

# THE NAVIGATOR

## LIGHT AT THE END OF THE TUNNEL

### Message From The CEO



It appears that our state and our country are finally getting back to “normal”, whatever that might mean. As of this writing, the CDC has revised their guidelines related to mask wearing and social distancing, and the Governor has indicated that the entire state of Washington will soon be in Phase 4 and without restriction. With information coming at us so quickly, our organization is working hard to react to the news. We’re currently in discussions with other senior centers throughout the region, with our health care partners, and with our county funders to determine the best next steps for our organization. With an always present priority on safety, we hope you’ll have patience with us as we work to adjust quickly to the ever-changing guidelines. We are looking forward to seeing all your smiling faces (without masks) again soon, and we will update you all as we have more information and have made decisions about how to proceed.

While many are wanting to come back to the senior center as it was, we have used the past year to make some pretty significant changes. We have new software that will eventually streamline the class registration process, we have completely updated the coffee bar, we have new instructors, a brand new Senior Lounge (opening soon!), new food pantries at Bothell and Kenmore, and so much more to unveil as you come back to our facilities. While we recognize that change can be difficult, we encourage you to celebrate our ability to once again be gathering together as a victory, and be open to the changes that you will see. Our hope is that these changes will create a space that is more welcoming to everyone in our community, better meets the needs of a broad range of community members, and helps everyone enjoy the Northshore Senior Center even more than they did before.

Finally, we know that while many people have waited patiently for the senior center to reopen, we also know that to many people in our community we are still one of the “best kept secrets” of our region. I’m asking each of you to put on your ambassador cap and to invite one or two people who may not know about the senior center to visit us when we’re back and completely open. Together, we can make sure that everyone in our region who needs the type of support, services and community found at the Northshore Senior Center has the opportunity to find it.



**BROOKE KNIGHT**  
CEO

## KENMORE & MILL CREEK UPDATES

### Kenmore Senior Center

Greetings from beautiful Rhododendron Park! The month of June marks the beginning of summer, warmer weather and longer days. Here at the Kenmore Senior Center, we are busy with the interior renovation of the Annex building in preparation for the opening of the Kenmore Senior Center Community Food Pantry! Check the City of Kenmore or [www.northshoreseniorcenter.org](http://www.northshoreseniorcenter.org) websites for current updates.



PASHA MOHAJERJASBI  
Kenmore Program  
Coordinator

**If you'd like to volunteer for the Food Pantry or have a skill/interest and could be an instructor for a class (art, fitness, crafts, academics, book club, etc.) contact Pasha at (425) 489-0707 and leave a message.**

A reminder that the picnic shelter at Rhododendron Park is now accepting reservations. Time slots are Monday through Sunday from 10am-2pm; 2:30-dusk; or full day.

Email [kenmoreseniorcenter@mynorthshore.org](mailto:kenmoreseniorcenter@mynorthshore.org) to receive an online reservation form.

Book your spot well in advance as dates are filling up fast.

### Mill Creek Senior Center

We have heard from many of you that you are truly missing being able to utilize the Mill Creek Senior Center facility. Trust me when I say this, but you are not alone. The NSC staff misses seeing all of you inside the building too. With the recent trends of COVID cases, and with the news from the Governor that there is a possibility of reopening the state soon, our team is hard at work identifying the next steps to ensure a healthy, safe experience when we do reopen the doors to the center. In the meantime, I would love to hear from you in regards to what types of activities and programs that you would possibly like to see return first, once we are given the ok by our health care partners. **Please feel free to email me with any questions and/or suggestions for programming, [CoreyL@mynorthshore.org](mailto:CoreyL@mynorthshore.org).**



COREY LOWELL  
Director of Senior Centers

## TRANSPORTATION DEPARTMENT REMINDERS

### Masks Are Still Required

Traveling on public transportation (which includes our transportation buses) increases a person's risk of getting and spreading COVID-19 by bringing people in close contact with others. Masks will still be required to be worn at all times while using our transportation services.

## NSC FACILITIES CLOSED ON JUNE 18TH

### Juneteenth Observance

Most Northshore Senior Center programs and services will be closed on Friday, June 18th in celebration of Juneteenth. Soon to be a state holiday, Juneteenth is a national celebration of the date in 1865 (June 19th) when federal troops arrived in Galveston, Texas to ensure that enslaved people were freed. This was nearly two and ½ years after the Emancipation Proclamation.

As Northshore Senior Center continues to work to provide equitable access to services to all in our community who might benefit from them, our celebration of this holiday is an acknowledgment both of our nation's complicated history and the work that remains to be done to create an equitable and inclusive community for all. **If you have questions about program closures on this date, please give us a call (425) 487-2441.**



## TECHNOLOGY LENDING LIBRARY PILOT PROGRAM

### Don't Have A Computer Or Internet? (Members Only Benefit)

Are you feeling lonely at home and disconnected from the world and what is going on because you have no way to access information or connect with individuals virtually online? Having trouble staying connected with friends and family? Want a way to stay active while staying at home? Our Technology Lending Library program can help!

Participants in this 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 NSC 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 check-out device website at [www.northshoreseniorcenter.org/tech-checkout](http://www.northshoreseniorcenter.org/tech-checkout). Or 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).**

## HEALTH & WELLNESS PROGRAMS/SERVICES

### Taking Care of Yourself One Day at a Time

#### **NOW OPEN!! Health & Wellness Fitness Center**

(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) 488-4821.



#### **Beauty Shop**

Appointments available at Tootsie's Parlor, Monday-Thursday. Call (425) 488-2821 ext. 105 for more information or to schedule.

#### **Medical Foot Care**

Available by a Registered Nurse. Call (425) 488-4821 ext. 165 to schedule an appointment. Located in the Health Room of the Health & Wellness Center (Bothell).

#### **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.

#### **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](mailto:TammyM@mynorthshore.org) (425) 488-4821 ext. 134.



**JUDI PIRONE**  
Director of Adult Day Health /  
Health & Wellness Center



## “NEW” IN-PERSON PROGRAMMING AT BOTHELL

### Current In-Person Programming

We are excited to continue to offer in-person programming at our Bothell Senior Center. We will be bringing back classes/activities in a phased approach. This will give us an opportunity to learn, adapt, and provide a great and safe experience for all. Please remember that currently, all programs and activities are by pre-registration only. **To register, please call the front desk at (425) 487-2441.** Classes are limited based on current WA state phase guideline capacities. Be on the lookout for more classes added soon.



KERRI SCHWINDT  
Bothell Program Manager

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### Indoor Classes/Activities:

#### EXCERSISE /ACTIVE CLASSES

##### **Senior Aerobics (Instructor: Candy LaMont) – Mondays & Wednesdays, 10:30-11:30am (Max 12)**

**\$45 member/\$85 non-member, 9 classes**

Lively, low impact aerobics class. Plenty of movement, balance exercises and strength conditioning using light weights. Core work will mainly be done from a mat. Modifications will be provided as needed. Please bring: set of hand weights-no more than 5lbs, floor mat, hand towel, and water bottle to class.

##### **Strength/Balance (Instructor: Jennifer Hinkle) – Tuesdays & Thursdays, 10:30-11:30am (Max 12)**

**\$45 member/\$85 non-member, 9 classes**

Emphasis on developing muscular strength and endurance, flexibility, mobility, increasing lean body mass, balance and injury prevention. Please bring: floor mat, set of hand weights and water bottle to class.

##### **Beginning Line Dancing (Instructor: Candy Lamont) – Wednesdays, 12:30-1:30pm (Max 12)**

**\$24 member/\$48 non-member, 4 weeks**

Come and enjoy our beginning line dance class, no experience needed. If you are already a line dancer, come and just enjoy line dancing with new friends.

**Please plan to arrive at the center 15-20 minutes ahead of your scheduled reservation to be able to allow time for our COVID safety screening and verification in our new member/participant database.**

## “NEW” IN-PERSON PROGRAMMING AT BOTHELL

### Continued In-Person Program Opportunities

**Pickleball - Monday & Friday, (Max 12),**

**Mondays, 12-1:30pm and 2-3:30pm**

**Fridays, 10:30am-12pm and 12:30-2pm**

\$20 member/\$40 nonmember, 8 visit punch-card

\$40 member/\$80 nonmember, 16 visit punch-card

\$60 member/\$120 nonmember, 24 visit punch-card

A hodgepodge of tennis, badminton and ping-pong. Played on a court with a three-foot net.

To reserve your spot, call our front desk on the following days to get on the list (425) 487-2441.

- To get on Monday's list to play, call on the Friday before from 8:30am-4pm
- To get onto Friday's list to play, call on Thursday the day before from 8:30am-4pm

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### ART CLASSES

**Colored Pencil (Instructor: Judy Moritz) - Thursdays, 11am-2pm (Max 9), Room 104**

\$32 member/\$64 non-member, 4 week session

Instruction is given in drawing with pencil, colored pencil, water-soluble colored pencil and ink pens. Beginners can learn to draw by completing drawing exercises provided. Experienced artist can work on their own art work and get input from the instructor.

**Card Making - Class Options: Room 104**

**1) Fridays (Instructor: Gretchen Davey), 1-2pm (Max 9)**

**2) Fridays (Instructor: Shuko Mantooth), 2:30-3:30pm (Max 9)**

\$30 member/\$60 non-member, 3 week session (No Class June 18th - Holiday)

Make one-of-a-kind greeting cards using new techniques and media each week. Cards and most materials included. Please bring your favorite materials, plus scissors and watercolors/colored pencils if you have them. Card supplies included in price of class.

**Poetry (Leader: Terry Busch) - Fridays, 1:30-3:30pm (Max 8), Room 203**

FREE for members/\$10 non-member, per month

Great opportunity for reading and writing poetry, group discussion and helpful critique. Everyone welcome.

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## “NEW” IN-PERSON PROGRAMMING AT BOTHELL

### Continued In-Person Program Opportunities

#### SOCIAL ACTIVITIES / EDUCATIONAL CLASSES

##### **Knit Wits (Leader: Sallie Gerrard) - Tuesdays, 9:30-11am (Max 12), Room 202**

FREE for members/\$10 non-member, per month

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

##### **Quilt Group (Leader: Barb Rodahl) - Wednesdays, 12:30-3pm (Max 12), Room 202**

FREE for members/\$10 non-member, per month

Feel free to bring your sewing machine, projects and ideas. Mutual support and encouragement abound to inspire you to explore your creative side.

##### **Astronomy (Instructor: Jackie & Bud Campbell) - Mondays, 12:30-3pm (Max 12), Room 202**

FREE for members/\$10 non-member, per month

Join us as we explore the “last frontier” through NOVA and great Courses videos followed by spirited discussion among group members. No astronomy background necessary just an interest in our galaxy and those beyond.

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#### Outdoor Classes/Activities:

##### **Bicycle Club (Leader: Barbara Van Droof) - Days & times vary**

Offsite, Free

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

##### **Golf Club (Leader: Lee Kirkendall) - Tuesdays, 9:30am-2pm**

Locations vary, Course fees

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.

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#### More In-Person Classes Coming Soon:

- Oil & Acrylic
- Current Issues
- Bocce Ball
- Hiking
- Tai Chi
- Driftwood
- Qigong
- EnhanceFitness®
- Other Exercise Classes (as we bring on new instructors)

## VIRTUAL CLASS OPPORTUNITIES

### Stay Connected Remotely With Our Hybrid Model

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

Many studies have shown that loneliness and isolation can have serious consequences for aging seniors, leading to depression, dementia, poor health and a lower quality of life. Social interaction has been found to have great therapeutic value. When live interaction is not possible, virtual interaction can significantly reduce feelings of isolation and loneliness.

“Senior centers are the social hub for many, and this new model — the Virtual Senior Center — has shown us that technology will help seniors age in place and remain integrated into the community by bringing that same senior center experience into the home,” Department for the Aging. “In short, if homebound seniors are no longer able to venture into the world as often or as freely as they would like, then we will bring the world to them.”

This past year has taught us so much about being able to adapt. This past month we began to reintroduce in-person programming, and in doing so, made the decision to continue to offer virtual class options along side these as well in what we are calling our hybrid model. 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 don't have a Facebook account, or 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](mailto:KerriS@mynorthshore.org) if you have questions or need assistance accessing any of our below classes.**



## Current Facebook FREE LIVE Classes

Meditation,  
M 9am-9:15am



Gentle Yoga,  
M/F 10am-11am



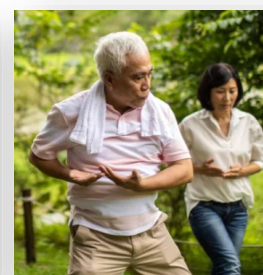
Strength & Balance,  
T/TH 9am-10am



Seated Chair Yoga,  
W 10am-11am



QiGong,  
W 3pm-3:30pm





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

## MEMBERSHIP UPDATE

### Welcoming Individuals Back Into Our Facility

It is exciting to start welcoming members back into the facility! Especially for me....having started in September last year I haven't gotten the opportunity to meet many of our members in person yet.

As we slowly start bringing back programs we look forward to getting all of our members updated in our new database and renew memberships that may have lapsed over the last year due to COVID. My volunteer team and myself are looking forward to seeing each of you over the course of the next month, and happy to help answer any questions that you might have.

**Memberships/renewals can be done over the phone or you are welcome to stop by the center to renew it in person Monday through Friday between 8:30am-3pm.**



TRACY RAY  
Membership Lead

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.

*Find your peace of mind. Call (425) 318-1056 now.*



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## STAFF SPOTLIGHT

### Celebrating Nancy Knuckles - 25 Year Anniversary

#### What you were doing 25 years ago in 1996?

The average gas price was \$1.29, going to a movie would cost you about \$4.42, and the #1 movie was Independence Day. The Macarena was the longest running hit song, The Dallas Cowboys won the Superbowl, The Sonics were still here and Ken Griffey Jr, Jay Buhner, Edgar Martinez and Dan Wilson were all still playing on the Mariners.

That was also the year that Nancy Knuckles began her career working as a Certified Nursing Assistant at Northshore Senior Center in our Woodinville Adult Day Program at the Cottage Lake Presbyterian Church on June 18th, 1996.

Throughout the years Nancy has contributed not just her knowledge, support and dedication to Northshore, but has enhanced the qualities of our programs for our participants and caregivers. Her talents go way beyond her Nursing Assistant skills; whether it is planning one of our dances, participating with other staff in an Alzheimer's Walk, making phone calls to gain support to build the HWC, helping design our new program space, decorating, or assisting in the kitchen, we have been, and continue to be, lucky to have her share her skills with us for our continued success.



A lot of things have changed in the past 25 years but one thing that has remained consistent has been Nancy's dedication and willingness to always jump in and support Northshore Senior Center.

## NORTHSHORE SENIOR CENTER MASK WEARING POLICY

### Revised CDC Guidelines

The CDC released new guidelines recently related to mask wearing for vaccinated individuals. While we work in partnership with our health care providers to understand what this change might mean for us, at this time there will be **NO CHANGE** to our expectation that everyone inside our facilities wear their masks at all times. Even as you receive this newsletter, recommendations could have changed. If and when our organizational policy changes, we will communicate those changes. **Check our website for up to the minute changes or updates to this.**



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

## WE WELCOME ALL

### See Something, Say Something

As an organization, we're committed to creating a safe and friendly environment that is welcoming to ALL people, regardless of their race, age, skin color, national origin, religion, gender identity, sexual orientation, political affiliation, creed or disability status.

This is who we are and this commitment is baked into our organizational values and our code of conduct. If you witness someone behaving in a manner that you believe is not aligned with our organizational value, please let a staff member know right away so we can address it and work to prevent it from happening again. Together, we can build an organization that is welcoming to all.

WE WELCOME  
ALL RACES  
ALL RELIGIONS  
ALL COUNTRIES OF ORIGIN  
ALL SEXUAL ORIENTATIONS  
ALL GENDERS  
WE STAND WITH YOU  
YOU ARE SAFE HERE

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## COMMUNITY DINING TO-GO LUNCHESES

### Eating Well Can Be A Major Challenge

Breakfast and dinner may get all the glory, but lunch is an incredibly important meal in its own right. This mid-day meal is a great opportunity to slow down, catch your breath, and get the fuel you need to dive into the rest of your day.

With that being said, it can also be difficult to squeeze in time to eat lunch, which makes it essential to have quick and nutritious options. Take the stress and prep work out of it by **reserving your next meal by calling (425) 487-2441**.

We suggest ordering a week in advance to ensure your reservation, due to increased requests.

Check out our latest monthly menu, go to <http://bit.ly/JuneMeals>. Suggested donation of \$5 gladly accepted.

#### A BIG THANK YOU!

We would like to thank Pacific Islamic Community and Cultural Services (PICACS), for their generous weekly donation of Subway sandwich meals for our Community Dining program on Wednesdays.

We are so grateful for your continued support of our center and the community.



DANIEL DAVIS  
NSC Chef

## VOLUNTEER OPPORTUNITIES

### A Great Way To Give Back To The Community

On behalf of everyone at NSC, I would like to express our sincere gratitude to all the volunteers who stopped by for our Drive through volunteer appreciation event, It was so nice to see everyone! A heartfelt thank you to all our sponsors of the event for their generous donation. We really appreciate your support!

#### CURRENT OPPORTUNITIES

- Kitchen volunteers
- Volunteer drivers
- Volunteers for property maintenance and custodian duties
- Food pantry volunteers
- Volunteers needed for yardwork and maintaining potted plants
- Volunteers for data entry
- Front desk volunteers
- Volunteer screeners and greeter

If you are our registered volunteer, don't forget to join our Facebook group for volunteer updates and current opportunities. <https://www.facebook.com/groups/874259233398690>



FORAM SHAH  
Volunteer Coordinator



INTERESTED IN TEACHING/LEADING A CLASS, CONTACT US AT [KERRIS@MYNORTHSHORE.ORG](mailto:KERRIS@MYNORTHSHORE.ORG)

## ADDITIONAL SUPPORTERS AND SPONSORS



**PICACS**

## COMMUNITY FOOD PANTRY AT BOTHELL

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

### Serving our community with healthy, nutritional food!

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.



PEGGY BROWN  
Food Pantry Lead

### WHAT YOU CAN DO TO HELP OUR FOOD PANTRY & THE COMMUNITY



#### Volunteer at a Food Bank

65% of network food banks are accepting and in need of volunteers. Make a difference today.



#### Thank Food Bank Workers

Send a message to the front-line food bank workers and volunteers helping our neighbors every day.



#### Become an advocate

Families across the country need more support to get meals - and fast. Support emergency relief today.

Interested in helping by donating your time and/or food? Email Peggy Brown at [PeggyB@mynorthshore.org](mailto:PeggyB@mynorthshore.org).

# Thank you for your support!

## COMMUNITY PROGRAMS FOR ALL

### Building Resilience Virtual Workshop

**PRESENTER: DAWN EDWARDS, MSW, LASW (EvergreenHealth)**

**Wednesday, June 2, 2021 (2:00-3:00pm)**

There are many myths about resilience. Perhaps the biggest myth is that you either have it or you don't. But, resilience can be learned.

In this free virtual presentation, we will discuss other myths, and how to strengthen your resilience during and after COVID. Included are mindfulness exercises, challenging anxious thought patterns, and self-care tools.

**Pre-Registration Required - Call Cindy Tang at (425) 286-1047 or email [CindyT@mynorthshore.org](mailto:CindyT@mynorthshore.org).**

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### Managing Medication Safely, Including Opioid & Narcan Training

**HOST: STILLY VALLEY HEALTH CONNECTIONS**

**Tuesday, June 15, 2021 (11:00am-12:00pm)**

Please join Amy Hill, Opioid Outreach Specialist with Snohomish County Human Services, for an on-line training to learn about medication management, including the importance of medication review, misuse, safe handling and proper disposal. Opioid education, including the signs of an overdose, which can occur with anyone at any age, including older adults and people with legally prescribed medications. How Narcan (Naloxone), a nasal spray, is administered and used as an antidote to block the effects of an opioid overdose.

This training is free and open to the community. Pre-registration is required to receive the link to the presentation. Links to the presentation will be emailed to registrants in June before the event. No internet? A phone call-in option is available!



**For more information or to register please visit [www.stillyvalleyhealth.org](http://www.stillyvalleyhealth.org) or call (360) 386-9918.**

## FACILITY UPDATES

When you decide to return to our Bothell facility, you will notice a few new usages/updates of spaces, and renovations (both completed and in-progress). We are also planning a few changes and additions to increase your enjoyment and usage of our facility and programming. We are excited to show these spaces off when able (based on current and future health & safety guidelines).

Here is a sneak peek of what some of the new spaces look like, as well as some upcoming projects we will be working on over this next few months to enhance your experience while at our Bothell facility.

### COFFEE BAR - OPENING SOON

Newly refreshed painted space with updated cabinetry, countertops, tile and appliances.



### FRONT LOBBY

Updated process for entry into the facility, with new software system to sign-in & check-in.



### SENIOR LOUNGE - IN PROGRESS

COMING SOON...An additional space to gather with a billiards table, shuffleboard, & TV.



### STUDIO - WORK TO BEGIN SOON

Transforming the old billiards room into a multi-use studio for dance, stretch, yoga, etc.







10201 E, Riverside Drive  
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## ONE STEP AT A TIME

Reopening In Gradually To Ensure Health & Safety



**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](https://www.facebook.com/mynorthshoreseniorcenter)**

## UPDATES

**CAPES FOR  
COURAGE 5K  
RUN/WALK**



**Saturday, August 7th**

Join Us For The Bothell 5K  
Northshore Senior Center is thrilled to be holding our annual Bothell 5k Capes for Courage both in person and virtually this year. Everyone is invited to run, walk, or roll in this 5k in support of the Northshore Wranglers Inclusion program.

The Wranglers program offers recreation and life skills opportunities for special needs individuals of all ages, and the Bothell 5k is this programs major annual fundraiser.

**Sign up today for this fun event!**  
**[www.Bothell5k.org](http://www.Bothell5k.org)**