



JOIN NSC AS A MEMBER NOW AND  
SAVE MONEY ON THE HUNDREDS  
OF ACTIVITIES LISTED INSIDE.  
SEE PAGE 50 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 E Riverside Dr, Bothell, WA 98011  
PH: 425-487-2441

**Mon/Tue/Thu/Fri**  
**Wednesday**

**8 am-4:30 pm**  
**8 am-8:30 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 E Riverside Dr, Bothell, WA 98011  
PH: 425-488-4821

**Monday-Friday  
Office Hours  
Day Center Hours**

**8 am-4:30 pm  
10 am-2:30 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 NORTHSHORE SENIOR CENTER

6910 NE 170th St, Kenmore, WA 98028  
PH: 425-489-0707

**Monday-Friday**

**9 am-3 pm**

Located in the historic "caretaker cottage" 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.

## RHODODENDRON PARK PICNIC SHELTER

Call the Kenmore Senior Center at 425-489-0707 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. Reservations fill up quickly, so plan ahead!

## MILL CREEK BRANCH OF NORTHSHORE 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

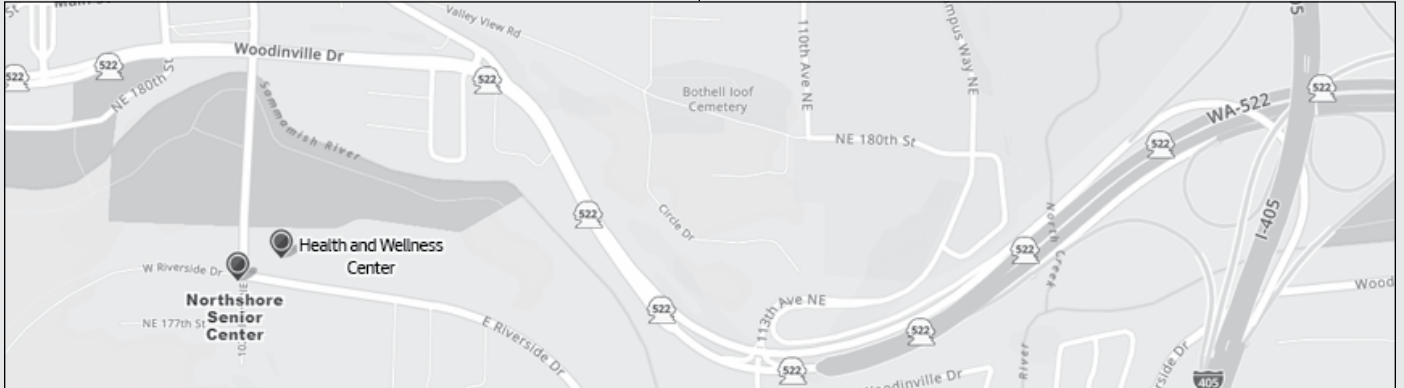
Phone: 425-487-2441

- » **NORTHSHORE SENIOR CENTER:**  
10201 E RIVERSIDE DR

## HEALTH AND WELLNESS

Phone: 425-488-4821

- » **HEALTH AND WELLNESS CENTER:**  
10212 E RIVERSIDE DR



## KENMORE

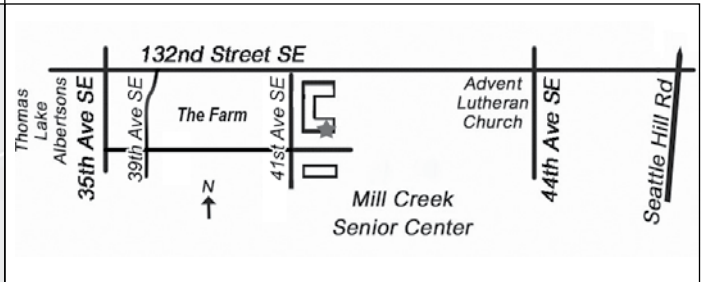
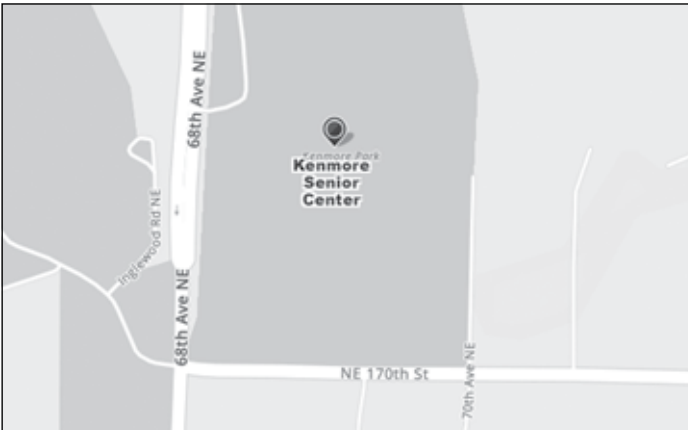
Phone: 425-489-0707

- » **KENMORE SENIOR CENTER:**  
6910 NE 170TH ST (IN RHODODENDRON PARK)  
*CALL KENMORE SENIOR CENTER TO RESERVE THE PARK PICNIC SHELTER.*
- » **EPISCOPAL CHURCH OF THE REDEEMER:**  
6211 NE 182ND

## MILL CREEK

Phone: 425-948-7170

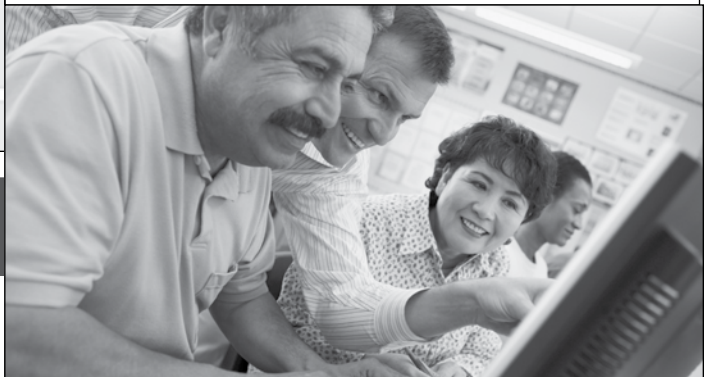
- » **MILL CREEK SENIOR CENTER:**  
4111 133RD ST SE  
Parking available in any space marked "Commercial."
- » **NORTH CREEK PRESBYTERIAN CHURCH:**  
621 164TH SE



## PETER KIRK COMMUNITY CENTER

Phone: 425-587-3360

352 KIRKLAND AVE, KIRKLAND WA



# GENERAL INFORMATION

## BOARD OF DIRECTORS

**Board President:** Suzanne Greathouse

**Board Members:** Arnold Alejandrino  
Barbara Anderson • Liz Aspen • Randy Busch  
John Dolin • Bruce Garberding • 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](mailto:advisory@mynorthshore.org) as well as by submitting feedback into each center's suggestion box.

## 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](mailto:information@mynorthshore.org).**

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## KEY STAFF

### ADMINISTRATIVE TEAM

**Chief Executive Officer:** Nathan Phillips  
**Bothell Program Manager:** Kerri Schwindt  
**Kenmore Program Supervisor:** Pasha Mohajerjasbi  
**Mill Creek Program Supervisor:** Celeste Virago Lowe  
**H&W and ADC Director:** Judi Pirone  
**Strategic Advisor:** Zorna Kimball  
**Staff Accountant:** Leah Walz  
**Social Services Manager:** Janet Zielasko  
**Transportation Operations Manager:** Cliff Perry  
**Volunteer Coordinator:** Harry Horst

## ANNOUNCEMENTS

### OFFICIAL HOLIDAY CLOSURES:

- » Friday, November 11 - Veterans Day
- » Thursday, November 24 - Thanksgiving Holiday
- » Friday, November 25 - Thanksgiving Holiday
- » Friday, December 23 - Christmas Holiday
- » Monday, December 26 - Christmas Holiday
- » Monday, January 2 - New Year's

### BOTHELL FACILITY CLOSURE:

The Bothell Facility will be closed Monday, October 3 through Friday, October 7 for new carpet installation. We are sorry for the inconvenience but looking forward to having new carpet throughout the facility. We will do our best to keep you posted throughout the process.

# GATHERING PLACES & EVENTS

## 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 for home made pies!

Mon-Fri	8:30-3:30 pm
Wed Pie	Noon
T/Th Soup	11 am-2 pm

### COFFEE, SNACKS 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
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### KENMORE IN THE PARK

The coffee and hospitality are always brewing at the Kenmore Senior Center cottage 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
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### LENDING LIBRARY AT BOTHELL, KENMORE AND MILL CREEK

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.

### 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, Shuffleboard, Television, a place for you to relax, have fun and make new friends.

Mon-Fri	8 am-4:30 pm
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### COMMUNITY DINING AT BOTHELL

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

**\$4 SUGGESTED DONATION FOR THOSE 60 AND OLDER  
\$10 CHARGE FOR PEOPLE UNDER 60**

Reservations only: 425-487-2441

Mon-Fri	Delivery is after 11 am Pick-up is 11:30 am-Noon In-Person Dining is Noon-12:30 pm
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## SPECIAL EVENTS

### JEWELRY SALE

This is the sale you've all been waiting for. You will love the assortment of jewelry and the prices can't be beat. Shop and benefit the Senior Center at the same time.

**Location: Bothell, Lobby**

Sep 30-Oct 1	Fri, 9 am-4 pm • Sat, 8:30 am-Noon
Nov 4-5	Fri, 9 am-4 pm • Sat, 8:30 am-Noon

### SILVERKITE ART PROGRAM WITH THE MILL CREEK LIBRARIANS

Mindfulness & Gratitude. Please call 425-948-7170 to confirm date and time.

**FREE**

**Location: Mill Creek Senior Center**

Oct 18	Tue	1-3 pm
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# GATHERING PLACES & EVENTS

## 'WELCOME TO MEDICARE' PRESENTATION

During this session, you learn about:

- The differences between Medicare A, B, C, and D
- The Enrollment process
- Understanding your Medicare benefits and options
- The difference between Medigaps (supplemental plans) and Medicare Advantage plans
- How to get help paying for Medicare
- Medicare fraud issues

Note: SHIBA provides free, unbiased and confidential assistance with Medicare health care choices.

### FREE

**Location: Bothell, Room 202**

Oct 12      Wed      1-3:30 pm

Presenter: Larry Cole, Solid Ground SHIBA (Statewide Health Insurance Benefits Advisors) volunteer.

Pre-registration required. To register, contact Janet Zielasko at 425-286-1035; janetz@mynorthshore.org

## 2023 MEDICARE OPEN ENROLLMENT APPOINTMENTS WITH SHIBA

Mill Creek will be hosting an Open Enrollment event with the fantastic Snohomish County SHIBA team. Even if you are happy with your Medicare choices, it's wise to speak to a SHIBA advisor about the upcoming 2023 year to see if there are any changes coming down the pike and to make sure your Part D plan will continue to cover any meds you are taking in the upcoming year. And if you are looking to make a change for 2023, Open Enrollment is the time you are allowed to do this. Open Enrollment begins October 15th and ends December 7th. Call Snohomish SHIBA at 425-290-1276 to make your appointment!

**Location: Mill Creek**

Nov 18      Call 425-290-1276 to make an appointment

**Location: Kenmore Senior Center for KING COUNTY residents, call 425.498.0707 to schedule a 1 hour consult**

Oct 14      Fri      9 am-Noon

Nov 18      Fri      9 am-Noon

Dec 9      Fri      9 am-Noon

## MEDICARE OPEN ENROLLMENT PRESENTATION

During this session, you will learn:

- What you can do during Medicare Open Enrollment
- Choosing and changing plans
- Medigaps
- How to get help paying for Medicare

Note: SHIBA provides free, unbiased and confidential assistance with Medicare health care choices.

### FREE

**Location: Bothell, Room 202**

Oct 19      Wed      9-11:30 am

Presenter: Larry Cole, Solid Ground SHIBA (Statewide Health Insurance Benefits Advisors) volunteer.

Pre-registration required. To register, contact Janet Zielasko at 425-286-1035; janetz@mynorthshore.org

## CHILI, CHOCOLATE AND CHAT

Join us as we celebrate Fall with a warm bowl of award winning home-made chili, some cozy hot chocolate, and some good company! Bring a non-perishable food item to donate to our Food Pantry, wear your comfy clothes and spend some time sharing laughter and fun at the magical cottage in Rhododendron Park!

**\$10 PER PERSON**

**LIMIT 20**

**Location: Kenmore**

Oct 25      Tue      Noon-2:30 pm

Call 425-489-0707 to sign up. Advance payment is recommended to confirm your spot.

## AN AFTERNOON WITH AUTHOR ALEXIS MORGAN

Come hear USA Today Bestselling Author Alexis Morgan speak and read from some of her works. Based in Mill Creek, she is the author of over fifty novels, novellas, and short stories that span a variety of genres: American West historicals; paranormal and fantasy romances; contemporary romances; and cozy mysteries. Her current projects include The Abby McCree Mysteries from Kensington Publishing, and a sweet inspirational romance for Harlequin's Love Inspired imprint.

**Location: Mill Creek**

Nov 15      Tue      1-3 pm



# SPECIAL EVENTS



## "NOSH 'TIL YOU DROP" LATKE PARTY

Come and celebrate the first day of Hanukkah with the "Festival of Lights" signature food - the latke! Latkes are delicious fried potato pancakes served with sour cream and/or applesauce. You cannot eat just one! We might even get really meshugenah and break out a dreidel or two. Everyone welcome!

**FREE**

**Location: Mill Creek**

Dec 19

Mon

Noon-2 pm

## RECURRING EVENTS

**NEW**

### BINGO AT BOTHELL

Back by popular demand! We will be having Bingo again on the 1st Saturday of each month starting in October. Cash prizes! The bigger the turnout, the bigger the prizes.

**\$12, PER PACKET (6 CARDS PER PACKET)**

**Location: Bothell, 202/203**

Oct 1	Sat	12:30-2:30 pm
Nov 5	Sat	12:30-2:30 pm
Dec 3	Sat	12:30-2:30 pm

## BOTHELL AND THE CIVIL WAR

Thousands of Civil War veterans made their homes in the Seattle area decades after the war. This presentation will focus on a group that settled in Bothell. Learn about these veterans, their families and postwar lives as they migrated and ultimately settled in Bothell. Program is done in conjunction with Bothell Historical Museum.

**FREE**

**Location: Bothell, Room 202**

Presenter: Richard Heisler, founder of Civil War Seattle and member of Bothell Historical Museum

Nov 8 1-2:30 pm

## BLUEGRASS CONCERT

Join us for the 6th annual Bluegrass Concert featuring the Cliff Perry Band, a long time Pacific Northwest favorite. This event is a fundraiser for the Kenmore branch of the Northshore Senior Center. Complimentary refreshments and FUN are included in your ticket price. You'll have a toe-tappin', knee-slappin', and happy-dancin' good time. P.S. this is a non-Seahawks Sunday!

**\$20 / AT THE DOOR**

**Location: Bothell, Multipurpose Room**

Nov 20 Sun 3 pm

## MEATLESS MONDAY POTLUCK

Join us in sharing your favorite meat-free dishes! Or come and try some and see what you think! Choosing to eat plant-based meals on Mondays, or "Meatless Mondays" (first started in WWI by Woodrow Wilson), has become a way people can explore the world of plant-based eating. You don't have to be a vegetarian! No judgement, just good food and hopefully some recipe swapping!

**FREE**

**Location: Mill Creek Senior Center**

Ongoing 2nd Mon Noon-1 pm

## PINKIES UP TEA PARTY

Join us for a variety of teas and treats. A different theme for each gathering!

- » **October 7:** Around the World in 80 Days featuring Indian chai. Bring some of your favorite travel photos to share!
- » **November 4:** Agatha Christie Murder Mystery (Interactive)
- » **December 2:** Nutcracker Tea Extravaganza

**FREE**

**Location: Mill Creek Senior Center**

Ongoing First Fri 11 am-2 pm



# SPECIAL EVENTS AND CLASSES

## SATURDAY PANCAKE BREAKFAST

Please come and enjoy a hearty breakfast of pancakes, eggs, sausage, coffee or tea and orange juice.

**\$5 PER PERSON**

**Location: Bothell, Dining Room**

Oct 1	Sat	8-11 am
Nov 5	Sat	8-11 am
Dec 3	Sat	8-11 am



## VETERANS BREAKFAST CLUB

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 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 please contact the Bothell front desk. Please consider joining us!

**FREE**

**Location: Bothell, Dining Room**

Ongoing 2nd Mon 9-10:30 am

To register, please call the Northshore Senior Center at (425) 487-2441.

## ART

### 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. No class Oct 7, Nov 11, 25 and Dec 23.

<b>\$10 MEMBER/\$20 NONMEMBER</b>	<b>2 WEEKS</b>
<b>\$15 MEMBER/\$30 NONMEMBER</b>	<b>3 WEEKS</b>
<b>\$20 MEMBER/\$40 NONMEMBER</b>	<b>4 WEEKS</b>
<b>\$7.50 MEMBER/\$15 NONMEMBER</b>	<b>PER CLASS</b>

**Location: Bothell, Room 104**

Instructor: Shuko Mantooth

Oct 14-28	Fri	1-2 pm	3 weeks
Nov 4-18	Fri	1-2 pm	2 weeks
Dec 2-30	Fri	1-2 pm	4 weeks

**NEW**

### CARD MAKING WORKSHOP

Join us for an afternoon workshop of holiday/greeting card making! Give the gift of your own art and design for occasions throughout the year. Most materials included. Bring your favorite stuff from home along with a pair of scissors. Basic supplies included in workshop fee. Limit 8. Call 425-489-0707 to register.

**\$10 MEMBER/\$15 NONMEMBER**

**Location: Kenmore Senior Center in Rhododendron Park**

Instructors: Gretchen Davey, Shuko Mantooth

Oct 26	Wed	1-3 pm	1 session
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### 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. No class Oct 5.

<b>\$18 MEMBER/\$36 NONMEMBER</b>	<b>3 WEEKS</b>
<b>\$24 MEMBER/\$48 NONMEMBER</b>	<b>4 WEEKS</b>
<b>\$30 MEMBER/\$60 NONMEMBER</b>	<b>5 WEEKS</b>
<b>\$9 MEMBER/\$18 NONMEMBER</b>	<b>PER CLASS</b>

**Location: Bothell, Room 103**

Instructor: Shuko Mantooth

Oct 12-26	Wed	10 am-Noon	3 weeks
Nov 2-30	Wed	10 am-Noon	5 weeks
Dec 7-28	Wed	10 am-Noon	4 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. No class Oct 6 and Nov 24.

<b>\$21 MEMBER/\$42 NONMEMBER</b>	<b>3 WEEKS</b>
<b>\$35 MEMBER/\$70 NONMEMBER</b>	<b>5 WEEKS</b>
<b>\$10 MEMBER/\$20 NONMEMBER</b>	<b>PER CLASS</b>

**Location: Bothell, Room 104**

Instructor: Judy Moritz; 425-488-8270

Oct 13-27	Thu	11 am-2 pm	3 weeks
Nov 3-17	Thu	11 am-2 pm	3 weeks
Dec 1-29	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. No class Oct 5, 6 and Nov 24.

<b>\$18 MEMBER/\$36 NONMEMBER</b>	<b>3 WEEKS</b>
<b>\$24 MEMBER/\$48 NONMEMBER</b>	<b>4 WEEKS</b>
<b>\$30 MEMBER/\$60 NONMEMBER</b>	<b>5 WEEKS</b>
<b>\$9 MEMBER/\$18 NONMEMBER</b>	<b>PER CLASS</b>

**Location: Bothell, Room 104**

Instructor: Alice Shuler; 425-485-1221

Oct 13-27	Thu	8:30-10:30 am	3 weeks
Nov 3-17	Thu	8:30-10:30 am	3 weeks
Dec 1-29	Thu	8:30-10:30 am	5 weeks

## NEW EVENING CLASS

Oct 12-26	Wed	6:30-8:30 pm	3 weeks
Nov 2-30	Wed	6:30-8:30 pm	5 weeks
Dec 7-28	Wed	6:30-8:30 pm	4 weeks

**Location: Kenmore**

Instructor: Susan Watts; 858-437-3466

Oct. 4-25	Tue	10 am-Noon	4 weeks
Nov 1-29	Tue	10 am-Noon	5 weeks
Dec 6-27	Tue	10 am-Noon	4 weeks

## FAST AND LOOSE BIG BRUSH WATERCOLOR PAINTING

All levels are welcome to come have fun working with big brushes and loose strokes to create spirited impressionistic art. Painting this way is fun and easy, with no rules, no "mistakes," only free and easy pieces. Every class will have a "follow me" demonstration AND everyone is always free to paint your own composition instead, with support if you like. Come play and create magic. Supply list is flexible by what materials you may already have. Come once or come every week. No class Oct 4.

<b>\$21 MEMBER/\$42 NONMEMBER</b>	<b>3 WEEKS</b>
<b>\$28 MEMBER/\$56 NONMEMBER</b>	<b>4 WEEKS</b>
<b>\$35 MEMBER/\$70 NONMEMBER</b>	<b>5 WEEKS</b>
<b>\$10 MEMBER/\$20 NONMEMBER</b>	<b>PER CLASS</b>

**Location: Bothell, Room 104**

Instructor: Linda Roggenburg

Oct 11-25	3 weeks
Nov 1-29	5 weeks
Dec 6-27	4 weeks

**NEW**

## INTRODUCTION TO MANDALA

Mandala means "sacred circle" and is used as a creative process for self-discovery and personal transformation. Historically the mandala has been used as a meditative focus – a means of turning inward to stillness and quiet. During this experiential class, we will come together as a group, look at the history of the mandala, and experience the mandala through the Arts. No arts experience is necessary. This safe, supportive process can be a way to awaken within.

**\$10 MEMBER/\$20 NONMEMBER**

**Location: Bothell, Room 104**

Instructor: Laurie Bell

Oct 11	Tue	9:30-11 am
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**NEW**

## INTRODUCTION TO ZENTANGLE

Have you heard about the crazy, fun world of Zentangle? Zentangle®, a meditative art form, is an easy way of creating beautiful images by drawing structured patterns called tangles. Reduce stress, relax, focus, as you draw, and be pleasantly surprised with your simple piece of art. No art experience required. \$5. Supply fee paid to the instructor.

**\$10 MEMBER/\$20 NONMEMBER, PER CLASS**

**Location: Bothell, Room 104**

Instructor: Laurie Bell

Oct 12	Wed	9:30-11 am
Nov 9	Wed	9:30-11 am

# ACTIVITIES AND CLASSES

**NEW**

## MANDALA, NATURE AS A HEALER

Mandala means “sacred circle” and historically has been used as a meditative focus – a means of turning inward to stillness and quiet. During this experiential class, we will look at the healing properties of Nature, as it relates to the mandala. With this safe, supportive, creative process, we will explore the mandala through the Arts. No arts experience is necessary.

**\$10 MEMBER/\$20 NONMEMBER**

**Location: Bothell, Room 104**

Instructor: Laurie Bell

Dec 13 Tue 9:30-11 am

**NEW**

## MANDALA, THANK YOU FOR THE MOMENT

Mandala means “sacred circle” and historically has been used as a meditative focus – a means of turning inward to stillness and quiet. During this experiential class, we will look at the healing properties of Gratitude, as we create our mandala. With this safe, supportive, creative process, we will explore the mandala through the Arts. No arts experience is necessary.

**\$10 MEMBER/\$20 NONMEMBER**

**Location: Bothell, Room 104**

Instructor: Laurie Bell

Nov 1 Tue 9:30-11 am

## OIL AND ACRYLIC PAINTING

If you have ever wanted to learn oil or acrylic painting techniques, here is your chance. New materials and techniques will be presented each week to help you on your way. Join the camaraderie of painters of varying experiences as they pursue their own painting projects. All levels are welcome. No class Oct 5.

<b>\$21 MEMBER/\$42 NONMEMBER</b>	<b>3 WEEKS</b>
<b>\$28 MEMBER/\$56 NONMEMBER</b>	<b>4 WEEKS</b>
<b>\$35 MEMBER/\$70 NONMEMBER</b>	<b>5 WEEKS</b>
<b>\$10 MEMBER/\$20 NONMEMBER</b>	<b>PER CLASS</b>

**Location: Bothell, Room 104**

Leaders: Beverly Parcel and Linda Roggenburg

Oct 12-26	Wed	12:30-3:30 pm	3 weeks
Nov 2-30	Wed	12:30-3:30 pm	5 weeks
Dec 7-28	Wed	12:30-3:30 pm	4 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 Oct 3, 7, Nov 11, 25, Dec 23 and Dec 26.

<b>\$16 MEMBER/\$32 NONMEMBER</b>	<b>2 WEEKS</b>
<b>\$24 MEMBER/\$48 NONMEMBER</b>	<b>3 WEEKS</b>
<b>\$32 MEMBER/\$64 NONMEMBER</b>	<b>4 WEEKS</b>
<b>\$12 MEMBER/\$24 NONMEMBER</b>	<b>PER CLASS</b>

**Location: Bothell, Room 104**

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

Oct 10-31	Mon	10 am-1 pm	4 weeks
Nov 7-28	Mon	10 am-1 pm	4 weeks
Dec 5-19	Mon	10 am-1 pm	3 weeks
Oct 14-28	Fri	9 am-Noon	3 weeks
Nov 4-18	Fri	9 am-Noon	2 weeks
Dec 2-30	Fri	9 am-Noon	4 weeks

**Location: Kenmore**

Instructor: Alec Walker, call 425-489-0707 to register. Class limit 8.

Oct 5-26	Wed	10 am-1 pm	4 weeks
Nov 2-30	Wed	10 am-1 pm	5 weeks
Dec 7-28	Wed	10 am-1 pm	4 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.

<b>\$24 MEMBER/\$48 NONMEMBER</b>	<b>4 WEEKS</b>
<b>\$30 MEMBER/\$60 NONMEMBER</b>	<b>5 WEEKS</b>
<b>\$9 MEMBER/\$18 NONMEMBER</b>	<b>PER CLASS</b>

**Location: Mill Creek**

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

Oct 5-26	Wed	10 am-Noon	4 weeks
Nov 2-30	Wed	10 am-Noon	5 weeks
Dec 7-4	Wed	10 am-Noon	4 weeks



# ACTIVITIES AND CLASSES

## 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

- » **Oct 12:** Let's have FUN! Toys, games sports equipment - cards game boards, dice, sportswear, scorecards, childhood playthings, etc.
- » **Nov 9:** Native American theme month plus November holidays - Election Day, Veteran's Day & Thanksgiving Day. Also, gather up "fall colored" items - golds, reds, rusts, etc.
- » **Dec 14:** Vintage Christmas Collectibles. Bring your favorite December decorations. Sorry, no outside food as per on-going state imposed health regulations.

## 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**

Instructor: Susanne McNellis

Ongoing Tue/Thu mornings (by appointment only)

To schedule an appointment call 425-948-7170

### COMPUTER HELP

Tutoring help is available in our Computer Learning Center. If you need help using your computer, 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.

**FREE**

**Location: Mill Creek**

Instructor Susanne McNellis

To schedule an appointment call 425-948-7170

## GENEALOGY

Help with 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**

By appointment Mon-Fri

Call 425-286-1038 for more information

**NEW**

### INTRODUCTION TO WINDOWS 11

Learn Microsoft newest operating system windows 11, intro to newest features at your skill level

**\$20 MEMBER/ \$40 NONMEMBER PER 60 MINUTES**

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

Mon-Fri

Call 425-286-1038 for more information.

## 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 staying 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](http://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](mailto:KenC@mynorthshore.org)

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

# ACTIVITIES AND CLASSES

## 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 MEMBER / \$40 NONMEMBER PER 60 MINUTES**

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

Mon-Fri

Call 425-286-1038 for more information.

## 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 and SSD upgrades.

**\$40 PER PROJECT**

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

Mon-Fri

Call 425-286-1038 for more information.

## CRAFTS

### CRAFTING CLUB

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

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

**Location: Mill Creek**

Ongoing Fri Noon-3 pm

**Location: Kenmore**

Ongoing Thu 12:30-2:30 pm

## IN STITCHES

Want to learn to sew? Already experienced? Join us as we start with the basics of hand and machine sewing. Simple projects will build your confidence and open up a world of creativity! Bring your portable sewing machine and your enthusiasm. Experienced sewers welcome as facilitators. We have sewing machines and fabric on site to get us started. Call 425-489-0707 to register. Max. 8 students. No class Dec 23.

**\$40 MEMBER/\$80 NONMEMBER 4 WEEKS**  
**\$20 MEMBER/\$40 NONMEMBER 2 WEEKS**  
**\$15 MEMBER/\$25 NONMEMBER PER CLASS**

**Location: Kenmore**

Instructor: Shuko Mantooth

Oct 7-28	Fri	9 am-Noon	4 weeks
Nov 4 and 18	Fri	9 am-Noon	2 sessions
Dec 2-30	Fri	9 am-Noon	4 weeks

## JEWELRY CLUB

Come and join us to prepare previously loved jewelry for resale at various events. We gladly accept donations of your no longer wanted gems. No Meeting Oct 3.

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

**Location: Bothell, Room 103**

Leader: Shirley Ward

1st Mon 10 am-Noon

## KNIT WITS

Meet with friends, chat and work on your own projects in a friendly, old-fashioned knitting bee. No class Oct 4.

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

**Location: Bothell, Room 103**

Leader: Sallie Gerrard

Ongoing Tue 9:30-11 am

## MAKE & BIND A BOOK WORKSHOP

Join this fun, interactive class and learn how to design and construct your own journal to use for daily writing, art ideas, travel, gratitude, etc. Give yourself a gift that keeps on giving! Supplies included in class fee. Call 425-489-0707 to sign up. Limit 10.

**\$20 MEMBERS/\$40 NONMEMBERS**

**Location: Kenmore Annex**

Oct 14 Fri 12:30-2:30 pm

# ACTIVITIES AND CLASSES

**NEW**

## MAKING PAPER BEADS

Come join the fun as we explore the world of paper beadmaking. All materials are provided for this fun, easy and sustainable craft. We will learn a variety of techniques and designs. These beads make beautiful jewelry, key chains, etc. Great to give as holiday gifts! Limit 15. Call 425-489-0707 to register.

**\$15 MEMBER/\$30 NONMEMBER**

**Location: Kenmore Senior Center**

Instructor: Pasha Mohajerjasbi

Nov 3 Thu 10 am-Noon

## 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. No class Oct 5.

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

**Location: Bothell, Room 103**

Facilitator: Barb Rodahl

Ongoing Wed 12:30-3 pm

## DANCE

### BALLROOM DANCE LESSONS

Fox Trot, Waltz, Swing and Latin lessons for the beginner and the experienced. No partner necessary. No class Oct 5.

**\$12 MEMBER/\$24 NONMEMBER PER CLASS**

**Location: Bothell, Multipurpose Room**

Instructor: Celia Boarman

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. No class Oct 4.

**\$15 MEMBER/\$30 NONMEMBER**

**3 WEEKS**

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

**4 WEEKS**

**\$25 MEMBER/\$50 NONMEMBER**

**5 WEEKS**

**\$7.50 MEMBER/\$15 NONMEMBER**

**PER CLASS**

**Location: Bothell, Multipurpose Room**

Instructor: Candace LaMont

Oct 11-25 Tue 11:15 am-Noon 3 weeks

Nov 1-29 Tue 11:15 am-Noon 5 weeks

Dec 6-27 Tue 11:15 am-Noon 4 weeks

**\$25 MEMBER/\$50 NONMEMBER**

**4 WEEKS**

**\$31.25 MEMBER/\$62.50 NONMEMBER**

**5 WEEKS**

**\$9 MEMBER/\$18 NONMEMBER**

**PER CLASS**

**Location: Mill Creek, North Creek Presbyterian Church**

**621 164th St SE Mill Creek, WA 98012**

Instructor: Barbara Heidel

Oct 4-25 Tue 11:15 am-12:30 pm 4 weeks

Nov 1-29 Tue 11:15 am-12:30 pm 5 weeks

Dec 6-27 Tue 11:15 am-12:30 pm 4 weeks

## DAY TRIPS

### CHIHULY GARDEN AND GLASS

Located in Seattle, the Exhibition features Dale Chihuly, a leader and innovator in glass art. Along with eight galleries, the Exhibition includes the centerpiece Glasshouse, a theater presenting short videos on Chihuly's working process, a unique gift shop, and a lush garden which acts as a backdrop for some of his pieces. Also, its new Art Plaza offers an opportunity to observe live glassblowing, and a chance to enjoy a snack.

**\$57 MEMBER/\$114 NONMEMBER**

**Location: Bothell Senior Center**

Oct 13 Thu 10 am-2 pm



# ACTIVITIES AND CLASSES

## JAPANESE GARDEN AT UW ARBORETUM

Dress for the weather and enjoy the beauty of autumn colors in the Japanese Garden at UW! We can join the guided tour or wander on our own. Limit 13. Lunch on your own at YumYum Thai after the garden. Call 425-489-0707 to sign up.

**\$35 MEMBERS/\$70 NONMEMBERS**

**Organized by Kenmore/Depart from Bothell**

Oct 20 Thu 10:30 am-2:30 pm

## TULALIP CASINO

Our Tulalip Casino trips are back! For an afternoon of fun, the Casino bus will pick up and drop off at the Northshore Senior Center. A volunteer from NSC will accompany you on the trip.

**\$5 MEMBER/\$10 NONMEMBER**

**Location: Bothell Senior Center**

Oct 27 Thu 10:30 am-4:30 pm

## HISTORIC DOWNTOWN SNOHOMISH

This Day Trip will take us to the walkable Downtown area of Snohomish. Decked out for the holidays, the riverside Front Street will greet us with an array of speciality, gift, food and antique stores. You'll also be able to enjoy "tastings" (from gourmet olive oils to beers and even spirits) as you stroll. Give your holiday shopping a "local" start, have fun, and enjoy lunch on your own at one of the many restaurants in the area. Save room for dessert (included) which we'll enjoy when we return to the Center.

**\$30 MEMBER/\$60 NONMEMBER**

**Location: Bothell Senior Center**

Nov 10 Thu 10 am-2 pm

## PRIVATE HOLIDAY HIGH TEA

Celebrate the holidays with our private tea party at Graham's Royal Tea, on Main Street, in Bothell. Graham's Tea Room features fashionable decor, gorgeous table settings, a tea chop boutique, and sumptuous food - providing a perfect "Dress-up High Tea" occasions for us! Our celebrations will begin with a starter course and be followed by an assortment of Tea Sandwiches, Scones, and Sweets - oh...and Tea! Especially nice is the fact that Graham's is in walking distance of NSC.

**\$32 MEMBER/\$64 NONMEMBER**

**Location: Bothell Senior Center**

Dec 7 Wed 1:45-3:30 pm

## CINDERELLA

Revisit your childhood wonder with this production of Rodgers & Hammerstein's musical adaptation of Cinderella. The iconic songs, amazing gowns, romance, and "magic" of this favorite fairy tale are delightfully captured at the Village Theatre in Everett by its extremely talented Northwest artists, set designers and technicians. Before leaving for this matinee performance, we'll enjoy an early lunch at the Northshore Dining Room. Cost includes transportation, theatre tickets and chef's choice lunch.

**\$69 MEMBER/\$138 NONMEMBER**

**Location: Bothell Senior Center**

Jan 12 Thu 11 am-4 pm

## DAY TRIP GUIDELINES:

- » Reservations for Bothell trips can be made by calling 425-487-2441. Reservations for Kenmore trips can be made by calling 425-489-0707.
- » Minimum 6 passengers needed for trip.
- » Bus pickup/drop off at NSC Bothell for Bothell and Kenmore trips.
- » Foldable walkers allowed.
- » Members must be able to travel on their own or must be accompanied by a companion.
- » No cash or credit card refunds. If you cancel **more** than 1 week before event, credit will be put into your NSC account for future use. If you cancel **less** than 1 week before trip **no** credit will be given unless substitute is available.
- » If trip is for an event that requires a pre-paid ticket no credit can be given regardless of cancellation time unless a substitute is available.
- » Casino trips are not eligible for refund or credit at any time after purchase.

## 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**

Please register on Cvents at: <http://aarp.cvent.com/DSVirtual> or contact directly at email: [aarpwashingtondriversafety@gmail.com](mailto:aarpwashingtondriversafety@gmail.com) or call 425-830-1409.

# 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.

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. We have just added spin bikes to our array of fitness equipment. Staff are available to assist you with a machine or demonstrate new techniques.

Get signed up now!! During your first visit, our staff will work with you to evaluate your level of fitness and areas of focus.



# ACTIVITIES AND CLASSES

## FITNESS

### CHINESE QIGONG ("CHEE-KUNG")

Qigong is an ancient Chinese practice that improves one's mental and physical health by integrating posture, movement, breathing, self-massage, and focused intent. Benefits include lowered stress and anxiety. Can be done standing or seated. Manage your Chi. No class Oct 4.

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

**Location: Bothell, Studio Room**

Ongoing Tue 1-2 pm

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

This class continues with optional "Five Animals Frolic" practice until 2:30 pm.

**Location: Kenmore Senior Center, Rhododendron Park, 6910 NE 170th St.**

Classes are held outdoors in the park. Dress for the weather! Please check in at the Senior Center cottage before each class.

Call 425-489-0707 to register.

Ongoing Wed 11 am-12 pm

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

### 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. This is an Evidence Based Program - no per class fee. No class Oct 3, 5, 7, Nov 11, 25, Dec 23 and 26.

**\$30 MEMBER/\$60 NONMEMBER PER MONTH**

**Location: Bothell, Multipurpose Room**

Certified Instructor: Sarah Graham

Ongoing M/W/F 8:30-9:30 am



### PEDAL FOR PARKINSONS

Pedaling for Parkinson's is indoor cycling class developed specifically for people with Parkinson's disease. Ride for 60 minutes 3 times per week, 10 minute warm up and 10 minute cool down, 40 minute ride. Physician approval and signed waiver required. This is an Evidence Based Program - no per class fee. No class Nov 11, Nov 25, Dec 23, and Dec 26.

**\$50 MEMBER/\$100 NONMEMBER**

**Location: Health & Wellness**

Instructor: Sara Graham

Oct 3- 28 M/W/F 11 am-Noon

Nov 2-30 M/W/F 11 am-Noon

Dec 2-30 M/W/F 11 am-Noon

### 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 Oct 3, 7, Nov 11, 25, Dec 23 and 26.

**\$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 1-4 pm

Wed 5:30-8:30 pm **NEW EVENING PLAYING TIME**

Fri 1-4 pm



# ACTIVITIES AND CLASSES

## PILATES/MAT CLASS

A 45-minute class designed to develop core abdominal strength, improve balance, stability, flexibility and enhance muscle control. Suitable for all fitness levels, but must be able to get down on a mat. Need exercise mat, a towel and water bottle. Clothing should be comfortable and allow freedom of movement. No class Oct 3, 5 and Dec 26.

<b>\$35 MEMBER/\$70 NONMEMBER</b>	<b>7 CLASSES</b>
<b>\$45 MEMBER/\$90 NONMEMBER</b>	<b>9 CLASSES</b>
<b>\$7.50 MEMBER/\$15 NONMEMBER</b>	<b>PER CLASS</b>

**Location: Bothell, Multipurpose Room**

Instructor: Candace LaMont

Oct 10-31	M/W	11:15 am-Noon	7 classes
Nov 2-30	M/W	11:15 am-Noon	9 classes
Dec 5-28	M/W	11:15 am-Noon	7 classes

## SENIOR AEROBICS

Lively, low impact aerobics class. Cardio exercises, plus strength conditioning using light weights and resistance bands. Focus on balance, and core strength included. Modifications will be provided as needed. Need athletic footwear and a water bottle. Equipment is provided. No class Oct 3, 5 and Dec 26.

<b>\$35 MEMBER/\$70 NONMEMBER</b>	<b>7 CLASSES</b>
<b>\$50 MEMBER/\$100 NONMEMBER</b>	<b>10 CLASSES</b>
<b>\$7.50 MEMBER/\$15 NONMEMBER</b>	<b>PER CLASS</b>

**Location: Bothell, Multipurpose Room**

Certified Instructor: Candice LaMont

Oct 10-31	Mon/Wed	10-11 am	7 classes
Nov 2-30	Mon/Wed	10-11 am	9 classes
Dec 5-28	Mon/Wed	10-11 am	7 classes

## SPIN TO WIN

Join us in Spin to Win, a 45 min indoor cycling class geared for all fitness levels. Each class includes cardio, strength and stretching giving you the perfect all body workout without any impact. No class 12/26. Limit 4 per class

<b>\$35 MEMBER /\$70 NON MEMBER</b>	<b>7 CLASSES</b>
<b>\$40 MEMBER/\$80 NONMEMBER</b>	<b>8 CLASSES</b>
<b>\$45 MEMBER/\$90 NONMEMBER</b>	<b>9 CLASSES</b>
<b>\$7.50 MEMBER/\$15 NONMEMBER</b>	<b>PER CLASS</b>

**Location: Health & Wellness**

Instructor: Sara Graham

Oct 3-31	M/W	10-10:45 am	8 classes
Nov 2-30	M/W	10-10:45 am	9 classes
Dec 5-28	M/W	10-10:45 am	9 classes

## SENIOR BODY CONDITIONING

Make efficient use of your time by combining your cardio and strength using sport moves and light weights to give you the perfect total body workout. Sign up today and join the fun! No class Oct 7, Nov 11, 25 and Dec 23.

<b>\$10 MEMBER/\$20 NONMEMBER</b>	<b>2 WEEKS</b>
<b>\$15 MEMBER/\$30 NONMEMBER</b>	<b>3 WEEKS</b>
<b>\$20 MEMBER/\$40 NONMEMBER</b>	<b>4 WEEK</b>
<b>\$7.50 MEMBER/\$15 NONMEMBER</b>	<b>PER CLASS</b>

**Location: Bothell, Multipurpose Room**

Instructor: Sara Graham

Oct 14-28	Fri	10-11 am	3 weeks
Nov 4-18	Fri	10-11 am	2 weeks
Dec 2-30	Fri	10-11 am	4 weeks



# 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](http://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

## STEP AND STRENGTH

Come and join us for this new cardiovascular and strength combined class for one great workout using a step (or no step) and light weights to fun music. This workout is guaranteed to get your heart pumping and muscles moving. Come join us and step into shape this spring! No class Oct 5.

<b>\$15 MEMBER/\$30 NONMEMBER</b>	<b>3 WEEKS</b>
<b>\$20 MEMBER/\$40 NONMEMBER</b>	<b>4 WEEKS</b>
<b>\$25 MEMBER/\$50 NONMEMBER</b>	<b>5 WEEKS</b>
<b>\$7.50 MEMBER/\$15 NONMEMBER</b>	<b>PER CLASS</b>

**Location: Bothell, Studio**

Instructor: Sara Graham

Oct 12-26	Wed	5:30-6:30 pm	3 weeks
Nov 2-30	Wed	5:30-6:30 pm	5 weeks
Dec 7-28	Wed	5:30-6:30 pm	4 weeks



## 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. No class Oct 4, 6 and Nov 24.

<b>\$30 MEMBER/\$60 NONMEMBER</b>	<b>6 CLASSES</b>
<b>\$40 MEMBER/\$80 NONMEMBER</b>	<b>8 CLASSES</b>
<b>\$45 MEMBER/90 NONMEMBER</b>	<b>9 CLASSES</b>
<b>\$7.50 MEMBER/\$15 NONMEMBER</b>	<b>PER CLASS</b>

**Location: Bothell, Multipurpose Room**

Instructor: Jennifer Hinkle

Session I: Intermediate 8:30-9:30 am

Session II: Beginners 10-11 am

Oct 11-27	Tue/Thu	6 classes
Nov 1-29	Tue/Thu	8 classes
Dec 1-29	Tue/Thu	9 classes

## TABLE TENNIS

Three tables. Primarily doubles play. Fun games and sociability for all levels. "We live to play, and play to live." No play Oct 5.

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

**Location: Bothell, Multipurpose Room**

Leaders: Thomas Kirkland, Jen Hall and Hal Bomardner

Ongoing Wed 1-3 pm

**Location: Mill Creek (one table on site)**

Ongoing T/W/Th\* Noon-2 pm  
Mon\*\* Noon-2 pm

\* open use for 2 or more players, not for singles

\*\* for players needing partners

## TAI CHI (BEGINNING)

This is a three-month course designed to introduce students to the slow and graceful art of Chinese Tai Chi. It involves a series of movements performed in a slow, focused manner. It has been considered a form of 'meditation in motion' which promotes serenity and inner peace.

<b>\$24 MEMBER/\$48 NONMEMBER</b>	<b>3 WEEKS</b>
<b>\$32 MEMBER/\$64 NONMEMBER</b>	<b>4 WEEKS</b>
<b>\$40 MEMBER/\$80 NONMEMBER</b>	<b>5 WEEKS</b>
<b>\$12 MEMBER/\$24 NONMEMBER</b>	<b>PER CLASS</b>

**Location: Bothell, Studio**

Instructor: Marian Stewart

Oct 11-25	Tue	11-11:50 am	3 weeks
Nov 1-29	Tue	11-11:50 am	5 weeks
Dec 6-27	Tue	11-11:50 am	4 weeks

<b>\$22.50 MEMBER/\$45 NONMEMBER</b>	<b>3 WEEKS</b>
<b>\$30 MEMBER/\$60 NONMEMBER</b>	<b>4 WEEKS</b>
<b>\$37.50 MEMBER/\$75 NONMEMBER</b>	<b>5 WEEKS</b>
<b>\$11 MEMBER/\$22 NONMEMBER</b>	<b>PER CLASS</b>

**Location: Mill Creek, North Creek Presbyterian Church**

621 164th St SE Mill Creek, WA 98012

Instructor: Mike Lucero

Oct 6-27	Thu	1:30-3 pm	4 weeks
Nov 3-17	Thu	1:30-3 pm	3 weeks
Dec 1-29	Thu	1:30-3 pm	5 weeks



# ACTIVITIES AND CLASSES

**NEW**

## TAI CHI BREATHING AND WELLNESS EXERCISES

Students will learn the 18 Breathing Exercises, 25 Warm-ups, and Tai Chi Wellness exercises. Gentle movements are performed in a slow, focused manner and accompanied by deep breathing, which can be adapted and performed by those with mobility issues. This class can compliment the following class "Beginning Tai Chi.

<b>\$15 MEMBER/\$30 NONMEMBER</b>	<b>3 WEEKS</b>
<b>\$20 MEMBER/\$40 NONMEMBER</b>	<b>4 WEEKS</b>
<b>\$25 MEMBER/\$50 NONMEMBER</b>	<b>5 WEEKS</b>
<b>\$7.50 MEMBER/\$15 NONMEMBER</b>	<b>PER CLASS</b>

**Location: Bothell, Studio**

Instructor: Marian Stewart

Oct 11-25	Tue	10:30-10:55 am	3 weeks
Nov 1-29	Tue	10:30-10:55 am	5 weeks
Dec 6-27	Tue	10:30-10:55 am	4 weeks

## 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!!

<b>\$40 MEMBER/80 NONMEMBER</b>	<b>8 CLASSES</b>
<b>\$45 MEMBER/90 NONMEMBER</b>	<b>9 CLASSES</b>
<b>\$7.50 MEMBER/\$15 NONMEMBER</b>	<b>PER CLASS</b>

**Location: Health & Wellness, Fitness Center, 2nd Floor**

Oct 3-31	Mon/Wed	12:30-1:30 pm	8 classes
Nov 2-30	Mon/Wed	12:30-1:30 pm	9 classes
Dec 5-28	Mon/Wed	12:30-1:30 pm	9 classes

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!

<b>\$20 MEMBER/\$40 NONMEMBER</b>	<b>PER MONTH</b>
<b>\$7.50 MEMBER/\$15 NONMEMBER</b>	<b>PER CLASS</b>

**Location: Kenmore**

Instructor: Mary Ann Draye, RN, ARNP

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.

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

Leader: Anita Forbes

Ongoing Tue 9-10 am

## 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. No class Oct 6 and Nov 24.

<b>\$24 MEMBER/\$48 NONMEMBER</b>	<b>3 WEEKS</b>
<b>\$40 MEMBER/\$80 NONMEMBER</b>	<b>5 WEEKS</b>
<b>\$12 MEMBER/\$24 NONMEMBER</b>	<b>PER CLASS</b>

**Location: Bothell, Studio**

Instructor: Trudy Rolla, RYT

Oct 13-27	Thu	8:30-9:45 am	4 weeks
Nov 3-17	Thu	8:30-9:45 am	3 weeks
Dec 1-29	Thu	8:30-9:45 am	5 weeks

# ACTIVITIES AND CLASSES

## 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.

<b>\$30 MEMBER/\$60 NON-MEMBER</b>	<b>4 WEEKS</b>
<b>\$33.75 MEMBER/\$67.50 NON-MEMBER</b>	<b>5 WEEKS</b>
<b>\$11 MEMBER/\$22 NONMEMBER</b>	<b>PER CLASS</b>

**Location: Mill Creek**

Instructor: Maria Borella

Oct 4-27	Tue/Thu	10-10:45 am	4 weeks
Nov 1-29	Tue/Thu	10-10:45 am	4 weeks
Dec 1-29	Tue/Thu	10-10:45 am	5 weeks



## GAMES

### 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'. No games on Dec 26.

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

**Location: Mill Creek**

Ongoing Mon 1-3 pm

**Location: Bothell, Room 203**

Ongoing Tue 12:30-3:30 pm

**Location: Kenmore, Sunroom**

Ongoing Mon/Wed 11 am-3 pm

## CHESS CLUB

Originating in India in the 6th century CE, chess has become known as "the royal game". Come and play a game, learn some new strategies, and enjoy the company of other chess players! All skill levels are welcome from absolute beginner to Grandmaster!

**FREE TO ALL**

**Location: Mill Creek**

Ongoing Fri Noon-1 pm - Strategy Lesson  
Ongoing Fri 1-3 pm - Open Play

**Location: Kenmore Senior Center**

Ongoing Tue Noon-3 pm  
Call 425-489-0707.

## CRIBBAGE

Beginning and experienced players welcome! No games on Nov 11, 25 and Dec 23.

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

**Location: Bothell, Room 103**

Leader: Ernest Meza; 425-785-9046

Ongoing Fri 10:30 am-1 pm

**Location: Mill Creek**

Ongoing Fri 1-3 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: Linda Fava

Ongoing Tue 1-3 pm

# ACTIVITIES AND CLASSES

## HAND AND FOOT

Come and play Hand and Foot with a fun group of women players. Men are welcome to join us. No games on Oct 6 and Nov 24.

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

**Location: Bothell, Room 203**

Ongoing Thu 12:30-3 pm

**Location: Mill Creek**

Ongoing Wed 1-3 pm

## MAHJONG

MahJong is a game for 3-4 players that uses tiles instead of playing cards. It originated in China over 150 years ago, and although there are many, many variations played throughout Asia and in western countries, we will play Chinese mahjong using basic scoring. This game is similar to rummy, is a lot of fun, and is easy to learn. Limit 8 players as leader has only 2 sets of tiles.

**FREE**

**Location: Bothell, Lounge**

Leader: Cathy Clark, 425-241-9003

Please call leader to organize time to play.

## 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. No games on Oct 7, Nov 11, 25 and Dec 23.

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

**Location: Bothell, Room 103**

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. No games on Oct 3, 7, Nov 11, 24, 25, Dec 23 and 26.

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

**Location: Bothell, Room 203**

Leader: Al Haveland

Ongoing Mon Noon-4 pm

Ongoing Fri Noon-4 pm

**Location: Mill Creek**

Ongoing M/W/Th 1-3 pm

**Location: Kenmore**

Ongoing Fri 12:30-3 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, majong, 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.

<b>\$5 MEMBER/\$10 NONMEMBER</b>	<b>PER VISIT</b>
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**Location: Health & Wellness, Computer Lab**

Ongoing Tue 10-11 am

# ACTIVITIES AND CLASSES

## SCRABBLE

Stretch those vocabulary muscles with the classic game of Scrabble. If you have a board, bring it!

**FREE TO ALL**

**LOCATION: Kenmore Senior Center**

Ongoing Tue 10 am-Noon

**Location: Mill Creek**

Ongoing Mon 1-3 pm

## 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 have the classics available as well, (Parcheesi, Yahtzee, Password, etc.) for some familiar fun. Come and play with us. Limit 8 players.

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

**Location: Kenmore**

Facilitator: Jenny Sayward

Ongoing Fri 10 am-Noon

## TRIVIA A LA MODE

You want a piece of me? If you're pie, then "yes"! Come and flex your memory muscles with a variety of trivia topics while enjoying some pie and coffee!

**FREE FOR MEMBER/\$5 NONMEMBER PER VISIT**

**Location: Mill Creek**

4th Tue 1-3 pm

## YAHTZEE

Yahtzee anyone? A staple for family and friend gatherings since the 50's, this dice game never goes out of style. It's easy to learn and play and is heaps of fun. Come by yourself or bring a friend!

**FREE FOR MEMBERS AND NONMEMBERS**

**Location: Mill Creek**

Ongoing Tue 1-3 pm

## 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 Georgia Rigler, MSW, LICSW, 425-286-1047; georgiar@mynorthshore.org





# ACTIVITIES AND CLASSES



## SCAMS & FRAUD

***“It’s your money, learn how to hang on to it! Don’t become a victim of financial fraud!”***

Washington State Department of Financial Institutions Director of Communications, Financial Education & Outreach, Lyn Peters, will share tips and tricks on how to spot potential scams and avoid losing your hard-earned retirement money to them. You’ll also receive handouts from a number of agencies and organizations providing additional information and tools.

**FREE**

**Location: Peter Kirk Community Center**

Oct 5                      Wed                      2-3 pm

Presenter: Lyn Peters

Washington State Department of Financial Institutions

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

## PRESCRIPTION DRUG ASSISTANCE NETWORK

The Prescription Drug Assistance Network was established by the Washington State Legislature to assist low to moderate income, uninsured/under insured Washington State residents with prescription assistance services at no cost. We will provide assistance in programs, navigate requirements, prepare paperwork, and submit required documents. In instances where individuals are not eligible for a program or a program does not exist, PDAN works to locate the lowest prices, cost-sharing assistance or other assistance offered by social service entities. PDAN does whatever can be done to assist individuals to access their medications.

**FREE**

**Location: Bothell, Room 202**

Presenter: Rod Shutt

Oct 11                      Tue                      2 pm

## 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: NSC Bothell, Room 104**

Oct 17                      Mon                      1:30-3pm

Presenter: Lisa Buchanan, RN, OCN emeritus, MMS, Dockside Cannabis  
Pre-registration required. To register, contact Janet Zielasko at 425-286-1035; janetz@mynorthshore.org

## MELT AWAY TENSION WITH ACUPRESSURE

Use your fingers to melt away your tension. Join us for a fun, interactive and effective class. Acupressure your way to better health!

**FREE**

**Location: Virtual**

Oct 19                      Wed                      Noon-1 pm

Call Evergreen at 425-899-3000 to register.

# ACTIVITIES AND CLASSES

## MATTER OF BALANCE

Aging is often accompanied by a change in balance and/or loss of strength that can lead to an increased risk for falls. In this 8-session workshop, you will learn about fall hazards, strategies to prevent falls, how to get up from a fall, and ways to become more physically active. We will do gentle exercises to improve strength and balance. This workshop is designed for those who have become less active due to experiencing a fall or a fear of falling, or those who use assistive devices to avoid falls. Wear comfortable clothes and shoes.

**FREE**

**Location: Northshore Senior Center Bothell, Room 202**

Oct 19-Dec 7      Wed      1-3 pm

Facilitators: Lydia Barnsley, LPN and Georgia Rigler, MSW, LICSW  
Pre-registration required, Limit 14. To register, contact Georgia Rigler, MSW, LICSW at 425-286-1047; georgiar@mynorthshore.org

## SENIOR PROPERTY TAX EXEMPTION PRESENTATION— SNOHOMISH COUNTY

Snohomish County Assessor Linda Hjelle and team will be sharing information about the Senior Citizen Property Tax Exemption Program and the New Income Limits for Snohomish County.

Could you be eligible for these tax savings? Please join us for this informative presentation where you will learn about eligibility requirements, how the program works, and the application process

**FREE**

**Location: Mill Creek Senior Center**

Speakers: Linda Hjelle, Snohomish County Assessor and her team  
Oct 25      Tue      1-2 pm

Pre-registration required. To register, contact Cassidy Stout at 425-286-1072; cassidys@mynorthshore.org

## SIGNIFICANT LIFE CHANGES: FROM LOSS TO SELF-CARE AND CREATING NEW BEGINNINGS

Transitions and changes happen to each of us in life. Transitions may include changes in relationships, living locations, work, retirement, health, and world health, as with the COVID epidemic. Significant changes can bring feelings of loss. Come learn about grief as a normal human response to loss and explore ways to provide supportive self-care as one adjusts to life changes and discovers new beginnings.

**FREE**

**Location: Peter Kirk Community Center**

Nov 14      Mon      1-2:30 pm

Presenter: Georgia Rigler, MSW, LICSW  
Pre-registration required. To register, please call 425-587-3360.

## DOC TALK

Make sure you are prepared for your next physician's visit by learning important questions to ask, what services you should request and how to ensure that you are informed of all medical options available to you.

**FREE**

**Location: Virtual**

Nov 16      Wed      Noon-1 pm

Call Evergreen at 425-899-3000 to register.

## THE HEALING POWER OF HUMOR

Join humor specialist for a fun-filled discussion of the healing power of humor and how to incorporate laughter into your everyday routine.

**FREE**

**Location: Virtual**

Dec 15      Thu      1-2 pm

Call Evergreen at 425-899-3000.

## 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 Oct 3 and Dec 26.

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

**Location: Bothell, Room 205**

Leader: Trudy Rolla

Ongoing      Mon      9:30 am-Noon

# ACTIVITIES AND CLASSES



## 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.

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

**Location: Mill Creek**

2nd & 4th Tuesdays

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**

Facilitator: Bernie Noice

Ongoing 2nd Mon 1-2:30 pm

**Location: Mill Creek**

Facilitator: Molly K Barry

3rd Thursday Noon-1 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 MEMBERS/\$10 NONMEMBER**

**Location: Mill Creek**

Instructor Barbara Masterson

Oct 5-Nov 19 Wed 10 am-Noon

**NEW**

### RESPECTFUL DIALOGUE AND AMERICAN HISTORIC DOCUMENTS

In this lively series, participants will discover shared values in the midst of polarized times by engaging in respectful conversations on historic American documents. These will include Sojourner Truth's speech, "Ain't I a Woman;" The Federalist Paper #10; The Statue of Liberty poem, "The New Colossus;" the "Sharon Statement (a summary of conservative principles); and John F. Kennedy's Inaugural Address. Three dialogue practices will be used to ensure inclusive and engaging conversations.

**FREE TO MEMBER/\$5 NONMEMBER**

**Location: Bothell, Room 202**

Oct 13-Nov 10 Thu 1-2:15 pm



# ACTIVITIES AND CLASSES

## 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! No playing Oct 5.

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

**Location: Bothell, Room 205**

Leader: William Wiselogle

Ongoing Wed 2:30-4 pm

### GUITAR CONNECTION

This acoustic guitar group is oriented toward sharing popular songs (mostly from the 60's-80's), by artists like the Eagles, John Denver, the Beatles, Eric Clapton and many others. This is not an instructional class, but enthusiasts of all abilities are welcome to come and make music! Limit 10.

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

**Location: Kenmore**

Ongoing Tue 12:15-3 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.

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

**Location: Mill Creek**

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. Post COVID, we are re-establishing our performance skills, expanding our repertoire, and rebuilding our performance scheduling, while continuing to build upon the Band's instrumental and vocal membership. If you would like to perform by singing, playing instrumental, or other acts, and/or know your way around audio-support equipment, you are encouraged to contact our Musical Director, Sid Schaudies 206-236-7406, 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.

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

**Location: Bothell, Room 205**

Musical Director: Sid Schaudies

Ongoing Tue 10 am-Noon (rehearsals)

### PIANO WORKSHOP

Come share your music. Explore the keyboard with us. Increase harmony! No class Oct 5.

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

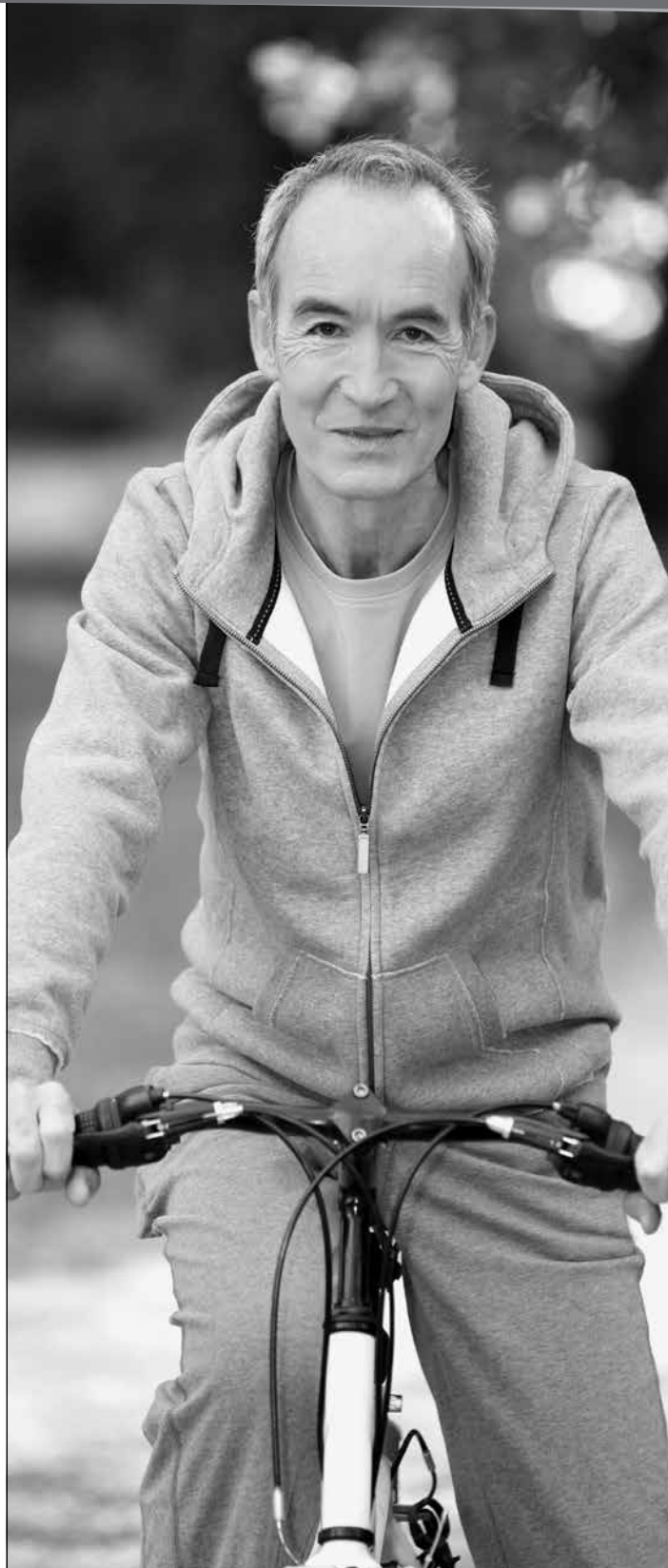
**Location: Bothell, Room 205**

Leader: Barbara Dietrich

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



# ACTIVITIES AND CLASSES



## 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. No meeting Oct 6.

**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

### GOLF CLUB

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

#### COURSE FEES

**Location: Bothell**

Lead: Larry Larsen, 425-367-1669

Ongoing (Time varies depending on course and weather)

### NORTHSHORE BICYCLE CLUB

If you love riding a bicycle in a social setting then join us. Rides will vary in day, length, pace and start times but will usually occur during the week, be under 25 miles and at a leisurely pace (10-12 mph). A ride may be co-sponsored with Cascade Bike Club (CBC) or another senior center. Emails are sent out to people that choose to be on the rider list that announces the ride, starting location, food arrangements, and special instructions. If you are interested in getting on the email list, send your request to [Northshorebicycleclub-subscribe@googlegroups.com](mailto:Northshorebicycleclub-subscribe@googlegroups.com).

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

**Location: Bothell**

Coordinator: Molly Halvorsen, [mollyhalvorsen@gmail.com](mailto:mollyhalvorsen@gmail.com),

[northshorebicycleclub-subscribe@googlegroups.com](mailto:northshorebicycleclub-subscribe@googlegroups.com)

# ACTIVITIES AND CLASSES



## SOCIAL

### CO-ED COFFEE HOUR

Join other people 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: Peter Kirk Community Center**

Ongoing Wed 11 am-Noon

Facilitator: Cassidy Stout, MSW

425-286-1072; cassidys@mynorthshore.org

### COFFEE WITH THE COUNCIL

The Kenmore community is invited to come to our monthly "Coffee with the Council" 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

Oct 3, Nov 7 and Dec 5 10-11 am

### 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 them out. We would love to have you join in! No group on Oct 3.

**FREE**

**Location: Bothell, Room 202**

Mon 1-2 pm

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

lydiab@mynorthshore.org

**Location: Virtual**

Thu 11 am-Noon

For more details, contact Georgia Rigler, MSW, LICSW 425-286-1047;

georgiar@mynorthshore.org

# ACTIVITIES AND CLASSES

## COFFEE SOCIAL

Join us on Thursday afternoons for fun conversation, a free cup of coffee and the opportunity to make new friends. No meeting on Oct 6.

**FREE**

**Location: Bothell, Coffee Bar**

Coordinators: Marecella Holm and Lori Jensen

Ongoing Thu 1-2 pm

## KENMORE KAFFEEKLATSCH

Join us for a weekly "coffee and conversation" drop-in at the magical cottage in Rhododendron Park. Meet your neighbors, make new friends. Complimentary refreshments and good company!

**FREE**

**Location: Kenmore Senior Center in Rhododendron Park**

Weekly Thu 10:30-11:30 am



## MEN'S COFFEE HOUR

Join other men 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**

Ongoing 2nd & 4th Fri 10 am-Noon

## MEN'S CONVERSATION CAFÉ

Grab yourself a cup of coffee and join other men in this free weekly group. It's an opportunity to make social connections, and to have some fun and enjoyable conversation.

**FREE**

**Location: Virtual**

Wed 11 am-Noon

For more details contact Bruce Garberding at 206-854-8969, [bigbluedog@msn.com](mailto:bigbluedog@msn.com)

## 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**

Ongoing Thu 10 am-Noon

**Location: PeterKirk Community Center**

Facilitator: Georgia Rigler, MSW, LICSW; 425-286-1047; [georgiar@mynorthshore.org](mailto:georgiar@mynorthshore.org)

Ongoing Mon 10-11 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 Oct 3 and Dec 26.

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

**Location: Bothell, Room 205**

Coordinators: Jackie Campbell; 425-488-3517; jcsgarden@yahoo.com

Ongoing Mon 1-2:30 pm

### GENEALOGY AND FAMILY HISTORY

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. No class Oct 4.

**\$50 MEMBER/\$100 NONMEMBER PER MONTH**

**Location: Bothell, Room 103**

Instructor: Rose Mitcham, 425-737-5044 or haramia2012@gmail.com

Ongoing Tue 1-2:30 pm

**NEW**

### INDIAN AMERICAN COMMUNITY SERVICES (IACS)

Northshore Senior Center and the Indian American Community Services have partnered in an effort to unite and celebrate multi-generational Indian families and bridge cultural gaps in the community by providing safe, creative space for activities including chair yoga, health talks and social communications. IACS will provide healthy living lectures, mindful breathing exercises, and a variety of special group activities and youth activities for the Northshore public. Light lunch will also be provided. This program is open to everyone on Mondays starting in October. We are planning an Open House in September to invite the Indian Community and any other interested individuals in the area to provide more information on the program. More information to come.



### OLGA NORTHSORE (OLDER LESBIANS GATHERING AROUND NORTHSORE)

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.

#### FREE

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

Location: Bothell, back patio or Room 202, depending on weather

2nd Thu Lunch 11:30 am-1 pm

Bring your own lunch to eat, and ideas to share. Indoor masking, please, except while eating.

Location: Bothell, back patio or Community Dining Room, depending on weather

4th Wed Supper 5:30-7 pm

Bring your own supper to eat, and ideas to share. Indoor masking, please, except while eating.



# 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 ext. 124 Kathy Bates, Social worker/intake coordinator.

## 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**

Tue/Thu 10 am-2 pm

Contact 425-488-4821. ext 124 Kathy Bates, Social Worker/Intake coordinator

Times may be expanded so please check directly

## 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 Inclusion 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! In person and virtual classes.

**NORTHSHORE HEALTH &  
WELLNESS CENTER**

## **INCLUSION PROGRAM**

**INCLUSION • FRIENDSHIP  
ADVOCACY • SKILLS**

**[inclusion@mynorthshore.org](mailto: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. First time registration contact [Inclusion@mynorthshore.org](mailto:Inclusion@mynorthshore.org)
3. Any questions: [Inclusion@mynorthshore.org](mailto:Inclusion@mynorthshore.org)

*"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](http://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](http://www.alzwa.org)

## **AMERICAN DIABETES ASSOCIATION**

» 1-800-842-2383 or  
[www.diabetes.org](http://www.diabetes.org)

## **ARTHRITIS FOUNDATION**

» 206-547-2707 or  
1-800-542-0295  
or [www.arthritis.org](http://www.arthritis.org)

## **ATTORNEY GENERAL'S CONSUMER PROTECTION**

» [wa.gov/ago.Clearinghouse/  
consumer/home.html](http://wa.gov/ago.Clearinghouse/consumer/home.html)

## **BENEFITS CHECKUP ONLINE**

» [www.BenefitsCheckUp.org](http://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](http://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](http://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](http://www.aoa.org/visionusa/referral.asp)

## **MEDICARE**

» 1-800-633-4227 or  
[www.medicare.gov](http://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](http://www.pdf.org)

## **SENIOR HEALTH SPECIALTY CLINIC**

» 425-899-6800

## **SENIOR RIGHTS ASSISTANCE**

» 206-448-5720 or  
[sra@seniorservices.org](mailto:sra@seniorservices.org)

## **SENIOR SERVICES INFORMATION AND ASSISTANCE - SNOHOMISH COUNTY**

» 425-513-1900 or 800-422-  
2024 or [www.sssc.org](http://www.sssc.org)

## **SOCIAL SECURITY**

» 1-800-772-1213, 7 am - 7 pm  
weekdays or [www.ssa.gov](http://www.ssa.gov)

## **SOUND GENERATIONS PATHWAYS INFORMATION AND ASSISTANCE**

» 206-448-3110 or 888-435-3377  
or [www.seniorservices.org](http://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. *Special appointments by request*

**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

## BENEFITS

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

SHIBA provides one-on-one, free, confidential, and unbiased Medicare counseling. SHIBA volunteer advisors are not affiliated with any insurance company or product. Counseling topics include help with Medicare plan choices, Medicaid programs, employment-related health benefits, long-term care options, fraud and abuse, and more. Volunteer advisors answer questions, make referrals, and help evaluate and compare health insurance policies.

**FREE**

**Location: NSC Bothell Health & Wellness, Caregiver Library**

Advisors: Bob Osrowske and Connie Taylor

4th Tue 9 am-Noon

By appointment only: Call Janet Zielasko at 425-286-1035 to schedule an appointment.

**Location: Kenmore**

Advisor: Dave Reynolds

2nd Fri 9 am-Noon

By appointment only. Call 425-489-0707 to schedule a 1 hour consult.

**Location: Mill Creek**

Advisor: Bruce Pyles

1st & 3rd Thu 9am-Noon

Walk-ins welcome! No appointment necessary!

## EMPLOYMENT

### EMPLOYMENT MATCHING PROGRAM 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 service providers are initially interviewed and checked through the Washington State Patrol system. Our volunteer NSC Employment Matching Program gets calls daily asking for help. We find one of our service providers 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.

We are presently looking for service providers in the following categories:

- » Handymen (yes, you can say “no ladders or roof work please”!)
- » Yardwork
- » Housework
- » Home care (personal care assistance, companionship and/or meal prep, etc.)
- » Driving
- » Other (could be sewing/tailoring, in-home care, organizing, etc.)

If you are interested and/or for more information, please call us at 425-286-1028 or stop in.

**Location: Bothell, 2nd Floor**

Ongoing T/W/Th/F 1-4 pm

### 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

Advisor: Joseph Lyons, Financial Advisor

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

By appointment only. Please call 206-755-1465 to schedule appointment.

## 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.

#### Location: Health & Wellness

2nd Fridays

For more information or to schedule an appointment please call 425-488-4821

### FREE DENTAL SCREENINGS

Call Now for your appointment at 425-488-4821.

### 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

#### BLOOD PRESSURE BY REQUEST

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

Ongoing 9 am-3 pm

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

#### Location: Mill Creek Senior Center

Please call 425-286-1065 to schedule an appointment.

### 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

Welcome Gretchen Mokrani. Gretchen is a Washington State certified and national board certified reflexologist. She also has received a certification in lymphatic drainage and is listed as only 1 of 32 people in the US with this level of certification.

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 in 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, 2nd Floor

By appointment. Please call 425-488-4821 to schedule your appointment.

Tue 8 am-4 pm

\$10 off first visit

### WELLNESS NURSE

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

#### FREE

Location: Bothell, Social Services Suite, 2nd Floor

Mon/Wed

By appointment: Lydia Barnsley, LPN, Wellness Nurse 425-286-1029; lydiab@mynorthshore.org

#### 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 at 425-286-1028 if you'd like more information.

**Location: Bothell, 2nd Floor**

Ongoing T/W/TH/F 1-4 pm



## NUTRITION

### COMMUNITY DINING AT BOTHELL

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

**\$4 SUGGESTED DONATION FOR THOSE 60 AND OLDER  
\$10 CHARGE FOR PEOPLE UNDER 60**

**Location: Bothell**

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

Reservations only: 425-487-2441

### NORTHSHORE SENIOR CENTER FOOD BANKS

If you are in need of food, please come on one of the days listed below to receive free food items. Everyone welcome. Pre-order bags online at <https://www.northshoreseniorcenter.org/food-pantry-pick-up/> or over the phone at 425-286-1046.

**FREE**

**Location: Bothell Senior Center**

Ongoing	Tue	9 am-Noon
Ongoing	Sat	9 am-Noon
Farm Box Give-a-Way	Sat	9 am-Noon

**Location: Kenmore Senior Center in Rhododendron Park**

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

### HOPELINK MOBILE FOOD TRUCK

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

**FREE**

**Location: Kenmore Senior Center in Rhododendron Park**

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

# INDIVIDUAL SERVICES

## 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; [www.soundgenerations.org](http://www.soundgenerations.org).

### SUGGESTED DONATION OF \$6 EACH MEAL

#### Location: Bothell

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 Health & Wellness Center front desk.

#### FREE

#### Location: Health & Wellness

425-488-4821

Mon-Fri

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



## 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.)





# RENTALS

## KENMORE RHODODENDRON PARK

Kenmore Senior Center is located at the Rhododendron Park in Kenmore. We are the rental coordinator for the park, picnic area and the Senior Center buildings. All proceeds support the Senior Center.

**For more information, to schedule a tour and to reserve the date for your event, please call: 425-489-0707.**



# VOLUNTEERISM



Volunteers are truly the lifeblood of our amazing organization. With less than 50 staff members, we couldn't meet our mission without your help. Whether you are volunteering just one time or daily, your help is critical to our success. Each year, volunteers contribute thousands of hours of service to Northshore Senior Center, which is equivalent of hundreds of thousands of dollars of support.

We want our volunteers to have both a meaningful and enjoyable experience in our organization. We will work hard to make sure you know the impact your work is having, that you feel supported in your success, and that you build a community of friends here. We hope that you will help us by sharing your feedback with us so that we can continue to make your experience as good as possible.

As a volunteer for Northshore Senior Center, you help us meet our mission of promoting healthy living and well-being in our community. Thank you for choosing to make a difference in the lives of people served by our organization.

**FOR MORE INFORMATION ON VOLUNTEER OPPORTUNITIES PLEASE CONTACT:  
Harry @volunteera@mynorthshore.org or call 425-286-1032.**

***We are grateful for your support. Thank you all, for all you do!***



# 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 welcome.

**Online gifts: [northshoreseniorcenter.ejoinme.org](http://northshoreseniorcenter.ejoinme.org)**

To mail a check to:  
Development-Nina McGuinness  
Northshore Senior Center  
10212 E Riverside Dr  
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.



## NSC SUSTAINER

Become a NSC Sustainer by making an ongoing monthly donation of \$5 or more through the DONATE page on our website. NSC will automatically deduct your contribution monthly for as long as you want, so you know your gift will consistently be supporting the programs and services that you love.

### MANY THANKS TO NSC'S SUSTAINERS FOR THEIR SUPPORT:

Cynthia Bemis  
Leona Eggert and Leila J. Nicholas  
Tina Escobar  
Evergreen Church  
Jamee Gramley  
Christine Hanley  
Jeanne Heaton

Brooke Knight  
Lynn Nutt  
Nathan Phillips  
Rosemary Sutton  
Bing & Kathy Teng  
Nora Todd  
Andrea Welker

# SOCIAL SERVICES/WELLNESS

## » BOTHELL LOCATION: (BY APPOINTMENT)

Lydia Barnsley, LPN, 425-286-1029; lydiab@mynorthshore.org  
Georgia Rigler, MSW, LICSW, 425-286-1047; georgiar@mynorthshore.org  
Janet Zielasko, MS, LSW, 425-286-1035; janetz@mynorthshore.org

## » KENMORE LOCATION: (BY APPOINTMENT)

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

## » MILL CREEK LOCATION: (BY APPOINTMENT)

Georgia Rigler, MS, LICSW; 425-286-1047; georgiaR@mynorthshore.org

## » PETER KIRK COMMUNITY CENTER: (BY APPOINTMENT)

Mondays: Georgia Rigler, MSW, LICSW, 425-286-1047; georgiar@mynorthshore.org  
Fridays: Lydia Barnsley, LPN, 425-286-1029; lydiab@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.)**

**FREE**

**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.)**

**FREE**

**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? The NSC Community Resource Specialist is available to help.

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**

For more details and/or to make an appointment, contact Cassidy Stout, MSW, 425-286-1072; cassidys@mynorthshore.org

#### **Location: Bothell, Social Services Suite, 2nd Floor**

Tue 9 am-4 pm  
Thu 9 am-2 pm

#### **Location: PeterKirk Community Center**

Wed 8 am-4 pm

# 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-Fri Appointments with Georgia Rigler

#### Location: PeterKirk Community Center

Mon Appointments with Georgia Rigler  
Fri Appointments with Lydia Barnsley

To make appointment:

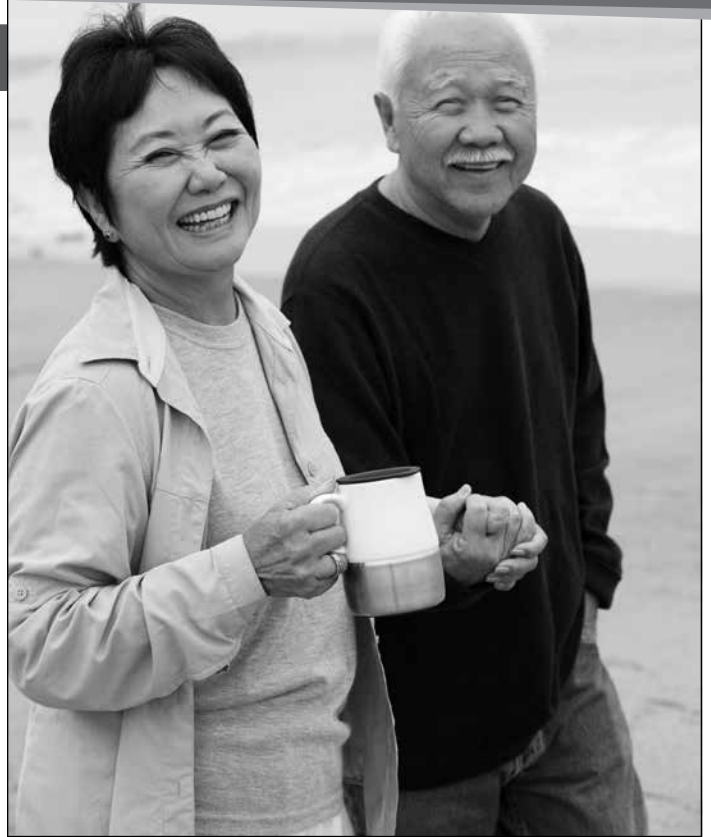
Lydia Barnsley, LPN, Wellness Nurse, 425-286-1029; lydiab@mynorthshore.org  
Georgia Rigler, MSW, LICSW, Mental Health Professional, 425-286-1047; georgiar@mynorthshore.org

### 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  
Georgia Rigler, MSW, LICSW; 425-286-1047; georgiar@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  
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: Advent Lutheran Church (In-person),  
4306 132nd St, SE, Mill Creek**

Facilitator: Pam Jones, MSW, 425-346-9856; pamjonesgal@yahoo.com  
1st/3rd Thu 10:30 am-Noon

**FREE**

**Location: Virtual**

Facilitator: Janet Zielasko, MS, LSW, 425-286-1035;  
janetz@mynorthshore.org  
4th 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  
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  
First Fri 11 am-Noon  
For more information, contact Lydia at 425-286-1029 or  
lydiab@mynorthshore.org

## 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: Bothell, Room 203**

Facilitator: Georgia Rigler, MSW, LICSW 425-286-1047;  
georgiar@mynorthshore.org  
3rd Wed 10-11 am



# SUPPORT/DISCUSSION GROUPS

## 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

3rd Tue 10-11 am

## 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. No group on Oct. 3.

**FREE**

**Location: Bothell, Room 205**

Wed 1-2 pm

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

janetz@mynorthshore.org

## 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 202**

Facilitator: Janet Sturholm

4th Tue 10-11 am

For more information, contact Mary Jo Blahna at 435-764-3819;

mblahna@gmail.com



*Your new lifelong friends are waiting.*

**WOODLAND TERRACE**

— A LEISURE CARE COMMUNITY —

17502 102nd Ave NE

Bothell, WA • (425) 318-4007

WoodlandTerraceSeniorLiving.com

# 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 posible 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, así 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 necesidades 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](http://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](http://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](mailto: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](http://www.northshoreseniorcenter.org) or email us at [nscdispatch@mynorthshore.org](mailto: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, [AngieD@mynorthshore.org](mailto:AngieD@mynorthshore.org) or at (425) 286-1046**

**Kenmore Food Pantry - Pasha Mohajerjasbi, [PashaM@mynorthshore.org](mailto:PashaM@mynorthshore.org) or at (425) 489-0707**



### **BOTHELL SENIOR CENTER**

Tuesdays, 9:00am-12:00pm

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 425-899-3000.

## 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 individual; \$750 couple**
- » **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 Dr  
Bothell, WA 98011

**Or join on line at [www.northshoreseniorcenter.org](http://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:
<b>Primary User</b> - Signature:		<b>Secondary User</b> - 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	\$ _____
<b>Total Amount Received</b>	<b>\$ _____</b>



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