Now is the perfect time to dive into the exciting world of pickleball! This incredible sport is not only a source of joy and amusement but also fosters a strong sense of camaraderie and sociability. Imagine joining a growing community that shares your passion for fun and friendly competition.

Pickleball's fascinating history traces back to the scenic Pacific Northwest in 1964, where a family on Bainbridge Island sought a delightful summer pastime. Since then, this sport has captivated the hearts of countless enthusiasts across the globe. Combining elements from tennis, badminton, and ping-pong, pickleball offers a unique paddle experience that can be enjoyed both in singles and doubles matches.

Bing Teng, our Board President, who is not only an active USA Pickleball Ambassador but also a tournament player and certified instructor, will guide you through the fantastic world of pickleball. We invite you to partake in two exciting activities he is leading at the Bothell Senior Center: an Introduction to Pickleball class and engaging Skills & Drills clinics. Take this opportunity to embark on a thrilling pickleball journey filled with laughter, friendship, and personal growth. You'll discover a sport that brings people together, offers endless entertainment, and opens doors to new experiences. Don't wait any longer—let the joy of pickleball become an integral part of your life!
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 4,000 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.

BOARD OF DIRECTORS
2023 Board Members: Arnold Alejandrino • Barbara Anderson • Rocio Luna-Culotti • Bruce Garberding • Setareh Mahmoodi • Sarah McGuire • Kenny Mwendar • Rajat Oberoi • Foram Shah • Jenn Snyder • Bing Teng • Nora Todd • Han Tran

BOARD AND COMMITTEE MEETINGS
Want to learn more about your Center? Join us!

» BOARD OF DIRECTORS MEETINGS:
  Generally last 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:
» Tuesday, July 4 Independence Day
» Monday, September 4 Labor Day

Printed in Canada
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.
For sponsorship opportunity information, call 425-286-1023.

INTERGENERATIONAL ART WORKSHOP
Madhubani Painting is an ancient heritage folk art style from India and has been gaining a lot of popularity around the world during recent times, owing to its healing and meditative nature. This one time workshop will entail completion of a short project from scratch which will provide you with a complete flavor of dabbling into a primitive art form and will help you complete a keepsake. Students from Deepti Designs School of Art will help members with this fun art project.

$5 PER PERSON
Location: Bothell, Room 202
Instructor: Nakita Thakalath
Jul 20 Thu 10 am-Noon

VIBRANT LIVING
A HEALTH AND WELLNESS SYMPOSIUM FOR OLDER ADULTS
Our Vibrant Living Fair ensures seniors have access to health and wellness resources and information that can be critical in the aging process.
» Community Health Care Services
» Health Screenings
» Unique Education Programs

FREE
Location: Bothell
Sep 19 Tue 10 am-2 pm
DANCE

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

$15 MEMBER/$30 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. No class Jul 4 and Sep 19.

$15 MEMBER/$30 NONMEMBER  3 WEEKS
$25 MEMBER/$50 NONMEMBER  5 WEEKS
Location: Bothell, Multipurpose Room
Instructor: Candace LaMont
Jul 11-25 Tue 11:15 am-Noon 3 weeks
Aug 1-29 Tue 11:15 am-Noon 5 weeks
Sep 5-26 Tue 11:15 am-Noon 3 weeks

MODERN SQUARE DANCE
Spend Sunday afternoons learning to dance. Improve your mental processes, become more physically fit and have a great time doing so to modern music. No experience necessary. For more information call Ernest Meza, 425-785-9046 or Jo Ann Pyle, 206-914-2253

$6 PER PERSON
Location: Bothell, Multipurpose Room
Instructors: Square Crows
Sep 17-Mar 24 Sun 2:30-4:30 pm
No new students after Oct 1.
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.
### QIGONG FOR ALL

Qigong ("Chee-Kung") 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. No class Jul 4.

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

<table>
<thead>
<tr>
<th>Location: Bothell, Studio Room</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ongoing               Tue      1-2 pm</td>
</tr>
<tr>
<td>Certified Instructor: Patricia Wangen; 425-205-9090 - leave message.</td>
</tr>
<tr>
<td>This class continues with optional &quot;Five Animals Frolic&quot; practice until 2:30 pm.</td>
</tr>
</tbody>
</table>

**Location: Kenmore, Rhododendron Park**

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.

<table>
<thead>
<tr>
<th>Ongoing</th>
<th>Wed</th>
<th>11 am-12 pm</th>
</tr>
</thead>
<tbody>
<tr>
<td>Certified Instructor: Patricia Wangen; 425-205-9090 - leave message.</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### ENHANCE FITNESS - LEVEL 1 AND 2

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 Sep 4.

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

<table>
<thead>
<tr>
<th>Location: Bothell, Multipurpose Room</th>
</tr>
</thead>
<tbody>
<tr>
<td>Certified Instructor: Teri Hensen</td>
</tr>
<tr>
<td>Ongoing                M/W/F              8:30-9:30 am</td>
</tr>
</tbody>
</table>

### 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. No class Sep 4.

**FREE**

<table>
<thead>
<tr>
<th>Location: Bothell, Multipurpose Room</th>
</tr>
</thead>
<tbody>
<tr>
<td>Instructors: Teri Hensen and Candice LaMont</td>
</tr>
<tr>
<td>Jul 17-Sep 11 Mon/Thu 11:30 am-12:30 pm</td>
</tr>
<tr>
<td>Assessment scheduled for Thursday, Jul 13.</td>
</tr>
<tr>
<td>For more information or questions, please contact Kerri Schwindt, <a href="mailto:kerris@mynorthshore.org">kerris@mynorthshore.org</a> or 425-286-1030.</td>
</tr>
</tbody>
</table>
## TAI CHI BEGINNER BASICS - LEVEL 1
This is a thirty-minute three month course designed to the beginners the fundamentals of the movements to help them integrate into the ongoing Tai Chi class which follows at 11. Students at the beginning level may join both classes. No class Jul 4.

- **$15 MEMBER/$30 NONMEMBER, 3 WEEKS**
- **$20 MEMBER/$40 NONMEMBER, 4 WEEKS**
- **$25 MEMBER/$50 NONMEMBER, 5 WEEKS**

**Location:** Bothell, Studio  
**Instructor:** Marian Stewart  
**Schedule:**
- Jul 11-25 Tue 10:30-11 am 3 weeks
- Aug 1-29 Tue 10:30-11 am 5 weeks
- Sep 5-26 Tue 10:30-11 am 4 weeks

## TAI CHI - LEVEL 1 AND 2
This is an on-going 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. Known for reducing stress and for building balance, strength and flexibility, it has been endorsed by Harvard Medical School. It has long been considered a form of 'meditation in motion', which promotes serenity and inner peace. No class Jul 4.

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

**Location:** Bothell, Studio  
**Instructor:** Marian Stewart  
**Schedule:**
- Jul 11-Jul 25 Tue 11 am-Noon 3 weeks
- Aug 1-29 Tue 11 am-Noon 5 weeks
- Sep 5-26 Tue 11 am-Noon 4 weeks

## 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 "Tai-Chi Level 1 and 2" class.

- **$15 MEMBER/$30 NONMEMBER 3 WEEKS**
- **$20 MEMBER/$40 NONMEMBER 4 WEEKS**
- **$25 MEMBER/$50 NONMEMBER 5 WEEKS**

**Location:** Bothell, Studio  
**Instructor:** Marian Stewart  
**Schedule:**
- Jul 11-25 Thu 10:30-10:55 am 3 weeks
- Aug 1-29 Thu 10:30-10:55 am 5 weeks
- Sep 5-26 Thu 10:30-10:55 am 4 weeks

## TAI CHI PRACTICE
This is an open tai chi workshop led by the instructor to support tai chi students at any level. Practice will include warm-ups, review from previous classes, and will address any concerns or questions raised by students.

- **$24 MEMBER/$48 NONMEMBER, 4 WEEKS**
- **$30 MEMBER/$60 NONMEMBER, 5 WEEKS**

**Location:** Bothell, Studio  
**Instructor:** Marian Stewart  
**Schedule:**
- Jul 6-27 Thu 1:30-3 pm 4 weeks
- Aug 3-24 Thu 1:30-3 pm 5 weeks
- Sep 7-28 Thu 1:30-3 pm 4 weeks

PRE-REGISTRATION REQUIRED! Stop by Mill Creek Senior Center or call 425-948-7170 to register.
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.
No class Sep 4.
$20 MEMBER/$40 NONMEMBER  PER MONTH
Location: Kenmore
Instructor: Mary Ann Draye, RN, ARNP (ret.)
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. No class July 4.
$28 MEMBER/$56 NONMEMBER  7 CLASSES
$32 MEMBER/$64 NONMEMBER  8 CLASSES
$40 MEMBER/$80 NONMEMBER  10 CLASSES
Location: Mill Creek
Instructor: Maria Borella
Jul 6-27 Tue/Thu 10-10:45 am  7 classes
Aug 1-31 Tue/Thu 10-10:45 am  10 classes
Sep 5-28 Tue/Thu 10-10:45 am  8 classes
BELLY DANCE FOR STRENGTH & BALANCE
Join us for a fun and effective way to strengthen your core, improve balance and coordination, reduce joint pain and contribute to your own well-being. Our instructor is a senior who believes in having fun while getting fit. Class is open to adults of all ages and is wheelchair/walker friendly. Wear loose, comfortable clothes.

- **$20 MEMBER/$40 NONMEMBER** 4 WEEKS
- **$25 MEMBER/$50 NONMEMBER** 5 WEEKS

**Location:** Kenmore  
**Instructor:** Marie Elena McMahon
- Jul 6-27 Thu 10-11 am 4 weeks
- Aug 3-31 Thu 10-11 am 5 weeks
- Sep 7-28 Thu 10-11 am 4 weeks

CIRCUIT TRAINING AND BALANCE - LEVEL 2
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. For more information on class levels contact instructor. Additional classes may be added. No class Jul 4.

- **$35 MEMBER/$70 NON MEMBER** 7 CLASSES
- **$40 MEMBER/$80 NON MEMBER** 8 CLASSES
- **$45 MEMBER/$90 NON MEMBER** 9 CLASSES

**Location:** Health & Wellness Fitness Center  
**Certified Instructor:** Candice LaMont
- Jul 10-31 Mon/Wed 10-11 am 8 classes
- Aug 2-30 Mon/Wed 10-11 am 9 classes
- Sep 6-27 Mon/Wed 10-11 am 7 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 Sep 4.

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

**Location:** Bothell, Multipurpose Room  
**Instructor:** Ying Penrod
- Jul 6-27 Tue/Thu 10-10:45 am 7 classes
- Aug 1-31 Tue/Thu 10-10:45 am 10 classes
- Sep 5-28 Tue/Thu 10-10:45 am 8 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. No class Jul 4.

- **$35 MEMBER/$70 NON MEMBER** 7 CLASSES
- **$45 MEMBER/$90 NON MEMBER** 9 CLASSES
- **$50 MEMBER/ 100 NON MEMBER** 10 CLASSES

**Location:** Health & Wellness Fitness Center  
**Instructor:** Ying Penrod
- Jul 6-27 Tue/Thu 10-10:45 am 7 classes
- Aug 1-31 Tue/Thu 10-10:45 am 10 classes
- Sep 5-28 Tue/Thu 10-10:45 am 8 classes
SHAPE UP! 50+

“For a Healthy Independent Lifestyle”

• Fitness, Fun and Friends
• Your local community center is offering group exercise classes for seniors – Zumba Gold, Yoga, Line Dancing, Enhance Fitness, Tai Chi, Pilates and more.
• Classes are safe, affordable, and led by knowledgeable instructors who are experienced working with seniors.
• No matter your fitness level, there’s a class that’s right for you!
• Bring a friend and receive $10 off your next fitness class.

For more information visit: kingcounty.gov/health/shapeup

Bring this coupon to Northshore Senior Center to receive a $10 discount on any group fitness class, (expires Dec. 15, 2023). To receive the discount participants must:
• Be new to the exercise class
• Returning participants registering for a new class
• OR have not taken a class in the last three months

Coupon has no dollar value and cannot be redeemed for cash.

For more information, call Northshore Senior Center at 425-487-2441

Public Health
Seattle & King County
Emergency Medical Services Division

NORTHSHORE SENIOR CENTER
STRENGTH & BALANCE - LEVEL 2 AND 3
Exercises focus on building lean muscle mass, muscular endurance, and balance as well as injury and fall prevention. Modifications given for differences in joint issues. Bring water bottle, wear comfortable clothing and athletic shoes. Weights and other equipment is provided. No class Jul 4 and Sep 19.

$35 MEMBER/$70 NONMEMBER 7 CLASSES
$40 MEMBER/$80 NONMEMBER 8 CLASSES
$50 MEMBER/$100 NONMEMBER 10 CLASSES

Location: Bothell, Multipurpose Room
Instructor: Candice LaMont
Jul 6-27 Tue/Thu 9:30-10:30 am 8 classes
Aug 1-31 Tue/Thu 9:30-10:30 am 10 classes
Sep 5-28 Tue/Thu 9:30-10:30 am 7 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.

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

Location: Bothell, Studio
Certified Instructor: Trudy Rolla, RYT
Jul 6-27 Thu 8:30-9:45 am 4 weeks
Aug 3-31 Thu 8:30-9:45 am 5 weeks
Sep 7-28 Thu 8:30-9:45 am 4 weeks

NEW

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)

$37.50 MEMBER/$75 NONMEMBER 3 SESSIONS

Location: Bothell, Multipurpose Room
Certified Instructor: Bing Teng
Jul 11, 18, 25 Tue 2-4 pm
Aug 1, 8, 15 Tue 2-4 pm
Sep 5, 12, 26 Tue 2-4 pm

NEW

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
Jul 1 & 15 Sat 9-11 am
Aug 5 & 19 Sat 9-11 am
Sep 2 & 16 Sat 9-11 am

New Location: Kenmore Rhododendron Park (at the basketball court)
June 25 Sun 9-11 am (single introductory session)
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)

$37.50 MEMBER/$75 NONMEMBER  3 SESSIONS
Location: Bothell, Multipurpose Room
Certified Instructor: Bing Teng
Jul 6, 13, 27  Thu  2-4 pm
Aug 3, 10, 17  Thu  2-4 pm
Sep 7, 14, 21  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 game Sep 4.

$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

New Location: Kenmore Rhododendron Park
Mon-Fri 9 am-3 pm
For the month of June, open play, first come-first served. Check-in with punch card at Kenmore Senior Center, or call 425-489-0707. Courts in use by Skyhawks sports camp between 9 am-4 pm, Mon-Fri. from 6/26-8/18.

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 Mon* 11 am-12:30 pm
* for players needing partners
OUTDOOR ACTIVITY

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

BOCCÉ BALL
Bocce will be played from spring through autumn, weather permitting. When play begins, a notice will be posted in the lobby on the bulletin board. The Senior Center (front desk) will also be notified. Beginners are welcome. If interested, please call Linda.

FREE TO MEMBERS/$10 NONMEMBERS
Location: Bothell, Forsgreen Park, 23109 Carter Rd, Bothell
Leader: Linda Fava, 206-271-5490
Ongoing Tue 1-2:30 pm

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
Our Hiking Season starts the first Monday in May. We meet at the Woodinville Park & Ride (park near the Goodwill Donation Trucks), 17800 140h Ave NE to set up carpools. Bring your lunch, adequate hydration (water/juice), sun screen, bug repellent and clothing to layer for variable weather conditions (cold, heat, and/or rain). Hiking boots and hiking poles are highly recommended. HIKES ARE FREE EXCEPT FOR SHARED CARPOOL EXPENSES, PARKING AND FERRY TOLLS. Check our website for additional information, updates and links including our Hiking Schedule and specific meeting and departure times for each hike. Our hiking schedule is usually posted by mid-April for the upcoming season. Please note we are a hiking group, not a walking group. Our hikes are typically in foothills or the mountains on rocky trails, approximately 5-8 miles round trip in length and between 300 and 2000 fee in elevation gain.

HIKES ARE FREE EXCEPT FOR CARPOOL EXPENSE
Coordinator: Howard Fleck, Jr., 206-817-2421
Website: google.com/site/nsschikers
May-Oct
Mon 7:15 am
No hikes are scheduled on the Monday nearest to Independence Day or Labor Day
Email: nsschikers@gmail.com

NATURE WALKING WITH eBIRD
Would you like to partner with Cornell University’s Lab of Ornithology? Dedicated to advancing the understanding and protection of the natural world, the Cornell Lab joins with people from all walks of life to make new scientific discoveries, share insights, and galvanize conservation action. eBird is an app installed on your phone that takes birdwatching to a whole different level. As you explore your natural surroundings you can capture critical data for science that is sent directly to Cornell’s Lab. It helps track species, numbers and migrations of birds throughout the globe. Even if you don’t have a smart phone, join us as we explore the marsh lands near the Mill Creek Senior Center for walking, bird watching and contributing to science. Please wear appropriate footwear for comfortable walking. During fire season call to make sure group is walking if air quality is questionable. 425-948-7170.

FREE TO MEMBER/$10 NONMEMBER
Location: Mill Creek
Facilitator: Kristine Rosner
Ongoing Thu 10-11 am

Location: Kenmore
Ongoing M-F between 9 am-3 pm (Self-Guided)
Check in at Kenmore Senior Center for help with downloading eBird app

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

SUMMER 2023 CATALOG | 15
CLUBS AND SOCIAL CONNECTIONS

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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
» Jul 12: No class; summer break.
» Aug 9: No class; summer break.
» Sep 13: Celebrate all manner of classic blue & white. Bring together ceramics, textiles, etc.

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
Ongoing 2nd Mon 1-2:30 pm

Location: Mill Creek
Ongoing 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 Fri 1-3 pm

Location: Kenmore
Ongoing Thu 12:30-3 pm
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 MEMBER/$5 NONMEMBER PER MONTH
Location: Bothell, Room 202
Leaders: John Judy, 541-588-0319
1st Thu 10 am-Noon

IT’S ‘HIP TO BE SQUARE’ CROCHET BRIGADE
The "Granny Square" first burst onto the crocheting scene in 1885. Using a series of basic stitches you can create endless design and color combinations to create all sorts of items, not just blankets. We'll be tackling the basic Granny Square as well as learning about different and creative designs modern crocheters have been creating! Bring 3-4 different colored skeins of size 4 yarn and a 5mm & 5.5mm size crocheting needle. Complete crocheting beginner to expert welcome!

FREE TO MEMBER/$10 NONMEMBER PER MONTH
Location: Mill Creek
Facilitators: Marian Parker & Janet Saaed
Ongoing Tue 1-3 pm

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

FREE TO MEMBER/$5 NONMEMBER PER MONTH
Location: Bothell, Room 103
2nd Mon 10 am-Noon

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

FREE TO MEMBER/$10 NONMEMBER PER MONTH
Location: Bothell, Room 103
Leader: Sallie Gerrard
Ongoing Tue 9:30-11 am

PAINTING & ART FOR FUN
Bring your on-going art project(s) and join other creators for a lively time where the socializing is just as important as the art! Bring your art supplies and work on current projects or share what you’ve been working on and get new ideas from your peers. This is a relaxed and friendly group so bring your sense of humor!

FREE TO MEMBER/$10 NONMEMBER PER MONTH
Location: Mill Creek
Facilitators: Marian Parker & Janet Saaed
Ongoing Tue 10 am-Noon

PAINTING IN THE PARK- WATERCOLOR
Join us for a "plein air" (outdoor) community paint-a-long! Basic paper/paints/brushes are provided, or bring your own. No experience needed. Our instructor will be there to facilitate all levels of ability. Let’s create together in a beautiful park setting.

$5 PER PERSON
Location: Kenmore, Rhododendron Park
Sep 7 Thu 10 am-Noon
Call 425-489-0707 to sign up

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

‘WELCOME TO THE FOLD’ ORIGAMI CLUB
Whether you are brand new to the art of origami or a life-long origamian, come and join us as we continue to create our 1000 Crane flock (called a Senbazuru) as well as create a variety of other origami shapes. We will be constructing mobiles later in the quarter with some of our creations. Paper will be provided or you can bring your own.

FREE TO MEMBER/$10 NONMEMBER PER MONTH
Location: Mill Creek
Facilitators: Indu Singh, Sue Oh, Mary Kim
Ongoing Thu 1-3 pm
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

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 MORNING/ AFTERNOON LUNCH
$4
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

PINKIES UP! TEA PARTY
$5 PER PERSON
Location: Mill Creek

» BOSTON TEA PARTY
Sip tea like it’s 1773! Try one of the 5 types of teas thrown into Boston Harbor while enjoying sweets from Martha Washington’s recipe book.
Jul 7 Fri 1-3 pm

» TEA IN MOROCCO
Park your camel out front and come in for some delicious mint tea coupled with Moroccan baklava infused with orange blossom water and almonds.
Sep 1 Fri 1-3 pm

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.
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’. No games Jul 4.
$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

COMMUNITY BOARD GAMES
Enjoy some "screen-free" fun playing classic board games. Yahtzee, Parcheesi, Clue, Rummikub, Scrabble, etc. will be available, or bring a game you'd like to share. Open to all.
FREE MEMBER/$10 NONMEMBER  PER MONTH
Location: Kenmore
Ongoing  Thu  10 am-Noon

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

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
Ongoing  Fri  1-3 pm
Location: Mill Creek
Ongoing  Fri  1-3 pm
**MAHJONG**

MahJong is a game for 3-4 players that uses tiles instead of playing cards. It originated in China over 150 years ago, and although there are many, many variations played throughout Asia and in western countries, we will play Chinese mahjong using basic scoring. This game is similar to rummy, is a lot of fun, and is easy to learn. Limit 8 players as leader has only 2 sets of tiles. No games Jul 4.

**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

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**PINOCHELE**

Come play Pinochle with us. We have a great time, with no experience needed, any skill level welcome. No games Sep 4.

- $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
- Double Deck Wed 1-3 pm

**Location: Kenmore**

- Ongoing Tue 12:30-3 pm

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**TABLETOP GAMEPLAY**

Enjoy a variety of fun games every week. We will introduce you to a variety of modern card and board games. We have set collection games (Splendor) pattern-building (Qwirkle) co-operative play (Flashpoint: Fire Rescue). These are not aggressive games about battles or betrayals, but offer a variety of thinking styles and strategies. 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
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 15

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

» CO-ED COFFEE HOUR
FREE
Location: Peter Kirk Community Center
Ongoing Wed 11 am-Noon
Facilitator: Cassidy Stout, MSW
425-286-1072; cassidys@mynorthshore.org

» COFFEE WITH THE COUNCIL
FREE
Location: Kenmore Senior Center
First Monday of every month
Jul 10, Aug 7, Sep 11 10-11 am

» COFFEE SOCIAL
FREE
Location: Bothell, Room 205
Coordinator: Lori Jensen
Occasional outings planned during social.
Ongoing Thu 1-2 pm

» COFFEE AT KENMORE
FREE
Location: Kenmore Senior Center in Rhododendron Park
Ongoing Mon-Fri 9 am-3 pm

» 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

MEN’S CONVERSATION CAFE
Location: Virtual
Wed 11 am-Noon
For more details, contact John Rynd 425-308-4613

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.

SHARING AND CARING
FREE
Location: Bothell, Room 205
Wed 1-2 pm
Facilitator: Janet Zielasko, MS, LSW, 425-286-1035; janetz@mynorthshore.org

TRAVEL

TRIP TO CASCADIA ART MUSEUM
$30 MEMBERS/ $60 NONMEMBERS
Jul 6 Thu 10 am-2 pm

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 NONMEMBERS
Jul 27 Thu 10:30 am-4:30 pm
Aug 31 Thu 10:30 am-4:30 pm
Sep 28 Thu 10:30 am-4:30 pm
FORMER WAYNE GOLF COURSE: ORCA, SALMON, AND YOUR BACKYARD
Join us for a walking tour to see firsthand how restoration efforts in Northshore are supporting our local orca populations. We will visit the former Wayne Golf Course (now a city park) where new planting and wildlife are creating a healthier habitat for salmon runs that feed orcas in Puget Sound. Staff from Whale Scout will guide the group through the landscape and answer questions from our group. A van will leave the Bothell center at 9:30 am and return at 11:30 am, with lunch in the dining room upon our return. Lunch included in cost.

$20 MEMBER/$40 NONMEMBER
Jul 28 Fri 9:30 am-12:30 pm

BEACH PICNIC
It isn’t summer without a trip to the beach. Join us for this year’s annual picnic at Golden Gardens Park - one of our favorites. You’ll have time to test the water, take a walk on one of the trails, or just sit back, relaxing with the view before enjoying our picnic lunch, which is included. Folding lawn chairs welcome.

$31 MEMBER/$62 NONMEMBER
Aug 10 Thu 10:30 am-2:30 pm

TRIP TO SEATTLE AQUARIUM
Come visit the remodeled Aquarium with many new exhibits. Lunch on your own at the Aquarium Café, and they even have a gift shop! Price includes admission. Minimum 6, maximum 13.

$46 MEMBER/$92 NON-MEMBER
Aug 17 Thu 10:30 am-2:30 pm

TRIP TO COUGAR MOUNTAIN ZOO
Let’s visit this fascinating zoo that has alot more than just cougars! Lunch on your own in near-by Issaquah. Price includes admission. Minimum 6, maximum 13.

$35 MEMBER/$70 NONMEMBERS
Sep 14 Thu 10 am-2 pm

NORTHWEST TREK
We’re visiting Northwest Trek during the rutting season, when the elks are putting on a show with their very loud bugling calls and cracking antler battles. View them, and many other free roaming northwest animals from the safety of our van as we join the "Wild Ride". Later we’ll enjoy a picnic lunch (included) and have time to enjoy the park’s walking paths which enable viewing of other animals - cats, canines, bears and birds that are in safely enclosed areas. An early start required on this all day trip.

$69 MEMBER/$138 NONMEMBERS
Sep 7 Thu 7 am-5 pm*
*time may change based on NW Trek scheduling
PIKE PLACE MARKET
We will have time to explore the many interesting artisan, spice, flower, and food shops in the Market. Lunch will be at your own expense.

|$25 MEMBERS / $50 NONMEMBERS
Sep 29 Fri 10 am-2:15 pm

HYDROPLANE & RACEBOAT MUSEUM
The Hydroplane & Raceboat Museum is the nation's only public museum dedicated solely to powerboat racing. The museum has a huge collection of restored and running legendary unlimited hydroplanes as well as an enormous number of artifacts, photos, and films covering the entire history of hydroplane racing since the 1940's. We will enjoy the guided tour and stop for lunch on the way back. Lunch is at your own expense.

|$30 MEMBER / $60 NONMEMBER
Oct 17 Tue 10 am-2 pm

TRAVEL CLUB
We've received requests to form a Travel Club at NSC. The focus would be on members interested in national and international trips, and who would like to travel along with other members. Join us on Thursday, Aug 3 at 1 pm to determine the interested in such a club and to hear your thoughts on how it could best function to meet NSC’s, and your own goals. Please sign up at the Front Desk.

DAY TRIP GUIDELINES:
» Reserve your spot by calling any NSC location.
» 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 a 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.

UPCOMING BRITISH COLUMBIA 2 DAY TRIP
Join us, along with Exploration Bus Tours, for an overnight trip to Vancouver, Canada. Transportation on a big bus, hotel accommodations, tickets to a theatre musical, shopping in Gastown, along with a few more “stops (being finalized) will be included in the ticket price. Reservations will be available at the NSC Front Desk, along with information sheets on this Canadian visit. Scheduled for Sunday, November 5 and Monday, November 6.
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  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

Location: Kenmore Senior Center in Rhododendron Park
2nd and 4th Wed of every month  12:30-2:30 pm (in person only)

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
AROMATHERAPY
In this three-part course participants will learn about the therapeutic properties of essential oils and the effects they have on our physical and emotional well-being. The class covers the history of aromatherapy, along with basic principles of blending fragrances for beauty, health, spiritual and culinary uses. Participants will also have the opportunity to create their own blends to use at home. Min 4.

$40 MEMBERS/$65 NONMEMBERS  3 SESSIONS
Location: Northshore Health & Wellness, Small Activity Room
Additional $10 materials fee is not included in the course price
Jul 14-28  Fri  9-10:30 am
Aug 11-25  Fri  9-10:30 am
Sep 8-22  Fri  9-10:30 am

HOT, HOT, HOT
It’s HOT out there! Learn the dangers that warm temperatures can create, especially for those with chronic illness, and how to keep hydrated.

FREE
Location: Virtual
Aug 23  Wed  Noon-1 pm
Call Evergreen at 425-899-3000 to register.

FELDENKRAIS METHOD
Explore and expand your ability to function with this introduction to 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.

$40 MEMBER/$80 NONMEMBER  4 WEEKS
Location: Health & Wellness Center, Conference Room
Sep 5-25  Tue  10-11 am  4 sessions
Instructor: Patty Bredice

INDIVIDUAL SESSIONS WITH THE FELDENKRAIS METHOD
Work with Patty Bredice, a certified Feldenkrais Practitioner, on expanding your ability to function. These functions could include walking, breathing, eating, driving, or anything you do to increase your quality of life. Contact the H & W Center to schedule a time and date.

$80  1 HOUR SESSION
Call to schedule an appointment by calling 425-488-4821.

IMPROVE YOUR HEARING
Explore techniques for improving communication skills and maximize your hearing. Discover new hearing aid technologies and learn how to enhance hearing in noisy environments.

FREE
Location: Virtual
Jul 12  Wed  Noon-1 pm
Call Evergreen at 425-899-3000 to register.

LIVING WELL WITH CHRONIC CONDITIONS
Do you have a health condition that causes: fatigue, shortness of breath, pain, lack of activity, frustration or isolation? If you respond “yes” to any of these then the Living Well with Chronic Conditions Workshop might be just what you need! This six-week educational series teaches specific skills and techniques that will help you better manage your chronic condition and regain self-confidence so you can Live Well! Minimum of 8 or class cancels.

FREE
Location: NSC Bothell, Room 203
Sep 11-Oct 16  Mon  9:30 am-Noon
Facilitators: Lydia Barnsley, LPN and Janet Zielasko, MS, LSW
Pre-registration required. To register, please call Janet Zielasko 425-286-1035; or email janetz@mynorthshore.org
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 FREE 5-session group project 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: Mill Creek Senior Center, Annex Room
Mon 11 am-12:30 pm
Jun 26, Jul 10, Jul 24, Aug 7, Aug 21
Facilitator: Pat Olsen
Pre-registration required. To register, call Janet Zielasko 425-285-1035; janetz@mynorthshore.org

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

FREE
Location: Peter Kirk Community Center
Sep 18 Mon 1-2:30 pm
Presenter: Janet Zielasko MS, LSW
Pre-registration is required. To register, call 425-587-3360

‘WELCOME TO MEDICARE’ PRESENTATION
During this session, you learn about:
• The differences between Medicare A, B, C, and D
• The Enrollment process
• Understanding your Medicare benefits and options
• The difference between Medigaps (supplemental plans) and Medicare Advantage plans
• How to get help paying for Medicare
• Medicare fraud issues
Note: SHIBA provides free, unbiased and confidential assistance with Medicare health care choices.

FREE
Location: Northshore Senior Center, Bothell, Room 202
Sep 21 Thu 1-3 pm
Presenters: Larry Cole and Connie Taylor, Solid Ground SHIBA (Statewide Health Insurance Benefits Advisors) volunteers.
To register, contact Janet Zielasko at 425-286-1035; or email janetz@mynorthshore.org
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. Class is 2 sessions per month, held on the 2nd and 4th Thursday.

$20 MEMBER/$40 NONMEMBER  PER MONTH

Location: Kenmore
Instructor: Donna Reed
Jul 13 & 27 Thu 10 am-Noon
Aug 10 & 24 Thu 10 am-Noon
Sep 14 & 28 Thu 10 am-Noon

CERAMICS OPEN STUDIO
Join other students experienced in working with clay to create intermediate to advanced Pottery and Sculpture projects. Bring your own supplies or pay a materials fee to use ours. You will be working independently in a room with others who share your interest in ceramics. Studio will be staffed with experienced co-facilitators available for encouragement, advice and tips. No basic techniques will be taught so students will need to demonstrate experience working with clay or have completed one of Shuko Mantooth's Introduction to Hand-building Ceramics Classes.

$20 MEMBER/$40 NONMEMBER  4 WEEKS
$25 MEMBER/$50 NONMEMBER  5 WEEKS

Location: Bothell, Room 103
Co-facilitators: Lori Simmons and Judie Dobner
Jul 5-26 Wed 10 am-Noon  4 weeks
Aug 2-30 Wed 10 am-Noon  5 weeks
Sep 6-27 Wed 10 am-Noon  4 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.

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Location: Bothell, Room 103
Instructors: Shuko Mantooth and Kimberly Smith

Jul 7-28 Fri 1-2 pm 4 weeks
Aug 4-25 Fri 1-2 pm 4 weeks
Sep 1-29 Fri 1-2 pm 5 weeks

COLORED PENCIL/DRAWING
Colored pencils can produce amazingly detailed, colorful pictures. Instruction is given in drawing with pencil, colored pencil, water-soluble colored pencil and ink pens. Beginners can get over their concern that they can’t draw by completing drawing exercises provided. Experienced artists like to bring in their own pictures to work on and get input from the group. This is an ongoing class but new people are welcome to start at any time.

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Location: Bothell, Room 104
Instructor: Judy Moritz; 425-488-8270

Jul 6-27 Thu 11 am-2 pm 4 weeks
Aug 3-31 Thu 11 am-2 pm 5 weeks
Sep 1-29 Thu 11 am-2 pm 5 weeks

COLLAGE MANDALA
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: Peter Kirk Community Center
Sep 11 Mon 1-3 pm
Presenter: Bertha Marselis

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

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. No class Jul 4.

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Location: Kenmore
Instructor: Kimberly Smith

Jul 11-25 Tue 12:30-2:30 pm 3 weeks
Aug 1-29 Tue 12:30-2:30 pm 5 weeks
Sep 5-26 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.

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Location: Bothell, Room 104
Instructor: Alice Shuler; 425-485-1221

Jul, Aug, Sep Thu 8:30-10:30 am Workshop
Jul, Aug, Sep Thu 2:30-4:30 pm Workshop

Location: Kenmore
Instructor: Susan Watts; 858-437-3466

Jul 11-25 Tue 10 am-Noon 3 weeks
Aug 1-29 Tue 10 am-Noon 5 weeks
Sep 5-26 Tue 10 am-Noon 4 weeks

LIFELONG LEARNING
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.

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**Location:** Kenmore

**Instructor:** Shuko Mantooth

- **Jul 7-28** Fri 10 am-Noon 4 weeks
- **Aug 4-25** Fri 10 am-Noon 4 weeks
- **Sep 1-29** Fri 10 am-Noon 5 weeks

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 Sep 4.

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**Location:** Bothell, Room 104

**Instructor:** Gretchen Davey

- **Jul 7-28** Fri 12:30-3:30 pm 4 weeks
- **Aug 4-25** Fri 12:30-3:30 pm 4 weeks
- **Sep 1-29** Fri 12:30-3:30 pm 5 weeks

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.

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**Location:** Bothell, Room 104

**Leader:** Beverly Parcel

- **Jul 5-26** Wed 12:30-3:30 pm 4 weeks
- **Aug 2-30** Wed 12:30-3:30 pm 5 weeks
- **Sep 6-27** Wed 12:30-3:30 pm 4 weeks

**NEW Location:** Kenmore Senior Center

- **Jul 5-26** Wed 10 am-1 pm 4 weeks
- **Aug 2-30** Wed 10 am-1 pm 5 weeks
- **Sept. 6-27** Wed 10 am-1 pm 4 weeks

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 is a medium you love. You will then feel confident in your purchases of paper and pastels. Composition and color theory will be included.

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**Location:** Bothell, Room 104

**Instructor:** Patricia Slabaugh

- **Jul 7-28** Fri 12:30-3:30 pm 4 weeks
- **Aug 4-25** Fri 12:30-3:30 pm 4 weeks
- **Sep 1-29** Fri 12:30-3:30 pm 5 weeks
PRISMACOLOR PENCIL IMPRESSIONISM
Fast prismacolor pencil drawing, with a light touch, and block quick strokes or mediative, gentle rendering will create transparent, impressionistic paintings. It is a fast, loose, easy-to-learn way for all to create wonderful, memorable, images from day 1, in one day. Like watercolors, the paper color, and its texture are visible and part of the finished work’s charm. Easy subjects are panoramic landscapes and seascapes from photos. You can also work from what you see at home, at coffee, on vacation or in class. It’s fun. Minimum supplies needed are paper pads (acid free, at least one), a small set of prismacolor pencils, and a pencil sharpener which the pencils fit.

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**Location:** Bothell, Room 104

**Instructor:** Linsa Roggenburg

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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 Jul 4.

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**Location:** Bothell, Room 104

**Instructor:** Linda Roggenburg

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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 Sep 4.

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**Location:** Bothell, Room 104

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

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**Location:** Kenmore

**Instructor:** Kimberly Smith, call 425-489-0707 to register. Class limit 8.

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**Location:** Mill Creek

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

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LANGUAGES

GERMAN CONVERSATIONAL PLUS
Willkommen. Improve and practice your German language skills while reading, telling stories and learning some grammar. No class Sep 4.

FREE TO MEMBERS/$10 NONMEMBER PER MONTH
Location: Bothell, Room 205
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 smartphone • 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 are on-site at the Kenmore Senior Center the 3rd Thursday of every month and 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 drop in and individual assistance.

FREE TO MEMBER/$5 NONMEMBER PER MONTH
Location: Kenmore
Jul 20 Thu 10:30 am-Noon
Aug 17 Thu 10:30 am-Noon
Sep 21 Thu 10:30 am-Noon

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. Limit 12.

FREE TO MEMBERS/$10 NONMEMBER PER MONTH
Location: Bothell, Room 205
Instructor: Heather LeRoss
Jul 7-28 Fri 10 am-Noon
Aug 4-25 Fri 10 am-Noon
Sep 1-29 Fri 10 am-Noon
TECHNOLOGY

COMPUTER AND PHONE HELP
We will address your stuck spots and help you become wiser, faster, and more efficient. We teach basic computer/laptop and phone skills including iphone and android. We can evaluate your computer for virus and Malware issues. New computer set up and configuration. Device malfunction assessments available as well. All questions welcome. Call 425-487-2441 to schedule an appointment.

$20 MEMBER/$40 NON MEMBER PER HOUR
Location: Bothell, Kenmore, Mill Creek,

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 Sep 4.

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
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 PER MONTH
Location: Bothell, Room 104
Facilitator: Leonard Goodisman
Ongoing Wed 10 am-Noon

THE MORE YOU KNOW: COMMUNITY RESOURCES & INFORMATION SHARING
This group will be meeting on the first Tuesday of each month and will be a place to learn, share and explore resources in the community. Sessions will have both information being presented as well as space for others to share what they know and/or have experienced in accessing community supports.

FREE
Location: NSC Bothell, Room 205
1st Tuesday of each month, starting in August
Aug 1 Tue 1-2 pm
Sep 5 Tue 1-2 pm
Facilitator: Cassidy Stout, NSC Community Resource Specialist
Pre-registration required. To register, call Cassidy Stout 425-286-1072; or email cassidys@mynorthshore.org

MORE THAN JUST WILLS...
UNDERSTANDING ESTATE PLANNING
Amber Hunt of Woodinville Law will discuss each component of an estate plan including Wills, Trusts, and Power of Attorney documents as well as explain the probate process and what heirs can expect during an estate administration. Join her in September to learn more about protecting those who matter most.

FREE
Location: NSC Bothell, Room 202
Presenter: Amber Hunt, Woodinville Law
Sep 12 Tue 1-2:30 pm
Pre-registration is required. To register, please call Cassidy Stout 425-286-1072; or email cassidys@mynorthshore.org

Location: Peter Kirk Community Center
Sep 20 Wed 1:30-3 pm
Pre-registration is required. To register, please call 425-587-3360
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.
**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

**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
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
4th Thursday of each month

Mill Creek Senior Center:
Georgia Rigler, MSW, LICSW; 425-286-1047; georgiar@mynorthshore.org
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@mynorthshore.org
Fridays: Lydia Barnsley, LPN; 425-286-1029; lydiab@mynorthshore.org

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

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

COVID VACCINE COMMUNITY CLINIC
Kenmore Senior Center is partnering with King County Public Health in hosting a free Covid Vaccine Clinic. Updated bivalent COVID vaccines are available for children, adults and seniors. Vaccines are free, no insurance required. Call 425-489-0707 to schedule a time.

FREE
Location: Kenmore Senior Center Rhododendron Park
6910 NE 170th, Kenmore, WA
Jul 12 Wed Noon-3 pm
Call: 425-489-0707

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

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
Location: Off-site
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.
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

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
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.
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 benefits include stress and pain reduction, enhanced relaxation and strengthened 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.
30 MINUTE/$45 MEMBER
60 MINUTE/$80 MEMBER
Location: Health & Wellness
Wed/ Thu
Massage Therapist: Terri Goddard WA State licensed Massage Therapist
To make an appointment: 425-488-4821

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
NEW THERAPIST NEW DAYS AND TIMES
Reflexology is a holistic approach to treating a person’s body, mind and spirit through reflexing a person’s feet. Specializes in reducing foot pain and reflexology lymph drainage. In addition to balancing the body, reflexology reduces stress and tension, improves circulation, helps restore mental alertness, helps body systems work together, and more.
30 MINUTE/$45 MEMBER
60 MINUTE/$80 MEMBER
Location: Health & Wellness, 2nd Floor
Wed/ Thu
Reflexologist: Terri Goddard WA State Certified/internationally certified in Reflexology lymph drainage
To make an appointment: 425-488-4821

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
Advisor: Dave Reynolds
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
3rd Tuesday    9 am-Noon
Call 425-489-0707 to schedule a 1-hour appointment

Location: Mill Creek
Advisor: Bruce Pyles
1st Thu & 3rd Fri 9 am-Noon
Walk-ins welcome. No appointment necessary.
## 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, 425-286-1024
  - KathyB@mynorthshore.org
  - **2nd Wed 1-2 pm**
DIABETES/PRE-DIABETES GROUP
Join this supportive group to learn the latest on diabetes management and to share ideas, strategies for coping, and other helpful tips.
FREE
Location: Bothell, Room 205
Facilitator: Lydia Barnsley, LPN, Wellness Nurse
2nd Wed 10-11:30 am
For more information, contact Lydia at 425-286-1029 or lydiab@mynorthshore.org

Location: PeterKirk Community Center
Facilitator: Lydia Barnsley, LPN, Wellness Nurse
First Fri 11 am-Noon
For more information, contact Lydia at 425-286-1029 or lydiab@mynorthshore.org

FROM HEARTACHE TO AN OPEN HEART
Everyone must deal with loss, whether it’s the loss of a loved one or close friend, a treasured relationship, loss of physical functioning or previous status. Learn how one can move through the grief process and grow “from heartache to an open heart.”
FREE
Location: Bothell, Room 203
Facilitator: Georgia Rigler, MSW, LICSW 425-286-1047; georgiar@mynorthshore.org
3rd Wed 10-11 am

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
TRANSPORTE

En NorthShore Senior Center, el área de Transporte, esta asociado con King County Metro y otros organismos para proporcionar opciones de transporte a nuestros participantes, incluyendo:

» Servicio de Traslado a NorthShore y/o Kenmore Senior Center.
» Servicio de Traslado al programa Northshore Adult Day Center y al Centro de Salud y Bienestar.
» Viajes para realizar compras y citas medicas.
» Evaluacion personalizada de sus necesidades para asignar el transporte adecuado a sus necesidades.
» Apoyo de voluntarios en el transporte
» Solicitudes para el acceso a Tarifa reducida en transporte y Metro Access.
» Cursos para conocer y usar el Sistema de transporte publico.

Todas las unidades de transporte de NorthShore Senior Center estan equipados y tienen acceso a elevador para silla de ruedas. Si usted tiene necesidades especiales haremos todo lo posible para ayudarle.

Northshore Senior Center no discrimina por motivos de edad, sexo, estado civil, situación familiar, religion, nacionalidad, orientacion sexual, identidad de genero, ideología 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.


¿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 (eligible 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?
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.
KENMORE RHODODENDRON PARK

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

For more information, to schedule a tour, or to reserve the picnic shelter 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.

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<td>211 HUMAN SERVICE ANSWERS</td>
<td>Dial 211 or <a href="http://www.211.org">www.211.org</a></td>
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<tr>
<td>APS - ADULT PROTECTIVE SERVICES (KING COUNTY)</td>
<td>866-221-4909</td>
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<td>ALZHEIMER’S ASSOCIATION</td>
<td>206-363-5500 or 800-848-7097 or <a href="http://www.alzwa.org">www.alzwa.org</a></td>
</tr>
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<td>AMERICAN DIABETES ASSOCIATION</td>
<td>1-800-842-2383 or <a href="http://www.diabetes.org">www.diabetes.org</a></td>
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<td>ARTHRITIS FOUNDATION</td>
<td>206-547-2707 or 1-800-542-0295 or <a href="http://www.arthritis.org">www.arthritis.org</a></td>
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<td>ATTORNEY GENERAL’S CONSUMER PROTECTION</td>
<td>wa.gov/ago.Clearinghouse/consumer/home.html</td>
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<td>BENEFITS CHECKUP ONLINE</td>
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<td>CANCER LIFELINE</td>
<td>1-800-255-5505</td>
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<td>COMMUNITY LIVING CONNECTIONS</td>
<td>1-844-348-5464</td>
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<td>CRISIS CLINIC - KING COUNTY</td>
<td>206-461-3222 or 866-4-CRISIS</td>
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<td>CRISIS HOTLINE - SNOHOMISH COUNTY</td>
<td>1-800-584-3578</td>
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<td>DSHS - DEPARTMENT OF SOCIAL AND HUMAN SERVICES</td>
<td>DSHS.gov</td>
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<td>ELDERCARE LOCATOR</td>
<td>1-800-667-1116</td>
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<td>ENERGY ASSISTANCE</td>
<td>Hopelink, 1-800-348-7144</td>
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<tr>
<td>FOOD BANK AND EMERGENCY ASSISTANCE</td>
<td>Hope Link, 425-889-7880</td>
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<td>GERIATRIC REGIONAL ASSESSMENT TEAM</td>
<td>206-923-6300</td>
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<td>HOUSING FOR SENIORS</td>
<td><a href="http://www.snapforseniors.org">www.snapforseniors.org</a></td>
</tr>
<tr>
<td>KING COUNTY VETERAN SERVICES</td>
<td>1-877-904-VETS (8387)</td>
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<tr>
<td>LEGAL ASSISTANCE</td>
<td>Eastside Legal Assistance Program, 425-747-7274</td>
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<tr>
<td>LIFELONG AIDS ALLIANCE</td>
<td>206-329-6923</td>
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<tr>
<td>LOW - VISION INFORMATION AND REFERRAL</td>
<td>Northwest Lions Foundation 1-800-766-4466 Vision USA or www aoa.org/visionsusa/referral.asp</td>
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<tr>
<td>MEDICARE</td>
<td>1-800-633-4227 or <a href="http://www.medicare.gov">www.medicare.gov</a></td>
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<td>NAMI - NATIONAL ALLIANCE ON MENTAL ILLNESS</td>
<td>425-885-6264</td>
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<td>NATIONAL EYE CARE PROJECT</td>
<td>1-800-222-3937</td>
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<tr>
<td>NATIONAL MULTIPLE SCLEROSIS SOCIETY</td>
<td>Greater Northwest Chapter, 206-284-4254, ext. 243</td>
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<td>NORTHWEST PARKINSON’S FOUNDATION</td>
<td>206-543-5369 or <a href="http://www.pdf.org">www.pdf.org</a></td>
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<td>SENIOR HEALTH SPECIALTY CLINIC</td>
<td>425-899-6800</td>
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<td>SENIOR RIGHTS ASSISTANCE</td>
<td>206-448-5720 or <a href="mailto:sra@seniorservices.org">sra@seniorservices.org</a></td>
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<tr>
<td>SENIOR SERVICES INFORMATION AND ASSISTANCE - SNOHOMISH COUNTY</td>
<td>425-513-1900 or 800-422-2024 or <a href="http://www.sssc.org">www.sssc.org</a></td>
</tr>
<tr>
<td>SOCIAL SECURITY</td>
<td>1-800-772-1213, 7 am - 7 pm weekdays or <a href="http://www.ssa.gov">www.ssa.gov</a></td>
</tr>
<tr>
<td>SOUND GENERATIONS PATHWAYS INFORMATION AND ASSISTANCE</td>
<td>206-448-3110 or 888-435-3377 or <a href="http://www.seniorservices.org">www.seniorservices.org</a></td>
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<tr>
<td>UW/VA MEMORY WELLNESS PROGRAM</td>
<td>888-291-7316 or 866-638-8813</td>
</tr>
<tr>
<td>WASHINGTON INFORMATION NETWORK</td>
<td>If you do not find the service you are looking for in the state of Washington, dial 2-1-1</td>
</tr>
<tr>
<td>WILLS, POWER OF ATTORNEY AND MORE</td>
<td>Eastside Legal Assistance Program, 425-747-7274</td>
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</table>

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

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

**BENEFITS OF MEMBERSHIP**

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

**HOW TO JOIN THE NORTHSHORE SENIOR CENTER**

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

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

Or join on line at www.northshoreseniorcenter.org.

No one is excluded because of inability to pay. Scholarships are available for qualified individuals.
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:**

<table>
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<tr>
<th>PRIMARY USER</th>
<th>SECONDARY USER</th>
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<td>Secondary User - Signature:</td>
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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)

**PRIMARY USER**

1. Gender ☐ Male ☐ Female ☐ Other _________
2. Do you identify as a member of the LGBTQ community? ☐ No
   ☐ Yes, Lesbian, Gay, Bisexual, Questioning, Other _________
3. Marital Status:
   ☐ Married ☐ Divorced
   ☐ Single ☐ Partnership ☐ Widowed
4. Do you have a disability? ☐ Yes ☐ No
5. Are you homeless or living in a temporary shelter? ☐ Yes ☐ No ☐ Prefer not to answer
6. Are you limited in the English language? ☐ Yes ☐ No
   ☐ If yes primary language is ____________
7. Are you a refugee or immigrant? ☐ Yes ☐ No ☐ Prefer not to answer
8. What is your race? *(Check all that apply)*
   ☐ American Indian or Alaska Native
   ☐ Asian or Asian American
   ☐ Black, African American, African
   ☐ Native American or Pacific Islander
   ☐ White/Caucasian
   ☐ Not Listed / Other ____________
   ☐ Prefer Not To Say
   ☐ Unknown
9. What is your ethnicity
   ☐ Hispanic/Latino ☐ Russian/Ukrainian
   ☐ South Asian ☐ Other ____________
   ☐ Prefer Not To Say ☐ Unknown
10. Military Service ☐ Yes ☐ No
    ☐ Prefer Not To Say ☐ Unknown
11. Military Family Status
    ☐ Self ☐ Not Family Member
    ☐ Minor Dependent ☐ Spouse/Partner
    ☐ Surviving Spouse/Partner ☐ Other Dependent Adult
12. Are you interested in volunteering? ☐ Yes ☐ No

**SECONDARY USER**

1. Gender ☐ Male ☐ Female ☐ Other _________
2. Do you identify as a member of the LGBTQ community? ☐ No
   ☐ Yes, Lesbian, Gay, Bisexual, Questioning, Other _________
3. Marital Status:
   ☐ Married ☐ Divorced
   ☐ Single ☐ Partnership ☐ Widowed
4. Do you have a disability? ☐ Yes ☐ No
5. Are you homeless or living in a temporary shelter? ☐ Yes ☐ No ☐ Prefer not to answer
6. Are you limited in the English language? ☐ Yes ☐ No
   ☐ If yes primary language is ____________
7. Are you a refugee or immigrant? ☐ Yes ☐ No ☐ Prefer not to answer
8. What is your race? *(Check all that apply)*
   ☐ American Indian or Alaska Native
   ☐ Asian or Asian American
   ☐ Black, African American, African
   ☐ Native American or Pacific Islander
   ☐ White/Caucasian
   ☐ Not Listed / Other ____________
   ☐ Prefer Not To Say
   ☐ Unknown
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   ☐ Hispanic/Latino ☐ Russian/Ukrainian
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    ☐ Self ☐ Not Family Member
    ☐ Minor Dependent ☐ Spouse/Partner
    ☐ Surviving Spouse/Partner ☐ Other Dependent Adult
12. Are you interested in volunteering? ☐ Yes ☐ 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

**NORTHSIDE SENIOR CENTER – FOR OFFICE USE ONLY**

| Date Received: ___ / ___ / ___ | Membership Amount: $__________ |
| CASH ☐ | Scholarship Amount: $__________ |
| □ | Additional Donation Amount: $__________ |
| MEMBER: ☐ Single ☐ Couple ☐ Dual ☐ Scholarship | Total Amount Received: $__________ |
| ☐ Non-Member (activity fees may be required) ☐ Transportation User | |
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OUR VISION:
We envision a community where everyone leads full, healthy and inspired lives.

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