

# Northshore Senior Center

Navigator Newsletter - July 2022

Class Info Online [HERE](#)

Summer Catalog [HERE](#)

[www.northshoreseniorcenter.org](http://www.northshoreseniorcenter.org)

## Social Wellness Month

Message from our Board of Directors



**By Suzanne Greathouse (NSC Board President)**

We just made it through the 9th wettest June on record, and I for one am looking forward to warm sunny weather, fun with family & friends, and jumpstarting my social wellness program.

**So what exactly is social wellness?** Social wellness refers to the ability to interact with people around you. It involves using good communication skills, having meaningful relationships, respecting yourself and others, and creating a support system that includes family members and friends. The social dimension of wellness involves developing, nourishing, and encouraging satisfying relationships. [Read More...](#)

## 50th Anniversary Celebrations

Launching the next 50 years!



### 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!!

A Great Way to Give Back To The Community!



A huge **THANK YOU** to everyone who was able to attend one of our 50th Anniversary Birthday parties on June 24th. Across all of our centers, we had over 100 guests share in on the fun (as well as cake and ice cream)! We will be continuing to celebrate this milestone with you throughout the rest of the year. So be on the lookout for more ways for you to partake in the fun with us soon.

## SOCIAL EVENT OPPORTUNITIES

### SIP TEA LIKE IT'S 1773

**Hear Ye! Hear Ye!**

You are cordially invited to a **Boston Tea Party** to be held Friday July 1st at the hour of 11am in the township of Mill Creek. Tea shall be sipped, food consumed and a good time is guaranteed. And remember, no taxation without representation.

**1 July, 2022**

Friday • 11:00 AM  
**Mill Creek Senior Center**  
 4111 135rd St SE  
 Mill Cree, WA 98012

We are continuing to offer more classes and programs. This means that we have a lot more opportunities for volunteers, so if you are thinking of ways to contribute and help, please check out our opportunities below.

[Volunteer & Career Opportunities](#)

[Volunteer Interest Form](#)

### SOCIAL SERVICES

Are you in need of financial help? We can help! Click [HERE](#) for more info.

Connect with our Community Resource Specialist for assistance.



### SIGN UP FOR OUR ANNUAL 5K



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

### WE ARE HIRING!!



Join our team and help make a daily impact in the lives of those in our community

Job Opportunities [HERE](#)

## QUICK LINKS

Curious on who to contact for what? Here is a list. [Northshore Staff Contacts](#)

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

Looking for a way to provide feedback? Feel free to call our voicemail at (425) 949-5300, send an email to our [Advisory Council](#).

### LIBRARY BOOK EXCHANGE



Each month our centers will be showcasing different books and authors based on monthly themes. In July, our center's book exchange library theme is Beach Reading!

Please stop by and check out our selection.

It's Back!

# COMMUNITY PANCAKE BREAKFAST

ONLY **\$5.00 PER PERSON**



**8:00 - 11:00AM**

Northshore Senior Center

Join us on  
Thursday's from 1-2pm

## FREE COFFEE SOCIAL

IN OUR BOTHELL COFFEE BAR



Meet new friends and enjoy a free cup of coffee on us!

## Ever Considered A Legacy Gift?

On August 23rd the Northshore Senior Center is hosting a small lunch at the Heritage Restaurant in Woodinville, for those who have included us in their estate plans. If you have plans to do so or have already included us-we thank you and invite you to join us.



Legacy giving is a great way to honor our Northshore institution with a Bequest that will keep our 50-year legacy going. In this special year of our 50th Anniversary we invite you to make a difference and remember us in your future plans.

Please contact Nina McGuinness, NSC's Development Director via [email](#) or call (425) 286-1054 for more details.

Click [HERE](#) for more information on what a Legacy Gift is.



## 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](mailto:info@mynorthshore.org)

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