

# THE NAVIGATOR

## ON THE PATH TOWARD REOPENING Message From The CEO

With our state moving into Phase 3 (and more importantly, with COVID infection rates on the decline and vaccination rates going up) Northshore Senior Center is moving towards reopening. Hip hip hooray!!



The question on everyone's minds is WHEN? Well, the answer isn't quite that simple. In fact, at this time we're reopening gradually, starting with some additional in-person classes and programs (that people must register for ahead of time). We anticipate learning a lot as we start this and will use what we learn to continue to inform our expanded from there. Depending on how things go for us (and how the COVID levels in our community continue) we may be able to expand more quickly or more slowly. But the bottom line is, we anticipate having more people in the building soon.

As we do this work, we will look to the following set of guiding principles to help us make good decisions:

- Class/activity capacity will align with the Washington State's focused re-opening stages and will be determined by social distancing guidelines to ensure a safe and welcoming environment for all.
- Health and safety is the priority for all members, guests, staff and volunteers of the senior community. Cleaning and sanitation processes and schedules have been created and will be implemented to ensure health and safety of all.
- The number of classes/activities held throughout the day will be scheduled in order to accommodate a reasonable amount of time to clean, sanitize, and allow for individuals to disperse.
- Continued encouragement of our members and guests to reframe from lingering after class, until such time that we deem safe to do so base on health and state guidelines.



BROOKE KNIGHT  
CEO

CONTINUED ON PAGE 2

## ON THE PATH TOWARD REOPENING CONTINUED...

- Continued screening for everyone upon entry into the building, and a requirement that people stay away from the building if they are experiencing any symptoms (even if they have been vaccinated). Continued use of face masks through at least the end of 2021.
- Re-opening of facilities will be implemented with opportunities to learn and adjust.
- Leverage a team-centered approach while adapting to inherently uncertain and constantly evolving circumstances that do not always offer the option for consistency.

Stay tuned! We'll be sharing more about programs that will be opening up for in-person offerings here, on Facebook and on our website. And, have patience with us. Our first priority is to make sure everyone stays safe, so we'll be moving slow and steady rather than sprinting across the finish line.

For those of you who have grown to love our online programs and classes, never fear. Our plan is to maintain many of them even after the senior center is fully open again. We know that having programs online has made accessing them easier for many people and we don't want to take that away. We are so excited and we hope to see you soon!

## VACCINATION HELP AND WAITLIST

### Are You Still Struggling To Find An Appointment?

Since the announcement of vaccine availability, we have heard from many of you that it has been difficult to navigate the online systems required to schedule an appointment. And on top of that, frustrated when your appointments have been cancelled or postponed for whatever reason. We are here to help. We have two options to assist with this to hopefully make things a little easier for you.

- 1) **Find appointments for you.** We have dedicated staff who are scouring the internet and our connections to set you up with the next available appointments we can find. Please call (425) 487-2441 to speak with our next available vaccination representative.
- 2) **Last minute waitlist calls.** There are times in which we received last minute calls from our vaccine partners where they say they have "x" number of doses that will expire unless we can find arms to put them in. This is a great option for those of you that are available during the day. Please call (425) 487-2441 to get on the waitlist for these opportunities.



**COVID-19  
VACCINE**

LOOKING TO GIVEBACK TO THE COMMUNITY? CALL (425) 286-2332 TO SEE HOW.

## VOLUNTEERING FOR NORTSHORE SENIOR CENTER

### Volunteer Appreciation Event Saturday, April 21st from 1:00-2:30pm

April is Volunteer Appreciation Month, and we are planning events to celebrate all your hard work. In these special times, we've needed to adapt to ensure everyone that everyone is safe and have therefore decided to have a drive-through event instead of our luncheon. It is our honor to cordially invite all our volunteers to a Drive through volunteer appreciation event on at our Bothell location (10201 E. Riverside Dr., Bothell, WA 98019).

Please save the date, more information to follow. We are excited to host this event and look forward to meeting everyone. Don't forget your masks.



**FAIRWINDS**  
BRITTANY PARK

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17143-133rd Ave NE | Woodinville, WA  
(425) 354-3959 | [FairwindsBrittanyPark.com](http://FairwindsBrittanyPark.com)

## 50 years of safe, exceptional senior living

At Fairwinds - Brittany Park, our safety protocols exceed the CDC's guidelines. But to us, safety means much more. It means focusing on our residents' mental and physical health too. And ensuring an active lifestyle in a comfortable, high quality, welcoming environment. Because behind our commitment to safety, there's nearly 50 years of experience providing peace of mind, and exceptional senior living

*Find your peace of mind. Call (425) 354-3959 now.*



NEED A LITTLE EXTRA ASSISTANCE TO GET YOU THROUGH THE WEEK? WE ARE HERE TO HELP.

## JOIN OUR VOLUNTEER FACEBOOK GROUP

### Stay Connected And Up-To-Date On Volunteer Opportunities

We are very excited to share with you that we have started a new Facebook group for only volunteers of Northshore Senior Center. The team at Northshore Senior Center thought it would be nice to build a community with our regular volunteers here on Facebook. While in-person approaches are still important, social media like Facebook can be an effective way of providing an environment for volunteers to interact with one another and staff that operates independently of time or location. This group is created to passing on necessary information regarding volunteering opportunities, upcoming events, and interaction with one another.

Please search for the group named "Volunteers of Northshore Senior Center," this is a "Closed" Facebook group and will require an invitation to join. The content is only visible to those who are members.

# QUAIL PARK OF LYNNWOOD

Independent | Assisted Living | Enhanced Assisted Living | Memory Care

*Independent Cottages available.*

**Come see what Brilliant Senior Living means!**

Environmental wellness is all about living a harmonious lifestyle that's respectful to others, your surroundings, and the planet earth in ways that contribute to a healthier world for all. Quail Park of Lynnwood believes environmental wellness and senior wellness go hand-in-hand.

*Call to schedule a visit today.*

**425.640.8529**

[QuailParkofLynnwood.com](http://QuailParkofLynnwood.com)

Quail  
Park  
of Lynnwood



*Brilliant Senior Living*



Interesting in advertising in our monthly newsletter? Contact us at [BrookeK@mynorthshore.org](mailto:BrookeK@mynorthshore.org)

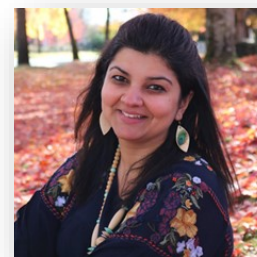
WHAT ARE YOU DOING TO STAY ACTIVE & ENGAGED? CHECK OUT OUR VIRTUAL PROGRAMS.

## VOLUNTEER OPPORTUNITIES

### Looking To Give Back To Your Community?

- Volunteer Drivers to offer rides to the seniors
- Online Technology Support volunteers
- Volunteers needed to assist Volunteer Coordinator
- Yardwork and property maintenance volunteers

If you are interested in any of the above, please contact us at [Volunteer@mynorthshore.org](mailto:Volunteer@mynorthshore.org) or by calling (425) 286-2032.



FORAM SHAH  
Volunteer Coordinator

## ONLINE CLASS OPPORTUNITIES

### Have You Tried Out Any Of Our Virtual Classes?

[www.facebook.com/MyNorthshoreSeniorCenter](https://www.facebook.com/MyNorthshoreSeniorCenter)

Start your week off right by participating in one of our amazing virtual Facebook LIVE fitness classes. Our trained fitness professionals are here throughout the week to help you connect, stay active and, and stay engaged. **Please contact Kerri Schwindt at [KerriS@mynorthshore.org](mailto:KerriS@mynorthshore.org) if you have questions or need assistance accessing any of our below classes.**



KERRI SCHWINDT  
Bothell Program Manager

Did you know that you do not need a Facebook account to access these classes? All you have to do is just go to [www.Facebook.com/MyNorthshoreSeniorCenter](https://www.Facebook.com/MyNorthshoreSeniorCenter) and scroll down to our posted LIVE and past videos. If you do not want to sign up for a Facebook account, you can just click on the “Not Now” button when the pop-up comes up, and you can still watch and participate.

## Current Facebook FREE LIVE Classes

Meditation,  
M 9:00am-9:15am



Gentle Yoga,  
M/F 10am-11am



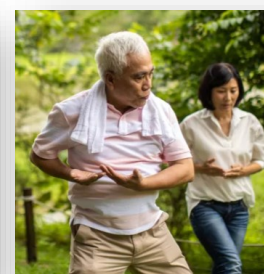
Balance & Strength,  
T/TH 10am-11am



Seated Chair Yoga,  
W 10am-11am



Tai Chi QiGong,  
W 3:00m-3:30pm



For the most up-to-date information on what virtual programming and in-person programming (when safe to do so) we are providing, please check our newly updated website [www.northshoreseniorcenter.com](http://www.northshoreseniorcenter.com) or call our front desk at (425) 487-2441.



## KENMORE & MILL CREEK UPDATES

### Kenmore Senior Center

Spring has sprung in beautiful Rhododendron Park! If you need to get outside for some healthy fresh air (masked and distanced), the Park is a place that will renew your spirit. Mother Nature has not experienced a pandemic this past year and is busting out in all her glory.

The Kenmore Senior Center now has its own page on the City of Kenmore website. The City has been very supportive of the Senior Center, not only with funding, but with staff time, creativity and understanding the importance of the Senior Center to the Kenmore community. Go to the link below to view our beautiful page!

**[www.kenmorewa.gov/our-city/recreation/life-long-recreation](http://www.kenmorewa.gov/our-city/recreation/life-long-recreation)**

As you know, we are busy preparing the Annex building to serve as a neighborhood food pantry. We will be installing new flooring soon. Once that's done, it's getting the rolling storage racks, crates, signage, etc. to open for business! These improvements will not only benefit the food pantry, but will create a lovely environment for future meetings and classes that will be held in our hard-working Annex. **Please email our Volunteer Coordinator [ForamS@mynorthshore.org](mailto:ForamS@mynorthshore.org) if you are interested in helping out with the food pantry.**

We have had many requests regarding Picnic Shelter rental. It is currently on a first come, first serve basis. You may email us at [kenmoreseniorcenter@mynorthshore.org](mailto:kenmoreseniorcenter@mynorthshore.org) to request a shelter rental application. We will post on the City website as well as the main Northshore Senior Center website [www.northshoreseniorcenter.org](http://www.northshoreseniorcenter.org) as well.

### Mill Creek Senior Center

As the pandemic went from what we were hoping was only a few weeks, to months, and now to over a year, the strength of our will has been tested. The outlook ahead looks hopeful, as more and more individuals are getting vaccinated, and restrictions and guidelines are lessening. We want to thank everyone who has been patiently waiting for our Mill Creek site to begin to hold in-person programs and services again. I want to let you know that we have started the process of looking into what this might look like. While we do not have a reopen date set yet, we understand how important connection is, as well as being able to have a place to call your own. We will be engaging Mill Creek members over the next few weeks to gather information, and develop a blueprint for opening our doors. **If you have any questions, please feel free to reach out to me at [CoreyL@mynorthshore.org](mailto:CoreyL@mynorthshore.org).**



**PASHA MOHAJERJASBI**  
Kenmore Program  
Coordinator



**COREY LOWELL**  
Director of Senior Centers



TIMES ARE TOUGH AS IT IS, WE ARE HERE FOR YOU TO MAKE YOUR LIFE A LITTLE EASIER.

# Chateau at Bothell Landing, Bringing the community together

Retirement Living,  
Assisted Living,  
Memory &  
Respite Care

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at BOTHELL LANDING

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FOCUSED ON PROVIDING DIVERSE AND INCLUSIVE OPPORTUNITIES FOR ALL.



## *Celebrate your retirement.*

You've earned it. So, flaunt it. Have a ball.

But don't stop there. Keep the celebration going every day. At Woodland Terrace, that's what Living Better Than Ever is all about! Residents at Woodland Terrace are enjoying Chef-prepared meals in the restaurant and resuming their busy schedules, all while following the Department of Health guidelines. We make life easier, so you can celebrate retirement on your terms.

**Call (425) 270-8827 now to schedule your complimentary lunch and tour.**

## **WOODLAND TERRACE**

*Living Better Than Ever*

**A LEISURE CARE COMMUNITY**

17502 102nd Ave NE

Bothell, WA • (425) 270-8827

[WoodlandTerraceSeniorLiving.com](http://WoodlandTerraceSeniorLiving.com)

## **COFFEE BAR RENOVATION UPDATE**

### **Close To Completion**

For those of you have been following along with the progress of the coffee bar renovation, we are coming down to the wire of completion. Our hope is that the final touches will be complete in the early parts of April. While we are unsure quite yet when we will be able to reopen the coffee bar for in-person service and provide a space for socialization (per State and Health Department guidelines),

we are excited about the transformation. The end result will allow us the possibility in offering new and exciting options in the future. **Updates have included: new flooring, paint, cabinets, countertops, backsplash, appliances, tabletops, and reupholstered chairs.**





LET US MAKE YOUR WEEK A LITTLE EASIER, RESERVE A HOT LUNCH TODAY (425) 487-2441.

## COMMUNITY DINING TO-GO LUNCHESES

### Looking For A Way To Spice Up Your Meal Options?

Our team of kitchen professionals are hard at work developing and coming up with new recipes to entice you each week. We are currently serving over 120 meals each day to many in the community. Can't come pick up your meal from the Bothell Senior Center, let us deliver it to your doorstep. Just ask our membership lead when you call to reserve your weekly meals.

These meals are available for anyone, regardless of age, need, etc. Give it a try today!!! **Reserve your hot meal by calling (425) 487-2441.** We suggest ordering a week in advance to ensure your reservation, due to making sure number. For an updated meal calendar, go to <http://bit.ly/AprMeals>. Suggested donation of \$5 accepted.



DANIEL DAVIS  
NSC Chef

## COMMUNITY FOOD PANTRY AT BOTHELL

### We Are Here To Help. Come Check Us Out!

**Our FREE Community Food Pantry is available and open to anyone in our community, regardless of age, income level, need, etc.**

We are so lucky to be able to continue to provide hundreds of bags of food each week to so many in the community who are in need assistance. Our food pantry might have come to life due to the pandemic, however we realize that access to food on a consistent basis is the real pandemic. With support from many city governments and officials, local organizations, and the generosity of the community members, the Northshore Senior Center Community Food Pantry is well on its way to becoming the go-to food support center in our community.

There are many out there who do not even know that we exist, please help spread the word of this amazing opportunity. As we mentioned above, access to food should not be dictated by who you are, how old you are, how much you make, or where you live. If you need additional support, we are here to help.

We rely in large part on donations of shelf-stable food from local community members. Donations may be dropped off at our Bothell Senior Center anytime. A large green, metal box has been installed in front of the building to accept donations. Anything you are able to donate is greatly appreciated.



PEGGY BROWN  
Food Pantry Lead

**Tuesdays, 9:00am-12:00pm \* Thursdays, 3:00pm-6:00pm \* Saturdays, 9:00am-12:00pm**

## SERVICES AVAILABLE TO THE COMMUNITY

### Virtual Support Groups

**From Heartache to an Open Heart, 3rd Wednesday of each month, 10:00-11:00am**

YOU ARE NOT ALONE. The virtual Grief & Loss support group is FREE and provides a safe environment for individuals coping with a loss, whether a loved one or close friend, a treasured relationship, loss of physical functioning or previous status. Learn how one can move through the grief process and grow “from heartache to an open heart.”

**You can join virtually or by phone. For more information on how to join, contact: Cindy Tang at (425) 286-1047 or [CindyT@mynorthshore.org](mailto:CindyT@mynorthshore.org).**

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**Matter of Balance, April 30 - June 25th, Fridays, 1:00-3:00pm**

Many older adults experience concerns about falling and restrict their activities. A MATTER OF BALANCE is an award-winning, 9-session program designed to help you better manage falls and increase activity levels.

#### ***You Will Learn:***

- View falls as controllable
- Set goals for increasing activity
- Make changes to reduce fall risks at home
- Exercise to increase strength and balance

#### ***Who Should Attend:***

- Is concerned about falls
- Is interested in improving balance, flexibility and strength
- Has fallen in the past
- Has restricted activities because of falling concerns
- Has internet access at home and ability to operate their devices
- Has adequate hearing, vision and manual dexterity to operate the platform

Pre-registration required. **For more information on how to join, contact: Cindy Tang at (425) 286-1047 or [CindyT@mynorthshore.org](mailto:CindyT@mynorthshore.org).**

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**FREE Elder Law Workshop - Planning for the Future, May 6th, 1:00-2:00pm**

Planning for future legal and financial needs is critical for individuals and their families. The workshop will cover: essential legal documents and their uses, how to make sure wishes are followed, essential information that my loved ones need to know. **Pre-registration required.**

**Contact Janet Zielasko, MS, LSW for details. (425) 286-1035 or at [JanetZ@mynorthshore.org](mailto:JanetZ@mynorthshore.org)**





## NEW PROGRAM – SENIOR CENTER IN A BOX

### Subscription Boxes To Keep You Engaged

#### STAY ENGAGED, STAY CONNECTED, STAY ACTIVE

We realize that not having the Senior Center open to in-person programming over the past year to come into has been difficult. It was a vital way to be able to stay connected and engaged in activities. Even once we do reopen to in-person programming, we realize that many may still not feel comfortable walking through our doors quite yet.



**This is why we are introducing our Senior Center in a Box program.** The purchase of one of our quarterly subscription boxes will allow your favorite staff to help curate a themed activity just for you. This is a great gift to get for yourself, your friend, or a loved one. These boxes will include all of the necessary materials, step-by-step instructions, along with a way to connect and engage with others who purchased the same box that quarter.

**Choose from our 2nd quarter themes** (all boxes are great for all abilities and skill levels)

- ***For the Aspiring Artist***

Get ready for Spring with this beautiful Spring Tree Path acrylic canvas painting! This step by step painting tutorial will guide you through the steps on how to paint a gray pathway between Spring Trees and a glowing yellow sunset. Relax as you paint the EASY bright pink blossoms in the tree branches using a very simple technique.

- ***For the Bookworm***

Did you know that people who regularly read books tend to be more empathetic, healthy, productive and smart? Well now you do! Whether you're looking for a gift for the literature fan in your life or treating yourself, this subscription box is for you. The genre of this quarter's subscription box is mystery, thriller and suspense.

- ***For Relaxation***

It's now more important than ever to take time for yourself. A moment to pause and unwind, to prioritize your health, happiness and overall well-being. Let this subscription box bring you a little peace of mind. A much needed reminder to slow down, stay present and take care of yourself.

- ***For the Foodies***

I love gifts that keep giving. If you have someone who loves to cook or someone who wants to learn to cook, then this is the subscription box for you. A cooking themed gift basket on how to cook or bake can be equal parts challenging and exciting. Order this box and let your culinary skills begin.

Go online to <http://bit.ly/NSCSubscriptionBoxes> or call **(425) 487-2441** to purchase.

# WASHINGTON STATE LONG-TERM CARE PROGRAM

## Advocates Needed

Looking for a unique and challenging volunteer opportunity?

The **Snohomish County Long-Term Care Volunteer**

**Ombudsman Program** provides such an opportunity for

interested individuals to provide support for long-term care

residents. Mandated by state law the Ombudsman Program

focuses on “promoting and protecting long-term care residents’ rights, dignity, safety and quality of life”. The facilities include Skilled Nursing, Assisted Living and Adult Family Homes. With an

estimated 650 facilities there are over 8,000 residents currently living in these facilities in

Snohomish County. Volunteers are our most valued resource.

With a significant and growing population of Long-Term Care Residents and Long-Term Care Facilities more volunteers are critical to meet the needs of this expanding population. “Volunteers are the core of our organization and while they give of their time and energy they derive a great deal of personal satisfaction.” Through their activities they:

- Educate residents, family members and care providers about residents rights
- Investigate the facts when a complaint is received, and work with the resident and facility staff to resolve it
- Advocate for person-centered care with dignity and respect
- Have a chance to make a significant difference in the lives of the residents

Volunteers receive specialized training and on-going professional support from the Snohomish County Long-term Care Staff. Volunteer Ombuds plan their own schedules visiting their facility(s) at various times of the day and week. Facilities are selected based on the volunteer’s interest, availability and geographic proximity to home or work. All of our training and meetings are online due to Covid-19. Volunteers, who have been vaccinated, can choose to go into facilities or may work remotely using the phone to contact residents.

For more information about the Ombudsman program in general please visit our website:

[www.waombudsman.org](http://www.waombudsman.org). **To request an application or more information about the program,**

**please call and leave a message for the Snohomish County Regional Staff Ombuds,**

**Heidi L’Esperance at (360) 603 8989 or at [heidil@mshelps.org](mailto:heidil@mshelps.org) .**

The heart of the program rests with a cadre of trained and certified volunteer Ombuds advocates.

These dedicated individuals make a difference – “one person and one visit/call at a time”.





## STAFF SPOTLIGHT

### Food Pantry Coordinator - Peggy Brown

Peggy's leadership in taking our very small food pantry to where it is now, has been amazing to watch. She started off as a volunteer, helping us sort donations that would come in from Costco, to in April of 2020 (in the middle of a pandemic), stepping up to help lead as a staff member making a huge impact in the community each week. We are so lucky to have Peggy as part of our team!

What is the one thing you cannot resist?

**Dark chocolate**

What is your greatest fear?

**Not having a voice**

Where is your favorite place to be?

**With my daughter**

What's the weirdest job you've ever had?

**Cleaning houses - I hated it!**

Tell us something that might surprise us about you.

**I learned to scuba dive at the Great Barrier Reef**

If you won the lottery, what is the first thing you would do?

**Pay off my house**

If you could meet anyone, living or dead, who would you meet?

**Merle Shain, an author I admire**

Why do you love to work at the Northshore Senior Center?

**I get to give people food, work with wonderful co-workers, and I don't have to dress up :-)**



## FREE COMMUNITY SHREDDING EVENT

### Have Important Documents To Get Rid Of?

**Saturday, April 24 from 1-4pm**

Northshore Senior Center will be hosting an on-site shredding event. The shredding truck will completely shred your documents on site and recycle latter. The shredder can shred through pins, clips and all the file's related materials. No sorting is required. Just bring it to

us, we'll do the rest. This is a FREE no-contact event, donations are appreciated. Limit of 2 box maximum per car. **For more information please contact Kerri Schwindt at [KerriS@mynorthshore.org](mailto:KerriS@mynorthshore.org).**



## WHAT TO EXPECT WHEN YOU RETURN

### New Policies & Procedures Upon Reopening

When it has been determined that it is safe to open for limited in-person programming, you will notice that we have implemented a few new policies/procedures that are meant to help keep our facilities safe and clean. We also implemented a new member experience check-in/registration system while you were away. This system (MySeniorCenter) will allow us to provide a higher quality member experience while you are in any of our facilities, as well as from home (online registration, payments, etc.). With your help in the following, we will be able to continue to add programming as safety and guidance permits.



### WHAT TO EXPECT...

#### ***When You Arrive***

- You will notice that masks and/or face shields are required of everyone in our facility at all times (regardless of vaccination status).
- Each time you walk into our entry, you will be screened and asked CDC recommended questions. (If you present any of the symptoms, you will not be allowed in our facility until the symptoms have dissipated).
- Please make sure that you either wash your hands or use hand sanitizer prior to entry.

#### ***When Walk Into The Facility***

- Upon arrival for your first pre-registered class/activity, please immediately make your way to the front desk. You will be asked to verify your information in our system, and be issued a new membership card/ID.
- This is also where you will use our new touchscreen monitor to check-in for your class/activity, and pay any class/activity fee (if applicable).

#### ***Before Heading To Class***

- Keep your mask and/or face shield on at all times.
- Please make sure that you are continuing to practice social distancing while walking to your class/activity.
- Do not linger and/or socialize in commons areas.

#### ***While In Class***

- Keep your mask and/or face shield on at all times.
- Be aware of social distancing and avoid any physical touch.
- Listen carefully to any specific instructions, protocols or class adjustments due to COVID-19, given to you by your instructor and/or lead volunteer.

#### ***After Class***

- Please make sure that you are continuing to practice social distancing while exiting your class/activity.
- Keep your mask and/or face shield on at all times.
- Please immediately proceed to the main exit so that we can properly clean/sanitize the areas for the next scheduled class. Do not linger or socialize inside our facility.



HAVING A HARD TIME ACCESSING VIRTUAL CLASSES? CALL (425) 487-2441 FOR ASSISTANCE.

## TECHNOLOGY LENDING LIBRARY PILOT PROGRAMM

### Stay Engaged Through The Use Of Technology (Members Only Benefit)

Participants in this pilot program are eligible to borrow an iPad, Chromebook laptop and, if needed, a mobile hot spot, for three months. While you have freedom to use the device as you wish, as part of this pilot program, participants agree to join in on our Northshore Senior Center virtual programming through our various platforms. These devices are pre-loaded with apps and helpful websites that continue to promote engagement and wellness of our members.

Starting on April 14th, you can reserve a FREE device by visiting our rental website at [www.northshoreseniorcenter.org/rentals](http://www.northshoreseniorcenter.org/rentals). You can also call (425) 487-2441 to reserve as well. If you have questions, please feel free to contact Corey Lowell at [CoreyL@mynorthshore.org](mailto:CoreyL@mynorthshore.org).

## SPRING INTO ACTION FOR SENIOR HEALTH

### Staying Healthy All Season Long

Seniors, and all of us, are learning how important being active is to our health and well-being. Spring is a great time to get our bodies into motion. If you or your senior loved ones are not active now, it is time to begin—it is never too late to start! There are many physical benefits of physical activity at any age, but seniors have added benefits that can help them improve their golden years.

- Manage weight
- Improved circulation especially blood flow to the brain
- Control blood pressure and blood sugar
- Can help with prevention of stroke, heart attack and high cholesterol levels
- Increase socialization experiences
- Increase stamina
- Increase muscle strength to help prevent falls
- Improve joint flexibility



Physical activity does not have to be strenuous or lengthy but only regular. There are many activities that can increase movement this spring such as gardening, walking, hiking a new path, biking, exercise class, yoga, tai chi, water aerobics, tennis, walking the dog, playing with the grandchildren, badminton, croquet, picnicking in the park or walking in the rain. Join one of our exercise classes today by visiting our activity calendar at [www.northshoreseniorcenter.org/calendar/northshore-calendar](http://www.northshoreseniorcenter.org/calendar/northshore-calendar).



10201 E, Riverside Drive  
Bothell, WA 98011  
(425) 487-2441  
[www.northshoreseniorcenter.org](http://www.northshoreseniorcenter.org)

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**IF YOU EVER HAVE QUESTIONS, PLEASE DO NOT HESITATE TO CONTACT US! (425) 487-2441**

## SPRING: A NEW BEGINNING

Enjoying all a new season brings



**NORTHSHORE SENIOR CENTER**  
**(425) 487-2441**  
**[information@mynorthshore.org](mailto:information@mynorthshore.org)**  
**10201 E. Riverside Drive, Bothell, WA 98011**  
**[www.northshoreseniorcenter.org](http://www.northshoreseniorcenter.org)**  
**[www.facebook.com/mynorthshoreseniorcenter](http://www.facebook.com/mynorthshoreseniorcenter)**

## UPDATES MEMBERSHIP RENEWALS



Over the last year, the Northshore Senior Center has stepped up in so many ways to provide for and support the community. Help to support this work by renewing your annual membership.

Call (425) 487-2441 to check on your membership status today and to continue to benefit from premier access to our programs and services.

## LIMITED IN-PERSON PROGRAMMING TO START SOON

Be on the lookout for more information and communication in regards to when our doors might reopen for in-person programming, based on health and safety guidance.