# Northshore Navigator

December 2012

A monthly publication of Northshore Senior Center 10201 E. Riverside Drive, Bothell, WA 98011 425.487.2441 www.northshoreseniorcenter.org



Enhancing Your Quality of Life

## **Events/Highlights**



#### PANCAKE BREAKFAST

A hearty breakfast of pancakes and eggs, ham or sausage, and coffee or tea. \$4 member and children; \$5 nonmember Dining Room, first and third Saturdays, 8am-11am, Dec 1 and 15; Jan 5 and 19

## **Holiday Pops and Desert**

Boeing Employees Concert Band; a 60-piece band, playing traditional and holiday favorites. Cookies/brownies and coffee! Multipurpose Room, Tue, Dec 11, 7:30pm. Sign up by Dec 4; \$3/person.

#### Line Dancers Holiday Celebration

Dance, eat, and dance some more; bring your favorite holiday dish. Thu, Dec 13, 10am-2:30pm, Multipurpose Room, \$5

#### All We Want for Christmas Concert

Join Joyful! Noise Chorus in the Holiday fun at NSC, Sun, Dec 23, 3pm.

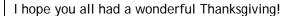
Tickets: www.brownpapertickets.com; \$20 adult: \$15 senior/student.

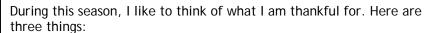
Proceeds benefit Kenmore Senior Center

Page 10 of the Fall Catalog offers more detail and lists additional events. If you're not on the mailing list, obtain your free copy at the front-desk or from NSC's web site.

## A Touch of Humor

Outside a secondhand shop: WE EXCHANGE ANYTHING - BICYCLES, WASHING MACHINES, ETC. WHY NOT BRING YOUR WIFE ALONG AND GET A WONDERFUL BARGAIN? Hello Friends,





I'm thankful for the privilege of aging in honor of friends and family who didn't

I'm thankful to be able to work in such a wonderful environment

I'm thankful for all of the members and participants who make NSC so vibrant!

What are you thankful for...let me know.

Next up: Christmas!

As you know, we have many of our holiday decorations up, which prompts me to hum "It's Beginning To Look A Lot Like Christmas" to myself as I look around the buildings.

Don't forget the Holiday Pops and Dessert event with the Boeing Concert Band on Dec. 11.

On behalf of the Northshore Senior Center board and staff I wish you all the best of the holiday season!

Cindy Burdell, Director, NSC

## **Enhancing Your Quality of Life**

Northshore Senior Center has so many ways of enhancing our lives, we may not even notice some of them. One special (and delicious) life enhancer is Tuesday's Pie Day. Every week, volunteer pie bakers manage to produce a wondrous array of home-baked pies—from lemon meringue to blackberry and strawberry rhubarb. But, whatever you choose, you'd better put your order in early. Just let the Tuesday coffee shop staff know your choice and for two dollars you can enjoy a delicious piece of pie. Add fifty cents for a cup of coffee, and you've got one of life's most delicious and relaxing moments.

While a piece of delicious homemade pie may seem a small pleasure, it is definitely another way the Center enhances the quality of our lives. Sometimes it's the little things that really brighten the day.

Happy Holidays, everyone . . .



## On a Poetic Note

#### **CHRISTMAS COOKIES**



What better thing is there to do when summertime has long since past and winter days are fading fast, than bake sweet breads and cookies too?

What better thing, when cold winds blow outside the windows, high and low, than nestle with a book inside with cookies and a cup of brew?

My book of baking recipes, ingredient-stained on every page, is dog-eared, torn and worn with age, but brings back special memories.

I turn the oven on and take a look at makings on my shelf, and soon I cheerfully task myself to chop and stir, roll out and bake.

The oven gives forth spicy heat that drifts through halls with fragrant haste and calls the children in to taste the cookies for our Christmas treats.

Outside there may be frost and rime, but loving tidings cookies send to children, family and friends -What better time than Christmas time?

Virginia B. Cook

Read in Home Touch

#### A Lesson?

A man observed a woman in the grocery store with 3-year-old girl in her basket. As they passed the cookie section, the child asked for cookies, and her mother told her, "No." The little girl immediately began to whine and fuss, and the mother said quietly, "Now Ellen, we just have half of the aisles left to go through. Don't be upset. It won't be long." He passed the mother again, in the candy aisle. Of course, the girl began to shout for candy. When told she couldn't have any, she started to cry. The mother said, "There, there, Ellen! Only two more aisles to go, and then we'll be checking out." The man happened to be behind the pair at the check-out, where the little girl began to clamor for gum and burst into a terrible tantrum when told she wasn't getting any. The mother patiently said, "Ellen, we'll soon be home and you can take a nice nap." Out on the parking lot, the man complimented her: "I couldn't help but notice your patience with little Ellen . . . " The mother replied, "My girl's name is Tammy. I'm Ellen!"

## **Volunteer Opportunities**

#### WE NEED YOU!!!

There are high needs for people to serve weekly in these areas:

Bookies

Computer lab

Employment office

Food service (our lunch program)

Receptionists

THANKS for considering joining one of these teams

Please contact Jean Jespersen at jeanj@seniorservices.org or 425-286-1054

## Happy Holidays and All The Best to the BEST VOLUNTEERS EVER!!!

Thanks for your faithful, great service to Northshore Senior Center. You are a gift! We have a few special volunteer opportunities this month:

Tue, Dec 11: Set up and put away chairs for the Boeing Band performance.

Fri-Mon, Dec 21-24: (9am till 3pm daily) gift wrapping at the Woodinville Barnes & Noble. This is a great fund raiser for NSC.

Sun, Dec 23: Set up and put away chairs for the Joyful Noise Concert.

If you would like to help with any of these projects, please contact Jean Jespersen at <a href="mailto:jeanj@seniorservices.org">jeanj@seniorservices.org</a> or call 425-286-1054.

I appreciate each one of you! Jean



#### **HOLIDAY CLOSURES:**

Christmas: Mon, Dec 24, Tue, Dec 25 New Year's Day: Tue, Jan 1, 2013 Jan 21, MLK BD Feb 18, Presidents' Day

Any day you can get your computer whipped into shape is a great day! Treat yourself: Haul your troubled machine in to Health & Wellness Computer Learning Lab. Drop by or call to schedule an appointment, 425-286-1038.

### Five Parking Tips to Beat the Holiday Shopping Stress

\* Five Parking Tips to Beat the Holiday Shopping Stress authored by Julie E. Lee, Vice President and National Director, AARP Driver Safety, Education and Outreach:

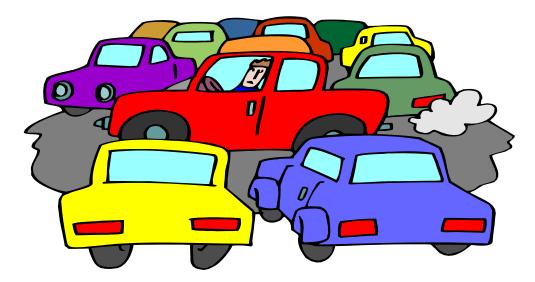
Although the winter holidays can be some of the most fun-filled times of the year, they can also be extremely stressful-with meals to prepare, houses to decorate and gifts to purchase. On Black Friday and in the weeks that follow, visiting a mall or shopping center can seem like a daunting task due to long lines, shoppers clamoring over sale prices, and crowded and chaotic parking lots.

According to the Insurance Institute for Highway Safety, it is especially important to be aware of your surroundings in parking lots, as approximately 20 percent of all car accidents occur in them. While these accidents are typically minor and are less likely to result in serious injuries or fatalities, they can damage your car and-if you're at fault-may raise your insurance premiums.

Here are five tips from AARP Driver Safety to help keep you, your car and your wallet damage-free this holiday season.

- 1. Slow down. On busy shopping days and in crowded parking lots, it's best to assume that many drivers aren't paying full attention to the road in front of them much less the parking lot behind them. If you slow down in parking lots, driving no faster than 10 miles per hour-or less, if it's crowded-you should have plenty of time to react to unexpected hazards and other drivers' negligence, helping you avoid a costly collision.
- 2. Stay calm. Be patient and try to stay calm when waiting in long lines of traffic or trying to find a parking spot. Tensions are often high this time of year; if you are feeling frustrated, take a few deep breaths and consider taking a space farther away from the store-the walk may even help calm you down and you will avoid possible altercations with agitated shoppers.
- 3. Scan your surroundings before backing up. As you are walking to your car, take note of what-and who-is around. This is especially important during the busy holiday season, when more pedestrians may be walking behind and in front of your vehicle. If you do a full scan around the outside of your vehicle before getting into it, you'll feel more confident backing out in a crowded lot. Once you're in the driver's seat, turn around fully before reversing your vehicle-do not rely on your mirrors. Be sure to look for young children, who are more difficult to spot.
- 4. Be an aware pedestrian. According to the National Highway Traffic Safety Administration (NHTSA), pedestrian deaths were up 4 percent in 2010, the most recent data available. The uptick was due in large part to distracted driving and distracted walking -in 2011, more than 1,000 people were treated in emergency rooms for injuries caused by walking while talking or texting on their cell phone. When walking in a crowded parking lot, be aware of your surroundings. Take note of people getting into their cars, traffic markings and busy intersections. Most important, put away your phone to prevent a dangerous accident.
- 5. Be strategic about where you park. By parking in a space that is farther away from your destination, you'll feel safer, get some exercise and may even avoid dings from other drivers' doors. You may also be able to choose a spot with more room to navigate when backing up or parking.

Submitted to the Navigator by Susie Starrfield, Supervisor, Snohomish County Long-Term Care and Aging, 425-388-7218 (\* Excerpt of original article is printed here to benefit our readers. The Editor.)



Weather Closures will be posted on the NSC answering machine (425.487.2441), on Facebook, and on <a href="https://www.northshoreseniorcenter.org">www.northshoreseniorcenter.org</a> by 7am on the day of closure (assuming electric and Internet connections are available!).



Another holiday season—Christmas and the New Year celebrations—can bring both joy and sadness for many of us. The sadness often comes from the loss of friends and dear ones who are no longer here. The over-riding purpose of those special holidays, however, is to celebrate two special times of the year.

Whether you observe Christmas as a religious holiday, the annual celebration was and is intended to share happiness. The family and religious traditions most of us celebrate are based on togetherness, giving, and love. It's easy to center on the togetherness part, but the other two can have lasting impact on us and on those we touch.

Even if your personal circle of family and friends has changed, you can still feel included in the universal goodwill the season offers. And we can all help by adding good cheer and a touch of kindness. Remember what Santa Claus said, "Merry Christmas to all and to all a good night?"

Let's end this year on a joyful note.

Just a thought.

Gloria Campbell

### Gift Wrapping!

The Woodinville Seniors will proudly wrap your Barnes & Noble purchases during the Christmas holidays. Woodinville Barnes & Noble bookstore, Dec 21, 22, 23, 24, 9am-3pm. Gwendolyn Moreland, Coordinator. Donations benefit Northshore Senior Center.

A great big "Thank you" and "Farewell" to Cheri Rondeau, who retired on November 21st. Cheri was part of the leadership team at NSC for 8 years, alternating between Assistant Director and Interim Director.

## **Upcoming Events:** Pancake Breakfast, Jan 5 and 19

We'd love to hear from you and publish your thoughts so others can read them. If you are hesitant or feel your writing skills are a bit rusty or need a tune-up, we'll be happy to help you.

The Navigator Editorial Team-Doug Dykstra and Gloria Campbell

Find the more colorful Navigator online: http://www.northshoreseniorcenter.org/newsevents/ northshorenavigator.aspx



#### **SCRABBLE ANYONE?**

If there's enough interest, we'll start a team or two, come January 2013.

Give Vanessa a call at 425-485-7825.

#### Start the New Year Out Write

Beginners and professional writers! Join Frances Dayee's Creative Writing Class, which begins Wednesday Evening, January 2, 2013, 6:30pm-8:30pm at NSC (425-487-2441).

Also at Kenmore Senior Center (425-489-0707); class begins Thu, Jan 3, 1pm-3pm.

Life stories, short stories, articles, as well as fiction and non-fiction books welcome. Looking forward to seeing you there!

Frances Dayee, Leader

#### **Sheraton Hotel Christmas Party**

Monday Dec. 17, 12:15pm-5:30 pm, \$5 plus bus fare: exact change of \$.75 each way or Orca card, or a bus ticket. Pick up at Russian Church in Bothell.

From there we'll go to the Kenmore Park and Ride and take the bus downtown and back.

Have some Holiday Fun at the Seattle Sheraton Hotel Christmas Party. Lots of great music, dancing and line dancing.

Check with the Bookie Office.

Suzanne Lippman

I've learned.... That one should keep his words both soft and tender, because tomorrow he may have to eat them. Andy Rooney

#### \$10 Shape Up Campaign

SHAPE UP! Regular exercise is a proven way to relieve stress, sleep better, and increase strength and energy. Shape Up is a wonderful program sponsored by King County Emergency Medical Services (EMS) to encourage older adults to exercise. If you are a new participant, a returning participant, or a participant in one of our exercise classes who would like to try a new exercise class, this exciting program is for you. You will receive \$10 off when signing up for your next exercise class. All you need to do is mention it to the front desk when signing up, and they will do the rest.









