

October 2021

THE NAVIGATOR

ADJUSTING TO OUR NEW NORMAL

Message From CEO

We are turning the page into a new season of the year, with the days getting shorter and cooler. And with COVID rates continuing to surge, and ever changing guidelines in place to keep us safe, it may seem that we're going into another long and lonely winter. But, don't despair. We are in a very different place than we were in last year. Of course, it is hard to predict the path that the pandemic will take, but there are many things to be thankful for.

Vaccinations are now readily available to everyone over the age of 12, and are showing great effectiveness in reducing the risk of severe illness and death for people who contract COVID. Booster shots will be available soon, and it is anticipated that vaccinations for children under the age of 12 may be available sometime before the end of the year.

Organizations like Northshore Senior Center now have a wealth of online programs that can be accessed by people anywhere, safely, offering an opportunity for even those choosing to isolate to stay connected.

Northshore Senior Center has been offering in person programming since the beginning of May! And while we've had to make some slight adjustments over time, we continue to offer more programs every month. In October look for a return to in person programs at the Mill Creek Senior Center, and reopening of the coffee bar. We're hopeful that we'll be able to ramp up other missed programs and services soon too!

It is the changes we've made over the course of the past year and ½ that have made all of this possible, but we know that change can sometimes be difficult. As we look to expand our programs further, we're looking for your feedback. What programs or services are most important to you right now? What unmet needs do you have? What do you think will be most important over the course of the next year? Please send your ideas, thoughts and feedback to us and we will use it to help us form our next steps as an organization over the coming months! You can pass your feedback along to our Advisory Council by emailing them at Advisory@mynorthshore.org. (Your feedback is actually encouraged ALL THE TIME—not just when we ask for it.)

We knew months ago that “normal” would never look quite the same. And while that is true, we are in such a better place than we were at this time last year in terms of our ability to meet your needs. We look forward to continuing to adjust and grow, and appreciate your help doing it!



BROOKE KNIGHT
CEO

WWW.NORTHSHORESENIORCENTER.ORG

KENMORE SENIOR CENTER PROGRAMMING

Kenmore Senior Center

October greetings to each and all. As the days get shorter and the air gets crispy, remember you have a home away from home at the Kenmore Senior Center where the coffee's always on! Located in Rhododendron Park, we are open for activities or for just dropping in Monday-Friday, 9am-3pm. Our updated list of classes can be found at www.northshoreseniorcenter.org (click calendar) as well as the City of Kenmore website www.kenmorewa.gov. You are also welcome to give us a call directly at (425) 489-0707 for information about any of our current offerings or to sign-up for a class. October also brings newly formed classes and groups like (Book Club, Qigong in the Park, and Art Fun with Mixed Media). Wishing you a healthy and happy October! **For full descriptions of classes please go to our website at www.northshoreseniorcenter.org**



PASHA MOHAJERJASI
Kenmore Program
Coordinator

CLASS / ACTIVITY	DAY(S) / TIME	COST
Bridge Club	Mon/Wed, 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
Book Club	2nd Mon, 1-2pm	FREE—Ongoing
Art Fun with Mixed Media	Mon, 1-2:30pm	\$24 (member) / \$48 (non-member) - per month
Guitar Jam	Tue, 1-3pm	FREE (Members) / \$10 (non-member) - per month
Qigong in the Park	Wed, 11am-12pm	FREE (Members) / \$10 (non-member) - per month

BOTHELL COFFEE BAR TO RE-OPEN FIRST WEEK IN OCTOBER

The Moment Many Of You Have Been Waiting For Is Here

This has been a year and a half in the making. Our newly renovated coffee bar will finally open its doors back up to the public during the first week of October. We are still working out logistics (days/times) based on volunteer availability, but are excited to offer this space for socialization once again. The wait for a nice warm cup of coffee, a snack, and conversation is almost over. In addition to the space renovation, we now will be able to accept credit/debit payments as well.



If you have any questions or would like to volunteer, please feel free to reach out Kerri Schwindt at KerriS@mynorthshore.org.

BOTHELL SENIOR CENTER PROGRAMMING

Bothell Senior Center

Check out our current offerings below. **Guarantee your spot, stop by or call the front desk at (425) 487-2441 to register. For full descriptions of classes please go to our website at www.northshoreseniorcenter.org**

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
	Watercolor	10am-1pm	\$32 / \$64	12
	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	\$40 / \$80	20
	Knit Wits	9:30-11am	FREE / \$10	20
	Woodcarving	9:30-11:30am	FREE / \$10	12
	Strength & Balance	10:30-11:30am	\$40 / \$80	14
	Stamp Club (3rd week)	12-1:30pm	FREE / \$5	20
	Qigong	1-2:30pm	FREE / \$10	12
Wed	Enhance Fitness	9-10am	\$30 / \$60	40
	Antiques Club (2nd week)	10am-12pm	FREE / \$5	20
	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	\$24 / \$48	20
	Quilt Group	12:30-3pm	FREE / \$10	20
	Oil & Acrylic	12:30-3:30pm	\$24 / \$48	12
	Table Tennis	1:45-3:30pm	Punch Card	Unlimited
	Bunco (2nd week)	2-4:30pm	\$5 / \$10	20
	Ballroom Dancing Lessons	3:30-4:30pm	\$12 / \$24	12
Thu	Yoga	8:30-9:45am	\$32 / \$64	12
	Driftwood	8:30-10:30am	\$24 / \$48	12
	Strength & Balance	9-10am	\$40 / \$80	18
	Strength & Balance	10:30-11:30am	\$40 / \$80	14
	Colored Pencil	11am-2pm	\$32 / \$64	12
	Hand & Foot	12:30-3pm	\$8 / \$16	12
Fri	Enhance Fitness	9-10am	\$30 / \$60	40
	Watercolor	9am-12pm	\$40 / \$80	12
	Book Club (3rd week)	10-11:30am	FREE / \$5	12
	Pickleball	10:30am-2pm	Punch Card	Open
	Card Making	1-2pm	\$25 / \$50	12
	Poetry	1:30-3:30pm	FREE	20
	Card Making	2:30-3:30pm	\$25 / \$50	12

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

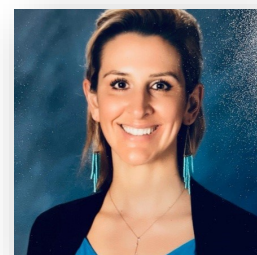
OUTDOOR PROGRAMS / MEET-UPS

OUTDOOR PROGRAM	DAY(S) / TIME	CONTACT
Walking Club	Tue/Thur, 9-10am	Anita Forbes, (425) 987-4163
Golf Club	Tue, 9:30am	Lee Kirkendall, (425) 486-9671
Hiking Club	Varies	Howard Fleck, (206) 817-2421

MILL CREEK SENIOR CENTER PROGRAMMING

Mill Creek Senior Center

We are thrilled to reopen the Mill Creek Senior Center on Monday, September 20th! Facility hours will be 9am-3pm beginning on the 20th. We will have coffee and treats available, and most importantly...YOU! Please stop in and say hello. Stay tuned for information regarding an official reopening event that will occur during the first week in October. We will begin by offering group exercise classes, bingo, craft groups, and a memoir writing class. Watercolor classes, as well as computer and cell phone assistance courses, are coming soon as well. Please call (425) 948-7170 for additional information, or to provide suggestions regarding what you would like to see offered at Mill Creek. We cannot wait to see you!



CORA KOFFSKI
Mill Creek Program
Supervisor

CLASS / ACTIVITY	DAY(S) / TIME	COST
Seated/Standing Yoga w/ Maria	Tue/Thur, 10-10:45am	\$20 (member) / \$40 (non-member) - Ongoing
Cardio & Strength w/ Terry & Cora	M/W/F, 9-10am	\$30 (member) / \$60 (non-member) - Ongoing
Bingo	Fri, 10am-12pm	FREE - Ongoing
Craft Club	Fri, 12-2pm	FREE (member) / \$8 (non-member) - 4 week class
Memoir Writing Group w/ Barb	Wed, 10am-12pm	FREE (member) / \$30 (non-member) - 6 week class

TRANSPORTATION

Travel Training Classes/Workshops

We know how difficult navigating travel can be. These workshops will explain how to navigate the transit system to hopefully make that a little easier for you. We will also have info on applying for reduced fair permits, applying for Access, how to ride the bus and what other transportation alternatives are available in our community.

VIRTUAL OPTIONS:

Monday 9/27 @ 1pm (Facebook LIVE)

Monday 10/4 @ 1pm (Facebook LIVE)

Monday 10/18 @ 1pm (Zoom)

Monday 11/8 @ 1pm (Zoom)

Join us for our LIVE presentation on our Facebook page by going to www.facebook.com/mynorthshoreseniorcenter

IN PERSON OPTIONS:

Monday 10/25 @ 9:30am (Bothell Senior Center)

Monday 11/22 @ 9:30am (Bothell Senior Center)

To sign up for either our Zoom virtual presentations or for one of our in-person presentations, **please call or email Nicole Lind at (425) 286-1058, nicolel@mynorthshore.org**

STAFF SPOTLIGHT

Tammy Moll - Activities Coordinator

Tammy Moll has provided Activities in Adult Health for 23 years since 10/1/1998. She began at the Shoreline Adult Day Health Center then transferred over to Northshore after we opened the new Health & Wellness Center.

Tammy works hard to create and engage our participants in therapeutic and fun activities promoting physical and cognitive health. In the past year Tammy has been key in helping design and facilitate our virtual programming for Adult Day Health and our Inclusion program.

Tammy has a caring and calming nature that attracts many to her activity programs. In her free time Tammy enjoys being with her grandson and her new granddaughter. Thank you for all your years of dedication to Northshore!



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.

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MEMBERSHIP RENEWALS. PLEASE CALL (425) 487-2441 TO MAKE SURE YOU ARE UP-TO-DATE.

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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.

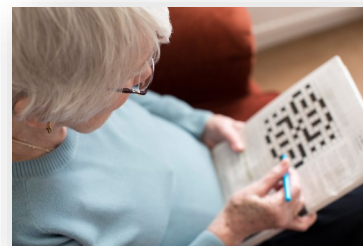
For information or an intake packet please contact Judi Pirone at JudiP@mynorthshore.org.



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

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

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.



PLEASE BE AWARE THAT CURRENTLY WE ARE REQUIRING MASKS TO BE WORN AT ALL TIMES WITHIN ANY OF OUR SENIOR CENTER FACILITIES. THANK YOU FOR YOUR UNDERSTANDING.

H&W FITNESS CLASSES

Come And Join Us!!!

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. Modified to meet all levels and abilities!

Must meet minimum number of participants to hold class

[\\$32/Tuesday Session](#) [\\$32/Thursday Session](#)



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. **LIMITED IN PERSON CLASSES AVAILABLE NOW!**

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

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

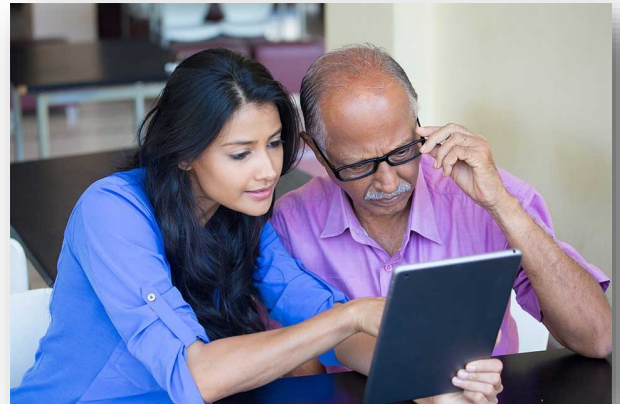
H&W COMPUTER LEARNING LAB

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 **FOR FREE**, 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)

LIMITED SPACE STILL AVAILABLE!

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! \$89 for members, 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 additional info and trip details (425) 533-3314.**



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 Benefits Advisor (SHIBA)	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 Assistance	Appointment Needed	Gul Subaykan, (425) 286-1072

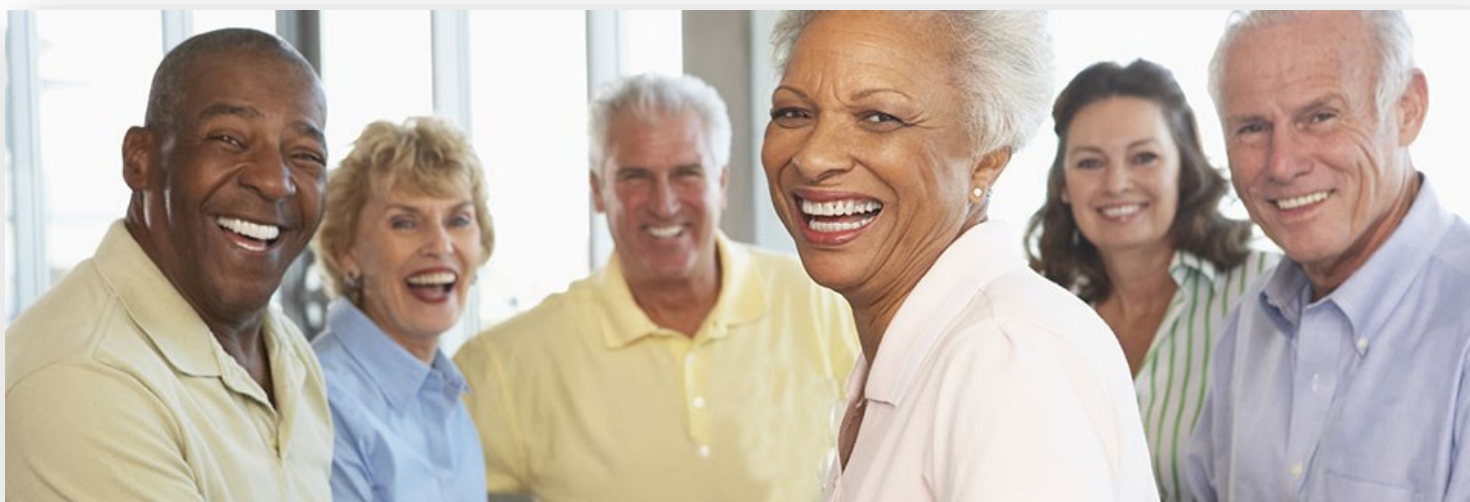
WEEKLY GROUPS	DAY(S) / TIME	CONTACT
Sharing & Caring	Wed, 1-2pm (Weeks 1-3 in-person, week 4 virtual)	Janet Zielasko, MS, LSW, (425) 286-1035
Conversation Café Group	Mon, 1-2pm (in-person) Thu, 11am-12pm (virtual)	Lydia Barnsley, LPN, (425) 286-1029 Gul Subaykan, (425) 286-1072
Men's Conversation Café	Wed, 11am-12pm (Week 1 in-person, remaining are virtual)	Bruce Garberding, (206) 854-8969



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	Cindy Tang, MSW, (425) 286-1047
Heartful Meditation (Virtual)	Fri, 9/17 - Ongoing, 11am-12pm	Janet Zielasko, MS, LSW, (425) 286-1035
Curious About Cannabis? (Virtual)	Tue, 10/5, 1-2pm	Janet Zielasko, MS, LSW, (425) 286-1035
Diabetes Self-Management	Fri, 10/8-11/12, 1-3:30pm	Lydia Barnsley, LPN, (425) 286-1029



COMMUNITY FOOD BANKS AT BOTHELL & KENMORE

Leading The Way To A Healthy, Hunger-Free Community

VISIT - We want to help you and your family stay well fed. We can provide you the groceries you need when your pantry supplies are running low and you aren't sure how you will afford your next grocery store trip. Come pay us a visit and leave with groceries that same day.

VOLUNTEER - As a busy, community-based organization with a small (but mighty) staff, we rely on volunteers to keep our neighbors well fed. We have so many different opportunities that we might just have the right role for you. **Contact us at Volunteer@mynorthshore.org to get involved.**

DONATE - Your generous financial support makes our work possible. It truly is the power of many small gifts that add up to make a difference. Your investment matters. We are committed to being efficient and effective stewards of your gift to ensure that it has the maximum impact possible.

Down the road, we hope to re-open our in-person (inside the building) grocery-style food bank. It is not open at this time, however we are currently offering our drive-thru pickup and delivery is available to those who are home-bound. **Contact us at FoodPantry@mynorthshore.org for delivery options.**

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

HOLIDAY MARKET IS BACK

Start Your Holiday Shopping Early This Year

The Holiday Market is back! Always a popular event right before the holidays.

This year's event will be held on:

Friday, November 5, 9am till 4pm

Saturday, November 6, 9am till 3pm

At the Northshore Senior Center in Bothell
(10201 E. Riverside Dr, Bothell, WA).

Meander through the marketplace booths and check out the quality artwork and crafts provided by community artists and vendors. Find that unique holiday gift or specialty jewelry. You will not want to miss this huge annual shopping extravaganza.

If you are interested in being a vendor please contact Suzanne Lippmann: s.lippmann@frontier.com or (425) 488-1599.



FAIRWINDS
BRITTANY PARK



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.

17143-133rd Ave NE | Woodinville, WA
(425) 318-1056 | [FairwindsBrittanyPark.com](https://www.FairwindsBrittanyPark.com)

A LEISURE CARE PREMIER COMMUNITY
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VOLUNTEERING AT NORTHSORE

A list of our current volunteer opportunities:

With so many new programs and services starting back up at all of our facilities, we need assistance more now than ever to make sure each of you have a great experience when you walk in the door. Please consider volunteering for one of our open opportunities below.

- 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)
- 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)
- Coffee Bar Volunteers (M-F 8:00am-3:30pm)

Please reach out to Volunteer@mynorthshore.org or call (425) 286-1032 if interested.



FORAM SHAH
Volunteer Coordinator

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

ADDITIONAL SUPPORTERS AND SPONSORS



COMMUNITY DINING PROGRAM

The Wait Is Almost Over

Over the past year and a half, we know that many of you have missed being able to come into the Bothell Senior Center and enjoy a hot meal and conversation across the table from many of your friends. Our hope and goal for this month is to be able to bring back this once loved piece of socialization. Be on the lookout for further information as we work towards reopening our in-person dining experience.

In the meantime, we will continue to provide delivery and curbside pick-up of 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/OctMeals>. Suggested donation of \$5 gladly accepted.





10201 E, Riverside Drive
Bothell, WA 98011
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www.northshoreseniorcenter.org

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PERMIT No. 156

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

THE KEY TO AGING WELL

A Community That Stays Connected



NORTHSHORE SENIOR CENTER
(425) 487-2441

information@mynorthshore.org

10201 E. Riverside Drive, Bothell, WA 98011

www.northshoreseniorcenter.org
www.facebook.com/mynorthshoreseniorcenter

UPDATES

SHARE YOUR STORIES WITH US



We have all been through a lot over the past year and a half. Much has changed, and we all have battled to persevere. We would love to hear how you all are doing and how you have overcome this past year. Please email Corey Lowell at CoreyL@mynorthshore.org with your stories and/or pictures.

LOST VACCINATION CARDS

What to do if you have lost your vaccination card or do not have a photo of the original card on your phone:

- Printout from Washington State Immunization Information System
- Screenshot of Certificate of Immunization status from MyIR or MyIR Mobile
- Verified electronic medical record printout from medical provider
- Hotline: 833-VAX-HELP
- Email waiisrecords@doh.wa.gov

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