

THE NAVIGATOR

THE LONG WAIT IS FINALLY OVER

Message From The Director of Senior Centers

So many times over the last year, I have started to write a “Welcome Back” note. And each time, the situation changed and I wasn’t able to send that message out. As of this writing, I am excited to say it’s time to start welcoming our people back to indoor programming starting the week of May 3rd!

I feel like a little kid at Christmas – so excited, yet nervous. I wake up at night and start thinking about what this means and what it will look like. Our Northshore Team have had too many “reopening conversations” to count. Here’s what I do know: We have worked for over a year to do everything within our power to keep you safe. We have tried to keep you smiling, keep your brains working, keep you connected to us, keep you exercising, and keep you feeling like we’re all in this together. As difficult as it was to have the building closed, we knew it was our best option in keeping our people healthy. That priority has not changed.

Yes, we will be opening, but things will not be the same as BC (Before COVID). It will still take some time for us to get back to that point. I encourage you to read more about our reopening plan within this issue of the Navigator, and understand that our main priority is YOU. Thank you again for all of the love and support. Hope to see you soon!

Courtesy, respect, and kindness are the key to a successful reopening. We appreciate that there are many differing opinions surrounding COVID-19. We are not here to argue about the decisions that have been made, whether the virus is real, whether the vaccine is good or bad, or how many people have or have not been vaccinated. Our priority is bringing people back to indoor programming as safely and responsibly as we can as we follow the guidelines we are given. By entering our Center, you are accepting our Code of Conduct and agreeing to abide by it. As before, it is posted by our entrances. We are hopeful we will not have to address any issues that violate that Code.



COREY LOWELL
Director of Senior Centers

WHAT TO EXPECT WHEN YOU RETURN

New Policies & Procedures Upon Reopening

Upon reopening for limited in-person programming the week of May 3rd, 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 Walking Into The Facility

- Upon arrival for your first pre-registered class/activity, you will be asked to complete a new member/non-member form prior to entering the facility. Once screened, you will then immediately make your way to our registration desk. This is where you will 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.

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

TRANSPORTATION

Volunteer Drivers NEEDED!!!

Our Transportation Department will be wheeling out something new ... Our Right Ride Program will soon include volunteer drivers so we may assist more of the community with their transportation needs. We're really excited about this but before we can get the green light to go we need to build our volunteer base for this. If you are over the age of 21, with your own vehicle and insurance and interested in volunteering for this great program please contact our Transportation Operations Coordinator (Nikki Lind) at NicoleL@mynorthshore.org or at (425) 286-1058



LOOKING FOR A RIDE TO A MEDICAL APPOINTMENT, GROCERY STORE, THE FACILITY, ETC.?
CALL US TODAY AT (425) 286-1058 TO SCHEDULE A PICK-UP/DROP-OFF.



When the times changed, we changed with them.

Fairwinds – Brittany Park knows your social life is a big part of, well, your life. So we adapted our social calendars to best suit your needs while maintaining the highest level of safety. And, our exclusive PrimeFit program, now available virtually and in our gym, provides a full mind and body workout.

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KENMORE & MILL CREEK UPDATES

Kenmore Senior Center

Happy month of May to each and all. Things are in full swing at the Kenmore branch of the Northshore Senior Center! We are busy painting the interior of our Annex building, installing new flooring and adding extra storage for our upcoming community food pantry. Many thanks to the generosity and expertise of our incredible volunteer, Mr. Mark Davey who went above and beyond, providing his skill, tools and energy to beautify this space.

We are hoping for an opening day of the food pantry sometime in June. **Keep an eye on the City of Kenmore website as well as the Northshore Senior Center website at www.northshoreseniorcenter.org.**

The City of Kenmore has given permission to allow for formal reservations of the picnic shelter in beautiful Rhododendron Park. The Kenmore Senior Center manages all the rental details. **You can email kenmoreseniorcenter@mynorthshore.org or check out the link on the City of Kenmore website to get a rental application.** Dates are filling up fast, so reserving your spot sooner than later is recommended! At this time, gatherings are limited to 50 persons with masking and distancing still in effect.

The Kenmore location is still officially “closed to in-person programming” due to the pandemic. We will be opening very slowly for some classes and activities at our Bothell branch as public health guidelines allow. Kenmore will open for classes once we see how Bothell is managing and what the current public health data shows.

If you are interested in being an instructor for a class at Kenmore (art, crafts, academic topics, fitness, etc.) please contact Pasha at PashaM@mynorthshore.org.

Mill Creek Senior Center

We are very excited about what will come over the next couple of months. While we have been closed for “in-person” programming the past year, we have continued to make an impact in the Mill Creek community by offering virtual programs/services, to-go hot lunches, FREE farm boxes, etc. Now that we will be opening our main Bothell location for limited in-person programming, the planning process will begin for what that might look like at Mill Creek. **If you have any questions, or suggestions of what to bring back first, please email CoreyL@mynorthshore.org.**



PASHA MOHAJERJASBI
Kenmore Program
Coordinator



"NEW" IN-PERSON PROGRAMMING AT BOTHELL

Limited In-Person Programming Starting

We are excited to announce that we will be bringing back limited in-person classes to the Bothell Senior Center starting 5/3. **All classes require pre-registration. To register, please call the front desk at (425) 487-2441.** Classes are limited based on current phase guideline capacities. Be on the lookout for more classes added soon.



KERRI SCHWINDT
Bothell Program Manager

Indoor Classes/Activities:

Day of Week	Class Name	Class Time	Room	Cost of Class (Member/ Non-Member)	Max
Monday	Senior Aerobics *	10:30-11:30am	MPR	\$40/\$80	12
	Pickle Ball Beginners **	Noon-1:30pm	MPR	\$20/\$40	12
	Pickle Ball Advanced **	2-3:30pm	MPR	\$20/\$40	12
Tuesday	Knit Wits ***	9:30-11am	202	Free	12
	Strength/Balance *	10:30-11:30am	MPR	\$40/\$80	12
Wednesday	Senior Aerobics *	10:30-11:30am	MPR	\$40/\$80	12
	Quilt Group *	12:30-3pm	202	\$10/\$20	12
Thursday	Strength/Balance *	10:30-11:30am	MPR	\$40/\$80	12
	Colored Pencil *	11am-2pm	104	\$32/\$64	9
Friday	Pickle Ball Beginners **	10:30am-Noon	MPR	\$20/\$40	12
	Pickle Ball Advanced **	12:30-2pm	MPR	\$20/\$40	12

* 4-week session ** 8-visit punch card *** ongoing

Outdoor Classes/Activities:

Bicycle Club - Call Barbara Van Droof, (206) 263-3606 to get information and schedule of bicycle rides. Rides vary in length, day and start locations. Offsite, FREE

Golf Club – Call Lee Kirkendall, (425) 486-9671 to find out what course the golf club is playing at each month. Meet at the course on Tuesday by 9:30am to draw for teams. 9:30am-2pm, Course Fees

PRE-REGISTRATION IS REQUIRED FOR ALL IN-PERSON CLASSES.
CALL THE FRONT DESK AT (425) 487-2441 TO RESERVE YOUR SPOT TODAY!

VIRTUAL CLASS OPPORTUNITIES

Stay Active & Engaged Online

www.facebook.com/MyNorthshoreSeniorCenter



For a Healthy
Independent Lifestyle

Quite a bit has changed in the past year when it comes to accessing and participating in our programs. We were forced to take a leap of faith and go “online” when the pandemic hit. It was a blessing in disguise. It

allowed us try to new classes and opportunities, be able to reach those who do not regularly come into the facility, all while continuing to provide opportunities for our regulars to stay active and engaged. Even though we are taking steps to reopen in-person programs and classes in our facilities, we recognize the continued need for virtual offerings. That being said, we will continue to offer virtual classes via our Facebook LIVE Northshore account.

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 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.

Please contact Kerri Schwindt at KerriS@mynorthshore.org if you have questions or need assistance accessing any of our below classes.

Day of Week	Platform	Class Name	Class Time	Room	Cost of Class	Max
Monday	Facebook LIVE	Meditation	9-9:15am	Virtual	Free	No
	Facebook LIVE	Yoga	10-11am	Virtual	Free	No
Tuesday	Facebook LIVE	Strength/ Balance	9-10am	Virtual	Free	No
Wednesday	Facebook LIVE	Seated Yoga	10-11am	Virtual	Free	No
	Facebook LIVE					
Thursday	Facebook LIVE	Strength/ Balance	9-10am	Virtual	Free	No
	Facebook LIVE					
Friday	Facebook LIVE	Yoga	10-11am	Virtual	Free	No

For more detailed information/descriptions on classes, please visit our website at www.northshoreseniorcenter.org/programs-services

STAFF SPOTLIGHT

Transportation Operations Coordinator - Nikki Lind

Please join us in welcoming Nikki Lind, our new Transportation Operations Coordinator. She comes to us from Compass Health where she worked as a mental health tech. She also has been a nursing assistant, and worked in retail and sales. She has a variety of work experience that we are excited to have joining us in transportation. She is a mother of 4, and a longtime Bothell resident, although she grew up on the East Coast. In her free time she enjoys doing karaoke and also does some modeling! Her passion lies within helping people and we are so very lucky to have her joining our team.

What is the one thing you cannot resist?

Just one? Hmm.. chocolate tied closely with being able to help someone.

What is your greatest fear?

I only have one fear and that's not doing the best I can by my children.

Where is your favorite place to be?

The ocean, particularly Tokeland, where my parents have a cabin.

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

The position itself wasn't weird. I sold motor clothes and gear at a Harley dealership but the boss required us to take extended lunches to go on motorcycle rides when regular clients asked. Though cool it was a bit unusual.

Tell us something that might surprise us about you.

As much as I love the ocean, I cannot swim.

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

Buy a large home on the coast that could be a rehabilitation center for people transitioning from homelessness. I would start a program that taught them life skills and have counseling services and a place they could call home to get set up to have their own home.

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

Mother Theresa – her motto “Be of Service” has always inspired me.

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

There are lots of reasons but recently when I helped a woman not only plan out her transportation but gave her some needed information on some resources and she was so happy and said “Bless You”.. moments like that make my day, being of service especially to people that were such a huge part of making the world what it is today and are often forgotten about because they are “old”.



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

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

BEST OF NORTSHORE AWARD 2021

Thank You For Your Support

Thank you to everyone who voted for us for the “Best of 2021” award in the Senior Care category. We have appreciated all of the support over the past year, and look forward to continue to provide an impact in the senior community for years to come!

Pictured here is our CEO, Brooke Knight, with Bob Kirkpatrick, editor of Northshore News.



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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.

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VOLUNTEER SPOTLIGHT

Corrie Kirsis - Meals on Wheels

With a team of 12 volunteers, our Northshore Meals on Wheels program has thrived under the leadership of Corrie Kirsis who has been nominated for the Inspiring Positive Aging Awards! Corrie's warmth and encouraging attitude guide the team, and in the words of one client; "she is a doll" and "she is a very nice person". Corrie and many of the other volunteers for Meals on Wheels have volunteered for many years. Over the past year, volunteers have adapted to make calls from home and each volunteer has taken ownership of their role to make sure each piece of the program keeps moving smoothly.

Volunteers get to know their clients well, they recognize when something looks amiss, and they like to do little things to make them feel special. Corrie in particular collects tips from clients to share about how they like to get creative with the meals to match their taste or to mix things up. Thank you Corrie Kirsis and the rest of the Meals on Wheels team for delivering 10,360 meals in 2020, and for the wonderful work you do to support our community.



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

COMMUNITY DINING TO-GO LUNCHES

Ring, Ring, Ring!!! (Triangle Bell) Come & Get It.

Fresh, hot, nutritious meals, prepped and cooked daily (M-F) for you to enjoy. **Reserve your next meal by calling (425) 487-2441.** We suggest ordering a week in advance to ensure your reservation, due to increased requests. For an updated meal calendar, go to <http://bit.ly/MayNSCMeals>. Suggested donation of \$5 accepted.



DANIEL DAVIS
NSC Chef

COMMUNITY FOOD PANTRY AT BOTHELL

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

Helping Curb Food Insecurity In Our Community

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

Northshore Senior Center believes equitable access to nutritious food is a catalyst for achieving stability. If every person at risk of hunger had consistent access to nutritious food, our communities would be healthier and stronger.

According to the first Washington State Food Security Survey, 30% of Washington households have experienced food insecurity since the implementation of the state's first Stay Home, Stay Healthy order in March of 2020. Of those households, 59% had children living in the home.



PEGGY BROWN
Food Pantry Lead

DID YOU KNOW...

- One million Washington residents visited a food bank in the past year.
- 1 in 10 Washingtonians consistently struggle with hunger.
- 1 in 6 Washington kids live in a household that faces challenges in putting enough food on the table.
- 1 in 8 Washington seniors skip meals to allow their food supply to last longer.
- 1 in 8 Washingtonians live below the poverty line.
- 1 in 8 Washingtonians relies on the Supplemental Nutrition Assistance Program (SNAP) to purchase food.
- The majority of working-age Washingtonians living in poverty are working or actively looking for work. Many work more than one job.
- Washington State ranks 10th in the country in overall wealth—and ranks 34th in food insecurity.

STRUGGLING AND FEELING DOWN? LOOKING TO CONNECT? JOIN ONE OF OUR GROUPS BELOW.

COMMUNITY WORKSHOP

Elder Law Presentation

GETTING YOUR DUCKS IN A ROW: PUTTING LEGAL DOCUMENTS IN ORDER

Thursday, May 6, 2021 (1:00-2:00pm)

Planning for future legal and financial needs is critical for individuals and their families.
Pre-registration required.

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

The workshop will cover:

- What are the essential legal documents that I need to have in place in case I become incapacitated?
- What legal documents can I use to make sure my wishes are carried out after my death?
- What are some ways I can make sure my wishes are followed, and reduce or avoid conflict?
- What is the essential information I need to share with my loved ones?

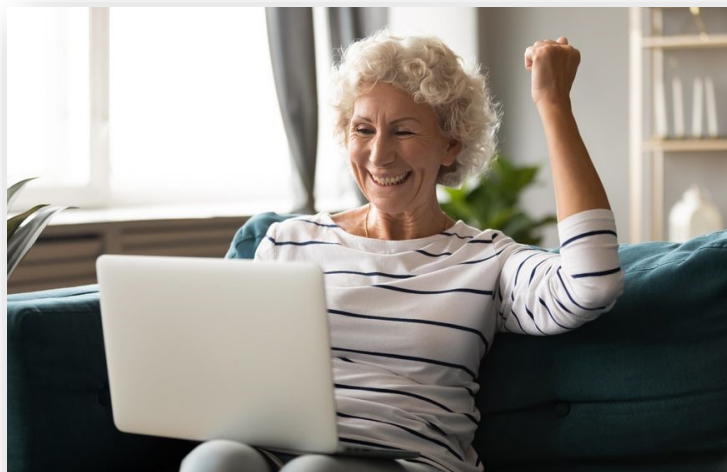


TECHNOLOGY LENDING LIBRARY PILOT PROGRAMM

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 can 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.

Reserve a FREE device by visiting our rental website at 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.



SENIOR CENTER ACTIVITIES IN A BOX

Reserve & Purchase Yours Today!

STAY ENGAGED, STAY CONNECTED, STAY ACTIVE

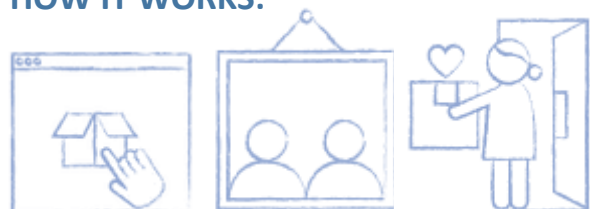
Isolated at home? Missing shared experiences with others? Don't worry, we have a solution for you!

This past year has been difficult for all. The inability to meet in-person, and participate in classes together has taken its toll. Staying engaged and connected with friends and family plays a huge part in our happiness.



This is why we have introduced 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.

HOW IT WORKS:



STEP 1 - Select which box or boxes you would like to receive (2nd Quarter Options Below)

- *For the Aspiring Artist*
- *For the Bookworm*
- *For Relaxation*
- *For the Foodies*

STEP 2 - Staff will personalize each box just for you with fun activities

STEP 3 - Once the items have been curated, these boxes will be available for pick-up or delivery

STEP 4 - After finishing our activity, you will have the ability to connect and share your final product with a small group, or the entire Northshore Senior Center family via Facebook or Zoom link

Take advantage of this opportunity while supplies last. Go online to

<http://bit.ly/NSCSubscriptionBoxes> or call (425) 487-2441 to purchase. **FINANCIAL ASSISTANCE IS AVAILABLE.** Please email KerriS@mynorthshore.org for more information or to request assistance.

DEPARTMENT OF HEALTH VACCINE UPDATES

Homebound? Not Able to Leave Your Home to get the COVID Vaccine?

If you are unable to leave home to get the Covid-19 vaccine, homebound vaccination services are available. If you know of someone or you need homebound vaccination services due to a medical or behavioral health condition or have a physical or intellectual disability preventing you from getting vaccinated in the community, or require special needs accessible transportation, homebound vaccination services may be right for you.

If you need homebound vaccination services or know of someone else who needs this service, there are several options to get help:

- Call your local health jurisdiction to get homebound vaccination services.
- Call the State COVID-19 Assistance Hotline to let them know you need homebound vaccination services. Dial 1-800-525-0127 or 1-888-856-5816, then press #. Phone interpretation is available.

If you have questions about this service, please email: covid.vaccine@doh.wa.gov.

TRANSPORTATION UPDATE

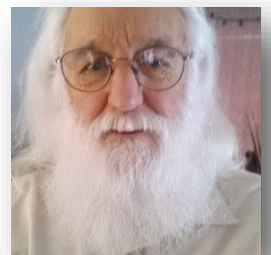
The Wheels on the Bus Go Round and Round

Yes, indeed! The wheels continue to roll, delivering lunches and food boxes to those in our community who are reluctant to venture out, as well as taking some actual passengers to medical and food related services. We are also able to pick up prescriptions from a pharmacy for delivery to folks in our service area, and also to fetch truck-fulls of boxed foods for our Food Pantry to distribute. We are grateful to continue our services despite enormous challenges.

And check out the shine on our sparkling clean vehicles! Many vehicles lay dormant last year, and the recent detailing work done by Carlos and his crew at C&M Auto Detail will help get us back on the road to recovery, and make it easier to keep them clean and disinfected for our passenger service. We are excited that the fleet has never looked better!

We look forward to a slow and gradual increase in passenger service as we begin to offer limited activities at our Senior Centers. However, our vans are still only carrying two passengers at a time, with masks required, for the safety of everyone involved. We long for the day we can bring people in for programs, but know we must be patient, and proceed with caution. **If you have questions regarding our Transportation service, please give us a call at (425) 286-1026.**

We are truly grateful and glad to keep those wheels going round and round!



CLIFF PERRY
Transportation Manager

HEALTH & WELLNESS PROGRAMS/SERVICES

Taking Care of Yourself One Day at a Time

Beauty Shop Open

Pamper yourself at Tootsie's Parlor at the Health & Wellness Center (Mondays through Thursdays). Call (425) 488-4821 ext. 105 for information and to schedule an appointment.

Medical Foot Care

Our trained Registered Nurses are here to help. Call (425) 488-4821 ext. 165 to book your appointment today. Foot care is located in the Health Room at the Health & Wellness Center.

Medical Equipment Check-Out

To inquire about availability of medical equipment or to return equipment, please schedule an appointment through our front desk (425) 488-4821 at the Health & Wellness Center.

Health & Wellness Fitness Center

Opening in Mid-May (M/W/F, 8:00am -1:00pm)

Reserve your 45 minute spot at the fitness center NOW! In order to meet all COVID guidelines we will be limiting occupancy and requiring masks and social distancing. There will also be a temporary \$5 monthly COVID registration fee.

Call the front desk at the Health & Wellness Center now to reserve your time slot. (425) 488-2441.

In-Person Programming Starting

Tuesdays 9:00am - 12:00pm

The Brain Fitness Club is a social day program offering physical, mental, and social activities for individuals with early stage memory loss. The spirit of the program incorporates principles of self management of chronic conditions which emphasizes the importance of engaging in behaviors and activities that promote health and help individuals factor the chronic condition into life so that the memory impairment does not become the focus of one's life. The program includes programming in the areas of: stress reduction, mental stimulation and creative pursuits, nutrition, physical activity, and social engagement. Enrollment and application call/email Tammy Moll at TammyM@mynorthshore.org (425) 488-4821 ext. 134.





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EXCITED TO SEE SMILES

Limited "In-Person" Programming Starting This Month



NORTHSHORE SENIOR CENTER

(425) 487-2441

information@mynorthshore.org

10201 E. Riverside Drive, Bothell, WA 98011

www.northshoreseniorcenter.org

www.facebook.com/mynorthshoreseniorcenter

UPDATES WELCOME BACK



We are so excited to see many of you this month "in-person". We ask for your patience as we will continue to navigate health and safety guidelines and adjust programming accordingly.

To find out what in-person programming we are currently offering, please check out our website or call our front desk at (425) 487-2441.

A BIG THANK YOU!

We would like to thank Northshore Church of Kirkland, for their amazing financial donation for our FREE Community Food Pantry. We are so grateful for the amazing community that has supported our work over the last year. Thank You!

NORTHSHORE
CHURCH