

Northshore Senior Center

Navigator Newsletter - May 2022

Class Info Online [HERE](#)

Spring Catalog [HERE](#)

www.northshoreseniorcenter.org

Mental Health Awareness

Providing 50 Years of Programs & Services



By Janet Zielasko (Social Services Manager)

The month of May is recognized as both Older Americans' Month and Mental Health Awareness Month. As many of you already know, Northshore Senior Center has been providing amazing programs and services for over 50 years, and many of them have been of benefit to both participants' physical health as well as mental well-being.

This year, in special recognition of these May topics, the NSC Social Services Team has put together a variety of additional free programs, services, handouts and tips specifically related to maintaining positive mental health. The specific areas that are being highlighted for the month of May are: (1) physical activities (2) social activities/programs and (3) opportunities to experience "joy" in our lives. [Read More...](#)

Message from the NSC Board

Shining a Light on Loneliness



CENTER UPDATES & CHANGES

We are constantly adding and adjusting programming to meet your needs. Find this month's list of class and activity changes.

Learn more:

[Bothell](#)

[Kenmore](#)

[Mill Creek](#)



JOIN US FOR LUNCH!

In-person dining is BACK!

Reserve your meal one week in advance by calling (425) 487-2441.

Click [HERE](#) for Menu



GET INVOLVED TODAY!!

Look here for all of the volunteer and career opportunities we have to offer this month below.

[Volunteer & Career Opportunities](#)

[Volunteer Interest Form](#)



By Suzanne Greathouse (NSC Board President)

It's no secret the pandemic transformed all our lives. In March 2020, life as we knew it was turned upside down as the world locked down to flatten the curve and stop the spread of the virus. This abrupt change brought along with it a slew of mental health issues for many people. With most folks sheltering in place — and many folks living in senior care facilities unable to see their family members and friends — feelings of isolation and loneliness compounded for older adults in our communities. [Read More...](#)

Give Big 2022 Is HERE

The Schools Foundation and Senior Center are raising funds together during GiveBIG on May 3rd & 4th!

Marketplace **Children's FOUNDATION**

Marketplace **Sotheby's** INTERNATIONAL REALTY

Marketplace Sotheby's will match donations to both organizations up to \$5,000! Donations that come in from May 1st through May 4th will be eligible for the match.

By Nina McGuinness (Development Director)

Your Gift Helps Northshore Senior Center Reach Our Communities. Northshore Senior Center relies on the generosity of individual community members to help us meet our mission. No gift is too small. Please consider making a one-time donation today, or become a sustaining donor by setting up a monthly gift. Donations will go to the area of greatest need unless otherwise designated.

Click [HERE](#) to make an impact gift today.



Searching for individuals looking to help other seniors. Find out more below.

[Employment & Community Connections](#)

SIGN UP FOR OUR ANNUAL 5K

Additional info and how to register can be found [HERE](#).

Facility Information



Check out the progress of all our facility projects [HERE](#).

QUICK LINKS

Curious on who to contact for what? check this list out.

[Northshore Staff Contacts](#)

We are in need of food supplies. Please consider donating. [Food Bank Needs](#)

See what is coming up at your center. [Program/Event Calendar](#)

Looking for a way to provide feedback? Feel free to call our voicemail at (425) 949-5300, send an email to our [Advisory Council](#), or drop off a note in one of our suggestion boxes at each center.

UPDATED COVID-19 POLICIES:

NSC is no longer requiring guests to mask in most Senior Center facilities. Masks will still be required in the Adult Day Health and Inclusion programs. In deciding whether to wear a mask, please remember to "Read the Room" and respect the choices of others. NSC is closely monitoring health conditions in the Northshore community, and may adopt new safety protocols if local conditions change. Thank you for helping us keep Northshore safe and healthy!

Contact Us | Phone: 425-487-2441 | info@mynorthshore.org
