

# ACTIVITIES AND CLASSES

## ART

### Basic Art And Mixed Media

“I’m not creative!” or “I’m not an artist!” is what I hear when people are encouraged to sign up for art classes. My response? How do you know if you don’t try? As a “late bloomer” in the art world, I think having fun is the key to discovering your artistic aptitude. This group will focus on fun - **trying different media, learning how to be a “plein air painter”** - painting in the open air, experimenting with art supplies you may have been storing. Every week will be a new adventure or a continuation of one we started the week before. Guest instructors will come in about once a month to give you a new **perspective on someone else’s artistic viewpoints.** Call Gretchen at 541-401-1221 for a list of basic supplies and anything else to be provided by the teacher or recommended according to the class topic.

\$48 nonmember/\$24 member, 3 weeks  
\$64 nonmember /\$32 member, 4 weeks  
\$24 nonmember/\$12 member, per class

**N** Room 104  
Tuesdays, 1pm - 4pm  
Session I: Jul 11 - Jul 25, 3 weeks  
(no class Jul 4)  
Session II: Aug 1 - Aug 29, 4 weeks  
(no class Aug 8)  
Session III: Sep 5 - Sep 26, 4 weeks  
Instructor: Gretchen Davey

### Ceramics - Hand-built Sculpture And Functional Pieces

Introduction to Hand-building. Students will learn clay hand-building techniques that can be used for a range of artistic ceramic projects. Through weekly projects, students will learn new techniques. Students may also choose to work independently and receive guidance on work that is already in progress.

\$48 nonmember/\$24 member, 4 weeks  
\$16 nonmember/\$8 member, per class

**N** Room 104  
Wednesdays, 10am - noon  
Session I: Jul 5 - Jul 26, Workshop  
Session II: Aug 2 - Aug 30, Workshop  
(no class Aug 9)  
Session III: Sep 6 - Sep 27, 4 weeks  
Instructor: Shuko Mantooth

### Coloring For Relaxation

Coloring books for adults have become the latest trend, and unlike some fads, this one is actually really good for you. According to clinical psychologist Ben Michaels, coloring is a stress-free activity that relaxes the amygdala - the fear center of the brain - and allows your mind to get the rest it needs. Please bring your own supplies, pencils and coloring book. Free to Members Only

**M** Senior Center  
Mondays, 10am - 11am

### Colored Pencil/Drawing

Colored pencils can produce amazingly detailed, colorful pictures. Instruction is given in drawing with pencil, colored pencil, water-soluble colored pencil and ink pens. Beginners can get over their **concern that they can’t draw by completing drawing exercises** provided. Experienced artists like to bring in their own pictures to work on and get input from the group. This is an ongoing class but new people are welcome to start at any time.

\$48 nonmember/\$24 member, 4 weeks  
\$16 nonmember/\$8 member, per class

**N** Room 104  
Thursdays, 11am - 2pm  
Session I: Jul 6 - Jul 27, 4 weeks  
Session II: Aug 3 - Aug 31, 4 weeks  
(no class Aug 10)  
Session III: Sep 7 - Sep 28, 4 weeks  
Instructor: Judy Moritz, 425-488-8270

## Driftwood Sculpture

With driftwood sculpture, we bring out the beauty hidden under layers of dirt and decay. The LuRon method teaches us to clean, shape and finish old “found” wood into a unique sculpture.

\$48 nonmember/\$24 member, 4 weeks

\$60 nonmember/\$30 member, 5 weeks

\$16 nonmember/\$8 member, per class

**N** Room 104  
Wednesdays, 6:30pm - 8:30pm  
Session I: Jul 5 - Jul 26, 4 weeks  
Session II: Aug 2 - Aug 30, Workshop  
(no class Aug 9)  
Session III: Sep 6 - Sep 27, 4 weeks  
Instructor: Alice Shuler, 425-485-1221



**N** Room 104  
Thursdays, 8:30am - 10:30am  
Session I: Jul 6 - Jul 27, 4 weeks  
Session II: Aug 3 - Aug 31, Workshop  
(no class Aug 10)  
Session III: Sep 7 - Sep 28, 4 weeks  
Instructor: Alice Shuler, 425-485-1221

**W** Fairwinds Brittany Park  
Thursdays, 9am - 11:30am  
Session I: Jul 6 - Jul 27, 4 weeks  
Session II: Aug 3 - Aug 31, 5 weeks  
Session III: Sep 7 - Sep 28, 4 weeks  
Instructor: Jo Marsh, 425-883-7141

\$38 nonmember/\$19 member, 3 weeks

\$50 nonmember/\$25 member, 4 weeks

\$60 nonmember/\$30 member, 5 weeks

\$16 nonmember/\$8 member, per class

**K** Senior Center  
Tuesdays, 10am - noon  
Session I: Jul 11 - Jul 25, 3 weeks  
(no class Jul 4)  
Session II: Aug 1 - Aug 29, 5 weeks  
Session III: Sep 5 - Sep 26, 4 weeks  
Instructor: Susan Watts, 858-437-3466

## Oil And Acrylic Painting

Oil painting can be fun and rewarding. Come and learn or just paint. For your first class please bring any art supplies you may have. Also, an apron, something to paint or a work in progress. We have some books to work with and will have some supplies to work with until you get your own. We will give you a more complete list of things you may want to get later. Looking forward to painting with you.

\$48 nonmember/\$24 member, 4 weeks

\$16 nonmember/\$8 member, per class

**N** Room 104  
Wednesdays, 12:30pm - 3:30pm  
Session I: Jul 5 - Jul 26, 4 weeks  
Session II: Aug 2 - Aug 30, 4 weeks  
(no class Aug 9)  
Session III: Sep 6 - Sep 27, 4 weeks  
Leader: Beverly Parcel

## Open Art Studio

Share the love of art and enjoy each other's company. This camaraderie is formed by the passion we feel for art. Come join us as we produce art to be appreciated primarily for its beauty or emotional power.

Free to Members Only

**M** Senior Center  
Fridays, 1pm - 3pm



**N** Room 104  
First Mondays of each month, 1pm - 3pm  
(no class Aug 7 and Sep 4)

## Plein Air Group

Meet at various parks in the Northshore area, plus a few in the North Seattle area, to draw and paint with other like-minded people. Contact Gretchen Davey at gretchen.davey@gmail.com to get on the email list of upcoming locations. She will send you the schedule for the season.

Free to Members Only

**N** Senior Center  
Mondays, 10am - 1pm  
Coordinator: Gretchen Davey

N=Northshore, H&W=Health and Wellness,  
K=Kenmore, M=Mill Creek, W=Woodinville, PK=Peter Kirk

## Visual Art Journaling

Visual journaling is an exciting and fun practice for anyone looking to explore creative horizons. Come discover mixed-media art journaling with easy to learn fun activities that will get your creative juices flowing. No experience or artistic ability required. New activities every week. All supplies included.

Free to Members Only

**N** Room 202  
Wednesdays, 10am - noon  
Class will resume in October  
(no class month of Jul, Aug and Sep)  
Instructor: Karen Dawn

## Watercolor Media

Learn the basics for creating an outstanding painting in watercolor. Projects will emphasize the use of color, value, line and composition. Subjects provided for every class to encourage your success and enjoyment of this colorful and expressive media.

\$42 nonmember/\$21 member, 3 weeks

\$56 nonmember/\$28 member, 4 weeks

\$70 nonmember/\$35 member, 5 weeks

\$20 nonmember/\$10 per class member

**N** Room 104  
Fridays, 9am - noon  
Session I: Jul 7 - Jul 28, 4 weeks  
Session II: Aug 4 - Aug 25, 3 weeks  
(no class Aug 11)  
Session III: Sep 1 - Sep 29, 4 weeks  
(no class Sep 15)  
Instructor: Carol Aki, BFA

## Watercolor In Mill Creek

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 are encouraged. Recommended supply list available at front desk or email at [akiebox@hotmail.com](mailto:akiebox@hotmail.com). Must register for class - Minimum 4 students.

\$48 nonmember/\$24 member, 4 weeks

\$60 nonmember/\$30 member, 5 weeks

\$20 nonmember/\$10 per class member

**M** Senior Center  
Wednesdays, 10am - noon  
Session I: Jul 5 - Jul 26, 4 weeks  
Session II: Aug 2 - Aug 30, 5 weeks  
Session III: Sep 6 - Sep 27, 4 weeks  
Instructor: Carol Aki, BFA

## Woodcarving

Come join a group of people interested in woodcarving.

\$30 nonmember/\$15 member, 3 classes

\$40 nonmember/\$20 member, 4 classes

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

**N** Room 104  
Tuesdays, 9:30am - 11:30am  
Session I: Jul 11 - Jul 25, 3 classes  
(no class Jul 4)  
Session II: Aug 1 - Aug 29, 4 classes  
(no class Aug 8)  
Session III: Sep 5 - Sep 26, 4 classes  
Instructor: Jerry Clapp

## COLLECTING

### Antiques Club

Share information and ideas about antiques and collectibles. Seize the opportunity to show and tell.

Free to Members Only

**N** Room 103  
Second Mondays, 10am - noon  
Leader: Ellen Carnwath, 425-823-6420

- Jul 10: Summer Break: No Meeting.
- Aug 14: Summer Break: No Meeting.
- **Sep 11: Welcome Back! Let's examine hand carving in all it's forms and mediums: wood, metal, glass, etc. Also, summer finds and Rummage Sale re-cap.**

### Stamp Club

Learn about trading, collecting and exhibiting stamps. Sincere thanks to all who offered stamps to our Club. Proceeds from stamp sales are donated to the Center. Free to Members Only

**N** Room 202  
Third Mondays, noon – 1:30pm  
Coordinator: Dana Nielsen and Dave Dubois

# COMPUTER CLASSES

## COMPUTER CLASS PREVIEW AND OVERVIEW

This is a great time for you to meet the instructors, ask questions, see what you can do with a computer and sign up for a computer class. Don't forget to pick up a cookie and a cup of coffee during your visit.

**N** Room 105, Free  
Thursday, Jul 6, 10:30am - 2:30pm

## Camera Workshop

The workshop class consists of technical tips and assignments that reinforce what we discuss in class. People can join the class whenever they want. There is no beginning, middle or end, but an ongoing process. However, participants should have a basic understanding of Photoshop Elements or CS. One goal is that each participant produces a book of photographs by the end of the year, something you can share with your friends. We have occasional field trips and guest speakers and always have a good time. Your work will be critiqued by the other workshop members, so you can have feedback on how you are doing.

\$5 per class

**M** Senior Center  
First and Third Wednesday, 3:15pm - 5pm  
Hosts: Sam Spencer and Don Healy

## Computers In Kenmore

We have two Windows 7 PC's and a printer which are available for your use. Drop by to check your email, write a report, etc. Coffee is always available.

**K** Senior Center  
425-489-0707

## Computer Introduction—The Basics

Do you need a review of basic computer use, or are you considering getting a PC? This class will take you through the basics of starting up your PC, what's 'under the hood', and the basics of how to surf the internet. We will also cover setting up and managing files, and find answers to your questions.

\$64 nonmember/\$32 member- Limit 9

**N** Room 105  
2 sessions - 1.5 hours  
Friday, Jul 14 - Jul 21, 1pm - 2:30pm  
Friday, Aug 4 - Aug 11, 1pm - 2:30pm  
Instructor: Joan Little

## Cortana

Cortana is a voice activated personal assistant built into Windows 10. Learn how to set it up and to control it. Cortana will help you find things on your PC, manage your calendar, find files, chat with you, and tell jokes. The more you use Cortana, the more personalized your experience will be.  
\$24 nonmember/\$12 member

**M** Senior Center  
1 day course - 2 hours total  
Thursday - Jul 20  
Thursday - Sep 21  
1pm - 3pm  
Instructor: Gene Underwood

## Computer Tutoring at The Center

How about some one-on-one tutoring to help you with your software program? We can help you with Windows XP, Windows Vista, Word 2003, and 2007. Sign up at the front desk to find a volunteer to meet you at the Center.

\$40 nonmember/\$20 member, per hour  
*Minimum charge 1 hour or a mutually agreed upon amount*

**N** Room 105  
By appointment 425-286-1038  
Coordinator: Guy Evans

## Dragon, Naturally Speaking

DRAGON Naturally Speaking, is the premiere voice recognition software, DNS is a great productive tool when writing email, creating MS office documents, surfing the internet and controlling your computer with just your voice. DRAGON software also works for those with physical limitations that make keyboarding and mouse use difficult or impossible.

\$25 per hour

**H&W** Computer Learning Lab, 2nd Floor  
By appointment: 425-286-1038  
Introduction: Joe Meyer

N=Northshore, H&W=Health and Wellness,  
K=Kenmore, M=Mill Creek, W=Woodinville, PK=Peter Kirk

## Excel

Learn how to create a simple spreadsheet, use dialog boxes, use shortcut keys, copy and paste, add formulas and much more.

\$96 nonmember/\$48 member

**N** Room 105  
4 day course - 6 hours  
Excel 2010:  
Monday - Thursday, Aug 7 - Aug 10  
Excel 2013:  
Monday - Thursday, Aug 21 - Aug 24  
10am - 11:30am  
Instructor: Joan Little

## Excel-Word Workshop

Create letters, posters, spreadsheets, directories, charts and graphs. Refresh your knowledge. Bring your questions and learn how to find answers yourself. Bring samples of things that are challenging you. Call ahead to register.

\$72 nonmember/\$36 member

**M** Senior Center  
3 day course - 6hours  
Monday - Wednesday, Jul 17 - Jul19  
Monday - Wednesday, Sep 18 - Sep 20  
10am - noon  
Instructor: Team

## Facebook

Learn how to navigate Facebook. This class will help you develop the confidence to set up and maneuver Facebook successfully. Topics covered: Facebook basics and lingo, setting up your own page, adding photos and friends, changing privacy settings. Bring in a photo of yourself that you would like to be your main photo. *Prerequisites: Windows Basics*

\$96 nonmember/\$48 member



**M** Senior Center - Limit 10  
4 day course - 8 hours  
Monday - Thursday, Sep 5 - Sep 8  
1pm - 3pm  
Instructor: Dorothy Cirelli

## How To Use Your Android Device

Are you considering the purchase and use of an **Android 'smart phone' or tablet?** Would you like assistance in knowing what you can do with one? These devices are very adept, somewhat similar to the small PC. The instructor will bring her devices so you can see them in action; please bring your device, if you have one.

\$32 nonmember/\$16 member

**N** Room 105  
Thursday, Jul 13, 1pm - 3pm  
Instructor: Tommie Zabrowski

## Internet And Email Basics

Have fun and safely navigate the Internet. Find and capture information. Learn basic terminology. Email etiquette, how to create messages, contact lists, attachments and more.

\$48 nonmember/\$24 member - Limit 10

**M** Senior Center  
2 day course - 4 hours  
Thursday - Friday, Jul 27 - Jul 28  
Thursday - Friday, Sep 28 - Sep 29  
1pm - 3pm  
Instructor: Ron Cuddy

## IPhone IPad Users Group

If you have a Cell-Phone or a Tablet (Apple or equivalent Android) bring it to this ongoing workshop and learn how to use it. Share your challenges and discoveries with others. Learn about GPS and how to take and Email pictures.

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

**N** Room 105  
4th Fridays, 9am - 11am  
Leader: Dave Gumm and Ron Rhoton

## Macintosh and PC Users Group

Feel free to join us, and bring you questions!

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

**N** Room 105  
Second Fridays, 10:30am - noon  
Leaders: Guy Evans, Dave Gumm and Ron Rhoton

## Microsoft Word - Beginning

This class is designed for beginners learning to use the computer. You will learn how to use a mouse, how to change the format of text, how to save, close and then open a file and much more.

\$96 nonmember/\$48 member

**N** Room 105  
4 day course - 6 hours  
Word 2010:  
Monday - Thursday, Jul 10 - Jul 13  
Word 2013:  
Monday - Thursday, Jul 24 - Jul 27  
10am - 11:30am  
Instructor: Joan Little

## Microsoft Word - Intermediate

In this class you will learn how to create a folder, use bullets and numbers, insert the file pathname in a footer, add commands to the Quick Access Toolbar, use templates and many other exciting topics.

\$96 nonmember/\$48 member

**N** Room 105  
4 day course - 6 hours  
Word 2010:  
Monday - Thursday, Sep 11 - Sep 14  
Word 2013:  
Monday - Thursday, Sep 25 - Sep 28  
10am - 11:30am  
Instructor: Joan Little

## OneNote

Microsoft OneNote is a digital note-taking application for free-form information gathering and sharing. It's one of Microsoft's most powerful and fun applications, available for almost every PC, tablet or smart phone, and it's free. In class we will build a shared grocery list, plan a vacation, organize a party and have time to try your own project.

\$48 nonmember/\$24 member

**M** Senior Center  
2 day course - 4 hours  
Thursday - Friday, Sep 21 - Sep 22  
10am - noon  
Instructor: Randy Gregg



## PRIMEFIT GYM

**You are invited to check out our PrimeFit Gym!**

At Fairwinds - Brittany Park Retirement Community everything about our fitness program is motivating and convenient. We offer strength, balance, and stretching classes, chair yoga, team sports, Healthways by Silver Sneakers and more.

Visit soon. Take a look around, meet our certified trainers, and discover just how fun retirement can be!

Not a resident? No worries! Ask us about our gym membership program.

**Call (425) 318-1056 now to schedule your visit!**



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## TECH SERVICES Computer Repair

### In the Health & Wellness Computer Learning Lab

Do you have a laptop or desktop that is driving you crazy? Is it running slow, acting weird or has just simply crashed? Find out why at the HW CLL TECH CENTER...schedule an appointment to have Virus and Malware Removal, Computer Repair, Phone and/or Tablet Evaluation, New Computer Setup and Configuration, Computer Upgrades Wireless Network Setup and Security, Data Recovery. See our bulletin board ads.

All work done on site. Our \$40 assessment fee is applied to job, if work is done by us.

Drop by or call, to discuss your problem, or to schedule an appointment

**425-286-1038**

**For more information, please refer to the HWCLL & Room 105 Handbook as well as the bulletin boards by room 105 for changes or additions to Northshore computer offerings.**

### One-On-One Personal Computer Instruction

We will design a 1-on-1 learning program of computer instruction that addresses your "stuck" spots and makes you a wiser, faster, more efficient computer user. Explore new software: Word, Excel, Internet Explorer, and email. Learn computer security, foreign languages, new interactive networking programs and use larger print on the screen to ease visual difficulties.

\$40 nonmember/\$20 member, per hour

**H&W** Computer Learning Lab, 2nd Floor

Call 425-286-1038 for more information or to make an appointment.

### Open Lab At Bothell CLC

Our computer classroom at Bothell (Room 105) now has open lab time during which you can write letters, work on Excel spreadsheets, practice what you've learned in class, check your email or just surf the net. We have Microsoft Office 2010 software installed on all the computers including Access, Publisher and PowerPoint. This room is open from 10am to noon each weekday, as long as there are no classes scheduled. Check at front desk if open - please don't forget to sign in at the door .

Free to Members Only

**N** Lab Time: Mondays - Fridays, Free  
10am - noon

### Photos, Files And Folders

Okay, you have saved your documents and photos on your computer. NOW WHAT? Learn how to rename, copy, move, organize, share and backup your files. File Explorer (previously called Windows Explorer) is the program you will use to work with files and folders on your PC, the cloud (OneDrive), or your USB storage device.

\$72 nonmember/\$36 member

**M** Senior Center  
3 day course - 6 hours  
Monday - Wednesday, Aug 14 - Aug 16  
Monday - Wednesday, Sep 18 - Sep 20  
1pm - 3pm  
Instructor: Randy Gregg

### Smart-Phones And Tablets

If you have a Cell-Phone or a Tablet (Apple or Android) bring it to this workshop and learn how to use it. Share your challenges and discoveries with others. Learn about settings, email, and how to take and share pictures. This is one-on-one instruction. Call ahead to register.

\$10 nonmember/\$5 member, per class

**M** Senior Center  
Every Thursday, 3pm - 4:30pm  
Instructor: Team

## Windows 10

Learn the terminology and navigation basics of the Windows 10 operating system. Develop the skills and confidence to use your personal computer (PC) to accomplish everyday tasks. Create, save and print documents. Organize and control your files and folders. Customize the Desktop screen, Start menu and taskbar. Learn how to access the programs and applications you have on your computer.

\$120 nonmember /\$60 member - Limit 10

- M** Senior Center  
5 day course - 10 hours  
Monday - Friday, Jul 10 - Jul 14  
Monday - Friday, Aug 7 - Aug 11  
Monday - Friday, Sep 11 - Sep 15  
1pm - 3pm  
Instructor: Ron Cuddy

## Windows Basic

Learn to control your keyboard, mouse and cursor so your computer will understand what you are telling it to do. Understand the Windows desktop screen, the start menu and the taskbar. Safely get in and out of any program. Learn to create, save and print documents.

\$72 nonmember/\$36 member

- M** Senior Center  
3 day course - 6 hours total  
Monday - Wednesday, Jul 24 - Jul 26  
Monday - Wednesday, Sep 25 - Sep 27  
1pm - 3pm  
Instructor: Ron Cuddy

## CRAFTS

### Creative Needle And Craft Group

If you crochet, knit or sew and have creative ideas and want to help make handmade items for sale at Northshore Senior Center. All proceeds go to the center. If Thursdays are not convenient for you, you may choose to work at home. Donations of supplies are welcome.

Free to Members Only

- N** Room 103  
Thursdays, 9am - 11:30am  
(no class Aug 10)  
Leader: Betty Hayes

## Jewelry Cleaning and Repair

Clean and repair donated jewelry for the Centers' fundraising events. Instruction as time allows.

We need your donations.

Free to Members Only

- N** Room 103  
First Mondays, 9am - 11am  
(no class Aug 7 and Sep 4)  
Leader: Alice Alden

## Kenmore Crafters

Join a friendly group who likes to work on various craft projects. If you need help with a handcraft project, our talented ladies can usually help with it, or just come for the good company.

Free to Members Only

- K** Senior Center  
Thursdays, 12:30pm - 2:30pm  
Coordinator: Pat Fullerton

## Knit-Wits

Meet with friends, chat and work on your own projects in a friendly, old-fashioned knitting bee.

Free to Members Only

- N** Room 103  
Tuesdays, 9:30am - 11am  
(no class Aug 8)  
Leader: Sallie Gerrard

- M** Senior Center  
Mondays, 10:30am - 12:30pm  
Jul 10 and 24, Aug 7 and 21, Sep 11 and 25

## Pins And Needles

Join others who enjoy quilting, knitting, crocheting, or other needlework, and meet for fellowship and fun.

Free to Members Only

- W** Brittany Park, Activity Room  
Fridays, 10am - noon  
Coordinator: Cleata McIntosh

N=Northshore, H&W=Health and Wellness,  
K=Kenmore, M=Mill Creek, W=Woodinville, PK=Peter Kirk



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**Chateau offers both Month to Month and Buy-In options**  
Chateau Retirement Communities believes in flexibility and conscious wealth management. Our Buy-In Option upholds these values by helping you to lower your monthly costs of living on your terms and preserve capital. You put money in, it lowers your monthly costs and when you're done, you get it all back. **Your investment is always 100% refundable!**

## Live Life on your Terms!

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of BOTHELL LANDING

## Quilt Group

Enthusiastic quilters welcome your participation. Please feel free to bring your questions, curiosity, sewing machine, projects, and ideas. Mutual support and encouragement abound to inspire you to explore your creative side.

\$10 monthly flat fee

**N** Room 103  
Wednesdays, 12:30pm - 3pm  
(no classes month of Aug)  
Facilitator: Gwendolyn Moreland

\$1 each time

**M** Senior Center  
First Thursday, 4pm  
2nd and 4th Wednesdays, 4pm  
To register call 425-948-7170

## DANCE

### Ballroom Dance

Enjoy an afternoon of dancing with live music. "Bob's Swing Music Band" (Carpenter) will be playing all your favorites for a fun afternoon of dancing.

\$5 per person

**N** Multipurpose Room  
First and Third Wednesdays, 1pm - 3pm

### Ballroom Dance Lessons

Fox Trot, Waltz, Swing and Latin lessons for the beginner and the experienced. No partner necessary. \$20 nonmember/\$10 member, per class

**N** Multipurpose Room  
First and Third Wednesdays, 3pm - 4pm  
Second, Fourth and Fifth Wednesdays  
2:30pm - 3:30pm  
(no class Aug 9)  
Instructor: Celia Boarman

## Line Dancing

Everyone is welcome to join our Line Dancing classes for Beginners; Advanced Beginners; Improver level and Intermediate level dancers. The dances are presented in repeated sequences of steps in rows or group lines with everyone executing the steps at the same time. Great exercise while enjoying current music and dance steps with some oldie country music thrown in. No partner nor prior experience is necessary. Start at the beginning and continue to intermediate level all for one fee. Come for FUN and meet some wonderful new friends. New students (all levels) please call Veta before attending first class at 425-355-4225.

\$12 nonmember/\$6 member, per class

- N** Multipurpose Room  
(no class month of Jul and Aug)  
Classes resume Sep 7  
Thursdays: Beginners, 9:30 - 10am  
Classes only on Sep 7, 14 21, Oct 5, 12, 19  
(no December Beginner classes)  
Thursdays: Advanced Beginners, 10 - 11am  
Improver/Intermediate 11 - 12:15pm  
Classes on all 4 weeks of Sep, Oct and Nov  
(no class Nov 23)  
Leader: Veta Blakesley

Advanced Beginner/Improver Class - For those who are ready to go to the next level of line dancing, know the basic line dance steps and want more dance time this summer, this is for you. Join in on the fun and exercise. Come with comfortable shoes and water.

\$10 nonmember/\$5 member, per class

- M** Senior Center  
Wednesdays, Beginners, 9:30 - 10:45am  
Wednesday, Advanced Beginners,  
11 - noon  
(no class Jun 28, Jul 5 and Aug 2 and 9)  
Instructor: Barbara Heidel

## DAY TRIPS

Note: Trips are organized by date of trip

For Mill Creek trips, please call  
Gayla at 425-273-0063

### Under And Over In Downtown

Our first stop is Milepost 31 to receive a guided tour of the viaduct project including the infamous Big Bertha Boring Drill. Next, we will ride 70+ stories up to the observation area at the Columbia Tower for some great scenic views and stop for a bite to eat at the Skyview Café. The trip fee includes all expenses except the food at the cafe.

\$54 nonmember/\$27 member



- M** Thursday, Jul 6, 10am - 2pm

### Seattle Mariner Games

Take me out to the Seattle Mariners Baseball Games. It is summer and time for Seattle Mariners Baseball. We have 3 games this summer. Meals are on your own.

\$28 nonmember/\$14 member



- N** Wednesdays, Jul 5, 5pm - 10pm \* Kansas  
Sunday, Sep 3, 11:30am - 5pm \*Oakland  
Tuesday, Sep 19, 5pm - 10pm \* Texas

### Festival of Shorts Edmonds Driftwood Players

Eight short plays with eight casts with a theme of "Unintended Consequences". See all eight 15 minute plays written by a great line-up of playwright finalists at Wade James Theater and then vote on which one you liked the best. It promises to be innovative, hilarious, and profound with 2 hours of stage-time and the audience gets to choose the winner!

\$44 nonmember/\$22 member



- N** Saturday, Jul 8, 1pm - 4:30pm

### \$ Bookie Van Fundraiser \$

It's time to retire the small trip van and your Bookies have approval from the Board to fundraise. Our goal is \$26,000. Donations tax deductible! No amount too large or too small: it all counts! Make checks out to the Northshore Senior Center reference "New Van" and put in collection jar in Bookie office. Let's put new wheels on the road!

## Maltby Café/Matinee II

Last quarter the response was overwhelming, but the **van was full! Let's try again.** Enjoy a **great breakfast** at this iconic venue and then choose a new release movie at a nearby multiplex theatre. You only need to bring enough money for a giant cinnamon roll or whatever else you choose to eat for breakfast.

\$38 nonmember/\$19 member



**M** Tuesday, Jul 11, 9am - 2pm

## Plunger! Flipper! Slam Tilt! Game!

If you were ever into pinball, this is THE TRIP for you! Seattle has a vintage pinball museum with 50 machines and you can play them all. Our trip includes unlimited play, transportation and all the fun you can stand. Late lunch afterwards on your own, at a secret BBQ joint.

\$56 nonmember/\$28 member



**N** Wednesday, Jul 12, 11:15am - 3:45pm

## Tulalip Casino

Join your friends from NSC for an enjoyable day out at Tulalip Casino. Maybe it will be your lucky day. Enjoy an assortment of eateries. Eagles Buffet has a wide selection or you can stop for a quick bite at the Canoes Carvery.

\$10 nonmember/\$5 member



**N** Thursday, Jul 13, 9am - 2pm  
Thursday, Aug 10, 9am - 2pm  
Thursday, Sep 14, 9am - 2pm

## Edmonds Farmer's Market

Bring a tote or handle bag for some ripe delicious **fruits and vegetables.** **Don't forget the market** also includes wine tasting, hand-crafted items, jewelry, floral bouquets and much more. Wear comfortable shoes and a hat if the sun is out. We will make a stop for lunch (on your own) after a 90-minute shopping spree.

\$16 nonmember/\$8 member



**M** Saturday, Jul 15, 9:30am - 2pm

## Seattle Chocolate Company Tour

This is a delicious, likeable, shareable chocolate-centric elevated experience at the Seattle Chocolate Company in Tukwila. We will see chocolate making machines and a chocolate waterfall, learn how chocolate is grown, its history and learn what a truffle is. There is a fair amount of walking, and stairs up to a walkway. We will stop for lunch on the way home, cost on your own.

\$54 nonmember/\$27 members



**N** Tuesday, Jul 18, 9:45am - 2:30pm

## Escape The Heat And Compete

The kids are on summer break and it is time for a Grandparent/Grandchild outing. Form your team of 2-3 people (kids must be 6 or older) and register for an exciting Scavenger Hunt at the mall. Teams will score points to win prizes. One team member must bring either a cellphone or camera that takes digital photos. The team entry fee, transportation and all supplies are covered by the trip fee. After the hunt, the teams are invited to eat lunch at the food court (on your own) and celebrate the winners!

\$24 for teams of 2-3 persons



**M** Wednesday, Jul 19, 10am - 2pm

## Gilbert And Sullivan H.M.S. Pinafore

This is one of Gilbert & Sullivan's most famous operettas. It is a hoot! Lots of great music, crazy story, but it all comes out OK in the end. Seattle Center.

\$96 nonmember/\$48 member



**K** Saturday, Jul 22, 1pm - 5pm

## Edmonds - Fun at The Beach

Let's walk the beach and take photos of Sand Sculptures as amateurs create their works of art. We will be able to watch the "work in progress" and then the finished award winning sculptures. Later we head out to have lunch on your own at a nearby venue.

\$20 nonmember/\$10 member



**N** Tuesday, Jul 25, 10:30am - 3pm

## The Hills Are Alive - In Leavenworth

The Sound of Music is performed live in a beautiful outdoor amphitheater. The dates and fees are tentative based on securing the tickets in June when the box office opens. The fee includes transportation, deluxe hotel accommodations, a hot buffet style breakfast and premium seats for the show. You will be responsible for one dinner and one lunch (on your own). The dates and fees are tentative.



Double occupancy (not to exceed \$170)/  
Single occupancy (not to exceed \$255)

**M** Leave Tuesday, Jul 25, 10am  
Return Wednesday, Jul 26, 12pm

## Terracotta Warriors: Guards For Eternity

This trip was so popular last quarter, we've added another trip. Terracotta Warriors: Guards for Eternity features artifacts from the First Imperial Dynasty of China. It is a joint project between Pacific Science Center and the Franklin Institute. It is a special tour that is limited to just Seattle and Philadelphia. We will start with the IMAX (Mysteries of China 2D). Then, onto the Warrior's exhibit. On the way home, we will stop for an early dinner, cost not included. Signups must be done before July 10, 2017.

\$88 nonmember/\$44 member



**N** Wednesday, Jul 26, 11:45am - 5pm

## Electroimpact And Robots

Come along with us to have a tour of the Electroimpact Company in Mukilteo and see robots apply the fiber strips to the Dream Liner wings, and may other tasks. On the way home, we'll stop at an Eastern European restaurant for lunch on your own. We don't know which is the more compelling – robots at work or Hungarian food. Help us decide which, or call it a tie!

\$52 nonmember/\$26 member



**N** Tuesday, Aug 1, 9am - 3pm

## Sail Away on The Bay Overnight

Board a 100' tour boat for a fully narrated history/sunset cruise. Enjoy snacks on board. After a restful night, you can walk the beach boardwalk, stop for coffee and finish the morning with a trip to the Whatcom Museum to see the latest exhibits.

Chuckanut Drive is the selected route home. The trip fee includes hotel with tax, breakfast, cruise passage, museum admission and snacks aboard the vessel. You should plan to buy lunch on Wednesday and desired beverages on the boat.

\$137 Double occupancy/  
\$192 Single occupancy



**M** Leave Tuesday, Aug 1, 1pm  
Return Wednesday, Aug 2, 5pm

## Emerald Downs Has Gone to The Dogs

Don't miss the fun and frolic of cute, cuddly Corgis racing around the track. Your trip fee includes transportation, admission, a program and a \$10 food voucher. The horses will also be racing, after the dogs, so you won't miss out!

\$70 nonmember/\$35 member



**M** Sunday, Aug 6, 12:45pm - 5pm

## Farmer's Market - Shoreline And Redmond

We will be going to two Farmers' Markets on this date. A little bit of walking, but not a whole lot. Both markets have different vendors, so there should be a good variety of items for sale.

\$20 nonmember/\$10 member



**K** Saturday, Aug 12, 9:30am - 3pm

## Senior Day at Safeco Field

The Mariners are playing the Baltimore Orioles and the stands will be full of seniors. Take advantage of a ticket on the Terrace Club Level and a buffet lunch. Transportation and parking are included. This should be a special event, so let's show our support for the Mariners. We can submit a "#Where I root" photo and see if we can appear on the nightly news or the scoreboard!

\$114 nonmember/\$57 member



**M** Wednesday, Aug 16, 11am - 5pm

### Walking Symbols



Mild Walking



Moderate Walking



Extensive Walking (with stairs)

## Angel of The Winds

Tons of fun and good food await the 12 lucky gamblers who sign up early for this special Northshore bus, driven by our own Chico Meza. Angel will greet us and give out \$5 gaming credits and a \$5 buffet coupon. This is a smoking venue with good ventilation.

\$34 nonmember/\$17 member



**N** Wednesday, Aug 16, 9am - 3pm

## Edmonds Waterfront Tour on a Segway

Get ready for the ride of your life. First off you will receive training from our guides. You will breeze down the Edmonds Waterfront on your Segway with your guides. Depending on how many sign up we will do this in 2 groups. Helmets are provided. This will be a 30-minute tour. Closed toe shoes are required. Lunch will be on your own after the tour and you can relive this unusual and fun day.

\$64 nonmembers/\$32 members



**N** Thursday, Aug 17, 10:15am - 3:30pm

## Whale Watching And Casino Overnight Running Away From Home

This overnight Casino and Whale Watching trip will be fantastic. It includes your overnight accommodations at the Casino, a \$10 voucher for dinner and breakfast in the morning. After breakfast, we will take an all-day Whale Watching cruise, which includes a salmon or chicken lunch plus a two hour shore visit in Friday Harbor. All of the above is included in this package. After the cruise, we may stop for a bite to eat on your own, and then head home. The trip will require being able to board and walk around a boat as well as walk around Friday Harbor which is hilly. Dress for the weather and wear good walking shoes. You must sign up by July 17, 2017. A limited number of spaces are available.

\$186 Double occupancy/

\$246 Single occupancy



**N** Leave Monday, Aug 21, 2pm  
Return Tuesday, Aug 22, 8pm

## Cannabis Grower And Store Tour

We will visit a shop in Seattle that grows the plants under controlled conditions and learn about the different parts of the plant and the growing process. Then we take the tour down the hall to see into a cannabis extraction lab and talk with one of the **scientists who will tell us all about extraction.** We'll discuss different consumption methods, different levels of experience that cannabis offers and see products that are popular with the senior crowd. Finally, everyone is free to roam around the store to peruse the products and talk with friendly guides to get your questions answered. Lunch will be on our way home, not included in the cost.

\$44 nonmember /\$22 member



**N** Thursday, Aug 24, 10:15am - 1:30pm

## Phoenix Theater

What happens when Lucy, Ricky, Fred and Ethel get stranded on Gilligan's Island? It results in this non-stop fun and comedic performance of "Lucilligan."

You won't want to miss it!

\$38 nonmember/\$19 member



**M** Sunday, Aug 27, 1:15pm - 5pm

## Pancakes And The Park

You can polish off as many pancakes as possible and then walk off the calories in the park. Grab a walking buddy and sign up today. Fee covers transportation only. Hike is 2.0 miles round trip with no elevation change.

\$16 nonmember/\$8 member



**M** Monday, Aug 28, 8:30am - 11am

## Evergreen State Fair

Let's go to the Fair! This is Senior Citizen Day and those of us 62 and older get in free. A great variety of food is available to please anyone's taste buds. There are 4-H displays, farm animals, music and even carnival rides for the adventurous. Good walking shoes are a must. Lunch is on your own.

\$24 nonmembers/\$12 members



**N** Monday, Aug 28, 9:30am - 1:30pm

## Terra Cotta Warriors

Our last trip for this event. Terracotta Warriors: Guards for Eternity features artifacts from the first Imperial Dynasty of China. It is a joint project between Pacific Science Center and the Franklin Institute. This special tour is limited to Seattle and Philadelphia. We will start at the IMAX (Mysteries of China 2D), then break for lunch on your own. After lunch we tour the Warriors' exhibit before heading home.

\$88 nonmember/\$44 member



**N** Wednesday, Aug 30, 10:20am - 4pm

Destination: Roslyn, WA

Were you a fan of the 90's TV show "Northern Exposure?" If so, then you know that this town portrayed the town of Cicely, Alaska, on the series. Explore this turn of the century mining village, see a first run movie at the historic theatre or tour their unique museum. Lunch is on your own at the famed "Brick." Even if you aren't a fan of the show, you will love the scenery!

\$130 nonmember/\$65 member



**M** Wednesday, Sep 6, 9:30am - 7pm

## Horse Racing - Emerald Downs

Your general admission ticket includes access to the paddock and the park. You will also receive one race program plus one voucher for \$10 worth of food and non-alcoholic drinks. In addition to horse racing, there are other activities, like playing table games at the new casino.

\$58 nonmember/\$29 member



**N** Saturday, Sep 9, 11am - 6pm

## Bainbridge And Bloedel Reserve

Your visit here will allow you to immerse yourself in the tranquility and beauty of nature. The tour includes free time in Winslow to eat, shop, or visit the art gallery and a couple of hours in the gardens before boarding the ferry home. You are just responsible for lunch. Ferry fees, transportation and admissions are covered.

\$82 nonmember/\$41 member



**M** Monday, Sep 11, 9:15am - 5pm

# VCU



VILLAGE CONCEPTS  
UNIVERSITY

Introducing Village Concepts University at Riverside East, an innovative research-based approach to providing quality educational opportunities for seniors. VCU extends programming to residents of Village Concepts Communities, staff, and members of the greater community.



**Riverside  
East**

A VILLAGE CONCEPTS  
RETIREMENT COMMUNITY

*Contact us for more info!*

(425) 481-1976 | [www.villageconcepts.com](http://www.villageconcepts.com)

10315 E Riverside Drive, Bothell

## Daytrip Departure Locations

- N** Northshore Day trips will depart from 19510 100th Ave NE, Bothell. Please park away from the church on the North side of the lot. Easiest way to get there is North on Bothell Way NE (Hwy 527) right on NE 190th St. and left on 100 Ave NE. Entrance to parking lot is off 100th.
- K** Kenmore Day trips depart from the Northshore Departure address listed above or the Kenmore Senior Center Parking Lot.
- M** Mill Creek Day trips depart from Brookdale, 14905 Bothell Everett Hwy, Mill Creek.

Fees are non-refundable seven days prior to a trip or after the deadline date unless cancelled by us.

Note: Day Trip Vans are not wheelchair accessible. Walkers have to be light weight with folding capabilities, maximum 2 walkers - please declare at time of purchase. *We reserve the right to reject any person as a tour participant and expel anyone whose conduct is incompatible with the interest of the tour group.*

## NW Stream Center

Visitors proclaim the Center cutting edge! It is an environmental education facility. You will learn to be stewards of their watershed in a “living Classroom”. Boardwalks and viewpoints lend vistas of salmon streams, solar livestock feeding as well as native foliage. This is a docent led tour. Lunch will be in the Mill Creek Center on your own.

\$30 nonmember/\$15 member



**N** Wednesday, Sep 13, 9:30am - 2:30pm

## Seattle Glassblowing Studios

Experience, learn about, and enjoy the techniques of glassblowing. Be a glassblowing artist for the afternoon and create glass art that is yours to keep. No experience needed! Participants will receive instructions from a team of personable, talented and experienced glassblowing artists. Safety, etiquette and proper form are all stressed through each lesson in their state of the art Hot Shop.

\$152 nonmember/\$76 member



**N** Friday, Sep 15, 9am - 1pm

## Wing Luke Museum Guided Tour

This field trip features a behind the scenes 45-minute tour of some areas that are assessable only on private tours. You are also invited to view the regular museum exhibits. There are nearby Asian restaurants in the International District for lunch on your own.

**M** Friday, Sep 15, 10am - 4pm



## Shop And Eat at Gilman Village

Step back into Issaquah’s past in the carefully preserved houses and buildings that make up this 40+ structure mixed use site. It all began in 1972 when a local couple began saving and relocating unwanted buildings in the area and moving them to this park-like setting. Plan to eat lunch (on your own) in one of the fine bistros or cafes.

\$32 nonmember/\$16 member



**M** Thursday, Sep 21, 10am - 2pm

## Arboretum Tram tour

There is always something to see and learn during a relaxing Tram Ride through Seattle Arboretum’s trails and forests. On display will be 230 acres of cultivated plants of the Northwest. The Tour Guide will make the trip interesting as well as educational. On the way home, lunch will be on your own.

\$36 nonmember/\$18 member



**N** Wednesday, Sep 27, 9:45am - 2pm

## Fun on The Waterfront

Start with the Wings Over Washington flying theatre, followed by another uplifting adventure on “The Great Wheel” and top off the day with a tasty lunch at the wharf. If your stomach is settled, we know where to find Huckleberry Ice Cream. Your fee includes transportation, parking and admission fees only.

\$92 nonmember/\$46 member



**M** Friday, Sep 27, 10am - 4pm

## Fall Bakery Frolic

It is pastry heaven, folks! Let's try out three more bakeries in three different towns. The fun and calories never stop on these popular trips. Come and experience it for yourself. Fee covers transportation only.

\$20 nonmember/\$10 member



**M** Friday, Sep 29, 9am - noon

## DRIVER SAFETY

### AARP Smart Driver Course

This popular AARP program has recently been updated and covers current changes in roads, automobiles, state laws and driving situations. It is especially aimed at drivers 50 and older. Topics include: how driving can be affected by changes in medicine, vision, hearing, reaction time, and how to compensate for aging and age related situations. Other drivers on the road, strategies for different driving situations and assessing your driving is covered. We feel that after completing this program, you will at least improve one of your driving skills that could prevent collisions and driving infractions. This is an eight hour course conducted over two four hour sessions. All classroom. No driving is included and no formal tests are given. You must pre-register with the instructor. At the conclusion of the course you will receive a certificate that you can use to receive a discount on your auto insurance.

\$15 AARP member/\$20 AARP nonmember  
Contact and pay instructor directly.

**N** Room 202  
Second and Third Tuesdays, 10am - 3pm  
Session I: Jul 11 and Jul 18  
Instructor: Gordon Olson, 206-364-4706  
Session II: No classes in August  
Instructor: Gordon Olson, 206-364-4706  
Session II: Sep 12 and 19  
Instructor: Gordon Olson, 206-364-4706

**K** Senior Center  
Saturday, Aug 19, 9am - 5pm  
Bring a lunch and picnic in the park  
Instructor: Bob Laquardia, 425-802-3655

**M** Senior Center  
Last Wednesdays, 9am - 5pm  
Session I: Jul 26  
Session II: Aug 30  
Session III: Sep 27  
(*must attend full 8 hours, bring a sack lunch*)  
Instructor: Larry Saint  
Must pay AARP instructor at class while showing your AARP membership card number.

## FINANCE

### Financial Literacy Workshop

How do I plan for retirement? I'm retired, what's next? In this workshop, professional financial advisors cover the basics of saving for retirement, living on a fixed income, social security/Medicare, and estate planning. All ages and levels of knowledge welcome.

Free to Members Only

**M** Senior Center  
Wednesday, Sep 13, 10am - 11am

### Focus On Fixed Income

Explains the basics of fixed income investments, the seven characteristics of, the advantages of laddering and how fixed income may be part of your investment strategy.

Free to Members Only

**N** Room 203  
Tuesday, Sep 19, 1pm - 2pm  
Presenter: Randy Busch



### Foundations of Investing Seminar

Rules for investing - develop a strategy, choose quality investments, diversify portfolio, invest for the long term and focus on what you can control.

Free to Members Only

**N** Room 203  
Tuesday, Aug 15, 1pm - 2pm  
Presenter: Randy Busch



N=Northshore, H&W=Health and Wellness,  
K=Kenmore, M=Mill Creek, W=Woodinville, PK=Peter Kirk



## Health Care And Your Retirement Seminar

Health Care and your retirement is an educational program that addresses what steps investors should take to prepare for health care costs to help ensure their retirement savings stay healthy.

Free to Members Only

**N** Room 203  
Tuesday, Jul 18, 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.

Free to Members Only

**M** Senior Center  
Thursday, Jul 20, 4pm - 5pm  
Wednesday, Aug 9, 10am - 11am  
Tuesday, Sep 12 1pm - 2pm  
Presenter: Carl Self, Senior Mortgage Advisor

## FITNESS

### EnhanceFitness

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

**N** Multipurpose Room  
Mondays, Wednesdays and Fridays  
8:15am - 9:15am  
(no class Aug 7, 9, 11 and Sep 4 and 15)  
Certified Instructor: Dollie Brown



**K** Episcopal Church of the Redeemer  
Mondays, Wednesdays and Fridays  
9am - 10am, (no class Sep 4)  
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

**N** Multipurpose Room  
Mondays, Wednesdays and Fridays  
9:30am - 10:30am,  
(no class Aug 7, 9, 11 and Sep 4 and 15)  
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

**M** Senior Center  
Thursdays, 1pm - 2pm  
Facilitator: Sandy Taylor



# 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.



## 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.

\$10 nonmember/\$5 member, per class

**M** Senior Center  
Thursdays, noon - 12:50pm  
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

**N** Multipurpose Room  
Mondays, 12:30pm - 4:20pm  
Tuesdays, 9:30am - noon Advanced and Intermediate players.  
Tuesdays, noon - 2:30pm 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 Jul 4, 18, Aug 5, 7, 8, 9, 10, 11, 12, Sep 4 and 15*)

Primary Leaders: Roger and Connie Hughes,  
206-200-8756 or 425-823-4491 and  
co-leader Jean Mitterdorfer, 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

**N** Room 205  
Tuesdays, 1pm - 2:30pm  
(*no class Jul 4 and Aug 8*)  
(*"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

## 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

**N** Multipurpose Room,  
Tuesdays and Thursdays, 8:30am - 9:15am  
(no class on Jul 4, Aug 8 and 10)  
(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

**N** Multipurpose Room  
Sundays, 1pm - 4pm  
(no class on Aug 6)  
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, 10 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

**N** Multipurpose Room  
Fridays, 1:30pm - 2:30pm  
Session: Jul 7 - Sep 29, 10 weeks  
(no class Jul 28, Aug 11 and Sep 15)

**M** Senior Center  
Wednesdays, 1:30pm - 2:30pm  
Session: Jul 5 - Sep 27 12 weeks  
(no class Jul 26)

#### • Tai Chi Hand Form (Intermediate)

Students will learn Yang Family Tai Chi Hand Form.

Instructor: Mike Lucero

**N** Multipurpose Room  
Fridays, 1:30pm - 2:30pm  
Session: Jul 7 - Sep 29, 10 weeks  
(no class Jul 28, Aug 11 and Sep 15)

**M** Senior Center  
Wednesdays, 1:30pm - 2:30pm  
Session: Jul 5 - Sep 27 12 weeks  
(no class Jul 26)

### 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

**N** 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

N=Northshore, H&W=Health and Wellness,  
K=Kenmore, M=Mill Creek, W=Woodinville, PK=Peter Kirk

## Water Aerobics

It's time to make a big splash - for your health. 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

**N** Room 203  
Thursdays 8:30am - 9:30am  
(no class Aug 10)  
Instructor: Shana Robbins

**K** Episcopal Church of the Redeemer  
Mondays and Wednesdays, noon - 1:15pm  
(no class Sep 4)  
Instructor: Shana Robbins

\$80 nonmember/\$40 member, 4 weeks  
\$100 nonmember/\$50 member, 5 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  
\$24 nonmember/\$12 member, per class

**H&W** Large Activity Room  
Tuesdays, 6pm - 7pm  
Session I: Jul 11 - Jul 25, 3 weeks  
(no class Jul 4)  
Session II: Aug 1 - Aug 29, 3 weeks  
(no class Aug 15 and 29)  
Session III: Sep 5 - Sep 26, 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

**N** 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.

\$40 nonmember/\$20 member, 2 weeks  
\$80 nonmember/\$40 member, 4 weeks  
\$24 nonmember/\$12 member, per class

**N** Room 205, (min. 5, max. 8 class size)  
Thursdays, 11am - noon  
Session I: Jul 6 - Jul 27, 4 weeks  
Session II: Aug 3 - Aug 31, 4 weeks  
(no class Aug 10)  
Session III: Sep 21 - Sep 28, 2 weeks  
Instructor: John Stern, RYT-500



# SHAPE UP! 50+

## "For a Healthy Independent Lifestyle"

- Fitness, Fun and Friends
- Your local community center is offering group exercise classes for seniors – Zumba Gold, Yoga, Line Dancing, Enhance Fitness, Tai Chi, Pilates and more.
- Classes are safe, affordable, and led by knowledgeable instructors who are experienced working with seniors.
- No matter your fitness level, there's a class that's right for you!
- Bring a friend and receive \$10 off your next fitness class.

For more information visit: [kingcounty.gov/health/shapeup](http://kingcounty.gov/health/shapeup)

Bring this coupon to Northshore Senior Center to receive a **\$10 discount** on any group fitness class, (expires Dec. 16, 2017). To receive the discount participants must:

- Be new to the exercise class
- Returning participants registering for a new class
- OR have not taken a class in the last three months

Coupon has no dollar value and cannot be redeemed for cash.

For more information, call  
Northshore Senior Center  
at 425-487-2441

**Public Health**   
Seattle & King County  
Emergency Medical Services Division



NORTHSHORE SENIOR CENTER



## 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

\$130 nonmember/ \$65 member, 13 classes

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



- N** Multipurpose Room  
Mondays, Wednesdays and Fridays  
11am - noon  
Session I: Jul 3 - Jul 31, 13 classes  
Session II: Aug 2 - Aug 30, 11 classes  
(no class Aug 7, 9 and 11)  
Session III: Sep 1 - Sep 29, 11 classes  
(no classes Sep 4, Sep 15)  
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

- N** Room 202/203  
Saturdays, 1pm - 3pm  
(no bingo Aug 5 and 12)  
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

- N** Room 203  
Wednesdays, noon - 3:30pm  
(no cards Aug 9)

Social Bridge Group, learners welcome.  
Free to Members Only

- K** Annex  
Mondays, noon - 3pm  
(no class Sep 4)  
Call 425-489-0707 for more information.

## Bunco

Bunco is a dice rolling game which is easy to learn and requires no skills. It offers a great opportunity to socialize with new friends. Please join in the fun.

\$4 nonmember/\$2 member

- M** Senior Center  
Fourth Mondays, 1pm - 3pm

## Chess Club

Are you up for a little mental workout? Come play an informal chess game, we welcome the challenge.

Informal chess, everyone welcome.

Free to Members Only

- M** Senior Center  
Leader: Terry West at 206-322-4516

## Cribbage

Beginning and experienced players welcome!

\$4 nonmember/\$2 member

- N** Room 103  
Fridays, 10:30am - 4:30pm  
(no cards Aug 11 and Sep 15)  
Leader: Ernest Meza, 425-785-9046  
Co-leader: Steve Thorn, 425-283-3344

Free to Members Only

**W** Brittany Park, Balcony  
Tuesdays, 1pm - 3pm  
Coordinator: Ruth Samuelson

\$4 nonmember/\$2 member

**M** Senior Center  
First and Third Mondays, 1pm - 3pm

### Duplicate Bridge

\$4 nonmember/\$2 member

**N** Room 202  
Fridays, 11:30am - 3:30pm  
(no cards Aug 11 and Sep 15)  
Leaders: Harley Hamilton, 206-763-2711

### Double Deck Pinochle

\$4 nonmember/\$2 member

**N** Room 202  
Wednesdays, 12:45pm - 3:30pm  
(no cards Aug 9)  
Leaders: Mike Moody and Connie Harris

### Hand & Foot

Come and play Hand and Foot with a fun group of women players. Men are welcome to join us.

Free to Members Only

**N** Room 203  
Thursdays, 12:30pm - 3pm  
(no cards Aug 10)

\$4 nonmember/\$2 member

**M** Senior Center  
Wednesdays, 1pm - 3pm  
Facilitator: Kay Brown

### Mah Jongg

Mah Jongg is played with a set of 144 tiles based on Chinese characters and symbols. All player levels, including beginners are welcome to join in the fun.

Free to Members Only

**M** Senior Center  
Thursdays, 9am - noon

**N** Riverside Landing, Classroom  
Wednesdays, 9:30am—noon

### Pinochle

Come play Pinochle with us. We have a great time, with no experience needed, any skill level welcome.  
\$4 nonmember/\$2 member

**N** Room 202  
Thursdays, 12:45pm - 3:30pm  
(no cards Aug 10)  
Leader: Al Haveland

**N** Room 202  
Sundays, 12:45pm – 3:30pm  
(no cards Aug 5 and 12)  
Leader: A Haveland

**M** Senior Center  
Thursdays, 1pm - 3pm  
Leader: Judy Wolfe

Free to Members Only

**W** Greenbrier Senior Residence, Parlor  
Mondays and Thursdays, 6pm - 8pm  
Coordinator: Lois Hurlocker

### Poker

New players on space available basis. We play Texas Hold Em, Draw, Stud. Come and join the fun.  
\$4 nonmember/\$2 member

**N** Dining Room  
Fridays, 1pm - 3:30pm  
(no cards Aug 11 and Sep 15)  
Instructor: George Kirsis





# HEALTH EDUCATION

The classes below with a \* are EvergreenHealth sponsored classes. For class registration, please call the Healthline, Monday - Friday from 7am - 7pm. Call 425-899-3000 and press 1(one) at the prompt. Class size is limited. Pre-registration required. If less than 5 register for class, class will be cancelled.

\*Note: Please sign up to attend any of these health classes. Class size is limited. Pre-registration is required at 425-899-3000.

## All Things Squash

Summer Squash, Zucchini, Patty Pan, Crookneck, Blue Hubbard, Acorn, Butternut...on the Barbie or in a pie? In this class we will discuss the diversity, nutritional content and sample a few “summer” and “winter” squash varieties. Tasting notes and recipes will be provided (depending on harvest availability).

**N** Room 103, Free  
Wednesday, Sep 27, 10am - 11:30am  
Pre-registration required.  
To register, call Janet Zielasko 425-286-1035;  
janetz@mynorthshore.org



## \*Autumn Nutrition

As the leaves change color and the air becomes cooler, learn how to incorporate seasonal fruits and vegetables into your meals. Light snack provided.

**K** Senior Center, Free  
Monday, Sep 18, 11am - noon  
Call 425-899-3000 to register with Evergreen.

## Cannabis Education Seminar

In this presentation you will learn a primer on cannabis laws in Washington. Cannabis for the therapeutic purposes compared to Cannabis for recreation. The difference between smoking, vaping, eating (or drinking) cannabis. Innovations in cannabis products: lotions, tinctures, bath products and more.

### Cheryl Saeger

Certified Senior Advisor

cheryl@allaboutcarenow.com

Cell: (425) 315-4662

Office: (425) 678-8400

Facsimile: (425) 678-8351

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**M** Senior Center  
Wednesday, Aug 9, 1pm - 2pm  
Presenter: Erin Green and Audria Jagers



### \*Cooking For One

Break poor eating patterns. Learn how to make healthy food choices and adapt recipes.

**N** Room 203, Free  
Tuesday, Aug 22, 12:45pm - 2pm  
Call 425-899-3000 to register with Evergreen

### \*Embrace Your Space

Consider how to prepare for your 'new normal' as you decide whether you want to age in place or relocate. You will learn effective ways to prepare your home to be more organized, safe and comfortable whether you age in place or downsize. The program is designed for those considering how they want to manage their 55+ housing and those who have **decided their housing plan but aren't sure how to begin preparation and/or updating of their space.**

**N** Room 203, Free  
Tuesday, Jul 11, 12:45pm - 2pm  
Call 425-899-3000 to register with Evergreen.

### \*Five Wishes Advanced Care Directives

Five wishes gives people control over their medical care, as well as the peace-of-mind that comes from expressing their own wishes and knowing those of their loved ones. Learn how to use this easy-to-use legal document that lets adults of all ages plan how they want to be cared for in case they become seriously ill.

**N** Room 203, Free  
Tuesday, Jul 25, 12:45pm - 2pm  
Call 425-899-3000 to register with Evergreen.

### \*Growing Older, Eating Better: Nutrition For Seniors

Many chronic conditions develop later in life such as osteoporosis, high blood pressure and gastrointestinal problems. Learn why developing good nutrition in the later years can help lessen the effects of disease and chronic conditions.

**K** Senior Center, Free  
Monday, Jul 17, 11am - noon  
Call 425-899-3000 to register with Evergreen.

### \*Laughter Yoga

Laughter Yoga combines gentle movement, deep breathing and laughter exercises that when done together bring increased oxygen and happy endorphins to your brain and body. Proven benefits include decrease in stress, pain and blood pressure, increase in immune system and stimulates joy and happiness.

**N** Room 203, Free  
Tuesday, Aug 15, 12:45pm - 2pm  
Call 425-899-3000 to register with Evergreen

### Listening More Carefully And Expressing More Clearly

We talk and interact with people each and every day. Communication is essential to our health and well-being. Often the words we choose to say...or not say...can have a major impact on our relationships. Learn new tips and strategies to improve communication skills and further enhance your listening skills.

**PK** PeterKirk Community Center, Free  
Monday, Jul 31, 1pm - 2:30pm  
Presenter: Janet Zielasko, MS, LSW  
Pre-registration required  
To register, call 425-587-3360



### Living Well With Diabetes/Pre-Diabetes

Living with diabetes can mean a constant struggle to lose weight, count carbs, control blood sugar and avoid problems. It can leave you feeling tired and depressed and unable to do the things you love. Update your knowledge with the latest information and strategies in this free 6 session workshop. Make sure you are in charge - not your diabetes.

**H&W** Conference Room, Free  
Wednesdays, Jul 12 - Aug 16, 1pm - 3:30pm  
Pre-registration required.  
Facilitators: Glen Felias-Christensen, MPH, RN  
To register, call 425-286-1029



### \*Managing Life's Transitions

Explore concepts and skills to help face times of transition with a sense of peace, power, and purpose.

**K** Senior Center, Free  
Monday, Aug 14, 11am - noon  
Call 425-899-3000 to register with Evergreen.

## Matter of Balance

Aging is often accompanied by a change in balance and/or loss of strength that can lead to an increased risk for falls. In this 8 session workshop, you will learn about fall hazards and change your thinking about inactivity. We will do exercises in class to improve strength and balance. This workshop is designed for anyone who has become less active due to fear of falling or has had a fall. Wear comfortable clothes and shoes. *Due to the nature of the class, skills, and information shared, we ask that participants commit to attending at least 5 of the 8 sessions so that you can get the most from the experience.*

**N** Room 203, Free   
Mondays, Sep 11 - Nov 6, 1pm - 3pm  
(no class Oct 16)  
Facilitator: Glen Felias-Christensen, RN, MPH  
To register, call 425-286-1029; Email glenf@mynorthshore.org.

**PK** PeterKirk Community Center, Free  
Fridays, Sep 8 - Oct 27, 1pm - 3pm  
Facilitator: Glen Felias-Christensen, RN, MPH  
Pre-registration is required.  
To register, call 425-587-3360

## Medicare...What You Need To Know

If you are new to Medicare or need help navigating Medicare's annual Open Enrolment, the Statewide health Insurance Benefits Advisors (SHIBA) program provides free, unbiased help with your options. SHIBA is a free service of Washington State Office of the Insurance Commissioner. SHIBA can help you research, assess and evaluate what options work best for you and your needs, so you can make an informed decision.

**M** Verdant Health in Lynwood, Free  
Third Fridays, 2pm  
Facilitator: Patricia Stuart, SHIBA  
To register, call 425-296-2296


## \*Mood Food: Why Women Eat Chocolate

Discover why women crave chocolate and why some chocolates are better for you than others; examine the relationship that carbohydrates and sugar have with chocolate.

**M** Senior Center, Free  
Tuesday, Aug 1, 10am - 11am  
Call 425-899-3000 to register with Evergreen.

## Navigating The Senior Housing Maze

This presentation defines the many facets of "senior housing" and discusses the various options, how to find and apply to housing, income requirements, current trends, potential challenges and strategies, and other kinds of assistance available to renters (landlord-tenant legal help, furniture, eviction and rent assistant.)

**PK** PeterKirk Community Center, Free   
Monday, Aug 7, 1pm - 2pm  
Presenter: Alain Rhone, Community Support Specialist Pathways  
Information and Assistance, Sound Generations  
Pre-registration required  
To register, call 425-587-3360

## \*Opioid Awareness

What are opioids? Are they helpful or harmful? Learn more about opioids and how they can affect your health and wellness. Also, a listing of Prescription drug collection sites will be made available at training events and in the lobby of the Mill Creek Senior Center.

**M** Senior Center, Free  
Tuesday, Jul 18, 10am - 11am  
Call 425-899-3000 to register with Evergreen.

## \*Pet First Aid

Basic pet care and first aid. Please refrain from bringing your animals.

**N** Room 203, Free  
Tuesday, Sep 12, 12:45pm - 2pm  
Call 425-899-3000 to register with Evergreen.

### \*Proper Posture

Learn how to sit and stand tall to help your body feel strong!

**N** Room 203, Free  
Tuesday, Sep 26, 12:45pm - 2pm  
Call 425-899-3000 to register with Evergreen

### \*Tai Chi For Back Pain

Easy-to-learn movement's match with breathing and visualization help to reduce and relieve back pain, strengthen and protect the spine and improve health and well-being.

**M** Senior Center, Free  
Tuesday, Sep 5, 1pm - 2pm  
Call 425-899-3000 to register with Evergreen.

### Washington Connection - Your Link To Services

Washington Connection through the Department of Social and Health Services offers you a simple way to find and apply for a variety of services and assistance online. It includes how to apply for the food assistance program, Medicaid, Medicare assistance, In-home long term care services, etc. Come and learn more about it.

**N** Room 103, Free  
Wednesday, Sep 20, 11am - noon  
Speaker: Anh Ong, Community Consultant  
Washington connection Community Services  
Pre-registration is required  
To register, call Janet Zielasko, 425-286-1035;  
email [janetz@mynorthshore.org](mailto:janetz@mynorthshore.org)



## LANGUAGES

### German Conversational Plus

Willkommen! Improve and practice your German language skills while reading, telling stories and learning some grammar. Textbook: German Made Simple, by Arnold Leitner  
Free to Members Only

**N** Room 205  
Mondays, 9:30am - noon  
(no class Aug 7 and Sep 4)

### Spanish

Revive and renew your interest in the Spanish language. We meet once a week to share some time chatting, reading and exchanging ideas in order to keep alive and well our Spanish knowledge. This is not a class but rather an excellent opportunity to meet other people in a friendly environment. Some prior knowledge of the language is recommended although anyone with a strong desire to improve and expand his/her mental skills is welcome to join the group.

Free to Members Only

**M** Senior Center  
Tuesdays, 3pm - 5pm

## LAW

### Do You Have Your Affairs In Order?

Who is your Power of Attorney? Is your Will or Trust set up to reflect your needs and wishes? What documents are important to create legal solutions that will bring peace of mind? Nikki Leith, Elder Law Attorney, will discuss Estate Planning. Bring your questions and learn from this interactive discussion. All ages and levels of knowledge welcome.

**M** Senior Center, Free  
Wednesday, Jul 19, 10am  
Please register at 425-948-7170



N=Northshore, H&W=Health and Wellness,  
K=Kenmore, M=Mill Creek, W=Woodinville, PK=Peter Kirk

## Do You Have Your House In Order?

If there was a death in your family yesterday...what would you be doing today? There are 124 separate decisions and arrangements that must be made when a death occurs. Nearly 70% of these decisions are made by widows and children. The time of death is the most stressful time to make arrangements and decisions. Eliminate potential financial hardships and emotional stress for your loved ones and provide a better opportunity for their future. Put your house in order and take a burden off your loved ones.

**M** Senior Center, Free  
Wednesday, Jul 26, Aug 23 and Sep 13  
10am - noon  
Presenter: Tiffany Atwood  
Please register by calling 425-948-7170



**K** Senior Center, Free  
Thursday, Jul 20 and Aug 17

## Legal Clinic

The Mill Creek Senior Center and Northwest Justice Project (JJP) are partnering to bring free legal services to older adults in Mill Creek. The free legal clinics will be held at the Mill Creek Senior Center.

Free to Members Only

**M** Senior Center  
Fridays, Sep 22, 10am  
You must sign up in advance.  
For more information call 425-948-7170

## Probate

What is it and do I need to avoid it? The term “probate” over the years has been demonized to such an extent that people blindly want to “avoid probate” at all costs. The truth, at least in Washington State, is that the probate process is how assets are re-titled to the beneficiaries’ names and it is not incredibly expensive as it is in other states such as California. Attend this free question and answer session to learn how the process works in Washington, the average fees involved, what assets are automatically “non-probate” assets, and the options you have available to you.

Free to Members Only

**N** Room 205  
Thursday, Jul 13, 9:30am - 10:30am  
Presenter: Keith Wells, Estate Planning Attorney



## Vulnerable Adult Statue - Protecting Yourself And Loved Ones

Protecting yourself and loved ones from financial exploitation is on everyone's mind. According to a recent survey, as many as 1 in 5 older Americans has been taken advantage of financially. Meet with an attorney to learn how to recognize potential scams and what legal remedies are available for victims of financial exploitation and abuse.

Free to Members Only

**N** Room 205  
Thursday, Sep 14, 9:30am - 10:30am  
Presenter: Keith Wells, Estate Planning Attorney



## LIFELONG LEARNING

Henry Ford said it - “Anyone who keeps learning stays young.” These classes will be taught by experienced and interesting instructors. New classes will be added as interests dictate.

## Adventures In World History Vienna 1900

Ah, Vienna - capital of whipped cream and waltzes, old world charm and modern revolutions. While Freud dreamed his new psychology, Schoenberg his twelve tone music, and Klimek his women in gold, the old Emperor Franz Josef was struggling against liberal politicians, impassioned nationalist, and rapid anti-Semites for the soul of his Austro-Hungarian empire. But when the Archduke was assassinated, 500 years of Habsburg family rule went up in flames, taking half the world with it - and leaving us with so much to see and hear and talk about.

Free to Members Only

**N** Room 205  
Thursday, Sep 28 - Nov 16, 1pm - 2:30pm  
Brent Hunter and Guest Instructors



## Tell Your Own Story

Your story is one of the most important gifts you can pass on to your family and friends. In this class you will learn how to find and write about key points in your life that you want to share. You will gain valuable insights into your experience and enjoy the process as you recreate your story.

\$160 nonmember/\$80 member, 8 weeks

**N** Room 103  
Wednesdays, Jul 5 - Aug 30  
(no class Aug 9)  
10:30am - noon  
Instructor: Gloria Campbell

## LITERARY ARTS

### Book Club

If you love books, join us for stimulating, lively discussions. Also, help us choose future selections.  
Free to Members Only

- N** Room 203  
Third Fridays, 10am - 11:30am  
Leaders: Barbara Skibenness, 425-483-2912  
and Patty Smith, 425-485-0860
- Jul 21: A Man Called Ove, Frederick Backman
  - Aug 18: Bruno, Chief of Police, Martin Walker
  - Sep 15: No class

Free to Members Only

- M** Senior Center  
Last Friday of month, 11:15am - 12:15pm  
Pick up book and register by calling  
425-948-7170

### Everyone Can Write

Come and join me in class that will make writing fun, imaginative and sometimes hilarious. This class will focus on you and your brain. We will shut down our **natural editor** and find those stories that you don't even know you had in you.

Free to Members Only

- N** Room 203  
Mondays, 1pm - 3pm  
Session: Jul 10 - Sep 11, (no class Aug 7)  
Leader: Jan Vulk



- ◊ **Considering a move to retirement or assisted living?**
- ◊ **Would an adult family home be appropriate?**
- ◊ **What about in-home care?**

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## Poetry Group

Great opportunity for reading and writing poetry, group discussions and helpful critique. Newcomers welcome.

\$4 nonmember/\$2 member

**N** Room 205  
Fridays, 1pm - 3pm  
(no class Aug 11 and Sep 15)  
Leader: Terry Busch

## Writing Class

Short Story Writing: We will discuss structure to include plotting, characterization, setting, and dialogue. Whether your passion is literary, mystery, science fiction, romance or humor, let's craft your story. Bring writing material and your imagination.

Free to Members Only

**M** Senior Center  
Mondays, 10am - 11:30am  
Leader: Sharyn Bolton

## MUSIC

### Guitar, Anyone?

This is not an instructional class. Join us for a round-robin session playing and singing songs from all genres, and all eras. If you like it, we probably do it. Our repertoire includes bluegrass, blues, country, folk, gospel, jazz, jug band, pop, R&B, reggae, rock, show tunes and standards. Most of us play guitar, but all instruments, especially voice, are welcome. There is a piano in the room. Beginners are welcome if you can tune your instrument and are willing to learn by doing.

Free to Members Only

**N** Room 205  
Wednesdays, 2:30pm - 4pm  
(no class Aug 9)

**K** Senior Center  
Tuesdays, 1pm - 3pm

## Guitar Jam

A space to play guitar, sing and share the music of **many styles and eras** (a lot of 60's songs). All levels of ability are welcome and all ages. Please tune your instrument and play along. This is not instruction, but sharing.

Free to Members Only

**K** Senior Center  
Tuesdays, 1pm - 3pm



## 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 an acoustic instrument, or just bring your voice for the lyrics. Donation collected for music copy cost.

\$5 monthly fee

**M** Senior Center  
Mondays, 1pm - 3pm

## Northshore Variety Show And Band

For more than 25 years the Northshore Variety Show and Band has been performing regularly at local retirement and skilled-nursing facilities. Not only does our fun-loving group see how the immediate and delightful effects of our performances brighten the eyes and touch the hearts of our audiences, but also, how our own spirits equally soar when we deliver our musical and theatrical gifts. We openly welcome individuals who share our love to sing with like-minded performers, play amongst our large variety of instruments, dance at our weekly rehearsals and attend our twice per month performances. Contact co-directors Marlene Walz, 425-672-7432 or Wendy Wright, 970-390-2905 for further information.

Free to Members Only

**N** Room 205  
Tuesdays, 10:00 - noon (rehearsals)  
(no rehearsal month of Jul and Aug)  
Leaders: Marlene Walz and Wendy Wright

## Piano Workshop

Welcome to sessions of piano delight. Bring music et al and we'll work on it right. We do "Oldies," "Classics," and even the new. The class is special and designed just for you.  
Free to Members Only

**N** Room 205  
First and Third Wednesday  
11:30am - 1pm  
Instructor: Elaine Bridger

## Senior Songsters

Harmonize with us on the old songs you know and love. Everyone welcome.  
Free to Members Only

**N** Room 101  
Mondays, 1:30pm - 3pm  
(no class month of Jul and Aug)  
Val Knuckey, 425-481-7569 and  
Joyce Ptolemy, 425-398-0994

## OUTDOOR

## RECREATION/SPORTS

### Bocce Ball

Bocce will be played from spring through autumn, weather permitting. When play begins, a notice will be posted in the lobby on the bulletin board. The Senior Center (front desk) will also be notified. Beginners are welcome. If interested, please call Vic. Free to members/\$2 nonmember

**N** Stipek Park  
Tuesdays, 1pm - 2:30pm  
(1800 242nd St. SE, Bothell)  
Leader: Richard Winters, 425-316-8658

### Fishing Club

Do you enjoy fishing, be it bait, fly, freshwater or salt water? Come and share fishing tips and experiences. Enjoy "how-to" demonstrations and guest speakers.  
Free to Members Only

**N** Room 202  
First Thursdays, 10am - noon  
Co-leaders: John Laible, 206-794-5254  
and Marty Askelson, 425-770-1400

## Golf Club

Be at the course by 9:30am to draw for teams. If you are late, you will be in the last group.

**N** Tuesdays, Course Fees  
Leaders: Barb Ogaard, 425-481-7446,  
Tom Lentz, 206-417-1939,  
Lee Kirkendall, 425-486-9671 and  
Terry Grinaker, 425-337-2629

- Jul: Kenwanda
- Aug: Blue Boy (Tournament Aug 15)
- Sep: Kenwanda

## Hiking

Come and meet some of the hikers and find out about our group. On hike days we meet at the gravel parking lot by the slough at the west end of 102nd St. Bridge in Bothell (next to the Sammamish River Trail) at 7:15 am to set up carpools. We leave promptly at 7:30am. Bring your lunch, water, sun screen, bug repellent and hiking boots (not tennis shoes or sandals). Also, bring layered clothing for possible cool weather and/or rain. Please note that we are a hiking group, not a walking group. Our hikes are typically in the mountains on rocky trails. 5-8 miles round trip in length and between 300 and 2000 feet in elevation gain. For those interested in easier hikes, we also have an alternate schedule which has hikes with less than 1000 feet in elevation gain and 4-6 miles round trip.

**N** Hikes are free except for car pool expense  
Mondays, 7:15, Jun 6 - Sep 26  
No hikes are scheduled on the Monday nearest to Independence Day or Labor Day  
Coordinator: Howard Fleck, 206-817-2421  
Email: nsschikers@gmail.com  
<https://sites.google.com/site/nsschikers/>

## Upcoming Overnight Activities

- Annual Bicycle Trip on the Trail of the Coeur d'Alenes in Idaho, in September, 2017. Please contact Bill Van Horn, 206-367-1809, to inquire about this six day bicycle trip.
- Annual Cross country Ski Trip to Methow Valley, Feb 5 - Feb 11, 2018. Please contact John Booth, 425-488-7673, before July 14 to reserve your space for this popular trip. For questions or comments call: Barbara Van Droof, 206-363-3606, [bvandroo@comcast.net](mailto:bvandroo@comcast.net)



## Northshore Bicycle Club

Rides vary in length, day, and start locations and may include an event or interesting destination. Emails are sent out to people that choose to be on a rider list that announces the ride, starting location, food arrangements, and special instructions. A ride may be co-sponsored with Cascade Bike Club (CBC) or another senior center. If you are interested in getting on the email list, send your request to the email address listed below. For more information call Bill at 206-367-1809 or Myrna at 206-522-1470. Overnight rides or activities require a paid membership to the Northshore Senior Center.

Free to Members Only

**N** Coordinator: Ed Grubbs, 425-844-8695 or  
Barbara Van Droof, 206-263-3606  
northshoreseniorcyclists-  
subscribe@yahoogroups.com

## SOCIAL

### Coffee And Conversation

A great opportunity to sit and visit in a friendly atmosphere. Stop by and meet your friends. Bring goodies to share if you wish.

50¢ suggested donation

**N** Coffee Bar  
Sundays, 2pm - 4pm

**M** Brookdale Retirement Community, Free  
Tuesdays, 10am - noon

### Kenmore Connection

Mayor David Baker meets with Kenmore residents to discuss issues concerning the City of Kenmore. Come ask questions and find out what is happening in Kenmore.

**K** Senior Center, Free  
First Monday of the month, 10am

## MOVE IN BEFORE THE DOG DAYS OF WINTER.



Winter isn't so tough to weather when you live at Woodland Terrace Retirement Community. In fact, it's doggone nice. Move in and all your needs will be taken care of. Soon you'll be having hot cocoa in front of a warm fire with some new friends. Add a holiday movie and some popcorn and you can say "Take that!" to Jack Frost and Old Man Winter. Call (425) 402-9606 to schedule your complimentary lunch and tour. And come see just how much fun winter can truly be.

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## Newcomers' Orientation

Members and nonmembers are invited to an informal orientation to get acquainted with one another. Learn about Senior Center activities and services from some of the volunteers who make our Center so wonderful!

**N** Senior Center, Free

- Tuesday, Jul 11, Dining room meeting begins promptly at 1:30pm
- Wednesday, Aug 16, Dining Room meeting begins promptly at 2pm
- Tuesday, Sep 5, Dining Room meeting begins promptly at 1:30pm

## Northshore Senior Men's Club

Newcomers welcome, just let us know in advance. Breakfast \$5

**N** Dining Room

First Wednesdays, 8:30am - 10am

Leader: Bert Lindman, 425-483-8233

- Jul 5: Come enjoy breakfast prepared by our new cook, Ray Pendergast. If it 's your birthday month you'll get a kiss from leader Bert.
- Aug 2: We'll share stories about summer travel. Tell us where you've been lately and bring some pictures.
- Sep 6: Good food, good conversation. There's no better place to be on a Wednesday morning.

## Red Hat Society

The Red Hat Society is an organization to have fun and make new friends. All chapters are independent. Each chapter will host their own activities. Please find one to meet your interests and needs.

- Northshore Red Hat Foxy Ladies  
Shirley Ward, 425-823-2604
- Woodinville Free Spirits  
MaryLou Travis, 425-821-2350
- Mill Creek  
Linda Waddel, 425-412-3194

## SPECIAL INTEREST

### Astronomy Club

Join us as we explore the "last frontier" through NOVA and Great Courses videos followed by spirited discussion among group members. On second Monday's we use the computer room for internet accessed information shared on the big screen. No astronomy background necessary just an interest in our galaxy and those beyond.

Free to Members Only

**N** Room 205

Mondays, 1pm - 2:30pm

*(Second Mondays of each month meet in room 105)*

*(no class Aug 7 and Sep 4)*

Coordinators: Jackie and Bud Campbell,  
425-488-3517; jcs garden@yahoo.com and

John Kruso, 425-806-2005;

kruso@comcast.net

### Current Issues Discussion Group

Share facts and opinions. Stimulating discussions of the current issues, as introduced by participants. All are welcome and respected.

Free to Members Only

**N** Room 103

Thursdays, 1pm - 2:30pm

Facilitator: Greg Sheehan

### Environmental Group

Your Northshore Senior Center environmental group. Join us on second and fourth Thursdays. Guest speaker, Stephanie Leeper, will clear up your confusion about what goes into Recycling, Composting, and Trash. She will answer questions you never thought to ask. Meet Stephanie on August 28 at 10:30am in room 203.

Free to Members Only

**N** Room 203

Second and Fourth Thursdays

*(no class on Aug 10)*

10am - 11:30am

Leader: Patricia Wangen, 425-487-3458 or  
shareyourmedicine@yahoo.com

## Job Search Support

The North Creek Presbyterian Church offers free assistance for those seeking employment. There will be support on resume writing, interviewing skills, networking and other job searching techniques. No appointment is necessary. For further information call 425-743-2386.

Free to Members Only

**M** North Creek Presbyterian Church  
Fridays, 10am - noon  
Leader: Max Rigelman

## Genealogy And Family History Class Beginning

Genealogy is a hobby for some people and just fun for others. If you really want to learn more about where your family came from or want to leave a gift for the next generation, this is a great place to start. This class will get you started at the basic level of genealogy and get you started learning about your family tree. Pre-registration is required. Limit of 5 per class.

\$76 nonmember/\$38 member, 3 weeks

\$100 nonmember/\$50 member, 4 weeks

\$30 nonmember/\$15 member, per class

**M** Senior Center  
Wednesdays, 10am - 11:30am  
Session I: Jul 5 - Jul 26, 4 weeks  
Session II: No class in Aug  
Session II: Sep 6 - Sep 27, 4 weeks  
Genealogist: Rose M. H. Mitcham  
425-835-0405, Haramia2012@gmail.com

**N** Room 105  
Tuesdays, 1pm - 2:30pm  
Session I: Jul 11 - Jul 25, 3 weeks  
(no class Jul 4)  
Session II: No class in Aug  
Session III: Sep 5 - Sep 26, 4 weeks  
Genealogist: Rose M. H. Mitcham  
425-835-0405, Haramia2012@gmail.com

## Genealogy And Family History Class Intermediate

**Feeling overwhelmed yet? If you are, don't despair** because in this class you will learn how to begin to get a handle on the information you have gathered so far. You will sort through your genealogical research, learn more about the lives and times of your ancestors and be able to flesh out those facts into a family history. Pre-registration is required. Limit of 5 per class.

\$75 nonmember/\$38 member, 3 weeks

\$100 nonmember/\$50 member, 4 weeks

\$30 nonmember/\$15 member, per class

**N** Room 105  
Tuesdays, 2:30pm - 4pm  
Session I: Jul 11 - Jul 25, 3 weeks  
(no class Jul 4)  
Session II: No class in Aug  
Session III: Sep 5 - Sep 26, 4 weeks  
Genealogist: Rose M. H. Mitcham  
425-835-0405, Haramia2012@gmail.com

**M** Senior Center  
Wednesdays, 1pm - 2:30pm  
Session I: Jul 5 - Jul 26, 4 weeks  
Session II: No class in Aug  
Session II: Sep 6 - Sep 27, 4 weeks  
Genealogist: Rose M. H. Mitcham  
425-835-0405, Haramia2012@gmail.com

## The Veterinarian Is In

Topics to be covered: Foods you should never feed your pet; Is your pet the correct weight?; Not sure if you should call your vet; How to tell if your pet is in pain; non-medicine treatments for pets.

Free to Members Only

**M** Senior Center  
Friday, Sep 29, 10am - noon  
Presenter: Kathy Okawa, DVM