



JOIN NSC AS A MEMBER NOW AND
SAVE MONEY ON THE HUNDREDS
OF ACTIVITIES LISTED INSIDE.
SEE PAGE 42 FOR MORE INFORMATION

SITE INFORMATION

NORTHSHORE SENIOR CENTER

Founded in 1972, the Northshore Senior Center has grown from a small organization serving 50 older adults to one of the largest senior centers in the United States, serving around 6,000 people each year. With locations in Bothell, Kenmore and Mill Creek, we are focused on serving the Northshore region of North King County and South Snohomish County by serving older adults, people of all ages with disabilities, and their family caregivers. We take great pride in having helped to develop several national models for programs that have been demonstrated to positively impact the well-being of older adults. We continue to work to ensure that our services are accessible to all that need them and that people engaged in our services receive the holistic support they need to thrive. We envision a community where everyone leads full, healthy and inspired lives.

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BOTHELL BRANCH OF NORTHSHORE SENIOR CENTER

10201 East Riverside Drive, Bothell, WA 98011
PH: 425-487-2441

Monday - Friday

8 am-4:30 pm

Overlooking East Riverside Drive, Northshore Senior Center's Bothell campus is a vibrant community hub. Northshore Senior Center is designated as a community focal point or as a place where older adults come together for services and activities that reflect their experience and skills, respond to their diverse needs and interests, support their independence, and encourage their involvement in and with the Center and the community. Among the most common services offered at the Northshore Senior Center are: health and well-being programs; arts and humanities; intergenerational programs; employment assistance; social networking opportunities; volunteer opportunities; educational opportunities; informational and referral; financial assistance; meal and nutritional programs; and leisure travel. Through nutrition, fitness and social networking programs, the senior center supports successful aging by maintaining older adults' mental and physical health.

Some of our friends come to Northshore Senior Center to be physically and intellectually strengthened. Others come for a restful place to read, play pool or do a puzzle. In any case, there are friends to be made here.

SITE INFORMATION

HEALTH AND WELLNESS CENTER, BOTHELL

10212 East Riverside Drive, Bothell, WA 98011

PH: 425-488-4821

Monday-Friday

Office Hours

8 am-4:30 pm

Day Center Hours

10 am-3 pm

Up the road from Sammamish River Park, the Health and Wellness Center and the Bothell Senior Center are connected by our wheelchair-accessible sky bridge overhanging East Riverside Drive. The sky bridge facilitates easy transitions between meals in the dining room and workouts in the fitness center. The team at the Fitness Center develop exercise plans tailored to individual needs and medical history.

On the second floor in the Health and Wellness Center, our seniors can learn to use Microsoft Office, Skype, Facebook or Dragon Naturally Speaking in our technology center. These programs make it easy to stay in touch with friends and family. The technology center is also the home for Tech Services which offers low cost computer repair.

Down the hall, Tootsie's Parlor provides visitors with haircuts, massages, foot care and reflexology. Next door to Tootsie's Parlor is the Transportation office filled with a team of drivers that are committed to helping seniors and friends with disabilities reclaim their mobility.

The ground floor of the Health and Wellness Building is a haven of services and care for visitors with mental, social, or physical disabilities. The Adult Day Health Program is state-approved and provides a comfortable social environment for people living with arthritis, diabetes, stroke, isolation, confusion, developmental disabilities, Alzheimer's disease or other conditions. The center features live music, animal therapy, day trips to local attractions and other fun activities.

The first floor of the Health and Wellness Center is also the headquarters of the Inclusion and Recreation Program. The program offers year-round, inclusive fun and learning for teens and adults with disabilities.

KENMORE BRANCH OF NORTSHORE SENIOR CENTER

6910 NE 170th Street, Kenmore, WA 98028

PH: 425-489-0707

Monday-Friday

9 am-3 pm

Located in beautiful Rhododendron Park, the Kenmore Senior Center is a friendly and welcoming home away from home for older adults. Hosting many classes and activities, this is a cozy space for friends where you can always enjoy a cup of coffee and good conversation. Call us to reserve the lovely picnic shelter for your special outdoor event. The shelter includes a large covered area, picnic tables, 2 outdoor grills, water spigot, outdoor electricity and a well-maintained public restroom. There is a large playground for children as well as lots of open space surrounded by majestic trees.

MILL CREEK BRANCH OF NORTSHORE SENIOR CENTER

4111 133rd St. SE, Mill Creek, WA 98012

PH: 425-948-7170

Monday-Friday

9 am-3 pm

Mill Creek Senior Center is located at Vintage of Mill Creek, an affordable senior housing development located in North East Mill Creek. We offer high quality programs and services in a beautiful new state of the art building. Everyone is welcome to join us!

We provide educational, social and recreational services to seniors with the goal of maximizing their well-being and independence. These include computer classes, special interest classes and clubs, fitness, special events, and health and wellness support.

PROGRAM LOCATIONS

BOTHELL

Phone: 425-487-2441

» **NORTHSHORE SENIOR CENTER:**
10201 E. RIVERSIDE DRIVE

HEALTH AND WELLNESS

Phone: 425-488-4821

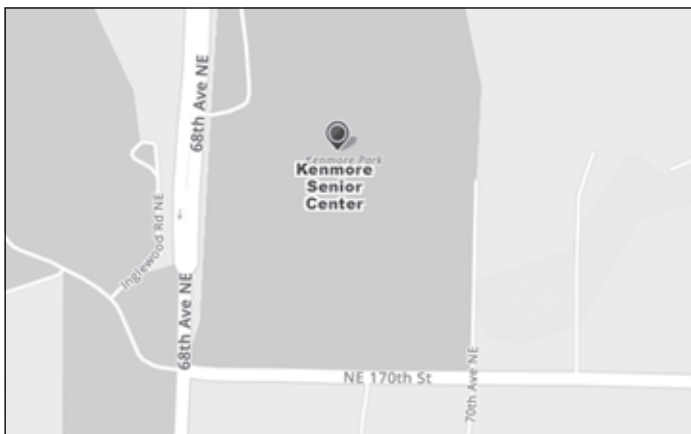
» **HEALTH AND WELLNESS CENTER:**
10212 E. RIVERSIDE DRIVE



KENMORE

Phone: 425-489-0707

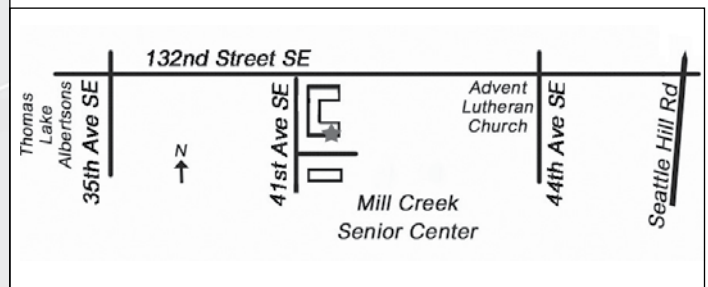
» **KENMORE SENIOR CENTER:**
6910 NE 170TH STREET (IN RHODODENDRON PARK)
» **EPISCOPAL CHURCH OF THE REDEEMER:**
6211 NE 182ND
» **KENMORE COMMUNITY CLUB:**
7304 NE 175TH STREET



MILL CREEK

Phone: 425-948-7170

» **MILL CREEK SENIOR CENTER:**
4111 133RD ST. SE
» **NORTH CREEK PRESBYTERIAN CHURCH:**
621 164TH SE
» **WEST COAST FAMILY AQUATIC CENTER:**
15622 COUNTRY CLUB DRIVE



PETER KIRK COMMUNITY CENTER

Phone: 425-587-3360

352 KIRKLAND AVENUE, KIRKLAND WA

WOODINVILLE PROGRAM SITE

» **FAIRWINDS BRITTANY PARK:**
17143 133RD AVE NE

GENERAL INFORMATION

DATA COLLECTION

Northshore Senior Center receives funding each year from a variety of sources including the Federal, state and local government. In 2019, Northshore Senior Center received \$1.6M in government funding that helped support every area of our programs and services. In an effort to better understand the needs of those in our community, and to ensure services are tailored to those needs, our government funders require that we keep track of the demographics of individuals using our programs and services. Because some of the data we are required to collect can be sensitive, we want to reassure you that it is all kept highly confidential. All data reported to our funders is reported in aggregate, and cannot be associated with any individual. While we strongly urge people to provide us with information that is as complete as possible, we will not refuse services if you choose to not disclose any piece of information.

If you have any questions or concerns, please contact us at information@mynorthshore.org.

ANNOUNCEMENTS

OFFICIAL HOLIDAY CLOSURES:

- » Friday, December 31 - New Year Holiday
- » Monday, January 17 - Martin Luther King Jr Day
- » Monday, February 21 - Presidents' Day

MEMBERS AND GUESTS PLEASE BE AWARE

Per State and County mandates, proof of vaccination or proof of a negative COVID test (within 72 hours), will be required for entry in any Northshore Senior Center facility.

INCLEMENT WEATHER POLICY:

Winter is here and the weather changes from day to day. To help with the communication of closures, Bothell and Kenmore Centers will follow the Northshore School District, Mill Creek will follow the Everett School District. If you are planning to come to any of the Centers and are in doubt of us being open, please call after 7am. We will have a message on our recording letting you know whether we are open or closed for the day. You can also check our website for more information. In case of bad weather or difficult travel, we encourage you to stay home for your own safety.

BOARD OF DIRECTORS

Board President: Suzanne Greathouse

Board Members: Arnold Alejandrino
Barbara Anderson • Liz Aspen • Randy Busch
John Dolin • Bruce Garberding • Brent Korte
Kenny Mwendar • Rajat Oberoi • Foram Shah
Bing Teng • Nora Todd

BOARD AND COMMITTEE MEETINGS

Want to learn more about your Center? Join us!

» BOARD OF DIRECTORS MEETINGS:

Generally 4th Tuesday of every other month at 5:30 pm.
(unless otherwise advertised.)

» ADVISORY COUNCIL

Offer your ideas for how to strengthen programs and better serve members and guests. Contact the Advisory Council at advisory@mynorthshore.org.

KEY STAFF

ADMINISTRATIVE TEAM

Chief Executive Officer: Nathan Phillips
Director of Senior Centers: Corey Lowell
Bothell Program Manager: Kerri Schwindt
Kenmore Program Supervisor: Pasha Mohajerjasbi
Mill Creek Program Supervisor: TBD
Development Officer: Nina McGuinness
H&W and ADC Director: Judi Pirone
Internal Operations Director: Zorna Kimball
Staff Accountant: Leah Walz
Social Services Manager: Janet Zielasko
Transportation Operations Manager: Cliff Perry
Volunteer Coordinator: Harry Horst

GATHERING PLACES

GATHERING PLACES

COFFEE BAR AT BOTHELL

Our coffee bar offers a great opportunity to meet old friends and make new ones. Bring your laptop and have a little fun at the same time with free wifi for your convenience. Don't forget to stop by on Wednesday afternoon for home made pies!

Mon-Fri 8:30-3:30 pm

COFFEE, DONUTS, PUZZLES AND FRIENDS AT MILL CREEK

Stop by the Senior Center for a cup of coffee, some delicious donuts and friendly conversation. Make new friends and connect with old ones.

Mon-Fri 9 am-3 pm

KENMORE IN THE PARK

The coffee and hospitality are always brewing at the Kenmore Senior Center in beautiful Rhododendron Park. Pop on in, meet new friends and explore what's happening at the magical cottage nestled in the majestic evergreens!

Mon-Fri 9 am-3 pm

LENDING LIBRARY AT BOTHELL

Members may browse, borrow and read books for free. The book area focuses on popular fiction genres and useful books about health, self-help, and experiences of aging. Large print and audiobooks also available to borrow.

LENDING LIBRARY AT MILL CREEK AND KENMORE

You are welcome to come, browse or borrow one of our many interesting books. Something for everyone.

PUZZLES AT BOTHELL

On the second floor, across from the Social Services Desk, we have a puzzle area for you to sit down and play any time.

PUZZLES AT MILL CREEK AND KENMORE

We have a puzzle table and always need help, especially with the more intricate puzzles. Come join in the laughter as we search for that certain piece.



SENIOR LOUNGE AT BOTHELL

Enjoy our new lounge area on the first floor next to our Coffee Bar. Billiards Table, Shuffle Board, Television, a place for you to relax, have fun and make new friends.

Mon-Fri 8 am-4:30 pm

COMMUNITY DINING AT BOTHELL

Community Dining currently has three options for lunch. We offer in-door dining, pick-up and delivery. All delivery's have to be approved by transportation before being placed on the reservation list. Please call the front desk for your reservation.

\$5 SUGGESTED DONATION FOR THOSE 60 AND OLDER
\$10 CHARGE FOR PEOPLE UNDER 60

Reservations only: 425-487-2441

Mon-Fri

Deliver is after 11 am

Pick-up is 11:30 am-Noon

In-Person Dining is Noon-12:30 pm

GATHERING PLACES & EVENTS

SPECIAL EVENTS

KENMORE BIRTHDAY PARTY AND OPEN HOUSE

Join us in celebration of Kenmore Senior Center's 18th birthday at the magical cottage in Rhododendron Park! Come check out our activities, renovated facilities, and enjoy some birthday cake and door prizes.

FREE

Location: Kenmore Senior Center

Feb 11 Fri Noon-3 pm

Call 425-489-0707 to reserve your spot.

PERSIAN NEW YEAR- NAW RUZ

The celebration of Naw-Ruz (new day) is observed by many cultures all over the world. It is the traditional festival of the Spring Equinox, where the darkness of Winter gives way to the light of Spring. Pasha Mohajerjasbi, Program Supervisor for the Kenmore location will share the customs and treats of this ancient tradition that are observed in her family. Come join us for some Persian tea, prepared on the samovar, some sweets, socializing and fun!

FREE

Location: Kenmore Senior Center

Mar 22 Tue Noon-3 pm

Call ahead to sign up, 425.489.0707.

KENMORE RHODODENDRON WALK

Delight in the beauty of the wonderful variety of rhododendrons and azaleas that bloom in Kenmore's Rhododendron Park! We will have a guided tour to explore and enjoy the various species of our majestic State Flower. Bring a brown bag lunch and weather permitting, we'll dine at the picnic shelter. Table service and beverages will be provided.

Location: Kenmore Senior Center at Rhododendron Park

April 22 Fri 11 am-2 pm

Please call 425-489-0707 to reserve your spot. This event is co-sponsored by Kenmore Senior Center and Kenmore Heritage Society

SPRING TEA IN THE PARK

Join us for a Spring Tea Party at the Kenmore Senior Center in beautiful Rhododendron Park. Light refreshments will be served. We'll have a tea cup exchange and door prizes. Hats are encouraged!

\$5 PER PERSON

Location: Kenmore Senior Center

May 20 Fri Noon-2:30 p.m.

Call 425-489-0707 to reserve your spot.

REOCCURRING EVENTS

BOTHELL SENIOR CENTER FOOD BANK

If you are in need of food, please come on one of the days listed below to receive free food items. Everyone welcome.

FREE

Location: Bothell Senior Center

Ongoing Tue 9 am-Noon

Ongoing Thu 3-6 pm

Ongoing Sat 9 am-Noon

HOPELINK MOBILE FOOD TRUCK

Come pick up some free groceries/produce at Rhododendron Park! No documentation required. All are welcome.

FREE

Location: Kenmore Senior Center

1st and 3rd Tue of every month 2-3 pm

COMMUNITY FOOD PANTRY

Sponsored by the Kenmore Senior Center. Open to all ages. Call 425-489-0707 for more information.

FREE

Location: Kenmore Senior Center

2nd and 4th Wed of every month 12:30-2:30 pm

COFFEE WITH THE MAYOR

The Kenmore community is invited to come to the monthly "Meet the Mayor" meeting where you can get your civic questions answered, make suggestions and meet your neighbors!

FREE

Location: Kenmore Senior Center

First Monday of every month 10-11 am

SPECIAL EVENTS/ACTIVITIES



ART

BASIC ART & MIXED MEDIA

"I'd like to take an art class, but I'm not sure what I'd enjoy." This new introductory class offers a weekly exploration of various art materials and basic skills. If you're inner artist is ready to emerge, this is the class for you! Call for a basic supplies list: 425-489-0707. No class 1/17 and 2/21. Class limit 8.

\$24 MEMBER/\$48 NONMEMBER **PER MONTH**

Location: Kenmore Senior Center

Instructor: Shuko Mantooth

Ongoing Mon 1-2:30 pm

Call 425-489-0707 to register.

CARD MAKING

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.

\$20 MEMBER/\$40 NONMEMBER **4 WEEKS**

Location: Bothell, Room 104

Instructor: Shuko Mantooth

Jan 7-28	Fri	1-2 pm	4 weeks
Feb 4-25	Fri	1-2 pm	4 weeks
Mar 4-25	Fri	1-2 pm	4 weeks

CERAMICS: HAND-BUILT SCULPTURE AND FUNCTIONAL PIECES

Introduction to Hand-building. Students will learn clay hand-building techniques that can be used for a range of artistic ceramic projects. Through weekly projects, students will learn new techniques. Students may also choose to work independently and receive guidance on work that is already in progress.

\$24 MEMBER/\$48 NONMEMBER **4 WEEKS**
\$30 MEMBER/\$60 NONMEMBER **5 WEEKS**

Location: Bothell, Room 104

Instructor: Shuko Mantooth

Jan 5-26	Wed	10 am-Noon	4 weeks
Feb 2-23	Wed	10 am-Noon	4 weeks
Mar 2-30	Wed	10 am-Noon	5 weeks

ACTIVITIES AND CLASSES

COLORED PENCIL/DRAWING

Colored pencils can produce amazingly detailed, colorful pictures. Instruction is given in drawing with pencil, colored pencil, water-soluble colored pencil and ink pens. Beginners can get over their concern that they can't draw by completing drawing exercises provided. Experienced artists like to bring in their own pictures to work on and get input from the group. This is an ongoing class but new people are welcome to start at any time.

\$32 MEMBER/\$64 NONMEMBER	4 WEEKS
\$40 MEMBER/\$80 NONMEMBER	5 WEEKS

Location: Bothell, Room 104

Instructor: Judy Moritz; 425-488-8270

Jan 6-27	Thu	11 am-2 pm	4 weeks
Feb 3-24	Thu	11 am-2 pm	4 weeks
Mar 3-31	Thu	11 am-2 pm	5 weeks

DRIFTWOOD SCULPTURE

With driftwood sculpture, we bring out the beauty hidden under layers of dirt and decay. The LuRon method teaches us to clean, shape and finish old "found" wood into a unique sculpture.

\$24 MEMBER/\$48 NONMEMBER	4 WEEKS
\$30 MEMBER/\$60 NONMEMBER	5 WEEKS

Location: Bothell, Room 104

Instructor: Alice Shuler; 425-485-1221

Jan 6-27	Thu	8:30-10:30 am	4 weeks
Feb 3-24	Thu	8:30-10:30 am	4 weeks
Mar 3-31	Thu	8:30-10:30 am	5 weeks

Location: Woodinville, Fairwinds Brittany Park

Instructor: Jo Marsh; 425-883-7141

Jan 6-27	Thu	9-11:30 am	4 weeks
Feb 3-24	Thu	9-11:30 am	4 weeks
Mar 3-31	Thu	9-11:30 am	5 weeks

Location: Kenmore Senior Center

Instructor: Susan Watts; 858-437-3466

Jan 4-25	Tue	10 am-Noon	4 weeks
Feb 1-22	Tue	10 am-Noon	4 weeks
Mar 1-29	Tue	10 am-Noon	5 weeks



ACTIVITIES AND CLASSES

OIL AND ACRYLIC PAINTING

Oil painting can be fun and rewarding. Come and learn or just paint. For your first class please bring any art supplies you may have. Also, an apron, something to paint or a work in progress. We have some books to work with and will have some supplies to work with until you get your own. We will give you a more complete list of things you may want to get later. Looking forward to painting with you.

\$24 MEMBER/\$48 NONMEMBER 4 WEEKS
\$30 MEMBER/\$60 NONMEMBER 5 WEEKS

Location: Bothell, Room 104

Leaders: Beverly Parcel

Jan 5-26	Wed	12:30-3:30 pm	4 weeks
Feb 2-23	Wed	12:30-3:30 pm	4 weeks
Mar 2-30	Wed	12:30-3:30 pm	5 weeks

WATERCOLOR MEDIA

Learn the basics for creating an outstanding painting in watercolor. Projects will emphasize the use of color, value, line and composition. Instruction of special techniques will be offered to enhance work produced each week. New subjects are offered for every class building on a student's knowledge and success in watercolor painting. No class Jan 17 and Feb 21.

\$24 MEMBER/\$48 NONMEMBER 3 WEEKS
\$32 MEMBER/\$64 NONMEMBER 4 WEEKS
\$40 MEMBER/\$80 NONMEMBER 5 WEEKS

Location: Bothell, Room 104

Instructor: Donella Robbins, 206-550-8440 (text or leave a message)

Jan 3-31	Mon	10 am-1 pm	4 weeks
Feb 7-28	Mon	10 am-1 pm	3 weeks
Feb 7-28	Mon	10 am-1 pm	4 weeks

Jan 7-28	Fri	9 am-Noon	4 weeks
Feb 4-25	Fri	9 am-Noon	4 weeks
Mar 4-25	Fri	9 am-Noon	4 weeks

NEW Location: Kenmore Senior Center

Instructor: Alec Walker, call 425.489.0707 to register. Class limit 8.

Jan 5-26	Wed	9:30 am-Noon	4 weeks
Feb 2-23	Wed	9:30 am-Noon	4 weeks
Mar 2-30	Wed	9:30 am-Noon	5 weeks

WATERCOLOR AT MILL CREEK

Dip into colorful, creative watercolor painting. Techniques are demonstrated in every class. Different subjects with reference pictures provided for every 2 week project. All levels are encouraged. Recommended supply list available at front desk or email, Kbrapple@[aol.com](mailto:Kbrapple@aol.com). Must register for class.

\$24 MEMBER/\$48 NONMEMBER 4 WEEKS
\$30 MEMBER/\$60 NONMEMBER 5 WEEKS

Location: Mill Creek Senior Center

Instructor: Karen Rappleye

Jan 5-26	Wed	10 am-Noon	4 weeks
Feb 2-23	Wed	10 am-Noon	4 weeks
Mar 2-30	Wed	10 am-Noon	5 weeks

WOODCARVING

Come join a group of people interested in woodcarving.

FREE TO MEMBER/\$10 NONMEMBER PER MONTH

Location: Bothell, Room 104

Leader: Kathleen Howe

Ongoing Tue 9:30-11:30 am

COLLECTING

ANTIQUES CLUB

Share information and ideas about antiques and collectibles. Seize the opportunity to show and tell.

FREE TO MEMBER/\$5 NONMEMBER PER MONTH

Location: Bothell, Room 202

Leader: Ellen Carnwath, 425-823-6420

2nd Wed 10 am-Noon

- » **Jan 12:** Something glamorous to brighten a dull month: Costume jewelry incl. Bakelite (testing will be available).
- » **Feb 9:** Anything red and/or related to February's holidays: Valentine's and Presidents' Day.
- » **Mar 9:** The Endurables: things made from copper, brass, bronze, cast iron, etc.

STAMP CLUB

Learn about trading, collecting and exhibiting stamps. Sincere thanks to all who offered stamps to our Club. Proceeds from stamp sales are donated to the Center.

FREE TO MEMBERS/\$5 NONMEMBER PER MONTH

Location: Bothell, Room 202

Coordinator: Steven LaVergne, 206-361-3774 and Dana Nielson
 3rd Tues Noon-1:30 pm

ACTIVITIES AND CLASSES

COMPUTER CLASSES

COMPUTER BASICS

Learn about your keyboard, mouse and curser so your computer will understand what you are telling it to do. Understand Windows terminology, the desktop screen, the start menu and the taskbar. Safely get in and out of any program. Learn to create, save and print documents.

FREE

Location: Mill Creek Senior Center

Instructor: Susanne McNellis

Ongoing Tue/Thu 10 am-Noon

COMPUTER HELP

Tutoring help is available in our Computer Learning Center. If you need help using your computer, camera, smart phones, or accessing web sites we can help!

Get answers to your specific questions. Topics may include: Computer Basics, Help with Internet or Email, OneDrive (Cloud Storage), Photos, Files and Folders (File Explorer), Word, Excel (Microsoft Office) , Windows 10 (Using and Customizing), and Other Problems. By appointment! Please call the Senior Center to schedule.

FREE

Location: Mill Creek Senior Center

Instructor Susanne McNellis

GENEOLOGY

Help with your tracking your family genealogy. Work independently. Learn together how to find your family roots. Staff will be available to help answer questions during this session to help you through the process.

\$5 MEMBER/\$10 NONMEMBER

PER VISIT

Location: Health & Wellness, Computer Learning Lab, 2nd Floor

Ongoing Thu 10-10:30 am

LENDING LIBRARY

Don't Have Access To A Computer, Tablet, Or Internet? 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 stay-ing 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. Reserve a FREE device by visiting our rental website at www.northshoreseniorcenter.org/tech-checkout. Or call (425) 286-1038 to be connected with our specialist.

If you have questions, please feel free to contact Ken Childs at KenC@mynorthshore.org

Location: Health & Wellness, Computer Learning Lab, 2nd Floor

ONE-ON-ONE PERSONAL COMPUTER INSTRUCTION

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

\$20 MEMBER/\$40 NONMEMBER

PER HOUR

Location: Health & Wellness, Computer Learning Lab, 2nd Floor.

Call 425-286-1038 for more information or to make an appointment.

ONE-ON-ONE PERSONAL TECHNOLOGY INSTRUCTION

We will address your "stuck" spots and help you become wiser, faster and more efficient. We teach basic computer skills, apple and android phone / tablet use. Help with email and some software.

\$20 / 30 MIN INSTRUCTION

Location: Health & Wellness, Computer Learning Lab, 2nd Floor.

Mon-Fri

Call 425-286-1038 for more information.

ACTIVITIES AND CLASSES



TECH SERVICES REPAIR

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.

\$40 PER PROJECT

Location: Health & Wellness, Computer Learning Lab, 2nd Floor.

Mon-Fri

Call 425-286-1038 for more information.

DRIVER SAFETY

AARP SMART DRIVER COURSE

AARP has scheduled Virtual Smart Driver courses which can be attended via Zoom from the comfort of your home. They will work directly with those who register to insure you are able to access Zoom and fully participate in the experience.

Location: Virtual

Jan 11, 13, and 20 10 am-Noon

Feb 8, 10, 15 and 17 10 am-Noon

Mar 8, 10, 15 and 17 6-8 pm

Please register on Cvents at: <http://aarp.cvent.com/DSVirtual>

or contact directly at email: aarpwashingtondriversafety@gmail.com

or call 425-830-1409.

CRAFTS

JEWELRY CLUB

We clean, make small repairs as needed, and prepare donated jewelry for sale at the Centers' Fundraising Events. We NEED your old, or no longer wanted, pieces of jewelry.

FREE TO MEMBER/\$5 NONMEMBER

PER MONTH

Location: Bothell, Room 103

Leader: Shirley Ward

1st Mon

9-11 am

KENMORE CRAFTERS

Join a friendly group that likes to work on various craft projects. If you need help with something you are working on, please come by, as our talented crafters can usually help. We are expanding to include coloring for relaxation, so bring your books and pencils to join in.

FREE TO MEMBER/\$10 NONMEMBER

PER MONTH

Location: Kenmore Senior Center

Ongoing

Thu

12:30-2:30 pm

KNIT WITS

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

FREE TO MEMBER/\$10 NONMEMBER

PER MONTH

Location: Bothell, Room 202

Leader: Sallie Gerrard

Ongoing

Tue

9:30-11 am

QUILT GROUP

Enthusiastic quilters welcome your participation. Please feel free to bring your questions, curiosity, sewing machine, projects, and ideas. Mutual support and encouragement abound to inspire you to explore your creative side.

FREE TO MEMBER/\$10 NONMEMBER

PER MONTH

Location: Bothell, Room 202

Facilitator: Barb Rodahl

Ongoing

Wed

12:30-3 pm

ACTIVITIES AND CLASSES

CRAFTING CLUB

Bring your favorite craft project for a low-key and social time with other women from our community. Whether you knit, stitch, quilt or bead, you're invited to join for good conversation, some skill sharing, and fun and laughs. Not working on a project? Come and join us anyway.

FREE TO MEMBERS/\$10 NONMEMBER PER MONTH

Location: Mill Creek Senior Center

Ongoing Fri Noon-2 pm

DANCE

BALLROOM DANCE LESSONS

Fox Trot, Waltz, Swing and Latin lessons for the beginner and the experienced. No partner necessary.

\$12 MEMBER/\$24 NONMEMBER PER CLASS

Location: Bothell, Multipurpose Room

Instructor: Celia Boorman

Ongoing Wed 3:30-4:30 pm

BEGINNING LINE DANCING

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.

\$24 MEMBER/\$48 NONMEMBER 4 WEEKS

\$30 MEMBER/\$60 NONMEMBER 5 WEEKS

Location: Bothell, Multipurpose Room

Instructor: Candace LaMont

Jan 5-26 Wed 12:30-1:30 pm 4 weeks

Feb 2-23 Wed 12:30-1:30 pm 4 weeks

Mar 2-30 Wed 12:30-1:30 pm 5 weeks

\$5 MEMBER/\$10 NONMEMBER PER CLASS

Location: Mill Creek, North Creek Presbyterian Church

621 164th St SE Mill Creek, WA 98012

Instructor: Barbara Heidel

Beginning January 4th

Ongoing Tue 11:15 am-12:30 pm



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

Living Better Than Ever

 A LEISURE CARE COMMUNITY

17502 102nd Ave NE

Bothell, WA • (425) 270-8827

WoodlandTerraceSeniorLiving.com

ACTIVITIES AND CLASSES

FITNESS CENTER

Mon/Wed/Fri 8 am-3:30 pm

Check back for updated days

» PUNCH CARDS FOR 12 VISITS:

\$24 senior center members

\$48 nonmembers



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.

STATE-OF-THE-ART EQUIPMENT

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, and mats for stretches and floor exercises. A trainer is available to assist you with a machine or demonstrate new techniques.

Unlike most fitness centers where you have to pay for a session with a trainer, one is on staff at Northshore. Get signed up now!! During your first visit, our trainer will work with you to evaluate your level of fitness and areas of focus. The trainer will define an appropriate exercise program, and monitor your progress at every session.



ACTIVITIES AND CLASSES

FITNESS

CARDIO & STRENGTH

We all know the benefits of regular exercise. Controls weight, combats health condition and disease, improves mood, boosts energy, promotes better health and most important is fun. The fitness class includes balance, flexibility, strength and aerobic training.

\$30 MEMBER/\$60 NONMEMBER PER MONTH

Location: Mill Creek, North Creek Presbyterian Church

Instructor: TBD

Ongoing M/W/F 9-10 am

ENHANCE FITNESS

EnhanceFitness, is a low-cost, evidence-based group exercise and falls prevention program, helps older adults at all levels of fitness become more active, energized, and empowered to sustain independent lives. This class is a full hour of fun, focusing on dynamic cardiovascular exercise, strength training, balance, and flexibility — everything older adults need to maintain health and function as they age. NOTE: Kaiser Permanente enrollees please check with your provider to see if your plan covers participation in this class as a covered benefit. No class Jan 17, and Feb 21.

\$30 MEMBER/\$60 NONMEMBER PER MONTH

Location: Bothell, Multipurpose Room

Certified Instructor: Sarah Graham

Ongoing M/W/F 9 am-10 am

Location: Kenmore Senior Center

Certified Instructor: Beverly Laird

Starts Jan 3, 2022

Ongoing M/W/F 9:30-10:30 am

MEDITATION - VIRTUAL

Learn to improve your ability for "mindfulness" and to create the life you want. Use your attention more effectively, learn to quiet your mind and body, detach from stress and create more happiness. No class Jan 17 and Feb 21.

FACEBOOK LIVE, FREE

Instructor: Michelle O'Connor

Ongoing Mon 9-9:15 am



PEDAL FOR PARKINSONS

Get details on our new class by calling 425-488-4821.

PICKLEBALL

Pickleball is a hodgepodge of tennis, badminton and Ping-Pong, played on a court with a three-foot net. Have fun and exercise at the same time. No games Jan 17 and Feb 21.

\$20 MEMBER/\$40 NONMEMBER	8 VISIT PUNCHCARD
\$40 MEMBER/\$80 NONMEMBER	16 VISIT PUNCHCARD
\$60 MEMBER/\$120 NONMEMBER	24 VISIT PUNCHCARD

Location: Bothell, Multipurpose Room

Mon Noon - 3:30 pm

Fri 10:30-2 pm

QIGONG "CHEE-KUNG" TO WAKE UP YOUR ENERGY

Qigong is an ancient Chinese exercise using Posture/Movement, Deep Breathing and Conscious Intent to move life energy through your body. Dr. Oz: "If you want to be healthy and live to , do Qigong." Sit or stand for this self-healing gentle exercise. Practice regularly for strength, relaxation, health and vitality. Easy yet powerful! You can do it!

FREE TO MEMBER/\$10 NONMEMBER PER MONTH

Location: Bothell, Studio

Certified Instructor: Patricia Wangen; 425-205-9090 - leave message

Ongoing Tue 1-2:30 pm

New Location: Kenmore Rhododendron Park 6910 NE 170th Kenmore, WA 98028

Certified Instructor: Patricia Wangen; 425-205-9090 - leave message

Most classes will be held outdoors under cover. Dress for the weather! Please check in at the Senior Center cottage before each class. Call 425.489.0707 to register.

ACTIVITIES AND CLASSES



SENIOR AEROBICS

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 5 lbs, floor mat, hand towel, and water bottle to class. No class Jan 17 and Feb 21.

\$35 MEMBER/\$70 NONMEMBER	7 CLASSES
\$40 MEMBER/\$80 NONMEMBER	8 CLASSES
\$45 MEMBER/\$90 NONMEMBER	9 CLASSES

Location: Bothell, Multipurpose Room

Certified Instructor: Candice LaMont

Jan 3-31	Mon/Wed	10:30-11:30 am	8 classes
Feb 2-28	Mon/Wed	10:30-11:30 am	7 classes
Mar 2-30	Mon/Wed	10:30-11:30 am	9 classes

SPIN TO WIN

Get details on our new class by calling 425-488-4821.

STRENGTH AND BALANCE

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.

\$40 MEMBER/\$80 NONMEMBER	8 CLASSES
\$50 MEMBER/\$100 NONMEMBER	10 CLASSES

Location: Bothell, Multipurpose Room

Instructor: Jennifer Hinkle

Session I: Beginners 10:30-11:30 am

Session II: Intermediate 9-10 am

Jan 4-27	Tue/Thu	8 classes
Feb 1-24	Tue/Thu	8 classes
Mar 1-31	Tue/Thu	10 classes



ACTIVITIES AND CLASSES



SHAPE UP! 50+

"For a Healthy Independent Lifestyle"

- Fitness, Fun and Friends
- Your local community center is offering group exercise classes for seniors – Zumba Gold, Yoga, Line Dancing, Enhance Fitness, Tai Chi, Pilates and more.
- Classes are safe, affordable, and led by knowledgeable instructors who are experienced working with seniors.
- No matter your fitness level, there's a class that's right for you!
- Bring a friend and receive \$10 off your next fitness class.

For more information visit: kingcounty.gov/health/shapeup

Bring this coupon to Northshore Senior Center to receive a **\$10 discount** on any group fitness class, (expires Dec. 16, 2022). To receive the discount participants must:

- Be new to the exercise class
- Returning participants registering for a new class
- OR have not taken a class in the last three months

Coupon has no dollar value and cannot be redeemed for cash.

For more information, call
Northshore Senior Center
at 425-487-2441

Public Health 
Seattle & King County
Emergency Medical Services Division



NORTHSHORE SENIOR CENTER



ACTIVITIES AND CLASSES

TABLE TENNIS

Three tables. Primarily doubles play. Fun games and sociability for all levels. "We live to play, and play to live."

\$20 MEMBER/\$40 NONMEMBER	8 VISIT PUNCHCARD
\$40 MEMBER/\$80 NONMEMBER	16 VISIT PUNCHCARD
\$60 MEMBER/\$120 NONMEMBER	24 VISIT PUNCHCARD

Location: Bothell, Multipurpose Room

Leaders: Thomas Kirkland, Jen Hall and Hal Bomardner

Ongoing Wed 1:45-3:30 pm

TAI CHI

Tai Chi is a slow and graceful Chinese art. It involves a series of movements performed in a slow, focused manner and accompanied by deep breathing. It has been considered to be a form of 'meditation in motion' which promotes serenity and inner peace. Students will learn 18 breathing exercises, 25 warm-ups and the Yang Family Tai Chi Form.

\$32 MEMBER/\$64 NONMEMBER	4 WEEKS
\$40 MEMBER/\$80 NONMEMBER	5 WEEKS

Location: Bothell, Studio

Instructor: TBD

Ongoing Tue 10-11 am

Location: North Creek Presbyterian Church

621 164th St SE Mill Creek, WA 98012

Instructor: Mike Lucero

Ongoing Thu 1-2:30 pm

TBC LUNCH CRUNCH (TOTAL BODY CONDITIONING)

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!!

\$45 MEMBER/\$90 NON MEMBER	PER MONTH
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Location: Health & Wellness, Fitness Center, 2nd Floor

Jan Tue/Thu 12:30-1:30 pm

Feb Tue/Thu 12:30-1:30 pm

March Tue/Thu 12:30-1:30 pm

Must meet minimum number of participants to hold class

TONE UP

Feel more alive and energetic after stretching, exercising, and toning up your muscles! Emphasis on gentle exercises to help flexibility and balance. Learn exercises that you can do at home in between classes. Simple, fun and healthy!

\$15 MEMBER/\$30 NONMEMBER	PER MONTH
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Location: Kenmore Senior Center

Instructor: Mary Ann Draye, RN, ARNP

Starts Jan 3, 2022.

Ongoing Mon 11 am-Noon

WALKING GROUP

Exercising with a walking group is a fun, social and easy way to be active. Walk at your own pace and enjoy a friendly activity. Rain or shine, please wear all-terrain shoes.

FREE TO MEMBER/\$10 NONMEMBER	PER MONTH
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Location: Bothell, Sammamish Trail

Leader: Anita Forbes

Ongoing Tue/Thu 9-10 am

WATER AEROBICS

Water aerobics can reduce the incidence of chronic illness with just two and a half hours a week, says the US Department of Health and Human Services. Water aerobics is easy on the joints and can even increase muscle strength and endurance due to the water's built-in resistance. Therefore, we can exercise longer in water than on land without the extra effort or the joint and muscle pain that often accompanies a regular exercise routine because of its low impact. You can come any time for 5 classes during the quarter using a punch card (can be purchased on site).

\$20 FOR 5 CLASS PUNCH CARD

Location: Mill Creek, West Coast Family Aquatic Center

15622 Country Club Drive, Mill Creek

Ongoing M/W/F 7:30-8:30 am

ACTIVITIES AND CLASSES

YOGA - BREATH, BALANCE AND BOUNCE

We explore the energy of the breath, the suitable alignment of the body in balance, and body integrity through the connective tissues. You may develop a greater sense of suppleness - what I call "bounce" - a combination of strength and flexibility. At a deeper level, the classes explore the connection between the breath, mind and heart. Please bring a yoga mat to class. Most poses are on the mat, lying down, seated, kneeling or standing. All levels are welcome, we adapt poses for individual abilities.

\$32 MEMBER/\$64 NONMEMBER 4 WEEKS
\$40 MEMBER/\$80 NONMEMBER 5 WEEKS

Location: Bothell, Studio

Instructor: Trudy Rolla, RYT

Jan 6-27	Thu	8:30-9:45 am	4 weeks
Feb 3-24	Thu	8:30-9:45 am	4 weeks
Mar 3-31	Thu	8:30-9:45 am	5 weeks

YOGA - SEATED/STANDING

Move through a complete series of seated and standing yoga poses. Chair support is available, making accessible a variety of postures designed to increase balance, flexibility, and range of motion. Restorative breathing exercises and final relaxation are also included. Excellent for all levels of exercisers.

\$20 MEMBER/\$40 NON-MEMBER 4 WEEKS
\$25 MEMBER/\$50 NON-MEMBER 5 WEEKS

Location: Mill Creek Senior Center

Instructor: Maria Borella

Ongoing Tue/Thu 10-10:45 am

YOGA SEATED

This is a gentle beginning class with traditional asana adapted for the seated position. We will incorporate breathing practice and beginning meditation as well. Some elementary standing postures may be included depending on individual abilities and class size. Students learn to modify movement to suit individual limitations, and develop skills for soothing restless minds using breath and voice.

\$30 MEMBER/\$60 NONMEMBER 3 WEEKS
\$40 MEMBER/\$80 NONMEMBER 4 WEEKS
\$50 MEMBER/\$100 NONMEMBER 5 WEEKS
\$12 MEMBER/\$24 NONMEMBER PER CLASS

Location: Kenmore Senior Center

Instructor: Teri Hansen

Jan 6-27	Thu	1:30-2:30 pm	4 weeks
Feb 3-24	Thu	1:30-2:30 pm	4 weeks
Mar 3-31	Thu	1:30-2:30 pm	5 weeks

YOGA - VIRTUAL

Beginner friendly class focusing on breath awareness, fluid movements and gentle, yet challenging postures. Class uses yoga mat, yoga strap, towel, pillow or yoga block.

FACEBOOK LIVE

FREE

Location: Virtual

Instructor: Teri Hansen

Ongoing Mon/ Fri 10:30-11:30 am

GAMES

BINGO

Cash prizes, the bigger the turnout, the bigger the prizes.

\$2 MEMBER/\$4 NONMEMBER PER PACKET

Location: Mill Creek Senior Center

Ongoing Tue Noon

BRIDGE

"Bridge is by far the greatest card game of all, and it can provide immense challenge and enjoyment for the rest of your life" Kate McKellar. Come join us as we enjoy each other's company and play the 'greatest card game of all'.

\$2 MEMBER/\$4 NONMEMBER

Location: Mill Creek Senior Center

Ongoing Mon 1-3 pm

BRIDGE SOCIAL GROUP

Well-seasoned and "rusty" players are welcome in this twice weekly group. Come enjoy the "greatest card game of them all". Call 425-489-0707 for more information.

\$3 MEMBER/\$6 NONMEMBER PER SESSION

Location: Kenmore Senior Center Annex

Ongoing Mon/Wed 11 am-3 pm

ACTIVITIES AND CLASSES

CRIBBAGE

Beginning and experienced players welcome!

\$20 MEMBER/\$40 NONMEMBER	8 VISIT PUNCHCARD
\$40 MEMBER/\$80 NONMEMBER	16 VISIT PUNCHCARD
\$60 MEMBER/\$120 NONMEMBER	24 VISIT PUNCHCARD

Location: Bothell, Room 203

Leader: Ernest Meza; 425-785-9046

Ongoing Fri 10:30 am-1 pm

CORNHOLE

Also known regionally as bags, sack toss, or bean bag toss. A game in which players take turns throwing 16 ounce bags of corn kernels at a raised platform (board) with a hole in the far end. Come and enjoy this fun game.

FREE TO MEMBER/\$10 NONMEMBER

Location: Bothell, Multipurpose Room

Lead: Richard Winters

Tue 1-3 pm

HAND AND FOOT

Come and play Hand and Foot with a fun group of women players. Men are welcome to join us.

\$20 MEMBER/\$40 NONMEMBER	8 VISIT PUNCHCARD
\$40 MEMBER/\$80 NONMEMBER	16 VISIT PUNCHCARD
\$60 MEMBER/\$120 NONMEMBER	24 VISIT PUNCHCARD

Location: Bothell, Room 203

Ongoing Thu 12:30-3 pm

Location: Mill Creek, Senior Center

Ongoing Wed 1-3 pm

MAH JONGG

Mah Jongg is played with a set of 144 tiles based on Chinese characters and symbols. All player levels, including beginners, are welcome to join in the fun.

\$2 MEMBER/\$4 NONMEMBER

Location: Mill Creek Senior Center

Ongoing Thu 10 am-Noon

MEXICAN TRAIN

A modern version of Dominoes, played with 91 double-12 dominoes. Because of its simplicity, it can be played by nearly anyone, anywhere.

\$20 MEMBER/\$40 NONMEMBER	8 VISIT PUNCHCARD
\$40 MEMBER/\$80 NONMEMBER	16 VISIT PUNCHCARD
\$60 MEMBER/\$120 NONMEMBER	24 VISIT PUNCHCARD

Location: Bothell, Room 203

Leader: Ernest Meza; 425-785-9046

Ongoing Fri 1:30-4 pm

PINOCHLE

Come play Pinochle with us. We have a great time, with no experience needed, any skill level welcome.

\$20 MEMBER/\$40 NONMEMBER	8 VISIT PUNCHCARD
\$40 MEMBER/\$80 NONMEMBER	16 VISIT PUNCHCARD
\$60 MEMBER/\$120 NONMEMBER	24 VISIT PUNCHCARD

Location: Bothell, Room 203

Leader: Al Haveland

Ongoing Mon Noon - 4 pm

Location: Mill Creek Senior Center

Ongoing Wed/Thu 1-3 pm

POKER

Are you interested in playing poker? We play Texas Hold Em, Draw, Stud. If interested, call George Kirsis at 425-780-8974. We will start up playing when we have enough people to play.

ON-LINE GAME COMPETITIONS

Do you like chess, scrabble, football, pool, mahjongg, word & trivia, retro & Atari type games? Come be a part of the Northshore Team and compete against others in the comfort of the computer learning lab.

\$2 MEMBER/\$5 NONMEMBER

Location: H&W Computer Lab

Ongoing Tue 10-11 am

TABLETOP GAMEPLAY

Enjoy a variety of fun games every week. We will introduce you to a variety of modern card and board games. We have set collection games (Splendor) pattern-building (Qwirkle) co-operative play (Flashpoint: Fire Rescue). These are not aggressive games about battles or betrayals, but offer a variety of thinking styles and strategies. We will also have the classics available as well, (Parcheesi, Yatzee, Password, etc.) for some familiar fun. Come and play with us. Limit 8 players.

FREE FOR MEMBER/\$2 NONMEMBER

Leader: Jenny Sayward

Location: Kenmore Senior Center

Ongoing Fri 10 am-Noon

ACTIVITIES AND CLASSES



HEALTH EDUCATION

Please REGISTER for ALL Classes - We cancel classes because of low attendance and then people show up. Help us avoid frustration for both members and presenters. Thank you!

HEARTFULNESS MEDITATION - VIRTUAL

Come experience the benefits of Heartfulness meditation through a practical session where you will learn to relax the mind and feel the lightness and joy of your true nature. You don't need to know how to meditate! This session will begin with a brief introduction followed by a 5 minute relaxation routine and a half-hour meditation session. Some of the benefits of Heartfulness meditation include

- » a significant increase in joy, calmness, harmony, tolerance, confidence, sleep quality and other positive attributes
- » a significant decrease in anger, stress, anxiety, cynicism, fear, and other negative attributes

FREE

Location: Virtual

Presenter: Kaushik Muralidhar, Heartfulness Trainer

Ongoing Fri 11 am-Noon

Pre-registration required. To register, please call Cindy Tang, MSW, 425-286-1047; cindy@mynorthshore.org

AGING AND YOUR SKIN

» EVERGREENHEALTH CLASS

How your skin ages depends on a variety of factors: your lifestyle, diet, heredity, and other personal habits. Learn what changes can happen, factors and various treatment and care options.

FREE

Location: Virtual

Jan 4 Tue 11 am-Noon

Call EvergreenHealth at 425.899.3000 to register

CHAIR YOGA

» EVERGREENHEALTH CLASS

This is a gentle form of yoga practiced sitting in a chair or standing with the support of a chair. It is appropriate for those with mobility issues due to aging and body constitution or those recovering from recent surgeries.

FREE

Location: Virtual

Jan 11 Tue 11 am-Noon

Mar 17 Thu 1-2 pm

Call EvergreenHealth at 425.899.3000 to register

CURIOUS ABOUT CANNABIS? LEARN MORE AT THIS FREE SESSION!

Join a certified medical marijuana consultant from Dockside Cannabis for this virtual, fun and educational discussion about cannabis. Learn about the medicinal and recreational benefits of cannabis, cannabinoid basics, various methods of use, best practices and much, much more. There will also be time dedicated to answering cannabis questions and concerns as well. Informational handouts will be provided.

FREE

Location: PeterKirk Community Center

Presenter: Lisa Buchanan, RN, OCN emeritus, MMS, Dockside Cannabis

Jan 24 Mon 1-2:30 pm

Pre-registration required. For more information and/or to register for this session, call 425-587-3360

Location: Northshore Senior Center-Bothell, Room 202

April 12 Tue 1-2:30 pm

For more information and/or to register for this session, call Janet Zielasko at 425-286-1035; janetz@mynorthshore.org

ACTIVITIES AND CLASSES

LIVING BETTER WITH DIABETES

Living with diabetes can mean a constant struggle to lose weight, count carbs, control blood sugar, and avoid problems. It can leave you feeling tired and down and unable to do the things you love. Make sure YOU are in charge—not your diabetes. Diabetes Self-Management Program is a 6-week workshop developed and tested by Stanford University. By participating, you will:

- » Gain the skills to better manage glucose monitoring, medications, symptoms of diabetes, fatigue and pain.
- » Learn to handle difficult emotions like stress, anger and guilt.
- » Communicate better with family, friends and your medical team.
- » Benefit from the support of others who understand what you're going through.
- » Practice creating and accomplishing weekly action plans.

FREE

Location: Northshore Senior Center-Bothell, Room 202

Jan 31-Mar 14 Mon 9:30 am-Noon (No meeting 2/21/22)

Pre-registration required. For more information and/or to register for this session, call Lydia Barnsley at 425-286-1029

lydiab@mynorthshore.org

TIPS FOR TRACKING MEDICATIONS

» EVERGREENHEALTH CLASS

How can I remember to take the right dosage and on time? Taking medications properly can be a challenge, particularly if many drugs need to be taken. Learn what resources are available to assist you in getting the greatest benefit from your prescription.

FREE

Location: Virtual

Feb 2 Wed 11 am-Noon

Call EvergreenHealth at 425.899.3000 to register

UNDERSTANDING THE VALUE AND BENEFITS OF SELF COMPASSION

Self-compassion is not being selfish, it is learning and practicing ways to take care of yourself, which then sustains kindness and compassion for others. Research has shown that individuals who have more self-compassion are happier, more optimistic, less anxious and less depressed. In this session, you will learn new tools and strategies for promoting self-compassion.

FREE

Location: PeterKirk Community Center

Feb 7 Mon 1-2:30 pm

Presenter: Janet Zielasko MS, LSW

Pre-registration is required. To register, call 425-587-3360

WHY AM I FATIGUED?

» EVERGREENHEALTH CLASS

Fatigue is not normal. Fatigue can be caused by food allergies, thyroid dysfunction, adrenal gland burnout and much more. Stop feeling fatigued and start feeling fabulous today!

FREE

Location: Virtual

Feb 9 Wed 11:30 am-12:30 pm

Call EvergreenHealth at 425.899.3000 to register

POWERFUL TOOLS FOR CAREGIVERS

A six-week educational series designed to provide you, the caregiver, with tools needed to take care of yourself while caring for a loved one. Classes consist of interactive sessions, discussions and brainstorming to help you take the "tools" you choose and put them into action in your life. Classes are taught by trained and certified class leaders.

FREE

Location: Virtual

Feb 10-Mar 17 Thu 1-3 pm

Facilitators: Cindy Tang, Mental Health Professional & Janet Zielasko, Social Services/Wellness Manager

Pre-registration is required. To register, contact

Cindy Tang at 425-286-1047; cindyt@mynorthshore.org

ACTIVITIES AND CLASSES

OPIOID PRESCRIPTIONS: KEEPING YOURSELF & YOUR LOVED ONES SAFE

Discussion around opioids and opiates frequently focuses on substance use disorders, overdose deaths, and illicit markets. There is much more to the picture with these substances, however. At the Washington Poison Center, we help individuals with opioid exposures related to substance use, intentional overdoses, medication errors, accidental ingestions in young children, and more. Join the Washington Poison Center as we explore the basics of opioids and opiates. We'll cover the opioids we frequently hear about + the common reasons why older adults call us, the concerns with older adult opioid use, and our top tips for preventing and reducing harm from opioids.

FREE

Location: Northshore Senior Center-Bothell, Room 205

Presenter: Meghan King, MPH; WA Poison Center

Feb 15 Tue 1-2:30 pm

Pre-registration required. For more information and/or to register for this session, call Janet Zielasko at 425-286-1035; janetz@mynorthshore.org

Location: Peter Kirk Community Center

Mar 18 Fri 1-2:30 pm

Pre-registration required. For more information and/or to register for this session, call 425-587-3360

LISTENING MORE CAREFULLY AND EXPRESSING MORE CLEARLY

We talk and interact with people each and every day. Communication is essential to our health and well-being. Often the words we choose to say...or not say... can have a major impact on our relationships. Learn new tips and strategies to improve communication skills and further enhance your listening skills.

FREE

Location: Northshore Senior Center-Bothell, Room 202

March 8 Tue 1-2:30 pm

Pre-registration required. For more information and/or to register for this session, call Janet Zielasko at 425-286-1035; janetz@mynorthshore.org

LANGUAGES

GERMAN CONVERSATIONAL PLUS

Willkommen! Improve and practice your German language skills while reading, telling stories and learning some grammar. Textbook: German Made Simple, by Arnold Leitner. No class Jan 17 and Feb 21.

FREE TO MEMBERS/\$10 NONMEMBER PER MONTH

Location: Bothell, Room 205

Leader: Trudy Rolla

Ongoing Mon 9:30 am-Noon

LITERARY ARTS

BOOK-A-LIBRARIAN AT MILL CREEK SENIOR CENTER

Spend 30 minutes with a Mill Creek Library staff representative for help with eBooks, streaming video, and reading suggestions. They will also provide assistance with devices such as cell phones and tablets.

Location: Mill Creek Senior Center

First and third Tuesday of each month

Please call 425-948-7170 to schedule

BOOK CLUB

If you love books, join us for stimulating, lively discussions. Also, help us choose future selections.

FREE TO MEMBER/\$5 NONMEMBER PER MONTH

Location: Kenmore Senior Center

Facilitator: Bernie Noice

2nd Monday 1-2:30 pm

MEMOIR WRITING CLASS

We all have life stories to tell that are interesting and can become a written legacy. This class gives encouragement, affirmation, structure, writing strategies, and a chance to share one's stories. The purpose of this class is to get in touch with personal memories and enjoy the experience of writing about them. Please bring paper and writing materials to the first class.

FREE TO MEMBER/\$10 NONMEMBER

Location: Mill Creek Senior Center

Instructor: Barbara Masterson

Jan 12-Feb 16 Wed 10 am-Noon

ACTIVITIES AND CLASSES

POETRY GROUP

Great opportunity for reading and writing poetry, group discussions and helpful critique. Newcomers welcome.

FREE TO MEMBERS/\$10 NONMEMBER **PER MONTH**

Location: Bothell, Room 205

Leader: Terry Busch

Ongoing Fri 1-3 pm

MUSIC

GUITAR, ANYONE?

Elevate your inner Elvis! Break out your hidden Beatle! Spring that secret Springsteen! Come sing and strum your favorite tunes with us - and learn some catchy new songs, too. If you don't play guitar, you're welcome to bring your bass, harmonica, bongos, cowbell, or what have you. And if you don't play anything, just sing! Sharing music is good for body and soul. Join us!

FREE TO MEMBERS/\$10 NONMEMBER **PER MONTH**

Location: Bothell, Room 205

Ongoing Wed 2:30-4 pm

GUITAR JAM

A space to play guitar, sing and share the music of many styles and eras (a lot of 60's songs). All levels of ability and ages are welcome. Please tune your instrument and play along. This is not instruction, but sharing.

FREE TO MEMBERS/\$5 NONMEMBER **PER MONTH**

Location: Kenmore Senior Center

Ongoing Tue 1-3 pm

MUSIC FOR FUN

Our music group has expanded to two hours, our library has grown to several dozen old songs, almost all with lyrics and chord markings, or bring your own favorite piece of music for us to try out. We're playing strings - actually an acoustic instrument, or just bring your voice for the lyrics. Donation collected for music copy cost.

\$5 MONTHLY FEE

Location: Mill Creek Senior Center

Ongoing Mon 1-3 pm

NORTHSHORE VARIETY SHOW AND BAND

For more than 25 years the Northshore Variety Show and Band has been representing the Northshore Senior Center by performing regularly at local retirement and skilled-nursing facilities. Our shows, consisting of singers, instrumentalists, and dancers brighten the eyes, tickle the ears, and touch the hearts of our audiences. We are not seeking new showcased performers at this time, but we continue to build upon the Band's instrumental membership. If you play an instrument, you are encouraged to contact our Musical Director, Sid Schaudies at 206-236-7406, and please leave a message. Of course, you and other Senior Center visitors always are welcome to attend our Tuesday working rehearsals and our twice monthly performances. Contact co-directors Wendy Wight at 970-390-2905 or Sid for additional information.

FREE TO MEMBERS/\$10 NONMEMBER **PER MONTH**

Location: Bothell, Room 205

Leaders: Wendy Wight and Sid Schaudies

Ongoing Tue 10 am-Noon (rehearsals)

PIANO WORKSHOP

Come share your music. Explore the keyboard with us. Increase harmony!

FREE TO MEMBERS/\$10 NONMEMBER **PER MONTH**

Location: Bothell, Room 205

Leader: Barbara Dietrich

1st and 3rd Wed 10:30 am-Noon

OUTDOOR REC/SPORTS

FISHING CLUB

Do you enjoy fishing, be it bait, fly, freshwater or salt water? Come and share fishing tips and experiences. Enjoy "how-to" demonstrations and guest speakers.

FREE TO MEMBERS/\$5 NONMEMBER **PER MONTH**

Location: Bothell, Room 202

Co-leaders: Marty Askelson, 425-770-1400

and John Judy, 514-588-0319

1st Thu 10 am-Noon

ACTIVITIES AND CLASSES

GOLF CLUB

Be at the course 1/2 hour prior to starting time. We play every Tuesday each month.

COURSE FEES

Location: Bothell

Leaders: Barb Ogaard; 425-481-7446,

John Hamilton; 425-870-9058,

Lee Kirkendall; 425-486-9671 and

Terry Grinaker; 425-337-2629

Ongoing Time varies depending on course and weather

NORTHSHORE BICYCLE CLUB

Rides vary in length, day, and start locations and may include an event or interesting destination. Emails are sent out to people that choose to be on a rider list that announces the ride, starting location, food arrangements, and special instructions. A ride may be co-sponsored with Cascade Bike Club (CBC) or another senior center. If you are interested in getting on the email list, send your request to the email address listed below. For more information call Myrna at 206-522-1470. Overnight rides or activities require a paid membership to the Northshore Senior Center.

FREE TO MEMBERS/\$10 NONMEMBER PER MONTH

Location: Bothell

Coordinator: Ed Grubbs; 425-844-8695 or Barbara Van Droof;

206-263-3606, northshoreseniorcyclists-subscribe@yahoo.com

SOCIAL

CONVERSATION CAFÉ GROUPS

Join others in these free weekly virtual or in-person conversation groups. It's an opportunity to make social connections and to simply have some fun and enjoyable conversation. Come check it out. We would love to have you join in!

FREE

Location: NSC Bothell, Room 205

Mon 1-2 pm

For more details, contact Lydia Barnsley at 425-286-1029;

lydiab@mynorthshore.org

Location: Virtual

Wed 11 am-Noon (specifically for men)

For more details contact Bruce Garberding at 206-854-8969;

bigbluedog@msn.com

Thu 11 am-Noon

For more details, contact Cindy Tang, MSW 425-286-1047;

cindy@mynorthshore.org

GAY MEN'S COFFEE AND CONVERSATION

A great opportunity to sit and visit in a friendly atmosphere. Stop by and meet old friends and maybe make some new friends. Coffee is always on

FREE

Location: Kenmore Senior Center

Coordinator: Bruce Garberding; 206-854-8969

1st and 3rd Wed 1- 2:30 pm

OLGA NORTHSHORE (OLDER LESBIANS GATHERING AROUND NORTHSHORE)

A social support group for older lesbians, gathering to form community. The OLGA's get together for a monthly conversation, We also gather for a monthly lunch at a local restaurant and other excursions. We are affiliated with Puget Sound OLOC. Bring your own lunch to eat or you can sign up for Northshore Senior Center's hot lunch. NSC's Lunch is \$4. Please call ahead to make a reservation. You can bring your lunch up to the room and we can all eat together.

FREE TO MEMBER/\$10 NONMEMBER

Location: Bothell, Room 202

Coordinator: Jenny Sayward; jenny.letsplay@gmail.com

Jan 13 Thu 11-12:30 pm

Feb 10 Thu 11-12:30 pm

Mar10 Thu 11-12:30 pm

WOMEN'S COFFEE HOUR

Join other women in discussion around healthy aging. Age is a matter of feeling, not of years, and aging is best achieved with other people. Make new connections and move to greater health and wellness.

FREE

Location: Mill Creek Senior Center

Ongoing Thu 10 am-Noon

Location: PeterKirk Community Center

Facilitator: Cindy Tang, MSW; 425-286-1047

cindy@mynorthshore.org

Ongoing Mon 9:30-10:30 am

ACTIVITIES AND CLASSES

SPECIAL INTEREST

ASTRONOMY CLUB

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. No class Jan 17 and Feb 21

FREE TO MEMBER/\$10 NONMEMBER **PER MONTH**

Location: Bothell, Room 202

Coordinators: Jackie Campbell; 425-488-3517; jcsgarden@yahoo.com
Ongoing Mon 1-2:30 pm



GENEALOGY AND FAMILY HISTORY - VIRTUAL

Genealogy is a hobby for some people and just fun for others. If you really want to learn more about where your family came from or want to leave a gift for the next generation, this is a great place to start. Pre-register to receive zoom link.

\$60 MEMBER/\$120 NONMEMBER **4 WEEKS**

Zoom Class

Instructor: Rose Mitcham

Jan 4-25	Wed	1-2 pm
Feb 1-22	Wed	1-2 pm
Mar 1-22	Wed	1-2 pm

LET'S GO! GET SUPPORT RIDING THE BUS!

Learn tips and tricks on how to navigate the public transportation in the surrounding areas. A safe place where you can learn and ask questions related to transportation from the experts in Northshore Senior Center's very own Transportation Team. Information also available in Spanish. For more information call 425-286-1058

FREE

Location: Bothell and Virtual

Jan 5	9-10 am	Facebook Live
Jan 19	9:30-10:30 am	In Person
Feb 9	1-2 pm	Facebook Live
Feb 23	9:30-10:30	In Person

ADULT DAY CENTER



ADULT DAY CENTER

Northshore Senior Center operates a state-approved, non-profit Adult Day Health Program serving adults experiencing physical, mental, or social problems associated with arthritis, diabetes, stroke, isolation, developmental disabilities, Alzheimer's disease, and other conditions. We provide a safe and enjoyable therapeutic activity program, while offering families and caregivers a much-deserved break.

» PROFESSIONAL SERVICES

- » Case Management
- » Health Screening
- » Occupational therapy services
- » Nursing
- » Social Work
- » Foot Care
- » Transportation

» PROGRAM ACTIVITIES

- » Social Activities
- » Arts & Crafts, Creative Pursuits
- » Music, Entertainment, & Dancing
- » Table Games
- » Walks/Active Games
- » Specialized Exercise & Equipment
- » Body Conditioning & Movement Therapy
- » Computer Learning Center
- » Group Discussions & Speakers
- » Pet Therapy
- » Lunch & Snacks

PROGRAM HOURS & FEES

Monday-Friday starting at 10 am.

Programming ends at 2:30 pm, staff available until 3 pm

\$60-\$70/DAY

(INCLUDES LUNCH, ALL PROGRAM SERVICES AND ACTIVITIES)

Financial assistance may be available through COPES, Respite, the VA, DD Respite, the Senior Citizens Services Act, or private insurance.

INFORMATION

To enroll, please schedule an intake appointment with the social worker by calling the Northshore Health & Wellness Center at 425-488-4821.

W.I.S.D.O.M. (FORMERLY BRAIN FITNESS)

WELLNESS & INDEPENDENCE FOR SENIORS DEVELOPING ON-SET MEMORY LOSS

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, lunch, and socially engaging activities. Pre-screening and enrollment/registration required.

\$60 A DAY (LUNCH INCLUDED)

Contact 425-488-4821

Tue/Thu

Please call to confirm days and times

SHORT-TERM RESPITE

The Adult Day Center's short-term respite program is designed to give quick, easy respite to those families and caregivers who need it for limited periods of time. It is for participants who do not need medications during program hours and do not have complex rehabilitative or therapy needs. Please call for availability.

\$55/DAY

Contact Northshore Health & Wellness Center for information at 425-488-4821.

INCLUSION AND RECREATION



PROGRAM OVERVIEW

The Northshore Wranglers Program offers year-round, weekly and ongoing specialized and inclusive activities and support for individuals of all ages with intellectual, cognitive and developmental disabilities, their family and caregivers. Classes include: various exercise classes, arts, life skills, and other fun topics. We also offer evening social programs throughout each session! Inperson and virtual classes.

**NORTHSHORE HEALTH &
WELLNESS CENTER**

INCLUSION PROGRAM

**INCLUSION • FRIENDSHIP
ADVOCACY • SKILLS**

inclusion@mynorthshore.org

TRANSPORTATION

Participants are responsible for their own transportation to all programs, unless otherwise specified. Participants may be able to utilize Northshore Transportation. To inquire about that, please speak with the Program Coordinator to determine what is needed.

PAYMENT

Payment for programs can be done either via private pay, DDA Respite funds, or a combination of the two. The quarterly Program Guide outlines how much each program will cost, and then speak with the Program Coordinator to discuss any questions you have about payment methods.

PARTICIPATION INFORMATION

Programming is open to anyone to inquire about participation. At this time programming does not support personal care needs, required 1:1, wanderers or combative behavior and participants with these needs are welcome to bring a caregiver to programs at no cost. The goal is to ensure this is a successful program for all individuals, contact the program coordinator to discuss how this can be made to be a successful experience for your participant if the above is of concern.

PRE-REGISTRATION IS REQUIRED TO PARTICIPATE IN PROGRAMS:

1. Ensure you have completed & returned a current Program Participation Form
2. Complete the Online Registration Form OR Call or Email Program Coordinator to reserve your spot
3. Any questions, contact Program Coordinator

"Experienced activities that built confidence and fostered friendships." | "Provided invaluable experiences to meet new people in a positive environment." | "Kept my child in touch with friends while active and engaged." | "Thank you for these fantastic opportunities."

RESOURCE SERVICES

A LISTING OF ADDITIONAL SERVICES AVAILABLE TO YOU.

211 HUMAN SERVICE ANSWERS

» Dial 211 or www.211.org

APS - ADULT PROTECTIVE SERVICES (KING COUNTY)

» 866-221-4909

ALZHEIMER'S ASSOCIATION

» 206-363-5500 or
800-848-7097 or www.alzwa.org

AMERICAN DIABETES ASSOCIATION

» 1-800-842-2383 or
www.diabetes.org

ARTHRITIS FOUNDATION

» 206-547-2707 or
1-800-542-0295
or www.arthritis.org

ATTORNEY GENERAL'S CONSUMER PROTECTION

» wa.gov/ago.Clearinghouse/consumer/home.html

BENEFITS CHECKUP ONLINE

» www.BenefitsCheckUp.org

CANCER LIFELINE

» 1-800-255-5505

COMMUNITY LIVING CONNECTIONS

» 1-844-348-5464

CRISIS CLINIC - KING COUNTY

» 206-461-3222 or 866-4-CRISIS

CRISIS HOTLINE - SNOHOMISH COUNTY

» 1-800-584-3578

DSHS - DEPARTMENT OF SOCIAL AND HUMAN SERVICES

» DSHS.gov

ELDERCARE LOCATOR

» 1-800-667-1116

ENERGY ASSISTANCE

» Hopelink, 1-800-348-7144

FOOD BANK AND EMERGENCY ASSISTANCE

» Hope Link, 425-889-7880

GERIATRIC REGIONAL ASSESSMENT TEAM

» 206-923-6300

HOUSING FOR SENIORS

» www.snapforseniors.org

KING COUNTY VETERAN SERVICES

» 1-877-904-VETS (8387)

LEGAL ASSISTANCE

» Eastside Legal Assistance Program, 425-747-7274

LIFELONG AIDS ALLIANCE

» 206-329-6923

LOW - VISION INFORMATION AND REFERRAL

» Northwest Lions Foundation
1-800-766-4466
» Vision USA or www.aoa.org/visionusa/referral.asp

MEDICARE

» 1-800-633-4227 or
www.medicare.gov

NAMI - NATIONAL ALLIANCE ON MENTAL ILLNESS

» 425-885-6264

NATIONAL EYE CARE PROJECT

» 1-800-222-3937

NATIONAL MULTIPLE SCLEROSIS SOCIETY

» Greater Northwest Chapter,
206-284-4254, ext. 243

NORTHWEST PARKINSON'S FOUNDATION

» 206-543-5369 or www.pdf.org

SENIOR HEALTH SPECIALTY CLINIC

» 425-899-6800

SENIOR RIGHTS ASSISTANCE

» 206-448-5720 or
sra@seniorservices.org

SENIOR SERVICES INFORMATION AND ASSISTANCE - SNOHOMISH COUNTY

» 425-513-1900 or 800-422-2024 or www.sssc.org

SOCIAL SECURITY

» 1-800-772-1213, 7 am - 7 pm weekdays or www.ssa.gov

SOUND GENERATIONS PATHWAYS INFORMATION AND ASSISTANCE

» 206-448-3110 or 888-435-3377
or www.seniorservices.org

UW/VA MEMORY WELLNESS PROGRAM

» 888-291-7316 or 866-638-8813

WASHINGTON INFORMATION NETWORK

» If you do not find the service you are looking for in the state of Washington, dial 2-1-1

WILLS, POWER OF ATTORNEY AND MORE

» Eastside Legal Assistance Program, 425-747-7274

INDIVIDUAL SERVICES

BEAUTY

HAIR SALON – TOOTSIE’S PARLOR

Services include: Women: Haircut and style; shampoo and style; permanent wave. Men: Haircuts.

Location: Health & Wellness, 2nd Floor

To make an appointment call 425-286-1050

Brenda; Hairstylist

Ongoing Mon/Tue 9 am-3 pm

Chrystal; Hairstylist

Ongoing Fri 9 am-1 pm

Special appointments by request

BENEFITS

STATEWIDE HEALTH INSURANCE BENEFITS ADVISOR (SHIBA) IN-PERSON APPOINTMENTS

Individual, confidential and impartial personal counseling 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.

FREE

Location: NSC Bothell Health & Wellness Building, Caregiver Library

Advisors: Bob Osrowske and Lorna Diesen

4th Tue 9 am-Noon

By appointment only: To schedule an appointment, call Janet Zielasko at 425-286-1035

EMPLOYMENT

EMPLOYMENT AND COMMUNITY CONNECTIONS

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 Matching 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. All potential workers are initially interviewed and checked through the Washington State Patrol system. Our volunteer NSC Employment office gets calls daily asking for help. We find one of our senior employees 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 and negotiate a fee. Another happy client and another happy service provider feeling good about being able to help someone else out. If you think you're interested, we'd love to have you stop in or call us.

Location: Bothell, 2nd Floor

Ongoing M/W/Th 10 am-1 pm
425-286-1028

JOB SEARCH SUPPORT

The North Creek Presbyterian Church offers free assistance for those seeking employment. There will be support on resume writing, interviewing skills, networking and other job searching techniques. No appointment is necessary. For further information call 425-743-2386.

FREE

Location: Mill Creek, North Creek Presbyterian Church

Leader: Max Rigelman

Ongoing Fri 10 am-Noon

INDIVIDUAL SERVICES

FINANCIAL

FINANCIAL COUNSELING

Money management information on investment selection, tax, estate and retirement planning, budgeting and analysis of existing investments, life and long-term care (LTC) insurance, and annuity reviews.

FREE TO MEMBERS ONLY

Advisor: Joseph Lyons, Financial Advisor

4th Wed 11:30 am and 12:30 pm

By appt. 206-755-1465

HEALTH SERVICES

DENTAL HYGIENE

Personalized initial, preventative treatment and re-care assessment. Services include providing routine dental cleanings and deep cleanings, treatments including fluoride varnish, dry mouth, sensitivity and silver diamine fluoride treatments. Private pay (assistance in completing insurance reimbursement) Medicaid billing. For more information or to schedule an appointment please call 425-488-4821

Location: Health & Wellness

Second Fri of each month

FOOT CARE

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, and nail trim. Services provided by nurses. Please call as early as possible to cancel a scheduled appointment.

\$40 FOR MEMBERS AND NON-MEMBERS

BLOOD PRESSURE BY REQUEST

Location: Health & Wellness, Tootsie's Parlor, 2nd Floor

Ongoing Thu 9 am-3 pm

By appointment: 425-488-4821, ext. 105

Location: Kenmore Senior Center

First Tuesday of each month

Location: Mill Creek Senior Center

Third Tuesday of each month

Please call 425-286-1065 to schedule

MASSAGE

Massage has many non-pharmacological health benefits. Massage eases sore muscles, reduces stress, relieves tension, enhances relaxation and comfort, lessens the sense of isolation and strengthens the immune system. The therapeutic effects of massage are cumulative; the more regularly massage is received, the more relaxation deepens as chronic stress patterns are released.

Location: Health & Wellness

Please call HWC 425-488-4821 to see about services.

REFLEXOLOGY

Reflexology is a holistic approach to treating a person's body, mind and spirit through reflexing a person's feet, hands and ears, as we believe there are mini maps of the body in these areas. Specialty is foot pain and reflexology lymph drainage. In addition to balancing the body, reflexology promotes stress and tension reduction, improves circulation, helps restore mental alertness, helps body systems work together, and lots more!

Location: Health & Wellness

Please call HWC 425-488-4821 to see about services.

WELLNESS NURSE

The nurse provides free health consultation, medication information, and the Enhance® Wellness program.

Location: Bothell, Social Services Suite, 2nd Floor

Mon/Wed

Location: Peter Kirk Community Center

Fri

By appointment: Lydia Barnsley, LPN, Wellness Nurse

425-286-1029; lydiab@mynorthshore.org

INDIVIDUAL SERVICES

HOME ASSISTANCE

HOME/ASSISTANCE TO SENIORS

Are you in need of home assistance with errands, transportation, home maintenance, cleaning, cooking, yard work, caregiving, etc.?

We can match you with one of our service providers who has the necessary skills/qualifications for the task or the assistance you need. You then discuss the job in more detail and negotiate the fee with the service provider. All the service providers in our database have gone through an initial interview and have been screened through the Washington State Patrol system. Please stop in or give us a call if you'd like more information.

Location: Bothell, 2nd Floor

Ongoing M/W/Th 10 am-1 pm
425-286-1028

NUTRITION

COMMUNITY DINING AT BOTHELL

Community Dining currently has three options for lunch. We offer in-door dining, pick-up and delivery. All delivery's have to be approved by transportation before being placed on the reservation list. Please call the front desk for your reservation.

**\$5 SUGGESTED DONATION FOR THOSE 60 AND OLDER
\$10 CHARGE FOR PEOPLE UNDER 60**

Mon-Fri Deliver is after 11 am
Pick-up is 11:30 am-Noon
In-Person Dining is Noon-12:30 pm

Reservations only: 425-487-2441

MEALS-ON-WHEELS

Variety of frozen entrees and breakfasts. Also Ensure products and Glucerna. Must be 60+ and home bound or unable to prepare your food. Apply at King County Meals on Wheels at 206/448-5767.

Location: Bothell

Suggested donation of \$5 each meal.

Order before Tuesday, delivered Thursday morning.

For information or orders call Northshore Senior Center MOW at 425/286-1049

SPECIAL NEEDS

MEDICAL EQUIPMENT CHECK-OUT

Manual wheelchairs, canes, bedside commodes, walkers and other assist equipment, available for free on a temporary basis. Due to limited storage, we cannot accept certain items, so please contact the Social Service Desk before making a donation.

Location: Health & Wellness Center

425-488-4821

Mon-Fri 8:30 am-3:30 pm or by appointment

EYEGLOSS ADJUSTMENTS

Glasses adjusted so frames fit comfortably.

Location: Bothell, Upstairs coffee bar

1st Wed Noon-1 pm

No appointment needed.

Sponsor: Woodlawn Optical of Bothell

NEEDING MORE

'SENIORS HELPING SENIORS'!

Interested in joining our NSC Employment program and becoming one of our 'Seniors helping Seniors'?

It's easy. Our NSC Employment office gets calls daily asking for help. We find one of our service providers who is a good match for what the "client" is needing assistance with, then we give you a call to see if you're interested. If you are, you call the client, discuss the job, negotiate a fee, and "voila"!

We are especially looking for more service providers in the following categories:

- » **Handymen (yes, you can say "no ladders or roof work!")**
- » **Housekeeping**
- » **Yardwork, Gardening and Weeding**

Our NSC Employment volunteers who manage this program are available Monday, Wednesday, Thursday from 10 am-1 pm. We'd love to have you stop in or call us at 425-286-1028.

INDIVIDUAL SERVICES

MEMORY CARE SERVICES AND ENHANCEMENT PROGRAMS

NORTHSHORE'S ADULT DAY HEALTH...

program is a state-approved program serving adults experiencing a variety of physical, mental or social problems, including dementia and Alzheimer's disease. Participants are involved for five hours per day and can attend up to five days a week. The program offers person-centered care and includes nursing services, rehabilitation services, fitness/exercise programs, regular social interaction in group and one-on-one situations, crafts, gardening, music, group discussions, speakers and outings. A nutritious lunch and snacks are provided. (See page 27 for more details.)

W.I.S.D.O.M. (FORMERLY BRAIN FITNESS)

WELLNESS & INDEPENDENCE FOR SENIORS DEVELOPING ON-SET MEMORY LOSS

offered through the Northshore Health & Wellness facility is a social program for individuals experiencing early stage memory loss. The spirit of the program incorporates principles of self-management, emphasizing behaviors and activities that promote health. Sessions include mental exercise and physical activity, an opportunity for individuals to socialize in a supportive group setting and provides respite care for caregivers. (See page 27 for more details.)

CHARITABLE PLANNING AND GIVING

Generosity and Health Stephen Post's *The Hidden Gifts of Helping* and *Why Good Things Happen to Good People*

- *Volunteering correlated with feeling healthier, less stressed, improved sense of well-being and longevity
- *Altruism triggers helpful hormones (oxytocin) and the brain's reward mechanisms (release of dopamine and endorphins)
- *Feelings of empathy and love associated with lowered stress response and improved immunity (higher levels of protective antibodies)

Hello Northshore members, friends, volunteers, faculty, and community, We are ready and able to accept and encourage your donations of cash and in-kind contributions.

This is what keeps our doors open and our halls thriving with offerings for you and yours.

We are a community where everyone leads full, healthy and inspired lives.

From our classes In the gym, to our social services, offered for free for mental health, Parkinson's and diabetes to groups that keep us from being isolated in our later years, as well as food and transport. We are proud that we can offer an inclusion program for those who need it from seniors to all ages.

One time gifts, recurring gifts and matching gifts from your employers like Microsoft or Boeing are all welcomed.

Online gifts: northshoreseniorcenter.ejoinme.org

To send a check to:

Development-Nina McGuinness
Northshore Senior Center
10212, Bothell, WA 98011

Please consider including Northshore Senior Center in your estate plans. Ask me how! Contact Nina McGuinness-ninam@mynorthshore.org for more information. 425-286-1054 direct: IRA Distributions if you are 70-1/2 and over can also be made to NSC.

SOCIAL SERVICES

» BOTHELL LOCATION:

Cindy Tang, MSW, 425-286-1047; cindy@mynorthshore.org
Janet Zielasko, MS, LSW, 425-286-1035; janetz@mynorthshore.org

» KENMORE LOCATION: (BY APPOINTMENT)

Cindy Tang, MSW, 425-286-1047; cindy@mynorthshore.org

» MILL CREEK LOCATION: (BY APPOINTMENT)

Janet Zielasko, MS, LSW, 425-286-1035;
janetz@mynorthshore.org

» PETER KIRK COMMUNITY CENTER: (Mondays)

Cindy Tang, MSW, 425-286-1047; cindy@mynorthshore.org

CONSULTATIONS

PERSONAL CONSULTATIONS

Explore concerns, problems and options in individual or group sessions. Issues may include depression, anxiety, grief and loss, life transitions or other family or personal issues. **Please call for an individual appointment (see above.)**

Locations: Bothell, Kenmore,
Mill Creek and Peter Kirk

CAREGIVER CONSULTATION

Caregivers provide a wide range of unpaid services to their loved ones. You may care for a loved one at home or provide long distance support. The Caregiver Specialist is available to you, the caregiver, to manage and improve your own health. Services include consultation, connecting with community resources, coping with stress, and enhancing your own health and wellness. **Please call for an individual appointment (see above.)**

Locations: Bothell, Kenmore,
Mill Creek and Peter Kirk

COMMUNITY RESOURCE SPECIALIST CONSULTATION

Have you ever wondered if you might be eligible for financial assistance programs or other cost-saving services through the county, state or federal government? Do you need assistance accessing public services and programs to help sustain your quality of life?

Services include:

- Help connecting individuals to public benefits they may be eligible for
- Support completion of application materials to access benefits. (Examples may include accessing VA benefits, DSHS assistance, public utilities, food assistance, property tax relief, etc.)
- Make direct referrals to other resources for assistance
- Serve as an advocate for individuals as needed

FREE

To make an appointment, call 425-286-1072.

Location: Bothell, Social Services Suite, 2nd Floor

Tue	8 am-4 pm
Thu	8 am-Noon

Location: PeterKirk Community Center

Wed	8 am-4 pm
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SOCIAL SERVICES

PROGRAMS

EVERGREEN ENHANCE®WELLNESS

Do you want to take control of your life and improve your health, but aren't sure where to turn? Let the Enhance®Wellness team help you develop a personalized plan to address the areas of your health that are most important to you. Maybe you have thought of increasing your social circle, working on your feelings, managing your weight or starting an exercise program, but have had difficulty getting motivated. We all have a multitude of reasons for not taking action on things that could enhance our well-being, but research shows that with a little help we can overcome these barriers. Enhance®Wellness is a participant-driven, evidence based health promotion program. You will work one-on-one with a nurse and/or social worker who will provide an assessment, personal guidance to improve your identified health issues, and ongoing support to help you meet your goals.

FREE

Location: Bothell

Mon/Wed Appointments with Lydia Barnsley
Tue/Thu Appointments with Cindy Tang

Location: PeterKirk Community Center

Mon Appointments with Cindy Tang
Fri Appointments with Lydia Barnsley

To make appointment:

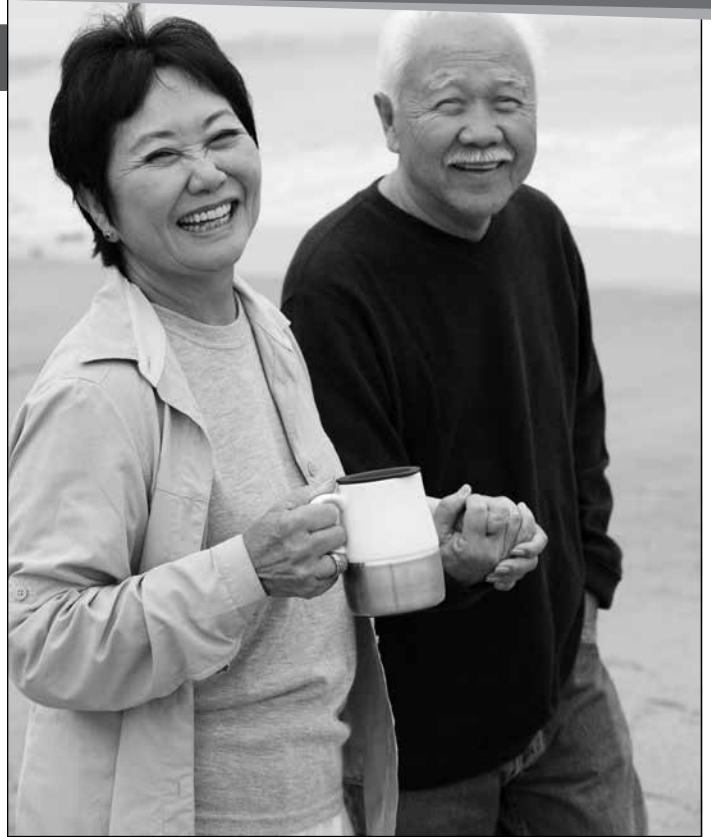
Lydia Barnsley, LPN, Wellness Nurse, 425-286-1029; lydiab@mynorthshore.org
Cindy Tang, MSW, 425-286-1047; cindyt@mynorthshore.org

FAMILY CAREGIVING CONSULTATION

Family caregivers provide a wide range of unpaid services to their loved ones. You may care for a loved one at home or provide long distance support. The Social Services staff person is available to you, the caregiver, to assess, manage and improve your own health. Services include consultation, connecting with community resources, strategies to cope with stress, and enhancing your personal health and well-being. Please call for an individual appointment.

FREE

Janet Zielasko, MS, LSW; 425-286-1035; janetz@mynorthshore.org



PROGRAM TO ENCOURAGE ACTIVE REWARDING LIVES FOR SENIORS (PEARLS)

Do you feel sad, down or hopeless? Are you having little interest or pleasure in doing things? If you answer "yes" to either of these questions PEARLS might be the program for you. PEARLS is an evidence-based program for individuals with mild depression. It incorporates three components: Problem Solving Treatment, Social/Physical Activity and Pleasant Activity. The work is done in 4-6 sessions. There is no cost for the program. Sessions are by appointment only. Please call for an individual appointment.

FREE

Locations: Bothell, Kenmore, Mill Creek and Peter Kirk

For more details, contact: Janet Zielasko, MS, LSW, 425-286-1035;

janetz@mynorthshore.org

Cindy Tang, MSW, 425-286-1047; cindyt@mynorthshore.org

Lydia Barnsley, LPN, 425-286-1029; lydiab@mynorthshore.org

SUPPORT/DISCUSSION GROUPS

ADULT CHILDREN OF AGING PARENT SUPPORT GROUP

Are you in the sandwich generation? As your parents age, are you struggling with legal and healthcare decisions, changing family roles and finding meaning in this new phase of your life? Learn, share and gain resources and emotional support from others who are traversing this inevitable transition.

FREE

Location: Virtual

Facilitator: Janet Zielasko, MS, LSW;
425-286-1035; janetz@mynorthshore.org
Jan 19, Feb 16, Mar 16
3rd Wed 6:30-8 pm

ALCOHOLICS ANONYMOUS

If you think you have a problem, there is a solution. Come to our meeting.

FREE

Location: Kenmore Annex

Ongoing Sun 8-9 am

Location: Bothell, Room 202/203

7 days/week 7-8 am

CAREGIVERS SUPPORT GROUP

Are you a spouse, partner, son, daughter, relative or friend who cares for a loved one with dementia or other chronic illness or disability? Come join other unpaid family caregivers for mutual support and assistance.

FREE

Location: Mill Creek, Advent Lutheran Church

Facilitator: Pam Jones, MSW, 425-346-9856; pamjonesgal@yahoo.com
Jan 6 & 20; Feb 3 & 17; Mar 3 & 17
1st/3rd Thu 10:30 am-Noon

FREE

Location: Virtual

Facilitator: Janet Zielasko, MS, LSW, 425-286-1035;
janetz@mynorthshore.org
Jan 26, Feb 23, Mar 23
1st Wed 11 am-Noon

DIABETES/PRE-DIABETES GROUP

Join this supportive group to learn the latest on diabetes management and to share ideas, strategies for coping, and other helpful tips.

FREE

Location: Bothell, Room 205

Facilitator: Lydia Barnsley, LPN, Wellness Nurse
Jan 12; Feb 9; Mar 9
2nd Wed 10-11:30 am
For more information, contact Lydia at 425-286-1029 or
lydiab@mynorthshore.org

Location: PeterKirk Community Center

Facilitator: Lydia Barnsley, LPN, Wellness Nurse
Jan 7, Feb 4, Mar 4
First Fri 11 am-Noon
For more information, contact Lydia at 425-286-1029 or
lydiab@mynorthshore.org



VETERANS BREAKFAST CLUB

The Northshore Senior Center Veterans Breakfast Club will meet the 2nd Monday of each month from 9:00-10:30am in our dining room. Every veteran and/or military family member has a story, no matter who they are, or when or how they served. Stories have a powerful way of connecting and providing opportunities for self-reflection. The goal of this group is to create an opportunity for individuals of all ages, eras, and branches of service to connect with each other, build relationships, and share experiences.

The Veterans Breakfast Club is FREE and OPEN to anyone interested in being part of a group of like-minded individuals, stories from the past, and great conversation. A light breakfast will be included. For more information, contact Corey Lowell (CoreyL@mynorthshore.org). Please consider joining us! To register, please call the Northshore Senior Center at (425) 487-24

SUPPORT/DISCUSSION GROUPS



FROM HEARTACHE TO AN OPEN HEART

Everyone must deal with loss, whether it's the loss of a loved one or close friend, a treasured relationship, loss of physical functioning or previous status. Learn how one can move through the grief process and grow "from heartache to an open heart."

FREE

Location: Virtual

Facilitator: Cindy Tang, MSW, 425-286-1047; cindyt@mynorthshore.org

Jan 19, Feb 16, Mar 16

3rd Wed 10-11 am

PARKINSON'S SUPPORT GROUP

Both caregivers and individuals with Parkinson's disease can gain from presentations by guest speakers and discussions with other group members.

FREE

Location: Virtual

Facilitator: Janet Zielasko, MS, LSW, 425-286-1035;

janetz@mynorthshore.org

Jan 18, Feb 15, Mar 15

3rd Tue 10-11 am

VISION LOSS DISCUSSION GROUP

Come to this 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.

FREE

Location: Bothell, Room 203

Facilitator: Janet Sturholm

Jan 25, Feb 22, Mar 22

4th Tue 11 am-Noon

For more information, contact Janet Zielasko at 425-286-1035;

janetz@mynorthshore.org

SHARING AND CARING

Confiding in others and building social support are effective ways to promote our health. Join this open-ended support group to share and care.

FREE

Location: NSC Bothell, Room 205

Note: In-person the first three Wednesdays, Virtual meeting on the 4th

Wed 1-2 pm

Facilitator: Janet Zielasko, MS, LSW, 425-286-1035;

janetz@mynorthshore.org

SERVICIO DE TRANSPORTE



TRANSPORTE

En NorthShore Senior Center, el area de Transporte. esta asociado con King County Metro y otros organismos para proporcionar opciones de transporte a nuestros participantes, incluyendo;

- » Servicio de Traslado a NorthShore y/o Kenmore Senior Center.
- » Servicio de Traslado al programa Northshore Adult Day Center y al Centro de Salud y Bienestar.
- » Viajes para realizar compras y citas medicas.
- » Evaluacion personalizada de sus necesidades para asignar el transporte adecuado a sus necesidades.
- » Apoyo de voluntarios en el transporte
- » Solicitudes para el acceso a Tarifa reducida en transporte y Metro Access.
- » Cursos para conocer y usar el Sistema de transporte publico.

Todas las unidades de transporte de NorthShore Senior Center estan equipados y tienen acceso a elevador para silla de ruedas. Si usted tiene necesidades especiales haremos todo lo possible para ayudarle.

Northshore Senior Center no discrimina por motivos de edad, sexo, estado civil, situacion familiar, religion, nacionalidad, orientacion sexual, identidad de genero,

» ¿DONDE IR?

Nuestro servicio puerta a puerta opera en King County primordialmente Bothell, Kenmore, Kirkland y Woodinville, asi como oficinas medicas alrededor del Hospital Evergreen. En el Sur del Condado de Snohomish proporcionamos transporte limitado en algunas zonas no servidas por el servicio de transporte comunitario DART.

» ¿HORARIOS DE SERVICIO?

Los horarios de servicio de reservacion y operacion son de Lunes a Viernes de 8 a.m. a 5 pm. Las oficinas y servicio de transporte no laboran en dias festivos y/o durante condiciones meteorologicas adversas.

» ¿QUE COSTO TIENE?

Se sugiere una donacion de \$1.75 por viaje (elegible dentro del programa de ayuda) para Access o DART; \$2.50 es la donacion sugerida para las personas excentas del programa. Dicha donacion es voluntaria y no afectara el servicio.

» ¿REQUERIMIENTOS PARA CLAIFICAR?

Principalmente transportamos personas que dentro de la ley ADA paratransit (personas con necesidades especiales), como Metro Access o DART Community Transit. Tambien ofrecemos servicios de apoyo de transporte para personas de la tercera edad para ayudarlos a acudir a sus citas medicas y/o a diversos lugares (restaurantes, bancos, librerias etcetera) en nuestra comunidad.

» ¿A QUIEN DEBO CONTACTAR?

Si necesita ayuda para acceder a los servicios de transporte, llame al Programa de Derecho a Transporte al telefono 425-286-1058, evaluaremos sus necesdiades de transporte especificas para acceder a la opcion de transporte mas adecuado para usted. Si requiere un transporte del programa ADA Paratransit , llame al numero 425-286-1026 o visite nuestro sitio en internet www.northshoreseniorcenter.org.

ideologia politica, discapacidad mental o fisica o cualquier otra razon prohibida por la ley.

Todos los comentarios son valorados y seran revisados por el gerente de operaciones.

Para obtener mas informacion sobre servicio al cliente llame al telefono 425-286-1026 o visite nuestro sitio web en www.northshoreseniorcenter.org

TRANSPORTATION SERVICES



TRANSPORTATION

Northshore Senior Center Transportation partners with King County Metro and other agencies to provide transportation options to our participants, including:

- » Door-to-door service to Northshore and Kenmore Senior Centers
- » Service to the Northshore Adult Day Center and Health & Wellness Center
- » Shopping trips and local medical appointments
- » Personalized assessment of your transportation needs, and referral to the right transportation resource.
- » Volunteer transportation support
- » Application forms for the Regional Reduced Fare Permit and Metro Access
- » Support to use and feel comfortable with public transportation systems

All Northshore Senior Center mini-buses are wheelchair lift equipped. If you have special needs, please let us know and we will do our best to accommodate you.

» WHERE DO YOU GO?

Our door-to-door service operates within King County in Bothell, Kenmore, Kirkland, and Woodinville, as well as medical offices around Evergreen Hospital. Within South Snohomish County we provide limited transportation in some areas not served by Community Transit DART.

» WHEN DO YOU OPERATE?

Our reservation and operation hours are Monday-Friday, 8 am to 5 pm. We are closed for holidays and during severe weather conditions.

» HOW MUCH DOES IT COST?

There is a \$1.75 suggested donation per trip for Access or DART eligible rides; \$2.50 suggested donation each way for those not eligible for those programs. Inability to donate will not affect your service.

» WHAT DO I NEED TO DO TO QUALIFY?

We primarily transport individuals who are also eligible for ADA paratransit – such as Metro Access or Community Transit DART – and are unable to use a regular bus. We also provide other transportation support to seniors to assist them in accessing healthcare and food resources in our community.

» WHO DO I CONTACT?

If you need help accessing transportation services, please contact our Intake Coordinator at 425-286-1058. They will assess your specific transportation needs and support you in accessing the most appropriate transportation option. To Request an ADA paratransit type ride, please contact our Dispatch team at 425-286-1026 or at nscdispatch@mynorthshore.org.

Northshore Senior Center shall not discriminate on the basis of age, gender, marital status, familial status, religion, race, color, creed, sex, national origin, sexual orientation, gender identity, political ideology, the presence of any sensory, mental or physical disability or any basis prohibited by law.

All customer comments, positive or critical, are valued and will be reviewed by the Transportation Operations Manager.

For more information on the Customer Grievance Policy call 425-286-1026, visit our website at www.northshoreseniorcenter.org or email us at nscdispatch@mynorthshore.org.

FOCUSED ON PROVIDING DIVERSE AND INCLUSIVE OPPORTUNITIES FOR ALL.

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 - Angie Dearing, AngerD@mynorthshore.org or at (425) 487-2441

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

REGISTRATION INFORMATION

Participation in Northshore Senior Center's programs is open to adults. Registration is required for participation in all programs. Registrations are nontransferable.

Participants are encouraged to register early, as programs with insufficient registration may be cancelled three to five business days before scheduled start date.

HOW TO REGISTER

» WALK IN

To register, stop by the location the class or activity is being held during open hours listed on page 4.

» TELEPHONE

The location the class or activity is being held during open hours listed on page 4

» EVERGREEN HEALTH CLASSES

Register by calling the Healthline, Monday - Friday from 7 am - 7 pm at 425-899-0.

ENDORSEMENTS

Classes, workshops, services and events offered at any of our program sites are selected for the potential educational and recreational enjoyment of, and benefit to interested participants. We do not endorse any products, programs or advertisements that are presented. We do not endorse any business presenting information or sponsoring events, and do not allow businesses to solicit business or sell on our premises. Individuals are responsible for making their own informed decisions.

STANDARDS OF BEHAVIOR

In order to provide a safe, supportive, and enjoyable environment, Northshore Senior Center has adopted Code of Conduct Guidelines, available at all facility reception desks.

SALES TAX

Some classes and activities are subject to sales tax.



APPOINTMENTS

If you have made an appointment for a service at any of our locations and you are not able to make your appointment time, please call us to reschedule and help us to fill up your previous appointment time with someone on our waiting list.

CANCELLATION POLICY

Programs or Daytrips cancelled by Northshore Senior Center, Kenmore Senior Center and Mill Creek Senior Center due to low enrollment, inclement weather, or other conditions will be refunded in full.

DAY TRIP REFUND POLICY

Fees for day trips are non-refundable within seven (7) working days of the trip if a replacement cannot be found for your seat. Trips with pre-purchased tickets are non-refundable.

REFUND POLICY

You may cancel your registration in a class, workshop or event prior to the program's start date and request a refund. Northshore Senior Center, Kenmore Senior Center and Mill Creek Senior Center cannot refund fees requested on or after start date of a program, or for sessions missed due to personal illness or other personal situations.

NON-DISCRIMINATION POLICY

Northshore Senior Center does not discriminate against members, clients, applicants, or employees on the basis of race, color, creed, religion, sex, age, national origin, marital status, sensory or physical or mental handicap, political ideology, or sexual orientation. On request, people with disabilities will be provided with reasonable accommodations.

MEMBERSHIP INFORMATION



Northshore Senior Center is the area's premier organization dedicated to enhancing the lives of older adults through engaging programs, exciting activities, wellness opportunities and current information, and access to resources. Join this group of active adults who want to take part in opportunities to live longer, happier, healthier lives.

When you become a member, you can enjoy all that Northshore Senior Center has to offer, and receive the benefits of membership.

BENEFITS OF MEMBERSHIP

- » **\$48 individual; \$85 couple**
- » **Lifetime membership: \$500**
- » **Discounts on all our classes, activities, daytrips and events at all of our locations**
- » **Participation in members-only groups and activities at all our locations**
- » **Discounted Fitness Center membership fees**

HOW TO JOIN THE NORTSHORE SENIOR CENTER

To become a member, simply complete the Membership Enrollment Form in this catalog, and return it with your payment for the annual dues to:

Northshore Senior Center Membership
10201 E. Riverside Drive
Bothell, WA 98011

Or join on line at www.northshoreseniorcenter.org.

No one is excluded because of inability to pay. Scholarships are available for qualified individuals.



MEMBER / NON-MEMBER FORM

NORTHSHORE SENIOR CENTER

10201 East Riverside Drive, Bothell, WA 98011

www.northshoreseniorcenter.org

(425) 487-2441

Please **make checks payable to:** Northshore Senior Center. **Mail to:** 10201 E. Riverside Drive • Bothell WA 98011

☐ \$48 Single Membership ☐ \$85 Couple/Dual Membership ☐ Non-Member Participant (activity fees may be required)

☐ \$500 Lifetime Individual Membership ☐ \$750 Lifetime Couple Membership

* Please be aware that ALL Membership fees are non-refundable

☐ Please check if you would like to request a scholarship

☐ Please check if you would like to pay by credit card when mailing in this form

Please check Home Branch/Program ☐ Bothell ☐ Kenmore ☐ Mill Creek ☐ Transportation

☐ Health & Wellness ☐ Inclusion (additional forms required) ☐ Adult Day Health ☐ Other

Please fill out each line of the user form and the user demographic form on the back page.

Information is kept confidential. Please print. For more than 2 users, fill out an additional form.

Today's Date:

PRIMARY USER		SECONDARY USER	
Membership: NEW <input type="checkbox"/> RENEWAL <input type="checkbox"/> NEW ADDRESS <input type="checkbox"/>		Membership: NEW <input type="checkbox"/> RENEWAL <input type="checkbox"/> NEW ADDRESS <input type="checkbox"/>	
First Name:	M.I.	First Name:	M.I.
Nickname/Salutation:		Nickname/Salutation:	
Last Name:		Last Name:	
Date of Birth: Month/Day/Year ___/___/___		Date of Birth: Month/Day/Year ___/___/___	
Phone (H):	Cell:	Phone (H):	Cell:
Mailing Address (Include Apt #)		Mailing Address (Include Apt #)	
City, State, Zip		City, State, Zip	
Email:		Email:	
Emergency Contact Person(s):		Emergency Contact Person(s):	
Emergency Phone:	Relationship to Member:	Emergency Phone:	Relationship to Member:
Primary User - Signature:		Secondary User - Signature:	
Date: ___/___/___		Date: ___/___/___	

By signing this document, I release Northshore Senior Center and all of its agents from any liability for any accident, injury, illness, or damages of any kind to persons or property that might occur while as a result in attending the Northshore Senior Center and/or participating in their activities. I also authorize any pictures, videos or recordings taken of me while I am participating in NSC activities to be used in Northshore Senior Center publications. (The staff will make every effort to notify you prior to using your photograph).

MEMBER / USER / PARTICIPANT DEMOGRAPHIC FORM (page 2)

THIS INFORMATION IS CONFIDENTIAL. It is important in seeking and receiving GRANT FUNDING and for PLANNING PROGRAMS. Thank you for taking the time to complete the voluntary survey.

PRIMARY USER	SECONDARY USER
1. Gender <input type="checkbox"/> Male <input type="checkbox"/> Female <input type="checkbox"/> Other _____	1. Gender <input type="checkbox"/> Male <input type="checkbox"/> Female <input type="checkbox"/> Other _____
2. Do you identify as a member of the LGBTQ community? <input type="checkbox"/> No <input type="checkbox"/> Yes, Lesbian, Gay, Bisexual, Questioning, Other _____	2. Do you identify as a member of the LGBTQ community? <input type="checkbox"/> No <input type="checkbox"/> Yes, Lesbian, Gay, Bisexual, Questioning, Other _____
3. Marital Status: <input type="checkbox"/> Married <input type="checkbox"/> Divorced <input type="checkbox"/> Single <input type="checkbox"/> Partnership <input type="checkbox"/> Widowed	3. Marital Status: <input type="checkbox"/> Married <input type="checkbox"/> Divorced <input type="checkbox"/> Single <input type="checkbox"/> Partnership <input type="checkbox"/> Widowed
4. Do you have a disability? <input type="checkbox"/> Yes <input type="checkbox"/> No	4. Do you have a disability? <input type="checkbox"/> Yes <input type="checkbox"/> No
5. Are you homeless or living in a temporary shelter? <input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Prefer not to answer	5. Are you homeless or living in a temporary shelter? <input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Prefer not to answer
6. Are you limited in the English language? <input type="checkbox"/> Yes <input type="checkbox"/> No If yes primary language is _____	6. Are you limited in the English language? <input type="checkbox"/> Yes <input type="checkbox"/> No If yes primary language is _____
7. Are you a refugee or immigrant? <input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Prefer not to answer	7. Are you a refugee or immigrant? <input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Prefer not to answer
8. What is your race? (Check all that apply) <input type="checkbox"/> American Indian or Alaska Native <input type="checkbox"/> Asian or Asian American <input type="checkbox"/> Black, African American, African <input type="checkbox"/> Native American or Pacific Islander <input type="checkbox"/> White/Caucasian <input type="checkbox"/> Not Listed / Other _____ <input type="checkbox"/> Prefer Not To Say <input type="checkbox"/> Unknown	8. What is your race? (Check all that apply) <input type="checkbox"/> American Indian or Alaska Native <input type="checkbox"/> Asian or Asian American <input type="checkbox"/> Black, African American, African <input type="checkbox"/> Native American or Pacific Islander <input type="checkbox"/> White/Caucasian <input type="checkbox"/> Not Listed / Other _____ <input type="checkbox"/> Prefer Not To Say <input type="checkbox"/> Unknown
9. What is your ethnicity <input type="checkbox"/> Hispanic/Latino <input type="checkbox"/> Russian/Ukrainian <input type="checkbox"/> South Asian <input type="checkbox"/> Other _____ <input type="checkbox"/> Prefer Not To Say <input type="checkbox"/> Unknown	9. What is your ethnicity <input type="checkbox"/> Hispanic/Latino <input type="checkbox"/> Russian/Ukrainian <input type="checkbox"/> South Asian <input type="checkbox"/> Other _____ <input type="checkbox"/> Prefer Not To Say <input type="checkbox"/> Unknown
10. Military Service <input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Prefer Not To Say <input type="checkbox"/> Unknown	10. Military Service <input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Prefer Not To Say <input type="checkbox"/> Unknown
11. Military Family Status <input type="checkbox"/> Self <input type="checkbox"/> Not Family Member <input type="checkbox"/> Minor Dependent <input type="checkbox"/> Spouse/Partner <input type="checkbox"/> Surviving Spouse/Partner <input type="checkbox"/> Other Dependent Adult	11. Military Family Status <input type="checkbox"/> Self <input type="checkbox"/> Not Family Member <input type="checkbox"/> Minor Dependent <input type="checkbox"/> Spouse/Partner <input type="checkbox"/> Surviving Spouse/Partner <input type="checkbox"/> Other Dependent Adult
12. Are you interested in volunteering? <input type="checkbox"/> Yes <input type="checkbox"/> No	12. Are you interested in volunteering? <input type="checkbox"/> Yes <input type="checkbox"/> No

HOUSEHOLD INCOME

One Person Household ☐ \$16,031 or less ☐ \$16,032 - \$26,723 ☐ \$26,724 - \$42,755 ☐ \$42,756 or more
Two Person Household ☐ \$20,963 or less ☐ \$20,964 - \$34,943 ☐ \$34,944 - \$55,919 ☐ \$55,920 or more

NORTHSHORE SENIOR CENTER – FOR OFFICE USE ONLY

Updated 4/2021

Date Received: ____ / ____ / ____

☐ CASH ☐ CHECK # _____ ☐ CREDIT CARD

Member: ☐ Single ☐ Couple ☐ Dual ☐ Scholarship

☐ Non-Member (activity fees may be required ☐ Transportation User

Membership Amount \$ _____
Scholarship Amount \$ _____
Additional Donation Amount \$ _____
Total Amount Received \$ _____

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OUR MISSION:

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