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Northshore Senior Center

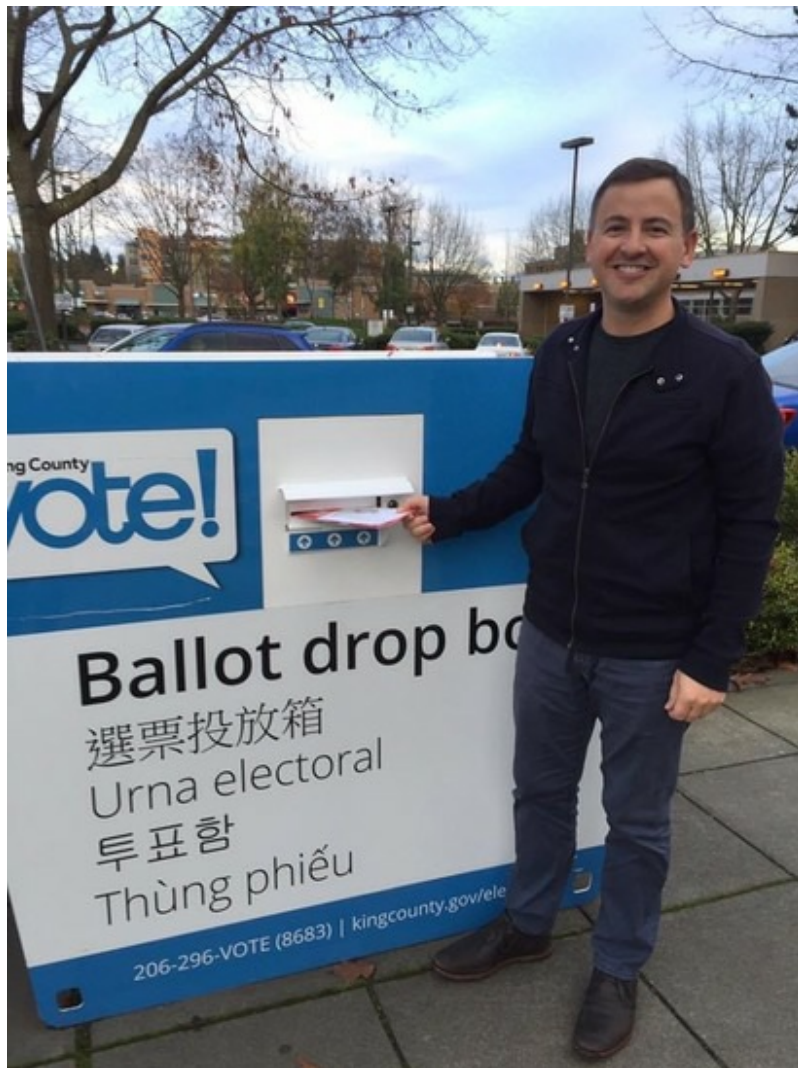
Navigator Newsletter - November 2022

Class Info Online [HERE](#)

Fall Catalog [HERE](#)

www.northshoreseniorcenter.org

Remember to Vote by Tuesday, November 8th



By Rob Dembowski, King County Council

At King County, we ensure voting is convenient, safe and secure. It's free to return your ballot via U.S Mail, or if you prefer, drop it in any one of our secure drop box locations, including at Bothell and Kenmore city halls, the UW Bothell Campus, and at the Woodinville library. More information on returning your ballot in King County can be found [here](#), and for our neighbors in Snohomish County ballot information is [here](#).

Important federal, state, county, and local candidates and issues are on your ballot this year. Voting is the foundation of our democratic society, and I encourage everyone to exercise their right to vote.



**JOIN US FOR
LUNCH!**

Reserve your meal 48
hours in advance by
calling (425) 487-2441.

Click [HERE](#)
for Menu



**GET INVOLVED
TODAY!!**

A Great Way to Give
Back To The Community!

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

[Volunteer & Career
Opportunities](#)

[Volunteer
Interest Form](#)

Property Tax Exemption for Senior Citizens and People with Disabilities

Property tax deferral program.



By John Dolin, NSC Board of Directors

Property tax relief program

Washington State has a property tax relief program run by each county in the state. Eligibility varies from county to county depending on disposable income. King county disposable income level is currently at \$58,423 and Snohomish county at \$55,743. This program lowers your property tax amount due and freezes your home value in the year you are approved.

Property tax deferral program

The second option is the property tax deferral program. The income level is a little higher and the state pays your property taxes until your property is sold. The state places a lien on the property for the amount of taxes paid and charges a 5% per year interest fee. Once sold, the state is first in line to receive the amount accumulated.

To see if you are eligible, call the King County Assessors office at **206-296-7300** or the Snohomish County Assessors office at **425-388-3433** depending on your county of residence.

Seattle-King County Gold Card



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



[Employment & Community Connections](#)

We are hiring!

**WE'RE
HIRING**

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

Job Opportunities [HERE](#)

**GIVING TUESDAY
IS COMING
NOVEMBER 9TH**



Donate [HERE](#)

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

[Food Bank Needs](#)



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

The "Gold Card", a senior information and discount card issued through the City of Seattle, is available to King county residents age 60 and older and/or individuals with disabilities. These cards are free and there is no expiration date on them.

These free cards are now available at the:

- NSC Bothell Senior Center Branch 2nd floor Reception Desk
Only on Mondays, Wednesdays and Fridays from 8-Noon.
- NSC Kenmore Senior Center Branch

The Gold Card provides information and assistance contact numbers as well as eligibility for discounts from many businesses, restaurants, theaters and professional and public services service organizations.

Valuable discounts available to Gold Card holders include free entrance to the Seattle Aquarium, reduced admission to Woodland Park Zoo and a variety of other vendor discounts. Learn about these and other discounts through the online Discount Directory at [Seattle.gov/AgeFriendlyDiscounts](https://seattle.gov/agefriendlydiscounts) (Note: A copy of this Discount Directory is provided at each site location for preview.)

What's Happening...

Bothell

11/7 [Vegetarian Lunch](#) with Indian American Community Services @10am-3pm

11/8 [Bothell and Civil War](#) @1pm-2:30pm

11/16 [Emergency Preparedness Presentation](#) @10am-11:30am



Kenmore

Food Pantry is open the 2nd and 4th Wednesday from 12:30pm-2:30pm

11/20 Bluegrass Concert has been rescheduled for Spring 2023

Come visit and see the beautiful fall colors. Coffee and cocoa is always on!



Mill Creek

11/4 Tea Party @11am

11/15 Chat w/ the Mayor @6pm (see below)

11/16 SHIBA open enrollment ALL DAY Call **425-290-1276**





CITY CHAT

**Wednesday, November 16
6:00 p.m. – 7:00 p.m.
Mill Creek Senior Center**



Join us for an informal chat with Mayor Brian Holtzclaw and Mayor Pro Tem Stephanie Vignal, where you can ask questions, get updates on City services, and learn about upcoming events.

Mill Creek Senior Center at The Farm
4111 133rd St SE, Mill Creek, WA 98012

Questions? Email communications@millcreekwa.gov

Millcreekwa.gov

DISCOVER NEW AND EFFICIENT WAYS TO MOVE!

TRY THESE
CLASSES
FOR FREE!



To Register go to:
Questions go to:

NORTHSHORE SENIOR CENTER
HEALTH AND WELLNESS CENTER
(425) 488-4821



Awareness Through Movement is based on a person's innate ability to be curious, learn, and grow. This expansion is where we find the capacity to function more efficiently and continually refine the quality of our lives.



THESE CLASSES ARE TAUGHT BY PATTY BREDICE. PATTY IS A CERTIFIED FELDENKRAIS PRACTITIONER WITH A BACHELOR'S DEGREE IN PSYCHOLOGY AND A MASTER'S DEGREE IN SPORT AND EXERCISE LEADERSHIP. SHE IS A CERTIFIED PERSONAL TRAINER AND FITNESS INSTRUCTOR WITH OVER 30 YEARS OF EXPERIENCE IN THE FITNESS AND RECREATIONAL INDUSTRIES. HER LIFE'S PURPOSE IS TO INSPIRE OTHERS TO MAXIMIZE THEIR POTENTIAL AND EXPERIENCE THE HIGHEST POSSIBLE QUALITY OF LIFE. PATTY ALSO LOVES RUNNING, SWIMMING, BIKING, AND SPENDING TIME WITH HER HUSBAND, THREE CHILDREN, AND FOUR PETS.

CLASSES OFFERED

10-11 A.M.
TUESDAY

NOVEMBER 8.15.22.29

DECEMBER 6.13.20

COME DRESSED IN COMFORTABLE ATTIRE

BINGO IS BACK

Cash prizes! The bigger the turnout, the bigger the prizes.

Saturday, November 5th
12:30-2:30pm at Bothell

\$12, per packet (6 cards per packet)



COMMUNITY PANCAKE BREAKFAST



Only
\$5.00 Per
Person

November 5th
8:00-11:00AM



VETERANS
BREAKFAST
★ CLUB ★

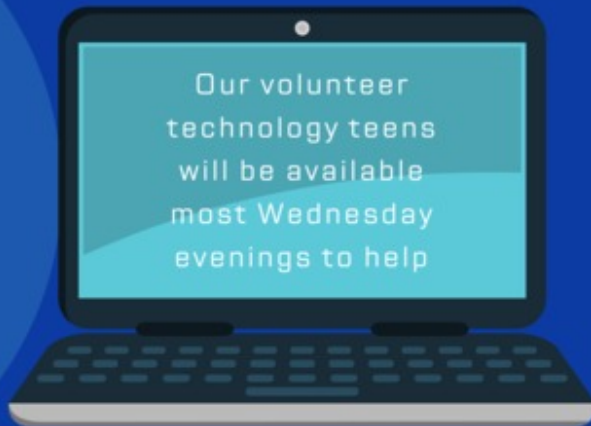
9:00AM-10:30AM

NOVEMBER 14TH



Got any technology
problems?

ASK OUR NSC TECH-SAVVY TEENS



OR SEND US AN EMAIL AT
INFORMATION@MYNORTHSHORE.ORG



NSC would like to recognize [The Chateau at Bothell Landing](#) for their Gold Level Sponsorship and many years of support for our work.

