



SEE INSIDE FOR DOZENS OF WAYS
TO ENGAGE YOUR CREATIVE SIDE.
SAVE THE DATE FOR THE
UPCOMING ART SHOW ON
MAY 3RD AND 4TH!

WELCOME

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ON THE COVER



Art programs at NSC are an excellent way to flex your creativity muscles. Our arts calendar culminates in our annual Fine Arts Show and the arts showcase preceding it. Get ready to immerse yourself in art and creativity! Join us for a week-long celebration of art, starting April 29th. Experience the creativity of our members at the art display on May 3rd and 4th, and don't miss the evening reception on May 3rd with music, wine and hors d'oeuvres. Stay tuned for workshop schedules, happy hours, and more exciting announcements!

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

LOCATION INFORMATION

BOTHELL

The Northshore Senior Center receives funding from the King County Veterans and Human Services Levy.

Phone: 425-487-2441

» NORTHSHORE SENIOR CENTER:

10201 E RIVERSIDE DR

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

Wednesday 8 am-8:30 pm

First Saturdays 8 am-2:30 pm

Phone: 425-488-4821

» HEALTH AND WELLNESS CENTER:

10212 E RIVERSIDE DR

Monday-Friday

Office Hours 8 am-4:30 pm

Day Center Hours 10 am-2:30 pm

KENMORE

The Kennore 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

MILL CREEK

The Mill Creek Senior Center receives funding from the Snohomish County Department of Human Services.

Phone: 425-948-7170

» MILL CREEK SENIOR CENTER:

4111 133RD ST SE

Parking courtyard located in rear of building.

Park in any space marked "commercial".

Monday-Friday 9 am-3 pm

» NORTH CREEK PRESBYTERIAN CHURCH:

621 164TH SE / MILL CREEK

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 4,500 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 Simons • 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 through one of the suggestion boxes located at each site.

OFFICIAL HOLIDAY CLOSURES:

- » **Monday, May 27** Memorial Day
- » **Wednesday, June 19** Juneteenth

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

MEMBERSHIP APPRECIATION - LIVE CONCERT

All Northshore Senior Center members are invited to enjoy an evening of live music from the famous 60 piece Boeing Concert Band. Coffee bar will be open from 7-8:30pm to pick up a complimentary cookie and cup of coffee before the concert. Enjoy this special evening as a token of appreciation for your membership and support of the Northshore Senior Center.

FREE

LOCATION: BOTHELL, MULTIPURPOSE ROOM

Apr 16	Tue	7:30-8:30 pm
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FINE ART SHOW

Join us to celebrate the accomplishments of our NSC artists. A wonderful event that the whole community is invited to. Enjoy a special evening program with music, food and drinks on Friday evening from 5-8 pm. You can pick your favorite pieces in each category for "People's Choice."

ADMISSION TO SHOW IS FREE

LOCATION: BOTHELL, MULTIPURPOSE ROOM

May 3	Fri	10:30 am-8 pm
May 4	Sat	8:45 am -3:30 pm

Information regarding check-in for art work will be shared in art classes.

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

May 8-9	Wed-Thu	9 am-2 pm
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NEW

SEWING: SCRAPPY N' SNAPPY SEW-A-THON

Spend a day learning creative ways to use up your sewing scraps. All supplies included in class fee. Bring your portable machine and a sack lunch. All experience levels welcome. Limit 15.

\$15 MEMBER/\$30 NONMEMBER

LOCATION: KENMORE SENIOR CENTER

Instructor: Barb Osborne		
May 15	Wed	9 am-3 pm

FITNESS AND ACTIVE LIVING

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

AGE REVERSING ESSENTRICS	7	LINE DANCING	5	TAI CHI BEGINNING	8
BALLET BARRE	5	MAT PILATES	10	TAI CHI INTERMEDIATE	8
BALLROOM DANCE LESSONS	5	NATURE WALKING WITH EBIRD	13	TAI CHI PRACTICE	8
BEGINNER PICKLEBALL OPEN PLAY	12	OTAGO	7	TONE UP	8
BELLY DANCE FOR STRENGTH & BALANCE	10	PICKLEBALL - OPEN PLAY	12	WALKING GROUP	13
CHAIR PILATES	10	PICKLEBALL 1 - BEGINNER	12	YOGA - BREATH AND BALANCE	11
CIRCUIT TRAINING AND BALANCE	10	PICKLEBALL 2 - ROUND ROBIN PLAY	12	YOGA - SEATED/STANDING	8
ENHANCE FITNESS	7	QIGONG FOR ALL	7	ZUMBA	11
FELDENKRAIS METHOD:	7	SENIOR AEROBICS	10	ZUMBA GOLD	11
GOLF	13	SPIN CLASS	10		
HIKING	13	STRENGTH & BALANCE	11		
INTRODUCTION TO PICKLEBALL	12	TABLE TENNIS	13		

DANCE

NEW

BALLET BARRE

Join us for a low-impact series of ballet barre exercises. Beginners welcome.

\$32 MEMBER/\$64 NONMEMBER PER MONTH

LOCATION: MILL CREEK

Instructor: Celeste Virago Lowe

Ongoing Tue 3:30-4:30 pm

BALLROOM DANCE LESSONS

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

\$60 MEMBER/\$120 NONMEMBER PER MONTH

LOCATION: BOTHELL, MULTIPURPOSE ROOM

Instructor: Celia Boarman

Ongoing Wed 3:30-4:30 pm

No class Jun 19

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.

\$32 MEMBER/\$64 NONMEMBER PER MONTH

LOCATION: BOTHELL, MULTIPURPOSE ROOM

Instructor: Candace LaMont

Ongoing Tue 11:15 am-Noon



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 instructors 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 May 3, 27 and Jun 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 PER MONTH

LOCATION: BOTHELL, STUDIO

Instructor: Natalia von Somoff, Certified Essentricks Instructor

Ongoing Wed 4:30-5:30 pm

No class Jun 19

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.

\$44 MEMBER/\$88 NONMEMBER PER MONTH

LOCATION: HEALTH & WELLNESS CENTER, CONFERENCE ROOM

Instructor: Patty Bredice, certified Feldenkrais Practitioner.

Ongoing Tue 10-11 am

No class April 16

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

Apr 15-Jun 10 Mon/Wed 11:30 am-12:30 pm

Assessment scheduled for Wednesday, Apr 10 at 11:30 am.

No class May 27

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

LOCATION: BOTHELL, STUDIO

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

Ongoing Tue 1-2 pm

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

LOCATION: KENMORE, RHODODENDRON PARK

Classes are usually held outdoors in the park. Dress for the weather.

Please check in at the Senior Center cottage using your NSC key card prior to 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

New and on-going students will learn simple, isolated movements and positions, and then practice connecting them into short sequences in a slow, attentive, centered manner. In this way, they will develop an understanding of "tai chi flow".

\$32 MEMBER/\$64 NONMEMBER PER MONTH

LOCATION: BOTHELL, STUDIO

Instructor: Marian Stewart

Ongoing	Tue	10:30-11:15 am
Ongoing	Thu	10:30-11:15 am NEW DAY

TAI CHI INTERMEDIATE

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 PER MONTH

LOCATION: BOTHELL, STUDIO

Instructor: Marian Stewart

Ongoing	Tue	11:20 am-12:20 pm
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LOCATION: MILL CREEK, NORTH CREEK PRESBYTERIAN CHURCH

Certified Instructor: Mike Lucero

Ongoing	Thu	1:30-2:30 pm
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PRE-REGISTRATION REQUIRED! Stop by Mill Creek Senior Center or call 425-948-7170 to register.

TAI CHI PRACTICE

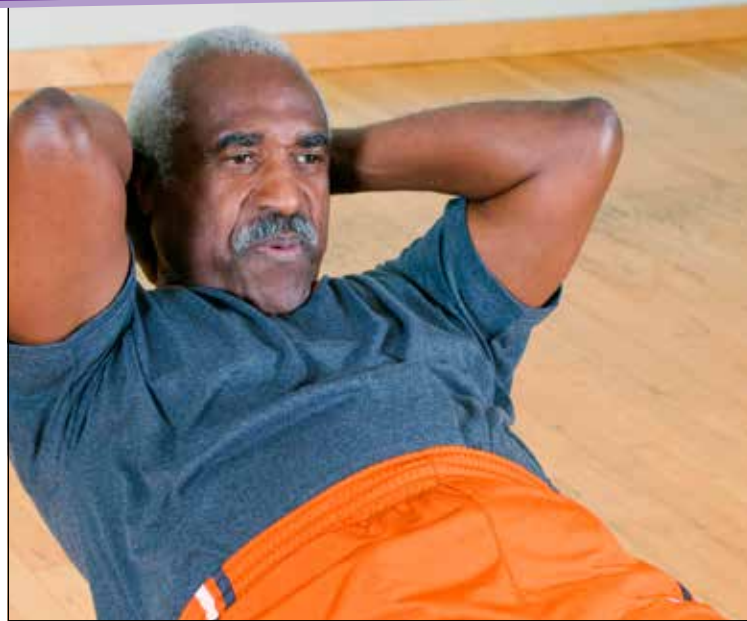
This is an open tai chi workshop led by the instructor to support tai chi students at any level. Practice will include warm-ups, review from previous classes, and will address any concerns or questions raised by students.

\$32 MEMBER/\$64 NONMEMBER PER MONTH

LOCATION: BOTHELL, STUDIO

Instructor: Marian Stewart

Ongoing	Thu	11:20 am-12:20 pm
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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.

\$32 MEMBER/\$64 NONMEMBER PER MONTH

LOCATION: KENMORE

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

Ongoing	Mon	11 am-Noon
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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.

\$43 MEMBER/\$86 NONMEMBER PER MONTH

LOCATION: MILL CREEK

Instructor: Maria Borella

Ongoing	Tue/Thu	10-10:45 am
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NEW LOCATION

\$32 MEMBER/\$64 NONMEMBER PER MONTH

LOCATION: BOTHELL, STUDIO

Instructor: Vendana Chalana

Ongoing	Mon	10-10:45 am
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FITNESS AND ACTIVE LIVING



SHAPE UP! 50+

“For a Healthy Independent Lifestyle”

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

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

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

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.

\$32 MEMBER/\$64 NONMEMBER PER MONTH

LOCATION: KENMORE

Instructor: MarieElena McMahon

Ongoing Thu 10-11 am
Ongoing Thu 7-8 pm **NEW EVENING CLASS**

NEW

CHAIR PILATES

The benefits of Pilates modified for being seated in a chair. Wheelchair/walker friendly.

\$32 MEMBER/\$64 MEMBER PER MONTH

LOCATION: KENMORE

Instructor: Connie Evans

Ongoing Thu 11-11:45 am

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.

\$43 MEMBER/\$86 NONMEMBER PER MONTH

LOCATION: HEALTH & WELLNESS, FITNESS CENTER

Instructor: Ying Penrod

Ongoing T/Th 8:30-9:15 am
Ongoing T/Th 9:45-10:30 am
Ongoing T/Th 11-11:45 am

MAT PILATES

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

\$32 MEMBER/\$64 NON MEMBER PER MONTH

LOCATION: BOTHELL, STUDIO

Instructor: Connie Evans, Certified Pilates Instructor

Ongoing W/F 9:30-10:15 am
Ongoing Wed 10:45-11:30 am **NEW CLASS**

No class Jun 19

NEW LOCATION

LOCATION: KENMORE

Instructor: Connie Evans

Ongoing Thu 9:30-10:30 am

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.

\$43 MEMBER/\$86 NONMEMBER PER MONTH

LOCATION: BOTHELL, MULTIPURPOSE ROOM

Certified Instructor: Candice LaMont

Ongoing Mon/Wed 10-11 am

No class May 27 and Jun 19.

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.

\$32 MEMBER/\$64 NONMEMBER PER MONTH

LOCATION: HEALTH & WELLNESS CENTER

Instructor: TBD

Ongoing Tue 10-10:45 am

FITNESS AND ACTIVE LIVING



ZUMBA GOLD

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

\$32 MEMBER/\$64 NONMEMBER PER MONTH

LOCATION: BOTHELL, MULTIPURPOSE ROOM

Instructor: Marietta Sarkisova, Certified Zumba Gold Instructor
Ongoing Tue 12:30-1:30 pm

NEW ZUMBA

Come and enjoy this Latin fusion and rhythms Zumba dance class for those who want a more fun and upbeat exercise program.

\$32 MEMBER/\$64 NONMEMBER PER MONTH

LOCATION: BOTHELL, MULTIPURPOSE ROOM

Instructor: Marietta Sarkisova, Certified Zumba Instructor
Ongoing Fri 11:30-12:30 pm

No class May 3

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.

\$43 MEMBER/\$86 NONMEMBER PER MONTH

LOCATION: BOTHELL, MULTIPURPOSE ROOM

Instructor: Candice LaMont
Ongoing Tue/Thu 9:30-10:30 am

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 PER MONTH

LOCATION: BOTHELL, STUDIO

Certified Instructor: Vendana Chalana **NEW INSTRUCTOR**
Ongoing Tue 9:15-10:15 am

Certified Instructor: Trudy Rolla, RYT
Ongoing Thu 8:30-9:45 am

YOU LEARNED IT, NOW TEACH IT!

Join the NSC team as an instructor!

We'll pay for certification.

Email information@mynorthshore.org to learn how to become an instructor.



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 10)

\$15 MEMBER/\$30 NONMEMBER SINGLE SESSION

LOCATION: BOTHELL, MULTIPURPOSE ROOM

Certified Instructor: Bing Teng

Apr 6, 20	Sat	9-11 am
May 18, 25	Sat	9-11 am
Jun 15, 29	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 10)

\$45 MEMBER/\$90 NONMEMBER PER MONTH

LOCATION: BOTHELL, MULTIPURPOSE ROOM

Certified Instructor: Bing Teng

Apr 9, 16, 23	Tue	2-4 pm
May 14, 21, 28	Tue	2-4 pm
Jun 11, 18, 25	Tue	2-4 pm

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 4

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. This class is competitive play. 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

Apr 11, 18, 25	Thu	11:30 am-1:30 pm
May 16, 23, 30	Thu	11:30 am-1:30 pm
Jun 13, 20, 27	Thu	11:30 am-1:30 pm

PICKLEBALL - OPEN PLAY

Pickleball is a hodgepodge of tennis, badminton and Ping Pong, played on a court with a three-foot net. Have fun and exercise at the same time.

PUNCHCARD REQUIRED

SEE PAGE 4

LOCATION: BOTHELL, MULTIPURPOSE ROOM

Mon	1-4 pm
Wed	5:30-8:30 pm
Fri	1-4 pm No Play on May 3

LOCATION: KENMORE, RHODODENDRON PARK

Mon-Fri 9 am-3 pm

Court is outside in the park. We have nets, paddles and balls, or bring your own. 2-hour court times available Mon-Fri, 9 am-3 pm. Can be reserved with member punchcard per person, or \$5 per person for nonmembers. Call 425.489.0707. Check in at Senior Center prior to play.

No game May 3, 27 and Jun 19.

FITNESS AND ACTIVE LIVING

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 4

LOCATION: BOTHELL, MULTIPURPOSE ROOM

Leaders: Thomas Kirkland, Jen Hall and Hal Bomardner

Ongoing Wed 1-3 pm

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

LOCATION: BOTHELL

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

Website: <https://sites.google.com/site/nsschikers>

May-Oct Mon 7:15 am

Email: nsschikers@gmail.com

NATURE WALKING WITH eBIRD

As you explore your natural surroundings you can capture critical data for science using the eBird app installed on your phone. That data is sent directly to Cornell University's Ornithology lab. Even if you don't have a smart phone, join us for walking, bird watching and contributing to science. Dress for the weather, including appropriate walking shoes. 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

CYCLING GROUP

If you are interested in starting up a bicycle group for NSC, we would like to hear from you.

[Email information@mynorthshore.org](mailto:Emailinformation@mynorthshore.org)



CLUBS AND SOCIAL CONNECTIONS

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

ANTIQUES CLUB	14	DAY TRIP: UW ARBORETUM	22	OLGA NORTHSHORE	20
BINGO	18	DAY TRIP: VILLAGE THEATRE IN EVERETT	21	ORIGAMI: WELCOME TO THE FOLD	16
BOOK CLUB	15	EARTH DAY CELEBRATION	17	OVERNIGHT TRIP: REDWOODS AND THE	
BRIDGE	18	FISHING CLUB	15	OREGON COAST	22
CHESS FUNDAMENTALS STUDY GROUP	18	GUITAR CLUB	19	PAINTING AND ART FOR FUN	16
CO-ED COFFEE HOUR	20	HAND AND FOOT	18	PANCAKE BREAKFAST	17
COFFEE AT KENMORE	20	HAPPY HOUR	20	PIANO WORKSHOP	19
COFFEE SOCIAL	20	INDIAN AMERICAN COMMUNITY SERVICES	17	PINOCHLE	18
COFFEE WITH THE COUNCIL	20	JEWELRY CLUB	15	QUILT CLUB	16
CONVERSATION CAFÉ GROUPS	20	KNIT WITS CLUB	16	RAINBOW PRIDE COFFEE HOUR	21
CRAFTING CLUB	15	LEARN TO PLAY MAHJONG	18	SEWING: IN STITCHES	15
CRIBBAGE	18	MAHJONG	18	SHARING AND CARING	21
CROCHET CLUB	15	MEATLESS MONDAY POTLUCK	17	TABLETOP GAMEPLAY	19
DAY TRIP: BAINBRIDGE ISLAND	22	MEN'S COFFEE GROUP	20	TEA PARTY: PINKIES UP!	17
DAY TRIP: CASINO OUTING	21	MEN'S CONVERSATION CAFÉ	20	TRAVEL CLUB	22
DAY TRIP: CRAB FEED CRUISE AND TULIP FIELDS21		MUSIC FOR FUN	19	VETERANS BREAKFAST	17
DAY TRIP: EDMONDS ART FESTIVAL	22	NORTHSHORE RED HAT LADIES	20	WOMEN'S COFFEE GROUP	20
DAY TRIP: METROPOLITAN OPERA	21	NORTHSHORE VARIETY SHOW AND BAND	19		

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

- » **April 10:** Spring has sprung! Think birds and bees. Calling all bird watchers (ornithologists) and bug fans (entomologists). Gather up your feathered and insect friends - chickadees, chickens, butterflies, bumblebees, etc. in all mediums - wood, ceramic, metal?
- » **May 15:** Annual grab bag meeting. Let's share those items that are unique to you which didn't fit in earlier category. Also, what collectibles you didn't bring earlier and thought of later? Load them up!
- » **June 12:** No Meeting



CLUBS AND SOCIAL CONNECTIONS

BOOK CLUB

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

FREE

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-ended 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

April *The One Hundred Years of Lenni & Margot* by Malanne Cronin

May *Tom Lake* by Ann Patchett

June *All The Light We Cannot See* by Anthony Doerr

July *Hello Beautiful* by Ann Napolitano

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

April *The Radium Girls* by Kate Moore

May *The Bad Ass Librarians of Timbuktu* by Joshua Hammer

June *The Descendants* by Kaui Hart Hemmings

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

SEWING: IN STITCHES

Want to learn to sew? Already experienced? Join us as we start with the basics of 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.

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-1 pm

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

ORIGAMI: WELCOME TO THE FOLD

Learn how to make different shapes and animals.

FREE

LOCATION: MILL CREEK

Facilitators: Indu Singh, Sue Oh

Ongoing Thu 1-3 pm

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

CLUBS AND SOCIAL CONNECTIONS

COMMUNITY EVENTS

EARTH DAY CELEBRATION

Join the Kenmore Senior Center, City of Kenmore and the Kenmore Heritage Society for a day of outdoor fun. We'll have vendors, community groups, education and events for the whole family. Dress for the weather.

FREE

LOCATION: KENMORE, RHODODENDRON PARK

Apr 27 Sat 11 am-2 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.iacswa.org.

FREE (MORNING/AFTERNOON PROGRAMS)

\$5 PER PERSON 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

MEATLESS MONDAY POTLUCK

Please bring a plant-based dish to share

FREE

LOCATION: MILL CREEK

Ongoing 2nd Mon Noon-1 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

TEA PARTY: PINKIES UP!

\$5 PER PERSON

LOCATION: MILL CREEK (PARKING IN REAR OF BUILDING)

» **KENTUCKY DERBY SOCIAL**

Celebrate the 150th Run for the Roses with mocktail mint juleps and derby inspired treats. Learn about this year's horses and see if you pick the winner on race day! Big hats encouraged.

May 3 Fri 1-3 pm

» **BOSTON TEA PARTY**

Keep the celebration going by attending our 3rd annual Boston Tea Party! Enjoy colonial era recipes as we sip tea like it's 1773!

Jul 5 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

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

PUNCHCARD REQUIRED SEE PAGE 4

LOCATION: KENMORE, SUNROOM

Ongoing Mon/Wed 11 am-3 pm

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.)

PUNCHCARD REQUIRED SEE PAGE 4

LOCATION: MILL CREEK

Ongoing Wed 2-3 pm

CRIBBAGE

Beginning and experienced players welcome.

PUNCHCARD REQUIRED SEE PAGE 4

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.

PUNCHCARD REQUIRED SEE PAGE 4

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 4

LOCATION: MILL CREEK

Leader: Marlene Kurpiewski

1st & 3rd Mon 1-2 pm

MAHJONG

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

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 4

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

CLUBS AND SOCIAL CONNECTIONS

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 4

LOCATION: KENMORE

Facilitator: Jenny Sayward

Ongoing Fri 10 am-Noon

MUSIC

GUITAR CLUB

Come strum and sing your favorite tunes from yesterday and today. In a fun, supportive atmosphere. The focus is on guitar, but all music enthusiasts are welcome.

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 with a library of several dozen songs. Instruments encouraged or just bring your voice!

FREE

LOCATION: MILL CREEK

Ongoing Mon 1-2:30 pm



NORTHSHORE 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

CLUBS AND SOCIAL CONNECTIONS

SOCIAL

COFFEE SOCIALS

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

FREE

» CO-ED COFFEE HOUR

LOCATION: PETERKIRK COMMUNITY CENTER

Ongoing Wed 11 am-Noon

Facilitator: Cassidy Stout, MSW

425-286-1072; cassidys@mynorthshore.org

No meeting June 19

» COFFEE WITH THE COUNCIL

LOCATION: KENMORE

First Monday of every month

Oct 2, Nov 6, Dec 4 10-11 am

» COFFEE SOCIAL

LOCATION: BOTHELL, ROOM 205

Coordinator: Lori Jensen

Occasional outings planned during social.

Ongoing Thu 1-2 pm

» COFFEE AT KENMORE

LOCATION: KENMORE

Ongoing Mon-Fri 9 am-3 pm

» MEN'S COFFEE GROUP

LOCATION: MILL CREEK

Ongoing 2nd & 4th Fri 10 am-Noon

» WOMEN'S COFFEE GROUP

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

No meeting May 27

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

No meeting May 27

HAPPY HOUR

We have Happy Hour in our Coffee Bar on Wednesday evenings from 4-7pm. Come enjoy wine, beer, music, food and fun. Bring a friend or make a new one.

LOCATION: BOTHELL, COFFEE BAR

Ongoing Wed 4-7 pm

MEN'S CONVERSATION CAFE

FREE

LOCATION: VIRTUAL

Wed 11 am-Noon

For more details, contact John Rynd 425-308-4613

No meeting June 19

NORTHSHORE 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 NORTHSHORE

(OLDER LESBIANS GATHERING AROUND NORTHSHORE)

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.

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.

CLUBS AND SOCIAL CONNECTIONS



NEW

RAINBOW PRIDE COFFEE HOUR

Join us monthly for our conversation and coffee hour dedicated to build connections for LGBTQIA+ older adults and their allies. The focus of this group is to create greater social connectivity, improve social inclusion and evolve services to better meet the needs of our LGBTQIA+ seniors. No registration required.

FREE

LOCATION: PETERKIRK COMMUNITY CENTER

Facilitator: Cassidy Stout, MSW 425-286-1072; Cassidys@mynorthshore.org
1st Wed/month 9-10 am

SHARING AND CARING

Conversations with others 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
No meeting June 19

TRAVEL

DAY TRIP: CRAB FEED CRUISE AND TULIP FIELDS

We'll board the boat in LaConnor for a two and half hour cruise and crab feed, sailing through Deception Pass, and see the tulip fields on our drive home. Special stop at the Snow Goose for some ice cream! Limit 10

\$100 MEMBER/\$200 NONMEMBER

Apr 18	Thu	10 am-5 pm
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DAY TRIP: CASINO OUTING

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. **NEW TIME: BUS WILL LEAVE FROM NSC at 9:30 a.m.**

\$5 MEMBERS/ \$10 NON-MEMBERS

Quil Ceda Creek

Apr 25	9:30 am-2:30 pm (bus leaves Casino)
May 23	9:30 am-2:30 pm (bus leaves Casino)
Jun 27	9:30 am-2:30 pm (bus leaves Casino)

DAY TRIP: METROPOLITAN OPERA

The Metropolitan Opera brings it's full production of Madame Butterfly to the movie screen. Enjoy the music, pageantry and beauty of this timeless classic in a cozy, casual setting. Lunch on your own at Northgate Red Robin. Limit 10

\$40 MEMBER/\$80 NONMEMBER (PAYMENT DUE APRIL 26)

May 11	Sat	9 am-3 pm
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DAY TRIP: VILLAGE THEATRE IN EVERETT

Join us on a trip to the Village Theatre in Everett for a live performance of The Fantastics. This musical, the longest running in the world, tells a simple and beautiful story of love, loss, and reconciliation, with its timeless classes such as "Try to Remember" and "Soon its Gonna Rain". Before the show we'll have lunch at a local Everett restaurant (at own expense).

\$72 MEMBER/\$144 NONMEMBER

May 16	Thu	Noon-5 pm
	Lunch	Noon

CLUBS AND SOCIAL CONNECTIONS

OVERNIGHT TRIP: 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 ADD-ON*

\$50 NON MEMBER SUPPLEMENT

\$35 DEPOSIT

**(Inquire if interested in sharing with another member to save \$)*

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: UW ARBORETUM

We'll visit the Japanese Garden and have a picnic lunch at the Arboretum. Dress for the weather. Limit 12.

\$40 MEMBER/\$80 NONMEMBER (INCLUDES PICNIC LUNCH)

Jun 14

Fri

9:30 am-2 pm

DAY TRIP: EDMONDS ART FESTIVAL

Edmond's Annual Art Festival will feature more than 160 artists presenting their unique fine art paintings, sculptures, jewelry and artisan crafts. After browsing, or buying, enjoy lunch at one of many Festival food vendor stations or at the Main Street area restaurant. Significant walking.

\$24 MEMBER/\$48 NONMEMBER

Jun 16

Fri

9:30 am-2 pm

DAY TRIP: BAINBRIDGE ISLAND

Start the day with a ferry ride to Bainbridge Island. Our "Downtown area" visit will give you the day to spend as you like, visiting local museums, browsing the myriad of shops along Winslow Way, enjoying a leisurely lunch at a local restaurant, and/or stopping for a glass of wine or a sweet on the way back to the dock before heading home. While this is primarily a walking trip, our bus will accompany us to the Island to ease the way, stopping /picking up at various points and providing storage for our shopping bags! Fare includes bus transportation and ferry ride.

\$48 MEMBER/\$96 NONMEMBER

Jun 27

Thu

8:15-4:45 pm

DAY TRIP GUIDELINES:

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

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

Lead: Peggy McNamara

Last Thursday of each month 1 pm

HEALTH AND NUTRITION

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

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MANDALA: COLLAGE HEART PLAQUE
"I AM ENOUGH"..... 25
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PRESCRIPTION ASSISTANCE WORKSHOP.....24

SIX PILLARS OF BRAIN HEALTH24
THE MORE YOU KNOW: COMMUNITY
RESOURCES & INFORMATION SHARING..... 23
WELCOME TO MEDICARE PRESENTATION 25

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.

**\$5 SUGGESTED DONATION FOR THOSE 60 AND OLDER
\$10 CHARGE FOR PEOPLE UNDER 60**

LOCATION: BOTHELL

Mon-Fri In-Person Dining is Noon-12:30 pm
Reservations only: 425-487-2441

FOOD BANKS AT NORTSHORE SENIOR CENTER

If you are in need of food, please come on one of the days listed below to receive free food items. Everyone welcome. Pre-order bags online at:

<https://www.northshoreseniorcenter.org/food-pantry-pick-up>

FREE

LOCATION: BOTHELL

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.

April 2: Legal and Advocacy Resources

May 7: Mental Health Awareness Supports and Resources

June 4: Gold Card Discounts & Summer Activities.

FREE

LOCATION: BOTHELL, ROOM 205

Facilitator: Cassidy Stout, NSC Community Resource Specialist

1st Tue/month

1-2 pm (Apr 2, May 7, Jun 4)

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

HEALTH AND NUTRITION

MEDICATION SAFETY PRESENTATION

Join us for an information discussion with Homage's Danika Hollefreund. Topics will include common prescribed medications for older adults, safe use of opioid and over the counter medications, medication storage, Snohomish county "drug take back" locations, etc. All attendees will receive a File OF Life and a chance to win a free medication lockbox.

FREE

LOCATION: MILL CREEK

Apr 4 Thu 1 pm

MANDALA

Loosely translated means "circle," but it is far more than a simple shape. It represents wholeness and can be seen in all areas of life. Creating a mandala is an activity that can reduce stress, bring about peace and produce calmness. When drawing a mandala, you work on focusing from the center of the circle to the outer edge. Learn how to make a collage mandala using photos, paints, crayons, colored pencils. You can bring your pictures or anything else you may want to use for your mandala.

\$5 FEE TO COVER THE SUPPLIES FOR THE CLASS.

LOCATION: BOTHELL, ROOM 203

Presenter: Bertha Marselis, Creative Expression of Health & Wellness Facilitator

Apr 10 Wed 10 am-Noon

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

PRESCRIPTION ASSISTANCE WORKSHOP

Are you having trouble paying for your prescriptions? The Prescription Drug Assistance Network can help you find programs to pay for prescriptions or reduce the cost of your prescriptions. We walk you through the programs to find the best options for you. We can also help with co-pay cards, discount cards and coupons.

FREE

LOCATION: PETERKIRK COMMUNITY CENTER

Presenter: Rod Shutt from Prescription Drug Assistance Network

Apr 19 Fri 1-2:30 pm

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

SIX PILLARS OF BRAIN HEALTH

It's never too late to take charge of your brain health! In this hour-long, interactive session you will learn about the six pillars of a brain-healthy lifestyle. Discover how living an active life – by learning more, being social, staying fit, eating right, getting enough sleep and managing stress – can support brain health.

FREE

LOCATION: PETERKIRK COMMUNITY CENTER

Presenter: AARP Representative

Apr 26 Fri 1-2:30 pm

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

LIVING BETTER WITH DIABETES

Diabetes Self-Management Program is a 6-week workshop developed and tested by Stanford University. By participating, you will: Gain the skills to better manage glucose monitoring, medications, symptoms of diabetes, fatigue and pain. • Learn to handle difficult emotions like stress, anger and guilt. • Communicate better with family, friends and your medical team. • Benefit from the support of others who understand what you're going through. • Practice creating and accomplishing weekly action plans.

FREE

LOCATION: PETERKIRK COMMUNITY CENTER

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

May 3-Jun 7 Fri 1-3:30 pm

Pre-registration required. To register for this program, 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.

FREE

LOCATION: BOTHELL, ROOM 104

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

May 7-Jun 11 Tue 10 am-Noon

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

HEALTH AND NUTRITION



MANDALA: COLLAGE HEART PLAQUE "I AM ENOUGH"

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

\$5 FEE TO COVER THE SUPPLIES FOR THE CLASS.

LOCATION: BOTHELL, ROOM 203

Presenter: Bertha Marselis, Creative Expression of Health and Wellness Facilitator

May 8 Wed 10-11:30 am

Pre-registration required. To register, please contact Georgia Rigler: 425-286-1047; georgiar@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: PETERKIRK COMMUNITY CENTER

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

May 20 Mon 1-3 pm

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

BUILDING RESILIENCE

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

FREE

LOCATION: BOTHELL, ROOM 203

Presenter: EvergreenHealth Representative

May 22 Wed 1-2 pm

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

LOCATION: PETERKIRK COMMUNITY CENTER

Jun 10 Mon 1-2 pm

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

CURIOUS ABOUT CANNABIS? LEARN MORE AT THIS FREE SESSION!

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

FREE

LOCATION: PETERKIRK COMMUNITY CENTER

Presenter: Lisa Buchanan, RN, OCN emeritus, MMS, Dockside Cannabis

Jun 21 Fri 1-2:30 pm

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

LIFELONG LEARNING

INFORMATIONAL PROGRAMMING FOCUSED ON PERSONAL DEVELOPMENT AND LEARNING NEW SKILLS.

AARP SMART DRIVER COURSE.....31	DRAW/SKETCH - BEGINNING26	PRIDE PANEL.....32
AGING WITH SPECIAL NEEDS CHILDREN:	DRIFTWOOD SCULPTURE27	POTTERY AND SCULPTURE.....28
LEGAL STRATEGIES29	ELDER & ESTATE PLANNING SEMINAR30	RESPECTFUL DIALOGUE, TOP ISSUES
ASTRONOMY.....31	FOCUS ON FIXED INCOME.....32	AND THE 2024 AMERICAN ELECTIONS32
BOOK-A-LIBRARIAN30	GENEALOGY CLASS32	SENIOR PROPERTY TAX EXEMPTION PROGRAM.32
CARD MAKING26	GERMAN CONVERSATIONAL PLUS.....29	SIMPLIFYING YOUR SPENDING AND SAVINGS
COLORED PENCIL/DRAWING26	MANDALA28	STRATEGY33
COMPUTER AND PHONE HELP31	MANDALA: COLLAGE HEART PLAQUE	SPANISH CONVERSATION29
CREATIVE CHARITABLE GIVING30	"I AM ENOUGH"28	UBUNTU DISCUSSION GROUP33
DECOUPAGE.....26	MEMOIR WRITING CLASS.....30	UNDERSTANDING THE VALUE AND BENEFITS OF SELF
DEMENTIA LEGAL PLANNING PRESENTATION .29	MORE THAN JUST WILLS -	COMPASSION33
DIVERSITY AND THE AMERICAN MOSAIC31	UNDERSTANDING ESTATE PLANNING.....30	WATERCOLOR28
DOWNSIZING THE FAMILY HOME32	OPEN ART STUDIO28	WEDNESDAY EVENING COMPUTER HELP.....31

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.

\$35 MEMBER/\$70 NONMEMBER PER MONTH

LOCATION: BOTHELL, ROOM 103

Instructors: Gretchen Davey

Ongoing Fri 1-2 pm

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.

\$35 MEMBER/\$70 NONMEMBER PER MONTH

LOCATION: BOTHELL, ROOM 104

Instructor: Judy Moritz; 425-488-8270

Ongoing Thu 11 am-2 pm

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. Class Limit: 16.

\$35 MEMBER/\$70 NONMEMBER PER MONTH

LOCATION: KENMORE

Instructor: Kimberly Smith

Ongoing Mon 1-3 pm

Please call 425-489-0707 to register.

NEW DECOUPAGE

Explore the fun and easy medium of decoupage. Create designs using a variety of materials. Beautify existing objects with the classic technique of glue and paper. All supplies included in class fee. No experience required.

\$10 MEMBER/\$20 NON-MEMBER

LOCATION: KENMORE

Instructor: Carla, KC and Beth

May 10 Fri 1-3 pm

LIFELONG LEARNING

DRIFTWOOD SCULPTURE

With driftwood sculpture, we bring out the beauty hidden under layers of dirt and decay. The LuRon method teaches us to clean, shape and finish old "found" wood into a unique sculpture.

NEW DATE

\$40 MEMBER/\$80 NONMEMBER PER MONTH

LOCATION: BOTHELL, ROOM 104

Instructor: Julie Wing

Ongoing Wed 6-8:30 pm **NEW EVENING CLASS**

\$35 MEMBER/\$70 NONMEMBER PER MONTH

LOCATION: BOTHELL, ROOM 104

Instructor: Alice Shuler; 425-485-1221

Ongoing Thu 8:30-10:30 am

Ongoing Thu 2:30-4:30 pm

LOCATION: KENMORE

Instructor: Susan Watts; 858-437-3466

Ongoing Tue 10 am-Noon

YOU LEARNED IT, NOW TEACH IT!

Join the NSC team as an instructor!

We'll pay for certification.

Email information@mynorthshore.org to learn how to become an instructor.



RETIREMENT. GAME ON.

Double-down on life at Woodland Terrace.

Welcome to Woodland Terrace, where hospitality-based care and resort-style amenities go hand-in-hand to deliver next-level senior living. From our signature program, PrimeFit Wellness, to a community calendar filled with activities, there's never been a better time to come home to Woodland Terrace.

Visit us and see why our community was named Best Independent Living by U.S. News & World Report.

WOODLAND TERRACE

17502 102nd Avenue NE | Bothell, WA 98011
425-333-2762



LIFELONG LEARNING

MANDALA

Loosely translated means "circle," but it is far more than a simple shape. It represents wholeness and can be seen in all areas of life. Creating a mandala is an activity that can reduce stress, bring about peace and produce calmness. When drawing a mandala, you work on focusing from the center of the circle to the outer edge. Learn how to make a collage mandala using photos, paints, crayons, colored pencils, pastels in making this creative tool for mindfulness! You can bring your pictures or anything else you may want to use for your mandala.

\$5 FEE TO COVER THE SUPPLIES FOR THE CLASS.

LOCATION: BOTHELL, ROOM 203

Presenter: Bertha Marselis, Creative Expression of Health & Wellness Facilitator

Apr 10 Wed 10 am-Noon

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

MANDALA: COLLAGE HEART PLAQUE "I AM ENOUGH"

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

\$5 FEE TO COVER THE SUPPLIES FOR THE CLASS.

LOCATION: BOTHELL, ROOM 203

Presenter: Bertha Marselis, Creative Expression of Health and Wellness Facilitator

May 8 Wed 10-11:30 am

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

POTTERY AND SCULPTURE

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

\$35 MEMBER/\$70 NONMEMBER

PER MONTH

LOCATION: BOTHELL, ROOM 103

Co-facilitators: Lori Simmons and Judie Dobner

Ongoing Wed 10 am-Noon

OPEN ART STUDIO

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

\$35 MEMBER/\$70 NONMEMBER

PER MONTH

LOCATION: BOTHELL, ROOM 104

Leader: Beverly Parcel

Ongoing Wed 12:30-3:30 pm

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.

\$35 MEMBER/\$70 NONMEMBER

PER MONTH

LOCATION: BOTHELL, ROOM 104

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

Ongoing Mon 10 am-1 pm

Ongoing Fri 10 am-1 pm

LOCATION: BOTHELL, ROOM 104

Instructor: Kimberly Smith

Ongoing Wed 9:30 am-12:30 pm

No class May 22, 29 and Jun 19.

LOCATION: KENMORE - NEW DAY

Instructor: Carolyn Spier, call 425-489-0707 to register.

Learn the fundamentals about paper, brushes, types of paint and technique, in an atmosphere of fun and support. All skill levels welcome, great for beginners! Limit 8.

Ongoing Wed 1-3 pm

LOCATION: MILL CREEK

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

Ongoing Wed 10 am-Noon

LIFELONG LEARNING

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

NEW SPANISH CONVERSATION

Improve and practice your Spanish language skills by conversing with others in Spanish.

FREE TO MEMBERS/\$10 NONMEMBER PER MONTH

LOCATION: BOTHELL, ROOM 103

Lead: Aida Gonzalez

Ongoing Tue 1-3 pm



LEGAL SEMINARS

AGING WITH SPECIAL NEEDS CHILDREN: LEGAL STRATEGIES

In this presentation, you will learn more about special needs trusts, guardianship, government benefit coordination, saving with WA State ABLE program and other decision-making issues for parents with special needs children, etc.

FREE

LOCATION: BOTHELL, ROOM 202

Presenter: Joshua L. Brothers, Attorney

Jun 21 Fri 11 am-Noon

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

CREATIVE CHARITABLE GIVING

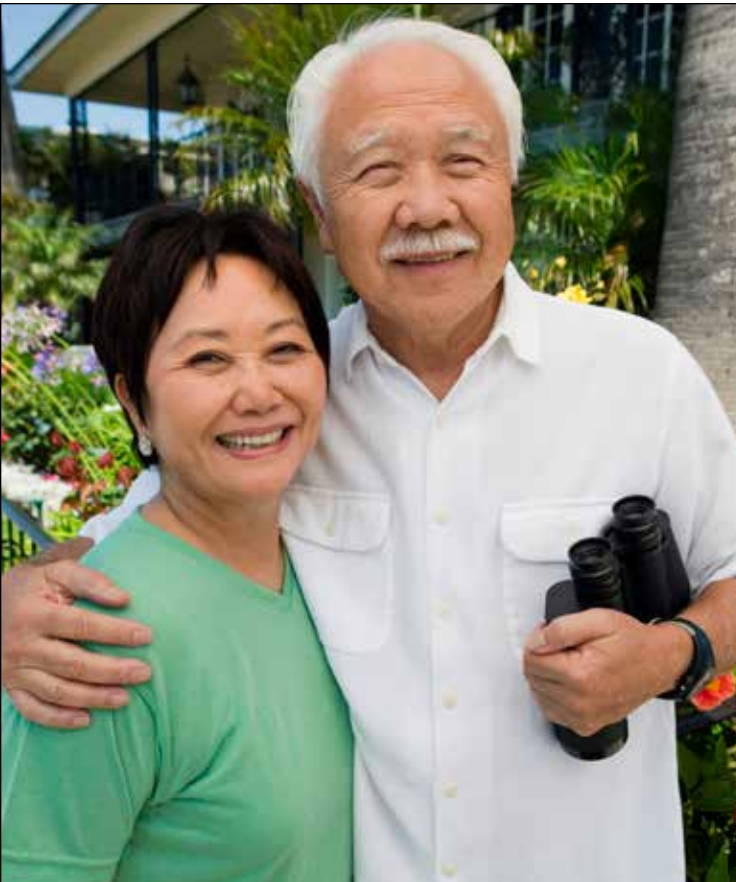
Unlocking the power of legacy giving: Join us for our Legacy Society Seminar on April 16th, dedicated to empowering individuals to learn about creative ways to leave a lasting impact through planned charitable giving. We will discuss ways to make big gifts that don't impact your bottom line.

FREE

LOCATION: BOTHELL, ROOM 202

Presenters: Scott Newton and Setareh Mahmoodi, Attorney

Apr 16 Tue 3-4 pm



LIFELONG LEARNING

DEMENTIA LEGAL PLANNING PRESENTATION

The Dementia Legal Planning Program provides free, limited scope, dementia legal planning services to clients across the state, specifically covering power of attorney and advance directives documents for individuals with dementia. This presentation will cover the standard advanced legal planning documents and information on how to connect with an attorney for free legal help completing power of attorney and advance directive documents.

FREE

LOCATION: BOTHELL, ROOM 203

Presenter: Jill Miesner, Program Coordinator; WA Pro Bono Council
May 28 Tue 1-2 pm

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

ELDER & ESTATE PLANNING SEMINAR

Is your will or trust set up to reflect your needs and wishes? Attend this informational presentation by an attorney from Wall Group Law specializing in Elder Law and Estate Planning. We will discuss documents important to create legal solutions that bring peace of mind including Powers of Attorney. All ages and levels of knowledge welcome. Please register at 425-948-7170.

FREE

LOCATION: MILL CREEK

May 20 Mon 1-2:30 pm

MORE THAN JUST WILLS... UNDERSTANDING ESTATE PLANNING

Amber Hunt of Woodinville Law will discuss each component of an estate plan including Wills, Trusts, and Power of Attorney documents as well as explain the probate process and what heirs can expect during an estate administration.

FREE

LOCATION: BOTHELL, ROOM 202

Presenter: Amber Hunt, Woodinville Law
Apr 4 Thu 1-2:30 pm

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

LOCATION: PETERKIRK COMMUNITY CENTER

Apr 10 Wed 1-2:30 pm

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

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 Noon-1 pm

To schedule an appointment call 425-948-7170

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
Ongoing Fri 10 am-Noon

LOCATION: MILL CREEK (PARKING IN REAR OF BUILDING)

Instructor: Barb Masterson
April 3-24 Wed 10 am-Noon

TECHNOLOGY

COMPUTER AND PHONE HELP

We will address your stuck spots and help you become wiser, faster, and more efficient. We teach basic computer/laptop and phone skills including iPhone and Android. We can evaluate your computer for virus and malware issues. New computer set up and configuration. Device malfunction assessments available as well. All questions welcome.

\$20 MEMBER/\$40 NONMEMBER PER HOUR

LOCATION: BOTHELL, KENMORE, MILL CREEK

Call 425-488-4821 to schedule an appointment.

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



SPECIAL INTEREST

AARP SMART DRIVER COURSE

AARP has scheduled Virtual Smart Driver courses which can be attended via Zoom from the comfort of your home. They will work directly with those who register to insure you are able to access Zoom and fully participate in the experience.

LOCATION: VIRTUAL

Please register on Cvents at: <http://aarp.cvent.com/DSVirtual> or contact directly at email: aarpwashingtondriversafety@gmail.com or call 425-830-1409.

ASTRONOMY

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

NEW

DIVERSITY AND THE AMERICAN MOSAIC

In an experiential, life-transforming workshop, gain new insights and practical tools to build respect, inclusion and belonging in organizations and communities, including Northshore Senior Center.

FREE

LOCATION: BOTHELL, DINING ROOM

Facilitated by Mark Smutny
Apr 3-May 8 Wed 5:30-7 pm

LIFELONG LEARNING

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

Apr 18 Thu 10-11:30 am

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

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

PER MONTH

LOCATION: BOTHELL, ROOM 205

Instructor: Meg Myrick

Ongoing Fri 1-2 pm

FOCUS ON FIXED INCOME

A seminar designed to educate you on how fixed income investments such as bonds can help them to reach your financial goals.

FREE

LOCATION: BOTHELL, ROOM 202

Presenter: Randy Busch

May 14 Tue 10-11 am

PRIDE PANEL

In appreciation of Pride Month, Northshore Senior Center will host a panel discussion about ways older adults can support LGBTQIA+ family members and loved ones. Stay tuned for more information.

LOCATION: BOTHELL, ROOM TBD

Date TBD

RESPECTFUL DIALOGUE, TOP ISSUES AND THE 2024 AMERICAN ELECTIONS

Join in lively and respectful conversations on the important issues and personalities in the 2024 American elections. Led by Mark Smutny, author of the award-winning book, "Thrive The Facilitator's Guide to Radically Inclusive Meetings, 2nd Edition".

FREE

LOCATION: BOTHELL, DINING ROOM

May 14-Jun 18 Tue 2:30-4:30 pm

SENIOR PROPERTY TAX EXEMPTION PRESENTATION- SNOHOMISH COUNTY

Snohomish County Assessor Office Staff will be sharing information about the Senior Citizen Property Tax Exemption Program and the New Income Limits for Snohomish County. 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: MILL CREEK

Speaker: Staff from the Snohomish County Assessor Office

Jun 25 Tue 11 am-Noon

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

SENIOR PROPERTY TAX EXEMPTION PROGRAM - KING COUNTY: 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: KENMORE

Presenter: Representative from the King County Assessor's Office

May 16 Thu 1-3 pm

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

SIMPLIFYING YOUR SPENDING AND SAVINGS STRATEGY

This is an educational program designed to help you sharpen your spending and saving strategy. Setting financial goals, how to achieve your goals, and practical savings options for now through retirement.

FREE

LOCATION: BOTHELL, ROOM 202

Presenter: Randy Busch

Jun 11 Tue 10-11 am

UBUNTU DISCUSSION GROUP

Have you wondered how Nelson Mandela was able to walk out of prison after 27 years of incarceration and forgive his oppressors while uniting South Africa 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

3rd Thu/month 1-2:30 pm

UNDERSTANDING THE VALUE AND BENEFITS OF SELF COMPASSION

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

FREE

LOCATION: MILL CREEK

Presenter: Janet Zielasko MS, LSW

May 30 Thu 1-2:30 pm

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



SUPPORTING SELF-CARE AND CAREGIVERS

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

ADULT CHILDREN OF AGING	ENHANCE®WELLNESS	MEDICAL EQUIPMENT CHECK-OUT
PARENT SUPPORT GROUP 40	FAMILY CAREGIVING CONSULTATION 36	PARKINSON'S SUPPORT GROUP 40
ADULT DAY CENTER 34	FINANCIAL COUNSELING 37	PEARLS 36
ALCOHOLICS ANONYMOUS 40	FOOT CARE 38	PERSONAL CONSULTATIONS 36
BOOK CLUB 41	FROM HEARTACHE TO AN OPEN HEART 40	PROJECT 101 42
CAREGIVERS SUPPORT GROUP 40	GLEE CLUB 42	RECREATION BOWLING 43
CIRCUIT TRAINING 42	HAIR SALON – TOOTSIE'S PARLOR 38	REFLEXOLOGY 39
COMMUNITY RESOURCE SPECIALIST	HOMAGE AGING & DISABILITY RESOURCE	SHIBA MEDICARE ADVISORS 39
CONSULTATION 35	SPECIALISTS 38	SHORT-TERM RESPITE 35
DANCE 42	HOME ASSISTANCE TO SENIORS 37	TENNIS 43
DAY CAMP 42	HYBRID SIGN LANGUAGE 42	TRANSPORTATION 45
DENTAL HYGIENE 37	HYBRID GAMES 42	VIRTUAL: SHARE & TELL 43
DIABETES/PRE-DIABETES GROUP 40	JOB SEARCH SUPPORT 38	W.I.S.D.O.M. 35
DRAMA-STG 42	KARAOKE 42	WELLNESS NURSE 36
EMPLOYMENT MATCHING PROGRAM AND	MARTIAL ARTS 42	
COMMUNITY CONNECTIONS 38	MASSAGE 38	

ADULT DAY HEALTH

ADULT DAY CENTER

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

» PROFESSIONAL SERVICES

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

» PROGRAM ACTIVITIES

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

PROGRAM HOURS & FEES

Monday-Friday starting at 10 am.

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

\$75-\$95/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.

\$75/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.

\$75/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
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.

LOCATION: BOTHELL

LOCATION: KENMORE

LOCATION: MILL CREEK

LOCATION: PETERKIRK COMMUNITY CENTER (BY APPOINTMENT)

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

LOCATION: PETERKIRK COMMUNITY CENTER (BY APPOINTMENT)

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

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.

LOCATION: BOTHELL

LOCATION: KENMORE

LOCATION: MILL CREEK

LOCATION: PETERKIRK COMMUNITY CENTER (BY APPOINTMENT)

For more details, contact:

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

PERSONAL CONSULTATIONS

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

FREE

BOTHELL (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

PETER KIRK COMMUNITY CENTER (BY APPOINTMENT)

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

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

SUPPORTING SELF-CARE AND CAREGIVERS

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



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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Since 2001

425-941-5163 www.AdultCareSolutions.net

SUPPORTING SELF-CARE AND CAREGIVERS

HOMAGE AGING & DISABILITY RESOURCE SPECIALISTS

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

LOCATION: MILL CREEK

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

EMPLOYMENT MATCHING PROGRAM AND COMMUNITY CONNECTIONS

Do you have a pre-retirement career or 'honey-do' skills that are getting a little rusty from disuse in your retirement years? How about signing up for the NSC Employment Matching program and becoming one of our 'Seniors Helping Seniors'? You get to use life skills to help seniors in need while earning some extra money for yourself. All potential service providers are interviewed and checked through the Washington State Patrol system. The NSC Employment Matching Program receives calls daily asking for help and we find one of our service providers who's a good match for the client, 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 feel 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.

LOCATION: BOTHELL, 2ND FLOOR

T/W/Th/F 1-4 pm

FOOT CARE

Many seniors are unable to care for their feet adequately because of poor vision, and/or poor flexibility, and other health-related problems. Each visit will include a thorough assessment, and nail trim. 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
Chrystal; Hairstylist
Ongoing Fri 9 am-1 pm

JOB SEARCH SUPPORT

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

FREE

LOCATION: MILL CREEK, NORTH CREEK PRESBYTERIAN CHURCH

Leader: Max Rigelman
Ongoing Fri 10 am-Noon

MASSAGE

Massage benefits include stress and pain reduction, enhanced relaxation and strengthened immune system. The therapeutic effects of massage are cumulative; the more regularly massage is received, the more relaxation deepens as chronic stress patterns are released.

LOCATION: HEALTH & WELLNESS

Call for information: 425-488-4821
Massage Therapist: TBA

SUPPORTING SELF-CARE AND CAREGIVERS

MEDICAL EQUIPMENT CHECK-OUT

Manual wheelchairs, canes, bedside commodes, walkers and other assist equipment, available for free on a temporary basis. Due to limited storage, we cannot accept certain items, so please contact Health & Wellness Center front desk.

FREE

LOCATION: HEALTH & WELLNESS

425-488-4821

Mon-Fri 8:30 am-3:30 pm or by appointment

REFLEXOLOGY

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

Reflexologist: TBA

To make an appointment: 425-488-4821

SHIBA MEDICARE ADVISORS

» IN-PERSON APPOINTMENTS

A free, unbiased and confidential service of the Washington state Office of the Insurance Commissioner, SHIBA volunteers help people of all ages and backgrounds with their Medicare questions and options. Help includes accessing eligibility, comparing plans, enrollment help, billing and fraud assistance, Medicaid enrollment.

LOCATION: BOTHELL, 2ND FLOOR

Advisor: Dave Reynolds

2nd Fri

9 am-1 pm

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

LOCATION: KENMORE

Advisor: Ron Lome

3rd Tuesday

Apr 16, May 21, Jun 18

9 am-Noon

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

LOCATION: MILL CREEK

Advisor: Bruce Pyles

1st Thu & 3rd Fri

9 am-Noon

Walk-ins welcome. No appointment necessary.

RENT 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.



SUPPORTING SELF-CARE AND CAREGIVERS

SUPPORT GROUPS

ADULT CHILDREN OF AGING PARENT SUPPORT GROUP

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

FREE

LOCATION: VIRTUAL

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

No meeting June 19

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, 4306 132ND ST. SE, MILL CREEK

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

LOCATION: VIRTUAL

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

LOCATION: HEALTH & WELLNESS, CONFERENCE ROOM

Facilitator: Kathy Bates BS, GMHS, 425-286-1024
KathyB@mynorthshore.org
2nd Wed 1-2 pm

DIABETES/PRE-DIABETES GROUP

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

FREE

LOCATION: BOTHELL, ROOM 205

Facilitator: Lydia Barnsley, LPN, Wellness Nurse: 425-286-1029 or
lydiab@mynorthshore.org
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: 425-286-1029 or
lydiab@mynorthshore.org
First Fri 11 am-Noon

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
No meeting June 19

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

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

ALL CLASSES ARE HELD AT THE NORTHSHORE 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

\$110 **PER SESSION**

April 1-June 12 Wed 2:30-3:15 pm



SUPPORTING SELF-CARE AND CAREGIVERS

ALL PROGRAMS ON THIS PAGE BELONG TO THE INCLUSION PROGRAM. SEE PAGE 41 FOR REGISTRATION REQUIREMENTS.

CIRCUIT TRAINING

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

\$110 **PER SESSION**

April 4-June 20 Thu 2-2:45

No class April 18

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.

\$110 **PER SESSION**

April 4-June 20 Thu 3-3:45 pm

No class April 18

DAY CAMP

Register for each day separately.

\$75 **PER DAY**

April 1, 8, 15, 22, 29 Mon 10 am- 2:15 pm

May 6, 13, 20 Mon 10 am- 2:15 pm

June 3, 10, 17 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

April 3- May 22 Wed 4:30-5:30 pm

No class April 18

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.

\$110 **PER SESSION**

April 4-June 20 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

\$110 **PER SESSION**

Thu 1-1:45 pm

No class April 18

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.

\$110 **PER SESSION**

April 3-June 12 Wed 1:30-2:15 pm

KARAOKE

Sing your favorite song or join in a duet.

\$110 **PER SESSION**

April 1-June 20 Mon 1:15-2 pm

MARTIAL ARTS

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

\$110 **PER SESSION**

April 3-June 12 Wed 3:30-4:15 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.

\$110 **PER SESSION**

April 3- June 12 Wed 3:30-4:15 pm

SUPPORTING SELF-CARE AND CAREGIVERS

ALL PROGRAMS ON THIS PAGE BELONG TO THE INCLUSION PROGRAM. SEE PAGE 41 FOR REGISTRATION REQUIREMENTS.

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

BASKETBALL

Tuesdays at Home Court in Woodinville. Inquire for details

TENNIS

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

TBD **PER SESSION**

Wed 2-3 pm

VIRTUAL: SHARE & TELL

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

\$100 **PER SESSION**

Wed 12:45-1:15 pm

NEW PILOT PROJECT

Northshore Inclusion program is collaborating on an exciting exercise opportunity funded by Special Olympics. The project will research the impact of Enhance® Fitness exercise on the physical and social-emotional well-being of people with intellectual disabilities. The program meets 2x per week, and includes a pre/post assessment. Please contact Judi at 425-286-1037 for more information on how to get involved.



SAVE THE DATE
THE BOTHELL 5K IS HAPPENING
ON AUGUST 3RD!

APRIL 1 - JUNE 20 SCHEDULE:

No classes April 18 and June 19

» MONDAY

- » **Day Camps:** 10 am-2:15 pm (In-Person)
- » **Active :** 10:45-11:30 am (In-Person)
- » **Exercise/Enhance:** 11:30 am-12:30 pm (In-Person)
- » **Lunch/Social:** 12:30-1:15pm (In-Person)
- » **Karaoke:** 1:15– 2 pm (Hybrid)
- » **Recreational Bowling:** 3-4 pm (at Kenmore Lanes)

» WEDNESDAY

- » **Enhance Fitness:** 11:30 am-12:30 pm
- » **Virtual Show and Tell:** 12:45-1:15 pm
- » **Sign Language:** 1:30-2:15 pm (Hybrid)
- » **Tennis:** 2-3 pm (at Eastside Tennis Center)
- » **Book Club:** 2:30-3:15 pm (In-Person)
- » **Martial Arts:** 3:30-4:15 pm (In-Person)
- » **Project 101:** 3:30-4:15 pm (In-Person)
- » **STG/ Social:** 4:30-5:30 pm (In-Person)

» THURSDAY

- » **Enhance Fitness:** 11:30 am-12:30 pm
- » **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)

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

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 necesdiades de transporte especificas para acceder a la opcion de transporte mas adecuado para usted. Si requiere un transporte del programa ADA Paratransit , llame al numero 425-286-1026 o visite nuestro sitio en internet www.northshoreseniorcenter.org.

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



NSC's Transportation Program is supported with funding from Washington's Climate Commitment Act. The CCA supports Washington's climate action efforts by putting cap-and-investment dollars to work reducing climate pollution, creating jobs, and improving public health. See www.climate.wa.gov for more information.

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, 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.

» 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.

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.

VOLUNTEERISM



Volunteers are truly the lifeblood of our amazing organization. They are the engine that powers everything we do at Northshore Senior Center, they are our Superpower!

With less than 50 staff members, we couldn't meet our mission without the help of volunteers. Whether you are volunteering just one time or daily, your help is critical to Northshore's success. Each year, volunteers contribute thousands of hours of service to NSC, which is equivalent to hundreds of thousands of dollars of support annually. With busy lives, it can be hard to find time to volunteer. However, the benefits of volunteering can be enormous. Volunteering offers vital help to people in need, worthwhile causes, and the community, but the benefits can be even greater for you, the volunteer.

The right match can help you to find friends, connect with the community, learn new skills, and even advance your career. Giving to others can also reduce stress, combat depression, keep you mentally stimulated, and provide a sense of purpose. While it's true that the more you volunteer, the more benefits you'll experience, volunteering doesn't have to take a huge amount of time out of your busy day. Giving in even simple ways can help those in need and improve your health and happiness. We want volunteers here to have both a meaningful and enjoyable experience at NSC. We will strive to ensure you know the impact your work is having, that you feel supported in your success, and that you connect with the community.

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

BENEFITS CHECKUP ONLINE

» www.BenefitsCheckUp.org

CANCER LIFELINE

» 1-800-255-5505

COMMUNITY LIVING CONNECTIONS

» 1-844-348-5464

CRISIS CLINIC - KING COUNTY

» 206-461-3222 or 866-4-CRISIS

CRISIS HOTLINE - SNOHOMISH COUNTY

» 1-800-584-3578

DSHS - DEPARTMENT OF SOCIAL AND HUMAN SERVICES

» DSHS.gov

ELDERCARE LOCATOR

» 1-800-667-1116

ENERGY ASSISTANCE

» Hopelink, 1-800-348-7144

FOOD BANK AND EMERGENCY ASSISTANCE

» Hope Link, 425-889-7880

GERIATRIC REGIONAL ASSESSMENT TEAM

» 206-923-6300

HOUSING FOR SENIORS

» www.snapforseniors.org

KING COUNTY VETERAN SERVICES

» 1-877-904-VETS (8387)

LEGAL ASSISTANCE

» Eastside Legal Assistance
Program, 425-747-7274

LIFELONG AIDS ALLIANCE

» 206-329-6923

LOW - VISION INFORMATION AND REFERRAL

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

MEDICARE

» 1-800-633-4227 or
www.medicare.gov

NAMI - NATIONAL ALLIANCE ON MENTAL ILLNESS

» 425-885-6264

NATIONAL EYE CARE PROJECT

» 1-800-222-3937

NATIONAL MULTIPLE SCLEROSIS SOCIETY

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

NORTHWEST PARKINSON'S FOUNDATION

» 206-543-5369 or www.pdf.org

OPIOID EDUCATION & ADDICTION RESOURCES

» [snohomishcountywa.
gov/3657/Opioids](http://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



» 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. See page 30 for details about a seminar on this topic.

» WHAT IS THE SUSTAINERS CLUB?

Many NSC supporters choose to make a monthly donation on a recurring basis. These "sustainers" contribute anywhere from \$10 to \$500 a month, provide a reliable source of funding for NSC, and help reduce the overhead costs of fundraising. Small amounts add up to big impact when given monthly. Sustain our mission by joining the Sustainers Club.

» CREATIVE CHARITABLE GIVING

Unlocking the power of legacy giving: Join us for our Legacy Society Seminar on April 16th, dedicated to empowering individuals to learn about creative ways to leave a lasting impact through planned charitable giving. See page 30 for more details about this seminar.

» SAVE THE DATE FOR GIVEBIG ON MAY 7TH!

GiveBIG is a statewide day of charitable giving; stay tuned for some exciting ways to stretch your gift and maximize your support for the important work we do together at NSC.

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

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.

ENDORSEMENTS

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

STANDARDS OF BEHAVIOR

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

SALES TAX

Some classes and activities are subject to sales tax.



APPOINTMENTS

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

CANCELLATION POLICY

Programs or Daytrips cancelled by Northshore Senior Center, Kenmore Senior Center and Mill Creek Senior Center due to low enrollment, inclement weather, or other conditions will be eligible for a refund.

DAY TRIP REFUND POLICY

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

REFUND POLICY

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

NON-DISCRIMINATION POLICY

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

MEMBERSHIP INFORMATION



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

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

BENEFITS OF MEMBERSHIP

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

HOW TO JOIN THE NORTSHORE SENIOR CENTER

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

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

Or join on line at www.northshoreseniorcenter.org.

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

MEMBER / NON-MEMBER FORM

NORTHSHORE SENIOR CENTER

10201 East Riverside Drive, Bothell, WA 98011
 www.northshoreseniorcenter.org
 (425) 487-2441



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

- \$48 Single Membership**
 \$85 Couple/Dual Membership
 Non-Member Participant (activity fees may be required)
 \$500 Lifetime Individual Membership
 \$750 Lifetime Couple Membership
** Please be aware that ALL Membership fees are non-refundable*
 Please check if you would like to request a scholarship
 Please check if you would like to pay by credit card when mailing in this form

Please check Home Branch/Program
 Bothell
 Kenmore
 Mill Creek
 Transportation
 Health & Wellness
 Inclusion (additional forms required)
 Adult Day Health
 Other

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

Today's Date:

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

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

MEMBER / USER / PARTICIPANT DEMOGRAPHIC FORM (page 2)

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

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

HOUSEHOLD INCOME

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

NORTHSHORE SENIOR CENTER – FOR OFFICE USE ONLY

Updated 4/2021

Date Received: ___/___/___

CASH CHECK # _____ CREDIT CARD

Member: Single Couple Dual Scholarship

Non-Member (activity fees may be required Transportation User

Membership Amount \$ _____

Scholarship Amount \$ _____

Additional Donation Amount \$ _____

Total Amount Received \$ _____

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Northshore
Senior Center

10201 E Riverside Dr
Bothell, WA 98011-3708

Ph: 425-487-2441

Fax: 425-485-4954

www.northshoreseniorcenter.org

Change Service Requested

NON-PROFIT ORG.

U.S. POSTAGE PD.

BOTHELL WA

PERMIT NO. 156

OUR VISION:

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

OUR MISSION:

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

Chateau at Bothell Landing,

Bringing the community together

Retirement Living,
Assisted Living,
Memory &
Respite Care



Château
at BOTHELL LANDING

425-485-1155

Live Happier, Healthier, Longer!

www.chateaur retirement.com

