

Northshore Senior Center

Navigator Newsletter - September 2022

Class Info Online [HERE](#)

Summer Catalog [HERE](#)

www.northshoreseniorcenter.org

National Senior Center Month

Strengthening Community Connections



By Corey Lowell (Director of Senior Centers)

Celebrated every year in September, Senior Center Month is a time to shine a light on senior centers, showing the entire nation how vital senior centers are to the health and well-being of a community. Senior centers provide countless hours of support and encouragement to older adults and have become integral to health care delivery in our communities by providing COVID-19 guidance, vaccine education, and vaccinations to their participants. And they've played a role in addressing an issue that we all knew was important even before the pandemic: social isolation. [Read more...](#)

Staying Active All Month!



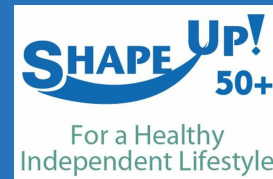
By Suzanne Greathouse (NSC Board President)



CENTER UPDATES & CHANGES

See what's happening at each center [HERE](#)

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



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 this month's menu



GET INVOLVED TODAY!!

A Great Way to Give Back To

September is Healthy Aging Month! It's a great time to be more mindful of your overall health, and NSC has lots of options as well as trained professionals to assist you: 1) Check out the exercise options in the NSC Catalog, 2) Grab a healthy lunch at Bothell Community Dining or 3) Finding ways to socialize and stay engaged while having fun!

[Read More...](#)

LET'S HAVE SOME FUN!



MEMBER ACTIVITY BINGO

Join other members this month by participating in our Northshore Senior Center Activity BINGO (9/1-9/30). By playing you have a chance to stay active, meet new people, and try new things, all while being able to win prizes!

Click [HERE](#) for more details.

MEMBERSHIP CAMPAIGN

REFER A FRIEND AND GET A FREE CLASS



Experts say the more that you stay connected with friends and socialize, the healthier and active you will be. What a better place to make sure this is the case, than at one of our Northshore Senior Centers. We have plenty to keep you busy and active each day (fitness classes, art classes, day trips, educational workshops, socialization activities/events, lunch, coffee bars, etc.).

So what are you waiting for? Grab a friend and start your journey together today!

How It Works:

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

Click [HERE](#) for upcoming programs and services



Member Message - Planning Your IRA Withdrawal



Read [HERE](#) for more information on how you can take advantage of this pre-tax giving.

Health & Wellness Updates



Exciting new opportunities for programs and services this

1. Refer a friend (must be a new member, or renewal prior to 2022).
2. Fill in your contact information on the [Membership Renewal Card](#). Then, give the referral card to a friend to complete their portion.
3. When they join, you will receive a credit for a **FREE** class.

The free class offer becomes valid when the incoming member joins as a member. New member must notify the Northshore Senior Center desk volunteers of referral upon joining. For additional information, please contact our front desk at (425) 486-2441.

Center Renovations & Closure



The NPRSA is continuing to work on our long list of capital improvements. The carpet install at the Health & Wellness Building is mostly complete, and although the bridge has taken a bit longer than expected, that job is starting to wind down. We will be having a re-opening event, so be on the lookout for more information. [Read more...](#)

New Way To Get Your Items



Starting on September 10th, our Bothell Food Pantry will be piloting a new, exciting, and efficient way to order and pick up your food items through our [online order form](#). Don't have an email or access to a computer, do not sweat! We will be able to take orders over the phone at (425) 286-1046.

By placing your order ahead of time, you will also be able to reserve a specific time window for you to come and pick up your items. No more having to wait in a long line of cars. Not able to place your order ahead of time? Don't worry, as we will still be having our normal drive-

month at our Health & Wellness Center. Click [HERE](#) to find out more.

Calling All Shutterbugs!



This month Northshore Senior Center is participating in the Kenmore Heritage Society Fun Photo Charity Challenge – with an opportunity to win \$500 for a Center program.

For more information and how to enter Click [HERE](#).

Need a Financial Booster?



Northshore Senior Center has funds available through the American Rescue Plan Act (ARPA) to assist seniors who have been impacted in some way by the COVID-19 pandemic.

For more information and how to apply for assistance click [HERE](#), or call (425) 286.1031 or [email](#).

CENTER EVENTS THIS MONTH



up option available.

We understand that this will be a change for many, however, this will allow us to serve more of our community efficiently. If you have any questions, please feel free to reach out to our Food Pantry Coordinator via [email](#) or by phone (425) 286-1046.



WE ARE HIRING!!



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

Job Opportunities
[HERE](#)

WHO IS WHO? Curious on who to contact for what? Here is a list.

[Northshore Staff](#)
[Contacts](#)

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 | information@mynorthshore.org