

SEE PAGE 48 FOR INFORMATION  
ABOUT HOW TO MAKE A  
CHARITABLE CONTRIBUTION.



Northshore  
Senior Center

**JOIN | LEARN | GROW | GIVE**

# WELCOME

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## ON THE COVER



For over 50 years, people have been helping the Northshore Senior Center build a stronger community by joining our programs, learning new skills, growing support, and giving back. There are many ways you can contribute to our work:

- Invite friends and neighbors of any age to become a member (page 50)
- Volunteer your time (page 46)
- Make a charitable donation or include us in your estate plan (page 48)

By supporting Northshore Senior Center, you are helping bring our vision of a healthy and inspired community to life.

### 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

# SITE INFORMATION

## BOTHELL

*The Northshore Senior Center receives funding from the King County Veterans and Human Services Levy.*  
Phone: 425-487-2441

### » NORTHSHORE SENIOR CENTER:

10201 E RIVERSIDE DR

**Mon/Tue/Thu/Fri** 8 am-4:30 pm  
**Wednesday** 8 am-8:30 pm  
**First Saturdays** 8 am-2:30 pm

Phone: 425-488-4821

### » HEALTH AND WELLNESS CENTER:

10212 E RIVERSIDE DR

**Monday-Friday**  
**Office Hours** 8 am-4:30 pm  
**Day Center Hours** 10 am-2:30 pm

## KENMORE

*The Kenmore Senior Center receives funding from the King County Veterans and Human Services Levy.*  
Phone: 425-489-0707

### » KENMORE SENIOR CENTER:

6910 NE 170TH ST (IN RHODODENDRON PARK)  
CALL KENMORE SENIOR CENTER TO RESERVE THE PARK  
PICNIC SHELTER OR INDOOR ANNEX SPACE.

**Monday-Friday** 9 am-3 pm

### » EPISCOPAL CHURCH OF THE REDEEMER:

6211 NE 182ND / KENMORE, WA 98028

## MILL CREEK

*The Mill Creek Senior Center receives funding from the Snohomish County Department of Human Services.*  
Phone: 425-948-7170

### » MILL CREEK SENIOR CENTER:

4111 133RD ST SE  
Parking courtyard located in rear of building.  
Park in any space marked "commercial".

**Monday-Friday** 9 am-3 pm

### » NORTH CREEK PRESBYTERIAN CHURCH:

621 164TH SE

## KIRKLAND

Phone: 425-587-3360

### » PETERKIRK COMMUNITY CENTER:

352 KIRKLAND AVE, KIRKLAND WA

## 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](mailto:advisory@mynorthshore.org) as well as by submitting feedback into each center's suggestion box.

## OFFICIAL HOLIDAY CLOSURES:

- |                    |                      |
|--------------------|----------------------|
| » Friday, Nov 10   | Veterans Holiday     |
| » Thursday, Nov 23 | Thanksgiving Holiday |
| » Friday, Nov 24   | Thanksgiving Holiday |
| » Monday, Dec 25   | Christmas Holiday    |
| » Tuesday, Dec 26  | Christmas Holiday    |

# GATHERING PLACES & SPECIAL EVENTS

## GATHERING PLACES

### COFFEE BAR AT BOTHELL

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

Happy Hour is now in our Coffee Bar on Wednesday evenings from 4-7 pm. Come enjoy wine, beer, music, food and fun. Bring a friend, make a new one, we can't wait to see you there.

### COFFEE AT MILL CREEK

Mon-Fri 9 am-3 pm

### COFFEE AT KENMORE

Mon-Fri 9 am-3 pm

### LENDING LIBRARY AT BOTHELL, KENMORE AND MILL CREEK

Members may browse, borrow and read books for free.

### SENIOR LOUNGE AT BOTHELL

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

Mon-Fri 8 am-4:30 pm

## SPECIAL EVENTS

### JEWELRY SALE

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

**Location: Bothell, Lobby**

Oct 6 and 7 Fri 9 am-2 pm and Sat 9 am-Noon  
Nov 3 and 4 Fri 9 am-2 pm and Sat 9 am-Noon  
Dec 1 and 2 Fri 9 am-2 pm and Sat 9 am-Noon



## TOWN HALL EVENT

We want to hear from YOU about how we can work towards our shared mission of living full, healthy, and inspired lives. Join us for town hall meetings at any of our locations. Bring suggestions and friends!

**Location: Mill Creek**

Oct 17 Tue 1-2:30 pm

**Location: Kenmore**

Oct 18 Wed 10-11:30 am

**Location: Bothell**

Oct 19 Thu 1-2:30 pm

### HAUNTED HALLOWEEN IN RHODODENDRON PARK FOR KIDS 12 YEARS AND UNDER

Kenmore Senior Center is partnering with the Kenmore Heritage Society, Kenmore Library and the Boy Scouts to host a fun, interactive Halloween event appropriate for the younger set. Bring your children/grandchildren and enjoy some spooky stories, make a treat bag, play some games and trick or treat through the "haunted trail". Dress for the weather, costumes encouraged! Call 425-489-0707 for more info.

**FREE**

**Location: Kenmore, Rhododendron Park**

Oct 28 Sat 2-5 pm

### KENMORE CRAFTERS MARKET PLACE

Come shop for unique treasures for yourself and others. Just in time for holiday gift-giving as well as useful, beautiful handmade items for anytime of year. Every stitch made with love!

**Location: Bothell, Lobby**

Nov 3-4 Fri/Sat 9 am-3 pm

Dec 1-2 Fri/Sat 9 am-3 pm

# FITNESS AND ACTIVE LIVING

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

BALLROOM DANCE LESSONS . . . . .	5	INTRODUCTION TO PICKLEBALL . . . . .	12	STRENGTH & BALANCE - LEVEL 2 AND 3 . . . . .	10
BEGINNER PICKLEBALL OPEN PLAY . . . . .	12	LINE DANCING . . . . .	5	TABLE TENNIS . . . . .	13
BELLY DANCE FOR STRENGTH & BALANCE . . . . .	9	MODERN SQUARE DANCE . . . . .	5	TAI CHI - LEVEL 1 AND 2 . . . . .	8
BOCCE BALL . . . . .	14	NATURE WALKING WITH EBIRD . . . . .	15	TAI CHI BEGINNING - LEVEL 1 . . . . .	8
CIRCUIT TRAINING AND BALANCE - LEVEL 2 . . . . .	9	NET SPORTS . . . . .	12	TAI CHI BREATHING AND WELLNESS EXERCISES . . . . .	8
DANCE . . . . .	5	OTAGO - LEVEL 1 . . . . .	7	TAI CHI PRACTICE . . . . .	8
ENHANCE FITNESS - LEVEL 1 AND 2 . . . . .	7	OUTDOOR ACTIVITY . . . . .	14	tone up - LEVEL 1 . . . . .	9
ESSENTRICS: CLASSICAL STRETCH - LEVEL 1 . . . . .	7	PICKLEBALL - OPEN PLAY . . . . .	13	WALKING . . . . .	15
EXERCISE CLASSES . . . . .	9	PICKLEBALL 1 - BEGINNER . . . . .	12	YOGA - SEATED/STANDING - LEVEL 1 . . . . .	9
EXERCISE CLASSES LEVEL 1 . . . . .	7	PICKLEBALL 2 - ROUND ROBIN PLAY . . . . .	12	YOGA - BREATH AND BALANCE - LEVEL 3 . . . . .	10
FITNESS CENTER . . . . .	6	QIGONG FOR ALL . . . . .	7		
GOLF . . . . .	14	SENIOR AEROBICS - LEVEL 3 . . . . .	10		
HIKING . . . . .	14	SPIN CLASS - LEVEL 2 AND 3 . . . . .	10		

## 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 Dec 26.

**\$10 MEMBER/\$20 NONMEMBER 2 WEEKS**

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

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

**Location: Bothell, Multipurpose Room**

Instructor: Candace LaMont

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

Nov 7-14 Tue 11:15 am-Noon 2 weeks

Dec 5-19 Tue 11:15 am-Noon 3 weeks



**NEW**

### 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. Registration and payment is done at the door.

**\$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.

# FITNESS AND ACTIVE LIVING

## FITNESS CENTER

Mon-Fri 8 am-3:30 pm

» **PUNCHCARDS:**

\$20 member/\$40 nonmember	8 visit punchcard
\$40 member/\$80 nonmember	16 visit punchcard
\$60 member/\$120 nonmember	24 visit punchcard



The Fitness Center at Northshore Health & Wellness Center is a comfortable space focused on keeping exercise enjoyable.

The Fitness Center provides cardiovascular and strength-training equipment specifically geared toward seniors but also great for people of all ages. The machines are simple to operate and we offer a safe, inviting atmosphere where individuals can achieve their fitness goals.

Our fitness equipment was selected to provide a low-impact, total body cardio and strength routine for any exercise level. Most machines are simple to operate and designed to safely guide you in building strength and function.

Fitness machines include treadmills, elliptical, recumbent bicycles, an arm-cycle, and complete workout machines. We also have a range of free weights and weight-lifting benches, and mats for stretches and floor exercises. We have just added spin bikes to our array of fitness equipment. Staff are available to assist you with a machine or demonstrate new techniques.

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



# FITNESS AND ACTIVE LIVING

## EXERCISE CLASSES LEVEL 1

### 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 Nov 10, 24 and Dec 25.

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

**Location: Bothell, Multipurpose Room**

Certified Instructor: Teri Hensen

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

**NEW**

### ESSENTRICS: CLASSICAL STRETCH - LEVEL 1

Essentrics is a functional fitness class designed to address the needs of your full body: to build global strength and mobility while being respectful to its natural limitations. This class works all your 650 muscles and restores movement in your joints and liberates your spine, shoulders and hips. Improve your posture, balance, and relieve chronic aches and pains. Great for both men and women. Bring a yoga mat towel, and strap.

**\$60 MEMBER/\$120 NONMEMBER 4 WEEKS**

**\$75 MEMBER/\$150 NONMEMBER 5 WEEKS**

**Location: Bothell, Studio**

Instructor: Natalia von Somoff, Certified Essentrics Instrutor

Oct 4-25	Wed	4:30-5:30 pm	4 weeks
Nov 1-29	Wed	4:30-5:30 pm	5 weeks
Dec 6-27	Wed	4:30-5:30 pm	4 weeks

**NEW**

### OTAGO - LEVEL 1

Otago is a muscle strengthening and balance retraining program developed and tested by Fall Prevention professionals. The idea behind Otago is that muscle strength, flexibility, balance, and reaction time can all be improved to reduce your risk of falling. Otago is a series of 17 strength and balance exercises that reduce falls between 35 and 40% for frail older adults. This evidence based program meets twice a week, one hour class, for 8 weeks. Nov 20 and 22.

**FREE**

**Location: Bothell, Multipurpose Room**

Instructors: Candice LaMont and Garrick Chock

Oct 16-Dec 13 Mon/Wed 11:30 am-12:30 pm

Assessment scheduled for Thursday, Oct 11.

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

### 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 Dec 26.

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

**Location: Bothell, Studio**

Ongoing Tue 1-2 pm

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

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

**Location: Kenmore, 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.

Ongoing Wed 11 am-Noon

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

# FITNESS AND ACTIVE LIVING

**NEW**

## TAI CHI BEGINNING - LEVEL 1

This three-month course is intended for complete beginners who are curious about tai chi. Students will learn simple, isolated movements and positions, and then practice connecting them into short sequences. In this way, they will develop an understanding of "tai chi flow". With its short duration and emphasis on fundamentals, this class is ideal to gently help students improve strength, flexibility, balance and stamina before entering Tai Chi Level 1 and 2. NOTE: More advanced students may also join this course, if they want to spend extra time on particular movements. No class Dec 26.

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

**Location: Bothell, Studio**

Instructor: Marian Stewart

Oct 3-31	Tue	10:30-11 am	5 weeks
Nov 7-28	Tue	10:30-11 am	4 weeks
Dec 5-19	Tue	10:30-11 am	3 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 Dec 26.

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

**Location: Bothell, Studio**

Instructor: Marian Stewart

Oct 3-31	Tue	11 am-Noon	5 weeks
Nov 7-28	Tue	11 am-Noon	4 weeks
Dec 5-19	Tue	11 am-Noon	3 weeks

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

Certified Instructor: Mike Lucero

October	Thu	1:30-3 pm	4 weeks
November	Thu	1:30-3 pm	4 weeks
December	Thu	1:30-3 pm	4 weeks

PRE-REGISTRATION REQUIRED! Stop by Mill Creek Senior Center or call 425-948-7170 to register.

## TAI CHI BREATHING AND WELLNESS EXERCISES

Students will learn the 18 Breathing Exercises 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. No class Nov 23.

<b>\$20 MEMBER/\$40 NONMEMBER</b>	<b>4 WEEKS</b>
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**Location: Bothell, Studio**

Instructor: Marian Stewart

Oct 5-26	Thu	10:30-10:55 am	4 weeks
Nov 2-30	Thu	10:30-10:55 am	4 weeks
Dec 7-28	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. No class Nov 23.

<b>\$24 MEMBER/\$48 NONMEMBER</b>	<b>4 WEEKS</b>
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**Location: Bothell, Studio**

Instructor: Marian Stewart

Oct 5-26	Thu	11-11:45 am	4 weeks
Nov 2-30	Thu	11-11:45 am	4 weeks
Dec 7-28	Thu	11-11:45 am	4 weeks





# FITNESS AND ACTIVE LIVING



## TONE UP - LEVEL 1

Feel more alive and energetic after stretching, exercising, and toning up your muscles. Emphasis on gentle exercises to help flexibility and balance. Learn exercises that you can do at home in between classes. Simple, fun and healthy.

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

**Location: Kenmore**

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

Ongoing Mon 11 am-Noon

Call 425-489-0707 to sign up.

## 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.

**\$32 MEMBER/\$64 NONMEMBER 8 CLASSES**

**\$36 MEMBER/\$72 NONMEMBER 9 CLASSES**

**Location: Mill Creek**

Instructor: Maria Borella

October	Tue/Thu	10-10:45 am	9 classes
November	Tue/Thu	10-10:45 am	8 classes
December	Tue/Thu	10-10:45 am	9 classes

## EXERCISE CLASSES LEVEL 2 AND 3

### 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. No class Nov 23. Capacity 10.

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

**Location: Kenmore**

Instructor: MarieElena McMahon

Oct 5-26	Thu	10-11 am	4 weeks
Nov 2-30	Thu	10-11 am	4 weeks
Dec 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 Nov 23 and Dec 26.

**\$35 MEMBER/70 NONMEMBER 7 CLASSES**

**\$40 MEMBER/\$80 NONMEMBER 8 CLASSES**

**\$45 MEMBER/\$90 NONMEMBER 9 CLASSES**

**Location: Health & Wellness, Fitness Center**

Instructor: Ying Penrod

Oct 3-31	T/Th	8:30-9:15 am	9 classes
Nov 2-28	T/Th	8:30-9:15 am	8 classes
Dec 5-28	T/Th	8:30-9:15 am	7 classes
Oct 3-31	T/Th	11-11:45 am	9 classes
Nov 2-28	T/Th	11-11:45 am	8 classes
Dec 5-28	T/Th	11-11:45 am	7 classes

# FITNESS AND ACTIVE LIVING



## 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 Oct 9, Nov 20, 22, 27, 29 and Dec 25.

<b>\$25 MEMBER/\$50 NONMEMBER</b>	<b>5 CLASSES</b>
<b>\$35 MEMBER/\$70 NONMEMBER</b>	<b>7 CLASSES</b>
<b>\$40 MEMBER/\$80 NONMEMBER</b>	<b>8 CLASSES</b>

**Location: Bothell, Multipurpose Room**

Certified Instructor: Candice LaMont

Oct 2-30	Mon/Wed	10-11 am	8 classes
Nov 1-15	Mon/Wed	10-11 am	5 classes
Dec 4-27	Mon/Wed	10-11 am	7 classes

## SPIN CLASS - LEVEL 2 AND 3

A 45 minute indoor cycling class geared for all fitness levels. Each class includes cardio, strength and stretching giving you the perfect all body workout without any impact.

<b>\$15 MEMBERS/\$30 NONMEMBER</b>	<b>3 CLASSES</b>
<b>\$20 MEMBER/\$40 NONMEMBER</b>	<b>4 CLASSES</b>
<b>\$25 MEMBER/\$50 NONMEMBER</b>	<b>5 CLASSES</b>

**Location, Health & Wellness Center**

Instructor: Ying Penrod

Oct 3-31	Tue	10-10:45 am	5 classes
Nov 7-8	Tue	10-10:45 am	4 classes
Dec 5-19	Tue	10-10:45 am	3 classes

**NEW**

## 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 Nov 16, 21, 23, 28, 30 and Dec 26.

<b>\$40 MEMBER/\$80 NONMEMBER</b>	<b>4 CLASSES</b>
<b>\$40 MEMBER/\$80 NONMEMBER</b>	<b>8 CLASSES</b>
<b>\$45 MEMBER/\$90 NONMEMBER</b>	<b>9 CLASSES</b>

**Location: Bothell, Multipurpose Room**

Instructor: Candice LaMont

Oct 3-31	Tue/Thu	9:30-10:30 am	9 classes
Nov 2-14	Tue/Thu	9:30-10:30 am	4 classes
Dec 5-28	Tue/Thu	9:30-10:30 am	8 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. No class Nov 23 and Dec 26.

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

**Location: Bothell, Studio**

Certified Instructor: Trudy Rolla, RYT

Oct 5-26	Thu	8:30-9:30 am	4 weeks
Nov 2-30	Thu	8:30-9:30 am	4 weeks
Dec 7-28	Thu	8:30-9:30 am	4 weeks

Certified Instructor: Teri Hensen

Oct 3-31	Tue	9:15-10:15 am	5 weeks
Nov 7-28	Tue	9:15-10:15 am	4 weeks
Dec 5-19	Tue	9:15-10:15 am	3 weeks

# FITNESS AND ACTIVE LIVING



## SHAPE UP! 50+

**“For a Healthy Independent Lifestyle”**

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

For more information visit: [kingcounty.gov/health/shapeup](http://kingcounty.gov/health/shapeup)

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

- Be new to the exercise class
- Returning participants registering for a new class
- OR have not taken a class in the last three months

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

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

**Public Health**   
Seattle & King County  
Emergency Medical Services Division



NORTHSHORE SENIOR CENTER



# FITNESS AND ACTIVE LIVING

## NET SPORTS

### INTRODUCTION TO PICKLEBALL

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

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

**Location: Bothell, Multipurpose Room**

Certified Instructor: Bing Teng

Oct 14	Sat	9-11 am
Nov 4 or 18	Sat	9-11 am
Dec 2 or 16	Sat	9-11 am

### PICKLEBALL 1 - BEGINNER

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

**\$45 MEMBER/\$90 NONMEMBER 3 SESSIONS**

**Location: Bothell, Multipurpose Room**

Certified Instructor: Bing Teng

Oct 17, 24, 31	Tue	2-4 pm	3 sessions
Nov 14, 21, 28	Tue	2-4 pm	3 sessions
Dec 5, 12, 19	Tue	2-4 pm	3 sessions

**NEW**

### BEGINNER PICKLEBALL OPEN PLAY

This is a time for beginner pickleball players to try open play with each other to build confidence while playing pickleball in an open play environment. No play on Oct 19.

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

**Location: Bothell, Multipurpose Room**

Ongoing Thu 11:30 am-1:30 pm

Additional Days:

Oct 3, 10, Nov 7, Dec 12	Tue	2-4 pm
Oct 5, Nov 9, Dec 7, 14, 28	Thu	2-4 pm



### PICKLEBALL 2 - ROUND ROBIN PLAY

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 through round robin play with other participants. Players bring your own paddle if you have one. (Capacity 12)

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

**Location: Bothell, Multipurpose Room**

Certified Instructor: Bing Teng

Oct 12, 19, or 26	Thu	2-4 pm
Nov 2, 16, or 30	Thu	2-4 pm
Dec 7, 14 or 21	Thu	2-4 pm

# FITNESS AND ACTIVE LIVING

## 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 Nov 10, 24 and Dec 25.

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

**Location: Bothell, Multipurpose Room**

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

Check-in with punch card at Kenmore Senior Center, or call 425-489-0707.

## TABLE TENNIS

Three tables. Primarily doubles play. Fun games and sociability for all levels. "We live to play, and play to live."

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

**Location: Bothell, Multipurpose Room**

Leaders: Thomas Kirkland, Jen Hall and Hal Bomardner

Ongoing Wed 1-3 pm



*Your new lifelong friends are waiting.*

**WOODLAND TERRACE**

— A LEISURE CARE COMMUNITY —

17502 102nd Ave NE

Bothell, WA • (425) 318-4007

WoodlandTerraceSeniorLiving.com

# FITNESS AND ACTIVE LIVING



## OUTDOOR ACTIVITY

### BOCCE 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, Forsgren 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, Carpool Fares 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 feet in elevation gain.

#### **HIKES ARE FREE EXCEPT FOR CARPOOL EXPENSE**

Coordinator: Howard Fleck, Jr., 206-817-2421

Website: <https://sites.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](mailto:nsschikers@gmail.com)

# FITNESS AND ACTIVE LIVING

## 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 questionable weather call to make sure group is walking: 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. Explore the wildlife walking the Burke Gilman Trail along the beautiful Sammamish Slough.

## WALKING

Exercising with a walking group is a fun, social and easy way to be active. Walk at your own pace and enjoy a friendly activity. Rain or shine, please wear all-terrain shoes.

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

**Location: Bothell, Sammamish Trail**

Leader: Anita Forbes

Ongoing Tue 9-10 am



# CLUBS AND SOCIAL CONNECTIONS

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

A HAPPY HOLI-DAY IN SEATTLE . . . . .	24	FISHING CLUB . . . . .	17	PAINTING AND ART FOR FUN . . . . .	17
ANTIQUES CLUB . . . . .	16	GAMES . . . . .	19	PANCAKE BREAKFAST . . . . .	19
BEAUTIFUL: THE CAROLE KING MUSICAL . . . . .	25	GUITAR CONNECTION . . . . .	21	PIANO WORKSHOP . . . . .	21
BINGO . . . . .	19	GUITAR, ANYONE? . . . . .	21	PINKIES UP! TEA PARTY . . . . .	19
BOOK CLUB . . . . .	17	HAND AND FOOT . . . . .	20	PINOCHLE . . . . .	20
BRIDGE . . . . .	19	HYDROPLANE & RACEBOAT MUSEUM . . . . .	23	QUIL CEDA CREEK . . . . .	23
CHESS . . . . .	19	INDIAN AMERICAN COMMUNITY SERVICES . . . . .	18	QUILT CLUB . . . . .	18
CHESS FUNDAMENTALS STUDY GROUP . . . . .	17	JEWELRY CLUB . . . . .	17	QUILT SHOW . . . . .	23
CHRISTMAS CAROL SING-ALONG . . . . .	21	KNIT WITS CLUB . . . . .	17	RUSSIAN, UKRANIAN AND ENGLISH SING-A-LONG . . . . .	21
CLUBS . . . . .	16	LEARN TO PLAY MAHJONG . . . . .	20	SHARING AND CARING . . . . .	22
CO-ED COFFEE HOUR . . . . .	22	MAHJONG . . . . .	20	SOCIAL . . . . .	22
COFFEE AT KENMORE . . . . .	22	MEATLESS MONDAY POTLUCK . . . . .	18	TABLETOP GAMEPLAY . . . . .	20
COFFEE SOCIAL . . . . .	22	MEN'S COFFEE GROUP . . . . .	22	TAPROOT THEATRE . . . . .	24
COFFEE SOCIALS . . . . .	22	MEN'S CONVERSATION CAFE . . . . .	22	TRAVEL . . . . .	23
COFFEE WITH THE COUNCIL . . . . .	22	MOLBAKS HOLIDAY FUN . . . . .	25	TRIP TO THE OPERA HOUSE . . . . .	23
COMMUNITY BOARD GAMES . . . . .	20	MUSIC . . . . .	21	VETERANS BREAKFAST . . . . .	19
COMMUNITY EVENTS . . . . .	18	MUSIC FOR FUN . . . . .	21	'WELCOME TO THE FOLD' ORIGAMI CLUB . . . . .	18
CONVERSATION CAFÉ GROUPS . . . . .	22	NORTHSHORE RED HAT FOXY LADIES . . . . .	22	WINTER SOLSTICE GARLAND MAKING . . . . .	19
CRAFTING CLUB . . . . .	17	NORTHSHORE VARIETY SHOW AND BAND . . . . .	21	WOMEN AND FRIENDSHIPS . . . . .	18
CRIBBAGE . . . . .	20	NOSH 'TIL YOU DROP LATKE PARTY . . . . .	19	WOMEN'S COFFEE GROUP . . . . .	22
CROCHET SOCIAL CIRCLE . . . . .	17	NUTCRACKER TEA AND HOLIDAY TREATS SHOWCASE . . . . .	18		
DAYS IN CANADA . . . . .	24	OLGA NORTHSHORE . . . . .	22		
DIA DE LOS MUERTOS TEA . . . . .	19				

## CLUBS

### ANTIQUES CLUB

Share information and ideas about antiques and collectibles. Seize the opportunity to show and tell.

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

**Location: Bothell, Room 202**

Leader: Ellen Carnwath, 425-823-6420

2nd Wed 10 am-Noon

- » **Oct 11, No tricks just treats:** Bring Halloween items plus treasures with autumn colors and themes (leaves, nuts, squirrels?). Let's celebrate fall.
- » **Nov 8, Family History:** Retrace your ancestors' countries of origin and bring related items. Gather maps, photos, plates, or pieces of jewelry.
- » **Dec 13, Christopher Radko:** learn about the "Czar for Christmas Present" as per the New York Times. Bring favorite Christmas decorations plus sandwich and holiday teats to share. (Beverages available in Coffee Bar.)





# CLUBS AND SOCIAL CONNECTIONS

## 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

**Book of the month at Kenmore**

Oct	Spare - Prince Harry
Nov	The Kitchen House - Kathleen Grissom
Dec	Crying at H-Mart - Michelle Zauner
Jan	The Paris Library - Janet Skeslien Charles

**Location: Mill Creek**

Facilitator: Molly K Barry

4th Thu Noon-1 pm

**Book of the month at Mill Creek**

Oct	A History of the World in Six Glasses - Tom Standage
Nov	Dreamland - Sam Quinones
Dec	After You - Jojo Moyes

## CHESS FUNDAMENTALS STUDY GROUP

Whether you play every day or haven't moved a pawn in years, if you have the desire to learn how to play chess better come and join our study group! We go through the basics (how to properly set up a chess board) all the way to end game strategies. We also study games played by the Grandmasters. Recent studies have shown chess is a great way to keep our mind sharp as we age, provides social interaction and can help reduce stress. We hope to see you! (Tournament chess boards and pieces provided.)

**FREE**

**Location: Mill Creek**

Ongoing Wed 2-3 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: Kenmore**

Ongoing Thu 12:30-3 pm

## CROCHET SOCIAL CIRCLE

Bring your current crocheting or knitting project or get inspiration from others to try something new. We are a low-key group who enjoy working as we visit.

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

**Location: Mill Creek**

Ongoing Tue 1-3 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 MEMBERS/\$5 NONMEMBER PER MONTH**

**Location: Bothell, Room 202**

Leaders: John Judy, 541-588-0319

1st Thu 10 am-Noon

## 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 Dec 26.

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

**Location: Bothell, Room 103**

Leader: Sallie Gerrard

Ongoing Tue 9:30-11 am

## PAINTING AND 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 Saeed

Ongoing Tue 10 am-Noon

# CLUBS AND SOCIAL CONNECTIONS

## 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

**NEW**

## WOMEN AND FRIENDSHIPS

Decades of research have shown women's friendships are vital for their health and well-being. This class will provide evidence-based info to help develop rewarding social connections and decrease isolation. Taught by a retired Clinical Social Worker, class activities will encourage social engagement and share findings on the physical and psychological health benefits of women's friendships. Call 425-489-0707 to sign up. Class limit 15.

**\$24 MEMBERS/\$48 NONMEMBERS 4 WEEKS**

**Location: Kenmore**

Facilitator: Cheryl Tyson

Oct 6-27 Fri 1-2:30 pm 4 weeks

## 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. Please bring a plant-based dish to share

**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](http://www.iacswa.org).

**FREE**

**\$4**

**MORNING/AFTERNOON LUNCH**

**Location: Bothell, Room 202/203 and Dining Room**

Facilitated by IACS

1st and 3rd Tue of Month

Morning programming 10:30 am-Noon

Lunch Noon-12:30 pm

Afternoon programming 1-2:30 pm

### NUTCRACKER TEA AND HOLIDAY TREATS SHOWCASE

We provide the Nutcracker inspired teas, you bring your favorite holiday treats and cookies to share.

**FREE**

**Location: Mill Creek**

Dec 15 Fri 1-3 pm

# CLUBS AND SOCIAL CONNECTIONS

## "NOSH 'TIL YOU DROP" LATKE PARTY

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

**FREE**

**Location: Mill Creek**

Dec 8                      Fri                      Noon-2 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                      9-11 am

## PINKIES UP! TEA PARTY

**\$5 PER PERSON**

**Location: Mill Creek (parking in rear of building)**

### » TEA AND MAGIC

Join us with professional magician David Hirata as we experience an afternoon of magical tea leaves and illusions.

Oct 6                      Fri                      1-3 pm

### » DIA DE LOS MUERTOS TEA

Celebrated primarily in Mexico, the Day of the Dead is a festive, bright holiday that celebrates life and the loved ones who have passed on. Come sip on Chrysanthemum tea, Mexican hot chocolate and a variety of treats associated with the holiday.

Nov 3                      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.

## WINTER SOLSTICE GARLAND MAKING

Celebrate the winter solstice by stringing together a traditional edible garland to hang outdoors for our wild bird friends. Made principally from cranberries and dried oranges, the Yule garland's use of oranges symbolizes the return of the sun and decorated many European trees throughout the ages.

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

**Location: Mill Creek**

Dec 21                      Thu                      1-3 pm

## GAMES

### BINGO

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

**\$4 MEMBER/\$6 NONMEMBER**

**PER PACKET**

**Location: Bothell, 202/203**

First Sat of Month                      12:30-2:30 pm  
Ongoing                      Wed                      4-6 pm

**Location: Mill Creek**

October                      Tue                      10:30 am-12:30 pm  
November                      Tue                      1-3 pm  
December                      Tue                      1-3 pm

### BRIDGE

"Bridge is by far the greatest card game of all, and it can provide immense challenge and enjoyment for the rest of your life" *Kate McKellar*. Come join us as we enjoy each other's company and play the 'greatest card game of all'.

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

**8 VISIT PUNCHCARD**

**\$40 MEMBER/\$80 NONMEMBER**

**16 VISIT PUNCHCARD**

**\$60 MEMBER/\$120 NONMEMBER**

**24 VISIT PUNCHCARD**

**Location: 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

# CLUBS AND SOCIAL CONNECTIONS

**NEW**

## COMMUNITY BOARD GAMES

Enjoy some "screen-free" fun playing classic board games. Yahtzee, Parcheesi, Clue, Rummikub, Scrabble, Backgammon, 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 12:30-3 pm

## CRIBBAGE

Beginning and experienced players welcome. No games Nov 10 and 24.

**\$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. No game Nov 23.

**\$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 Noon-3 pm

## LEARN TO PLAY MAHJONG

Interested in learning how to play Mahjong? Join veteran player Marlene Kurpiewski as she teaches the basic principles of the game to get you up and running! Starts October 2nd.

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

**Location: Mill Creek**

Leader: Marlene Kurpiewski

1st & 3rd Mon 1-2 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 Dec 26.

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

**Location: Bothell, Lounge**

Leader: Meg Myrick, 206-498-3072

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

Ongoing Tue 10 am-Noon

Ongoing Wed 4-6 pm

## PINOCHLE

Come play Pinochle with us. We have a great time, with no experience needed, any skill level welcome. No games Nov 10, 24 and Dec 25.

**\$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 12:30-3 pm

Double Deck Wed 12:30-3 pm

**Location: Kenmore**

Ongoing Fri Noon-3 pm

## TABLETOP GAMEPLAY

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

# CLUBS AND SOCIAL CONNECTIONS

## MUSIC

### CHRISTMAS CAROL SING-ALONG

Join us and our Music for Fun group as we sing traditional and modern Christmas songs.

**FREE**

**Location: Mill Creek**

Dec 18                      Mon                      1-3 pm

### GUITAR, ANYONE?

Elevate your inner Elvis. Break out your hidden Beatle. Spring that secret Springsteen. Come sing and strum your favorite tunes with us - and learn some catchy new songs, too. If you don't play guitar, you're welcome to bring your bass, harmonica, bongos, cowbell, or what have you. And if you don't play anything, just sing. Sharing music is good for body and soul. Join us.

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

**Location: Bothell, Room 205**

Leader: William Wiselogle

Ongoing                      Wed                      2:30-4 pm

### GUITAR CONNECTION

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

**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

**NEW**

### RUSSIAN, UKRANIAN AND ENGLISH SING-A-LONG

Join our multicultural sing-along event to listen to the songs in Russian, Ukrainian and English. Olga Yanikevich, a composer and pianist from Ukraine will perform her own music and songs, traditional Ukrainian and Russian songs. All participants will receive lyrics and will be able to sing together or just enjoy beautiful music. This event is organized by Jewish Family Service and Northshore Senior Center. It will be in Russian and English.

**FREE**

**Location: Bothell, Dining Room**

Oct 26                      Thu                      2 pm

# CLUBS AND SOCIAL CONNECTIONS

## 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:** PeterKirk 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

Oct 2, Nov 6, Dec 4 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

**FREE**

**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. We are happy to add you to our waiting list.

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

4th Thu Lunch 11:30 am-1 pm

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

### SHARING AND CARING

Conversations with other and building social support are effective ways to promote our health. Join this open-ended group to share and care.

**FREE**

**Location:** Bothell, Room 205

Wed 1-2 pm

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

janetz@mynorthshore.org

# CLUBS AND SOCIAL CONNECTIONS



## TRAVEL

### QUILT SHOW

#### » LOVE QUILTS AND QUILTING?

Join us for a trip to the Fall Quilt Show in Everett. This is a huge exhibition with lots of quilts, classes, vendors, etc. Lunch on your own in the convention center. Price includes ticket which is valid all weekend for multiple entry. Minimum 6, maximum 13

**\$45 MEMBERS/\$90 NON-MEMBERS**

Oct 6                      Fri                      9:30 am - 2:30 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 at own expense.

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

Oct 17                      Tue                      10 am-2 pm

### QUIL CEDA CREEK

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

**\$5 MEMBERS/\$10 NONMEMBERS**

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

### TRIP TO THE OPERA HOUSE

Join us for an evening of music and camaraderie with the US Army Soldiers Chorus and Veterans Choir presenting the world premiere of "The Path, Portraits of Service". Limit 26. Community Van pick up at NSC, Bothell

**\$15 MEMBERS/\$30 NONMEMBERS**

Nov 3                      Fri                      6 pm pick up

# CLUBS AND SOCIAL CONNECTIONS

## DAYS IN CANADA

We're traveling to Vancouver, Canada with Exploration Bus Tours for a 2 Day/1 Night visit Sunday and Monday, Nov 5 and 6. Highlights include a theater performance of Elf, the Musical, a visit to the Queen Elizabeth Park Conservatory as well as other attractions. Cost includes deluxe bus transportation, overnight accommodation, admissions to both the theatre and Conservatory, and one hosted full course lunch. Detailed information is available at Bothell Front Desk. You will be accompanied on the trip by both an Exploration Bus Travel Manager and an NSC volunteer.

**\$349 MEMBER PP/SHARING A DOUBLE ROOM**  
**\$79 MEMBER PP/SINGLE ROOM SUPPLEMENT**  
**\$50 SUPPLEMENT FOR NONMEMBER PP**

**\$20 DEPOSIT, ALONG WITH NONMEMBER SUPPLEMENT, ARE DUE AT TIME OF BOOKING.**

Nov 5 and 6 Sun-Mon

Cancellation until final payment due Oct 6.

## TAPROOT THEATRE

Christmas at Pemberley, being performed at the Taproot Theatre this holiday season, is the tale of the young sisters of Jane Austen's beloved characters Miss Bennet and Mr. Darcy. This time, it is Kitty and Georginna who are ready for their own adventures and love; but meddling parents and outmoded expectations get in their way. Taproot is a Seattle favorite, and our seats are located close to the action. Enjoy lunch at NSC dining room (included) before leaving for the theatre.

**\$35 MEMBER/\$70 NONMEMBER**

Nov 28 Tue Lunch at Noon  
Bus 12:45-4:45 pm



## A HAPPY HOLIDAY IN SEATTLE

We'll start our day with a Seattle Chocolate factory tour (with tasting and samples) and then move on to view the famous annual Gingerbread Village at the Sheraton Grand Hotel. After having lunch (at own expense) we'll then have a chance to enjoy the Winterfest activities at the Seattle Center: The also famous, Electric Train and Village will be on display in the Armory, and a Sculpture Walk will be taking place on the grounds. \*While there are steps up to the processing floor of the chocolate factory, those unable to climb may watch a video of this portion of the tour.

**\$39 MEMBER/\$78 NONMEMBER**

Dec 5 Tue 8:30 am-4 pm



# CLUBS AND SOCIAL CONNECTIONS

## MOLBAKS HOLIDAY FUN

We'll travel to Molbaks to enjoy the spectacular holiday displays, and surround ourselves in seasonal beauty. Lunch on your own at the Rusty Pelican in Woodinville. Min. 6/Max. 13

**\$30 MEMBERS/\$60 NONMEMBERS**

Dec 12                      Tue                      10 am-2 pm

## BEAUTIFUL: THE CAROLE KING MUSICAL

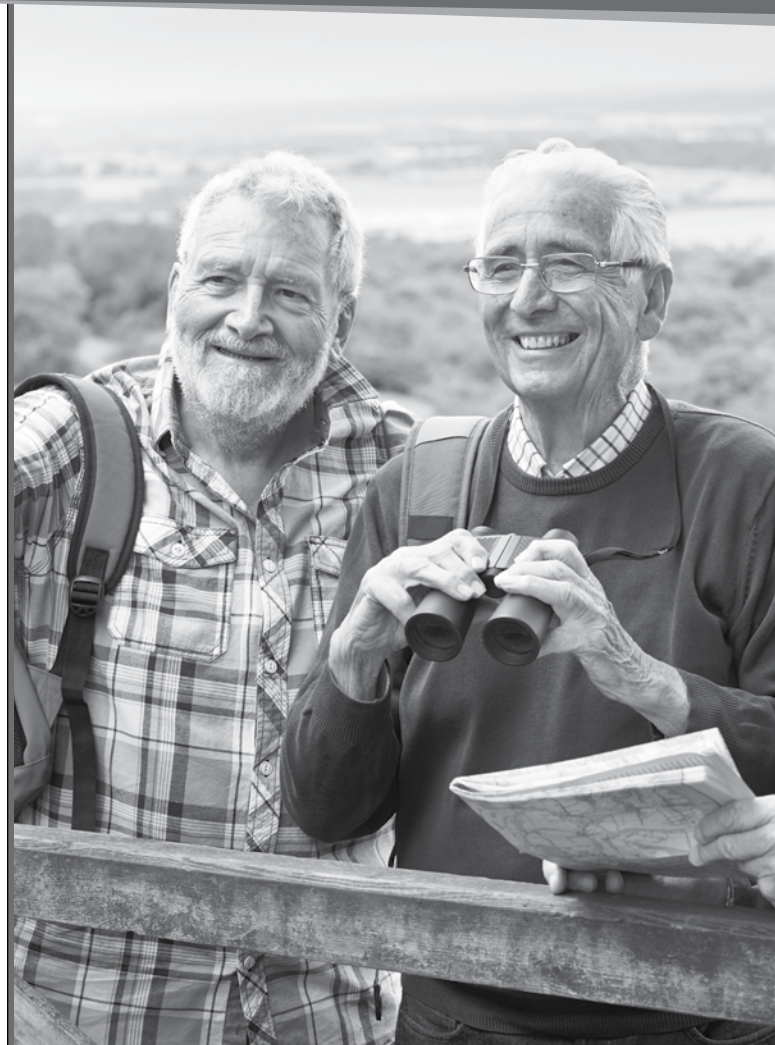
Join us for a matinee performance of BEAUTIFUL: The Carole King Musical, at the Everett Village Theatre. BEAUTIFUL is the story of this ground-breaking female artist and her remarkable rise to stardom. Enjoy some of Carole's hits like "You've Got a Friend", "One Fine Day" and "The Loco-Motion." Have lunch (included) at the NSC dining room before the performance.

**\$75 MEMBER/\$150 NONMEMBER**

Jan 25                      Thu                      Lunch at Noon  
Bus 12:45-5 pm

## DAY TRIP GUIDELINES:

- » Reserve your spot by calling any NSC location.
- » Minimum 6 passengers needed for trip.
- » Bus pickup/drop off at NSC Bothell
- » 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.



**NEW**

## TRAVEL CLUB

Come join our group, we are a group of singles/doubles wanting to travel. Ideas and interest are welcome. We meet on the last Thursday of the month at 1 pm. Interest so far are varied and cover several possibilities.

- International, National Travel
- Cruises small and large, bus/train tour
- Single or Double accommodations
- Relaxing - Adventurous

The group will work together to come up with travel options and opportunities that best address these interests. Please sign up at the front desk.

**FREE**

**Location: Bothell, Room 202**

Last Thursday of each month                      1 pm

# HEALTH AND NUTRITION

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

2024 MEDICARE OPEN ENROLLMENT .....	26	FOOD BANKS .....	26	MEALS-ON-WHEELS .....	26
AROMATHERAPY .....	27	FOOD PROGRAMS .....	26	MINDFULNESS PRACTICE .....	28
COMMUNITY DINING AT BOTHELL .....	26	HEALTH AND WELLNESS EDUCATION .....	26	OPIOIDS IN OUR COMMUNITY: .....	28
CURIOUS ABOUT CANNABIS? .....	27	LISTENING MORE CAREFULLY AND EXPRESSING		SIGNIFICANT LIFE CHANGES .....	28
DIABETES .....	27	MORE CLEARLY .....	27	SOLO AGING .....	28
FELDENKRAIS METHOD: .....	27	MATTER OF BALANCE PROGRAM .....	27		

## FOOD PROGRAMS

### COMMUNITY DINING AT BOTHELL

Come and enjoy a wonderful in person dining experience Monday thru Friday in our welcoming dining room. Enjoy a warm meal while meeting new friends. Menus are available on-line or at our front desk. 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 NORTSHORE 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>  
**FREE**

**Location: Bothell Senior Center**

Ongoing	Tue	9 am-Noon Online/10 am-Noon Drop In
Ongoing	Sat	9 am-Noon Online/10 am-Noon Drop In

**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](http://www.soundgenerations.org).

**SUGGESTED DONATION OF \$6 EACH MEAL**

**Location: Bothell**

Order before Tuesday, delivered Thursday morning.  
For information or orders call Northshore Senior Center MOW at 425-286-1049

## HEALTH AND WELLNESS EDUCATION

### 2024 MEDICARE OPEN ENROLLMENT EVENT WITH SHIBA

Mill Creek will be hosting an Open Enrollment event with the fantastic Snohomish County SHIBA team. Even if you are happy with your Medicare choices, it's wise to speak to a SHIBA advisor about the upcoming 2024 year to see if there are any changes to your plan and to make sure your Part D plan will continue to cover any meds you are taking in the upcoming year. If you are looking to make a change for 2024, Open Enrollment is the time you are allowed to do this. Open Enrollment begins October 15th and ends December 7th. You must call Snohomish SHIBA at (425) 290-1276 to make your appointment!

**FREE**

**Location: Mill Creek (parking in rear of building)**

Nov 18 Fri By appointment, call 425-290-1276

### 2024 MEDICARE OPEN ENROLLMENT PRESENTATION

During this FREE session, you will learn:

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

**FREE**

**Location: NSC Bothell, Room 202**

Oct 19 Thu 1-3:30 pm

Presenters: Larry Cole & Connie Taylor, Solid Ground SHIBA (Statewide Health Insurance Benefits Advisors) Volunteers

To register, contact Janet Zielasko, MS, LSW; 425-286-1035; [janetz@mynorthshore.org](mailto:janetz@mynorthshore.org)

# HEALTH AND NUTRITION

## 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

Oct 13-27	Fri	9-10:30 am
Dec 8-22	Fri	9-10:30 am

## CURIOUS ABOUT CANNABIS?

» **LEARN MORE AT THIS FREE SESSION!**

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

**FREE**

**Location: Kenmore Senior Center, Annex Building**

Oct 18	Wed	1-2:30 pm
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Presenter: Lisa Buchanan, RN, OCN emeritus, MMS, Dockside Cannabis  
Pre-registration required. To register, contact Janet Zielasko, MS, LSW; 425-286-1035; janetz@mynorthshore.org

## DIABETES: OUT WITH THE OLD, IN WITH THE NEW

Recommendations for Diabetes Management are constantly changing. Come learn the latest on nutritional and physical activity guidelines, medication options and insurance requirements, and technology-based tools to improve blood sugar control. Will include a review of diabetes physiology, "hands-on" activities, and take-home info.

**FREE**

**Location: Mill Creek**

Oct 24	Tue	1-2:30 pm
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Presenter: Glen Felias-Christensen, RN, MPH, CDCES  
Pre-registration required. To register, contact Janet Zielasko, MS, LSW; 425-286-1035; janetz@mynorthshore.org

## FELDENKRAIS METHOD: AWARENESS THROUGH MOVEMENT

Increase your capacity to function! In this class we explore movement to support your ability to expand and improve your quality of life. All abilities welcome. Comfortable clothing recommended. Taught by Patty Bredice a certified Feldenkrais Practitioner.

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

**Location Health & Wellness Center, Conference Room**

Oct	Tue	10-11 am	5 weeks
Nov	Tue	10-11 am	4 weeks
Dec	Tue	10-11 am	4 weeks

Instructor: Patty Bredice

## LISTENING MORE CAREFULLY AND EXPRESSING MORE CLEARLY

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

**FREE**

**Location: NSC Bothell, Room 202**

Nov 16	Thu	1-2:30 pm
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Presenter: Janet Zielasko MS, LSW

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

## MATTER OF BALANCE PROGRAM

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

**FREE**

**Location: Peter Kirk Community Center**

Oct 2-Nov 20	Mon	1:30-3:30 pm
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Facilitators: Georgia Rigler, MSW, LICSW and Janet Zielasko, MS, LSW  
Pre-registration required. To register, please call 425-587-3360.

# HEALTH AND NUTRITION

## **MINDFULNESS PRACTICE: LIVING A HAPPIER AND HEALTHIER LIFE**

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

**FREE**

**Location: NSC Bothell, Room 202**

Dec 6 Wed 1-2:30 pm

Speaker: Steve Wilhelm, Certified Mindfulness Teacher

Pre-registration required. To register for in-person or virtual, please contact Georgia Rigler, MSW, LICSW at 425-286-1047 or georgiar@mynorthshore.org

## **OPIOIDS IN OUR COMMUNITY: » WHAT I NEED TO KNOW**

Learn how opioids are impacting our communities and how to respond in an overdose emergency. Whether you know someone who uses opioids or not, you might be in a position to save someone's life.

**FREE**

**Location: Mill Creek**

Oct 19 Thu 1-2:30 pm

Presenters: Brenna Smith & Abby Jernberg from Snohomish County Health Department

To register, contact Georgia Rigler, MSW, LICSW; georgiar@mynorthshore.org or 425-286-1047

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

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

**FREE**

**Location: Peter Kirk Community Center**

Dec 4 Mon 1-2:30 pm

Presenter: Georgia Rigler, MSW, LICSW

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



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

A growing portion of the 50+ population is composed of 'solos'...individuals who cannot or choose not to rely on family to help navigate life events & make health decisions. This 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!

**FREE**

**Location: Bothell, Room 202**

Mon 10:30 am-Noon

Oct 2, 16, 30; Nov 13, 27

Facilitator: Pat Olsen

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

# LIFELONG LEARNING

INFORMATIONAL PROGRAMMING FOCUSED ON PERSONAL DEVELOPMENT AND LEARNING NEW SKILLS.

AARP SMART DRIVER COURSE.....33	DRIFTWOOD SCULPTURE .....30	MULTI MEDIA CLASS .....31
ART CLASSES.....29	FOCUS ON FIXED INCOME .....35	OPEN ART STUDIO .....31
ASTRONOMY.....33	FOLK ART OF MEXICO .....30	OUTSMART THE SCAMMERS .....35
BOOK-A-LIBRARIAN .....32	FOR THE LOVE OF THEATRE .....34	SCRAPPY 'N SNAPPY .....31
BOOST YOUR MOOD WITH FOOD AND FITNESS...33	GENEALOGY CLASS .....34	SIMPLIFY YOUR SPENDING AND SAVING STRATEGIES .....35
BOTHELL HISTORY AND THE PRESERVATION OF YOUR FAMILY HISTORY .....34	GERMAN CONVERSATIONAL PLUS.....32	SPECIAL INTEREST .....33
CARD MAKING .....29	IN STITCHES.....30	TECHNOLOGY .....33
COLORED PENCIL/DRAWING .....29	KING COUNTY LIBRARY SYSTEM .....33	THE MORE YOU KNOW: COMMUNITY RESOURCES & INFORMATION SHARING.....35
COMPUTER AND PHONE HELP .....33	LANGUAGES .....32	UBUNTU PHILOSOPHY.....35
DIVERSITY: THE AMERICAN MOSAIC.....34	LITERATURE.....32	WATERCOLOR .....32
DOWNSIZING THE FAMILY HOME .....34	LOWFIRE POTTERY AND SCULPTURE .....30	
DRAW/SKETCH - BEGINNING .....29	MEMOIR WRITING CLASS .....32	
	MEMOIR WRITING WITH BARB MASTERSON ...32	

## ART CLASSES

### CARD MAKING

Make one-of-a-kind greeting cards using new techniques and media each week. Cards and most materials included. Please bring your favorite materials, plus scissors and watercolors/colored pencils if you have them. Card supplies included in price of class. No class Nov 10 and 24.

<b>\$20 MEMBER/\$40 NONMEMBER</b>	<b>2 WEEKS</b>
<b>\$40 MEMBER/\$80 NONMEMBER</b>	<b>4 WEEKS</b>
<b>\$50 MEMBER/\$100 NONMEMBER</b>	<b>5 WEEKS</b>

**Location: Bothell, Room 103**

Instructors: Shuko Mantooth and Kimberly Smith

Oct 6-27	Fri	1-2 pm	4 weeks
Nov 3-17	Fri	1-2 pm	2 weeks
Dec 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. No class Nov 23.

<b>\$28 MEMBER/\$56 NONMEMBER</b>	<b>4 WEEKS</b>
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**Location: Bothell, Room 104**

Instructor: Judy Moritz; 425-488-8270

Oct 5-26	Thu	11 am-2 pm	4 weeks
Nov 2-30	Thu	11 am-2 pm	4 weeks
Dec 7-28	Thu	11 am-2 pm	4 weeks

### NEW DRAW/SKETCH - BEGINNING

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

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

**Location: Kenmore**

Instructor: Kimberly Smith

Oct 2-30	Mon	1-3 pm	5 weeks
Nov 6-27	Mon	1-3 pm	4 weeks
Dec 4-18	Mon	1-3 pm	3 weeks

Please call 425-489-0707 to register.

# LIFELONG LEARNING

## DRIFTWOOD SCULPTURE

With driftwood sculpture, we bring out the beauty hidden under layers of dirt and decay. The LuRon method teaches us to clean, shape and finish old "found" wood into a unique sculpture. No class Nov 23.

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

**Location: Bothell, Room 104**

Instructor: Alice Shuler; 425-485-1221

Oct 5-26	Thu	8:30-10:30 am	4 weeks
Nov 2-30	Thu	8:30-10:30 am	4 weeks
Dec 7-28	Thu	8:30-10:30 am	4 weeks

Oct 5-26	Thu	2:30-4:30 pm	4 weeks
Nov 2-30	Thu	2:30-4:30 pm	4 weeks
Dec 7-28	Thu	2:30-4:30 pm	4 weeks

**Location: Kenmore**

Instructor: Susan Watts; 858-437-3466

Oct 2-30	Tue	10 am-Noon	5 weeks
Nov 7-28	Tue	10 am-Noon	4 weeks
Dec 5-19	Tue	10 am-Noon	3 weeks

**NEW**

## FOLK ART OF MEXICO

Delve into the colorful world of Mexican folk art! We'll learn how to make big, beautiful tissue paper flowers, paint plaster sugar skulls and Catrina's for Dia de los Muertos, weave "God's Eyes" (an art form from the indigenous Huichol peoples) and craft the star-like Navidad Pinatas.

**\$5 PER SESSION**

**Location: Mill Creek**

Facilitator: Mercedes Navarro

### Paper Flowers

Oct 10	Tue	12:30-2:30 pm
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### Sugar Skull Painting

Oct 31	Tue	12:30-2:30 pm
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### Ojos de Dios (God's Eye)

Nov 14	Tue	12:30-2:30 pm
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### Navidad (Christmas) Pinatas

Dec 5	Tue	12:30-2:30 pm
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## 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. No class Nov 24 and Dec 22. Max 15 students.

<b>\$30 MEMBER/\$60 NONMEMBER</b>	<b>3 WEEKS</b>
<b>\$40 MEMBER/\$80 NONMEMBER</b>	<b>4 WEEKS</b>

**Location: Kenmore**

Instructor: Shuko Mantooth

Oct 6-27	Fri	10 am-Noon	4 weeks
Nov 3-17	Fri	10 am-Noon	3 weeks
Dec 1-29	Fri	10 am-Noon	4 weeks

**NEW**

## LOWFIRE POTTERY AND SCULPTURE

All skill levels are welcome. If you always wanted to try to create objects with clay, join us for fun and camaraderie. Various techniques will be demonstrated. Students may also choose to work independently and receive guidance on work that is already in progress. Supplies and firing are included in the fee. Bring your own tools or use ours.

<b>\$32 MEMBER/\$64 NONMEMBER</b>	<b>4 WEEKS</b>
<b>\$40 MEMBER/\$80 NONMEMBER</b>	<b>5 WEEKS</b>

**Location: Bothell, Room 103**

Co-facilitators: Lori Simmons and Judie Dobner

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

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

**Location: Bothell, Room 104**

Instructor: Gretchen Davey

Oct 2-30	Mon	1:30-3:30 pm	5 weeks
Nov 6-27	Mon	1:30-3:30 pm	4 weeks
Dec 4-18	Mon	1:30-3:30 pm	3 weeks

## OPEN ART STUDIO

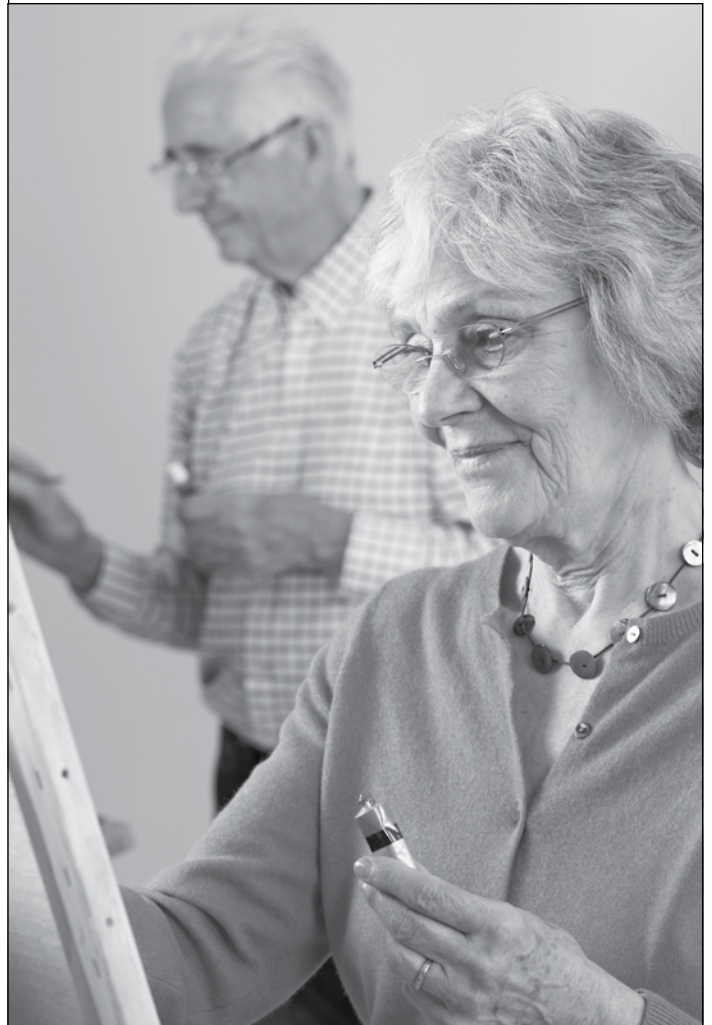
Join the camaraderie of artistic creation, regardless of your medium. Bring your own projects and supplies to work independently in a room of others, also working independently. Studio is staffed by an art instructor, available for encouragement, advice and help. Bring a plastic cloth to protect the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

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

**Location: Bothell, Room 104**

Leader: Beverly Parcel

Oct 4-25	Wed	12:30-3:30 pm	4 weeks
Nov 1-29	Wed	12:30-3:30 pm	5 weeks
Dec 6-27	Wed	12:30-3:30 pm	4 weeks



**NEW**

## SCRAPPY 'N SNAPPY

Beginning and experienced sewists will create wonderful items from fabric scraps including garlands, bunting, holiday/birthday items and one-of-a-kind gifts and treasures. Fabric, sewing machines, and supplies are included in class fee. Class is two 3-hour sessions. Feel free to bring your lunch and some of your own fabric stash and/or portable sewing machine to add to the fun!

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

**Location: Kenmore**

Instructor: Barbara Osborne

Oct 3 & 10      Tue      10 am-1 pm

Call 425-489-0707 to sign up

# LIFELONG LEARNING

## 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 Nov 1, 10, 24 and Dec 25.

<b>\$16 MEMBER/\$32 NONMEMBER</b>	<b>2 WEEKS</b>
<b>\$24 MEMBER/\$48 NONMEMBER</b>	<b>3 WEEKS</b>
<b>\$32 MEMBER/\$64 NONMEMBER</b>	<b>4 WEEKS</b>
<b>\$40 MEMBER/\$80 NONMEMBER</b>	<b>5 WEEKS</b>

**Location: Bothell, Room 104**

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

Oct 2-30	Mon	10 am-1 pm	5 weeks
Nov 6-27	Mon	10 am-1 pm	4 weeks
Dec 4-18	Mon	10 am-1 pm	3 weeks

Oct 6-27	Fri	9 am-Noon	4 weeks
Nov 3-17	Fri	9 am-Noon	2 weeks
Dec 1-29	Fri	9 am-Noon	5 weeks

**NEW**

**Location: Bothell, Room 104**

Instructor: Kimberly Smith

Oct 4-25	Wed	9 am-Noon	4 weeks
Nov 8-29	Wed	9 am-Noon	4 weeks
Dec 6-27	Wed	9 am-Noon	4 weeks

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

**Location: Kenmore**

Instructor: Kimberly Smith, call 425-489-0707 to register. Class limit 8. Email instructor for supply list: kimbokcreationsart@gmail.com

Oct 3-31	Tue	10 am-1 pm	5 weeks
Nov 7-28	Tue	10 am-1 pm	4 weeks
Dec 5-19	Tue	10 am-1 pm	3 weeks

<b>\$24 MEMBER/\$48 NONMEMBER</b>	<b>4 CLASSES</b>
<b>\$30 MEMBER/\$60 NONMEMBER</b>	<b>5 CLASSES</b>

**Location: Mill Creek**

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

October	Wed	10 am-Noon	4 classes
November	Wed	10 am-Noon	5 classes
December	Wed	10 am-Noon	4 classes

## 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 smart phone* • *Creating an email account* • *Browsing the library's catalog* • *Downloading ebooks and downloadable audiobooks* • *Searching the internet* • *Using electronic databases* • *Other computer basics*

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

**FREE**

**Location: Mill Creek**

2nd & 4th Tue 1-3 pm

To schedule an appointment call 425-948-7170





# LIFELONG LEARNING

## 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**

Oct 19	Thu	10:30 am-Noon
Nov 16	Thu	10:30 am-Noon
Dec 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/\$30 NONMEMBER**

**Location: Bothell, Room 205**

Instructor: Heather LeRoss

Oct 6-Dec 29	Fri	10 am-Noon	11 weeks
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## MEMOIR WRITING WITH BARB MASTERSON

We all have life stories to tell that are interesting and can become a written legacy. This 6-week class gives encouragement, affirmation, structure, writing strategies and a chance to share one's stories. The purpose of this class is to get in touch with personal memories and enjoy the experience of writing about them. Please bring paper and writing materials to the first class.

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

**Location: Mill Creek (parking in rear of building)**

Instructor: Barb Masterson

Oct 11-Nov 15	Wed	10 am-Noon
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## 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 425-488-4821 to schedule an appointment.

**\$20 MEMBER/\$40 NONMEMBER 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](mailto: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 Dec 25.

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

**Location: Bothell, Room 205**

Coordinators: Jackie Campbell; 425-488-3517; [jcsgarden@yahoo.com](mailto:jcsgarden@yahoo.com)

Ongoing Mon 1-2:30 pm

# LIFELONG LEARNING

**NEW**

## **BOTHELL HISTORY AND THE PRESERVATION OF YOUR FAMILY HISTORY**

Karin Poage is co-owner of an 85 year old family business in Bothell, The Yakima Fruit Market & Nursery, and has a lifelong interest in history. Karin has worked on local history projects, preserved the history of the fruit market and recently published a book about a relative's experience in the Pandemic of 1918. She will share some of her historic tidbits about the fruit market's original and encourage you to preserve your family's history.

**FREE**

**Location: Bothell, Room 202**

Nov 9 Thu 1-2:30 pm

Presented in conjunction with the Bothell Historical Museum

**NEW**

## **BOOST YOUR MOOD WITH FOOD AND FITNESS**

Your mood is closely related to what you eat and how you move your body. Some other factors that can contribute to your mood include weather, medications, quality and quantity of sleep, and environment (others around you, being inside or outside). Join us to learn more about how you can take back control of your feelings to be more positive and kinder to others and yourself.

**FREE**

**Location: Bothell, Room 202**

Nov 1 Wed 10 am

Presenter: Garrick Chock



**NEW**

## **DIVERSITY: THE AMERICAN MOSAIC**

Immerse yourself in a Diversity, Equity and inclusion workshop designed to increase personal understanding and foster more inclusive organizations. Four experiential sessions delve into unconscious bias, privilege, cultural identity, and diversity. Cultivate an atmosphere of belonging and inclusion. Engaging activities and thought-provoking discussions will empower attendees to deepen their awareness and practice of building a more respectful, and harmonious environment for everyone.

- » Oct 5: Unpacking unconscious biases and stereotypes that all people have.
- » Oct 12: How power and privilege affect our life even when we're unaware of their impact.
- » Oct 25: Understand the power of each person's unique, complex cultural identity.
- » Nov 2: Brainstorm how Northshore Senior Center can become a more inclusive organization.

**FREE**

**Location: Bothell, Room 202**

Oct 5, 12, 26 and Nov 2

Thu 1-2:15 pm

Co-led by NSC members Dan Hudson and Mark Smutny

**NEW**

## **DOWNSIZING THE FAMILY HOME**

If you think it might be time to downsize (or right size) your home, this workshop is for you. Learn about various housing options, how to declutter your home, financial implications of selling your home and where to find help with the entire process. All participants will leave with a workbook to help with the decluttering process.

**FREE**

**Location: Bothell, Room 202**

Presenter: Brooke Knight, Senior Real Estate Specialist

Oct 24 Tue 10-11:30 am

Pre-registration is required. To register, please call Brooke Knight at 360-919-6996; or email [brooke@goodknighthomes.com](mailto:brooke@goodknighthomes.com)

# LIFELONG LEARNING

**NEW**

## FOCUS ON FIXED INCOME

Presentation will explain the basics of fixed income investments, the seven characteristics and the advantages of laddering and how fixed income may be part of your investment strategy.

**FREE**

**Location: Bothell, Room 202**

Presenter: Randy Busch

Oct 10                      Tue                      10-11 am

## 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 MEMBER/\$10 NONMEMBER**

**PER MONTH**

**Location: Bothell, Room 205**

Facilitator: Leonard Goodisman

Ongoing                      Thu                      10 am-Noon

**NEW**

## GENEALOGY CLASS

Learn to research your family history. As with any research, you aren't always sure what you'll find until you find it. Genealogical research can be a wonderful way to learn more about your ancestors. You will learn basic research methods and be introduced to various record sources.

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

**2 WEEKS**

**\$40 MEMBER/\$80 NONMEMBER**

**4 WEEKS**

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

**5 WEEKS**

**Location: Bothell, Room 205**

Instructor: Meg Myrick

Oct 6-27                      Fri                      1-2 pm                      4 weeks

Nov 3-17                      Fri                      1-2 pm                      2 weeks

Dec 1-29                      Fri                      1-2 pm                      5 weeks

## THE MORE YOU KNOW: COMMUNITY RESOURCES & INFORMATION SHARING

This group 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 Tue/month                      Tue                      1-2 pm

Oct 3, Nov 7, Dec 5

Facilitator: Cassidy Stout, NSC Community Resource Specialist

Pre-registration required. To register, call Cassidy Stout 425-286-1072;

cassidys@mynorthshore.org

**NEW**

## OUTSMART THE SCAMMERS

Presentation will give you the information you need to outsmart the scammers.

**FREE**

**Location: Bothell, Room 202**

Presenter: Randy Busch

Nov 14                      Tue                      10-11 am

**NEW**

## SIMPLIFY YOUR SPENDING AND SAVING STRATEGIES

Presentation encourages developing a budget, identifying financial goals, understanding the balance between spending, saving and borrowing and having a strategy.

**FREE**

**Location: Bothell, Room 202**

Presenter: Randy Busch

Dec 12                      Tue                      10-11 am

**NEW**

## UBUNTU PHILOSOPHY

Have you ever wondered how Nelson Mandela was able to walk out of prison, after being incarcerated for 27 years? Why he not only forgave his oppressors, but united a country after years of Apartheid, even befriendng a foe who tried to kill him. It was Ubuntu. Are you satisfied with how the country connects with each other? Would you like to know how to forgive, embrace and empower your community? Come engage with Izak as he shares the 14 principles of Ubuntu in a collaborative conversation over 4 weeks. Although each week builds on the previous, you're welcome to join just for one. Recommended reading material will be handed out to a lucky few.

**FREE**

**Location: Bothell, Room 202**

Presenter: Izak van Rensburg

Oct 4-25                      Wed                      1-2:30 pm

# SUPPORTING SELF-CARE AND CAREGIVERS

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

2024 MEDICARE OPEN ENROLLMENT EVENT WITH SHIBA .....	39	EMPLOYMENT MATCHING PROGRAM AND COMMUNITY CONNECTIONS .....	40	MASSAGE.....	41
ADULT CHILDREN OF AGING PARENT SUPPORT GROUP.....	42	ENHANCE®WELLNESS .....	37	MEDICAL EQUIPMENT CHECK-OUT .....	41
ADULT DAY CENTER .....	36	FAMILY CAREGIVING CONSULTATION .....	38	PARKINSON'S SUPPORT GROUP.....	43
ADULT DAY HEALTH .....	36	FINANCIAL COUNSELING.....	39	PEARLS .....	38
ALCOHOLICS ANONYMOUS.....	42	FOOT CARE.....	40	PERSONAL CONSULTATIONS.....	38
CAREGIVERS SUPPORT GROUP .....	42	FROM HEARTACHE TO AN OPEN HEART .....	43	REFLEXOLOGY.....	41
COMMUNITY RESOURCE SPECIALIST CONSULTATION.....	37	HAIR SALON – TOOTSIE'S PARLOR .....	41	SHORT-TERM RESPITE .....	37
CONSULTATIONS.....	37	HOMAGE AGING & DISABILITY RESOURCE SPECIALISTS .....	40	STATEWIDE HEALTH INSURANCE BENEFITS ADVISOR (SHIBA) .....	41
DENTAL HYGIENE .....	39	HOME ASSISTANCE TO SENIORS .....	40	TRANSPORTATION .....	45
DIABETES/PRE-DIABETES GROUP.....	43	INCLUSION PROGRAM.....	39	W.I.S.D.O.M. ....	37
		JOB SEARCH SUPPORT.....	41	WELLNESS NURSE .....	38

## ADULT DAY HEALTH

### ADULT DAY CENTER

Northshore Senior Center operates a state-approved, non-profit Adult Day Health Program serving adults experiencing physical, mental, or social problems associated with arthritis, diabetes, stroke, isolation, developmental disabilities, Alzheimer's disease, and other conditions. We provide a safe and enjoyable therapeutic activity program, while offering families and caregivers a much-deserved break.

#### » PROFESSIONAL SERVICES

- » Case Management
- » Health Screening
- » Occupational Therapy Services
- » Nursing
- » Social Work
- » Foot Care
- » Transportation

#### » PROGRAM ACTIVITIES

- » Social Activities
- » Arts & Crafts, Creative Pursuits
- » Music, Entertainment, & Dancing
- » Table Games
- » Walks/Active Games
- » Specialized Exercise & Equipment
- » Body Conditioning & Movement Therapy
- » Computer Learning Center
- » Group Discussions & Speakers
- » Pet Therapy
- » Lunch & Snacks

#### Program Hours & Fees

Monday-Friday starting at 10 am.

Programming ends at 2:30 pm, staff available until 3 pm

**\$70-\$80/DAY**

**(INCLUDES LUNCH, ALL PROGRAM SERVICES AND ACTIVITIES)**

*Financial assistance may be available through COPES, Respite, the VA, DD Respite, the Senior Citizens Services Act, or private insurance.*

To enroll, please schedule an intake appointment with the social worker by calling the Northshore Health & Wellness Center at 425-488-4821 ext. 124 Kathy Bates, Social worker/intake coordinator.

# SUPPORTING SELF-CARE AND CAREGIVERS

## SHORT-TERM RESPITE

The Adult Day Center's short-term respite program is designed to give quick, easy respite to those families and caregivers who need it for limited periods of time. It is for participants who do not need medications during program hours and do not have complex rehabilitative or therapy needs. Please call for availability.

### \$70/DAY

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

## W.I.S.D.O.M. (FORMERLY BRAIN FITNESS) WELLNESS & INDEPENDENCE FOR SENIORS DEVELOPING ONSET 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](mailto:cassidys@mynorthshore.org)

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

Tue 9:15 am-4:15 pm

Fri 9:15 am-2:15 pm

#### Location: PeterKirk Community Center

Wed 8 am-4 pm

### ENHANCE®WELLNESS

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

For more details, contact:

Lydia Barnsley, LPN, 425-286-1029; [lydiab@mynorthshore.org](mailto:lydiab@mynorthshore.org)

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



# SUPPORTING SELF-CARE AND CAREGIVERS

## FAMILY CAREGIVING CONSULTATION

Family caregivers provide a wide range of unpaid services to their loved ones. You may care for a loved one at home or provide long distance support. The Social Services staff person is available to you, the caregiver, to assess, manage and improve your own health. Services include consultation, connecting with community resources, strategies to cope with stress, and enhancing your personal health and well-being. Please call for an individual appointment.

### FREE

#### NSC Bothell:

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

#### Peter Kirk Community Center (By appointment)

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

#### Kenmore Senior Center:

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

# SUPPORTING SELF-CARE AND CAREGIVERS

## INCLUSION PROGRAM

Inclusion • Friendship • Advocacy • Skills  
inclusion@mynorthshore.org

### PROGRAM OVERVIEW

The Northshore Inclusion Program offers year-round, weekly and ongoing specialized and inclusive activities and support for individuals of all ages with intellectual, cognitive and developmental disabilities, their family and caregivers. Classes include: various exercise classes, arts, life skills, and other fun topics. We also offer evening social programs throughout each session. In person and virtual classes.

### PARTICIPATION INFORMATION

Programming is open to anyone to inquire about participation. At this time programming does not support personal care needs, required 1:1, wanderers or combative behavior and participants with these needs are welcome to bring a caregiver to programs at no cost. The goal is to ensure this is a successful program for all individuals, contact the program coordinator to discuss how this can be made to be a successful experience for your participant if the above is of concern.

**PRE-REGISTRATION IS REQUIRED TO PARTICIPATE IN PROGRAMS.**

## SERVICES

### 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.

# SUPPORTING SELF-CARE AND CAREGIVERS

## HOME ASSISTANCE TO SENIORS

Are you in need of home assistance with errands, transportation, home maintenance, cleaning, cooking, yard work, caregiving, etc.? We can match you with one of our service providers who has the necessary skills/qualifications for the task or the assistance you need. You then discuss the job in more detail and negotiate the fee with the service provider. All the service providers in our database have gone through an initial interview and have been screened through the Washington State Patrol system. Please stop in or give us a call at 425-286-1028 if you'd like more information.

**Location: Bothell, 2nd Floor**

T/W/Th/F 1-4 pm

## HOMAGE AGING & DISABILITY RESOURCE SPECIALISTS

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

**Location: Mill Creek**

2nd & 4th Thu of the month 10:30 am-1 pm



## EMPLOYMENT MATCHING PROGRAM AND COMMUNITY CONNECTIONS

Do you have a pre-retirement career or 'honey do' skills that are getting a little rusty from disuse in your retirement years? Maybe you're looking for something else to do to keep busy? How about signing up with our NSC Employment Matching program and becoming one of our 'Seniors helping Seniors'? It's truly a win/win situation. You get to use your life skills helping seniors that need assistance, while earning some extra money for yourself. It's easy. All potential service providers are initially interviewed and checked through the Washington State Patrol system. Our volunteer NSC Employment Matching Program receives calls daily asking for help. We find one of our service providers who's a good match for what the "client" is needing assistance with, then give you a call to see if you're interested. If you are, you then call the client, discuss the job and negotiate a fee. Another happy client and another happy service provider feeling good about being able to help someone else out.

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

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

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

**Location: Bothell, 2nd Floor**

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 NONMEMBER**

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

Ongoing 8 am-4 pm

By appointment: 425-488-4821.



# SUPPORTING SELF-CARE AND CAREGIVERS

## HAIR SALON – TOOTSIE’S PARLOR

Services include: Women: Haircut and style; shampoo and style; permanent wave. Men: Haircuts. *Special appointments by request*

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

To make an appointment call 425-286-1050

Brenda; Hairstylist

Ongoing Mon/Tue 9 am-3 pm

Chrystal; Hairstylist

Ongoing Fri 9 am-1 pm

## JOB SEARCH SUPPORT

The North Creek Presbyterian Church offers free assistance for those seeking employment. There will be support on resume writing, interviewing skills, networking and other job searching techniques. No appointment is necessary. For further information call 425-743-2386.

**FREE**

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

Leader: Max Rigelman

Ongoing Fri 10 am-Noon

## MASSAGE

Massage 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**

Call for information: 425-488-4821

Massage Therapist: TBA

## 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: TBA

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

**No appointment Nov 10**

Note: Additional dates added for Open Enrollment

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

Oct 17, Nov 21, Dec 19 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.

# SUPPORTING SELF-CARE AND CAREGIVERS



## SUPPORT GROUPS

### ADULT CHILDREN OF AGING PARENT SUPPORT GROUP

Are you in the sandwich generation? As your parents age, are you struggling with legal and healthcare decisions, changing family roles and finding meaning in this new phase of your life? Learn, share and gain resources and emotional support from others who are traversing this inevitable transition.

**FREE**

**Location: Virtual**

Facilitator: Janet Zielasko, MS, LSW;  
425-286-1035; janetz@mynorthshore.org  
3rd Wed 6:30-8 pm

### ALCOHOLICS ANONYMOUS

If you think you have a problem, there is a solution. Come to our meeting.

**FREE**

**Location: Kenmore Annex**

Ongoing Sun 8-9 am

**Location: Bothell, Room 202/203**

7 days/week 7-8 am

### CAREGIVERS SUPPORT GROUP

Are you a spouse, partner, son, daughter, relative or friend who cares for a loved one with dementia or other chronic illness or disability? Come join other unpaid family caregivers for mutual support and assistance.

**FREE**

**Location: Advent Lutheran Church (In-person),**

**4306 132nd St, SE, Mill Creek**

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

**FREE**

**Location: Virtual**

Facilitator: Janet Zielasko, MS, LSW, 425-286-1035;  
janetz@mynorthshore.org  
4th Wed 11 am-Noon

**FREE**

**Location: Northshore Health& Wellness Center, conference room**

Facilitator: Kathy Bates BS, GMHS, 425-286-1024

KathyB@mynorthshore.org

2nd Wed 1-2 pm

# SUPPORTING SELF-CARE AND CAREGIVERS

## DIABETES/PRE-DIABETES GROUP

Join this supportive group to learn the latest on diabetes management and to share ideas, strategies for coping, and other helpful tips.

**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](mailto: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](mailto: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](mailto:georgiar@mynorthshore.org)

3rd Wed 10-11:30 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](mailto:janetz@mynorthshore.org)

3rd Tue 10-11 am



# SUPPORTING SELF-CARE AND CAREGIVERS



## TRANSPORTE

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

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

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

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

### » ¿DONDE IR?

Nuestro servicio puerta a puerta opera en King County primordialmente Bothell, Kenmore, Kirkland y Woodinville, así como oficinas medicas alrededor del Hospital Evergreen. En el Sur del Condado de Snohomish proporcionamos transporte limitado en algunas zonas no servidas por el servicio de transporte comunitario DART.

### » ¿HORARIOS DE SERVICIO?

Los horarios de servicio de reservacion y operacion son de Lunes a Viernes de 8 a.m. a 5 pm. Las oficinas y servicio de transporte no laboran en dias festivos y/o durante condiciones meteorologicas adversas.

### » ¿QUE COSTO TIENE?

Se sugiere una donacion de \$1.75 por viaje (elegible dentro del programa de ayuda) para Access o DART; \$2.50 es la donacion sugerida para las personas excentas del programa. Dicha donacion es voluntaria y no afectara el servicio.

### » ¿REQUERIMIENTOS PARA CLAIFICAR?

Principalmente transportamos personas que dentro de la ley ADA paratransit (personas con necesidades especiales), como Metro Access o DART Community Transit. Tambien ofrecemos servicios de apoyo de transporte para personas de la tercera edad para ayudarlos a acudir a sus citas medicas y/o a diversos lugares (restaurantes, bancos, librerias etcetera) en nuestra comunidad.

### » ¿A QUIEN DEBO CONTACTAR?

Si necesita ayuda para acceder a los servicios de transporte, llame al Programa de Derecho a Transporte al telefono 425-286-1058, evaluaremos sus necesidades de transporte especificas para acceder a la opcion de transporte mas adecuado para usted. Si requiere un transporte del programa ADA Paratransit , llame al numero 425-286-1026 o visite nuestro sitio en internet [www.northshoreseniorcenter.org](http://www.northshoreseniorcenter.org).

ideologia politica, discapacidad mental o fisica o cualquier otra razon prohibida por la ley.

Todos los comentarios son valorados y seran revisados por el gerente de operaciones.

Para obtener mas informacion sobre servicio al cliente llame al telefono 425-286-1026 o visite nuestro sitio web en [www.northshoreseniorcenter.org](http://www.northshoreseniorcenter.org)

# SUPPORTING SELF-CARE AND CAREGIVERS



## TRANSPORTATION

Northshore Senior Center Transportation partners with King County Metro and other agencies to provide transportation options to our participants, including:

- » Door-to-door service to Northshore and Kenmore Senior Centers
- » Service to the Northshore Adult Day Center and Health & Wellness Center
- » Shopping trips and local medical appointments
- » Personalized assessment of your transportation needs, and referral to the right transportation resource.
- » Volunteer transportation support
- » Application forms for the Regional Reduced Fare Permit and Metro Access
- » Support to use and feel comfortable with public transportation systems

All Northshore Senior Center mini-buses are wheelchair lift equipped. If you have special needs, please let us know and we will do our best to accommodate you.

### » WHERE DO YOU GO?

Our door-to-door service operates within King County in Bothell, Kenmore, Kirkland, and Woodinville, as well as medical offices around Evergreen Hospital. Within South Snohomish County we provide limited transportation in some areas not served by Community Transit DART.

### » WHEN DO YOU OPERATE?

Our reservation and operation hours are Monday-Friday, 8 am to 5 pm We are closed for holidays and during severe weather conditions.

### » HOW MUCH DOES IT COST?

There is a \$1.75 suggested donation per trip for Access or DART eligible rides; \$2.50 suggested donation each way for those not eligible for those programs. Inability to donate will not affect your service.

### » WHAT DO I NEED TO DO TO QUALIFY?

We primarily transport individuals who are also eligible for ADA paratransit – such as Metro Access or Community Transit DART – and are unable to use a regular bus. We also provide other transportation support to seniors to assist them in accessing healthcare and food resources in our community.

### » WHO DO I CONTACT?

If you need help accessing transportation services, please contact our Intake Coordinator at 425-286-1058. They will assess your specific transportation needs and support you in accessing the most appropriate transportation option. To Request an ADA paratransit type ride, please contact our Dispatch team at 425-286-1026 or at [nscdispatch@mynorthshore.org](mailto:nscdispatch@mynorthshore.org).

Northshore Senior Center shall not discriminate on the basis of age, gender, marital status, familial status, religion, race, color, creed, sex, national origin, sexual orientation, gender identity, political ideology, the presence of any sensory, mental or physical disability or any basis prohibited by law.

All customer comments, positive or critical, are valued and will be reviewed by the Transportation Operations Manager.

For more information on the Customer Grievance Policy call 425-286-1026, visit our website at [www.northshoreseniorcenter.org](http://www.northshoreseniorcenter.org) or email us at [nscdispatch@mynorthshore.org](mailto:nscdispatch@mynorthshore.org).

# RENTALS

## 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.

The Annex at the Kenmore Senior Center is available for daytime rentals Mon-Fri, 9am-3pm (2 hour minimum). The space accommodates 30 people and has a private restroom, water supply and large countertop serving area. Great place for birthday parties, board meetings, quilt retreats, etc. Call 425.489.0707 to reserve.

**For more information, to schedule a tour, or to reserve the picnic shelter for your event, 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](mailto:Volunteer@mynorthshore.org) or call 425-286-1032.**

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

# RESOURCE SERVICES

## A LISTING OF ADDITIONAL SERVICES AVAILABLE TO YOU.

### **211 HUMAN SERVICE ANSWERS**

» Dial 211 or [www.211.org](http://www.211.org)

### **APS - ADULT PROTECTIVE SERVICES (KING COUNTY)**

» 866-221-4909

### **ALZHEIMER'S ASSOCIATION**

» 206-363-5500 or  
800-848-7097 or [www.alzwa.org](http://www.alzwa.org)

### **AMERICAN DIABETES ASSOCIATION**

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

### **ARTHRITIS FOUNDATION**

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

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

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

### **BENEFITS CHECKUP ONLINE**

» [www.BenefitsCheckUp.org](http://www.BenefitsCheckUp.org)

### **CANCER LIFELINE**

» 1-800-255-5505

### **COMMUNITY LIVING CONNECTIONS**

» 1-844-348-5464

### **CRISIS CLINIC - KING COUNTY**

» 206-461-3222 or 866-4-CRISIS

### **CRISIS HOTLINE - SNOHOMISH COUNTY**

» 1-800-584-3578

### **DSHS - DEPARTMENT OF SOCIAL AND HUMAN SERVICES**

» [DSHS.gov](http://DSHS.gov)

### **ELDERCARE LOCATOR**

» 1-800-667-1116

### **ENERGY ASSISTANCE**

» Hopelink, 1-800-348-7144

### **FOOD BANK AND EMERGENCY ASSISTANCE**

» Hope Link, 425-889-7880

### **GERIATRIC REGIONAL ASSESSMENT TEAM**

» 206-923-6300

### **HOUSING FOR SENIORS**

» [www.snapforseniors.org](http://www.snapforseniors.org)

### **KING COUNTY VETERAN SERVICES**

» 1-877-904-VETS (8387)

### **LEGAL ASSISTANCE**

» Eastside Legal Assistance  
Program, 425-747-7274

### **LIFELONG AIDS ALLIANCE**

» 206-329-6923

### **LOW - VISION INFORMATION AND REFERRAL**

» Northwest Lions Foundation  
1-800-766-4466  
» Vision USA or [www.aoa.org/visionusa/referral.asp](http://www.aoa.org/visionusa/referral.asp)

### **MEDICARE**

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

### **NAMI - NATIONAL ALLIANCE ON MENTAL ILLNESS**

» 425-885-6264

### **NATIONAL EYE CARE PROJECT**

» 1-800-222-3937

### **NATIONAL MULTIPLE SCLEROSIS SOCIETY**

» Greater Northwest Chapter,  
206-284-4254, ext. 243

### **NORTHWEST PARKINSON'S FOUNDATION**

» 206-543-5369 or [www.pdf.org](http://www.pdf.org)

### **OPIOID EDUCATION & ADDICTION RESOURCES**

» [snohomishcountywa.gov/3657/Opioids](http://snohomishcountywa.gov/3657/Opioids)  
» [snohomishoverdoseprevention.com](http://snohomishoverdoseprevention.com)  
» [kingcounty.gov/overdose](http://kingcounty.gov/overdose)

### **SENIOR HEALTH SPECIALTY CLINIC**

» 425-899-6800

### **SENIOR RIGHTS ASSISTANCE**

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

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

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

### **SOCIAL SECURITY**

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

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

» 206-448-3110 or 888-435-3377  
or [www.seniorservices.org](http://www.seniorservices.org)

### **UW/VA MEMORY WELLNESS PROGRAM**

» 888-291-7316 or 866-638-8813

### **WASHINGTON INFORMATION NETWORK**

» If you do not find the service you are looking for in the state of Washington, dial 2-1-1

### **WILLS, POWER OF ATTORNEY AND MORE**

» Eastside Legal Assistance  
Program, 425-747-7274

# CHARITABLE PLANNING AND GIVING



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

## » WHEN TO GIVE?

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

## » HOW TO MAKE A CONTRIBUTION?

Gifts can be made online at our website, in person at our front desks, or by mail to 10201 E Riverside Dr, Bothell, WA 98011. We also accept direct IRA distributions (for those over age 70½) and gifts of stock. If you have questions, please give us a call at 425-286-1023.

## » WHAT IS THE SUSTAINERS CLUB?

Many NSC supporters choose to make a monthly donation on a recurring basis. These “sustainers” provide a reliable source of funding for NSC and help reduce the overhead costs of fundraising. Sustainers Club Members contribute anywhere from \$10 to \$500 a month, and are recognized annually in an insert in this catalog. You can join the Sustainers Club by signing up for a recurring contribution on our website, or call 425-286-1023.

## » WHAT IF MY EMPLOYER DOES MATCHING?

Many local employers like Microsoft and Boeing will match any qualified gift that you make to NSC. Check with your employer, or give us a call at 425-286-1023 if you would like more information. Employer matching provided thousands of dollars in support to NSC in 2022.

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

Making a bequest to a charitable organization in your will or estate plan is an easy thing to do. It is also a wonderful way to make a lasting contribution to NSC’s mission. Talk with your financial advisor today about your estate plan, or give us a call at 425-286-1023 if you would like to get more information about your options.



# REGISTRATION INFORMATION

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

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

## HOW TO REGISTER

### » WALK IN

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

### » TELEPHONE

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

### » EVERGREEN HEALTH CLASSES

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

## ENDORSEMENTS

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

## STANDARDS OF BEHAVIOR

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

## SALES TAX

Some classes and activities are subject to sales tax.



## APPOINTMENTS

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

## CANCELLATION POLICY

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

## DAY TRIP REFUND POLICY

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

## REFUND POLICY

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

## NON-DISCRIMINATION POLICY

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

# MEMBERSHIP INFORMATION



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

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

## **BENEFITS OF MEMBERSHIP**

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

## **HOW TO JOIN THE NORTSHORE SENIOR CENTER**

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

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

**Or join on line at [www.northshoreseniorcenter.org](http://www.northshoreseniorcenter.org).**

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



# MEMBER / NON-MEMBER FORM

**NORTHSHORE SENIOR CENTER**

10201 East Riverside Drive, Bothell, WA 98011

www.northshoreseniorcenter.org

(425) 487-2441

Please **make checks payable to: Northshore Senior Center.** **Mail to:** 10201 E. Riverside Drive • Bothell WA 98011

**\$48 Single Membership**  
  **\$85 Couple/Dual Membership**  
  **Non-Member Participant** (activity fees may be required)  
 **\$500 Lifetime Individual Membership**  
  **\$750 Lifetime Couple Membership**  
*\* Please be aware that ALL Membership fees are non-refundable*  
 **Please check if you would like to request a scholarship**  
 **Please check if you would like to pay by credit card when mailing in this form**  
**Please check Home Branch/Program**  
  Bothell  
  Kenmore  
  Mill Creek  
  Transportation  
 Health & Wellness  
  Inclusion (additional forms required)  
  Adult Day Health  
  Other

Please fill out each line of the user form and the user demographic form on the back page.  
 Information is kept confidential. Please print. For more than 2 users, fill out an additional form.

**Today's Date:**

PRIMARY USER		SECONDARY USER	
Membership: NEW <input type="checkbox"/> RENEWAL <input type="checkbox"/> NEW ADDRESS <input type="checkbox"/>		Membership: NEW <input type="checkbox"/> RENEWAL <input type="checkbox"/> NEW ADDRESS <input type="checkbox"/>	
First Name:	M.I.	First Name:	M.I.
Nickname/Salutation:		Nickname/Salutation:	
Last Name:		Last Name:	
Date of Birth: Month/Day/Year ___/___/_____		Date of Birth: Month/Day/Year ___/___/_____	
Phone (H):	Cell:	Phone (H):	Cell:
Mailing Address (Include Apt #)		Mailing Address (Include Apt #)	
City, State, Zip		City, State, Zip	
Email:		Email:	
Emergency Contact Person(s):		Emergency Contact Person(s):	
Emergency Phone:	Relationship to Member:	Emergency Phone:	Relationship to Member:
<b>Primary User</b> - Signature:		<b>Secondary User</b> - Signature:	
Date: ___/___/_____		Date: ___/___/_____	

By signing this document, I release Northshore Senior Center and all of its agents from any liability for any accident, injury, illness, or damages of any kind to persons or property that might occur while as a result in attending the Northshore Senior Center and/or participating in their activities. I also authorize any pictures, videos or recordings taken of me while I am participating in NSC activities to be used in Northshore Senior Center publications. (The staff will make every effort to notify you prior to using your photograph).

# MEMBER / USER / PARTICIPANT DEMOGRAPHIC FORM (page 2)

**THIS INFORMATION IS CONFIDENTIAL. It is important in seeking and receiving GRANT FUNDING and for PLANNING PROGRAMS.** Thank you for taking the time to complete the voluntary survey.

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

## HOUSEHOLD INCOME

One Person Household  \$16,031 or less  \$16,032 - \$26,723  \$26,724 - \$42,755  \$42,756 or more  
 Two Person Household  \$20,963 or less  \$20,964 - \$34,943  \$34,944 - \$55,919  \$55,920 or more

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Updated 4/2021

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CASH  CHECK # \_\_\_\_\_  CREDIT CARD

Member:  Single  Couple  Dual  Scholarship

Non-Member (activity fees may be required  Transportation User

Membership Amount	\$ _____
Scholarship Amount	\$ _____
Additional Donation Amount	\$ _____
<b>Total Amount Received</b>	<b>\$ _____</b>

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*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.*

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