

THE NAVIGATOR

SEPTEMBER IS NATIONAL SENIOR CENTER MONTH Message From The Director of Senior Centers

We have grown a great deal in the past year, adapting and changing programs and services on the fly to meet the needs of those in our community. But even with us being a vital part of this community throughout this pandemic, and since 1972, many still don't really know what a senior center is, how we help our community, or what we have to offer.

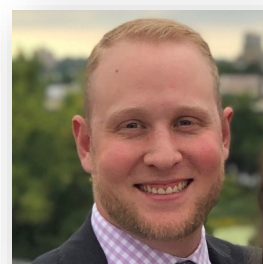


Did you know that the Northshore Senior Center (Bothell, Kenmore, & Mill Creek) together make up the 2nd largest senior center group in the United States? Crazy to think, right! With that in mind, we encourage you to check out all that Northshore has to offer by visiting one of our local facilities today.

DID YOU KNOW?

- Our senior centers are open to anyone, not just those over 50 years old. Bring a friend, family member, loved one, grandchild, etc. to join in on the fun!
- Our senior centers don't just offer card games. We offer a wide variety of programs and services, including: Meal and nutrition programs, information and assistance, health, fitness, and wellness programs, transportation services, public benefits counseling, employment assistance, volunteer and civic engagement opportunities, social and recreational activities, educational and arts programs, intergenerational programs, food bank, and much more.
- Our facilities are a great place to find work and volunteering opportunities. Check out the list of our current volunteer needs (page 14).
- Join in on one of our many group exercise classes, or stop on in to our dedicated senior fitness room to create healthy habits and stay fit.
- We serve as a gateway to the nation's aging network—connecting older adults to vital community services that can help them stay healthy and independent. Our social services department has you covered (page 9-10).

This does not even start to go into detail about everything that we have to offer if you choose to stop on by one of our facilities. But what are you waiting for...swing on by, say hi, and learn all about the Northshore Senior Center can offer you.



COREY LOWELL
Director of Senior Centers

KENMORE & MILL CREEK UPDATES

Kenmore Senior Center

It's hard to believe that summer is almost over and we are moving into autumn! We hope your plans include a visit to the Kenmore location of the Northshore Senior Center in beautiful Rhododendron Park! We are now fully open, Monday-Friday, 9am-3pm. Check out our current class/activities list and give us a call if you'd like to sign up, or have a suggestion for a class offering please call (425) 489-0707. We are adding new choices almost every week including our new Wonderful Watercolor class on Wednesdays from 10:30-noon. All skill levels welcome! Autumn is always a good time to "go back to class" and learn something new!

A reminder that we host our Community Food Pantry on the 2nd and 4th Wednesday of every month, from 12:30-2pm, at Rhododendron Park. September dates are Wednesday, 9/8 and 9/22. The Pantry is open to everyone in the community, of all ages.

We have made a number of improvements to both the Cottage and the Annex buildings and will be hosting an Open House sometime in early October. Date and time to be announced. Plan on attending and come check out our new digs! Stop on by, the coffee's always on.



PASHA MOHAJERJASBI
Kenmore Program
Coordinator

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
Book Club	Starting September	More information coming soon!

Mill Creek Senior Center *(Re-Opening This September)*

The time is near for the reopening. Please join me in welcoming our brand new Program Supervisor for the Mill Creek Senior Center, Cora Koffski (Learn more about Cora in our Staff Spotlight of the Navigator). Cora will be bringing some much needed energy to a building that has been closed for in-person programming this past year. Between getting Cora up-to-speed, setting up the facility, and training volunteers, our hope is to open early September. Be on the lookout for more communication on opening and new programs soon.

If you have any questions, please feel free to reach out to myself CoreyL@mynorthshore.org or Cora Koffski at CoraK@mynorthshore.org.



COREY LOWELL
Director of Senior Centers

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TAKE MY PIC



ADULT DAY HEALTH

Adult Day Health Program

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.

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



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

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.



HEALTH & WELLNESS CENTER

Prioritize Taking Care Of Yourself - Creating Healthy Habits

Health & Wellness Fitness Center - (M/W/F 8:00am –3:30pm)

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.

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

H&W FITNESS CLASSES

New Class Announcement!!!

Total Body Conditioning (TBC Lunch Crunch) - (T/TH 12:30-1:30pm)

Great total body workout; Strength, cardiovascular conditioning, balance and stretching all combined into one FUN workout using a variety of equipment and circuit stations. Guaranteed to keep you moving and help you to reach your fitness goals.

Must meet minimum number of participants to hold class



ADDITIONAL SERVICES AT H&W

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.

Medical Equipment Check-Out - (M-F, 8:30am-3:30pm)

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

INCLUSION – 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.**

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

H&W COMPUTER LEARNING LAB

Need Assistance Navigating Technology?

Technology Device Lending Library - (Appointment only)

Have no way to access information or connect with individuals virtually online? Having trouble staying connected with friends and family? Our 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.



Call (425) 286-1038 or email KenC@mynorthshore.org to be connected with our specialist.

Tech Services Repair - (M-F, Call (425) 286-1038 to schedule an appointment) - \$40/project

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, To secure an appointment (425) 286-1038, \$20/30 minutes. We will address your “stuck” spots and help you become a wiser and more efficient user. We teach basic computer skills, apple and android phone / tablet use, as well as help with email and some software.

TRIP & TRAVEL PROGRAM

Octoberfest Festival - Leavenworth (October 16th, 8:30am pick-up)

We are partnering with Exploration Tours for a day trip to Leavenworth for its Oktoberfest Festival. This year the town is celebrating a little differently – with a weekend event hosting 100 local artists, craftsmen, and vendors along with their wares. Traditional foods and beer will still be available, but the town will have more of a “Street Fair” vibe than in prior years. After visiting the festival area, wander down Front Street where all Leavenworth’s landmark stores and restaurants will be open and joining in the Oktoberfest spirit – they, along with wine tasting rooms, beer gardens, and the newly reopened Gingerbread Cottage (with its homemade cookies and cakes) will welcome you! For \$89 member / \$178 non-member, your trip includes the above and transportation from the Northshore Bothell parking lot. **Call the front desk to register before it’s too late, (425) 487-2441. Call Regina for more additional trip details (425) 533-3314.**

TO RECEIVE UPDATES ON NEW PROGRAMS, PLEASE HELP BY VERIFYING YOUR CONTACT INFO.

BOTHELL SENIOR CENTER PROGRAMMING

We Look Forward To Seeing You Again At Bothell

We are **FULLY OPEN** and ready to **WELCOME** you back into our facility. Check out our current offerings below. **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	Enhance Fitness	9-10am	\$30 / \$60	40
	German	9:30am-12pm	FREE / \$10	20
	Senior Aerobics	10:30-11:30am	\$40 / \$80	40
	Pickleball	12-3:30pm	Punch Card	Open
	Astronomy	1-2:30pm	FREE / \$10	20
Tue	Strength & Balance	9-10am	\$45 / \$90	18
	Knit Wits	9:30-11am	FREE / \$10	20
	Woodcarving	9:30-11:30am	FREE / \$10	12
	Strength & Balance	10:30-11:30am	\$45 / \$90	14
	Stamp Club (3rd week)	12-1:30pm	FREE / \$10	20
	Qigong	1-2:30pm	FREE / \$10	12
Wed	Enhance Fitness	9-10am	\$30 / \$60	40
	Senior Aerobics	10:30-11:30am	\$40 / \$80	40
	Green Group (1st & 3rd weeks)	11:30am-12:30pm	FREE / \$10	12
	Line Dancing (Beg)	12:30-1:30pm	\$30 / \$60	20
	Quilt Group	12:30-3pm	FREE / \$10	20
	Oil & Acrylic	12:30-3:30pm	\$30 / \$60	12
	Table Tennis	2-4:30pm	Punch Card	Unlimited
	Bunco (2nd week)	2-4:30pm	FREE / \$10	20
	Ballroom Dancing Lessons	3-4pm	\$60 / \$120	12
Thu	Yoga	8:30-9:45am	\$40 / \$80	12
	Driftwood	8:30-10:30am	\$30 / \$60	12
	Strength & Balance	9-10am	\$45 / \$90	18
	Strength & Balance	10:30-11:30am	\$45 / \$90	14
	Colored Pencil	11am-2pm	\$40 / \$80	12
Fri	Enhance Fitness	9-10am	\$30 / \$60	40
	Watercolor	9am-12pm	\$32 / \$64	12
	Book Club (3rd week)	10-11:30am	FREE / \$10	12
	Pickleball	10:30am-2pm	Punch Card	Open
	Card Making	1-2pm	\$20 / \$40	12
	Poetry	1:30-3:30pm	FREE	20
	Card Making	2:30-3:30pm	\$20 / \$40	12

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

OUTDOOR PROGRAMS / MEET-UPS

OUTDOOR PROGRAM	DAY(S) / TIME	CONTACT
Bocce Ball	3rd Fri, 10-11:30am	Patty Smith, (425) 485-0860
Golf Club	Tue, 9:30am	Lee Kirkendall, (425) 486-9671
Hiking Club	Varies	Howard Fleck, (206) 817-2421

CREATIVE RETIREMENT INSTITUTE (CRI)

Fall Term 2021, Edmonds College - Starts 9/1

CRI is the lifelong learning program at Edmonds College that has been around for almost 30 years. It offers non-credit, college-level courses at a modest cost. There are no examinations or grades. Students come to classes for the enjoyment of learning. Classes are currently taught using the Zoom platform. The classes cover a broad spectrum of topics – from music to art to literature to science to current world issues. They are taught by individuals who are well versed in the topics that they teach. You can begin the term with music, end it with art, and enjoy numerous equally interesting courses in between. The full list of classes and their descriptions can be found at www.edmonds.edu/cri. Please email cri@edmonds.edu for any questions.



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SOCIAL SERVICES RESOURCES & PROGRAMS

Supporting All In Our Community

Northshore Senior Center offers a team of social services professionals to support older adults and their families during these challenging times. Staff has expertise in social work, nursing, mental health and community resource. Services currently offered include one on one telephonic support, online and/or telephone support groups, and emergency financial assistance (Bothell Residents only). If you are struggling with loneliness, anxiety or other issues during this time, we encourage you to reach out.

GENERAL SERVICES	DAY(S) / TIME	CONTACT
Statewide Health Insurance	4th Tue, 9am-12pm	Janet Zielasko, MS, LSW, (425) 286-1035
Enhance®Wellness	Appointment Needed	Lydia Barnsley, LPN, (425) 286-1029
PEARLS	Appointment Needed	Janet Zielasko, MS, LSW, (425) 286-1035 Lydia Barnsley, LPN, (425) 286-1029
Community Resource	Appointment Needed	Gul Subaykan, (425) 286-1072

WEEKLY GROUPS	DAY(S) / TIME	CONTACT
Sharing & Caring	Wed, 1-2pm	Janet Zielasko, MS, LSW, (425) 286-1035
Conversation Café Group	Mon, 1-2pm (in-person)	Lydia Barnsley, LPN, (425) 286-1029
Men's Conversation Café	Wed, 11am-12pm (Week 1 in-person,	Bruce Garberding, (206) 854-8969



STRUGGLING AND FEELING DOWN? LOOKING TO CONNECT? JOIN A CONVERSATION GROUP.

SOCIAL SERVICE RESOURCE PROGRAMMING

MONTHLY SUPPORT / DISCUSSION GROUPS	DAY(S) / TIME	CONTACT
Adult Children of Aging Parent Support Group (Virtual)	3rd Wed, 6:30-8pm	Janet Zielasko, MS, LSW, (425) 286-1035
Caregivers Support Group (In-person)	1st/3rd Thur, 10:30am-12pm (Advent Lutheran Church)	Pam Jones, MSW, (425) 346-9856
Diabetes / Pre-Diabetes Group (In- person)	2nd Wed, 10-11:30am (Bothell)	Lydia Barnsley, LPN, (425) 286-1029
From Heartache to an Open Heart (Virtual)	3rd Wed, 11am-12pm	Cindy Tang, MSW, (425) 286-1047
Parkinson's Support Group (Virtual)	3rd Tue, 10-11am	Janet Zielasko, MS, LSW, (425) 286-1035
Vision Loss Discussion Group (In- person)	4th Tue, 11am-12pm (Bothell)	Janet Zielasko, MS, LSW, (425) 286-1035
Women's Coffee Hour (Virtual)	2nd/4th Mon, 9:30-10:30am	Cindy Tang, MSW, (425) 286-1047

SPECIAL PROGRAMS	DAY(S) / TIME	CONTACT
Living Well w/ Chronic Pain (Virtual)	Thur, 9/16-10/21, 1-3:30pm Registration Required	Cindy Tang, MSW, (425) 286-1047
Curios About Cannabis? (Virtual)	Tue, 10/5, 1-2pm Registration Required	Janet Zielasko, MS, LSW, (425) 286-1035



COMMUNITY FOOD BANKS AT BOTHELL & KENMORE

We Need Your Help Now More Than Ever!

Over the past year, many of our neighbors have faced a difficult realization: for the first time, they won't be able to afford food for themselves or their family, as layoffs and business closures have interrupted the incomes of many in our community. But, a year and a half into the pandemic, food banks (like ours) are now accustomed to the increased number of people they are serving. In fact, we are still serving over 300 individuals each week. And now with this new Delta variant, there is cause for concern that we will not have enough food to meet the increased demand. As this is being typed, we are extremely low on basic food essentials. If you can help in any way, that would be greatly appreciated. Below is a list of staples that would help.

Items Needed:

- Canned meat
- Canned vegetables
- Canned fruit
- Soup
- Tomato Sauce
- Pasta
- Peanut butter & Jelly
- Beans
- Cereal
- Crackers
- Oil
- Juice

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 - Lisa Hastings, LisaH@mynorthshore.org or at (425) 286-1046

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.

UPDATED & TRANSFORMED SPACES

Stop By And Check Out What Is New At Bothell

Studio (Multi-use recreation space)

- Yoga, Dance, Low-Impact Classes, etc.



Lounge (Extension of our socialization area)

- Billiards, Shuffleboard, TV, etc.



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DUAL STAFF SPOTLIGHT

Lisa Hastings - Food Bank (Coordinator)

Let me introduce our new Food Pantry Coordinator, Lisa Hastings. Lisa comes to us from the retail world (as a previous store manager), with a ton of passion for our community, the work that we are doing, and the processes to continue to make an impact daily.

Note from Lisa: I grew up in Kansas City and lived in Missouri until we relocated to Washington in 1999. I attended college at Drury University in Springfield where I graduated with degrees in communications and graphic design. I worked for 6 years as a graphic designer, and when my first son was born, I focused on family and volunteering. Most recently, I was the store manager for the Woodinville Eddie Bauer Outlet. After a 12-year run in retail, I decided it was time for a change, and as timing would have it, that change led me to the Northshore Senior Center.

I have been married to my husband Tom for 29 years, and we have two (almost grown and flown!) boys. Andrew is 23 and currently attends graduate school for engineering in St. Louis. When not working, I enjoy flower gardening, walking, spending time with good friends and family, cooking and playing cribbage. I'm excited to join your team and get to know you as well as the members of the NSC community!



Cora Koffski - Mill Creek Senior Center (Program Supervisor)

I am excited to introduce Cora Koffski as our new Program Supervisor, overseeing our Mill Creek Senior Center. Cora comes to Northshore with an extensive background working with and programming for seniors at the YMCA and other Snohomish County Senior Centers. Cora has an energy that will sure bring new life to our Mill Creek members and programs. Please join me in welcoming Cora to our team!

Note from Cora: I am thrilled to become the new Program Supervisor for the Mill Creek Senior Center. I have been teaching group exercise classes for 19 years, the last 10 of which I have worked exclusively with active older adults. I cannot wait to bring exceptional wellness activities and fun programs and events to active older adults in the community! Outside of work I enjoy spending time with my children and loved ones, spending time outdoors, and doing craft projects.



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

VOLUNTEERING AT NORTHSORE

A list of our current volunteer opportunities:

- Screener & Greeter (M-F, 8:15a-12:00p & 12:00-3:30pm)
- Front Desk / Receptionist (M-F, 8:00a-12:30p & 12-4:30pm)
- Kitchen Volunteer (M-F, 8:00am-1:00pm)
- Volunteer Driver (M-F, 8:30am-4pm—Flexible Schedule)
- Volunteer Custodian (M-F, 8:30am-4pm—Flexible Schedule)
- Yardwork Volunteer (M-F, 8:30am-4pm—Flexible Schedule)
- Food Bank Volunteer (T, 8:30am-12:30pm, TH, 2:30-6pm, Sa, 8:30am-12:30pm)
- Food Bank Sorter (M, 8am-12:30pm, TH, 9-11am, F, 9-11am)
- Kenmore Senior Center Volunteers (M-F, 8:30am-12:30pm & 12:30-4:00pm)
- Mill Creek Senior Center Volunteers (M-F, 8:30am-12:30pm & 12:30-4:00pm)
- Meals On Wheels Volunteer Lead (T/TH, 8-10am)
- Coffee Bar Volunteers (M-F 8:00am-3:30pm)
- Farm Box Friday Volunteers (F, 8am-1pm)

Please reach out to Volunteer@mynorthshore.org if interested in any of the above.



FORAM SHAH
Volunteer Coordinator

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COMMUNITY DINING PROGRAM

Have you signed up for lunch yet?

While we continue to work on logistics of reopening our in-person dining program, we will continue to provide delivered and curbside pick-up meals for any who want them. 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 11:30am-12pm. 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/SepMeals>. 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!

Interested In Being Part Of Our Community Dining Team?

We currently have an opening for our Community Dining Chef position. **If qualified and interested, please apply at <https://bit.ly/NSCChef>.**





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UPDATES WELCOME BACK



As I am sure you have heard, based on current health & safety guidelines and recommendations, ALL Northshore Senior Center facilities are requiring masks to be worn inside, regardless of vaccination status. We will continue to seek advice from our healthcare partners, and make adjustments as more information is provided. We ask you for your continued patience and understanding as we navigate this complex time.

PROGRAM UPDATES

We have brought back many of your favorites, and plenty of new “soon-to-be” favorite classes. We are currently still working to add additional classes as we confirm instructors. Thank you all who have returned. It has been great to see so many smiling faces.

If you are interested in starting back up our poker group, please call George Kirsis at (425) 780-8974.

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