



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 NORTSHORE 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 NORTSHORE 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

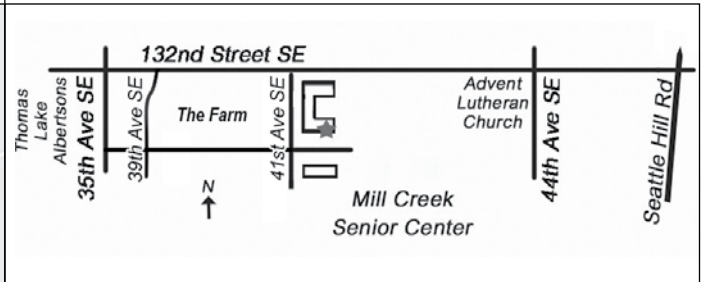
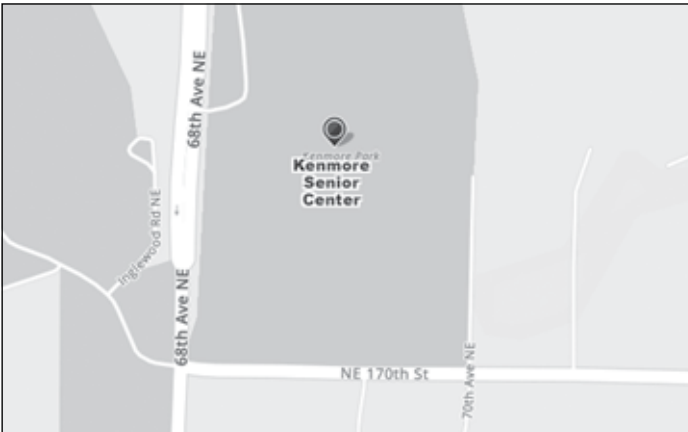
Phone: 425-489-0707

- » **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

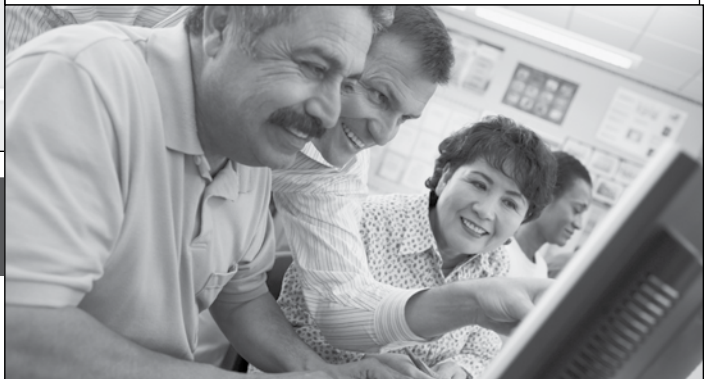
- » **MILL CREEK SENIOR CENTER:**
4111 133RD ST SE
Parking available in any space marked "Commercial."
- » **NORTH CREEK PRESBYTERIAN CHURCH:**
621 164TH SE



PETER KIRK COMMUNITY CENTER

Phone: 425-587-3360

352 KIRKLAND AVE, KIRKLAND WA



GENERAL INFORMATION

BOARD OF DIRECTORS

2023 Board Members: Arnold Alejandrino
Barbara Anderson • Liz Aspen • Randy Busch
John Dolin • Bruce Garberding
Susan Greathouse • 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 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.

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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
Staff Accountant: Leah Walz
Social Services Manager: Janet Zielasko
Transportation Operations Manager: Cliff Perry
Volunteer Coordinator: Harry Horst

ANNOUNCEMENTS

OFFICIAL HOLIDAY CLOSURES:

- » Monday, January 2 - New Year's
- » Monday, January 16 - Martin Luther King Jr. Day
- » Monday, February 20 - Presidents' Day



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 Tuesdays and Thursdays for homemade soup and Wednesday for home made pies.

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

COFFEE AND FRIENDS AT MILL CREEK

Stop by the Senior Center for a cup of coffee 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.

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

ORIGAMI

Origami is "the Japanese art of folding paper into decorative shapes and figures". Join us for an afternoon of exploring this art form while enjoying a cup of Japanese matcha tea.

FREE

Location: Mill Creek

Jan 6	Fri	1-3 pm
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"I'VE BEEN TO THE MOUNTAINTOP": SPEECHES OF DR. MARTIN LUTHER KING JR.

We have heard many of the phrases, but how many times have we actually sat down and listened to an entire speech made by Dr. King? Join us for an hour as we listen to some of his powerful and poignant speeches in preparation for MLK Day. At the end we will enjoy a slice of pecan pie, which was Dr. King's favorite food.

FREE

Location: Mill Creek

Jan 13	Fri	1-2 pm
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SPECIAL AND RECURRING EVENTS

"SAY IT LOUD" - CELEBRATING BLACK HISTORY MONTH

During the month of February we will be focusing on some of the great contributions made by African Americans. Each week we will explore either music, film, literature or historical achievements made by African Americans that have helped to shape America. Please visit the Northshore website in January for a more complete timeline.

All Northshore Senior Center Locations

Date, times and subjects to be announced. Look in monthly Navigator for more information.

KENMORE BIRTHDAY BASH/OPEN HOUSE

This year, the Kenmore Senior Center marks 19 years in beautiful Rhododendron Park. You're invited to visit this magical little cottage for some treats and fun during our open house at our location.

FREE

Location: Kenmore Senior Center

6910 NE 170th in Rhododendron Park

Feb 7 Tue 12:30-2:30 pm

HAPPY VALENTINES DAY

Stop in at any of our locations - Bothell, Health & Wellness, Kenmore, and Mill Creek - to enjoy a sweet treat and show your love for the Senior Center.

FREE

All Northshore Senior Center Locations

Feb 14 Tue 10 am-2 pm

SUFFRAGETTE TEA

In celebration of Women's History Month, we are throwing a Suffragette tea party. Did you know that the American Suffragette movement began at a tea party? On July 9, 1848, five key members of the American women's suffrage movement met for tea in Waterloo, New York. The participants in the tea party were Lucretia Mott, Martha Wright, Mary Ann McClintock, Elizabeth Cady Stanton, and hostess Jane Hunt. Break out your "Votes For Women" sash and join us for authentic high tea fare with a smidgen of history and a lot of fun.

\$5 MEMBERS & NON-MEMBERS

Location: Mill Creek

Mar 3 Fri 1-3 pm

WEARING OF THE GREEN

Join us for a festive St. Patrick's Day get-together with Irish tea and soda bread. Listen to some Irish folk music and be sure and remember to wear something green. If you have traveled to Ireland bring your photos to share.

Location: Mill Creek

Mar 17 Fri Noon-3 pm

CELEBRATE SPRING FROM EAST TO WEST

The vernal equinox, which marks the first day of spring, is celebrated by many cultures. Join us as we learn about Spring traditions in the northern hemisphere, from Japan (Sakura) and ancient Persia (Naw-Ruz). Enjoy special treats, make a simple craft and participate in a "spring surprise" raffle.

\$5 SUGGESTED DONATION

Location: Kenmore Senior Center

Instructors: Shuko Mantoosh/Pasha Mohajerjasbi

Mar 21 Tue 10 am-Noon

RECURRING EVENTS

BINGO AT BOTHELL

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

\$4 MEMBER/\$6 NONMEMBER

PER PACKET

Location: Bothell, 202/203

Jan 7 Sat 12:30-2:30 pm

Feb 4 Sat 12:30-2:30 pm

Mar 4 Sat 12:30-2:30 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

RECURRING 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

Jan 7	Sat	8-11 am
Feb 4	Sat	8-11 am
Mar 4	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

NEW

AMAZING ACRYLICS

This is a beginner level class. We will explore tips, techniques and simple projects using versatile acrylic paints, guided by an experienced and encouraging instructor/artist. Supplies included for 1st session. Held the 2nd and 4th Thursday of the month.

\$18 MEMBER/\$36 NONMEMBER

\$13.50 MEMBER/\$27 NONMEMBER

**PER MONTH
SINGLE CLASS**

Location: Kenmore

Instructor: Donna Reed

Jan 12 & 26	Thu	10 am-Noon
Feb 9 & 23	Thu	10 am-Noon
Mar 9 & 23	Thu	10 am-Noon

BIG BRUSH WATERCOLOR PAINTING

This is watercolors de-mystified. Have fun and learn the basics with the ZEN simplicity of using a big brush and lots of color. Experience liberation from the tyranny of the small brush and tiny details. Learn the rules and then learn how to break them. Paint like Matisse, Monet, and Chagall on the first day of class. Allow your own style to evolve, with encouragement every step of the way. New techniques and easy shortcuts to success will be presented in every class. All levels are welcome, from beginners to oil painters and experienced watercolorists. Very experienced artists find this is a good class to loosen up.

\$28 MEMBER/\$56 NONMEMBER

\$35 MEMBER/\$70 NONMEMBER

\$10 MEMBER/\$20 NONMEMBER

4 WEEKS

5 WEEKS

SINGLE CLASS

Location: Bothell, Room 104

Instructor: Linda Roggenburg

Jan 3-31	Tue	1-3 pm	5 weeks
Feb 7-28	Tue	1-3 pm	4 weeks
Mar 7-28	Tue	1-3 pm	4 weeks

ACTIVITIES AND CLASSES

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.

\$20 MEMBER/\$40 NONMEMBER	4 WEEKS
\$25 MEMBER/\$50 NONMEMBER	5 WEEKS
\$7.50 MEMBER/\$15 NONMEMBER	SINGLE CLASS

Location: Bothell, Room 103

Instructors: Shuko Mantooth and Gretchen Davey

Jan 6-27	Fri	1-2 pm	4 weeks
Feb 3-24	Fri	1-2 pm	4 weeks
Mar 3-31	Fri	1-2 pm	5 weeks



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.

\$24 MEMBER/\$48 NONMEMBER	4 WEEKS
\$30 MEMBER/\$60 NONMEMBER	5 WEEKS
\$9 MEMBER/\$18 NONMEMBER	SINGLE CLASS

Location: Bothell, Room 103

Instructors: Shuko Mantooth and Gretchen Davey

Jan 4-25	Wed	10 am-Noon	4 weeks
Feb 1-22	Wed	10 am-Noon	4 weeks
Mar 1-29	Wed	10 am-Noon	5 weeks

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.

\$28 MEMBER/\$56 NONMEMBER	4 WEEKS
\$35 MEMBER/\$70 NONMEMBER	5 WEEKS
\$10 MEMBER/\$20 NONMEMBER	SINGLE CLASS

Location: Bothell, Room 104

Instructor: Judy Moritz; 425-488-8270

Jan 5-26	Thu	11 am-2 pm	4 weeks
Feb 2-23	Thu	11 am-2 pm	4 weeks
Mar 2-30	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.

\$24 MEMBER/\$48 NONMEMBER	4 WEEKS
\$30 MEMBER/\$60 NONMEMBER	5 WEEKS
\$9 MEMBER/\$18 NONMEMBER	SINGLE CLASS

Location: Bothell, Room 104

Instructor: Alice Shuler; 425-485-1221

Jan 5-26	Thu	8:30-10:30 am	4 weeks
Feb 2-23	Thu	8:30-10:30 am	4 weeks
Mar 2-30	Thu	8:30-10:30 am	5 weeks

» NEW THURSDAY CLASS

Jan 5-26	Thu	2:30-4:30 pm	4 weeks
Feb 2-23	Thu	2:30-4:30 pm	4 weeks
Mar 2-30	Thu	2:30-4:30 pm	5 weeks

Location: Kenmore

Instructor: Susan Watts; 858-437-3466

Jan 3-31	Tue	10 am-Noon	5 weeks
Feb 7-28	Tue	10 am-Noon	5 weeks
Mar 7-28	Tue	10 am-Noon	4 weeks

ACTIVITIES AND CLASSES

NEW

HE(ART) AND SOUL ART CLASS

You're invited to participate in a unique "process art" experience. We will create something beautiful as we remember the year gone by and look forward to the year ahead. This approach results in a one of kind art piece that is yours alone. It's a great way to welcome in the new year. All supplies included in class fee. Call 425-489-0707 to sign up.

\$5 MEMBER/\$10 NON-MEMBER

Location: Kenmore - Annex

Facilitators: Debra Morey, Pasha Mohajerjasbi

Jan 5 Thu 10 am-Noon



NEW

MULTI MEDIA CLASS

How would you like an artistic smorgasbord? Month by month, we will explore a variety of mediums, learning what makes them unique and fun while we play with techniques. Some media will be combined for a true taste of playing with "mixed media." Our first month will be focused on watercolor painting, learning about the properties that make it both fun and frustrating. Each week will include a fun project guaranteed to give you a successful way to enjoy the medium. If you love it, you may want to consider a more traditional class, available at the three campuses of Northshore Senior Centers. Other topics for future months may include things like Acrylic Paint, Gouache, Pastels, Collage Projects, Alcohol Ink, and Plein Air techniques. Gretchen Davey is the coordinator for the class, but Guest Instructors will add their skills in specialty subjects. No class Jan 2, 16 and Feb 20.

\$21 MEMBER/\$42 NONMEMBER

3 WEEKS

\$28 MEMBER/\$56 NONMEMBER

4 WEEKS

\$10 MEMBER/\$20 NONMEMBER

SINGLE CLASS

Location: Bothell, Room 104

Instructor: Gretchen Davey

Jan 9-30	Mon	1:30-3:30 pm	3 weeks
Feb 6-27	Mon	1:30-3:30 pm	3 weeks
Mar 6-27	Mon	1:30-3:30 pm	4 weeks

NEW

OIL AND ACRYLIC PAINTING

Oil's and Acrylic painting is now open to all Media. Bring your supplies and something to work on, an apron and table cover. We have some supplies to get you started. Come to learn or just paint, draw or color. All are welcome.

\$28 MEMBER/\$56 NONMEMBER

4 WEEKS

\$35 MEMBER/\$70 NONMEMBER

5 WEEKS

\$10 MEMBER/\$20 NONMEMBER

SINGLE CLASS

Location: Bothell, Room 104

Leaders: Beverly Parcel and Linda Roggenburg

Jan 4-25	Wed	12:30-3:30 pm	4 weeks
Feb 1-22	Wed	12:30-3:30 pm	4 weeks
Mar 1-29	Wed	12:30-3:30 pm	5 weeks

NEW

PASTEL PAINTING

Come explore the vibrancy and beauty of painting directly with pastels. Specific pastel skills will be taught throughout this section. If you are new to pastels, supplies will be provided for several weeks to see if this a medium you love. You will then feel confident in your purchases of paper and pastels. Composition and color theory will be included.

\$28 MEMBER/\$56 NONMEMBER

4 WEEKS

\$35 MEMBER/\$70 NONMEMBER

5 WEEKS

\$10 MEMBER/\$20 NONMEMBER

SINGLE CLASS

Location: Bothell, Room 104

Instructor: Patricia Slabaugh

Jan 6-27	Fri	12:30-3:30 pm	4 weeks
Feb 3-24	Fri	12:30-3:30 pm	4 weeks
Mar 3-31	Fri	12:30-3:30 pm	5 weeks

ACTIVITIES AND CLASSES

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 Jan 2, 6, 9, 13 and Feb 20.

\$16 MEMBER/\$32 NONMEMBER	2 WEEKS
\$24 MEMBER/\$48 NONMEMBER	3 WEEKS
\$32 MEMBER/\$64 NONMEMBER	4 WEEKS
\$40 MEMBER/\$80 NONMEMBER	5 WEEKS
\$12 MEMBER/\$24 NONMEMBER	SINGLE CLASS

Location: Bothell, Room 104

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

Jan 23-30	Mon	10 am-1 pm	2 weeks
Feb 6-27	Mon	10 am-1 pm	3 weeks
Mar 6-27	Mon	10 am-1 pm	4 weeks

Jan 20-27	Fri	9 am-Noon	2 weeks
Feb 3-24	Fri	9 am-Noon	4 weeks
Mar 3-31	Fri	9 am-Noon	5 weeks

Location: Kenmore

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

Jan 4-25	Wed	10 am-1 pm	4 weeks
Feb 1-22	Wed	10 am-1 pm	4 weeks
Mar 1-29	Wed	10 am-1 pm	5 weeks

\$12 MEMBER/\$24 NONMEMBER	2 WEEKS
\$24 MEMBER/\$48 NONMEMBER	4 WEEKS
\$30 MEMBER/\$60 NONMEMBER	5 WEEKS
\$9 MEMBER/\$18 NONMEMBER	SINGLE CLASS

Location: Mill Creek

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

Jan 18, 25	Wed	10 am-Noon	2 weeks
Feb 1-22	Wed	10 am-Noon	4 weeks
March 1-29	Wed	10 am-Noon	5 weeks

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

- » **Jan 11:** All things Oriental: Span SE Asia with all manner of antiques/collectibles.
- » **Feb 8:** Bring items that reflect this month: Valentine's and Presidents' Days plus red and pink treasures.
- » **Mar 8:** Gather up Kitchen gear including aprons, cookbooks, equipment, etc. Let's bake something yummy.

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

ACTIVITIES AND CLASSES

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 MIN

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

Mon-Fri

Call 425-286-1038 for more information.

NEED HELP WITH YOUR PHONE?

One on one instruction and help with your android or iphone issues

\$20 MEMBER/40 NONMEMBER PER 60 MIN

Location: Health & Wellness, Computer Learning Lab, 2nd floor

Mon- Fri

Call 425-286-1038 for more information

TECHNOLOGY INSTRUCTION

We will address your "stuck" spots and help you become wiser, faster and more efficient. We teach basic computer skills, tablet use. Help with email and some software.

\$20 MEMBER/\$40 NONMEMBER PER 60 MIN

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

Mon-Fri

Call 425-286-1038 for more information.

TECHNOLOGY 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. 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

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

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

NEW

COLLAGE AT KENMORE

This workshop invites you to collect, cut, tear and glue paper scraps and treasures to create beautiful pieces of art. All supplies included in class fee. This is a simple and relaxing approach to get in touch with your "inner artist".

\$5 MEMBER/\$10 NON-MEMBER

Location: Kenmore - Annex

Facilitators: Bev Laird, Pasha Mohajerjasbi

Mar 9

Thu

10 am-Noon

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

ACTIVITIES AND CLASSES

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.

\$40 MEMBER/\$80 NONMEMBER 4 WEEKS
\$50 MEMBER/\$100 NONMEMBER 5 WEEKS
\$15 MEMBER/\$25 NONMEMBER SINGLE CLASS

Location: Kenmore

Instructor: Shuko Mantooth

Jan 6-27	Fri	10 am-Noon	4 weeks
Feb 3-24	Fri	10 am-Noon	4 weeks
Mar 3-31	Fri	10 am-Noon	5 weeks

JEWELRY CLUB

Come and join us to prepare previously loved jewelry for resale at various events. We gladly accept donations of your old, no longer wanted and well loved gems.

FREE TO MEMBER/\$5 NONMEMBER PER MONTH

Location: Bothell, Room 103

2nd Mon 10 am-Noon

KNIT WITS

Meet with friends, chat and work on your own projects in a friendly, old-fashioned knitting bee.

FREE TO MEMBER/\$10 NONMEMBER PER MONTH

Location: Bothell, Room 103

Leader: Sallie Gerrard

Ongoing Tue 9:30-11 am

NEW

MARDI GRAS MASKS

Masks are a means of communication. They are used in celebrations, festivals, carnivals and theater. They can be fun, decorative and whimsical.

In this class you will create a mask (just in time for Mardi Grason Tuesday, Feb. 21) of your own personal self-expression. This class is meant for fun, enjoyment, and exploring your creative side. Supplies and mask are included in workshop fee.

\$12 MEMBERS/\$24 NON/MEMBERS

Location: Kenmore Annex

Facilitator: Bertha Marselis

Feb 13 Mon 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.

FREE TO MEMBER/\$10 NONMEMBER PER MONTH

Location: Bothell, Room 103

Facilitator: Barb Rodahl

Ongoing Wed 12:30-3 pm

NEW

VALENTINE CARD MAKING

A fun and creative session designing your very own Valentine's Day cards. Give the gift of love and creativity in every envelope. All supplies provided, can bring your own stuff as well.

\$10 MEMBER/\$20 NONMEMBER

Location: Kenmore

Feb 2 Thu 10 am-Noon



ACTIVITIES AND CLASSES

DANCE

BALLROOM DANCE LESSONS

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

\$12 MEMBER/\$24 NONMEMBER SINGLE 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.

\$20 MEMBER/\$40 NONMEMBER 4 WEEKS

\$25 MEMBER/\$50 NONMEMBER 5 WEEKS

\$7.50 MEMBER/\$15 NONMEMBER SINGLE CLASS

Location: Bothell, Multipurpose Room

Instructor: Candace LaMont

Jan 3-31 Tue 11:15 am-Noon 5 weeks

Feb 7-28 Tue 11:15 am-Noon 4 weeks

Mar 7-28 Tue 11:15 am-Noon 4 weeks

DAY TRIPS

EDMONDS HISTORICAL MUSEUM

Local museum honoring the Coast Salish People, and dedicated to the history of Edmonds and the surrounding area. Lunch on your own at the Edmonds Senior Center first. Call 425-489-0707 To sign up. Limit 13.

\$30 MEMBER/\$60 NONMEMBER

Organized by Kenmore/Depart Bothell Senior Center

Jan 5 Thu 10:30 am-2:30 pm

CINDERELLA

Revisit your childhood wonder with this production of Rodger & 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 NSC Dining Room. Cost includes transportation, theatre ticket, and chef's choice lunch.

\$69 MEMBERS/\$138 NON-MEMBERS

Organized by Bothell/Depart Bothell Senior Center

Jan 12 Thu 11 am-4 pm

TULALIP CASINO

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

Organized by Bothell/Depart Bothell Senior Center

Jan 26 Thu 10:30 am-4:30 pm

Feb 23 Thu 10:30 am-4:30 pm

Mar 23 Thu 10:30 am-4:30 pm

FRYE ART MUSEUM

Several new and interesting exhibits will expand our art appreciation. Lunch on your own at the Museum restaurant. Call 425-489-0707 to sign up. Limit 13.

\$25 MEMBER/\$50 NONMEMBER

Organized by Kenmore/Depart Bothell Senior Center

Feb 2 Thu 10:30 am-2:30 pm

TACOMA MUSEUM OF GLASS

Full day trip starts at the Museum with a private guided tour of the Museum's Collections, which demonstrate the diversity that glass can have as an art form. After this introduction, we will have a session in which we each create our own "work of art"; then we're off to visit the Hot Shop in action. There will also be time to stroll the 500 ft Chihuly Bridge of Glass, which exhibits many Chihuly smaller pieces. Finally, enjoy lunch (which is included) at an area restaurant before heading back to NSC.

\$67 MEMBERS/ 134 NON-MEMBERS

Organized by Bothell/Depart Bothell Senior Center

Feb 9 Thu 8:30 am-4:30 pm

ACTIVITIES AND CLASSES



BURKE MUSEUM

Visit the newly remodeled and expanded Burke museum on the beautiful UW campus. Limit 13. We have requested a docent for a guided tour. Lunch on your own at the cafeteria. Call 425-489-0707 to sign up

\$25 MEMBER /\$50 NON-MEMBER

Organized by Kenmore/ Depart Bothell Senior Center

Mar 2 Thu 10:30 am-2:30 pm

NATIONAL NORDIC MUSEUM

Located in Ballard, the Museum explores Nordic history and culture over 12,000 years. We will be given a private tour of its core Exhibition, Nordic Journey, which showcases the Five Nordic Countries. Many interesting artifacts, tools, and even seaworthy vessels are on display as you are transported from the Viking era to the 20th century to modern design. Afterwards, enjoy lunch (at own expense) at a local restaurant.

\$25 MEMBERS/\$50 NON-MEMBERS

Organized by Bothell/Depart Bothell Senior Center

Mar 16 Thu 9:30 am-1:30 pm

UW ARBORETUM

The Arboretum, on the UW campus, features 40,000 plants from nearly 100 countries. Its collections are displayed in a variety of gardens – from those featuring ecological regions to those showcasing seasonal highlights. Our group will enjoy touring these gardens from the comfort of a covered tram. Hopefully, the Azaleas, Dogwood, and Cherry Blossoms will be among the plants making their appearance during our visit. After our tour enjoy lunch at a local restaurant (at own expense).

\$25 MEMBERS/ \$50 NON-MEMBERS

Organized by Bothell/Depart Bothell Senior Center

Apr 13 Thu 9:30 am-1:30 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 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.

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 usually 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 an evidence based exercise program to help older adults of all fitness levels to become more active, energized and able to sustain independent lives. Participants will be regularly tested in order to help show progress. The class consists of Level I and II exercises. Chairs are provided as an option for Level I exercises and instructor will demonstrate appropriate exercises for participants using a chair. Focus on cardiovascular exercises, strength training, balance, flexibility and FUN. 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 single class fee. No class Jan 2, 16 and Feb 20.

\$30 MEMBER/\$60 NONMEMBER PER MONTH

Location: Bothell, Multipurpose Room

Certified Instructor: TBA

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



NEW

OTAGO EXERCISE PROGRAM

Otago is a muscle strengthening and balance retraining program developed and tested by Fall Prevention professionals. The idea behind Otago is that muscle strength, flexibility, balance, and reaction time can all be improved to reduce your risk of falling. Otago is a series of 17 strength and balance exercises that reduce falls between 35 and 40% for frail older adults. This evidence based program meets twice a week, one hour class, for 8 weeks.

FREE

Location: Bothell

Starting week of Jan 23-Mar 17

Assessment scheduled for Thursday, Jan 19.

For more information or questions, please contact Kerri Schwindt,

kerris@mynorthshore.org or 425-286-1030.

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 Jan 2, 16, and Feb 20.

\$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

Fri 1-4 pm

ACTIVITIES AND CLASSES

NEW

PICKLEBALL LESSONS

Would you like to learn how to play the most popular sport around? If so, join Bing Teng, a Certified Pickleball Instructor at Northshore Senior Center. He will teach in an approachable, fun, positive, supportive environment where you will learn the rules of the game and understand why it has become the official sport of WA. No class Feb 8.

Location: Bothell, Multipurpose Room

Certified Instructor: Bing Teng

» INTRODUCTION TO PICKLEBALL

\$15 MEMBER/\$30 NONMEMBER PER MONTH

1st Sat of the month 9-11 am

Limit of 8 players

» SKILLS AND DRILLS - INSTRUCTOR LED

\$50 MEMBER/\$100 NONMEMBER 4 SESSIONS

\$37.5 MEMBER/\$75 NONMEMBER 3 SESSIONS

Jan 10-31 Tue 2-4 pm 4 sessions

Feb 7-28 Tue 2-4 pm 4 sessions

Mar 7-28 Tue 2-4 pm 4 sessions

Limit 12 players

Jan 5-26 Thu 2-4 pm 4 sessions

Feb 2-23 Thu 2-4 pm 3 sessions

Mar 2-23 Thu 2-4 pm 4 sessions

Limit of 12 players

SENIOR AEROBICS

Come get active and join the fun in a lively, upbeat, low impact aerobics class. A total body workout includes cardiovascular exercises and strength conditioning using light weights and resistance bands. Focus on balance and core strength included. Modifications will be provided as needed. Wear athletic footwear and bring a water bottle to class. Equipment is provided. No class Jan 2, 16, Feb 20.

\$35 MEMBER/\$70 NONMEMBER 7 CLASSES

\$45 MEMBER/90 NONMEMBER 9 CLASSES

\$7.50 MEMBER/\$15 NONMEMBER SINGLE CLASS

Location: Bothell, Multipurpose Room

Certified Instructor: Candice LaMont

Jan 4-30 Mon/Wed 10-11 am 7 classes

Feb 1-27 Mon/Wed 10-11 am 9 classes

Mar 1-29 Mon/Wed 10-11 am 9 classes



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

Bring this coupon to Northshore Senior Center to receive a **\$10 discount** on any group fitness class, (expires Dec. 15, 2023). 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

SPIN CLASS

A 45 minute 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.

\$40 MEMBER/\$80 NON MEMBER	8 CLASSES
\$45 MEMBER/\$90 NON MEMBER	9 CLASSES
\$7.50 MEMBER/15 NON MEMBER	SINGLE CLASS

Location: Health & Wellness Center

Instructor: Ying Penrod

Jan 3-31	Tue/Thu	10-10:45 am	9 classes
Feb 2-28	Tue/Thu	10-10:45 am	8 classes

STRENGTH AND BALANCE

Emphasis on developing muscular strength and endurance, flexibility, mobility, increasing lean body mass, balance, and injury prevention. Please bring set of hand weights, and water bottle to class.

\$40 MEMBER/\$80 NONMEMBER	8 CLASSES
\$45 MEMBER/90 NONMEMBER	9 CLASSES
\$7.50 MEMBER/\$15 NONMEMBER	SINGLE CLASS

Location: Bothell, Multipurpose Room

Instructor: Jennifer Hinkle

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

Session II: Beginners 10-11 am

Jan 3-31	Tue/Thu	9 classes
Feb 2-28	Tue/Thu	8 classes
Mar 2-30	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."

\$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

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.

\$32 MEMBER/\$64 NONMEMBER	4 WEEKS
\$40 MEMBER/\$80 NONMEMBER	5 WEEKS
\$12 MEMBER/\$24 NONMEMBER	SINGLE CLASS

Location: Bothell, Studio

Certified Instructor: Marian Stewart

Jan 3-31	Tue	11-11:50 am	5 weeks
Feb 7-28	Tue	11-11:50 am	4 weeks
Mar 7-28	Tue	11-11:50 am	4 weeks

\$30 MEMBER/\$60 NONMEMBER	4 WEEKS
\$37.50 MEMBER/\$75 NONMEMBER	5 WEEKS
\$11 MEMBER/\$22 NONMEMBER	SINGLE CLASS

Location: Mill Creek, North Creek Presbyterian Church

621 164th St SE Mill Creek, WA 98012

Certified Instructor: Mike Lucero

Jan 5-26	Thu	1:30-3 pm	4 weeks
Feb 2-23	Thu	1:30-3 pm	4 weeks
Mar 2-30	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 "Beginning Tai Chi" class.

\$20 MEMBER/\$40 NONMEMBER 4 WEEKS
\$25 MEMBER/\$50 NONMEMBER 5 WEEKS
\$7.50 MEMBER/\$15 NONMEMBER SINGLE CLASS

Location: Bothell, Studio

Certified Instructor: Marian Stewart

Jan 3-31	Tue	10:30-10:55 am	5 weeks
Feb 7-28	Tue	10:30-10:55 am	4 weeks
Mar 7-28	Tue	10:30-10:55 am	4 weeks

CIRCUIT TRAINING AND BALANCE

Great full body workout. Fun workout using a variety of equipment, circuit training and balance exercises to keep you moving and fit. Strength, cardiovascular conditioning, balance and stretching all combined. All levels and abilities.

\$40 MEMBER/\$80 NON MEMBER 8 CLASSES
\$45 MEMBER/ \$90 NONMEMBER 9 CLASSES
\$7.50 MEMBER/ \$15 NON MEMBER SINGLE CLASS

Location: Health & Wellness Fitness Center

Instructor: Ying Penrod

Jan 3-31	T/Th	11-11:45 am	9 classes
Feb 2-28	T/Th	11-11:45 am	8 classes

NEW

WHY WEIGHT? AWARENESS THROUGH MOVEMENT WITH THE FELDENKRAIS METHOD

Discover how to sense, distribute and best utilize your body weight for effective, flexible and powerful movement. Taught by a certified Feldenkrais Practitioner with Masters Degree in Sport & Exercise Leadership and Certified Fitness Instructor.

\$80 MEMBER/\$160 NONMEMBER 8 WEEKS
\$15 MEMBER/\$30 NONMEMBER SINGLE CLASS

Location Health & Wellness Center

Instructor Patty Bredice

Jan 3-Feb 21	Tue	10-11 am	8 classes
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NEW

EYE OF THE BEHOLDER AWARENESS THROUGH MOVEMENT WITH THE FELDENKRAIS METHOD.

Increase your movement potential by learning how your eyesight contributes to your functional capacity. Taught by a certified Feldenkrais Practitioner with Masters Degree in Sport & Exercise Leadership and Certified Fitness Instructor.

\$50 MEMBER/\$100 NONMEMBER 5 WEEKS
\$15 MEMBER/\$30 NONMEMBER SINGLE CLASS

Location Health & Wellness Center

Feb 28-Mar 28 Tue 5 sessions
 Instructor: Patty Bredice

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.

\$20 MEMBER/\$40 NONMEMBER PER MONTH
\$7.50 MEMBER/\$15 NONMEMBER SINGLE CLASS

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.

FREE TO MEMBER/\$10 NONMEMBER PER MONTH

Location: Bothell, Sammamish Trail

Leader: Anita Forbes

Ongoing Tue 9-10 am

ACTIVITIES AND CLASSES

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.

\$32 MEMBER/\$64 NONMEMBER	4 WEEKS
\$40 MEMBER/\$80 NONMEMBER	5 WEEKS
\$12 MEMBER/\$24 NONMEMBER	SINGLE CLASS

Location: Bothell, Studio

Certified Instructor: Trudy Rolla, RYT

Jan 5-26	Thu	8:30-9:45 am	4 weeks
Feb 2-23	Thu	8:30-9:45 am	4 weeks
Mar 2-30	Thu	8:30-9:45 am	5 weeks

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.

\$32 MEMBER/\$64 NON-MEMBER	8 WEEKS
\$36 MEMBER/\$72 NON-MEMBER	9 WEEKS
\$6 MEMBERS/\$12 NON-MEMBERS	SINGLE CLASS

Location: Mill Creek

Instructor: Maria Borella

Jan	Tue/Thu	10-10:45 am	9 weeks
Feb	Tue/Thu	10-10:45 am	8 weeks
Mar	Tue/Thu	10-10:45 am	9 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'.

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

Location: Mill Creek

Ongoing Mon 1-3 pm

Location: Bothell, Room 203

Ongoing Tue 12:30-3:30 pm

(Subject to 4 or more players being present)

Location: Kenmore, Sunroom

Ongoing Mon/Wed 11 am-3 pm

ACTIVITIES AND CLASSES

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-3 pm

Location: Kenmore Senior Center

Ongoing Tue Noon-3 pm

Call 425-489-0707

CRIBBAGE

Beginning and experienced players welcome.

\$20 MEMBER/\$40 NONMEMBER 8 VISIT PUNCHCARD

\$40 MEMBER/\$80 NONMEMBER 16 VISIT PUNCHCARD

\$60 MEMBER/\$120 NONMEMBER 24 VISIT PUNCHCARD

Location: Bothell, Room 203

Leader: Ernest Meza; 425-785-9046

Ongoing Fri 10:30 am-4 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 Stage

Lead: Linda Fava

Ongoing Tue 1-3 pm

HAND AND FOOT

Come and play Hand and Foot with a fun group of women players. Men are welcome to join us.

\$20 MEMBER/\$40 NONMEMBER 8 VISIT PUNCHCARD

\$40 MEMBER/\$80 NONMEMBER 16 VISIT PUNCHCARD

\$60 MEMBER/\$120 NONMEMBER 24 VISIT PUNCHCARD

Location: Bothell, Room 203

Ongoing Thu 12:30-3 pm

Location: Mill Creek

Ongoing Wed 1-3 pm

(Subject to 3 or more players being present.)

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: Meg Myrick, 206-498-3072

Please call leader a day or so in advance to organize time to play.

Ongoing Tue 10 am-Noon

Ongoing Wed 4-6 pm

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.

\$20 MEMBER/\$40 NONMEMBER 8 VISIT PUNCHCARD

\$40 MEMBER/\$80 NONMEMBER 16 VISIT PUNCHCARD

\$60 MEMBER/\$120 NONMEMBER 24 VISIT PUNCHCARD

Location: Bothell, Room 203

Leader: Ernest Meza; 425-785-9046

Ongoing Fri 1:30-4 pm

ACTIVITIES AND CLASSES

PINOCHLE

Come play Pinochle with us. We have a great time, with no experience needed, any skill level welcome. No games on Jan 2, 16 and Feb 20.

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

Location: Bothell, Room 203

Leader: Al Haveland

Ongoing	Mon	Noon-4 pm
Ongoing	Fri	Noon-4 pm

Location: Mill Creek

Single Deck Mon/Thu 1-3pm

(Call Don to be placed on single deck player roster at 425-290-3728.)

Double Deck Wed 12:30-3p

(Call Terry to be placed on double deck player roster at 425-408-1043.)

Location: Kenmore

Ongoing	Tue	12:30-3 pm
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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.

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

Ongoing	Tue	10-11 am
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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
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Location: Mill Creek

Ongoing	Mon	1-3 pm
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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
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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
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ACTIVITIES AND CLASSES

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

STAY WARM INDOORS: CHAIR EXERCISES

Safe exercises for seniors of all activity levels. Help maintain your strength and flexibility, improve your balance, and increase your circulation.

FREE

Location: Virtual

Jan 17 Tue 12:15-1 pm

Call Evergreen at 425-899-3000 to register.

MATTER OF BALANCE PROGRAM

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 FREE 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.

FREE

Location: Peter Kirk Community Center

Jan 20-Mar 10 Fri 1-3 pm

Facilitators: Lydia Barnsley, LPN and Janet Zielasko, MS, LSW

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

UNDERSTANDING THE VALUE AND BENEFITS OF SELF-COMPASSION

Self-compassion is not being selfish, it is learning and practicing ways to take care of yourself, which then sustains kindness and compassion for others. Research has shown that individuals who have more self-compassion are happier, more optimistic, less anxious and less depressed. In this session, you will learn new tools and strategies for promoting self-compassion.

FREE

Location: Peter Kirk Community Center

Jan 23 Mon 1-2:30 pm

Presenter: Janet Zielasko MS, LSW

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

ACTIVITIES AND CLASSES

MINDFULNESS PRACTICE: LIVING A HAPPIER AND HEALTHIER LIFE

"When you change the way you look at things, the things you look at will change." Please join us for a ninety-minute presentation with a specialist who will discuss mindfulness and meditation. Mindfulness is the state of active, open awareness of the present. You observe your thoughts and feelings without judgement. Learn how to be mindful and control your focus of attention.

FREE

Location: Peter Kirk Community Center

Feb 6 Mon 1-2:30 pm

Speaker: Steve Wilhelm, Certified Mindfulness Teacher

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

FALL PREVENTION AND BALANCE

Avoid pain and injury by learning what steps you can take to improve balance and prevent falls in your home and daily routines.

FREE

Location: Virtual

Feb 21 Tue Noon-1 pm

Call Evergreen at 425-899-3000 to register.

PROTECT YOURSELF

Members of "Consumer Protection WA" will be at NSC Bothell to share resources and information with you about frauds and scams. Don't miss this. You'll be equipped to protect yourself and your loved ones from scammers.

FREE

Location: NSC Bothell, Room 202

Mar 7 Tue 1-2:30 pm

Presenter: Consumer Protection Washington

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

LISTENING MORE CAREFULLY AND EXPRESSING MORE CLEARLY

We talk and interact with people each and every day. Communication is essential to our health and well-being. Often the words we choose to say...or not say... can have a major impact on our relationships. Learn new tips and strategies to improve communication skills and further enhance your listening skills.

FREE

Location: Peter Kirk Community Center

Mar 10 Fri 1-2:30 pm

Presenter: Janet Zielasko MS, LSW

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

POWERFUL TOOLS FOR CAREGIVERS

A six-week educational series designed to provide you, the caregiver, with tools needed to take care of yourself while caring for a loved one. Classes consist of interactive sessions, discussions and brainstorming to help you take the "tools" you choose and put them into action in your life. Classes are taught by trained and certified class leaders.

FREE

Location: NSC Bothell, Room 202

Mar 14-Apr 18, Tue 1-3 pm

Facilitators: Georgia Rigler, MSW, LICSW & Janet Zielasko, MS, LSW

Pre-registration required. To register, call 425-286-1035 or email janetz@mynorthshore.org

GET A GOOD NIGHT'S SLEEP

Do you have trouble sleeping? Learn how stress, illness or medication can affect your sleep patterns, and get tips that may help you sleep through the night. Making small changes to your daily routine can help you get the sleep you need.

FREE

Location: NSC Bothell, Room 205

Mar 16 Thu 2-3 pm

Presenter: Evergreen Hospital Sleep Clinic Representative

Pre-registration required. To register, contact Georgia Rigler at 425-286-1047 or email georgiar@mynorthshore.org

HOME TREATMENTS FOR COMMON SPRING ALLERGIES AND COLDS

Cut down being sick by treating yourself with simple, natural remedies that boost the immune system and speed healing.

FREE

Location: Virtual

Mar 21 Tue Noon-1 pm

Call Evergreen at 425-899-3000 to register.

ACTIVITIES AND CLASSES

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 Jan 2, 16 and Feb 20.

FREE TO MEMBERS/\$10 NONMEMBER PER MONTH

Location: Bothell, Room 205

Leader: Trudy Rolla

Ongoing Mon 9:30 am-Noon

LITERARY ARTS

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



Your new lifelong friends are waiting.

WOODLAND TERRACE

— A LEISURE CARE COMMUNITY —

17502 102nd Ave NE

Bothell, WA • (425) 318-4007

WoodlandTerraceSeniorLiving.com

ACTIVITIES AND CLASSES

NEW

KING COUNTY LIBRARY SYSTEM: A WHOLE NEW WORLD OF FREE ENTERTAINMENT AND FUN

Did you know that the King County Library System is the most used library system in the entire United States? Even more than New York City. Whether at home or on the go, be entertained, learn something new, or enjoy a good read with King County Library System's online offerings. Staff from the Library will help you access free movies, TV shows, music, eBooks, audiobooks, magazines and newspapers, and even workshops and classes. Bring your smart phone, tablet, or laptop for individual assistance.

FREE

Location: Kenmore

3rd Thu 10:30 am-Noon

Location: Mill Creek

2nd & 4th Tuesdays

Please call 425-948-7170 to schedule

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. One does not have to be an established writer to attend. 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

» **NEW Location: Bothell, Room 203**

Instructor: Heather LeRoss

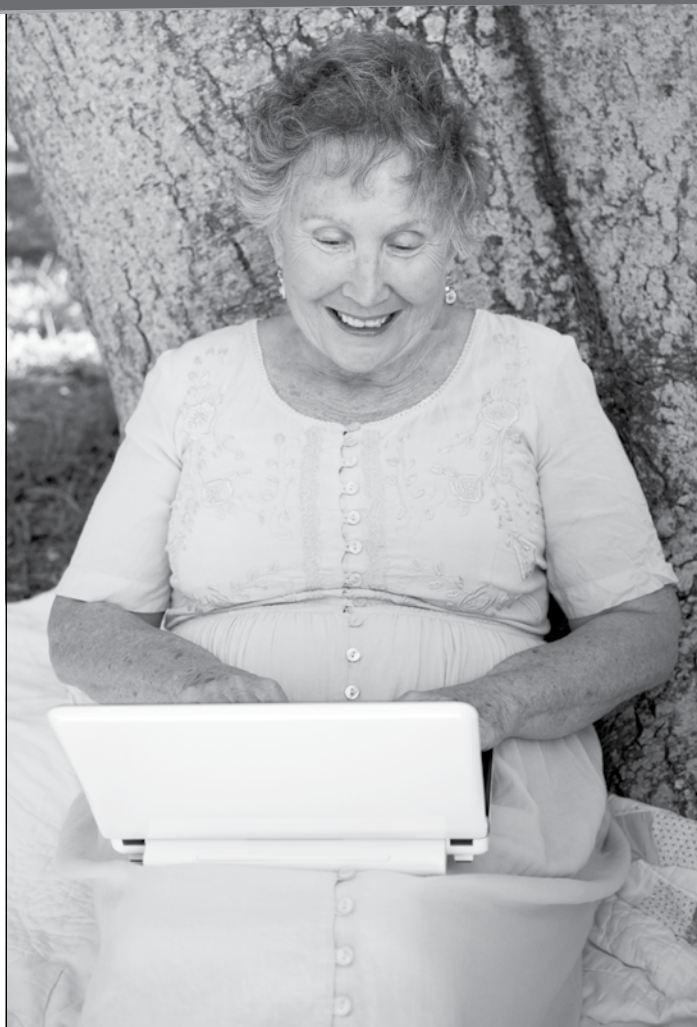
Ongoing Mon 10 am-Noon

First class starting on January 10.

Location: Mill Creek

Instructor Barbara Masterson

Jan 18-Feb 22 Wed 10 am-Noon



NEW

CURRENT ISSUES DISCUSSION SERIES

Join together to discuss difficult public issues, discover shared values, and thoughtfully explore a range of solutions. Topics include preventing mass shootings, climate change, immigration, safeguarding elections, reforming our political system, and policing reform. Each session will use a discussion guide from the National Issues Forum.

FREE TO MEMBER/\$5 NONMEMBER

Location: Bothell, Room 202

Facilitator: Mark Smutny

Feb 2-Mar 9 Thu

1-2:30 pm

6 weeks

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.

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 12:30-3 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, who 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

We provide an opportunity for a pianist of every level to share and grow. For details please contact Barbara at 425-488-2202. Be sure to leave your name and phone number.

FREE TO MEMBERS/\$10 NONMEMBER PER MONTH

Location: Bothell, Room 205

Leader: Barbara Dietrich

1st 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.

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

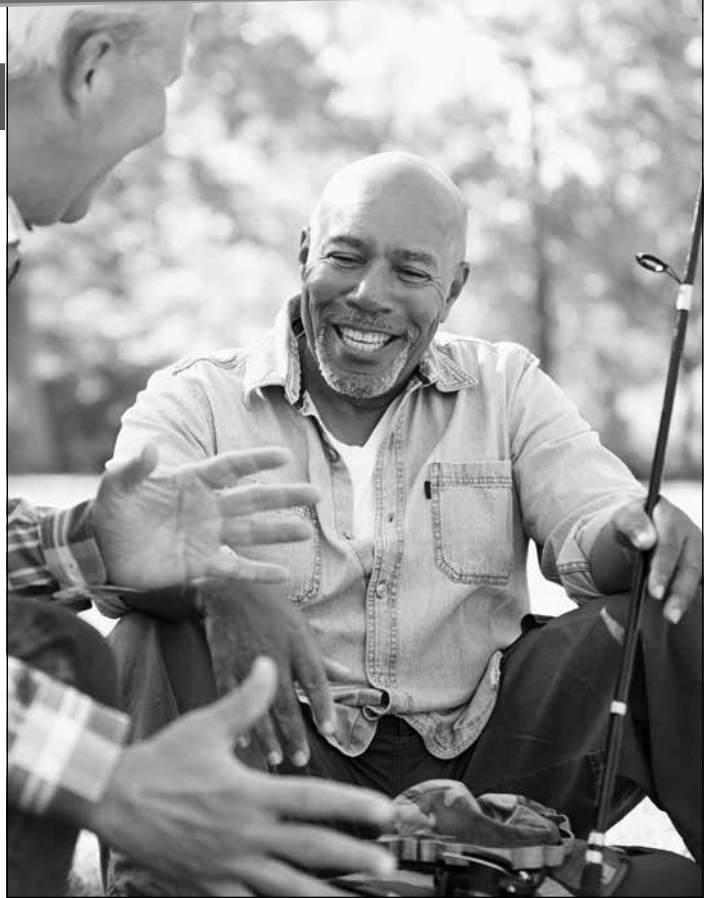
If you love riding a bicycle in a social setting then join us. Rides will vary in day, length, pace and start times but will usually occur during the week, be under 25 miles and at a leisurely pace (10-12 mph). A ride may be co-sponsored with Cascade Bike Club (CBC) or another senior center. Emails are 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.

FREE TO MEMBERS/\$10 NONMEMBER PER MONTH

Location: Bothell

Coordinator: Molly Halvorsen, mollyhalvorsen@gmail.com,

northshorebicycleclub-subscribe@googlegroups.com



HIKING

We will be planning to meet in April to plan our 2023 season, look for more information to come. On hike days we meet at the Woodinville Park & Ride, 17800 140th Ave NE at 7:15 am to set up carpools. We leave promptly at 7:30 am. Bring your lunch, water, sun screen, bug repellent and hiking boots (not tennis shoes or sandals). Also, bring layered clothing for possible cool weather and/or rain. Please note that we are a hiking group, not a walking group. Our hikes are typically in the mountains on rocky trails. 5-8 miles round trip in length and between 300 and 2000 feet in elevation gain.

HIKES ARE FREE EXCEPT FOR CARPOOL EXPENSE

Coordinator: Howard Fleck, 206-817-2421, nsschikers@gmail.com

May - Oct Mon 7:15 am

No hikes are scheduled on the Monday nearest to Independence Day or Labor Day

sites.google.com/site/nsschikers

ACTIVITIES AND CLASSES

SOCIAL

COFFEE SOCIALS

You are invited to enjoy a cup of coffee and meet with a group of friends to make new connections, have some fun and enjoyable conversation. Below find the group that fits your needs best.

» CO-ED COFFEE HOUR

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

FREE

Location: Kenmore Senior Center

First Monday of every month

Jan. 9, Feb. 6, Mar. 6 10-11 am

» COFFEE SOCIAL

FREE

Location: Bothell, Room 205

Coordinators: Lori Jensen

Ongoing Thu 1-2 pm

» KENMORE KAFFEEKLATSCH

FREE

Location: Kenmore Senior Center in Rhododendron Park

Weekly Thu 10:30-11:30 am

» MEN'S COFFEE HOUR

FREE

Location: Mill Creek

Ongoing 2nd & 4th Fri 10 am-Noon

» WOMEN'S COFFEE HOUR

FREE

Location: Mill Creek

Ongoing Thu 11 am-1 pm

Location: PeterKirk Community Center

Facilitator: Georgia Rigler, MSW, LICSW; 425-286-1047;

georgiar@mynorthshore.org

Ongoing Mon 10-11 am



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.

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

NEW

Downsizing Workshop

Is your current home more than you need or more than you can manage? When the time comes to "right size" your home, it can feel overwhelming. Join Seniors Real Estate Specialist, Brooke Knight, for concrete tips on where to start, how to get help, and just general how to make the process as easy as possible. All attendees will leave with a workbook to help manage their own process.

FREE

Location: Bothell, Room 202

Presenter: Brooke Knight

Feb 7 Tue 10-11:30 am

ACTIVITIES AND CLASSES



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. A vegetarian Indian lunch will also be provided by our Community Dining Program. This program is open to everyone. For more information please contact IACS at www.iacs-wa.org. No meeting Jan 2.

FREE

\$4

MORNING/AFTERNOON LUNCH

Location: Bothell, Room 202 and Dining Room

Facilitated by IACS

1st Mon of Month

Morning programming

10:30 am-Noon

Lunch

Noon-12:30 pm

Afternoon programming

1-2:30 pm

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

\$70-\$80/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.

\$70 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.

\$70/DAY

Contact Northshore Health & Wellness Center for information at 425-488-4821.

INCLUSION AND RECREATION



**NORTHSHORE HEALTH &
WELLNESS CENTER**

INCLUSION PROGRAM

**INCLUSION • FRIENDSHIP
ADVOCACY • SKILLS**

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
3. Any questions: Inclusion@mynorthshore.org

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.

"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

APS - ADULT PROTECTIVE SERVICES (KING COUNTY)

» 866-221-4909

ALZHEIMER'S ASSOCIATION

» 206-363-5500 or
800-848-7097 or www.alzwa.org

AMERICAN DIABETES ASSOCIATION

» 1-800-842-2383 or
www.diabetes.org

ARTHRITIS FOUNDATION

» 206-547-2707 or
1-800-542-0295
or 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

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

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

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

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

SENIOR HEALTH SPECIALTY CLINIC

» 425-899-6800

SENIOR RIGHTS ASSISTANCE

» 206-448-5720 or
sra@seniorservices.org

SENIOR SERVICES INFORMATION AND ASSISTANCE - SNOHOMISH COUNTY

» 425-513-1900 or 800-422-
2024 or www.sssc.org

SOCIAL SECURITY

» 1-800-772-1213, 7 am - 7 pm
weekdays or www.ssa.gov

SOUND GENERATIONS PATHWAYS INFORMATION AND ASSISTANCE

» 206-448-3110 or 888-435-3377
or 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

Individual, confidential and impartial personal counselling to individuals regarding available options for health care and health insurance benefits. SHIBA counselors are not affiliated with any insurance company or product. Counseling topics: Medicare Program choices, Individual Health Insurance plans, Military Veterans' Health benefits, Insurance options for those with disabilities, Government Health benefits, Long Term Care insurance and Medical billing.

FREE

Location: NSC Bothell Health & Wellness, Caregiver Library

Advisors: Bob Osrowske and Connie Taylor

4th Tue 9 am-Noon

By appointment only: To schedule an appointment, call Janet Zielasko at 425-286-1035

Location: Kenmore

Advisor: Dave Reynolds

2nd Fri 9 am-Noon

Call 425.489.0707 to schedule a 1-hour appointment

Location: Mill Creek

Advisor: Bruce Pyles

1st & 3rd Thu 9 am-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 receives 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

» **NEW HOURS:** 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

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.

1st, 2nd, 3rd Mon 8 am-2 pm

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

» **NEW HOURS:** 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

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.

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 33 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 33 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 Horst at Volunteer@mynorthshore.org or call 425-286-1032.**

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

CHARITABLE PLANNING AND GIVING



NORTHSHORE SENIOR CENTER RELIES ON CHARITABLE GIFTS FOR OVER 15% OF ITS BUDGET. YOUR GENEROSITY LITERALLY KEEPS THE PICKLEBALL COURTS LIT, THE COFFEE HOT, THE SUPPORT GROUPS TALKING, THE ART CLASSES PAINTING, THE BUSES RUNNING, AND SO MUCH MORE.

» WHEN TO GIVE?

Many of our members make a charitable contribution when they renew their membership, while others participate in fundraising events like GiveBIG, the Capes for Courage Bothell 5k, and Giving Tuesday. In reality, there is no wrong time to make a gift to support NSC; let us know what works best for you.

» HOW TO MAKE A CONTRIBUTION?

Gifts can be made online at our website, in person at our front desks, or by mail to 10201 E Riverside Dr, Bothell, WA 98011. We also accept direct IRA distributions (for those over age 70½) and gifts of stock. If you have questions, please give us a call at 425-286-1054.

» WHAT IS THE SUSTAINERS CLUB?

Many NSC supporters choose to make a monthly donation on a recurring basis. These “sustainers” provide a reliable source of funding for NSC and help reduce the overhead costs of fundraising. Sustainers Club Members contribute anywhere from \$10 to \$500 a month, and are recognized annually in an insert in this catalog. You can join the Sustainers Club by signing up for a recurring contribution on our website, or call 425-286-1054.

» WHAT IF MY EMPLOYER DOES MATCHING?

Many local employers like Microsoft and Boeing will match any qualified gift that you make to NSC. Check with your employer, or give us a call at 425-286-1054 if you would like more information. Employer matching provided thousands of dollars in support to NSC in 2022.

» WHAT IF I WANT TO INCLUDE NSC IN MY ESTATE PLAN?

Making a bequest to a charitable organization in your will or estate plan is an easy thing to do. It is also a wonderful way to make a lasting contribution to NSC’s mission. Talk with your financial advisor today about your estate plan, or give us a call at 425-286-1054 if you would like to get more information about your options.

SOCIAL SERVICES/WELLNESS



SERVICES

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
Cassidy Stout, MSW, 425-286-1072; cassidys@mynorthshore.org
Janet Zielasko, MS, LSW; 425-286-1035; janetz@mynorthshore.org

» **NEW - Kenmore Location: Note new in-person hours**

Janet Zielasko, MS, LSW; 425-286-1035; janetz@mynorthshore.org
4th Thursday of each month; 9 am-3 pm

» **NEW - Mill Creek Location: Note new in-person hours**

Georgia Rigler, MSW, LICSW; 425-286-1047; georgiar@mynorthshore.org
4th Friday of each month; 9 am-3 pm

Peter Kirk Community Center (By appointment)

Mondays:

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

Wednesdays:

Cassidy Stout, MSW; 425-286-1072; cassidys@mynorthshore.org

Fridays:

Lydia Barnsley, LPN, 425-286-1029; lydiab@mynorthshore.org

CONSULTATIONS

PERSONAL CONSULTATIONS

The opportunity to explore concerns, problems and options through individual sessions. Issues may include life transitions, depression, anxiety, grief and loss, or other family or personal issues. Please call for an individual appointment.

FREE

Bothell Location: (By appointment)

Lydia Barnsley, LPN, 425-286-1029; lydiab@mynorthshore.org
Georgia Rigler, MSW, LICSW, 425-286-1047; georgiar@mynorthshore.org
Cassidy Stout, MSW, 425-286-1072; cassidys@mynorthshore.org
Janet Zielasko, MS, LSW; 425-286-1035; janetz@mynorthshore.org

Peter Kirk Community Center (By appointment)

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

Note below: New in-person appointment times available at the Kenmore Senior Center and the Mill Creek Senior Center

Kenmore Location:

Janet Zielasko, MS, LSW; 425-286-1035; janetz@mynorthshore.org
4th Thursday of each month

Mill Creek Location:

Georgia Rigler, MSW, LICSW; 425-286-1047; georgiar@mynorthshore.org
4th Friday of each month

SOCIAL SERVICES

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

NSC Bothell:

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

Peter Kirk Community Center (By appointment)

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

Kenmore Senior Center:

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

NEW: 4th Thursday of each month

Mill Creek Senior Center:

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

NEW: 4th Friday of each month

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

New work hours: Tue 9:15 am-4:15 pm and Fri 9:15 am-2:15 pm

Location: PeterKirk Community Center

Wed 8 am-4 pm

PROGRAMS

ENHANCE®WELLNESS

This is a free award-winning, health management program designed to use you as the expert on changes to make in your life. Learn strategies for making positive choices to improve your physical and/or emotional well-being. All this is done one-on-one with a trained nurse or social worker through NSC.

For more details, contact:

Lydia Barnsley, LPN, 425-286-1029; lydiab@mynorthshore.org

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

HOMAGE SOCIAL WORKER AT MILL CREEK

For those who live in Snohomish County come and meet with an Aging and Disability Resource Specialist from Homage Senior Services. They can help in identifying services that help older adults and people with disabilities along with consultations for family members and other involved persons. These include Basic Food applications, Medicare Savings Program (MSP) applications, Meals-On-Wheels applications, D.A.R.T applications, COPEs application, etc. No appointment necessary.

Location: Mill Creek

2nd & 4th Thu of the month

10 am-1 pm

PEARLS

This is a free evidence-based depression management program for mild depression or dysthymia (chronic depression). The program combines problem-solving treatment, social, physical and pleasant activity scheduling to manage symptoms of depression. All this is done with a trained PEARLS counselor through NSC.

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

Location: Northshore Health& Wellness Center, conference room

Facilitator: Kathy Bates BS, GMHS
KathyB@mynorthshore.org
2nd Wed 1-2 pm

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.

FREE

**Location: Bothell, Room 103 the first Monday of each month
Room 202 for all the other Mondays**

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



SUPPORT/DISCUSSION GROUPS



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

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

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.

FREE

Location: Bothell, Room 205

Wed 1-2 pm

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

janetz@mynorthshore.org

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 possible 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.

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

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.

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 or email us at 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 or at (425) 286-1046

Kenmore Food Pantry - Pasha Mohajerjasbi, 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 NORTHSHORE 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.

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:
Primary User - Signature:		Secondary User - 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	\$ _____
Total Amount Received	\$ _____

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10201 E Riverside Dr
Bothell, WA 98011-3708

Ph: 425-487-2441

Fax: 425-485-4954

www.northshoreseniorcenter.org

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OUR VISION:

We envision a community where everyone leads full, healthy and inspired lives.

OUR MISSION:

Northshore Senior Center promotes healthy living and well-being in our community through programs, services, resources and civic engagement.

Chateau at Bothell Landing,

Bringing the community together

Retirement Living,
Assisted Living,
Memory &
Respite Care



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