

JOIN NSC AS A MEMBER NOW AND
SAVE MONEY ON THE HUNDREDS
OF ACTIVITIES LISTED INSIDE.
SEE PAGE 50 FOR MORE INFORMATION

WELCOME

TABLE OF CONTENTS

SITE INFORMATION	3
GATHERING PLACES	4
SPECIAL EVENTS	4
FITNESS AND ACTIVE LIVING	5-13
<i>CLASSES, WORKSHOPS, AND ACTIVITIES THAT PROMOTE PHYSICAL ACTIVITY, HEALTH, AND/OR FLEXIBILITY.</i>	
CLUBS AND SOCIAL CONNECTIONS	14-23
<i>INTEREST GROUPS, GAME CLUBS, FIELD TRIPS, TRAVEL OPPORTUNITIES, AND PLACES TO GATHER IN COMMUNITY.</i>	
HEALTH AND NUTRITION	24-27
<i>WELLNESS EDUCATION, MEAL PROGRAMS, FOOD SUPPORT, AND MENTAL HEALTH SUPPORT.</i>	
LIFELONG LEARNING	28-35
<i>INFORMATIONAL PROGRAMMING FOCUSED ON PERSONAL DEVELOPMENT AND LEARNING NEW SKILLS.</i>	
SUPPORTING SELF-CARE AND CAREGIVERS	36-45
<i>SERVICES TO HELP SENIORS AND THEIR FAMILIES NAVIGATE THE CHALLENGES OF THE AGING PROCESS.</i>	
RENTALS	46
RESOURCE SERVICES	47
CHARITABLE PLANNING AND GIVING	48
REGISTRATION INFO	49
MEMBERSHIP INFO	50
MEMBERSHIP FORM	51-52
INDEX	53-55

ON THE COVER



WHY VOLUNTEER?

With busy lives, it can be hard to find time to volunteer. However, the benefits of volunteering can be enormous. Volunteering offers vital help to people in need, worthwhile causes, and the community.

The benefits can be even greater for you, the volunteer. The right match can help you to make new friends, connect with the community, to learn new skills, and even to advance your career. Giving to others can also help protect your mental and physical health. It can reduce stress, combat depression, keep you mentally stimulated, and provide a sense of purpose.

While it's true that the more you volunteer, the more benefits you'll experience, volunteering doesn't have to take a huge amount of time out of your busy day. Giving just a small amount of your time can help those in need and improve your health and happiness along the way.

Volunteers are the engine that powers everything we do at NSC, they are our Superpower! Come be a part of the team.

**FOR MORE INFORMATION REGARDING
VOLUNTEERING PLEASE CONTACT US:**

425-286-1032

email: volunteer@mynorthshore.org

SITE INFORMATION

NORTHSHORE SENIOR CENTER

Founded in 1972, the Northshore Senior Center has grown from a small organization serving only 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.

BOTHELL

Phone: 425-487-2441

» NORTHSHORE SENIOR CENTER:

10201 E RIVERSIDE DR

Mon/Tue/Thu/Fri 8 am-4:30 pm

Wednesday 8 am-8:30 pm

First Saturdays 8 am-2:30 pm

HEALTH AND WELLNESS

Phone: 425-488-4821

» HEALTH AND WELLNESS CENTER:

10212 E RIVERSIDE DR

Monday-Friday

Office Hours 8 am-4:30 pm

Day Center Hours 10 am-2:30 pm

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.

Monday-Friday 9 am-3 pm

» EPISCOPAL CHURCH OF THE REDEEMER:

6211 NE 182ND / KENMORE, WA 98028

MILL CREEK

Phone: 425-948-7170

» MILL CREEK SENIOR CENTER:

4111 133RD ST SE

Parking available in any space marked "Commercial."

Monday-Friday 9 am-3 pm

» NORTH CREEK PRESBYTERIAN CHURCH:

621 164TH SE

PETER KIRK COMMUNITY CENTER

Phone: 425-587-3360

352 KIRKLAND AVE, KIRKLAND WA

BOARD OF DIRECTORS

2023 Board Members: Arnold Alejandrino • Barbara Anderson • Bruce Garberding • Sarah McGuire • 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.

ADMINISTRATIVE TEAM

Chief Executive Officer: Nathan Phillips

Bothell Program Manager: Kerri Schwindt

Kenmore Program Supervisor: Pasha Mohajerjasbi

Mill Creek Program

Supervisor: Celeste Virago Lowe

HWC/ADH/Inclusion Director: Judi Pirone

Staff Accountant: Leah Walz

Social Services Manager: Janet Zielasko

Transportation Operations Manager: Cliff Perry

Volunteer Coordinator: Harry Horst

OFFICIAL HOLIDAY CLOSURES:

» Monday, May 29

Memorial Day

» Monday, June 19

Juneteenth

GATHERING PLACES & SPECIAL EVENTS



COFFEE BAR AT BOTHELL

Mon-Fri 8:30-3 pm
Wed Pie Noon
Wed Happy Hour 4-7 pm
T/Th Soup 11 am-2 pm

COFFEE AT MILL CREEK

Mon-Fri 9 am-3 pm

COFFEE AT KENMORE

Mon-Fri 9 am-3 pm

LENDING LIBRARY AT BOTHELL, KENMORE AND MILL CREEK

Members may browse, borrow and read books for free.

SENIOR LOUNGE AT BOTHELL

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

Mon-Fri 8 am-4:30 pm

SPRING FLING CRAFTERS AND JEWELRY SALE

The Kenmore Crafters and the Northshore Jewelry Club will be showcasing handmade treasures and an assortment of jewelry pieces. Come find that special something!

Location: Bothell

Mar 31-Apr 1 Fri/Sat 9 am-3 pm

A WALK IN THE PARK

Celebrate Earth Day with the City of Kenmore and the Kenmore Senior Center at beautiful Rhododendron Park! Garden Educator, Lisa Taylor, will be our guide as we learn about the huge variety of plants, shrubs and wildlife in the park. We'll get some tips for our home gardens as well, including pesticide-free options. Visit vendor booths, make a simple art project and meet your neighbors! Dress for the weather, we walk rain or shine. Bring a sack lunch to enjoy in the park after our walk.

FREE

Location: Kenmore/Rhododendron Park

April 22 Sat 10 am-2 pm

Call: 425-489-0707 to sign up

FINE ART SHOW

Come and see fabulous art work done by seniors in their art classes. A wonderful event that the whole community is invited to. You can pick your favorite pieces in each category for "People's Choice."

ADMISSION TO SHOW IS FREE

Location: Bothell, Multipurpose Room

May 5 Fri 1-8 pm

May 6 Sat 8-3:30 pm

Check in art work on Friday, May 5 8-9:30 am in the dining room.

SAVE THE DATE - SATURDAY, AUGUST 5

BOTHELL 5K CAPES FOR COURAGE

Save the date and join us for our 8th annual Capes for Courage 5K Run/Walk benefitting the Northshore Senior Center's Inclusion Program. Promoting "Fun For All", the Northshore Inclusion Program provides fun and friendship for individuals of all abilities through year-round recreation, advocacy and family support. Register now at www.bothell5k.org. Early registration rate of \$30/person

For sponsorship opportunity information, call 425-286-1054.



FITNESS AND ACTIVE LIVING

CLASSES, WORKSHOPS, AND ACTIVITIES THAT PROMOTE PHYSICAL ACTIVITY, HEALTH, AND/OR FLEXIBILITY.

BALLROOM DANCE LESSONS	5
BICYCLE	13
CIRCUIT TRAINING AND BALANCE	
- LEVEL 2 AND 3	9
ENHANCE FITNESS - LEVEL 1	7
GOLF	13
HIKING	13
INTRODUCTION TO PICKLEBALL	12
LINE DANCING	5

OTAGO - LEVEL 1	7
PICKLEBALL - OPEN PLAY	12
PICKLEBALL 1 - BEGINNER	12
PICKLEBALL 2 - INTERMEDIATE	12
QIGONG ("CHEE-KUNG") - LEVEL 1	7
SENIOR AEROBICS - LEVEL 3	9
SPIN CLASS - LEVEL 2 AND 3	9
STRENGTH & BALANCE LEVEL 2	11
STRENGTH & BALANCE LEVEL 3	11

TABLE TENNIS	12
TAI CHI - LEVEL 1	8
TAI CHI BREATHING AND	
WELLNESS EXERCISES - LEVEL 1	8
TONE UP - LEVEL 1	8
WALKING	13
YOGA - SEATED/STANDING - LEVEL 1	8
YOGA - BREATH AND BALANCE - LEVEL 3	11

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

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.

\$15 MEMBER/\$30 NONMEMBER **3 WEEKS**

\$20 MEMBER/\$40 NONMEMBER **4 WEEKS**

\$25 MEMBER/\$50 NONMEMBER **5 WEEKS**

Location: Bothell, Multipurpose Room

Instructor: Candace LaMont

Apr 4-25	Tue	11:15 am-Noon	4 weeks
May 2-30	Tue	11:15 am-Noon	5 weeks
Jun 6-27	Tue	11:15 am-Noon	4 weeks

Location: Mill Creek City Hall, 15720 Main Street, Mill Creek 98012

Instructor: Barbara Heidel

No classes May 22, 29 and Jun 19.

Apr 10-24	Mon	10 am	3 weeks
May 1-15	Mon	10 am	3 weeks
Jun 5-26	Mon	10 am	3 weeks



FITNESS AND ACTIVE LIVING

FITNESS CENTER

NEW DAYS! Mon-Fri **8 am-3:30 pm**
Check back for updated days
» NEW PUNCHCARDS:
\$20 member/\$40 nonmember 8 visit punchcard
\$40 member/\$80 nonmember 16 visit punchcard
\$60 member/\$120 nonmember 24 visit punchcard



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.



FITNESS AND ACTIVE LIVING

EXERCISE CLASSES LEVEL 1

QIGONG ("CHEE-KUNG") - LEVEL 1

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.

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 - LEVEL 1

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 May 5, 29 and Jun 19.

\$30 MEMBER/\$60 NONMEMBER PER MONTH

Location: Bothell, Multipurpose Room

Certified Instructor: TBA

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



NEW

OTAGO - LEVEL 1

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

Apr 24-Jun 15 Mon/Thu 11:30 am-12:30 pm

Assessment scheduled for Thursday, Apr 20.

For more information or questions, please contact Kerri Schwindt, kerris@mynorthshore.org or 425-286-1030.

FITNESS AND ACTIVE LIVING

TAI CHI - LEVEL 1

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

Location: Bothell, Studio

Certified Instructor: Marian Stewart

Apr 4-25	Tue	11-11:50 am	4 weeks
May 2-30	Tue	11-11:50 am	5 weeks
Jun 6-27	Tue	11-11:50 am	4 weeks

Location: Mill Creek, North Creek Presbyterian Church
621 164th St SE Mill Creek, WA 98012

Certified Instructor: Mike Lucero

Apr 6-27	Thu	1:30-3 pm	4 classes
May 4-25	Thu	1:30-3 pm	4 classes
Jun 1-29	Thu	1:30-3 pm	5 classes

TAI CHI BREATHING AND WELLNESS EXERCISES - LEVEL 1

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

Location: Bothell, Studio

Certified Instructor: Marian Stewart

Apr 4-25	Tue	10:30-10:55 am	4 weeks
May 2-30	Tue	10:30-10:55 am	5 weeks
Jun 6-27	Tue	10:30-10:55 am	4 weeks



TONE UP - LEVEL 1

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
-----------------------------------	------------------

Location: Kenmore

Instructor: Mary Ann Draye, RN, ARNP (ret.)

Starts April 17

Ongoing	Mon	11 am-Noon
---------	-----	------------

YOGA - SEATED/STANDING - LEVEL 1

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.

\$30 MEMBER/\$60 NON-MEMBER	8 CLASSES
\$33.75 MEMBER/\$67.50 NON-MEMBER	9 CLASSES

Location: Mill Creek

Instructor: Maria Borella

Apr	Tue/Thu	10-10:45 am	8 classes
May	Tue/Thu	10-10:45 am	9 classes
Jun	Tue/Thu	10-10:45 am	9 classes

FITNESS AND ACTIVE LIVING

EXERCISE CLASSES LEVEL 2 AND 3

CIRCUIT TRAINING AND BALANCE - LEVEL 2 AND 3

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

Location: Health & Wellness Fitness Center

Instructor: Ying Penrod

Apr 4-27	T/Th	11-11:45 am	8 classes
May 2-30	T/Th	11-11:45 am	9 classes
Jun 1-29	T/Th	11-11:45 am	9 classes

SENIOR AEROBICS - LEVEL 3

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 May 29 and Jun 19.

\$35 MEMBER/\$70 NONMEMBER	7 CLASSES
\$40 MEMBER/\$80 NONMEMBER	8 CLASSES
\$45 MEMBER/\$90 NONMEMBER	9 CLASSES

Location: Bothell, Multipurpose Room

Certified Instructor: Candice LaMont

Apr 3-26	Mon/Wed	10-11 am	8 classes
May 1-31	Mon/Wed	10-11 am	9 classes
Jun 5-28	Mon/Wed	10-11 am	7 classes

SPIN CLASS - LEVEL 2 AND 3

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

Location: Health & Wellness Center

Instructor: Ying Penrod

Apr 4-27	Tue/Thu	10-10:45 am	8 classes
May 2-30	Tue/Thu	10-10:45 am	9 classes
Jun 1-29	Tue/Thu	10-10:45 am	9 classes



FITNESS AND ACTIVE LIVING



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



FITNESS AND ACTIVE LIVING

STRENGTH & BALANCE LEVEL 2

Intermediate class that is 50-65 % standing. Exercises focused on injury and fall prevention. This is a medium pace class working on Muscular strength, endurance, and mobility for daily living. Modifications given for difference joint issues. Please bring water to class and wear comfortable clothes and athletic shoes.

\$40 MEMBER/\$80 NONMEMBER 8 CLASSES

\$45 MEMBER/\$90 NONMEMBER 9 CLASSES

Location: Bothell, Multipurpose Room

Instructor: Jennifer Hinkle

Apr 4-27	Tue/Thu	8:30-9:30 am	8 classes
----------	---------	--------------	-----------

May 2-30	Tue/Thu	8:30-9:30 am	9 classes
----------	---------	--------------	-----------

Jun 1-29	Tue/Thu	8:30-9:30 am	9 classes
----------	---------	--------------	-----------

STRENGTH & BALANCE LEVEL 3

Advanced class that is 95% standing. Exercises focus on building lean muscle mass, muscular endurance, and balance. This is a fast-paced class with compound movements, working all the muscles from top to bottom, some modifications given. Please bring water to class and wear comfortable clothes and athletic shoes.

\$40 MEMBER/\$80 NONMEMBER 8 CLASSES

\$45 MEMBER/\$90 NONMEMBER 9 CLASSES

Location: Bothell, Multipurpose Room

Instructor: Jennifer Hinkle

Apr 4-27	Tue/Thu	10-11 am	8 classes
----------	---------	----------	-----------

May 2-30	Tue/Thu	10-11 am	9 classes
----------	---------	----------	-----------

Jun 1-29	Tue/Thu	10-11 am	9 classes
----------	---------	----------	-----------

YOGA - BREATH AND BALANCE - LEVEL 3

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

Location: Bothell, Studio

Certified Instructor: Trudy Rolla, RYT

Apr 6-27	Thu	8:30-9:45 am	4 weeks
----------	-----	--------------	---------

May 4-25	Thu	8:30-9:45 am	4 weeks
----------	-----	--------------	---------

Jun 1-29	Thu	8:30-9:45 am	5 weeks
----------	-----	--------------	---------



FITNESS AND ACTIVE LIVING

NET SPORTS

INTRODUCTION TO PICKLEBALL

Come learn about the new state sport of Washington for the first time or brush up on the latest rules of play. this two-hour clinic will teach you the basics of equipment, court setup, shot selection, technique, scoring and etiquette. Loaner paddles and balls will be provided as part of the class. (Capacity 8)

\$15 MEMBER/\$30 NONMEMBER		SINGLE SESSION
Location: Bothell, Multipurpose Room		
Certified Instructor: Bing Teng		
Apr 1, 8, 15, 22	Sat	9-11 am
May 13 and 20	Sat	9-11 am
Jun 17 and 24	Sat	9-11 am

PICKLEBALL 1 - BEGINNER

Now you know the rules, but aren't comfortable jumping into Open Play? Join this class where we will brush up on technique, shot selection, shot execution and game strategy. Format will be drills and game play. Participants must know rules of play and how to keep score. Loaner paddles and balls will be provided as part of the class. (Capacity 8)

\$50 MEMBER/\$100 NONMEMBER		4 SESSIONS
\$37.50 MEMBER/\$75 NONMEMBER		3 SESSIONS
Location: Bothell, Multipurpose Room		
Certified Instructor: Bing Teng		
April 4, 11, 18, 25	Tue	2-4 pm
May 2, 9, 16, 30	Tue	2-4 pm
Jun 13, 20, 27	Tue	2-4 pm

PICKLEBALL 2 - INTERMEDIATE

So, you know the rules and you're able to hold your own on the Open Play court but need extra practice, repetition and strategy in hopes of joining the tournament circuit. This class emphasizes proper technique, point construction, competitive strategy and increasing your team's odds of winning. Format will be drills and game play. Players bring your own paddle if you have one. (Capacity 12)

\$50 MEMBER/\$100 NONMEMBER		4 SESSIONS
\$37.50 MEMBER/\$75 NONMEMBER		3 SESSIONS
Location: Bothell, Multipurpose Room		
Certified Instructor: Bing Teng		
Apr 6, 13, 20	Thu	2-4 pm
May 4, 11, 18	Thu	2-4 pm
Jun 1, 15, 22, 29	Thu	2-4 pm

PICKLEBALL - OPEN PLAY

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 May 5, 29 and Jun 19.

\$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

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

FITNESS AND ACTIVE LIVING



OUTDOOR ACTIVITY

GOLF

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)

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

BICYCLE

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

WALKING

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

CLUBS AND SOCIAL CONNECTIONS

INTEREST GROUPS, GAME CLUBS, FIELD TRIPS, TRAVEL OPPORTUNITIES, AND PLACES TO GATHER IN COMMUNITY.

ANTIQUES CLUB	14	GUITAR, ANYONE?	19	OLGA NORTHSORE	20
ARGOSY LOCKS AND SEATTLE CRUISE	22	HAND AND FOOT	17	ON-LINE GAME COMPETITIONS	18
BINGO	17	HELLO DOLLY!	23	PANCAKE BREAKFAST	16
BOOK CLUB	14	IN STITCHES	15	PIANO WORKSHOP	19
BRIDGE	17	INDIAN AMERICAN COMMUNITY SERVICES (IACS)	16	PINOCHLE	18
CHESS	17	JEWELRY CLUB	15	QUILT CLUB	15
CO-ED COFFEE HOUR	20	JEWELRY MAKING	15	SCRABBLE	18
COFFEE AT KENMORE	20	KNIT WITS CLUB	15	TABLETOP GAMEPLAY	18
COFFEE SOCIAL	20	LA CONNER SHOPPING AND LUNCH	22	TRIP TO FLOWER WORLD	22
COFFEE WITH THE COUNCIL	20	MAHJONG	18	TRIP TO VOLUNTEER PARK	22
CONVERSATION CAFÉ GROUPS	20	MEATLESS MONDAY POTLUCK	16	TULALIP CASINO	22
CORNHOLE	17	MEN'S COFFEE GROUP	20	TULIP TRIP	22
CRAFTING CLUB	14	MUSIC FOR FUN	19	VETERANS BREAKFAST	16
CRIBBAGE	17	NORTHSORE RED HAT FOXY LADIES	21	WOMEN'S COFFEE GROUP	20
DAY TRIP GUIDELINES:	23	NORTHSORE VARIETY SHOW AND BAND	19	YAHTZEE	18
FISHING CLUB	15				
GUITAR CONNECTION	19				

CLUBS

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

- » **Apr 12:** Spring has sprung! Think floral, pastel, Easter items. Bring garden related goods as well.
- » **May 10:** Grab bag: Gather up miscellaneous treasures - the good, the bad, and the ugly (?) for show and tell.
- » **Jun 14:** No class; summer break

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

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 Tue Noon-3 pm

Location: Kenmore

Ongoing Thu 12:30-3 pm

CLUBS AND SOCIAL CONNECTIONS



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

Leaders: John Judy, 514-588-0319

1st Thu 10 am-Noon

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

Location: Kenmore

Instructor: Shuko Mantooth

Apr 7-28 Fri 10 am-Noon 4 weeks

May 5-26 Fri 10 am-Noon 4 weeks

Jun 2-30 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

NEW

JEWELRY MAKING

Would you like to learn how to make jewelry? Come to this 6-week class and learn to make 4 necklaces plus earrings to match. All supplies will be at the class. Six students maximum.

\$5 MEMBER/\$10 NONMEMBER

FOR SERIES

Location: Bothell, Room 103

Instructor: Erika Wilde

Apr 13-May 18 Thu 1-3 pm

KNIT WITS CLUB

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

QUILT CLUB

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

CLUBS AND SOCIAL CONNECTIONS

COMMUNITY EVENTS

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

Ongoing

2nd Mon

Noon-1 pm

NEW

INDIAN AMERICAN COMMUNITY SERVICES (IACS)

Northshore Senior Center and the Indian American Community Services have partnered in an effort to unite and celebrate multi-generational Indian families and bridge cultural gaps in the community by providing safe, creative space for activities including chair yoga, health talks and social communications. IACS will provide healthy living lectures, mindful breathing exercises, and a variety of special group activities and youth activities for the Northshore public. 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.iacswa.org.

FREE

\$4

MORNING/AFTERNOON

LUNCH

Location: Bothell, Room 202/203 and Dining Room

Facilitated by IACS

1st and 3rd Tue of Month

Morning programming

10:30 am-Noon

Lunch

Noon-12:30 pm

Afternoon programming

1-2:30 pm

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

First Sat of Month

9 am-Noon



VETERANS BREAKFAST

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.

CLUBS AND SOCIAL CONNECTIONS

GAMES

BINGO

Back by popular demand. Cash prizes. The bigger the turnout, the bigger the prizes.

\$4 MEMBER/\$6 NONMEMBER	PER PACKET
--------------------------	------------

Location: Bothell, 202/203

First Sat of Month	12:30-2:30 pm
--------------------	---------------

NEW DAY AND TIME

Ongoing	Wed	4-6 pm
---------	-----	--------

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: 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
---------	---------	------------

CHESS

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 MEMBERS/\$10 NONMEMBER	PER MONTH
--------------------------------	-----------

Location: Mill Creek

Ongoing	Fri	Noon-3 pm
---------	-----	-----------

Location: Kenmore Senior Center

Ongoing	Tue	Noon-3 pm
---------	-----	-----------

Call 425-489-0707 to confirm

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	PER MONTH
-------------------------------	-----------

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 players.

\$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
---------	-----	------------

NEW Location: Kenmore Senior Center in Rhododendron Park

Ongoing	Fri	1-3 pm
---------	-----	--------

Location: Mill Creek

Ongoing	Fri	1-3 pm
---------	-----	--------

CLUBS AND SOCIAL CONNECTIONS

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 TO MEMBER/\$10 NONMEMBER PER MONTH

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

PINOCHLE

Come play Pinochle with us. We have a great time, with no experience needed, any skill level 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: Al Haveland

Ongoing	Mon	Noon-3:30 pm
Ongoing	Fri	Noon-3:30 pm

Location: Mill Creek

Single Deck	Mon/Thu	1-3 pm
-------------	---------	--------

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

Double Deck	Wed	1-3 pm
-------------	-----	--------

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

Location: Kenmore

Ongoing	Tue	12:30-3 pm
---------	-----	------------

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

Location: Health & Wellness, Computer Lab

Ongoing	Tue	10-11 am
---------	-----	----------

SCRABBLE

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

FREE TO MEMBER/\$10 NONMEMBER PER MONTH

LOCATION: Kenmore Senior Center

Ongoing	Tue	10 am-Noon
---------	-----	------------

Location: Mill Creek

Ongoing	Mon	1-3 pm
---------	-----	--------

TABLETOP GAMEPLAY

Enjoy a variety of fun games every week. We will introduce you to a variety of modern card and board games. We have set collection games (Splendor) pattern-building (Qwirkle) co-operative play (Flashpoint: Fire Rescue). These are not aggressive games about battles or betrayals, but offer a variety of thinking styles and strategies. We will have the classics available as well, (Parcheesi, Yahtzee, Password, etc.) for some familiar fun. Come and play with us. Limit 8 players.

FREE TO MEMBER/\$10 NONMEMBER PER MONTH

Location: Kenmore

Facilitator: Jenny Sayward

Ongoing	Fri	10 am-Noon
---------	-----	------------

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 TO MEMBER/\$10 NONMEMBER PER MONTH

Location: Mill Creek

Ongoing	Tue	1-3 pm
---------	-----	--------

CLUBS AND SOCIAL CONNECTIONS

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 MEMBER/\$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 consist 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

CLUBS AND SOCIAL CONNECTIONS



SOCIAL

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 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.

» COFFEE WITH THE COUNCIL

FREE

Location: Kenmore Senior Center

First Monday of every month

Apr. 3, May 1, June 5 10-11 am

» COFFEE SOCIAL

FREE

Location: Bothell, Room 205

Coordinator: Lori Jensen

Ongoing Thu 1-2 pm

» COFFEE AT KENMORE

FREE

Location: Kenmore Senior Center in Rhododendron Park

Weekly Thu 10:30-11:30 am

» MEN'S COFFEE GROUP

FREE

Location: Mill Creek

Ongoing 2nd & 4th Fri 10 am-Noon

» WOMEN'S COFFEE GROUP

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

CONVERSATION CAFÉ GROUPS

FREE

Location: NSC Bothell, Room 202

Mon 1-2 pm

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

lydiab@mynorthshore.org

Location: Virtual

Thu 11 am-Noon

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

georgiar@mynorthshore.org

CLUBS AND SOCIAL CONNECTIONS



NORTHSHORE RED HAT FOXY LADIES

If you like having fun, join our Red Hat chapter. Contact Enid or Darlene for more information. Openings available.

Darlene Hill - Queen, 206-696-3961

Enid Davin - Membership Chairman, 425-202-7913

OLGA NORTHSHORE (OLDER LESBIANS GATHERING AROUND NORTHSHORE)

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

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

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

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.



Your new lifelong friends are waiting.

WOODLAND TERRACE

— A LEISURE CARE COMMUNITY —

17502 102nd Ave NE

Bothell, WA • (425) 318-4007

WoodlandTerraceSeniorLiving.com

CLUBS AND SOCIAL CONNECTIONS



TRAVEL

TRIP TO VOLUNTEER PARK

We'll have a day in one of Seattle's most beautiful parks, along with a visit to the famous Conservatory. Bring your camera to capture the incredible orchids! Lunch on your own on Capitol Hill.

\$25 MEMBER/\$50 NONMEMBER

Organized by Kenmore/Depart from Bothell

Apr 1 Thu 10:30 am-2:30 pm

Call 425-489-0707 to sign up

TRIP TO FLOWER WORLD

We'll visit one of the largest plant nursery's in the Pacific Northwest. Get ideas for your own garden, or simply enjoy the beauty. Lunch on your own at the Maltby Cafe.

\$25 MEMBER/\$50 NONMEMBER

Organized by Kenmore/Depart from Bothell

Apr 18 Thu 10:30 am-2:30 pm

Call 425-489-0707 to sign up

TULIP TRIP

Let's enjoy the stunning beauty of the tulip fields! Did you know that Washington State grows and exports more tulips/bulbs than Holland!? Dress for the weather. Price includes lunch and a stop at Tulip Town.

\$50 MEMBER/\$100 NONMEMBER

Organized by Kenmore/Depart from Bothell

Apr 21 Thu 9 am-4 pm

Call 425-489-0707 to sign up

TULALIP CASINO

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

\$5 MEMBERS/\$10 NON-MEMBERS

Organized by Bothell/Depart Bothell Senior Center

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

May 25 Thu 10:30 am-4:30 pm

Jun 22 Thu 10:30 am-4:30 pm

LA CONNER SHOPPING AND LUNCH

We will have time to explore the many interesting boutiques and artisan shops along 1st Street and take pictures. Lunch will be at your own expense.

\$40 MEMBERS/\$80 NONMEMBERS

Organized by Bothell/Depart Bothell Senior Center

May 9 Tue 9:45 am-3:45 pm

ARGOSY LOCKS AND SEATTLE CRUISE

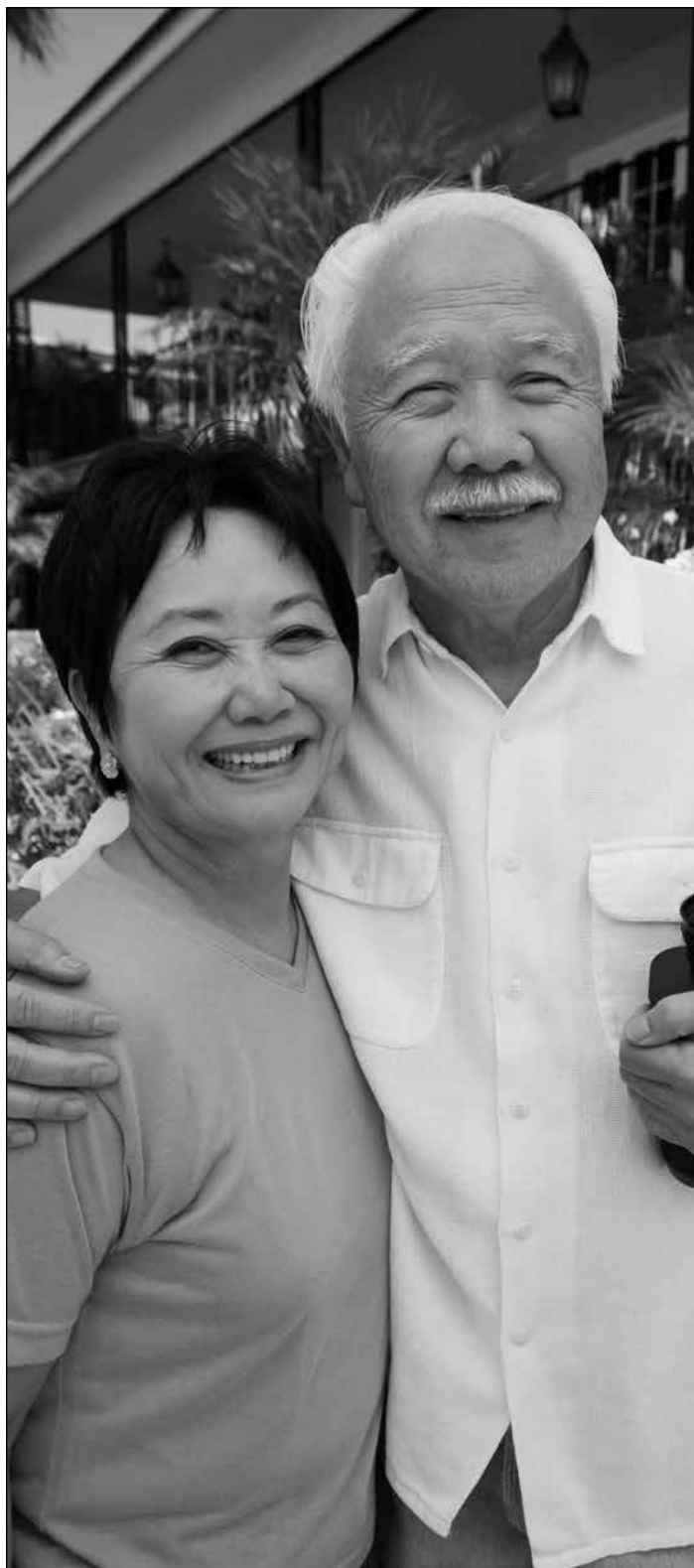
Join us on a two hour narrated Argosy Cruise. Leaving from Lake Union, our boat will travel through the Ballard Locks (aka the Boat Elevator), continuing up the waterway to Puget Sound, and then down through Seattle to Elliott Bay. Along the way enjoy close up views of large fishing vessels, seaplanes, floating homes, and Seattle landmarks. Boat has both indoor and outdoor seating as well as restrooms. Beverages and snacks are available onboard for purchase.

\$66.00 MEMBERS/\$154.00 NON-MEMBERS

Organized by Bothell/Depart Bothell Senior Center

Jun 13 Tue 11 am-3:30 pm

CLUBS AND SOCIAL CONNECTIONS



HELLO DOLLY!

We're going back to the Village Theatre in Everett. This time, to see a performance of the legendary HelloDolly! We'll follow the exploits of Dolly, a turn of the century matchmaker and self-described "woman who arranges things", while enjoying a collection of songs often considered to be one of the best in musical theatre history. So... "Put on Your Sunday Clothes" and sing "Hello" to Dolly with us! Lunch before performance in NSC Dining Room. Cost includes tickets, transportation, and lunch.

\$73.00 MEMBERS / \$146.00 NON-MEMBERS

Organized by Bothell/Depart Bothell Senior Center

Jul 13

Thu

11 am-4 pm

DAY TRIP GUIDELINES:

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

HEALTH AND NUTRITION

WELLNESS EDUCATION, MEAL PROGRAMS, FOOD SUPPORT, AND MENTAL HEALTH SUPPORT.

A MATTER OF BALANCE PROGRAM	26	HOW TO START A FITNESS REGIMEN.....	27	SIGNIFICANT LIFE CHANGES: FROM LOSS TO SELF-	
BUILDING RESILIENCE	26	ISSUES OF AGING	25	CARE AND CREATING NEW BEGINNINGS.	26
COMMUNITY DINING AT BOTHELL.....	24	LIVING BETTER WITH DIABETES	25	SOLO AGING...A BACK-UP PLAN FOR	
CURIOUS ABOUT CANNABIS?	27	MEALS-ON-WHEELS	24	SOLO AGERS	25
FELDENKRAIS METHOD.....	25	PROTECT YOURSELF.....	25	UNDERSTANDING THE VALUE AND BENEFITS OF	
FOOD BANKS.....	24	PUGET SOUND KIDNEY CENTER COMMUNITY		SELF-COMPASSION	27
GET A GOOD NIGHT'S SLEEP	26	PRESENTATION ON KIDNEY HEALTH	26		



FOOD PROGRAMS

COMMUNITY DINING AT BOTHELL

Community Dining currently has three options for lunch. We offer indoor 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

FOOD BANKS AT NORTHSHORE SENIOR CENTER

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

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

HEALTH AND NUTRITION

HEALTH AND WELLNESS EDUCATION

FELDENKRAIS METHOD

Explore and expand your ability to balance, reach and lift with Awareness Through Movement lessons in the Feldenkrais Method. These lessons are designed to create learning in your ability to function, as well as relate to yourself, and most efficiently respond to your continually changing environment. Taught by Patty Bredice a certified Feldenkrais Practitioner. No class April 18.

\$120 MEMBER/\$240 NONMEMBER 12 WEEKS

Location: Health & Wellness Center, Conference Room

Apr 4-Jun 27 Tue 10-11 am 12 sessions

Instructor: Patty Bredice

PROTECT YOURSELF

Members of "Consumer Protection WA" will be at the Peter Kirk Community Center Location 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: Peter Kirk Community Center

Apr 5 Wed 1:30-3 pm

Presenter: Consumer Protection Washington

Pre-registration required. To register for this program, call 425-587-3360

SOLO AGING...A BACK-UP PLAN FOR SOLO AGERS

A growing portion of the 50+ population is composed of 'solos'...individuals who cannot or choose not to rely on family to help navigate life events & make health decisions. This new FREE group will help solos plan for and manage health & well-being decisions and events—both large & small—during the second half of life. Participants will work to create a personal 'backup plan' to make sure you have the help and support when needed! Limit 14 participants.

FREE

Location: Kenmore Senior Center, Annex Bldg.

Apr 10 & 24 Mon 12:30-2 pm

May 8 & 22 Mon 12:30-2 pm

Jun 5 Mon 12:30-2 pm

Facilitator: Pat Olsen

Pre-registration required. To register, call Janet Zielasko 425-285-1035;

janetz@mynorthshore.org

ISSUES OF AGING

Engaging conversation among peers discussing facing issues of aging. Timely topics are group chosen. All are welcome.

FREE

Location: Health & Wellness, Conference Room

Facilitator: Pat Olsen

2nd and 4th Tue 1-2:30 pm

» **Apr 11:** Friendship/Connection

» **Apr 25:** Sleep

» **May 9:** Housing

» **May 23:** TBD

» **Jun 13:** TBD

» **Jun 27:** TBD

LIVING BETTER WITH DIABETES

Living with diabetes can mean a constant struggle to lose weight, count carbs, control blood sugar, and avoid problems. It can leave you feeling tired and down and unable to do the things you love. Make sure YOU are in charge - not your diabetes. Diabetes Self-Management Program is a 6-week workshop developed and tested by Stanford University. By participating, you will:

- » Gain the skills to better manage glucose monitoring, medications, symptoms of diabetes, fatigue and pain.
- » Learn to handle difficult emotions like stress, anger and guilt.
- » Communicate better with family, friends and your medical team.
- » Benefit from the support of others who understand what you're going through.
- » Practice creating and accomplishing weekly action plans.

FREE

Location: Peter Kirk Community Center

Apr 21-May 26 Fri 1-3:30 pm 6 weeks

Facilitators: Lydia Barnsley and Janet Zielasko

Pre-registration required. To register for this program, call 425-587-3360

HEALTH AND NUTRITION

PUGET SOUND KIDNEY CENTER COMMUNITY PRESENTATION ON KIDNEY HEALTH

Learn about kidney health and healthy eating at a free community presentation from Puget Sound Kidney Centers. Hear about kidney health (45 minutes). One out of 10 American adults has chronic kidney disease. This presentation explains why kidneys are so important to your health and how to keep them healthy. This class teaches kidney basics; how your kidneys work, what they need to stay healthy, and practical tips and tools to keep your kidneys working well. You will also learn what steps you can take to slow the disease down. Learn about the kidney-friendly diet (45 minutes) Eating well can keep your kidneys healthy and help slow the progression of chronic kidney disease. Taught by a renal dietitian, you'll learn nutrition basics for kidney health; what foods are good for the kidneys, how to shop for and cook kidney-healthy foods, and tips for eating healthy if you have chronic kidney disease. This session includes a cooking demonstration and food tasting.

FREE

Location: Peter Kirk Community Center

Apr 28 Fri 10 am-Noon

Presenter: Puget Sound Kidney Centers Representative

Pre-registration required. To register for this program, call 425-587-3360

BUILDING RESILIENCE

There are many myths about resilience. Perhaps the biggest myth is that you either have it or you don't. But, resilience can be learned! We will discuss other myths, and how to strengthen your resilience in this free talk. Included are mindfulness exercises, challenging anxious thought patterns, and self-care tools.

FREE

Location: Peter Kirk Community Center

May 1 Mon 1-2 pm

Presenter: Dawn Edwards, MSW, LASW; Social Worker – EvergreenHealth

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

A 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: Northshore Senior Center Bothell

May 2-Jun 20 Tue 1-3 pm

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

Pre-registration required. To register, please contact Georgia Rigler at

425-286-1047; georgiar@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: Peter Kirk Community Center

May 15 Mon 2-3 pm

Presenter: Evergreen Hospital Sleep Clinic Representative

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

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

Changes and transitions happen to each of us in life. Changes come in relationships, living situations, work, retirement, health, world conditions, and the death of loved-ones. Significant changes can bring feelings of loss. Come learn about grief as a normal human response to loss and explore ways to provide supportive self-care as one adjusts to life changes and discovers new beginnings.

FREE

Location: Bothell, Room 202

May 17 Wed 1-2:30 pm

Presenter: Georgia Rigler, MSW, LICSW

Pre-registration is required: Contact Georgia Rigler at 425-286-1047 or at

Georgiar@mynorthshore.org

HEALTH AND NUTRITION

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: NSC Bothell, Room 202

May 18 Thu 1-2:30 pm

Presenter: Janet Zielasko MS, LSW

Pre-registration is required. To register, call Janet Zielasko 425-285-1035; janetz@mynorthshore.org

HOW TO START A FITNESS REGIMEN

Ready to improve your mental, physical and emotional health and well being but aren't sure where to start? Learn time honored and proven key factors to successfully starting and enthusiastically sticking with your new fitness regimen. You will be so glad you did.

FREE

Location: Room 202

May 19 Fri 1-2 pm

Call Evergreen at 425-899-3000 to register.

CURIOUS ABOUT CANNABIS?

» LEARN MORE AT THIS FREE SESSION!

Join a certified medical marijuana consultant from Dockside Cannabis for this virtual, fun and educational discussion about cannabis. Learn about the medicinal and recreational benefits of cannabis, cannabinoid basics, various methods of use, best practices and much, much more. There will also be time dedicated to answering cannabis questions and concerns as well. Informational handouts will be provided.

FREE

Location: Peter Kirk Community Center

Jun 5 Mon 1-2:30 pm

Presenter: Lisa Buchanan, RN, OCN emeritus, MMS, Dockside Cannabis
Pre-registration required. To register, call 425-587-3360



LIFELONG LEARNING

INFORMATIONAL PROGRAMMING FOCUSED ON PERSONAL DEVELOPMENT AND LEARNING NEW SKILLS.

AARP SMART DRIVER COURSE.....	34	DRAW/SKETCH - BEGINNING	29	NEED HELP WITH YOUR PHONE?.....	33
ACRYLICS.....	28	DRIFTWOOD SCULPTURE	29	OPEN ART STUDIO	30
ASTRONOMY.....	34	FOR THE LOVE OF THEATRE	35	PASTEL PAINTING.....	31
BOOK-A-LIBRARIAN	32	GERMAN CONVERSATIONAL PLUS.....	32	SIMPLE WAYS TO SAVE ON ENERGY BILLS.....	35
CARD MAKING	28	INTRODUCTION TO WINDOWS 11	33	SKETCHING	31
CERAMICS	29	KING COUNTY LIBRARY SYSTEM: A WHOLE NEW		TECH SERVICES REPAIR.....	34
COLORED PENCIL/DRAWING	29	WORLD OF FREE ENTERTAINMENT AND FUN ..	32	TECHNOLOGY INSTRUCTION.....	34
COMPUTER BASICS	33	MANDALA I	30	TECHNOLOGY LENDING LIBRARY	34
COMPUTER HELP	33	MANDALA II	30	THE PLAY'S THE THING!.....	35
CURRENT ISSUES DISCUSSION SERIES	34	MASQUERADE MASKS.....	30	WATERCOLOR	31
DECLUTTERING TIPS THAT WORK!.....	35	MEMOIR WRITING CLASS.....	32		
DOWNSIZING THE FAMILY HOME	35	MULTI MEDIA CLASS	30		



ART CLASSES

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.

\$28 MEMBER/\$56 NONMEMBER		4 WEEKS
\$35 MEMBER/\$70 NONMEMBER		5 WEEKS

Location: Kenmore			
Instructor: Donna Reed			
Apr 13-27	Thu	10 am-Noon	4 weeks
May 11-25	Thu	10 am-Noon	4 weeks
Jun 8-22	Thu	10 am-Noon	5 weeks

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.

\$40 MEMBER/\$80 NONMEMBER		4 WEEKS
\$50 MEMBER/\$100 NONMEMBER		5 WEEKS

Location: Bothell, Room 103			
Instructors: Shuko Mantooth and Gretchen Davey			
Apr 7-28	Fri	1-2 pm	4 weeks
May 5-26	Fri	1-2 pm	4 weeks
Jun 2-30	Fri	1-2 pm	5 weeks

LIFELONG LEARNING



CERAMICS

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.

\$60 MEMBER/\$120 NONMEMBER 4 WEEKS
\$75 MEMBER/\$150 NONMEMBER 5 WEEKS

Location: Bothell, Room 103

Instructors: Shuko Mantooth and Gretchen Davey

Apr 5-26	Wed	10 am-Noon	4 weeks
May 3-31	Wed	10 am-Noon	5 weeks
Jun 7-28	Wed	10 am-Noon	4 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

Location: Bothell, Room 104

Instructor: Judy Moritz; 425-488-8270

Apr 6-27	Thu	11 am-2 pm	4 weeks
May 4-25	Thu	11 am-2 pm	4 weeks
Jun 1-29	Thu	11 am-2 pm	5 weeks

NEW

DRAW/SKETCH - BEGINNING

The class will cover basic three-dimensional shapes, forms, shading, value/tone, proportions, texture, and contour. Learn how to create realistic drawings with pencil. Instruction of special techniques will be offered to enhance work produced each week. New subjects are offered for every class building on a students' knowledge and success in pencil drawing.

\$28 MEMBER/\$56 NONMEMBER 4 WEEKS
\$35 MEMBER/\$70 NONMEMBER 5 WEEKS

Location: Kenmore

Instructor: Kimberly Smith

Apr 4-25	Tue	12:30-2:30 pm	4 weeks
May 2-30	Tue	12:30-2:30 pm	5 weeks
Jun 6-27	Tue	12:30-2:30 pm	4 weeks

Please call 425-489-0707 to register.

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

Location: Bothell, Room 104

Instructor: Alice Shuler; 425-485-1221

Apr 6-27	Thu	8:30-10:30 am	4 weeks
May 4-25	Thu	8:30-10:30 am	4 weeks
Jun 1-29	Thu	8:30-10:30 am	5 weeks

» NEW THURSDAY CLASS

Apr 6-27	Thu	2:30-4:30 pm	4 weeks
May 4-25	Thu	2:30-4:30 pm	4 weeks
Jun 1-29	Thu	2:30-4:30 pm	5 weeks

Location: Kenmore

Instructor: Susan Watts; 858-437-3466

Apr 4-25	Tue	10 am-Noon	4 weeks
May 2-30	Tue	10 am-Noon	5 weeks
Jun 6-27	Tue	10 am-Noon	4 weeks

LIFELONG LEARNING

NEW

MANDALA I

Mandala - loosely translated means "circle," but it is far more than a simple shape. It represents wholeness and can be seen in all areas of life. Creating a mandala is an activity that can reduce stress, bring about peace and produce calmness. When creating a mandala, you work on focusing from the center of the circle to the outer edge. In this class, you will learn how to make a collage mandala using photos, paints, crayons, colored pencils, pastels and cards in making this creative tool for mindfulness! You can also feel free to bring your own pictures and anything else you may wish to include for your mandala.

\$5 FEE TO COVER SUPPLIES FOR THE CLASS

Location: NSC Bothell, Room 104

Presenter: Bertha Marselis

April 12 Wed 10 am-Noon

Pre-registration is required: Contact Georgia Rigler at 425-286-1047 or at Georgiar@mynorthshore.org

NEW

MANDALA II

In this creative self-care class, we will create an ornamental collage heart-centered mandala using paint, paper, feathers, shells, ribbons, and gems. When finished, we will have a quiet visual reminder to display that "reminds us of our greatness."

\$5 FEE TO COVER SUPPLIES FOR THE CLASS

Location: Bothell, Room 104

Presenter: Bertha Marselis

May 10 Wed 10-11:30 am

Pre-registration is required: Contact Georgia Rigler at 425-286-1047 or at Georgiar@mynorthshore.org

MASQUERADE MASKS

Masks are a means of communication. They are used in celebrations, festival, carnivals, and theater. They can be fun, decorative, and whimsical. In this class you will create a mask of your own personal self-expression. This class is meant for fun, enjoyment, and exploring your creative side.

\$5 FEE TO COVER SUPPLIES FOR THE CLASS

Location: Bothell, Room 104

Presenter: Bertha Marselis

Jun 14 Wed 10 am-Noon

Pre-registration is required: Contact Georgia Rigler at 425-286-1047 or at Georgiar@mynorthshore.org

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 May 29 and Jun 19.

\$21 MEMBER/\$42 NONMEMBER

3 WEEKS

\$28 MEMBER/\$56 NONMEMBER

4 WEEKS

Location: Bothell, Room 104

Instructor: Gretchen Davey

Apr 3-24	Mon	1:30-3:30 pm	4 weeks
May 1-22	Mon	1:30-3:30 pm	4 weeks
Jun 5-26	Mon	1:30-3:30 pm	3 weeks

NEW

OPEN ART STUDIO

Join the camaraderie of artistic creation, regardless of your medium. Bring your own projects and supplies to work independently in a room of others, also working independently. Studio is staffed by an art instructor, available for encouragement, advice and help. Bring a plastic cloth to protect the tables, if needed.

\$28 MEMBER/\$56 NONMEMBER

4 WEEKS

\$35 MEMBER/\$70 NONMEMBER

5 WEEKS

Location: Bothell, Room 104

Leader: Beverly Parcel

Apr 5-26	Wed	12:30-3:30 pm	4 weeks
May 3-31	Wed	12:30-3:30 pm	5 weeks
Jun 7-28	Wed	12:30-3:30 pm	4 weeks

LIFELONG LEARNING

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

Location: Bothell, Room 104

Instructor: Patricia Slabaugh

Apr 7-28	Fri	12:30-3:30 pm	4 weeks
May 5-26	Fri	12:30-3:30 pm	4 weeks
Jun 2-30	Fri	12:30-3:30 pm	5 weeks

SKETCHING

Join an ongoing class doing fast, easy sketching, engaging, playful, and unique. Seek a simplicity that comes from impulsively sketching quickly. Instructor follows Matisse by following and having fun drawing lines with brush-tip markers, pens or ink tones of black or sepia. This is a fun, no-fail way to make art, with no erasers needed. Begin a new path or follow one you already know. No class May 2.

\$28 MEMBER/\$56 NONMEMBER	4 WEEKS
-----------------------------------	----------------

Location: Bothell, Room 104

Instructor: Linda Roggenburg

Apr 4-25	Tue	1-3 pm	4 weeks
May 9-30	Tue	1-3 pm	4 weeks
Jun 6-27	Tue	1-3 pm	4 weeks

WATERCOLOR

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 May 29 and Jun 19.

\$24 MEMBER/\$48 NONMEMBER	3 WEEKS
\$32 MEMBER/\$64 NONMEMBER	4 WEEKS
\$40 MEMBER/\$80 NONMEMBER	5 WEEKS

Location: Bothell, Room 104

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

Apr 3-24	Mon	10 am-1 pm	4 weeks
May 1-22	Mon	10 am-1 pm	4 weeks
Jun 5-26	Mon	10 am-1 pm	3 weeks

Apr 7-28	Fri	9 am-Noon	4 weeks
May 5-26	Fri	9 am-Noon	4 weeks
Jun 2-30	Fri	9 am-Noon	5 weeks

Location: Kenmore

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

Apr 5-26	Wed	10 am-1 pm	4 weeks
May 3-31	Wed	10 am-1 pm	5 weeks
Jun 7-28	Wed	10 am-1 pm	4 weeks

\$24 MEMBER/\$48 NONMEMBER	4 WEEKS
\$30 MEMBER/\$60 NONMEMBER	5 WEEKS

Location: Mill Creek

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

April 5-26	Wed	10 am-Noon	4 weeks
May 3-31	Wed	10 am-Noon	5 weeks
June 7-28	Wed	10 am-Noon	4 weeks

LIFELONG LEARNING

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 May 29 and Jun 19.

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

Location: Bothell, Room 205
Leader: Trudy Rolla
Ongoing Mon 9:30 am-Noon

LITERATURE

BOOK-A-LIBRARIAN

Need help downloading an ebook? Not sure where to start on a research project? Want coaching on basic computer skills or help with your smart phone? Arrange for an in-person session with a Sno-Isle library professional.

Subjects we can help with: *Learning to use your smart phone*
• *Creating an email account* • *Browsing the library's catalog*
• *Downloading ebooks and downloadable audiobooks* • *Searching the internet* • *Using electronic databases* • *Other computer basics*

Other, non-technical topics are also available for book a librarian sessions. This can include: *Personalized help with a research project* • *Helping you discover new books and authors that match your tastes and interests*

FREE

Location: Mill Creek
2nd & 4th Tue 1-3 pm
To schedule an appointment call 425-948-7170

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

Location: Kenmore
Apr 20 Thu 10:30 am-Noon
May 18 Thu
Jun 15 Thu

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

Location: Bothell, Room 205
Instructor: Heather LeRoss
Ongoing Fri 10 am-Noon

Location: Mill Creek
Instructor Barbara Masterson
March 29-May 3 Wed 10 am-Noon

TECHNOLOGY

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 FOR MEMBERS/\$10 PER HOUR FOR NON-MEMBERS

Location: Mill Creek

Instructor: Susanne McNellis

On-hold for April & May

June 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 FOR MEMBERS/\$10 PER HOUR FOR NON-MEMBERS

Location: Mill Creek

Instructor Susanne McNellis

On-hold for April & May. Will resume in June!

To schedule an appointment call 425-948-7170

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



LIFELONG LEARNING

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.

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

SPECIAL INTEREST

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.

ASTRONOMY

Join us as we explore the "last frontier" through NOVA and Great Courses videos followed by spirited discussion among group members. No astronomy background necessary just an interest in our galaxy and those beyond. No class May 29 and Jun 19.

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 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
Apr 6-May 11 Thu 1-2:30 pm 6 weeks

LIFELONG LEARNING



NEW DECLUTTERING TIPS THAT WORK!

Come learn about the freedom that comes with tidying up, with Professional Home Organizer, Kimberly Mlinar. She'll share some helpful tips on how to liberate your space from a lifetime of clutter so you can focus on the things that make you happy.

FREE TO MEMBER/\$5 NONMEMBER

Location: Kenmore Senior Center

June 9 Fri 10-11:30 am

Please call 425-489-0707 to sign up

NEW DOWNSIZING THE FAMILY HOME

If you think it might be time to downsize (or right size) your home, this workshop is for you. Learn about various housing options, how to declutter your home, financial implications of selling your home and where to find help with the entire process. All participants will leave with a workbook to help with the decluttering process. This workshop is facilitated by Brooke Knight, local real estate agent and Seniors Real Estate Specialist.

FREE TO MEMBER/\$5 NONMEMBER

Location: Bothell, Room 202

May 23 Tue 10-11:30 am

Presenter: Brooke Knight

NEW

FOR THE LOVE OF THEATRE

Writing a short play, reading a play; acting; enhancing your theatre enjoyment (with help) and having fun. We will analyze plays with you as the audience, critic, reader, actor or playwright as you choose.

\$5 MEMBERS/\$10 NONMEMBERS

Location: Bothell, Room 203

Facilitator: Leonard Goodisman

Ongoing Wed 10 am-Noon

NEW

SIMPLE WAYS TO SAVE ON ENERGY BILLS

Learn some practical tips on how to reduce home energy costs. Professional Energy Consultant, Pam Worner, will share her 20 years experience in energy efficiency and reducing carbon-footprint.

FREE

Location: Kenmore Annex

Apr 6 Thu 10 am-Noon

NEW

THE PLAY'S THE THING!

Join us for a weekly table read of scenes or short plays – no memorization, homework, or movement required. We might mess up our lines or miss our cues, but we'll definitely have some fun! **ABSOLUTELY** no experience necessary.

\$10 MEMBER/\$20 NONMEMBER PER MONTH

Location: Kenmore

Ongoing Mon 12:30-2:30 pm

Facilitator: Pam Worner



SUPPORTING SELF-CARE AND CAREGIVERS

SERVICES TO HELP SENIORS AND THEIR FAMILIES NAVIGATE THE CHALLENGES OF THE AGING PROCESS.

ADULT CHILDREN OF AGING PARENT SUPPORT GROUP.....42	ENHANCE®WELLNESS.....37	PARKINSON'S SUPPORT GROUP.....43
ADULT DAY CENTER.....36	FAMILY CAREGIVING CONSULTATION.....38	PEARLS.....38
ALCOHOLICS ANONYMOUS.....42	FINANCIAL COUNSELING.....39	PERSONAL CONSULTATIONS.....38
BLOOD PRESSURE CHECKS.....39	FOOT CARE.....40	REFLEXOLOGY.....41
CAREGIVERS SUPPORT GROUP.....42	FROM HEARTACHE TO AN OPEN HEART.....43	SHARING AND CARING.....43
COMMUNITY RESOURCE SPECIALIST CONSULTATION.....37	HAIR SALON – TOOTSIE'S PARLOR.....41	SHORT-TERM RESPITE.....37
DENTAL HYGIENE.....39	HOMAGE AGING & DISABILITY RESOURCE SPECIALISTS.....40	STATEWIDE HEALTH INSURANCE BENEFITS ADVISOR.....41
DENTAL SCREENINGS.....39	HOME ASSISTANCE TO SENIORS.....40	TRANSPORTATION.....45
DIABETES/PRE-DIABETES GROUP.....43	INCLUSION PROGRAM.....39	W.I.S.D.O.M. (FORMERLY BRAIN FITNESS).....37
EMPLOYMENT MATCHING PROGRAM AND COMMUNITY CONNECTIONS.....40	JOB SEARCH SUPPORT.....41	WELLNESS NURSE.....38
	MASSAGE.....41	
	MEDICAL EQUIPMENT CHECK-OUT.....41	

ADULT DAY HEALTH

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.

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.

SUPPORTING SELF-CARE AND CAREGIVERS

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.

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

CONSULTATIONS

COMMUNITY RESOURCE SPECIALIST CONSULTATION

Have you ever wondered if you might be eligible for financial assistance programs or other cost-saving services through the county, state or federal government? Do you need assistance accessing public services and programs to help sustain your quality of life? The NSC Community Resource Specialist is available to help. Services include:

- Help connecting individuals to public benefits they may be eligible for
- Support completion of application materials to access benefits. (Examples may include accessing VA benefits, DSHS assistance, public utilities, food assistance, property tax relief, etc.)
- Make direct referrals to other resources for assistance
- Serve as an advocate for individuals as needed

FREE

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

Location: Bothell, Social Services Suite, 2nd Floor

Tue 9:15 am-4:15 pm

Fri 9:15 am-2:15 pm

Location: PeterKirk Community Center

Wed 8 am-4 pm

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



SUPPORTING SELF-CARE AND CAREGIVERS

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

NEW: 4th Friday of each month

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

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

Wednesdays: Cassidy Stout, MSW;

425-286-1072; cassidys@northshore.org

Fridays: Lydia Barnsley, LPN;

425-286-1029; lydiab@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

NEW: 4th Thursday of each month 9 am-3 pm

Mill Creek Location:

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

NEW: 4th Friday of each month

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

SUPPORTING SELF-CARE AND CAREGIVERS

INCLUSION PROGRAM

Inclusion • Friendship • Advocacy • Skills
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.

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.

SERVICES

NEW

BLOOD PRESSURE CHECKS

Monthly blood pressure checks done by a registered Nurse Practitioner (ret.)

FREE

Location: Kenmore Senior Center in Rhododendron Park

Ongoing 4th Thurs 9am-noon

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



DENTAL SCREENINGS

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

FREE

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.

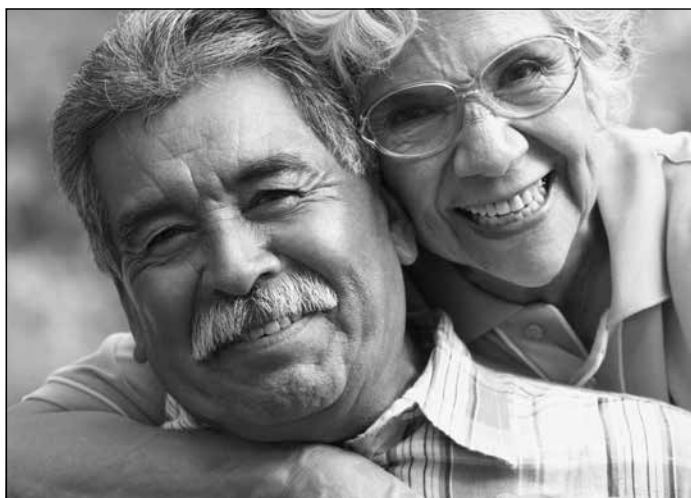
SUPPORTING SELF-CARE AND CAREGIVERS

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

T/W/Th/F 1-4 pm



HOMAGE AGING & DISABILITY RESOURCE SPECIALISTS

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

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

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 MEMBER / \$65 NON MEMBER

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

Ongoing 9 am-3 pm

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

SUPPORTING SELF-CARE AND CAREGIVERS

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

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

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.

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

REFLEXOLOGY

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. Specializes in reducing 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 only

Please call 425-488-4821 for more information.

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 Senior Center, Social Services, 2nd floor

Advisors: Dave Reynolds

NEW DAY: 2nd Fri 9 am-1 pm

By appointment only: To schedule an appointment, call the NSC Social Services 2nd floor desk between 8-Noon Monday through Friday at 425-286-1043.

Location: Kenmore

Advisor: Ron Lome

NEW DAY: 3rd Tuesday 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.

SUPPORTING SELF-CARE AND CAREGIVERS



SUPPORT 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

FREE

Location: Northshore Health& Wellness Center, conference room

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

SUPPORTING SELF-CARE AND CAREGIVERS

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. No meeting Apr 12 and 17.

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

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



SUPPORTING SELF-CARE AND CAREGIVERS



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, asi 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 necesdiades 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

SUPPORTING SELF-CARE AND CAREGIVERS



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.

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!

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

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

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

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 425-286-1023.

» 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 425-286-1023.

» 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 425-286-1023 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 425-286-1023 if you would like to get more information about your options.

REGISTRATION INFORMATION

Participation in Northshore Senior Center's programs is open to adults. Registration is required for participation in all programs. Registrations are nontransferable.

Participants are encouraged to register early, as programs with insufficient registration may be cancelled three to five business days before scheduled start date.

HOW TO REGISTER

» WALK IN

To register, stop by the location the class or activity is being held during open hours listed on page 4.

» TELEPHONE

The location the class or activity is being held during open hours listed on page 4

» EVERGREEN HEALTH CLASSES

Register by calling the Healthline, Monday - Friday from 7 am - 7 pm at 425-899-3000.

ENDORSEMENTS

Classes, workshops, services and events offered at any of our program sites are selected for the potential educational and recreational enjoyment of, and benefit to interested participants. We do not endorse any products, programs or advertisements that are presented. We do not endorse any business presenting information or sponsoring events, and do not allow businesses to solicit business or sell on our premises. Individuals are responsible for making their own informed decisions.

STANDARDS OF BEHAVIOR

In order to provide a safe, supportive, and enjoyable environment, Northshore Senior Center has adopted Code of Conduct Guidelines, available at all facility reception desks.

SALES TAX

Some classes and activities are subject to sales tax.



APPOINTMENTS

If you have made an appointment for a service at any of our locations and you are not able to make your appointment time, please call us to reschedule and help us to fill up your previous appointment time with someone on our waiting list.

CANCELLATION POLICY

Programs or Daytrips cancelled by Northshore Senior Center, Kenmore Senior Center and Mill Creek Senior Center due to low enrollment, inclement weather, or other conditions will be refunded in full.

DAY TRIP REFUND POLICY

Fees for day trips are non-refundable within seven (7) working days of the trip if a replacement cannot be found for your seat. Trips with pre-purchased tickets are non-refundable.

REFUND POLICY

You may cancel your registration in a class, workshop or event prior to the program's start date and request a refund. Northshore Senior Center, Kenmore Senior Center and Mill Creek Senior Center cannot refund fees requested on or after start date of a program, or for sessions missed due to personal illness or other personal situations.

NON-DISCRIMINATION POLICY

Northshore Senior Center does not discriminate against members, clients, applicants, or employees on the basis of race, color, creed, religion, sex, age, national origin, marital status, sensory or physical or mental handicap, political ideology, or sexual orientation. On request, people with disabilities will be provided with reasonable accommodations.

MEMBERSHIP INFORMATION



Northshore Senior Center is the area's premier organization dedicated to enhancing the lives of older adults through engaging programs, exciting activities, wellness opportunities and current information, and access to resources. Join this group of active adults who want to take part in opportunities to live longer, happier, healthier lives.

When you become a member, you can enjoy all that Northshore Senior Center has to offer, and receive the benefits of membership.

BENEFITS OF MEMBERSHIP

- » **\$48 individual; \$85 couple**
- » **Lifetime membership: \$500 individual; \$750 couple**
- » **Discounts on all our classes, activities, daytrips and events at all of our locations**
- » **Participation in members-only groups and activities at all our locations**
- » **Discounted Fitness Center membership fees**

HOW TO JOIN THE NORTSHORE SENIOR CENTER

To become a member, simply complete the Membership Enrollment Form in this catalog, and return it with your payment for the annual dues to:

Northshore Senior Center Membership
10201 E Riverside Dr
Bothell, WA 98011

Or join on line at www.northshoreseniorcenter.org.

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 \$ _____

INDEX

A

A MATTER OF BALANCE PROGRAM	26
AARP SMART DRIVER COURSE.....	34
ACRYLICS.....	28
ADULT CHILDREN OF AGING PARENT SUPPORT GROUP.....	42
ADULT DAY CENTER	36
ALCOHOLICS ANONYMOUS.....	42
ANTIQUES CLUB	14
ARGOSY LOCKS AND SEATTLE CRUISE	22
ASTRONOMY.....	34

B

BALLROOM DANCE LESSONS	5
BICYCLE	13
BINGO.....	17
BLOOD PRESSURE CHECKS.....	39
BOOK CLUB	14
BOOK-A-LIBRARIAN	32
BRIDGE.....	17
BUILDING RESILIENCE	26

C

CARD MAKING	28
CAREGIVERS SUPPORT GROUP	42
CERAMICS	29
CHESS.....	17
CIRCUIT TRAINING AND BALANCE - LEVEL 2 AND 3	9
CO-ED COFFEE HOUR	20
COFFEE AT KENMORE.....	20
COFFEE SOCIAL	20
COFFEE WITH THE COUNCIL	20
COLORED PENCIL/DRAWING	29
COMMUNITY DINING AT BOTHELL.....	24
COMMUNITY RESOURCE SPECIALIST CONSULTATION.....	37
COMPUTER BASICS	33
COMPUTER HELP	33
CONVERSATION CAFÉ GROUPS	20
CORNHOLE.....	17
CRAFTING CLUB	14
CRIBBAGE	17
CURIOUS ABOUT CANNABIS?	27
CURRENT ISSUES DISCUSSION SERIES	34

D

DAY TRIP GUIDELINES:	23
DECLUTTERING TIPS THAT WORK!.....	35
DENTAL HYGIENE	39
DENTAL SCREENINGS.....	39
DIABETES/PRE-DIABETES GROUP	43
DOWNSIZING THE FAMILY HOME	35
DRAW/SKETCH - BEGINNING	29
DRIFTWOOD SCULPTURE	29

E

EMPLOYMENT MATCHING PROGRAM AND COMMUNITY CONNECTIONS	40
ENHANCE FITNESS - LEVEL 1	7
ENHANCE®WELLNESS	37

F

FAMILY CAREGIVING CONSULTATION	38
FELDENKRAIS METHOD.....	25
FINANCIAL COUNSELING.....	39
FISHING CLUB	15
FOOD BANKS.....	24
FOOT CARE.....	40
FOR THE LOVE OF THEATRE	35
FROM HEARTACHE TO AN OPEN HEART	43

INDEX

G

GERMAN CONVERSATIONAL PLUS.....	32
GET A GOOD NIGHT'S SLEEP	26
GOLF.....	13
GUITAR CONNECTION	19
GUITAR, ANYONE?	19

H

HAIR SALON – TOOTSIE'S PARLOR	41
HAND AND FOOT	17
HELLO DOLLY!	23
HIKING.....	13
HOMAGE AGING & DISABILITY RESOURCE SPECIALISTS	40
HOME ASSISTANCE TO SENIORS	40
HOW TO START A FITNESS REGIMEN.....	27

I

IN STITCHES.....	15
INCLUSION PROGRAM	39
INDIAN AMERICAN COMMUNITY SERVICES (IACS)	16
INTRODUCTION TO PICKLEBALL	12
INTRODUCTION TO WINDOWS 11	33
ISSUES OF AGING	25

J

JEWELRY CLUB	15
JEWELRY MAKING	15
JOB SEARCH SUPPORT.....	41

K

KING COUNTY LIBRARY SYSTEM: A WHOLE NEW WORLD OF FREE ENTERTAINMENT AND FUN ..	32
KNIT WITS CLUB	15

L

LA CONNER SHOPPING AND LUNCH	22
LINE DANCING.....	5
LIVING BETTER WITH DIABETES	25

M

MAHJONG	18
MANDALA I	30
MANDALA II	30
MASQUERADE MASKS.....	30
MASSAGE.....	41
MEALS-ON-WHEELS	24
MEATLESS MONDAY POTLUCK	16
MEDICAL EQUIPMENT CHECK-OUT	41
MEMOIR WRITING CLASS	32
MEN'S COFFEE GROUP.....	20

MULTI MEDIA CLASS	30
MUSIC FOR FUN	19

N

NEED HELP WITH YOUR PHONE?	33
NORTHSHORE RED HAT FOXY LADIES.....	21
NORTHSHORE VARIETY SHOW AND BAND	19

O

OLGA NORTHSHORE	21
ON-LINE GAME COMPETITIONS.....	18
OPEN ART STUDIO	30
OTAGO - LEVEL 1.....	7

P

PANCAKE BREAKFAST	16
PARKINSON'S SUPPORT GROUP.....	43
PASTEL PAINTING.....	31
PEARLS	38
PERSONAL CONSULTATIONS.....	38
PIANO WORKSHOP.....	19
PICKLEBALL	12
PINOCHLE	18
PROTECT YOURSELF.....	25
PUGET SOUND KIDNEY CENTER COMMUNITY PRESENTATION ON KIDNEY HEALTH	26

INDEX

Q

QIGONG ("CHEE-KUNG") - LEVEL 1	7
QUILT CLUB	15

R

REFLEXOLOGY	41
-------------------	----

S

SCRABBLE	18
SENIOR AEROBICS - LEVEL 3	9
SHARING AND CARING	43
SHORT-TERM RESPITE	37
SIGNIFICANT LIFE CHANGES: FROM LOSS TO SELF-CARE AND CREATING NEW BEGINNINGS.	26
SIMPLE WAYS TO SAVE ON ENERGY BILLS	35
SKETCHING	31
SOLO AGING...A BACK-UP PLAN FOR SOLO AGERS	25
SPIN CLASS - LEVEL 2 AND 3	9
STATEWIDE HEALTH INSURANCE BENEFITS ADVISOR	41
STRENGTH & BALANCE LEVEL 2	11
STRENGTH & BALANCE LEVEL 3	11

T

TABLE TENNIS	12
TABLETOP GAMEPLAY	18
TAI CHI - LEVEL 1	8
TAI CHI BREATHING AND WELLNESS EXERCISES - LEVEL 1	8
TECH SERVICES REPAIR	34
TECHNOLOGY INSTRUCTION	34
TECHNOLOGY LENDING LIBRARY	34
THE PLAY'S THE THING!	35
TONE UP - LEVEL 1	8
TRANSPORTATION	45
TRIP TO FLOWER WORLD	22
TRIP TO VOLUNTEER PARK	22
TULALIP CASINO	22
TULIP TRIP	22

U

UNDERSTANDING THE VALUE AND BENEFITS OF SELF-COMPASSION	27
---	----

V

VETERANS BREAKFAST	16
--------------------------	----

W

W.I.S.D.O.M. (FORMERLY BRAIN FITNESS)	37
WALKING	13
WATERCOLOR	31
WELLNESS NURSE	38
WOMEN'S COFFEE GROUP	20

Y

YAHTZEE	18
YOGA - SEATED/STANDING - LEVEL 1	8
YOGA - BREATH AND BALANCE - LEVEL 3	11



10201 E Riverside Dr
Bothell, WA 98011-3708

Ph: 425-487-2441

Fax: 425-485-4954

www.northshoreseniorcenter.org

Change Service Requested

NON-PROFIT ORG.
U.S. POSTAGE PD.
BOTHELL WA
PERMIT NO. 156

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



Château
at BOTHELL LANDING

425-485-1155

Live Happier, Healthier, Longer!

www.chateaur retirement.com