9am - 10am
Leader: Carol Aki

M There are 2 groups and 2 locations
Tuesdays and Thursdays, 9:45am - 11am
(leave right at 10am)
Call center at 425-948-7170 to register

Water Aerobics

Water aerobics can reduce the incidence of chronic illness with just two and a half hours a week, says the US Department of Health and Human Services. Water aerobics is easy on the joints and can even increase muscle strength and endurance due to the water's built-in resistance. Therefore, we can exercise longer in water than on land without the extra effort or the joint and muscle pain that often accompanies a regular exercise routine because of its low impact. You can come any time for 5 classes during the quarter using a punch card.

\$40 nonmember/\$20 member,
for 5 class punch card

M West Coast Family Aquatic Center
Mondays, Wednesdays and Fridays
7:30am - 8:30am

Wii Bowling And Wii Golf

Must be fitness center enrolled. All invited. Spring and Fall tournament play 2 people teams/8 teams for those already active in practice. All other times Wii subject to Fitness Membership costs.

Free to Members Only

H&W Fitness Center
Tuesday and Thursday, 10am-noon and
12:30pm - 2pm

In Kenmore you do not need to be fitness center enrolled.

K Senior Center
Please call to check availability at
425-489-0707

Yoga

Beginner friendly classes focus on breath awareness, fluid movements and gentle, yet challenging postures. **With regular practice, you'll experience** a greater sense of well being as you gain strength, flexibility, and balance, as well as a deeper mind-body awareness. Bring a yoga mat and firm blanket to class. All levels are welcome.

\$64 nonmember/\$32 member, 4 weeks

\$80 nonmember/\$40 member, 5 weeks

\$20 nonmember/\$10 member, drop in

B Room 203
Thursdays 8:30am - 9:30am
Instructor: Shana Robbins



K Episcopal Church of the Redeemer
Mondays and Wednesdays, noon - 1:15pm
(no class Jan 15 and Feb 19)
Instructor: Shana Robbins

Yoga - Body'n Brain Yoga

A truly unique brain centered approach to health and wellness. Rest your busy mind through stretching, relaxation, energy awareness and core building exercises that will leave you feeling strong, calm and refreshed. Bring a mat or towel.

\$80 nonmember/\$40 member, 4 weeks

\$24 nonmember/\$12 member, drop in

M Senior Center
Fridays, 1pm - 2pm
Instructor: Gloria Supplee

Yoga - Hatha

Hatha Yoga includes postures, breathing, and relaxation. When practiced regularly, yoga improves flexibility, muscle tone, posture, balance, breath awareness, as well as an ability to relax. Includes focus on joint alignment, building core strength, and matching movement to breath. Bring a mat to class.

\$60 nonmember/\$30 member, 3 weeks

\$80 nonmember/\$40 member, 4 weeks

\$100 nonmember/\$50 member, 5 weeks

\$24 nonmember/\$12 member, per class

H&W Large Activity Room
Tuesdays, 6pm - 7pm
Session I: Jan 2 - Jan 30, 5 weeks
Session II: Feb 6 - 27, 4 weeks
Session III: Mar 6 - Mar 27, 4 weeks
Instructor: Teri Hensen



Yoga For Parkinson's

This class is sponsored by the American Parkinson Disease Association (APDA). Yoga for Parkinson's is an ongoing weekly class for people with PD and their caregivers. All levels are welcome! The benefits of Yoga for Parkinson's include increased flexibility and strength, better balance, fewer muscle cramps, better sleep and greater steadiness and ease in daily life.

\$5 per class paid to Instructor on a drop-in basis

- B** Room 203
Tuesdays, 2:30pm - 4pm
Instructor: Peter Lynch, RYT
Contact instructor for more information at 206-719-8007 or thagrndnr@yahoo.com or visit www.yogaforpd.com

Yoga - Seated

This is a gentle beginning class with traditional asana adapted for the seated position. We will incorporate breathing practice and beginning meditation as well. Some elementary standing postures may be included depending on individual abilities and class size. Students learn to modify movement to suit individual limitations, and develop skills for soothing restless minds using breath and voice. Class size depends on classroom composition and abilities.

\$80 nonmember/\$40 member, 4 weeks

\$100 nonmember/\$50 member, 5 weeks

\$24 nonmember/\$12 member, per class

- B** Room 205, (*min. 5, max. 10 class size*)
Thursdays, 11am - noon
Session I: Jan 4 - Jan 25, 4 weeks
Session II: Feb 1 - Feb 22, 4 weeks
Session III: Mar 1 - Mar 29, 5 weeks
Instructor: John Stern, RYT-500

Zumba Gold/Toning

Ditch the workout, join the party! Find out what everyone is talking about. This new Latin dance fitness class will blend the fun upbeat Latin music with your favorite classics, creating an energetic atmosphere of low impact dance fitness moves, easy to follow and fun to do. Toning adds resistance training to the fitness moves, providing increased muscle endurance and stamina. The classes are tailored for the mature adult and will evolve with the class input to become the perfect blend of dance party fun for everyone. Minimum of 6.

\$110 nonmember/\$55 member, 11 classes
\$120 nonmember/\$60 member, 12 classes
\$130 nonmember/\$65 member, 13 classes
\$14 nonmember/\$7 member, per class

- B** Multipurpose Room
Mondays, Wednesdays and Fridays
11am - noon
Session I: Jan 3 - Jan 31, 12 classes
(*no class Jan 1 and 15*)
Session II: Feb 2 - Feb 28, 11 classes
(*no class Feb 19*)
Session III: Mar 2 - Mar 30, 13 classes
Instructor: Dollie Brown

GAMES

Please note that most of our card games begin a half hour before the scheduled time listed in this catalog for fun and practice.

Bingo

Cash prizes, the bigger the turnout, the bigger the prizes.

\$4 nonmember/\$2 member, per packet

- B** Room 202/203
Saturdays, 1pm - 3pm
Leader: Maggie Parker

Buy in .25¢ per card

- M** Brookdale Retirement Community
Mondays, Wednesdays and Fridays, 3:30pm
To register, please call 425-948-7170

Bridge

“Bridge is by far the greatest card game of all, and it can provide immense challenge and enjoyment for the rest of your life” Kate McKellar. Come join us as we enjoy each other's company and play the 'greatest card game of all'.

\$4 nonmember/\$2 member

- M** Senior Center
First and third Tuesdays
12:30pm - 3:30pm
Fridays, 12:30pm - 3:30pm

