

Northshore Senior Center

Navigator Newsletter - August 2022

Class Info Online [HERE](#)

Summer Catalog [HERE](#)

www.northshoreseniorcenter.org

Promoting "Fun for All"

Message from our Board of Directors



By Suzanne Greathouse (NSC Board President)

August 6th is the annual [Capes for Courage 5K](#) benefiting the Northshore Inclusion Program. This is my third-year volunteering as Race Director, and it is the highlight of my summer. I love seeing all the smiling faces, colorful capes, and dedicated race supporters/sponsors. [Read More...](#)

In Need of a Financial Booster?



Need a financial booster? NSC can provide financial support to seniors in King County who have been impacted in some way by the pandemic. This [flyer](#) provides more information about eligibility and how to apply.



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!

Join us each day M-F for a great meal and conversation.

Lunch starts at 12:00pm.

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

Click [HERE](#) for Menu



GET INVOLVED

National Senior Citizen Day, 8/21

A way to say Thank You!



National Senior Citizens Day recognizes seniors who have spent their lives contributing to society and have impacted everyone's lives for the better. Improved healthcare has changed demographics and increased productivity of older citizens, allowing them to be more active than ever before. With more opportunities available as well, many senior citizens now begin second careers and are an example for younger generations. It is an opportunity to say "thanks" to older Americans for what they have done to make our families and country better. It's also a time to reflect on our current communities.

In recognition of this day, on Monday, August 22nd, our Northshore Senior Center Board of Directors has graciously offered a **FREE cup of coffee and a treat** to anyone who comes into our facility on this day, as a thank you! Want to learn more about the history of National Senior Citizen Day...Click [HERE](#).

CENTER EVENTS THIS MONTH

Monthly Tea Party at our Mill Creek Senior Center



TODAY!!

A Great Way to Give Back To The Community!

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

Northshore Senior Center offers a team of social services professionals to support older adults and their families during these challenging times. Staff have expertise in social work, nursing, mental health and community resources



SEE BELOW FOR CURRENT PROGRAMS & SERVICES

[King County Tax Exemption Info Session](#)

[Powerful Tools for Caregivers Series](#)

[Regaining Your Ground - Osteoporosis Presentation](#)

[FREE State Park Passes for Seniors](#)

FACILITY UPDATES



Please read the following important facility updates from Zorna Kimball our Director of Administrative

Are you hungry? This is a great opportunity for the whole family. Open to anyone!



Join Us!

COMMUNITY PANCAKE BREAKFAST

ONLY \$5.00 PER PERSON

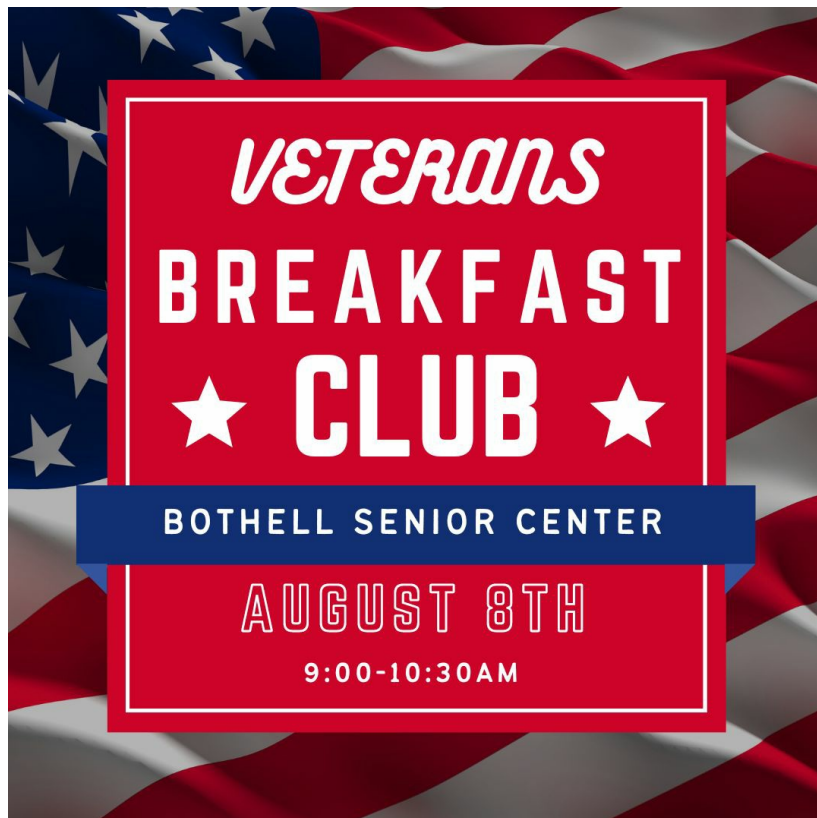
AUG 6TH

8:00 - 11:00AM

Northshore Senior Center

The poster features a stack of pancakes topped with blueberries, a cherry, and a sprig of mint. The background is a light beige with a subtle geometric pattern.

Great opportunity to swap stories. Open to all veterans and family members.



VETERANS
BREAKFAST
★ CLUB ★

BOTHELL SENIOR CENTER

AUGUST 8TH
9:00-10:30AM

The poster has a red and white American flag background. The text is in white and red, with a blue banner for the location.

Join us on August 24th at Kenmore City Hall and

Services.

Read [HERE](#)

WE ARE
HIRING!!

SEE
OUR
OPENINGS



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

Job Opportunities
[HERE](#)

Smile you're on camera :-)



One of our volunteers (Mohan Khandekar) will be around our facilities taking action shots that will be included in future promotional and marketing materials. When you see him, say "cheese"!

Adult Day
Health

As the demand for programs and services increases, so does our need for additional supplies to help run our programs. Our Adult Day Health program are looking for the following items.

[ADH Wishlist](#)

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

We need your help!!!

We are in need of food supplies. Please consider donating.

come say hi.



[Food Bank Needs](#)



ADVISORY COUNCIL SEEKS YOUR OPINION

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

COVID-19 POLICIES:

NSC does not require guests to mask in most Senior Center facilities. Masks are still 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