



WINTER 2024 CATALOG

JANUARY | FEBRUARY | MARCH VOLUME 43, ISSUE 1



SEE INSIDE FOR HUNDREDS OF
ACTIVITIES THAT CAN HELP
YOU GET YOUR 2024 OFF TO A
GOOD START!

WELCOME

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ON THE COVER



The beginning of the year is the perfect time to set a new health goal, try out a new activity, or sign up for something you have always been curious about. Northshore Senior Center is here to help you get 2024 off to a great start. Want to work on your strength and balance? Try the Belly Dance class at Kenmore. Experiencing a tough life change? Check out our workshops on Loss and Self-Care. Want to learn a new game? Our Mah Jong classes are addictingly fun, and the players are always willing to teach a new recruit.

This catalog is full of ways to make your 2024 richer, fuller, healthier, and safer. If you start exploring these pages – or one of our centers – and don't see what you are looking for, let us know and help us get it started. We are looking forward to having a great year with you.

ADMINISTRATIVE TEAM

Chief Executive Officer: Nathan Phillips
Bothell Manager: Kerri Schwindt
Kenmore Supervisor: Pasha Mohajerjasbi
Mill Creek Supervisor: Celeste Virago Lowe
HWC/ADH/Inclusion Director: Judi Pirone
Philanthropy Director: Serge Bagdasarov
Social Services Manager: Janet Zielasko
Transportation 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	8 am-4:30 pm
Office 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
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» 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
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» 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 to be 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 family caregivers. 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 • Juli Simmons • 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 each month at 5:30 pm.

» ADVISORY COUNCIL

Offer your ideas for how to strengthen programs and better serve members and guests. Contact the Advisory Council at advisory@mynorthshore.org or by submitting feedback into each center's suggestion box.

OFFICIAL HOLIDAY CLOSURES:

» Monday, Jan 1	New Years Holiday
» Monday, Jan 15	Martin Luther King Day
» Monday, Feb 19	President's Day

GATHERING PLACES & SPECIAL EVENTS

PUNCHCARD

The Northshore Senior Center punchcard is your ticket to a wide array of groups and activities at our centers, including drop-in sports like pickleball and ping-pong, visits to the Health & Wellness Fitness Center, group games like pinochle, mah jong, and more. Your punch card can be used at any of our locations (Bothell, Kenmore, Mill Creek) and for any of our drop-in activities.

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

FINANCIAL ASSISTANCE

NSC strives to keep program fees low through public support and contributions from donors. However, if you are experiencing a financial hardship or have an annual household income of less than \$18,000, please see your senior center coordinator about financial assistance.

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

COFFEE AT MILL CREEK

Mon-Fri	9 am-3 pm
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COFFEE AT KENMORE

Mon-Fri	9 am-3 pm
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LENDING LIBRARY AT BOTHELL, KENMORE AND MILL CREEK

Members may browse, borrow and read books for free.

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
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SPECIAL EVENTS

FREE TAX HELP BY AARP FOUNDATION

Free individualized tax preparation assistance provided by AARP Foundation Tax-Aide. No age or income limits. Volunteers certified by the IRS will get your tax returns filled out and filed. Visit <http://aarp.org/taxdocs> for a list of documents you may need.

» DOCUMENTS YOU NEED TO BRING:

1. Government issued photo ID for each taxpayer.
2. Social Security card for each taxpayer and any dependents on the return. A Social Security benefit statement (SSA-1099), for those receiving social security payments, is a valid substitute.
3. If you don't have a social security number, you will need an unexpired ITIN (Individual Taxpayer Identification Number); we can explain how to apply for an ITIN.
4. All income and other tax documents for 2023. Visit <http://aarp.org/taxdocs> for a list of documents you may need.
5. Last year's tax return, if you have that.
6. Official bank account information (e.g. a voided check) if you want to direct-deposit any refund or direct-debit any taxes due.

LOCATION: KENMORE LIBRARY

Mondays 10 am - 4 pm
Call Kenmore Senior Center to make appt. 425.489.0707

LOCATION: BOTHELL LIBRARY

Fridays 10 am-4 pm
Call NSC Bothell, 9-noon, Tues-Fri to make appt. 425.286.1043

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

Mar 6-7 9 am-2 pm

FITNESS AND ACTIVE LIVING

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

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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.

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

\$35 MEMBER/\$70 NONMEMBER **5 WEEKS**

LOCATION: BOTHELL, MULTIPURPOSE ROOM

Instructor: Candace LaMont

Jan 2-30	Tue	11:15 am-Noon	5 weeks
Feb 6-27	Tue	11:15 am-Noon	4 weeks
Mar 5-26	Tue	11:15 am-Noon	4 weeks

MODERN SQUARE DANCE

Spend Sunday afternoons learning to dance. 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 **SINGLE CLASS**

LOCATION: BOTHELL. MULTIPURPOSE ROOM

Instructors: Square Crows

Sep 17-Mar 24 Sun 2:30-4:30 pm

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FITNESS AND ACTIVE LIVING

FITNESS CENTER

MON-FRI 8 AM-3:30 PM

» PUNCHCARDS:

\$20 MEMBER/\$40 NONMEMBER

8 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

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. Chairs are provided as an option for Level I exercises and instructor will demonstrate appropriate exercises for participants using a chair. NOTE: Kaiser Permanente enrollees please check with your provider to see if your plan covers participation in this class as a covered benefit.

\$30 MEMBER/\$60 NONMEMBER PER MONTH

LOCATION: BOTHELL, MULTIPURPOSE ROOM

Certified Instructor: Teri Hensen

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

No class Jan 15 and Feb 19



AGE REVERSING ESSENTRICS

As seen on PBS, this class uses your full body to restore movement in your joints, flexibility in your muscles, relieve pain, and rebalance your body. It's effective for mobility, strength, toning, balance, posture, range of motion, preventing falls and using your brain. 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 Instructor

Jan 3-31 Wed 4:30-5:30 pm 5 weeks

Feb 7-28 Wed 4:30-5:30 pm 5 weeks

Mar 6-27 Wed 4:30-5:30 pm 4 weeks

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.

\$40 MEMBER/\$80 NONMEMBER 4 WEEKS

LOCATION: HEALTH & WELLNESS CENTER, CONFERENCE ROOM

Jan 9-30 Tue 10-11 am 4 weeks

Feb 6-27 Tue 10-11 am 4 weeks

Mar 5-26 Tue 10-11 am 4 weeks

Instructor: Patty Bredice, certified Feldenkrais Practitioner.

OTAGO

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. This evidence based program meets twice a week, one hour class, for 8 weeks.

FREE

LOCATION: BOTHELL, MULTIPURPOSE ROOM

Instructors: Candice LaMont and Garrick Chock

Jan 22-Mar 13 Mon/Wed 11:30 am-12:30 pm

Assessment scheduled for Wednesday, Jan 17 at 11:30 am.

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. Can be done standing or seated.

FREE TO MEMBER/\$10 NONMEMBER PER MONTH

LOCATION: BOTHELL, STUDIO

Ongoing Tue 1-2 pm

Class continues 2-2:30 pm with optional, more difficult "Five Animals" exercise.

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

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

TAI CHI BEGINNING

First time 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". NOTE: More advanced students may also join this course, if they want to spend extra time on particular movements.

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

LOCATION: BOTHELL, STUDIO

Instructor: Marian Stewart

Jan 2-30	Tue	10:30-11 am	5 weeks
Feb 6-27	Tue	10:30-11 am	4 weeks
Mar 5-26	Tue	10:30-11 am	4 weeks

TAI CHI

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.

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

LOCATION: BOTHELL, STUDIO

Instructor: Marian Stewart

Jan 2-30	Tue	11 am-Noon	5 weeks
Feb 6-27	Tue	11 am-Noon	4 weeks
Mar 5-26	Tue	11 am-Noon	4 weeks

LOCATION: MILL CREEK, NORTH CREEK PRESBYTERIAN CHURCH

Certified Instructor: Mike Lucero

Jan 7-28	Thu	1:30-3 pm	4 weeks
Feb 1-29	Thu	1:30-3 pm	5 weeks
Mar 7-29	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 EXERCISES

Students will learn the 18 Breathing Exercises and Tai Chi Wellness exercises.

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

LOCATION: BOTHELL, STUDIO

Instructor: Marian Stewart

Jan 4-25	Thu	10:30-10:55 am	4 weeks
Feb 1-29	Thu	10:30-10:55 am	5 weeks
Mar 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.

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

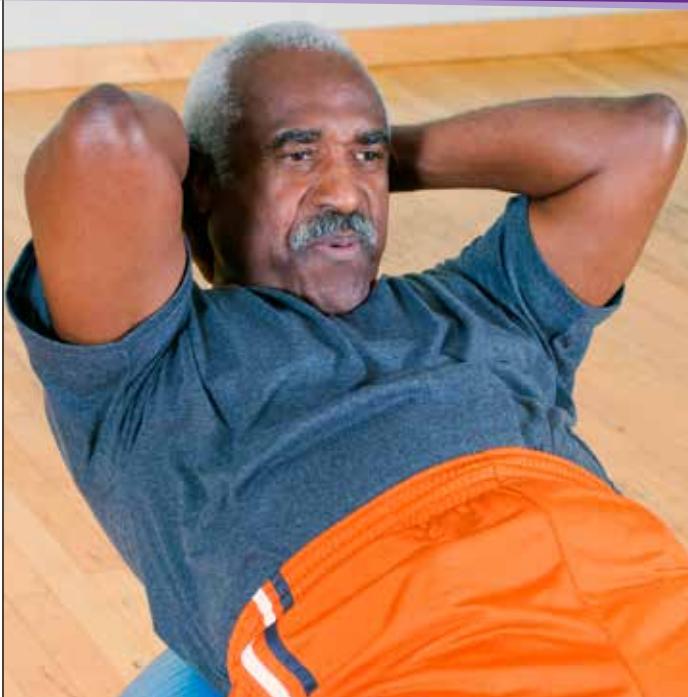
LOCATION: BOTHELL, STUDIO

Instructor: Marian Stewart

Jan 4-25	Thu	11-11:45 am	4 weeks
Feb 1-29	Thu	11-11:45 am	5 weeks
Mar 7-28	Thu	11-11:45 am	4 weeks



FITNESS AND ACTIVE LIVING



TONE UP

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

\$28 MEMBER/\$56 NONMEMBER 4 WEEKS

LOCATION: KENMORE

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

Ongoing Mon 11 am-Noon

Call 425-489-0707 to sign up.

YOGA - SEATED/STANDING

Move through a complete series of seated and standing yoga poses. Chair support is available, making accessible a variety of postures designed to increase balance, flexibility, and range of motion. Restorative breathing exercises and final relaxation are also included. Excellent for all levels of exercisers.

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

LOCATION: MILL CREEK

Instructor: Maria Borella

January Tue/Thu 10-10:45 am 9 classes

February Tue/Thu 10-10:45 am 9 classes

March Tue/Thu 10-10:45 am 8 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. Capacity 10.

\$28 MEMBER/\$56 NONMEMBER 4 WEEKS

LOCATION: KENMORE

Instructor: MarieElena McMahon

Jan 4-25	Thu	10-11 am	4 weeks
Feb 1-29	Thu	10-11 am	5 weeks
Mar 7-28	Thu	10-11 am	4 weeks

CIRCUIT TRAINING AND BALANCE

Full body 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.

\$40 MEMBER/\$80 NONMEMBER 8 CLASSES
\$65 MEMBER/\$130 NONMEMBER 13 CLASSES

LOCATION: HEALTH & WELLNESS, FITNESS CENTER

Instructor: Ying Penrod

Jan 18- Feb 29	T/Th	8:30-9:15 am	13 classes
Mar 5-28	T/Th	8:30-9:15 am	8 classes

Jan 18- Feb 29	T/Th	11-11:45 am	13 classes
Mar 5-28	T/Th	11-11:45 am	8 classes



PILATES

This beginner mat pilates class is designed to increase strength, flexibility and balance for a full body workout. All levels welcome.

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

LOCATION: BOTHELL, STUDIO

Jan 3-31	W/F	9:30-10:15 am	9 classes
Feb 7-28	W/F	9:30-10:15 am	8 classes
Mar 6-29	W/F	9:30-10:15 am	9 classes

Instructor: Connie Evans, Certified Pilates Instructor

FITNESS AND ACTIVE LIVING



SENIOR AEROBICS

Come get active and join the fun in a lively, upbeat, low impact aerobics class. A total body workout includes cardiovascular exercises and strength conditioning using light weights and resistance bands. Modifications will be provided as needed. Wear athletic footwear and bring a water bottle to class. Equipment is provided. No class Jan 1, 15 and Feb 19.

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

LOCATION: BOTHELL, MULTIPURPOSE ROOM

Certified Instructor: Candice LaMont

Jan 3-31	Mon/Wed	10-11 am	8 classes
Feb 5-28	Mon/Wed	10-11 am	7 classes
Mar 4-27	Mon/Wed	10-11 am	8 classes

SPIN CLASS

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

\$28 MEMBER/\$56 NONMEMBER 4 CLASSES

LOCATION: HEALTH & WELLNESS CENTER

Instructor: Ying Penrod

Feb 6-27	Tue	10-10:45 am	4 classes
Mar 5-26	Tue	10-10:45 am	4 classes

STRENGTH & BALANCE

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.

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

LOCATION: BOTHELL, MULTIPURPOSE ROOM

Instructor: Candice LaMont

Jan 2-30	Tue/Thu	9:30-10:30 am	9 classes
Feb 1-29	Tue/Thu	9:30-10:30 am	9 classes
Mar 5-28	Tue/Thu	9:30-10:30 am	8 classes

YOGA - BREATH AND BALANCE

We explore the energy of the breath, the suitable alignment of the body in balance, and body integrity through the connective tissues. Please bring a yoga mat to class. Most poses are on the mat, lying down, seated, kneeling or standing. All levels are welcome, we adapt poses for individual abilities.

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

LOCATION: BOTHELL, STUDIO

Certified Instructor: Trudy Rolla, RYT

Jan 4-25	Thu	8:30-9:45 am	4 weeks
Feb 1-29	Thu	8:30-9:45 am	5 weeks
Mar 7-28	Thu	8:30-9:45 am	4 weeks

Certified Instructor: Teri Hensen

Jan 2-30	Tue	9:15-10:15 am	5 weeks
Feb 6-27	Tue	9:15-10:15 am	4 weeks
Mar 5-26	Tue	9:15-10:15 am	4 weeks



ZUMBA GOLD

Class introduces easy-to-follow Zumba choreography that focuses on balance, range of motion and coordination to upbeat Latin and other International dance rhythms.

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

LOCATION: BOTHELL, MULTIPURPOSE ROOM

Jan 2-30	Tue	12:30-1:30 pm	5 weeks
Feb 6-27	Tue	12:30-1:30 pm	4 weeks
Mar 5-26	Tue	12:30-1:30 pm	4 weeks

Instructor: Marietta Sarkisova, Certified Zumba Gold Instructor

FITNESS AND ACTIVE LIVING



"For a Healthy Independent Lifestyle"

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

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

Bring this coupon to Northshore Senior Center to receive a **\$10 discount** on any group fitness class, (expires Dec. 15, 2024). 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



FITNESS AND ACTIVE LIVING

NET SPORTS

INTRODUCTION TO PICKLEBALL

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

Jan 13	Sat	9-11 am
Feb 3, 17	Sat	9-11 am
Mar 9, 23	Sat	9-11 am

PICKLEBALL 1 - BEGINNER

Join this class to 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

Jan 9, 16, 23	Tue	2-4 pm	3 sessions
Feb 6, 13, 20	Tue	2-4 pm	3 sessions
Mar 5, 12, 19	Tue	2-4 pm	3 sessions

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.

PUNCHCARD REQUIRED SEE PAGE 6

LOCATION: BOTHELL, MULTIPURPOSE ROOM

Ongoing	Thu	2-4 pm
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PICKLEBALL 2 - ROUND ROBIN PLAY

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

Jan 11, 18, 25	Thu	11:30 am-1:30 pm
Feb 8, 15, 22	Thu	11:30 am-1:30 pm
Mar 7, 14, 21	Thu	11:30 am-1:30 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 Jan 1, 15 and Feb 19.

PUNCHCARD REQUIRED

[SEE PAGE 6](#)

LOCATION: BOTHELL, MULTIPURPOSE ROOM

Mon	1-4 pm
Wed	5:30-8:30 pm
Fri	1-4 pm

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."

PUNCHCARD REQUIRED

[SEE PAGE 6](#)

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

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. An informational Meeting is held in early April. Our hiking schedule is usually posted by mid-April for the upcoming season. Check our website for additional information as well as updates. 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. 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

Email: 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. 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. Even if you don't have a smart phone, join us 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.

FREE TO MEMBER/\$10 NONMEMBER PER MONTH

LOCATION: MILL CREEK (425-948-7170)

Ongoing Thu 10-11 am

LOCATION: KENMORE (425-489-0707)

Ongoing Tue 10-11 am

WALKING GROUP

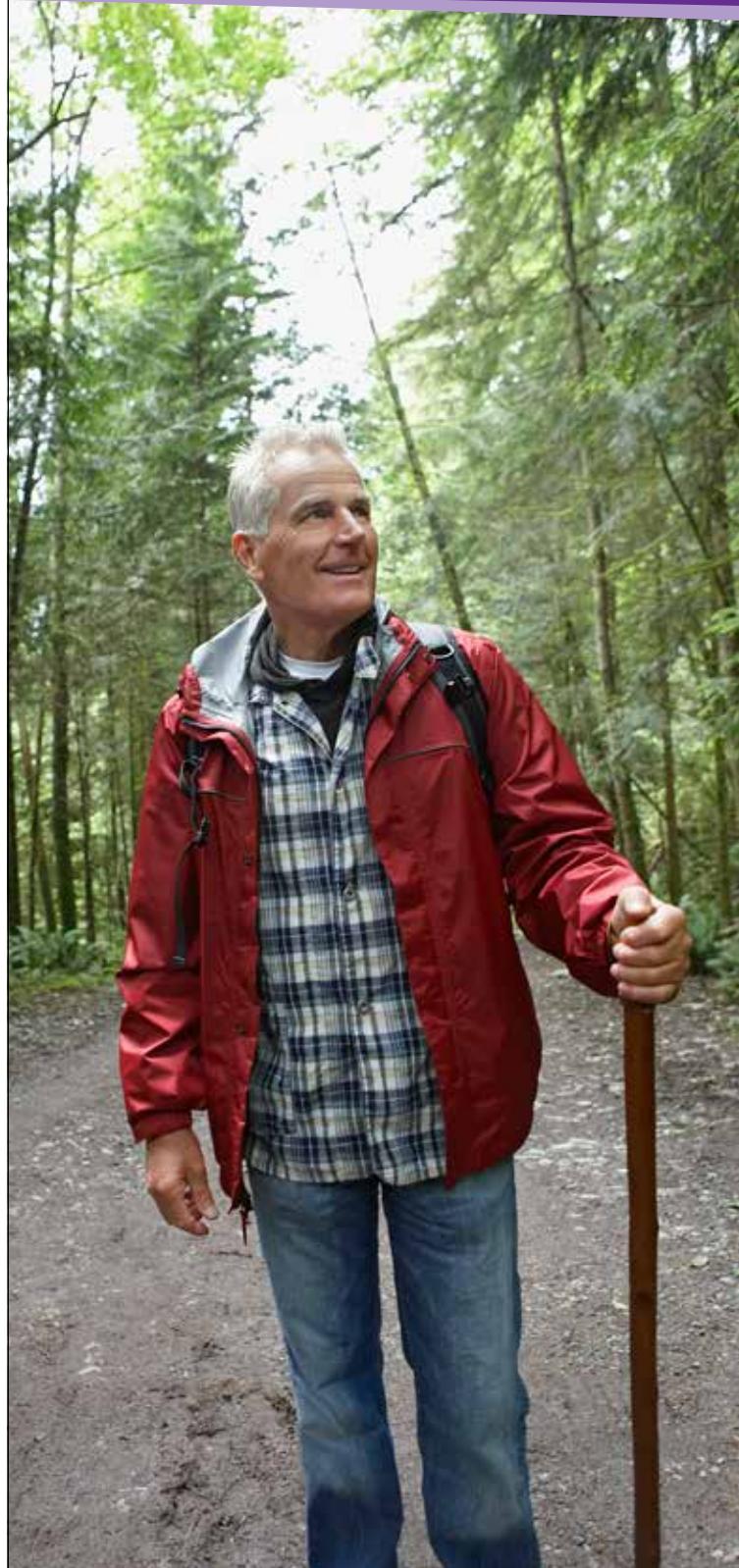
Exercising with a walking group is a fun, social and easy way to be active. Walk at your own pace and enjoy a friendly activity. Rain or shine, please wear all-terrain shoes.

FREE TO MEMBER/\$10 NONMEMBER PER MONTH

LOCATION: BOTHELL, SAMMAMISH TRAIL

Leader: Anita Forbes

Ongoing Tue 9-10 am



CLUBS AND SOCIAL CONNECTIONS

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

ANTIQUES CLUB	16	HAND AND FOOT	20	PAINTING AND ART FOR FUN	18
BINGO.....	20	HAND AND FOOT	20	PANCAKE BREAKFAST	19
BOOK CLUB	17	IN STITCHES.....	17	PIANO WORKSHOP.....	22
BRIDGE - PUNCHCARD REQUIRED	20	INDIAN AMERICAN COMMUNITY SERVICES	19	PINKIES UP! TEA PARTY	19
CHESS FUNDAMENTALS STUDY GROUP	17	JEWELRY CLUB	17	PINOCHLE	21
CO-ED COFFEE HOUR	22	KNIT WITS CLUB	18	QUILT CLUB	18
COFFEE AT KENMORE.....	22	LEARN TO PLAY MAHJONG	20	SHARING AND CARING	23
COFFEE SOCIAL	22	MAHJONG	21	TABLETOP GAMEPLAY.....	21
COFFEE WITH THE COUNCIL	22	MEATLESS MONDAY POTLUCK.....	19	TRAVEL CLUB	24
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CRAFTING CLUB	17	MEN'S CONVERSATION CAFE	23	'WELCOME TO THE FOLD' ORIGAMI CLUB.....	18
CRIBBAGE	20	MUSIC FOR FUN	21	WOMEN'S COFFEE GROUP.....	22
CROCHET CLUB	17	NORTHSHORE RED HAT LADIES	23		
FISHING CLUB	17	NORTHSHORE VARIETY SHOW AND BAND.....	22		
GUITAR CLUB.....	21	OLGA NORTHSHORE.....	23		

CLUBS

The clubs at Northshore Senior Center offer a myriad of opportunities to learn/practice/improve your creative endeavors. Each club has a basic focus, is free of charge and provides a great way to meet shared-interest folks. Find the group that's right for you!

ANTIQUES CLUB

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

FREE

LOCATION: BOTHELL, ROOM 202

Leader: Ellen Carnwath, 425-823-6420

2nd Wed 10 am-Noon

- » **Jan 10:** Celebrate post-Christmas January. Think colorful, cheerful decorative items that reflect Old Man Winter and more... may be snowmen, snowflakes, New Year's decorations, calendars, etc.,
- » **Feb 14:** Let's add some sparkle to romantic February. Visit your jewelry box and closet to harvest great accessories. Be glamorous!
- » **Mar 13:** Time to warm chilly March with hot (or cold) libations: raid your kitchen, and dining room for beverage related items. Bring drinking and serving equipment of any variety.,



CLUBS AND SOCIAL CONNECTIONS

BOOK CLUB

If you love books, join us for stimulating, lively discussions.

FREE

NEW LOCATION BOTHELL, ROOM 205

Ongoing 2nd Tue 1-2:30 pm

Multicultural Book Conversations at Bothell

What are you reading to explore life outside your own familiar world? Join this open-minded conversation, share your discoveries, and learn about even more to read.

Facilitator: Jenny Sayward

LOCATION: KENMORE

Ongoing 2nd Mon 1-2:30 pm

Book of the month at Kenmore

Jan THE PARIS LIBRARY by Janet Skeslien Charles
Feb US AGAINST YOU by Fredrik Backman
Mar DEMON COPPERHEAD by Barbara Kingsolver

Note: Books are read prior to the month listed, then discussed in listed month.

LOCATION: MILL CREEK

Facilitator: Molly K Barry

Ongoing 4th Thu Noon-1 pm

Book of the month at Mill Creek

Jan SOUL OF AN OCTOPUS by Sy Montgomery (non-fiction)
Feb NOMADLAND: Surviving America in the Twenty-First Century by Jessica Bruder
Mar UNSHELTERED by Barbara Kingsolver (Fiction)

CHESS FUNDAMENTALS STUDY GROUP

Whether you play every day or haven't moved a pawn in years, if you have the desire to improve your chess game come and join our study group! (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

LOCATION: KENMORE

Ongoing Thu 12:30-3 pm

CROCHET CLUB

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

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

LOCATION: BOTHELL, ROOM 202

Leaders: John Judy, 541-588-0319

1st Thu 10 am-Noon

IN STITCHES

Want to learn to sew? Already experienced? Join us as we start with the basics of hand and machine sewing. Simple projects will build your confidence and open up a world of creativity. Bring your portable sewing machine and your enthusiasm. Experienced sewers welcome as facilitators. We have sewing machines and fabric on site to get us started. Call 425-489-0707 to register. Max 15 students.

FREE

LOCATION: KENMORE

Jan 5-26	Fri	10 am-Noon	4 weeks
Feb 2-23	Fri	10 am-Noon	4 weeks
Mar 1-29	Fri	10 am-Noon	5 weeks

JEWELRY CLUB

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

FREE

LOCATION: BOTHELL, ROOM 103

2nd Mon 10 am-Noon

CLUBS AND SOCIAL CONNECTIONS



KNIT WITS CLUB

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

FREE

LOCATION: BOTHELL, ROOM 103

Ongoing Tue 9:30-11 am

PAINTING AND ART FOR FUN

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 where the socializing is just as important as the art!

FREE

LOCATION: MILL CREEK

Ongoing Tue 10 am-Noon

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

LOCATION: BOTHELL, ROOM 103

Facilitator: Barb Rodahl
Ongoing Wed 12:30-3 pm

'WELCOME TO THE FOLD' ORIGAMI CLUB

Learn how to make different shapes and animals.

FREE

LOCATION: MILL CREEK

Facilitators: Indu Singh, Sue Oh
Ongoing Thu 1-3 pm

CLUBS AND SOCIAL CONNECTIONS

COMMUNITY EVENTS

MEATLESS MONDAY POTLUCK

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. A vegetarian Indian lunch will also be provided by our Community Dining Program. This program is open to everyone. For more information please contact IACS at www.iacs.org.

FREE (MORNING/AFTERNOON PROGRAMS)

\$4 LUNCH

LOCATION: BOTHELL, ROOM 202/203 AND DINING ROOM

Facilitated by IACS

1st and 3rd Tue of Month

Morning programming 10:30 am-Noon

Lunch Noon-12:30 pm

Afternoon programming 1-2:30 pm

PANCAKE BREAKFAST

Please come and enjoy a hearty breakfast of pancakes, eggs, sausage, coffee or tea and orange juice.

\$5 PER PERSON

LOCATION: BOTHELL, DINING ROOM

First Sat of Month 9-11 am

PINKIES UP! TEA PARTY

\$5 PER PERSON

LOCATION: MILL CREEK (PARKING IN REAR OF BUILDING)

» SUFFRAGETTE TEA

Join us for our celebration of Women's History Month at our Suffragette Tea. Special guests will be the Snohomish County League of Women Voters.

Mar 1 Fri 1-3 pm



VETERANS BREAKFAST

Every veteran and/or military family member has a story, no matter who they are, or when or how they served. The goal of this group is to create an opportunity for individuals of all ages, eras, and branches of service to connect with each other, build relationships, and share experiences. The Veterans Breakfast Club is OPEN to anyone interested in being part of a group of like-minded individuals, stories from the past, and great conversation. A light breakfast will be included. For more information please contact the Bothell front desk. Please consider joining us.

FREE

LOCATION: BOTHELL, DINING ROOM

Ongoing 2nd Mon 9-10:30 am

To register, please call the Northshore Senior Center at 425-487-2441.

CLUBS AND SOCIAL CONNECTIONS

GAMES

BINGO

There are lots of reasons our bingo events have such a loyal and dedicated following, mostly FUN + CASH PRIZES. The bigger the turnout, the bigger the prizes.

\$5 **PER PACKET**

LOCATION: BOTHELL, ROOM 202/203

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

LOCATION: MILL CREEK

Ongoing Tue 1-3 pm

BRIDGE - PUNCHCARD REQUIRED

Come join us as we enjoy each other's company and play the 'greatest card game of all'.

PUNCHCARD REQUIRED **SEE PAGE 6**

LOCATION: KENMORE, SUNROOM

Ongoing Mon/Wed 11 am-3 pm

CRIBBAGE

Beginning and experienced players welcome.

PUNCHCARD REQUIRED

SEE PAGE 6

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.

PUNCHCARD REQUIRED

SEE PAGE 6

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!

PUNCHCARD REQUIRED

SEE PAGE 6

LOCATION: MILL CREEK

Leader: Marlene Kurpiewski
1st & 3rd Mon 1-2 pm



CLUBS AND SOCIAL CONNECTIONS

MAHJONG

MahJong is a game for 3-4 players that uses tiles instead of playing cards. 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.

PUNCHCARD REQUIRED

SEE PAGE 6

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

Any skill level welcome.

PUNCHCARD REQUIRED

SEE PAGE 6

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.

PUNCHCARD REQUIRED

SEE PAGE 6

LOCATION: KENMORE

Facilitator: Jenny Sayward

Ongoing Fri 10 am-Noon



MUSIC

GUITAR CLUB

This acoustic guitar group is oriented toward sharing popular songs of the 60's-80's. Come sing and strum your favorite tune, and learn some catchy new ones, too! This is not an instruction class, but enthusiasts of all abilities are welcome to join and make music!

FREE

LOCATION: BOTHELL, ROOM 205

Leader: William Wiselogle

Ongoing Wed 2:30-4 pm

LOCATION: KENMORE (LIMIT 15)

Ongoing Tue 12:30-3 pm

MUSIC FOR FUN

Our gathering has expanded to two hours with a library of several dozen songs. Instruments encouraged or just bring your voice!

FREE

LOCATION: MILL CREEK

Ongoing Mon 1-3 pm

CLUBS AND SOCIAL CONNECTIONS

NORTHSHERE VARIETY SHOW AND BAND

We perform regularly at local retirement and skilled-nursing facilities. Our shows consist of singers, instrumentalists, and dancers. 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.

FREE

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

LOCATION: BOTHELL, ROOM 205

Leader: Barbara Dietrich

1st Wed 10:30 am-Noon



SOCIAL

COFFEE SOCIALS

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

» CO-ED COFFEE HOUR

FREE

LOCATION: 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

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

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

CLUBS AND SOCIAL CONNECTIONS

CONVERSATION CAFÉ GROUPS

FREE

LOCATION: 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

NORTHSORE RED HAT 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 Davari - Membership Chairman, 425-202-7913

OLGA NORTHSORE (OLDER LESBIANS GATHERING AROUND NORTHSORE)

A social support group for older lesbians, gathering to form community for monthly conversation. We are affiliated with Puget Sound OLOC. Bring your own lunch to eat or you can sign up for Northshore Senior Center's hot lunch. NSC's Lunch is \$4. Please call ahead to make a reservation.

FREE

LOCATION: BOTHELL, BACK PATIO OR ROOM 202

(DEPENDING ON WEATHER)

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

2nd Thu Lunch 11:30 am-1 pm

4th Wed 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

TRAVEL

WINE AND CHOCOLATES

What better way to celebrate Valentine's Day than with wine and chocolates! At a Hollywood Hills winery we'll be introduced to five wines, specifically selected for us by the winemaker. Each wine will be paired with a culinary inspired, locally made, chocolate for a unique tasting experience. Before leaving for the winery, please enjoy lunch at the NSC dining room (included).

\$49 MEMBERS/ \$98 NON MEMBERS

Feb 14 Wed 12:30-3 pm
Lunch Noon

GATES FOUNDATION DISCOVERY CENTER

The Bill and Melinda Gates Foundation is dedicated to giving every person a chance at a healthy productive life. At its Discovery Center in Seattle, we'll have an opportunity to learn how the Foundation is achieving its goals through its collaboration with, and funding of, partners in over 130 countries. Afterwards, we will have lunch (at own expense) at a Lake Union restaurant.

\$25 MEMBERS/\$50 NON MEMBERS

Mar 21 Thu 8:45 am-2 pm

QUIL CEDA CREEK AND TULALIP CASINOS

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. The specific casino (Quil Ceda Creek or Tulalip) being visited each month is listed. NEW TIME: BUS WILL LEAVE FROM NSC at 9:30 a.m. and DEPART FROM THE CASINO AT 2:30 p.m.

\$5 MEMBERS/ \$10 NON-MEMBERS

Tulalip

Jan 25 9:30 am-2:30 pm (bus leaves Casino)

Quil Ceda Creek

Feb 22 9:30 am-2:30 pm (bus leaves Casino)

Mar 28 9:30 am-2:30 pm (bus leaves Casino)

CLUBS AND SOCIAL CONNECTIONS

SEWING EXPO - PUYALLUP FAIRGROUNDS

We'll enjoy the fabulous exhibits, demonstrations and creativity of the world of fiber arts! Admission ticket and transport fee included in trip cost. Self-pay lunch at the fairgrounds. Limit 10.

\$25 MEMBER/\$50 NONMEMBER

Feb 29 Thu 10 am-3 pm

ASIAN ART MUSEUM-VOLUNTEER PARK

Come explore the beauty at the newly renovated Asian Art Museum. Self-pay lunch at Northgate Red Robin. Limit 13.

\$30 MEMBER/\$60 NONMEMBER

Mar 29 Fri 10 am-3 pm

REDWOODS AND THE OREGON COAST

We are planning a Spring trip, 4 full days and 3 nights, with Exploration Bus Tours. Highlights include an overnight stay overlooking the Oregon coast, lighthouse Chowder Feed, Northern California/Oregon Redwood drive, a Crescent city stay, a stunning Oregon Coast Drive, cheese factory, visit, Guided Safari drive, time to admire the roses and rhodies, and a night at the Feathers Resort Casino. Premium bus transportation from/to the Northshore Senior Center, Bothell. Price includes 3 breakfasts plus Chowder Feed.

\$698 PP DOUBLE OCCUPANCY

\$198 PP SINGLE OCCUPANCY SUPPLEMENT

\$50 NON MEMBER SUPPLEMENT

\$35 DEPOSIT

May 19-22 Wed-Sun

Remainder due directly to Exploration Bus Tours by Apr 21.

Deposits will be refunded to wallet if cancelled before Apr 21.

All payments to Exploration Bus Tours are non-refundable after Apr 21.

Recommend purchase of travel insurance

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.



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 103

Last Thursday of each month 1 pm

HEALTH AND NUTRITION

'WELCOME TO MEDICARE' PRESENTATION	26	MATTER OF BALANCE PROGRAM	27	SOLO AGING...A BACK-UP PLAN	
COMMUNITY DINING AT BOTHELL.....	25	MEALS-ON-WHEELS	25	FOR SOLO AGERS	27
DIABETES: OUT WITH THE OLD, IN WITH THE NEW	26	MINDFULNESS PRACTICE: LIVING A HAPPIER & HEALTHIER LIFE.....	26	THE MORE YOU KNOW: COMMUNITY RESOURCES & INFORMATION SHARING.....	25
FOOD BANKS.....	25	POWERFUL TOOLS FOR CAREGIVERS	26		
LISTENING MORE CAREFULLY AND EXPRESSING MORE CLEARLY.....	27	SCAMS & FRAUD.....	27		
		SIGNIFICANT LIFE CHANGES.....	26		

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 NORTHSHERE 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

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

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

LOCATION: KENMORE

2nd and 4th Wed of every month 12:30-2:30 pm (in person only)

MEALS-ON-WHEELS

Variety of frozen entrees and breakfasts. Also Ensure products and Glucerna. Must be 60+ and home bound or unable to prepare your food. Apply at King County Meals on Wheels at 206-448-5767; www.soundgenerations.org.

SUGGESTED DONATION OF \$6 EACH MEAL

LOCATION: BOTHELL

Order before Tuesday, delivered Thursday morning.

For information or orders call Northshore Senior Center MOW at 425-286-1049

HEALTH AND WELLNESS EDUCATION

THE MORE YOU KNOW: COMMUNITY RESOURCES & INFORMATION SHARING

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

FREE

LOCATION: BOTHELL, ROOM 205

1st Tue/month 1-2 pm

January 2: Recap of Resources from 2023

February 6: Taxes – Personal and Property Tax Exemptions

March 5: Meds and Medical Help

Facilitator: Cassidy Stout, NSC Community Resource Specialist

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

MINDFULNESS PRACTICE: LIVING

HEALTH AND NUTRITION

A HAPPIER & HEALTHIER LIFE

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

FREE

Jan 8 Mon 1-2:30 pm

LOCATION: PETERKIRK COMMUNITY CENTER

Presenter: Steve Wilhelm, Certified Mindfulness Teacher

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

POWERFUL TOOLS FOR CAREGIVERS

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

FREE

LOCATION: PETERKIRK COMMUNITY CENTER

Jan 26-Mar 1 Fri 1-3 pm

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

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

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, and take-home info.

FREE

LOCATION: BOTHELL, ROOM 203

Jan 30 Tue 1-2:30 pm

Presenter: Glen Felias-Christensen, RN, MPH, CDCES

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

'WELCOME TO MEDICARE' PRESENTATION

During this session, you learn about:

- The differences between Medicare A, B, C, and D
- The Enrollment process
- Understanding your Medicare benefits and options
- The difference between Medigaps (supplemental plans) and Medicare Advantage plans
- How to get help paying for Medicare
- Medicare fraud issues

Note: SHIBA provides free, unbiased and confidential assistance with Medicare health care choices.

FREE

LOCATION: KENMORE, ANNEX BUILDING

Jan 31 Wed 1-3pm

Presenters: Larry Cole and Connie Taylor, Solid Ground SHIBA (Statewide Health Insurance Benefits Advisors) volunteers.

Pre-registration required. To register, contact Janet Zielasko at 425-286-1035; or email janetz@mynorthshore.org

SIGNIFICANT LIFE CHANGES:

From Loss to Self-care and Creating New Beginnings

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

FREE

LOCATION: BOTHELL, ROOM 203

Feb 7 Wed 1-2:30 pm

Presenter: Georgia Rigler, MSW

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

HEALTH AND NUTRITION

SCAMS & FRAUD

"It's your money, learn how to hang on to it! Don't become a victim of financial fraud!" Washington State Department of Financial Institutions Lyn Peters and Teresa Glidden, will share tips and tricks on how to spot potential scams and avoid losing your hard-earned retirement money to them. You'll also receive handouts from a number of agencies and organizations providing additional information and tools.

FREE

LOCATION: BOTHELL, ROOM 202

Feb 27 Tue 1-3pm

Presenter: Lyn Peters and Teresa Glidden

Washington State Department of Financial Institutions

Pre-registration required. To register, please contact Cassidy Stout, MSW at 425-286-1072; cassidys@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: BOTHELL, ROOM 203

Mar 7-Apr 25 Thu 10 am-Noon

Facilitators: Georgia Rigler, MSW, LICSW and Cassidy Stout, MSW

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

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

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

FREE

LOCATION: KENMORE, ANNEX BLDG.

March 4, 18 and April 1, 15, 29

Mon 12:30-2 pm

Facilitator: Pat Olsen

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

LISTENING MORE CAREFULLY AND EXPRESSING MORE CLEARLY

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

FREE

LOCATION: PETERKIRK COMMUNITY CENTER

Mar 11 Mon 1-2:30 pm

Presenter: Janet Zielasko MS, LSW

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

LIFELONG LEARNING

INFORMATIONAL PROGRAMMING FOCUSED ON PERSONAL DEVELOPMENT AND LEARNING NEW SKILLS.

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COLORED PENCIL/DRAWING	28	FOUNDATIONS OF INVESTING	32	SCRAPPY 'N SNAPPY SEW-A-THON!	29
AARP SMART DRIVER COURSE.....	32	GENEALOGY CLASS	33	SENIOR PROPERTY TAX EXEMPTION PROGRAM: NEW	
ASTRONOMY.....	32	GERMAN CONVERSATIONAL PLUS.....	30	INFORMATION FOR 2024!	33
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DRAW/SKETCH - BEGINNING	28	MULTI MEDIA CLASS	29		
DRIFTWOOD SCULPTURE	29	OPEN ART STUDIO	29		

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.

\$45 MEMBER/\$90 NONMEMBER **4 WEEKS**
\$55 MEMBER/\$110 NONMEMBER **5 WEEKS**

LOCATION: BOTHELL, ROOM 103

Instructors: Gretchen Davey

Jan 5-26	Fri	1-2 pm	4 weeks
Feb 2-23	Fri	1-2 pm	4 weeks
Mar 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.

\$32 MEMBER/\$64 NONMEMBER **4 WEEKS**
\$40 MEMBER/\$80 NONMEMBER **5 WEEKS**

LOCATION: BOTHELL, ROOM 104

Instructor: Judy Moritz; 425-488-8270

Jan 4-25	Thu	11 am-2 pm	4 weeks
Feb 1-29	Thu	11 am-2 pm	5 weeks
Mar 7-28	Thu	11 am-2 pm	4 weeks

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.

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

LOCATION: KENMORE

Instructor: Kimberly Smith

Jan 8, 22, 29	Mon	1-3 pm	3 weeks
Feb 5, 12, 26	Mon	1-3 pm	3 weeks
Mar 4-25	Mon	1-3 pm	4 weeks

Please call 425-489-0707 to register.

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.

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

LOCATION: BOTHELL, ROOM 104

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

Jan 8-29	Mon	10 am-1 pm	3 weeks
Feb 5-26	Mon	10 am-1 pm	3 weeks
Mar 4-25	Mon	10 am-1 pm	4 weeks
Jan 5-26	Fri	10 am-1 pm	4 weeks
Feb 2-23	Fri	10 am-1 pm	4 weeks
Mar 1-29	Fri	10 am-1 pm	5 weeks

LOCATION: BOTHELL, ROOM 104

Instructor: Kimberly Smith

Jan 3-31	Wed	9 am-Noon	5 weeks
Feb 7-28	Wed	9 am-Noon	4 weeks
Mar 6-27	Wed	9 am-Noon	4 weeks

LOCATION: KENMORE - NEW DAY

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

Email instructor for supply list: kimbokreationsart@gmail.com

Limit 8 participants.

Jan 3-31	Wed	1-3 pm	5 weeks
Feb 7-28	Wed	1-3 pm	4 weeks
Mar 6-27	Wed	1-3 pm	4 weeks

LOCATION: MILL CREEK

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

Jan 3-21	Wed	10 am-Noon	4 classes
Feb 7-28	Wed	10 am-Noon	5 classes
Mar 6-27	Wed	10 am-Noon	4 classes

No class Jan 1, 15 and Feb 19.

LANGUAGES

GERMAN CONVERSATIONAL PLUS

Willkommen. Improve and practice your German language skills while reading, telling stories and learning some grammar.

FREE TO MEMBERS/\$10 NONMEMBER PER MONTH

LOCATION: BOTHELL, ROOM 205

Ongoing Mon 9:30 am-Noon
No class Jan 1, 15 and Feb 19.

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



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.

\$20 MEMBER/\$40 NONMEMBER PER MONTH

LOCATION: BOTHELL, ROOM 205

Instructor: Heather LeRoss

Jan 5-26	Fri	10 am-Noon
Feb 2-23	Fri	10 am-Noon
Mar 1-29	Fri	10 am-Noon

LOCATION: MILL CREEK (PARKING IN REAR OF BUILDING)

Instructor: Barb Masterson

Jan 24-Feb 14	Wed	10 am-Noon	4 weeks
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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

WEDNESDAY EVENING COMPUTER HELP

Are you tired of your tech problems? Do you want to learn new things in the digital world? Join Shlok Rathi in room 103 every Wednesday evening from 5-7pm for our engaging weekly classes designed to empower you with essential technology skills. Whether you're interested in mastering Google maps, becoming a Zoom pro, or enhancing your Power Point proficiency, you're in good hands.

FREE TO MEMBER/\$10 NONMEMBER

LOCATION: BOTHELL, ROOM 103

Ongoing	Wed	5-7 pm
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LIFELONG LEARNING



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: aarpwashingondriversafety@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 Jan 1, 15 and Feb 19.

FREE TO MEMBER/\$10 NONMEMBER PER MONTH

LOCATION: BOTHELL, ROOM 205

Coordinators: Jackie Campbell; 425-488-3517; jcsgarden@yahoo.com
Ongoing Mon 1-2:30 pm

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

Jan 30 Tue 10-11:30 am

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



FOUNDATIONS OF INVESTING

This is an educational program for people who are either new to investing or need a refresher.

FREE

LOCATION: BOTHELL, ROOM 202

Presenter: Randy Busch

Mar 12 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



DECLUTTERING MADE EASY!

Get some tips and tricks to free yourself of clutter and unnecessary accumulation. Organize your life to create peace of mind and reduce stress.

\$5 PER PERSON

LOCATION: KENMORE

Presenter: Suzanne Tseng

Mar 6 Wed 10-11:30 am
call 425.489.0707 to register

LIFELONG LEARNING

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. Needs 4 students registered to start class.

\$40 MEMBER/\$80 NONMEMBER

\$50 MEMBER/\$100 NONMEMBER

4 WEEKS

5 WEEKS

LOCATION: BOTHELL, ROOM 205

Instructor: Meg Myrick

Jan 5-26	Fri	1-2 pm	4 weeks
Mar 2-23	Fri	1-2 pm	4 weeks
Apr 1-29	Fri	1-2 pm	5 weeks



LONGEVITY AND THE NEW JOURNEY OF RETIREMENT

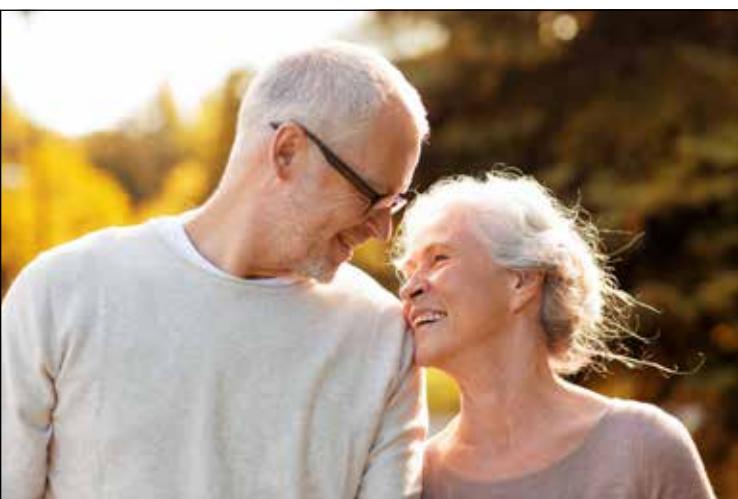
You will learn about the forces shaping retirement today, the different stages people experience on the retirement journey and the ways you can thrive in retirement.

FREE

LOCATION: BOTHELL, ROOM 202

Presenter: Randy Busch

Feb 13 Tue 10-11 am



POWER OF BUDGETING

This interactive seminar where we will explore the importance of creating and maintaining a budget, examining your wants and needs and setting personal financial goals.

FREE

LOCATION: BOTHELL, ROOM 202

Presenter: Randy Busch

Jan 9 Tue 10-11 am

SENIOR PROPERTY TAX EXEMPTION PROGRAM: NEW INFORMATION FOR 2024!

The Legislature has made major changes to the senior citizen and disabled person exemption program. These changes will take effect for property taxes collected in 2024; NEW INCOME LIMITS!

Could you be eligible for these tax savings? Please join us for this informative presentation where you will learn about eligibility requirements, how the program works, and the application process.

FREE

LOCATION: BOTHELL, ROOM 202

Jan 30 Tue 1-2:30 pm

Presenter: Representative from the King County Assessor's Office

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

UBUNTU PHILOSOPHY

Have you ever wondered how Nelson Mandela was able to walk out of prison, after being incarcerated for 27 years and forgive his oppressors, while uniting a country after years of Apartheid? It was Ubuntu. 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.

FREE

LOCATION: MILL CREEK

Presenter: Izak van Rensburg

Jan 11, Feb 8, Mar 14

Thu 1-2:30 pm

SUPPORTING SELF-CARE AND CAREGIVERS

SERVICES TO HELP PEOPLE WITH SPECIAL NEEDS AND THEIR FAMILIES NAVIGATE THE CHALLENGES OF THE AGING PROCESS.

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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

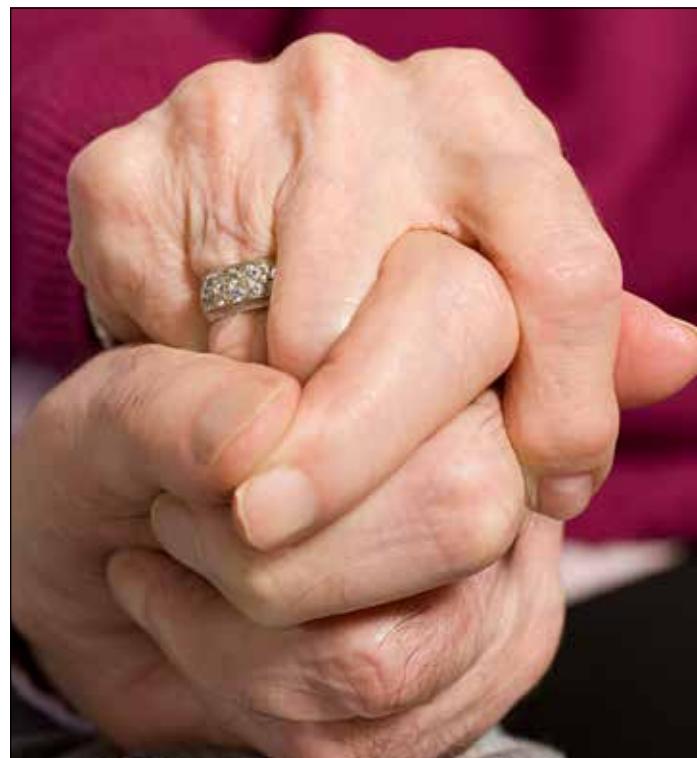
A social day program for individuals experiencing early memory loss. Become involved in cognitive, physical, and social enriching activities including educational discussions, modified enhanced fitness exercises, lunch, and socially engaging activities. Pre-screening and enrollment/registration required.

\$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

LOCATION: BOTHELL, SOCIAL SERVICES SUITE, 2ND FLOOR

Tue/Thu	9:15 am-4:15 pm (NEW DAY ADDED)
Fri	9:15 am-2:15 pm

LOCATION: PETERKIRK COMMUNITY CENTER

Wed	8 am-4 pm
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ENHANCE®WELLNESS

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

For more details, contact:

Lydia Barnsley, LPN, 425-286-1029; lydiab@mynorthshore.org
Georgia Rigler, MSW, LICSW, 425-286-1047; georgiar@mynorthshore.org

SUPPORTING SELF-CARE AND CAREGIVERS



FAMILY CAREGIVING CONSULTATION

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

FREE

LOCATION: BOTHELL

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

LOCATION: KENMORE

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

4th Thursday of each month

LOCATION: MILL CREEK

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

4th Wednesday of each month (**NEW DAY**)

LOCATION: PETERKIRK COMMUNITY CENTER (BY APPOINTMENT)

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

Mondays

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

SUPPORTING SELF-CARE AND CAREGIVERS

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 (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

KENMORE

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

MILL CREEK

Georgia Rigler, MSW, LICSW; 425-286-1047; georgiar@mynorthshore.org
4th Wednesday of each month (**NEW DAY**)

PETER KIRK COMMUNITY CENTER (BY APPOINTMENT)

Mondays: Georgia Rigler, MSW, LICSW;
425-286-1047; georgiar@mynorthshore.org
Wednesdays: Cassidy Stout, MSW;
425-286-1072; cassidys@mynorthshore.org
Fridays: Lydia Barnsley, LPN;
425-286-1029; lydiab@mynorthhosre.org

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: PETERKIRK COMMUNITY CENTER

Fri
By appointment: Lydia Barnsley, LPN, Wellness Nurse 425-286-1029;
lydiab@mynorthshore.org



Guiding Individuals & Families
Through the Process of Finding the
Right Adult Care

We specialize in finding:

- Independent Living & Retirement Communities
- Assisted Living Communities
- In-home Care
- Adult Family Homes
- Alzheimer's & Dementia Care Facilities
- Care for Disabled Adults
- Hospice & Palliative Care Facilities



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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.

- 1) Ensure you have a completed Program Participation Form on file
- 2) Complete the Online registration or call staff to get a first time key tag:
<https://myactivecenter.com/#centers/USA.WA.Bothell.Northshore-Senior-Center>
- 3) New to Inclusion contact: *Judi Pirone*
425-286-1037 • *inclusion@mynorthshore.org*

SESSION: JANUARY 11- MARCH 14, 2024

ALL CLASSES ARE HELD AT THE NORTHSORE HEALTH AND WELLNESS BUILDING UNLESS OTHERWISE NOTED IN THE CLASS DESCRIPTION

BOOK CLUB

(Formerly "So Many Books So Little Time")

Explore all things books! We will talk about our favorite types of stories and explore different characters. The ability to read independently is not required

\$100

PER SESSION

Jan 10-Mar 13

Wed

2:45 pm



SUPPORTING SELF-CARE AND CAREGIVERS

CIRCUIT TRAINING

Exercise in the fitness center using different equipment and different muscles. Limited 14

\$100 **PER SESSION**

Jan 11-March 14 Thu 2-2:45

DANCE

An energetic workout combining low-intensity and high intensity moves for an interval-style, calorie burning dance and fitness party. Think of it as exercise in disguise.

\$100 **PER SESSION**

Jan 11- Mar 14 Thu 3-3:45 pm

DAY CAMP

Register for each day separately.

\$75 **PER DAY**

Jan 8, 15, 22, 29 Mon 10 am- 2:15 pm
Feb 5, 12, 26 Mon 10 am- 2:15 pm
Mar 4, 11 Mon 10 am- 2:15 pm

DRAMA-STG

Taught by the incredible teaching artists from Seattle Theater Group. Work on all kinds of skills, learning songs and pieces from shows you know. Limit 15

\$100 **PER SESSION**

Jan 10-Feb 28 Wed 4:30-5:30 pm

GLEE CLUB

Get ready to sing! All levels are welcome from beginner to advanced. We will learn some group songs, trios, duos and possibly some solos as well. A performance for family and friends will be held during the last class.

\$100 **PER SESSION**

Jan 11-Mar 14 Thu 4-4:45 pm

HYBRID GAMES

Join us each week to play some of your favorite games like Bingo, Match game and memory. We will include new games too! No DDA for virtual

\$100 **PER SESSION**

Jan 11- Mar 14 Thu 1-1:45 pm

HYBRID SIGN LANGUAGE

Students will be taught how to learn a visual language. Lessons will include basic greetings, etiquette and beginning finger spelling/number skills. This class is for students who have no ASL or ESL skills. No DDA for Virtual.

\$100 **PER SESSION**

Jan 10- Mar 14 Wed 1-1:45 PM

KARAOKE

Sing your favorite song or join in a duet.

\$100 **PER SESSION**

Jan 8- Mar 11 Mon 1:15-2 pm

MARTIAL ARTS

Traditional Asian martial arts. No contact. Emphasis: courage, caring and respect.

\$100 **PER SESSION**

Jan 10-Mar 13 Wed 3:15-4:15 pm

Instructor Dean Churchill - Black belt

PROJECT 101

Have a project that you need help with or do you want a project. Independent time with instructor to help you with a project of your choice, we will also help create a project with you.

\$100 **PER SESSION**

Jan 10-Mar 13 Wed 3:15-4:15 pm

RECREATION BOWLING

Special Olympics bowling is currently in session. This is competition bowling only. Fee all inclusive

\$180 **PER SESSION**

LOCATION: KENMORE LANES

Ongoing Mon

SPECIAL OLYMPICS BASKETBALL

Tuesdays at Home Court in Woodinville. Inquire for details

TENNIS

Partnering with Tops Outreach Center at Easside Tennis in Kirkland. All levels welcome. Min 4 for class

TBD **PER SESSION**

starts 10/4 Wed 2-3 pm

SUPPORTING SELF-CARE AND CAREGIVERS

FLYING COLORS

This class is explores a variety of colored themed activities ranging from art. Science, games and fun all around!

\$120 **PER SESSION**

Ongoing Mon 12:30-1:15 pm

VIRTUAL: SHARE & TELL

Share something with your peers, and hear what is going on with them

\$100 **PER SESSION**

Jan 11- Mar 14 Thu 12:30-1 pm

JAN 11- MARCH 14 SCHEDULE:

» MONDAY

- » **Day Camps:** 10 am-2:15 pm (In-Person)
- » **Balance & Strength:** 10:45-11:30 am (In-Person)
- » **Lunch/Social:** 11:30 am-12:30 (In-Person)
- » **Flying Colors:** 12:30-1:15pm (In-Person)
- » **Karaoke:** 1:15- 2 pm (Hybrid)
- » **Recreational Bowling:** 3-4 pm (at Kenmore Lanes)

» WEDNESDAY

- » **Sign Language:** 1-1:45 pm (Hybrid)
- » **Tennis:** 2-3 pm (at Eastside Tennis Center)
- » **Book Club:** 2-2:45 pm (In-Person)
- » **Martial Arts:** 3:15-4:15 pm (In-Person)
- » **Project 101:** 3:15-4:15 pm (In-Person)
- » **STG/Social:** 4:30-5:30 pm (In-Person)

» THURSDAY

- » **Virtual show and Tell:** Noon-12:30 pm (Virtual Only)
- » **Games:** 1-1:45 pm (Hybrid)
- » **Circuit Training:** 2-2:45 pm (In-Person)
- » **Dance:** 3-3:45 pm (In-Person)
- » **Glee Club:** 4-4:45 pm (In-Person)

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

For more information or to schedule an appointment please call 425-488-4821

FINANCIAL COUNSELING

Money management information on investment selection, tax, estate and retirement planning, budgeting and analysis of existing investments, life and long-term care (LTC) insurance, and annuity reviews.

FREE

LOCATION: OFF-SITE

Advisor: Joseph Lyons, Financial Advisor

4th Wed 11:30 am and 12:30 pm

By appointment only. Please call 206-755-1465 to schedule appointment.

HOME ASSISTANCE TO SENIORS

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

LOCATION: BOTHELL, 2ND FLOOR

T/W/Th/F 1-4 pm (**NEW DAYS**)

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

SUPPORTING SELF-CARE AND CAREGIVERS

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 (NEW DAYS)

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.

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
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Chrystal; Hairstylist

Ongoing	Fri	9 am-1 pm
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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
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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.

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
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SUPPORTING SELF-CARE AND CAREGIVERS

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.

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: BOTHELL, 2ND FLOOR

Advisor: Dave Reynolds

2nd Fri 9 am-1 pm

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

Jan 16, Feb 20, Mar 19 9 am-Noon

Call 425-489-0707 to schedule a 1-hour appointment

LOCATION: MILL CREEK

Advisor: Carol Blankenship

1st Thu & 3rd Fri 9 am-Noon

Walk-ins welcome. No appointment necessary.

SUPPORT GROUPS

ADULT CHILDREN OF AGING PARENT SUPPORT GROUP

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

FREE

LOCATION: VIRTUAL

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

ALCOHOLICS ANONYMOUS

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

FREE

LOCATION: KENMORE, ANNEX

Ongoing Sun 8-9 am

LOCATION: BOTHELL, ROOM 202/203

7 days/week 7-8 am

CAREGIVERS SUPPORT GROUP

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

FREE

LOCATION: ADVENT LUTHERAN CHURCH (IN-PERSON),

4306 132ND ST, SE, MILL CREEK

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

FREE

LOCATION: VIRTUAL

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

FREE

LOCATION: HEALTH & WELLNESS, 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

LOCATION: PETERKIRK COMMUNITY CENTER

Facilitator: Lydia Barnsley, LPN, Wellness Nurse

First Fri 11 am-Noon

For more information, contact Lydia at 425-286-1029 or lydiab@mynorthshore.org

FROM HEARTACHE TO AN OPEN HEART

Everyone must deal with loss, whether it's the loss of a loved one or close friend, a treasured relationship, loss of physical functioning or previous status. Learn how one can move through the grief process and grow "from heartache to an open heart."

FREE

LOCATION: BOTHELL, ROOM 203

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

georgiar@mynorthshore.org

3rd Wed 10-11:30 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

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 posible para ayudarle.

Northshore Senior Center no discrimina por motivos de edad, sexo, estado civil, situacion familiar, religion, nacionalidad, orientacion sexual, identidad de genero, ideologia politica, discapacidad mental o fisica o

» ¿DONDE IR?

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

» ¿HORARIOS DE SERVICIO?

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

» ¿QUE COSTO TIENE?

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

» ¿REQUERIMIENTOS PARA CLAIFICAR?

Principalmente transportamos personas que dentro de la ley ADA paratransit (personas con necesidades especiales), como Metro Access o DART Community Transit.

Tambien ofrecemos servicios de apoyo de transporte para personas de la tercera edad para ayudarlos a acudir a sus citas medicas y/o a diversos lugares (restaurantes, bancos, librerias etcetera) en nuestra comunidad.

» ¿A QUIEN DEBO CONTACTAR?

Si necesita ayuda para acceder a los servicios de transporte, llame al Programa de Derecho a Transporte al telefono 425-286-1058, evaluaremos sus 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.

cualquier otra razon prohibida por la ley.

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

Para obtener mas informacion sobre servicio al cliente llame al telefono 425-286-1026 o visite nuestro sitio web en www.northshoreseniorcenter.org

SUPPORTING SELF-CARE AND CAREGIVERS



TRANSPORTATION

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

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

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

Northshore Senior Center shall not discriminate on the basis of age, gender, marital status, familial status,

» 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.

religion, race, color, creed, sex, national origin, caste, sexual orientation, gender identity, political ideology, the presence of any sensory, mental or physical disability or any basis prohibited by law.

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

For more information on the Customer Grievance Policy call 425-286-1026, visit our website at www.northshoreseniorcenter.org or email us at nscdispatch@mynorthshore.org.

RENTALS

KENMORE RHODODENDRON PARK

Kenmore Senior Center is located 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 or call 425-286-1032.**

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

RESOURCE SERVICES

A LISTING OF ADDITIONAL SERVICES AVAILABLE TO YOU.

211 HUMAN SERVICE ANSWERS

» Dial 211 or www.211.org

APS - ADULT PROTECTIVE SERVICES (KING COUNTY)

» 866-221-4909

ALZHEIMER'S ASSOCIATION

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

AMERICAN DIABETES ASSOCIATION

» 1-800-842-2383 or
www.diabetes.org

ARTHRITIS FOUNDATION

» 206-547-2707 or
1-800-542-0295
or www.arthritis.org

ATTORNEY GENERAL'S CONSUMER PROTECTION

» wa.gov/ago.Clearinghouse/consumer/home.html

BENEFITS CHECKUP ONLINE

» www.BenefitsCheckUp.org

CANCER LIFELINE

» 1-800-255-5505

COMMUNITY LIVING CONNECTIONS

» 1-844-348-5464

CRISIS CLINIC - KING COUNTY

» 206-461-3222 or 866-4-CRISIS

CRISIS HOTLINE - SNOHOMISH COUNTY

» 1-800-584-3578

DSHS - DEPARTMENT OF SOCIAL AND HUMAN SERVICES

» DSHS.gov

ELDERCARE LOCATOR

» 1-800-667-1116

ENERGY ASSISTANCE

» Hopelink, 1-800-348-7144

FOOD BANK AND EMERGENCY ASSISTANCE

» Hope Link, 425-889-7880

GERIATRIC REGIONAL ASSESSMENT TEAM

» 206-923-6300

HOUSING FOR SENIORS

» www.snapforseniors.org

KING COUNTY VETERAN SERVICES

» 1-877-904-VETS (8387)

LEGAL ASSISTANCE

» Eastside Legal Assistance Program, 425-747-7274

LIFELONG AIDS ALLIANCE

» 206-329-6923

LOW - VISION INFORMATION AND REFERRAL

» Northwest Lions Foundation
1-800-766-4466
» Vision USA or www.aoa.org/visionusa/referral.asp

MEDICARE

» 1-800-633-4227 or
www.medicare.gov

NAMI - NATIONAL ALLIANCE ON MENTAL ILLNESS

» 425-885-6264

NATIONAL EYE CARE PROJECT

» 1-800-222-3937

NATIONAL MULTIPLE SCLEROSIS SOCIETY

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

NORTHWEST PARKINSON'S FOUNDATION

» 206-543-5369 or www.pdf.org

OPIOID EDUCATION & ADDICTION RESOURCES

» snohomishcountywa.gov/3657/Opioids
» snohomishoverdoseprevention.com
» kingcounty.gov/overdose

SENIOR HEALTH SPECIALTY CLINIC

» 425-899-6800

SENIOR RIGHTS ASSISTANCE

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

SENIOR SERVICES INFORMATION AND ASSISTANCE - SNOHOMISH COUNTY

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

SOCIAL SECURITY

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

SOUND GENERATIONS PATHWAYS INFORMATION AND ASSISTANCE

» 206-448-3110 or 888-435-3377
or www.seniorservices.org

UW/VA MEMORY WELLNESS PROGRAM

» 888-291-7316 or 866-638-8813

WASHINGTON INFORMATION NETWORK

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

WILLS, POWER OF ATTORNEY AND MORE

» Eastside Legal Assistance
Program, 425-747-7274

CHARITABLE PLANNING AND GIVING



NORTHSORE 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.

» HOW TO MAKE A CONTRIBUTION?

To contribute, make gifts online via our website, at our front desks, or by mailing to 10201 E Riverside Dr, Bothell, WA 98011. Direct IRA distributions (for those over age 70½) and stock gifts are welcome. For inquiries, please call 425-286-1023.

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

Including our organization in your estate plan is an impactful way to give back. Simply speak to your financial advisor about naming us as a beneficiary in your will, trust, retirement accounts, or life insurance. This easy act now perpetuates your generosity, allowing us to further our programs for years beyond your lifetime. Unsure how to move forward? Call 425-286-1023.

WE THANK OUR VALUED SPONSORS



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.



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.

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.

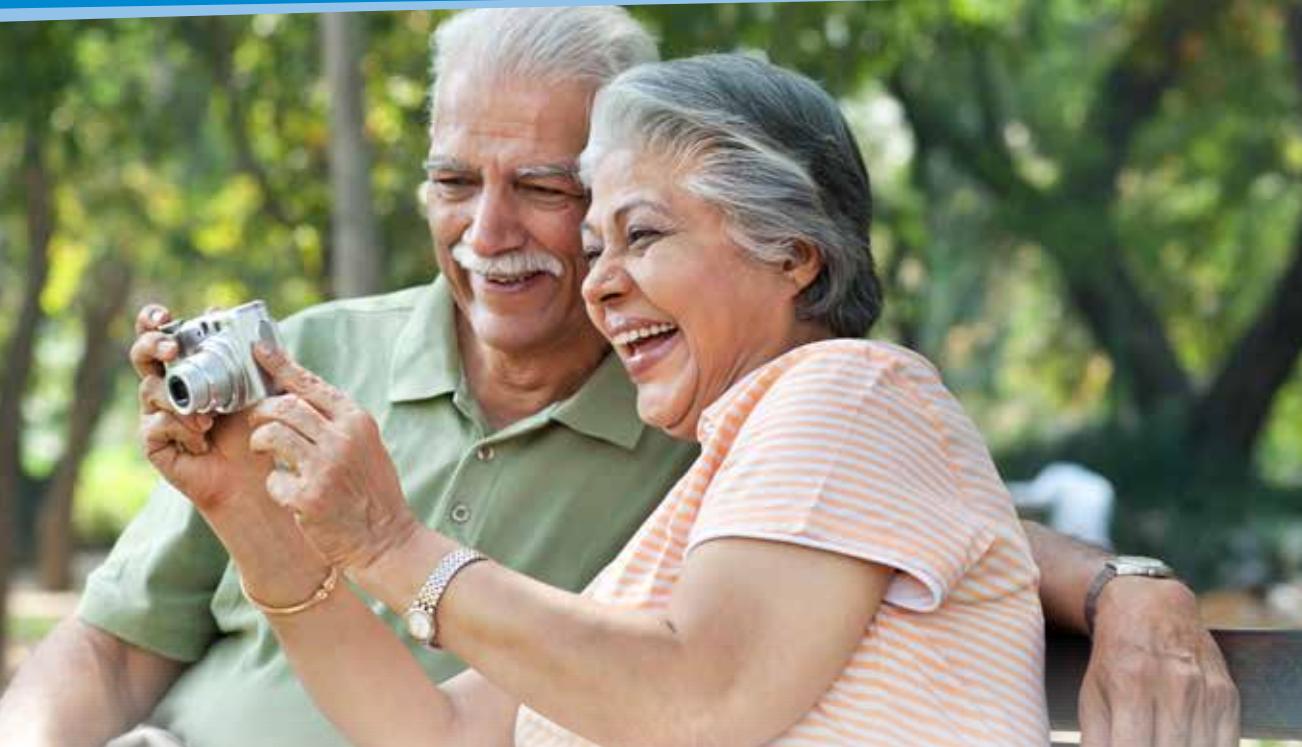
STANDARDS OF BEHAVIOR

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.

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 NORTHSORE SENIOR CENTER

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

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

Or join on line at www.northshoreseniorcenter.org.

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

MEMBER / NON-MEMBER FORM

NORTHSORE SENIOR CENTER

10201 East Riverside Drive, Bothell, WA 98011

www.northshoreseniorcenter.org

(425) 487-2441



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

\$48 Single Membership **\$85 Couple/Dual Membership** **Non-Member Participant** (activity fees may be required)

\$500 Lifetime Individual Membership **\$750 Lifetime Couple Membership**

** Please be aware that ALL Membership fees are non-refundable*

Please check if you would like to request a scholarship

Please check if you would like to pay by credit card when mailing in this form

Please check Home Branch/Program Bothell Kenmore Mill Creek Transportation

Health & Wellness Inclusion (additional forms required) Adult Day Health Other

Please fill out each line of the user form and the user demographic form on the back page.

Information is kept confidential. Please print. For more than 2 users, fill out an additional form.

Today's Date:

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

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

MEMBER / USER / PARTICIPANT DEMOGRAPHIC FORM (page 2)

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

PRIMARY USER	SECONDARY USER
<p>1. Gender <input type="checkbox"/> Male <input type="checkbox"/> Female <input type="checkbox"/> Other _____</p> <p>2. Do you identify as a member of the LGBTQ community? <input type="checkbox"/> No <input type="checkbox"/> Yes, Lesbian, Gay, Bisexual, Questioning, Other _____</p> <p>3. Marital Status: <input type="checkbox"/> Married <input type="checkbox"/> Divorced <input type="checkbox"/> Single <input type="checkbox"/> Partnership <input type="checkbox"/> Widowed</p> <p>4. Do you have a disability? <input type="checkbox"/> Yes <input type="checkbox"/> No</p> <p>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</p> <p>6. Are you limited in the English language? <input type="checkbox"/> Yes <input type="checkbox"/> No If yes primary language is _____</p> <p>7. Are you a refugee or immigrant? <input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Prefer not to answer</p> <p>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</p> <p>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</p> <p>10. Military Service <input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Prefer Not To Say <input type="checkbox"/> Unknown</p> <p>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</p> <p>12. Are you interested in volunteering? <input type="checkbox"/> Yes <input type="checkbox"/> No</p>	<p>1. Gender <input type="checkbox"/> Male <input type="checkbox"/> Female <input type="checkbox"/> Other _____</p> <p>2. Do you identify as a member of the LGBTQ community? <input type="checkbox"/> No <input type="checkbox"/> Yes, Lesbian, Gay, Bisexual, Questioning, Other _____</p> <p>3. Marital Status: <input type="checkbox"/> Married <input type="checkbox"/> Divorced <input type="checkbox"/> Single <input type="checkbox"/> Partnership <input type="checkbox"/> Widowed</p> <p>4. Do you have a disability? <input type="checkbox"/> Yes <input type="checkbox"/> No</p> <p>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</p> <p>6. Are you limited in the English language? <input type="checkbox"/> Yes <input type="checkbox"/> No If yes primary language is _____</p> <p>7. Are you a refugee or immigrant? <input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Prefer not to answer</p> <p>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</p> <p>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</p> <p>10. Military Service <input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Prefer Not To Say <input type="checkbox"/> Unknown</p> <p>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</p> <p>12. Are you interested in volunteering? <input type="checkbox"/> Yes <input type="checkbox"/> No</p>

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

NORTHSORE SENIOR CENTER – FOR OFFICE USE ONLY

Updated 4/2021

Date Received: ____ / ____ / ____

Membership Amount \$ _____

CASH CHECK # _____ CREDIT CARD

Scholarship Amount \$ _____

Member: Single Couple Dual Scholarship

Additional Donation Amount \$ _____

Non-Member (activity fees may be required) Transportation User

Total Amount Received \$ _____

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Northshore
Senior Center

10201 E Riverside Dr
Bothell, WA 98011-3708

Ph: 425-487-2441

Fax: 425-485-4954

www.northshoreseniorcenter.org

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OUR VISION:

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

OUR MISSION:

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

Chateau at Bothell Landing, Bringing the community together

Retirement Living,
Assisted Living,
Memory &
Respite Care



Château
at BOTHELL LANDING



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