

THE NAVIGATOR

TIME FOR CHANGE

Message From The CEO

The past year and a half has been a difficult one for most of us. On top of all the challenges and loss that COVID brought to us, I also had the experience of watching my husband go through a difficult surgery and recovery. While he's doing excellent now, the procedure itself didn't go well and needless to say it was a bit of a wake-up call for me and my family. It seems in so many ways that the universe has been telling me, "Life is short. Seize the moment."

After much soul searching, I have made the difficult decision to leave Northshore Senior Center at the end of this year. While I remain deeply committed to the organization and our mission, I believe that this change will allow for a bit more balance in my life, and time with my family. I'll be pursuing a life-long (bucket list) interest in real estate, and hopefully also doing some non-profit consulting. I hope to remain connected to the senior center as a member, donor and volunteer.

The Northshore Senior Center Board of Directors will be starting the process of recruiting for a new CEO in the coming weeks. I am excited about the prospect of finding a new leader with the vision, energy and drive to continue to move this work forward in our community. I anticipate there will be some opportunities for our membership to participate in the hiring process in one way or another as we move forward. My hope is to have a bit of overlap with the new CEO to allow for as smooth of a transition as possible.

I consider myself so fortunate to have had the opportunity to lead such a dynamic and impactful organization over the course of these past 4 years, and I look forward to continuing to support this important work from a different seat as we move forward. There will be time for goodbyes in due time, but for now, there is much work yet to be done.

Warmly,

Brooke Knight, CEO



BROOKE KNIGHT
CEO

NORTHSHORE SENIOR CENTER AT FULL CAPACITY

Welcome Back! We Are OPEN And Ready To See You All!

Initial Hours of Operation – Monday through Friday, 8:30 am – 4:00 pm

After over a year of missing seeing your smiling faces in our Senior Centers, we are happy to welcome you back into most of our facilities! We thank you all for the support you showed us throughout the COVID-19 pandemic. Whether you attended one of our virtual events, enjoyed an online fitness class, sent in a donation, or shared one of our Facebook posts, we are tremendously grateful for your support. The safety of our seniors, staff, and volunteers, is our number one priority, and we will continue to work closely with King County & Snohomish County Departments of Health to ensure we are maintaining proper sanitation and safety guidelines.

REOPENING FAQ

For full reopening policies, visit

www.northshoreseniorcenter.org/wp-content/uploads/2021/06/Reopening-policies-NSC.pdf

Which Senior Centers will be open?

The Bothell Senior Center and Kenmore Senior Center are currently fully open to members and the community. Our Mill Creek Senior Center will be reopening later this month as we hire a new facility supervisor.

Will the Senior Centers be open at full capacity?

Our open centers are at open at full capacity.

How is Northshore Senior Center going to keep our Senior Center community safe?

We continue to require pre-entrance health screening as you come to each facility. Additionally, we will continue to conduct rigorous cleaning and sanitation at our Senior Centers.

Will Community Dining & the Coffee Bar be open?

We are currently working on a plan to offer in-person dining later on in the month. Until then, we will continue to offer to-go and delivery. Our newly renovated coffee bar is in the final stages of inspection, and will be open as soon as signed off on. In the meantime, check out our new Lounge (featuring pool table, shuffleboard, TV, and more).

Will I be required to wear a mask?

Fully vaccinated individuals who enter our Senior Centers do not need to wear masks. You may wear one if you choose. If you are not vaccinated we ask that you please continue to wear a mask in all of our facilities. Some exceptions due apply in our Adult Day Health Building (please check our policy document above for these).

Will I be required to show my proof of vaccination?

No, proof of vaccination will not be required upon entering our Senior Centers. We are operating on the honor system, and trust that our community will keep safety of themselves and others as a top priority.

What activities are going to be offered?

At this time, we have started to bring back a good amount of pre-COVID activities, including fitness classes, art classes, and educational workshops. Please check our website at NorthshoreSeniorCenter.org for new offerings and programs as we transition to back to full operating in-person.

KENMORE & MILL CREEK UPDATES

Kenmore Senior Center

KENMORE SENIOR CENTER NOW OPEN! Located in an historic cottage in beautiful Rhododendron Park, the Kenmore Senior Center provides educational, social and recreational options to the entire community. To renew your membership, become a member, (and enjoy member discounts, special programs and access to all 3 locations in Kenmore, Bothell or Mill Creek) or to register for any of the activities listed below, please call (425) 489-0707 or email us at kenmoreseniorcenter@mynorthshore.org. We will be adding more choices/classes as the weeks go by, so keep checking back. We look forward to hosting you!



PASHA MOHAJERJASBI
Kenmore Program
Coordinator

Our Community Food Pantry celebrated our Grand Opening on July 14th. The pantry is open to all ages and income levels. The food pantry will be open the 2nd and 4th Wednesdays of every month, from 12:30-2:30pm.

CLASS / ACTIVITY	DAY(S) / TIME	COST
Bridge Club	Mon, 12-3pm	\$2 (member) / \$4 (non-member) - Ongoing
Coffee w/ the Mayor	1st Mon, 10-11am	FREE - Ongoing
Driftwood Sculpture	Tue, 10am-12pm	\$24 (member) / \$48 (non-member) - 4 week class
Men's Conversation Group	Wed, 11am-12pm	FREE - 1st Wed in-person, remaining Weds online
Gay Men's Conversation Group	2nd/4th Wed	FREE - Ongoing
Wonderful Watercolor	Wed, 10:30am-12pm	\$40 (member) / \$80 (non-member) - 4 week class
Card Making	Thur, 10-11:15am	\$40 (member) / \$80 (non-member) - 4 week class
Kenmore Crafters	Thur, 12:30-2:30pm	FREE (member) / \$10 (non-member) - per month
Creative Exploration	Fri, 10am-12pm	\$40 (member) / \$80 (non-member) - 4 week class

Mill Creek Senior Center

Do not fear, we are very close to reopening the Mill Creek Facility. I know that it has been a long wait, but we ask for just a little bit more patience. We are in the final rounds of interviews for our new supervisor, and hoping to have this individual in place for all of you to meet in the middle of August. In the meantime, please consider stopping by one of our other senior centers to join in on the fun!



COREY LOWELL
Director of Senior Centers

Please feel free to email me with any questions and/or suggestions
CoreyL@mynorthshore.org.

ADULT DAY HEALTH

Providing Expert Clinical Support & Care

Our Adult Day Health program serves adults experiencing physical, mental or social problems associated with dementia, arthritis, diabetes, stroke, isolation, development disabilities, and other conditions. Participants are supported by case management, nursing services, recreational activities, and occupational therapy.



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

For information or an intake packet please contact Judi Pirone at JudiP@mynorthshore.org.

Brain Fitness - (T/TH, 9:00am -12:00pm)

NOW ACCEPTING ENROLLMENT FOR THURSDAYS!!!

A social day program for individuals experiencing early memory loss. Become involved in cognitive, physical, and social enriching activities including educational discussions, modified enhanced fitness exercises, and socially engaging activities.



INCLUSION PROGRAM

Community Recreation Program

Some of your favorite classes will be resuming! We will begin offering some of your favorite classes in-person. There will be an option of virtual or in person. Our Inclusion program is a community recreation and inclusion program. Offering meaningful social, health, enrichment and recreation opportunities for individuals with intellectual, cognitive and developmental disabilities, as well as their families and caregivers. We also offer a variety of sports activities and competition through special Olympics.

For information please contact Judi Pirone at JudiP@mynorthshore.org.



HEALTH & WELLNESS CENTER

Finding Time For Yourself Is Important

Health & Wellness Fitness Center - (M-F, 8:00am -1:00pm)

The Fitness Center at Northshore Health & Wellness Center is a comfortable space focused on keeping exercise enjoyable. The Fitness Center provides cardiovascular and strength-training equipment specifically geared toward seniors but also great for people of all ages! The machines are simple to operate and we offer a safe, inviting atmosphere where individuals can achieve their fitness goals.

Our fitness equipment was selected to provide a low-impact, total body cardio and strength routine for any exercise level.

Most machines are simple to operate and designed to safely guide you in building strength and function. Fitness machines include: treadmills, elliptical, recumbent bicycles, an arm-cycle, and complete workout machines. We also have a range of free weights and weight-lifting benches.



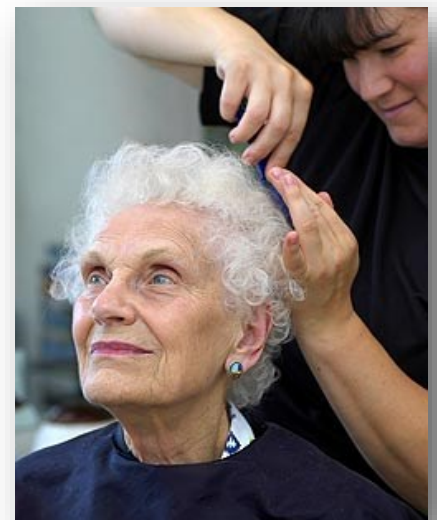
Medical Foot Care - (Appointment only - Call (425) 488-4821, ext. 165 to reserve your spot)

Many seniors are unable to care for their feet adequately because of poor vision, and/or poor flexibility, and other health-related problems. Each visit will include a thorough assessment, foot soak and nail trim. Services provided by a RN. Please call as early as possible to cancel a scheduled appointment.

Tootsie's Parlor, Hair Salon -

(Appointment only - Call (425) 488-4821, ext. 105 to reserve your spot)

Services include women's haircut, permanent wave, hair color, scalp treatment, men's haircut, men's clipper cut, beard trim, shampoo, comb-out only, shampoo and set, shampoo and blow-dry, and manicure.



Medical Equipment Check-Out - (Appointment only)

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

LOOKING TO VOLUNTEER AT A CENTER? CALL (425) 286-1032 TO SEE HOW.

COMPUTER LEARNING LAB

Need Assistance Navigating Technology?

Technology Device Lending Library - (Appointment only)

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? Our Technology Device 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 from our Health & Wellness Computer Learning Lab. **Reserve a FREE device by visiting our website at www.northshoreseniorcenter.org/tech-checkout. Call (425) 286-1038 to be connected with our specialist.**

Tech Services Repair - (M-F, Call (425) 286-1038 to schedule an appointment)

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

One-On-One Personal Technology Instruction - M-F, Call (425) 286-1038

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

EVERGREEN HEALTHCARE PROGRAMMING

Virtual Program Opportunity

Pet Safety 101 - (FREE, Tuesday, August 3rd, 11am-12pm)

Do you enjoy spending time with your pet? Join our virtual class to learn safety tips to keep your beloved animal hydrated, secure in the car and safe outdoors. **We ask that all participants register via the Healthline, (425) 399-3005.**

BOTHELL SENIOR CENTER PROGRAMMING

We Look Forward To Seeing You Again At Bothell

Now that our facility is fully open, we've expanded our available in-person programming. Check out our current offerings below. We will still be adding additional classes throughout the summer.

To guarantee your spot, stop by or call the front desk at (425) 487-2441 to register.

DAY(S)	CLASS / ACTIVITY	TIME	COST (Member / Non-Member)	CAPACITY
Mon	German	9:30am-12pm	FREE / \$10	8
	Senior Aerobics	10:30-11:30am	\$40 / \$80	20
	Art Journaling	10:30am-12pm	\$15 / \$30	12
	Pickleball	12-1:30pm	Punch Card	Open
	Astronomy	1-2:30pm	FREE / \$10	20
	Pickleball	2-3:30pm	Punch Care	Open
Tue	Strength & Balance	9-10am	\$30 / \$60	18
	Knit Wits	9:30-11am	FREE / \$10	20
	Woodcarving	9:30-11:30am	FREE / \$10	12
	Strength & Balance	10:30-11:30am	\$30 / \$60	14
	Qigong	1-2:30pm	FREE / \$10	8
Wed	Senior Aerobics	10:30-11:30am	\$40 / \$80	20
	Line Dancing (Beg)	12:30-1:30pm	\$24 / \$48	20
	Quilt Group	12:30-3pm	FREE / \$10	20
	Oil & Acrylic	12:30-3:30pm	\$24 / \$48	12
	Ballroom Dancing (Starts 8/11)	3-4pm	\$48 / \$96	12
Thu	Yoga	8:30-9:45am	\$32 / \$64	8
	Driftwood	8:30-10:30am	\$24 / \$48	12
	Strength & Balance	9-10am	\$30 / \$60	18
	Strength & Balance	10:30-11:30am	\$30 / \$60	14
	Colored Pencil	11am-2pm	\$32 / \$64	12
Fri	Watercolor	9am-12pm	\$32 / \$64	12
	Pickleball	10:30am-12pm	Punch Card	Open
	Pickleball	12:30-2pm	Punch Card	Open
	Card Making	1-2pm	\$24 / \$48	12
	Poetry	1:30-3:30pm	FREE	8
	Card Making	2:30-3:30pm	\$24 / \$48	12

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

NORTHSHORE BOARD OF DIRECTORS

Equity, Inclusion & Diversity Statement

The Northshore Senior Center's board of directors believes that everyone in our community deserves to pursue healthy living and their well-being.

We are a welcoming community. We treat everyone with respect, dignity, kindness and compassion and expect everyone in our community to do the same. We value equity, inclusion and diversity and it is central to the mission and purpose of our organization. We work to ensure our services are accessible to all who need them.

We believe that structural, cultural, and relational inequities must be courageously recognized and dismantled. We recognize our responsibility to help create systemic change to ensure our community is one that is inclusive, equitable, and welcoming to all. We work to continuously evaluate all aspects of our organization, confronting our own biases and driving improvements with transparency.

Further, we know that hearing from a variety of perspectives helps generate better ideas to create more opportunities for those in our community each and every day. We believe that listening, open dialogue and continuous improvement are critical to our success.



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

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Bothell, WA • (425) 270-8827

WoodlandTerraceSeniorLiving.com

SOCIAL SERVICES RESOURCES & PROGRAMS

FREE In-Person Social Service & Wellness Appointments Available

Vision Loss Discussion Group (In-Person) - (FREE, Tuesday, August 24th, 11am-12pm)

Facilitator: Janet Sturholm

Come to this monthly group to meet with others to discuss strategies, ideas and approaches to better cope with vision loss as one ages. It's also an opportunity to make new connections and, if you're interested, stay afterwards for lunch at NSC (Note: must pre-register for lunch ahead of time).

For more information, contact Janet Zielasko (425) 286-1035; JanetZ@mynorthshore.org.

Sharing & Caring Group (In-Person/Virtual) - (FREE, Wednesdays, 1-2pm)

(Note: 1st, 2nd & 3rd Wednesdays are in-person; 4th Wednesday will be virtual)

Facilitator: Janet Zielasko

An opportunity to meet with others to talk and share are effective ways to build social supports and promote overall good health. Join this weekly discussion group to share and care.

For more information and the virtual link, contact Janet Zielasko (425) 286-1035; JanetZ@mynorthshore.org.

Conversation Café Groups -

(FREE, Mondays - In-Person or Thursdays - Virtual)

An opportunity to meet with others, make social connections in-person and to have some fun!

Monday Group Facilitators: Lydia Barnsley & Pam Wyss

For more details, contact Lydia Barnsley

(425) 286-1029; LydiaB@mynorthshore.org

Thursday Group Facilitators: Gul Subaykan & Peg English

For more details and link information to attend the meeting, contact Gul Subaykan

(425) 286-1072; GulS@mynorthshore.org.



Living Well with Chronic Program - (FREE, Thursdays, 1-3:30pm; Sept. 16-Oct. 21)

Facilitator: Cindy Tang & Janet Zielasko

This FREE six week (VIRTUAL) evidence-based educational program covers:

To register, please contact Janet Zielasko (425) 286-1035; janetz@mynorthshore.org

SOCIAL SERVICE RESOURCE PROGRAMMING

Statewide Health Insurance Benefit Advisor (SHIBA) - (FREE)

ADVISORS: BOB OSROWSKE AND LORNA DIESEN

4th Tuesday of each month, August 24 (9:00am-12:00pm)

Location: NSC Bothell Health & Wellness Building, Caregiver Library

Individual, confidential and impartial personal counselling to individuals regarding available options for health care and health insurance benefits. SHIBA counselors are not affiliated with any insurance company or product.

Counseling Topics:

- Medicare Program Choices
- Individual Health Insurance Plans
- Military Veterans' Health Benefits
- Insurance Options For Those With Disabilities
- Government Health Benefits
- Long Term Care Insurance And Medical Billing.



Please call (425) 286-1035 to schedule an in-person appointment today.

Employment & Community Connections Program -

Do you have a pre-retirement career or 'honey do' skills that are getting a little rusty from disuse in your retirement years? Maybe you're looking for something else to do to keep busy? How about signing up with our NSC Employment & Community Connections program and becoming one of our 'Seniors helping Seniors'. It's truly a win/win situation. You get to use your life skills helping seniors that need assistance, while earning some extra money for yourself. It's easy! Our volunteer NSC Employment & Community Connections office receives calls for help. We find one of our senior service providers who's a good match for what the "client" is needing assistance with, then give you a call to see if you're interested. If you are, you then call the client, discuss the job, negotiate a fee, and "voila"! Another happy client and another happy senior service provider feeling good about being able to help someone else out.

Before we are able to re-open the Employment & Community Connections program to the community, we are first looking for senior service providers in the following categories:

Handymen, Yardwork, Housework, Home care (personal care assistance, companionship and/or meal prep, etc.), Driving, Other (could be sewing/tailoring, in-home care, organizing, etc.)

If you are interested and/or for more information, please call us at (425) 286-1028.

COMMUNITY FOOD BANKS AT BOTHELL & KENMORE

Food Insecurity Is Real

While life has returned to normal for many people as 70% of King County's population has been vaccinated against COVID-19, food insecurity - defined as limited or uncertain access to adequate food - was exacerbated by the pandemic and remains a reality for low-income residents and seniors. The data shows a spike in the need for food assistance. Throughout King County, households receiving basic food assistance increased by 19% between January 2020 and April 2021, according to Public Health – Seattle & King County data.

Food bank staff and public health officials predict it will take households several years to recover from food insecurity made worse by the economic instability of the pandemic. As federally funded programs for economic recovery draw to a close, experts say more support is needed for families to gain access to fresh and healthy food.

That is where the Northshore Senior Center and our food assistance programs come in. Both our Food Bank at our Bothell Senior Center, and our Food Pantry at our Kenmore Senior Center, are poised and ready to continue to provide to those in need.

Our FREE Community Food Bank is available and open to anyone in our community, regardless of age, income level, need, etc. Do you have questions in regard to our services or would like to donate funds or food?

Bothell Food Bank - Corey Lowell, CoreyL@mynorthshore.org or at (425) 286-1048

Kenmore Food Pantry - Pasha Mohajerjasbi, PashaM@mynorthshore.org or at (425) 489-0707



BOTHELL SENIOR CENTER

Tuesdays, 9:00am-12:00pm

Thursdays, 3:00pm-6:00pm

Saturdays, 9:00am-12:00pm

KENMORE SENIOR CENTER AT RODODENDRON PARK

2nd & 4th Wednesdays, 12:30-2:30pm

WHAT ARE YOU DOING TO STAY ACTIVE & ENGAGED? CHECK OUT OUR IN-PERSON PROGRAMS.

TRANSPORTATION OPPORTUNITIES

Volunteer Drivers Needed

Calling all driving aficionados...Do you enjoy driving and serving your community? We need community members that would like to join our transportation team delivering meals and groceries to our seniors. May also include future opportunities for the transportation of ambulatory clients to appointments and errand trips as well.

Contact Nikki at (425) 286-1058 or nicolel@mynorthshore.org to get started in the process.



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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17143-133rd Ave NE | Woodinville, WA
(425) 318-1056 | FairwindsBrittanyPark.com

 A LEISURE CARE PREMIER COMMUNITY
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FARM BOX FRIDAYS

FREE Fresh Produce, Dairy, And Meat Boxes

We have been so grateful over the past year to be able to provide access to additional food for anyone in our community for FREE. With the support of EastWest Food Rescue, and other local community partners, each week we have 100 boxes to give away. Please share this programs with friends and family. This is not just available for seniors. Anyone in the community is eligible to receive this box. Check out our Facebook Page for weekly updates on providing boxes.

STAFF SPOTLIGHT

Casey Ponce - Inclusion Program (Activity Assistant)

We would like to introduce you all to Casey Ponce. Casey works with our Inclusion Program as our Activity Assistant. Before becoming staff Casey was a volunteer in the Inclusion program. She currently provides our weekly Inclusion face book live along with creating and teaching several of our classes. Prior to our virtual programs Casey assisted in developing and teaching our in person Inclusion classes.

Casey has many skills and talents. She worked as a caregiver both in home and at a center, an entertainment coordinator at an assisted living facility as well as ran a reader theater program in a different facility. Casey has taught singing and music appreciation for all ages and taught drama to elementary and middle school children.

She worked for the Disney Company as an ambassador and performer both in the parks and at events. She is active with a theater group that performs in libraries, elementary schools and ECAP as well as other theater groups performing in plays and musicals around the community. Casey's enthusiasm and energy is felt whether you are in person or virtual.



CAPES FOR COURAGE

Sign Up And Join Us For The Annual Bothell 5K

Saturday, August 7, 2021

It is not too late! There is still space to sign up and participate in this yearly event. 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

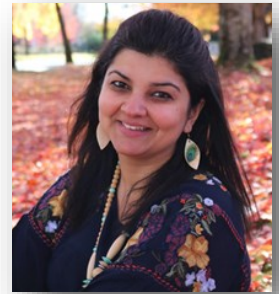
NEED A LITTLE EXTRA ASSISTANCE TO GET YOU THROUGH THE WEEK? WE ARE HERE TO HELP.

VOLUNTEERING AT NORTHSORE

A Great Way To Give Back To The Community

Hope everyone is doing well and enjoying the sunny warm weather! As the Center is welcoming folks to enjoy the facilities and start participating in the in-person classes, this means that we have a lot more opportunities for volunteers, so if you are thinking of ways to contribute and help - drop us a line and we'll be happy to talk with you, or mail us at

Volunteer@mynorthshore.org or leave us a voicemail on (425) 286-1032



FORAM SHAH
Volunteer Coordinator

CURRENT OPPORTUNITIES

- Volunteer Drivers
- Volunteer Cashiers
- Food Bank Volunteers
- Behind the Scenes Food Bank Volunteers
- Mill Creek Senior Center Front Desk
- Kenmore Senior Center Front Desk
- Kitchen Food Prep Volunteers
- Yardwork and Property Maintenance Volunteers
- Meals on Wheels Volunteer - Food Packer

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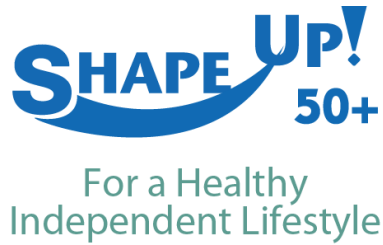
425.954.8180

QuailParkofLynnwood.com



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

ADDITIONAL SUPPORTERS AND SPONSORS



PICACS



COMMUNITY DINING PROGRAM

Building Community One Meal At A Time

Northshore Senior Center offers a generously portioned hot lunch Monday-Friday of each week, in partnership with our colleagues at Sound Generations. Lunches are currently available for pickup in our parking lot, or delivery is offered in the local region via the Northshore Transportation Program. Meals are prioritized for guests age 60 and over with a suggested donation of \$5 per meal. In order to ensure that a meal is available when you'd like one, we recommend calling us 24 hours in advance to place your order. Lunches are available from 11:45am-12:15pm. 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/AugMeals>. Suggested donation of \$5 gladly accepted. Stay tuned for more information on when our in-person dining will return. We are hoping for very soon!





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www.northshoreseniorcenter.org

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

WE ARE OPEN!!!

Come On In And See What Is New

WELCOME BACK!

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



This last month marked a significant milestone in our state, as guidelines were loosened. This allowed us at the Northshore Senior Center to reopen our facilities after over a year and a half.

Over this past month we introduced a new registration and check-in system, opened new and exciting spaces, and worked out many bugs and kinks as we started to bring members and the community back into our facility for programming.

We have learned a lot, and will continue to modify and adapt throughout our whole organization as needed to provide a high quality member experience for all. We continue to ask for your patience as we ramp back up to full speed. We cannot wait to see you all in our facility smiling very soon!

If you have any questions, please feel free to reach out to our front desk at (425) 487-2441.