



# WELCOME

## TABLE OF CONTENTS

LOCATION INFORMATION . . . . .	3
GATHERING PLACES . . . . .	4
SPECIAL EVENTS . . . . .	4-5
<b>FITNESS AND ACTIVE LIVING . . . . .</b>	<b>6-14</b>
<i>CLASSES, WORKSHOPS, AND ACTIVITIES THAT PROMOTE PHYSICAL ACTIVITY, HEALTH, AND/OR FLEXIBILITY.</i>	
<b>CLUBS AND SOCIAL CONNECTIONS . . . . .</b>	<b>15-24</b>
<i>INTEREST GROUPS, GAME CLUBS, FIELD TRIPS, TRAVEL OPPORTUNITIES, AND PLACES TO GATHER IN COMMUNITY.</i>	
<b>HEALTH AND NUTRITION . . . . .</b>	<b>25-27</b>
<i>WELLNESS EDUCATION, MEAL PROGRAMS, FOOD SUPPORT, AND MENTAL HEALTH SUPPORT.</i>	
<b>LIFELONG LEARNING . . . . .</b>	<b>28-33</b>
<i>INFORMATIONAL PROGRAMMING FOCUSED ON PERSONAL DEVELOPMENT AND LEARNING NEW SKILLS.</i>	
<b>SUPPORTING SELF-CARE AND CAREGIVERS . . . . .</b>	<b>34-45</b>
<i>SERVICES TO HELP PEOPLE IN NEED AND THEIR FAMILIES NAVIGATE THE CHALLENGES OF THE AGING PROCESS.</i>	
TRANSPORTATION . . . . .	44-45
VOLUNTEERING . . . . .	46
RESOURCE SERVICES . . . . .	47
CHARITABLE PLANNING AND GIVING . . . . .	48
REGISTRATION INFO . . . . .	49
MEMBERSHIP INFO . . . . .	50
INDEX . . . . .	53-55

## ON THE COVER



It's the start of a new year and whether you're a longtime member or starting your journey here, Northshore Senior Center is here to help guide you on your healthy living journey. Try out new activities like Yang Tai Chi or try your hand at a NSC staple in pickleball! Or if you're trying to explore the outdoors, join our hiking or one of our walking groups.

Whatever you want your active living journey to look like, this catalog is full of ways to live a full, healthy, and inspired life. Whether you want to go on a physical, social, or mental health journey, let us help you get started. We're looking forward to having a great year with you.

### ADMINISTRATIVE TEAM

- Chief Executive Officer:** Nathan Phillips
- HWC/ADH/Inclusion Director:** Judi Pirone
- Program Director:** Tracey Harvey
- Kenmore Manager:** Pasha Mohajerjasbi
- Social Services Manager:** Janet Zielasko
- Transportation Manager:** Cliff Perry
- IT Manager:** Tim Czapiewski
- Staff Accountant:** Leah Walz



# 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, INDOOR ANNEX SPACE OR OUR PICKLEBALL COURT.

**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 (PROGRAM PARTNER LOCATION)

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

### 2025 Board Members:

Arnold Alejandrino • Linda Brabant • Christine Fordyce • Rocio Luna-Culotti • Setareh Mahmoodi • Kenny Mwendar • Jack Peters • Foram Shah • Hân Trần

## 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](mailto:advisory@mynorthshore.org) or by submitting feedback through one of the suggestion boxes located at each site.

## OFFICIAL HOLIDAY CLOSURES:

- » **Wednesday, Jan. 1: New Years Holiday**
- » **Monday, Jan. 20: Martin Luther King Day**
- » **Monday, Feb 17: Presidents' Day**

# GATHERING PLACES & SPECIAL EVENTS

## PUNCHCARD

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

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

## 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

### **NEW** NEW MEMBER ORIENTATION

Welcome to Northshore Senior Center! As a new member you can enjoy all three of our locations in Bothell, Kenmore and Mill Creek. Come and meet members of our leadership team to learn about the variety of programming, volunteering opportunities and many special events /clubs. Join us following the meeting for a free coffee in the coffee bar .

#### LOCATION: BOTHELL

Jan 16	Thu	10-11 am
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#### LOCATION: KENMORE

Feb 20	Thu	10-11 am
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#### LOCATION: MILL CREEK

Mar 20	Thu	10-11 am
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### **NEW** WINE CLUB: THE MYSTERY OF IDENTIFYING WINES

Participants will learn the basics of recognizing the aromas and flavors of a wide variety of wines through formal tasting and scent education. Following the series, join us for a Graduation Trip to a local winery to practice our new skills! Limit: 8. Call 425-489-0707 to sign up.

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

#### LOCATION: KENMORE SENIOR CENTER

Instructor: Marla Rosenberg

Meets once a month

Jan 15	Wed	1-3 pm
Feb 19	Wed	1-3 pm
Mar 19	Wed	1-3 pm



## MLK SPEECH "GIVE US THE BALLOT"

Join us in listening to MLK's epic speech to celebrate his birthday. We'll also enjoy a piece of pecan pie . . . His favorite food!

**FREE**

**LOCATION: BOTHELL**

**LOCATION: MILL CREEK**

**LOCATION: KENMORE**

Jan 17                  Fri                  2 pm

Please contact any NSC branch to register.

## NEW ZUMBA GOLD SAMPLER CLASS

Zumba GOLD is gentle Latin inspired dance movements that tones your whole body, boosts your heart health and simply makes you happy. Bring your friends and get introduced to easy -to follow choreography that focuses on balance, range of motion and coordination to FUN dance rhythms. All ages & levels welcome.

**FREE**

**LOCATION: BOTHELL, MULTIPURPOSE ROOM**

Instructor Marietta Sarkisova

Jan 24                  Fri                  Noon-12:45 pm

Feb 21                  Fri                  Noon-12:45 pm

Please contact any NSC branch to register.

## NEW HOT COCOA SIP & PAINT

We'll be serving hot cocoa, apple cider and some fun winter snacks for our daytime sip and paint. Join us for a fun 2 hour session using acrylic paints to create a lovely winter scene. All materials provided, all skill levels welcome.

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

**LOCATION: KENMORE SENIOR CENTER**

Instructor: Vasana Monti

Feb 6                  Thu                  1-3 pm

## 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**

March 19 - 20          Wed-Thu          9 am-2 pm

## CRAFT CLUB SPRING SALE

Shop till you drop at the Spring Craft Sale! You'll find lots of unique hand-made items perfect for gift-giving, for your home and for yourself. "Every stitch made with love".

**LOCATION: BOTHELL, LOBBY**

March 25-26          Tue-Wed          9 am-3 pm

## NEW PINKIES UP TEA PARTY: THE SUFFRAGETTES.

Did you know that the American Suffragette movement began at a tea party? In celebration of Women's History Month, we are hosting a special Suffragette themed tea where you can enjoy authentic high tea treats, a bit of history and a lot fun. Bring your friends, daughters and grand-daughters! Hats encouraged. Limit 60.

**\$10 PER PERSON/MEMBERS AND GUESTS**

**LOCATION: BOTHELL DINING ROOM**

Mar 27                  Thu                  1:30-3:30 pm

Please call 425-489-0707 to reserve your spot.

# FITNESS AND ACTIVE LIVING

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

AGE REVERSING ESSENTRICS .....	8	INTRODUCTION TO PICKLEBALL .....	13	SIMPLIFIED TAI CHI BEGINNER CLASS .....	11
BALLROOM DANCE LESSONS .....	6	LINE DANCING.....	6	SPIN CLASS .....	9
BEGINNER PICKLEBALL OPEN PLAY .....	13	MAT PILATES .....	9	START .....	11
BELLY DANCE FOR STRENGTH & BALANCE.....	8	MODERN SQUARE DANCE .....	6	STRENGTH & BALANCE .....	11
CARDIO DRUMMING .....	8	NATURE WALKING WITH EBIRD .....	14	TABLE TENNIS.....	13
CHAIR PILATES .....	8	NET SPORTS.....	13	TAI CHI BEGINNER CLASS .....	11
CIRCUIT TRAINING AND BALANCE.....	8	OTAGO - BEGINNER LEVEL .....	9	TAI CHI INTERMEDIATE CLASS.....	11
DANCE .....	6	OUTDOOR ACTIVITY.....	14	TAI CHI PRACTICE.....	11
ENHANCE FITNESS - BEGINNER LEVEL .....	8	PICKLEBALL - OPEN PLAY .....	13	TAI CHI PRACTICE.....	11
EXERCISE CLASSES.....	8	PICKLEBALL 1 - BEGINNER .....	13	TONE UP.....	12
FELDENKRAIS METHOD.....	9	PICKLEBALL 2 - ROUND ROBIN PLAY .....	13	WALKING GROUP .....	14
FITNESS CENTER.....	7	QIGONG FOR ALL .....	9	YANG TAI CHI - BEGINNER.....	12
HIKING.....	14	SENIOR AEROBICS .....	9	YOGA - BREATH AND BALANCE .....	12
				YOGA - SEATED/STANDING.....	12



## DANCE

### BALLROOM DANCE LESSONS

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

**\$15 MEMBER/\$30 NONMEMBER PER CLASS**

**LOCATION: BOTHELL, MULTIPURPOSE ROOM**

Instructor: Celia Boarman

Ongoing Wed 3:30-4:30 pm

### LINE DANCING

Come and enjoy our beginning line dance class, no experience needed. If you are already a line dancer, come and just enjoy line dancing with new friends.

**\$32 MEMBER/\$64 NONMEMBER PER MONTH**

**LOCATION: BOTHELL, MULTIPURPOSE ROOM**

Instructor: Candace LaMont

Ongoing Tue 11:15 am-Noon

### MODERN SQUARE DANCE

Spend Sunday afternoons learning to dance. Improve your mental processes, become more physically fit and have a great time doing so to modern music. No experience necessary. For more information, call Ernest Meza 425-785-9046 or email [meza4squarecrows@gmail.com](mailto:meza4squarecrows@gmail.com)

**\$6 PER PERSON PER CLASS**

**LOCATION: BOTHELL, MULTIPURPOSE ROOM**

Instructors: Square Crows

Sep 22-Mar 9 Sun 2:30-4:30 pm



# 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.



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.

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

### ENHANCE FITNESS - BEGINNER LEVEL

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.

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

**LOCATION: BOTHELL, MULTIPURPOSE ROOM**

Certified Instructor: TBD

Ongoing	M/W	8:30-9:30 am
Ongoing	Fri	8:45-9:45 am

### 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. All levels welcome.

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

**LOCATION: BOTHELL, STUDIO**

Instructor: Natalia von Somoff, Certified Essentricks Instructor

Ongoing	Wed	4:30-5:30 pm
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### 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. Day and evening class available! Capacity 10. All levels welcome.

**\$32 MEMBER/\$64 NONMEMBER PER MONTH**

**LOCATION: KENMORE**

Instructor: MarieElena McMahon

Ongoing	Thu	10-11 am
Ongoing	Thu	7-8 pm <b>NEW EVENING CLASS</b>

### CARDIO DRUMMING

Not interested in traditional exercise classes? Give cardio drumming a try! Utilizing fitness balls and drumsticks cardio drumming combines cardio exercise and drumming to the rhythm of music in an easy but effective workout.

**\$32 MEMBER/\$64 NONMEMBER PER MONTH**

**NEW LOCATION: KENMORE SENIOR CENTER**

Instructor: Nancy Wilson

Ongoing	Mon	11:30 am-12:30 pm
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**LOCATION: MILL CREEK**

Instructor: Becky Mowry

Ongoing	Wed	11:30 am-12:30 pm
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**LOCATION: BOTHELL, MULTIPURPOSE ROOM**

Instructor: Becky Mowry

Ongoing	Fri	10-11 am
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### CHAIR PILATES

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

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

**LOCATION: KENMORE**

Instructor: Connie Evans

Ongoing	Thu	11-11:45 am
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### 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	8:30-9:30 am
Ongoing	T/Th	11 am-Noon

**Beginner students** (new students check with instructor):

Ongoing	T/Th	9:45-10:45 am
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# FITNESS AND ACTIVE LIVING

## 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

## 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.

**LOCATION: BOTHELL, STUDIO**

Instructor: Connie Evans, Certified Pilates Instructor

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

Ongoing Wed 10:45-11:30 am

**\$43 MEMBER/\$86 NONMEMBER PER MONTH**

Ongoing W/F 9:30-10:15 am

**LOCATION: KENMORE**

Instructor: Connie Evans

**\$32 MEMBER/\$64 NONMEMBER PER MONTH**

Ongoing Thu 9:30-10:30 am

## OTAGO - BEGINNER LEVEL

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. **Registration required before scheduled assessment.**

**FREE**

**LOCATION: BOTHELL, MULTIPURPOSE ROOM**

Instructors: Candice LaMont and Garrick Chock

Jan 27-Mar 24 Mon/Wed 11:30 am-12:30 pm

Assessment scheduled for Wednesday, Jan 22 at 11:30 am.

## QIGONG FOR ALL

Qigong ("Chee-Kung") is an ancient Chinese practice that improves one's mental and physical health by integrating posture, movement, breathing, self-massage, and focused intent. Can be done standing or seated. All levels welcome.

**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.

## 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. All levels welcome.

**\$43 MEMBER/\$86 NONMEMBER PER MONTH**

**LOCATION: BOTHELL, MULTIPURPOSE ROOM**

Certified Instructor: Candice LaMont

Ongoing Mon/Wed 10-11 am

## 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. All levels welcome.

**\$32 MEMBER/\$64 NONMEMBER PER MONTH**

**LOCATION: HEALTH & WELLNESS CENTER**

Instructor: TBD

Ongoing Tue 10-10:45 am

# FITNESS AND ACTIVE LIVING



## SHAPE UP! 50+

**“For a Healthy Independent Lifestyle”**

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

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

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

## **NEW** START = STRENGTH, TRAINING, AEROBIC, REFLEX, TREATMENT

2x a week class featuring low impact aerobics to develop cardio-muscular endurance. Focus is on muscle strength and well being for Seniors. Goals for Participants: Maintaining muscle mass and bone density for overall health and wellness. Improve flexibility, physical strength, and mobility. Breathing exercises to reduce stress through mindfulness and reflexology. Limit 15.

**\$43 MEMBER/\$86 NONMEMBER PER MONTH**

**LOCATION: KENMORE SENIOR LIVING 7221 NE 182ND KENMORE, 98028**

Instructor: Frank Mateo

Ongoing Mon/Thu 9:30-10:30 am

Please call 425-489-0707 to register.

## 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. All levels welcome.

**\$43 MEMBER/\$86 NONMEMBER PER MONTH**

**LOCATION: BOTHELL, MULTIPURPOSE ROOM**

Instructor: Candice LaMont

Ongoing Tue/Thu 9:30-10:30 am

## **NEW** SIMPLIFIED TAI CHI BEGINNER CLASS

Improve your mobility while having fun through this gentle introduction to tai chi. Learn the basics with easier, shorter patterns that are well-suited to those with restricted mobility or need a path to more activity. Perfect for beginners, seated or standing movements will prove to be less stressful to joints.

**LOCATION:**

Instructor Marian Stewart

Thu 10:30 -11:30 am

## TAI CHI BEGINNER CLASS

Start the New Year learning Tai Chi fundamentals to improve strength, flexibility, balance, and stamina. Students will learn a new, short form that will be challenging and fun developing an understanding of "tai chi flow". This three-month course is intended for beginners who are curious about learning simple, isolated movements and positions, then practicing connecting them into short sequences.

**\$32 MEMBER/\$64 NONMEMBER PER MONTH**

**LOCATION: BOTHELL, STUDIO**

Instructor: Marian Stewart

Ongoing Tue 10:30-11:20 am

## TAI CHI INTERMEDIATE CLASS

This ongoing class focuses on the entire Traditional Hand form; refinement details will be added to the basic instruction and students will gain a deeper understanding of tai chi principles. Participants who have attended the Beginning class will find it easier to learn this form, with more complex movements.

**\$32 MEMBER/\$64 NONMEMBER PER MONTH**

**LOCATION: BOTHELL, STUDIO**

Instructor: Marian Stewart

Ongoing Tue 11:30 am-12:30 pm

**LOCATION: MILL CREEK, NORTH CREEK PRESBYTERIAN CHURCH**

Certified Instructor: Mike Lucero

Ongoing Thu 1:30-2:30 pm

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

## TAI CHI PRACTICE

An open Tai chi workshop that is highly recommended for those who want to improve their skills, strength, balance and mobility. 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 11:30 am-12:30 pm



# FITNESS AND ACTIVE LIVING

**NEW**

## YANG TAI CHI - BEGINNER

The soft Yang style Tai Chi will be demonstrated with a focus on learning key concepts. Movement will be discussed in physiological terms with the goal of engaging the heart and mind to employ harmony, balance, and spirituality. Stance and hands are important factors in positioning your body. Limit 7.

**\$32 MEMBER/\$64 NONMEMBER PER MONTH**

**LOCATION: KENMORE SENIOR CENTER**

Instructor: Frank Mateo

Ongoing Fri 1-1:45 pm

Please call 425-489-0707 to sign up

## 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. All levels welcome.

**\$32 MEMBER/\$64 NONMEMBER PER MONTH**

**LOCATION: KENMORE**

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

Ongoing Mon 10:30-11:30 am

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.

**NEW LOCATION**

**\$32 MEMBER/\$64 NONMEMBER PER MONTH**

**LOCATION: KENMORE**

Instructor: Ellie Elmi

Ongoing Fri 1-2 pm

**\$43 MEMBER/\$86 NONMEMBER PER MONTH**

**LOCATION: MILL CREEK**

Instructor: Maria Borella

Ongoing Tue/Thu 10-10:45 am

## YOU LEARNED IT, NOW TEACH IT!

*Join the NSC team as an instructor!*

*We'll pay for certification.*

Email [information@mynorthshore.org](mailto:information@mynorthshore.org) to learn how to become an instructor.



## 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:**

Certified Instructor: Trudy Rolla, RYT

Ongoing Thu 8:30-9:45 am

# 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

Sat	9-11 am
Sat	9-11 am
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)

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

**LOCATION: BOTHELL, MULTIPURPOSE ROOM**

Certified Instructor: Bing Teng / Mike Prospek

Jan 7,14,21,28	Tue	2-3:30 pm
Feb 4,11,18,25	Tue	2-3:30 pm
March 4,11,18,25	Tue	2-3:30 pm

Jan 7,14,21,28	Tue	3:30-5 pm
Feb 4,11,18,25	Tue	3:30-5 pm
March 4,11,18,25	Tue	3:30-5 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 / Mike Prospek

Jan 2,9,16,23,30	Thu	11:30 am-1:30 pm
Feb 6,13,20,27	Thu	11:30 am-1:30 pm
March 6,13,20,27	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

**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.

### 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
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# FITNESS AND ACTIVE LIVING

## OUTDOOR ACTIVITY

### HIKING

Our Hiking Season starts the first Monday in May weather permitting. 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 including the time and place for the informational meeting and for links to our Hiking Schedule, carpool fares and specific meeting and departure times for each hike. We meet on Mondays at 7:30 am at the Woodinville Park & Ride (park near the Goodwill Donation Trucks), 17800 140h Ave NE to set up carpools. We depart promptly at 7:45 am unless otherwise posted on our website. 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

Co-Coordinator: Buffy and Wilbur Bergquist, 505-412-0507

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

May-Oct Mon 7:15 am

Email: [nsschikers@gmail.com](mailto: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





# CLUBS AND SOCIAL CONNECTIONS

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

ANTIQUES CLUB .....	15	GUITAR CLUB.....	20	PANCAKE BREAKFAST .....	18
BACKGAMMON .....	18	HAND AND FOOT .....	19	PEER DISCUSSION GROUP FOR	
BINGO.....	18	HAPPY HOUR.....	21	CHALLENGING FAMILY SITUATIONS .....	22
BOOK CLUB .....	15	INDIAN AMERICAN COMMUNITY SERVICES (IACS)17		PINOCHLE .....	19
BOOK DISCUSSION SERIES .....	16	INTERESTED IN TRIVIA?.....	19	QUILT CLUB .....	17
BRIDGE.....	18	JEWELRY CLUB .....	16	RAINBOW PRIDE COFFEE HOUR.....	21
CLUBS.....	15	KARAOKE WEDNESDAYS.....	16	ROCK PAINTING CLUB .....	17
CO-ED COFFEE HOUR .....	21	KENMORE GUITAR CONNECTION .....	20	RUSSIAN LANGUAGE PROGRAMMING .....	17
COFFEE AT KENMORE.....	21	KNIT WITS CLUB .....	16	SEWING: IN STITCHES .....	17
COFFEE SOCIALS .....	21	LEARN TO PLAY MAHJONG.....	19	SHARING AND CARING .....	22
COMMUNITY EVENTS.....	17	LEARN TO USE THE LIGHT RAIL SYSTEM.....	24	SIP AND PAINT .....	18
CONVERSATION CAFÉ GROUPS .....	21	MAHJONG .....	19	SOCIAL .....	21
CORNHOLE SOCIAL GROUP .....	17	MEATLESS MONDAY POTLUCK.....	17	STROKE DISCUSSION GROUP .....	22
CRAFTING CLUB .....	16	MEN'S COFFEE GROUP .....	21	TABLETOP GAMEPLAY.....	19
CRIBBAGE .....	19	MEN'S CONVERSATION CAFE .....	21	TRAVEL.....	23
CROCHET CLUB.....	16	MUSIC.....	20	TRAVEL CLUB .....	24
DAY TRIPS .....	23	MUSIC FOR FUN .....	20	VETERANS BREAKFAST .....	18
DAY TRIP GUIDELINES: .....	24	NORTHSHORE OPEN READING.....	22	VOLUNTEER LED WRITING GROUP .....	22
DRUMMING CIRCLE .....	20	NORTHSHORE RED HAT LADIES.....	21	WOMEN'S COFFEE GROUP.....	21
FISHING CLUB.....	16	NORTHSHORE VARIETY SHOW AND BAND.....	20		
GAMES.....	18	OLGA NORTHSHORE .....	22		

## CLUBS

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

### ANTIQUES CLUB

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

**FREE**

**LOCATION: BOTHELL, ROOM 202**

Leader: Ellen Carnwath, 425-823-6420

2nd Wed 10 am-Noon

- » **Jan 8:** This is the month for indoor projects. Let's go to our sewing cupboard and gather up all manner of patterns, trims, buttons, yarns, thimbles, notions, etc. Got any old high-school sewing projects?
- » **Feb 12:** Bring forth your colored glass in anticipation of the annual glass show in Kent, WA. (Date to be determined.) Consider all cut, blown, plain and embellished forms. Raid your jewelry box for beads and pins as well.
- » **Mar 12:** "Puttin' on the Ritz": Vintage hats and hat boxes, gloves, purses, shoes, handkerchiefs, scarves and artificial flower corsages. Let's dress up!

### 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**

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

Jan *The Wager* by David Grann

**LOCATION: MILL CREEK**

Facilitator: Molly K Barry

Ongoing 4th Thu Noon-1 pm

**Book of the month at Mill Creek**

Jan *The Good Sister* by Sally Hepworth

Feb *White Oleander* by Janet Fitch

Mar *Hidden Life of Trees* by Peter Wohlleben

# CLUBS AND SOCIAL CONNECTIONS

## BOOK DISCUSSION SERIES: CONNECT: BUILDING EXCEPTIONAL RELATIONSHIPS

Are you ready to strengthen your connections with family, friends, and colleagues? Join us for an engaging and trans-formative book discussion series based on the acclaimed book *Connect: Building Exceptional Relationships with Family, Friends, and Colleagues* by David Bradford and Carole Robin. Explore practical ways to build trust and deepen relationships. Engage in meaningful discussions in a supportive setting. **Book purchase required - available on Amazon or your favorite book store.**

**FREE**

**LOCATION: BOTHELL, DINING ROOM**

Facilitator: Dr. Mark Smutny

Jan 8-Feb 26      Wed      3-4:30 pm

## CRAFTING CLUB

Bring your favorite craft project for a low-key and social time with other crafters from our community. Whether you knit, stitch, quilt or bead, you're invited to join for good conversation, some skill sharing, fun and laughs. Not working on a project? Come and join us anyway.

**FREE**

**LOCATION: KENMORE**

Ongoing      Thu      12:30-3 pm



## CROCHET CLUB

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

**FREE**

**LOCATION: MILL CREEK**

Ongoing      Tue      1-3 pm

## FISHING CLUB

We are part social club part fishing club. We are drawn together by a passion for time spent on the water. There is a wealth of knowledge and experience within the group and we love helping and advising those who have not spent as much time on the water. We try to plan regular outings that are easily accessible. Come join us, it's a friendly bunch.

**FREE**

**LOCATION: BOTHELL, ROOM 202**

Leaders: John Judy, 541-588-0319

1st Thu      10 am-Noon

## JEWELRY CLUB

Come and join us to prepare previously loved jewelry for resale at various events.

**FREE**

**LOCATION:**

2nd Mon      12:30-3:30 pm

## KARAOKE WEDNESDAYS

Join us weekly for a fun, welcoming karaoke party. Whether you want a turn at the microphone, or just enjoy being a spectator as others tackle their favorite tunes, karaoke is a rowdy delight for everyone.

**LOCATION: MILL CREEK**

Ongoing      Wed      1-3 pm

## 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

# CLUBS AND SOCIAL CONNECTIONS

## QUILT CLUB

Enthusiastic quilters welcome your participation. Please feel free to bring your questions, curiosity, sewing machine, projects, and ideas. Mutual support and encouragement abound to inspire you to explore your creative side.

**FREE**

**LOCATION: BOTHELL, ROOM 103**

Facilitator: Barb Rodahl

Ongoing                      Wed                      12:30-3 pm

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## ROCK PAINTING CLUB

Explore rock painting while spreading joy. Leave your work of art and encouragement in public places or give as gifts. This is a great activity to share with the whole family, so all ages encouraged to participate! Rocks and limited art supplies available. Bring any personal supplies to help you achieve the level of artistry you desire.

**FREE**

**LOCATION: MILL CREEK**

3rd Fri                      Noon-3 pm

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## 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 or bring your own project. 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**

Ongoing                      Fri                      10 am-Noon

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## COMMUNITY EVENTS

### CORNHOLE SOCIAL GROUP

Join in the very popular lawn game indoors. Did you know the game can help you relax and aid in managing stress, improve cognitive stimulation & provide social connections.

**LOCATION: BOTHELL, MULTIPURPOSE ROOM**

Facilitator: Brad Norton

Ongoing                      Wed                      1 pm

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## 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](http://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

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## RUSSIAN LANGUAGE PROGRAMMING

Northshore Senior Center and Jewish Family services have partnered to create programs for Russian and Ukrainian speaking elders. JFS will be meeting at the Bothell site every Monday where they will be hosting a variety of programming to include physical activities, lectures, sing-along activities and mini concerts, ESL and art classes. All are welcome to participate.

**FREE**

**LOCATION: BOTHELL, ROOM 202**

Facilitated by JFS

Ongoing

Mon

11 am-2:30 pm

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## MEATLESS MONDAY POTLUCK

Please bring a plant-based dish to share

**FREE**

**LOCATION: MILL CREEK**

Ongoing

2nd Mon

Noon-1 pm

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# CLUBS AND SOCIAL CONNECTIONS

## 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

## SIP AND PAINT

Come and paint a charming scene with us. In this workshop we will use acrylic paints and learn to paint a lovely envelope bursting with flowers while enjoying a glass of wine or a beverage of your choosing. No need to bring any materials - you will be provided with all materials and directions.

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

**LOCATION: BOTHELL, ROOM 103**

Instructor: Kimberly Smith

Feb 5 Wed 5:30-7:30 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.

## GAMES

### **NEW** BACKGAMMON

Enjoying a recent resurgence, the ancient dice game of Backgammon is a mix of luck, strategy and skill. Fundamentals, board set-up, and basic rules will be taught. From novice to seasoned player, backgammon is a wonderful way to stay sharp, meet new people and have fun! All skill levels welcome. Backgammon boards will be provided, or bring your own.

**PUNCHCARD REQUIRED**

*SEE PAGE 4*

**LOCATION: KENMORE SENIOR CENTER**

Ongoing Tue Noon-3 pm

### 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

# CLUBS AND SOCIAL CONNECTIONS

## 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

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## HAND AND FOOT

Come and play Hand and Foot with a fun group of players.

**PUNCHCARD REQUIRED** SEE PAGE 4

**LOCATION: BOTHELL, SENIOR LOUNGE**

Ongoing Thu 12:30-3 pm

**NEW LOCATION: KENMORE**

Ongoing Fri Noon-3 pm

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## 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 Mon 1-2 pm

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## 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

Ongoing Fri 10 am-Noon *NEW DAY*

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## 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

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**LOCATION: MILL CREEK**

Single Deck Mon 12:30-3 pm

Double Deck Wed 12:30-3 pm

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**LOCATION: KENMORE**

Ongoing Fri Noon-3 pm

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## TABLETOP GAMEPLAY

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

**PUNCHCARD REQUIRED** SEE PAGE 4

**LOCATION: KENMORE**

Facilitator: Jenny Sayward

Ongoing Fri 10 am-Noon

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## INTERESTED IN TRIVIA?

If your first reaction is "I don't know trivia", then you are who we are looking for. Stimulate your mind once a month with morning trivia. Its a great way to start the day, its fun, and you learn interesting information you can share with family and friends. There will even be prizes for the winners. Send Irene an email at irenesiu@comcast.net to let her know you will be in attendance. Drop-ins always welcome. Hope to see you there! Drop-ins welcome.

**FREE**

**LOCATION: BOTHELL, ROOM 202**

Starts Feb 20 3rd Thu 10-11:30 am

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# CLUBS AND SOCIAL CONNECTIONS

## MUSIC

### DRUMMING CIRCLE

A drum circle is a casual gathering of people who play drums and other percussion instruments together in a circle. Drum circles are open to people of all ages and abilities, and no musical experience is required. The focus is on rhythm and beats, and participants often connect with each other through the beat. Drums and percussion instruments will be provided for play.

**FREE**

**LOCATION: BOTHELL, ROOM 103**

Instructor: Barbara Brachtl

Ongoing Thu 11:30 am-12:30 pm

### 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

### KENMORE GUITAR CONNECTION

Grab your guitar and join our acoustic guitar jam. We play rock-n-roll, blues, and pop songs from the the 60's on.

**LOCATION: KENMORE (LIMIT 15)**

Ongoing Tue 12:30-3 pm

Leader: Mark Champion



### 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)



# 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 *No meeting Jan 1*  
Facilitator: Cassidy Stout, MSW  
425-286-1072; cassidys@mynorthshore.org

#### » 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 Jan 20 and Feb 17*

#### » RAINBOW PRIDE COFFEE HOUR

**LOCATION: PETERKIRK COMMUNITY CENTER**

Facilitator: Cassidy Stout, MSW 425-286-1072; Cassidys@mynorthshore.org  
1st Wed/month 9-10 am *No meeting Jan 1*

### CONVERSATION CAFÉ GROUPS

**FREE**

**LOCATION: BOTHELL, ROOM 104**

Mon 1:30-2:30 pm *No meeting Jan 20 and Feb 17*  
For more details, contact Lydia Barnsley at 425-286-1029;  
lydiab@mynorthshore.org

### HAPPY HOUR

We have Happy Hour in our Coffee Bar on Wednesday evenings from 4-7 pm. 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 *No meeting Jan 1*  
For more details, contact John Rynd 425-308-4613



### NORTHSHORE RED HAT LADIES

If you like having fun, join our Red Hat chapter.

**BOTHELL CHAPTER:**

Enid Davari, 425-202-7913 or Darlene Hill, 206-696-3961

**MILL CREEK CHAPTER:**

Cynthia Murray, 206-913-9300 or Bonnie Blair, 360-910-5003

# CLUBS AND SOCIAL CONNECTIONS

## OLGA NORTSHORE

(OLDER LESBIANS GATHERING AROUND NORTSHORE)

A social support group for older lesbians, gathering to form community. We get together twice a month for conversation and lunch, either with folks at the Community Dining Program or a local restaurant. We are affiliated with Puget Sound OLOC. Sign up for \$5 Northshore lunch 48 hours ahead of time at the front desk, or bring your own.

**FREE**

**LOCATION: TBD**

Coordinator: Jenny Sayward; [jenny.letsplay@gmail.com](mailto:jenny.letsplay@gmail.com)

2nd Thu 11:30 am-1 pm

4th Wed 11:30 am-1 pm

## NORTSHORE OPEN READING

This is a great opportunity for members to read and share original pieces they have written, but not previously read at the center. These can be short stories, poetry, articles, etc. Both readers and listeners are invited to join us. Open to the public.

**FREE**

**LOCATION: BOTHELL, DINING ROOM**

Facilitator: Randy Greger

First Wed of month 3:30 pm

## PEER DISCUSSION GROUP FOR CHALLENGING FAMILY SITUATIONS

This free, peer-led discussion group will focus on challenging and strained relationships with adult children, grandchildren and/or family members impacted by drug/alcohol use and/or addiction. This is not a therapy group, but it will provide an opportunity to share concerns with others who may be in similar situations and discuss ways for better understanding, self-care, and coping. We care and want you to know that you are not alone.

**FREE**

**LOCATION: BOTHELL, ROOM 103**

Facilitator: Terry Busch, 510-813-1825

Ongoing Thu 1-2:30 pm

No meetings the last Thursday of each month



## 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**

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

[janetz@mynorthshore.org](mailto:janetz@mynorthshore.org)

Wed 1-2 pm *No meeting Jan 1*

## STROKE DISCUSSION GROUP

Peer led discussion group focusing on the impacts of having a stroke.

**FREE**

**LOCATION: HWC CONFERENCE ROOM**

4th Fri / month 1-2 pm

**NEW**

## VOLUNTEER LED WRITING GROUP

Welcome all aspiring writers, whatever your stories, because everyone has them. This class is available for writers of memoir, short stories, even novels. Class members will share their weekly work of up to 1,000 words. All levels of writers are welcome! Class size limited to 12.

**FREE**

**LOCATION: BOTHELL, ROOM 205**

Fri 10 am-Noon *No class Jan 10*

For more information contact George Jahn, [gejahn@gmail.com](mailto:gejahn@gmail.com) or Randy Greger

# CLUBS AND SOCIAL CONNECTIONS

## TRAVEL

### DAY TRIP TO REGAL CINEMA - NORTHGATE

Metropolitan Opera at Regal Cinema Northgate. Trips leave from Rhododendron Park in Kenmore.

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

#### AIDA

Jan 25 Sat 9 am-3pm

#### FIDELIO

Mar 19 Wed Noon-4 pm

Please call 435.489.0707 to sign up

### DAY TRIP: FUTURE OF FLIGHT MUSEUM

Located at Paine Field in Everett. Lunch on your own to be determined that day. Leaves 10am from Rhododendron Park in Kenmore

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

10 a-3 pm



### DAY TRIP: NORTHWEST AFRICAN AMERICAN MUSEUM (NAAM)

Visit the Northwest African American Museum featuring exhibitions that spread knowledge, understanding, and enjoyment of the visual arts, music, crafts, literature, and history of African Americans. NAAM focuses on African Americans through slavery to recent immigrants arriving from places such as Somalia, Sudan, and Ethiopia. We will finish with lunch (at your expense) at Simply Soulful, a 4 star casual dining spot with Southern cuisine.

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

Jan 16 Thu 9:30 am - 1:30 pm

### DAY TRIP: FRYE MUSEUM

Lunch on your own at Frye Gourmet Cafe. Trip leaves from Rhododendron Park in Kenmore. Please call 425-489-0707 to sign up.

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

Jan 16 Thu 10:30 am-3 pm

### DAY TOUR: RECOLOGY RECYCLING TOUR

Embark on a tour of Recology's recycling center to learn how paper, plastics, and more are sorted and recycled. The free 1.5 hour walking tour at their South Seattle facility will help participants understand the recycling system and how individual actions affect the process. Please dress casual no loose clothing or open toed shoes, expect to climb stairs to viewing areas. Lunch following (at your expense) at a nearby restaurant.

**\$20 MEMBERS/\$40 NONMEMBERS**

Jan 30 Thu 9:15 am -2 pm

### DAY TOUR: SEATTLE CHOCOLATE FACTORY TOUR

Explore chocolate making at the Seattle Chocolate Factory. View the creation of their truffles and bars from start-to- finish. Learn the history of chocolate and the Seattle Chocolate factory, tasting their signature, smooth recipes. Hear how new flavors are invented.

**\$35 MEMBER / \$70 NON MEMBER**

Feb 10 Mon 9 am-Noon

# CLUBS AND SOCIAL CONNECTIONS

## DAY TRIP: SEATTLE AQUARIUM

Visit the Seattle's historic waterfront. See the ocean Pavilion, the regions premier resource for hands-on marine experiences. Enjoy fun, exciting ways to discover more about the amazing Puget Sound and one world's one big ocean. Enjoy lunch at your expense at Ivars Acres of Clams, a 10 minute walk south.

**\$55 MEMBER / \$110 NONMEMBER**

Feb 27 Thu 9:30 am -2 pm

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## DAY TRIP: LA CONNER DAFFODIL FESTIVAL

Trek on an NSC bus to visit the daffodils in bloom. Get out and walk the fields, take pictures with Mount Baker in the background. Take the bus to La Conner for lunch on your own expense then return back by 2 pm.

**\$50 MEMBER / \$100 NON MEMBER**

Mar 13 Thu 9 am -3:30 pm

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## DAY TRIP: QUILTERS ANONYMOUS QUILT EXHIBITION

Evergreen State Fair Grounds. Trip Leaves from Rhododendron Park in Kenmore at 10 am. Admission included in trip fee.

**\$40 MEMBERS/\$80 NONMEMBERS**

Mar 15 Sat 10 am-3 pm

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## LEARN TO USE THE LIGHT RAIL SYSTEM FROM LYNNWOOD TO THE AIRPORT

Take an NSC bus to the Lynnwood Transit Center. Go through the process of buying a round trip ticket to the airport and back. Ride the light rail to the airport. On the way back, shop and eat lunch (at own expense)at Northgate. Return home by 2 pm

**\$20 MEMBER / \$40 NON MEMBER**

Mar 27 Thu 9 am -2 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 10 am. 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.

**FREE**

**LOCATION: BOTHELL, ROOM 103**

Lead: Tina Escobar

Last Thursday of each month 10 am-11 am



# HEALTH AND NUTRITION

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

10 WARNING SIGNS OF ALZHEIMER'S & DEMENTIA.....27	HEALTH AND WELLNESS EDUCATION..... 25	SIX PILLARS OF BRAIN HEALTH.....26
ALZHEIMER'S AWARENESS PRESENTATION.....26	LIVING WELL WITH CHRONIC CONDITIONS.....27	SOLO AGING... A BACK-UP PLAN FOR SOLO AGERS.....26
COMMUNITY DINING AT BOTHELL..... 25	MEALS-ON-WHEELS..... 25	THE MORE YOU KNOW: COMMUNITY RESOURCES & INFORMATION SHARING..... 25
FOOD PANTRIES..... 25	MINDFULNESS PRACTICE: LIVING A HAPPIER & HEALTHIER LIFE.....26	
FOOD PROGRAMS..... 25	OPIOID EDUCATION AND SAFETY.....26	

## FOOD PROGRAMS

### COMMUNITY DINING AT BOTHELL

Come and enjoy a wonderful in-person dining experience Monday thru Friday in our welcoming dining room. Enjoy a warm meal while meeting new friends. Menus are available on-line or at our front desk. Please call the front desk for your reservation.

**\$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 PANTRIES 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

### MEALS-ON-WHEELS

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

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

**LOCATION: BOTHELL**

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

## HEALTH AND WELLNESS EDUCATION

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

This group will be a place to learn, share and explore resources in the community. Sessions will have information presented as well as space for others to share what they know and/or have experienced in accessing community supports.

**Jan 7, 2025: Feedback and Planning** - Are there topics or resources that you would like to know more about? This session will focus on generating topics for the year ahead.

**Feb. 4, 2025: What's going on in Olympia?** - Information on pending statewide bills and legislation.

**March 4, 2025: Long-term care** - Information about the different types of long-term care and introduction to state programs and supports.

**FREE**

**LOCATION: BOTHELL, ROOM 205**

Facilitator: Cassidy Stout, NSC Community Resource Specialist  
 1st Tue/month 1-2 pm  
 Pre-registration required. To register, call Cassidy Stout 425-286-1072; [cassidys@mynorthshore.org](mailto:cassidys@mynorthshore.org)

# HEALTH AND NUTRITION

## MINDFULNESS PRACTICE: LIVING A HAPPIER & HEALTHIER LIFE

Please join us for a 90-minute presentation with a longtime meditation teacher and practitioner, who will share how to meditate, how it works, and how to get past obstacles. Mindfulness practice is cultivating moment-by-moment awareness of breathing, while observing thoughts and feelings without judgment. We will learn how to relax into the present, how to not get stuck in difficulties. From this mindfulness, happiness and freedom arise.

Presenter: Steve Wilhelm, Certified Mindfulness Teacher

**FREE**

**LOCATION: PETER KIRK COMMUNITY CENTER**

Jan 6 Mon 1-2:30 pm

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

**LOCATION: BOTHELL, ROOM 202**

Jan 28 Tue 1-2:30 pm

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

## OPIOID EDUCATION AND SAFETY

Educate yourself about opioid use and how to use them safely. Also learn about naloxone (aka "Narcan") and how to administer it during an overdose emergency. Whether you know someone who uses opioids or not, you might be in a position to save someone's life.

**FREE**

**LOCATION: MILL CREEK**

Jan 9 Thu 1-2:30 pm

## SIX PILLARS OF BRAIN HEALTH

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

**FREE**

**LOCATION: BOTHELL, ROOM 203**

Presenter: AARP Representative

Jan 15 Wed 1-2:30 pm

Pre-registration required. To register, call Lydia Barnsley 425-286-1029; lydiab@mynorthshore.org



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

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

**FREE**

**LOCATION: KENMORE SENIOR CENTER, ANNEX BLDG.**

Facilitator: Janet Zielasko

Thursdays: Jan. 30, Feb. 13 & 27, March 13 & 27, 2025

12:30pm-2pm

Pre-registration required. To register, call Janet Zielasko 425-286-1035;

janetz@mynorthshore.org

## ALZHEIMER'S AWARENESS PRESENTATION

The Alzheimer's Association presents an informational session to raise awareness of Alzheimer's and other dementias, share the Association's mission and to inform the community of Alzheimer's Association resources and services.

**FREE**

**LOCATION: BOTHELL, ROOM 205**

Presenter: Alzheimer's Association Representative

Feb 19 Wed 10-11 am

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

## LIVING WELL WITH CHRONIC CONDITIONS

Do you have a health condition that causes: fatigue, shortness of breath, pain, lack of activity, frustration or isolation? If you respond "yes" to any of these then the Living Well with Chronic Conditions Workshop might be just what you need! This six-week educational series teaches specific skills and techniques that will help you better manage your chronic condition and regain self-confidence so you can Live Well! Minimum of 8 or class cancels. Maximum number of participants: 12

**FREE**

**LOCATION: PETERKIRK COMMUNITY CENTER**

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

Mar 7-Apr 11      Fri      1-3:30 pm

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

## 10 WARNING SIGNS OF ALZHEIMER'S & DEMENTIA

The Alzheimer's Association presents the Ten Warning Signs of Alzheimer's and Dementia, discussing the most common symptoms of Alzheimer's to look out for, how to advocate for your own healthcare and a review of the services and support offered through the Alzheimer's Association.

**FREE**

**LOCATION: BOTHELL, ROOM 205**

Facilitator: Alzheimer's Association Representative

Mar 19      Wed      10-11:30 am

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

# 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



[WoodlandTerraceSeniorLiving.com](https://www.WoodlandTerraceSeniorLiving.com)

LEISURE CARE

# LIFELONG LEARNING

INFORMATIONAL PROGRAMMING FOCUSED ON PERSONAL DEVELOPMENT AND LEARNING NEW SKILLS.

ART CLASSES.....28	ESTATE PLANNING SEMINAR.....32	SCAMS & FRAUD.....33
ASTRONOMY.....32	GENEALOGY CLASS.....32	SCRAPPY 'N SNAPPY.....30
BOOK-A-LIBRARIAN.....31	GERMAN CONVERSATIONAL PLUS.....30	SIGNIFICANT LIFE CHANGES: FROM LOSS TO SELF-CARE AND CREATING NEW BEGINNINGS.....33
CERAMICS - BEGINNING.....28	IMPACTFUL EMPATHY.....32	SIP AND PAINT.....30
CERAMICS OPEN STUDIO.....28	LANGUAGES.....30	SPANISH CONVERSATION.....30
COLORED PENCIL - BEGINNING.....28	LISTENING MORE CAREFULLY AND EXPRESSING MORE CLEARLY.....33	SPECIAL INTEREST.....32
COLORED PENCIL/DRAWING - INTERMEDIATE/ADVANCED.....29	LITERATURE.....31	TECHNOLOGY.....31
COMPUTER AND PHONE HELP.....31	MEMOIR WRITING CLASS.....31	UNDERSTANDING THE VALUE AND BENEFITS OF SELF COMPASSION.....33
DOWNSIZING THE FAMILY HOME.....32	MULTI-MEDIA.....29	WATERCOLOR.....30
DRAW/SKETCH - BEGINNING.....29	OPEN ART STUDIO.....30	WEDNESDAY EVENING COMPUTER HELP.....31
DRIFTWOOD SCULPTURE.....29	POWERFUL TOOLS FOR CAREGIVERS.....33	

## ART CLASSES

### CERAMICS - BEGINNING

If you always wanted to try to create objects with clay, join us for fun and camaraderie. Various techniques and project ideas will be demonstrated. 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**

Instructor: Katherine Davidow-Lucas

Ongoing Wed 9:30-11:30 am



### CERAMICS OPEN STUDIO

Join other students experienced in working with clay to create intermediate to advanced Pottery and Sculpture projects. Materials and firing fees are included in registration fee. You will be working independently in a room with others who share your interest in ceramics. Studio will be staffed with experienced instructor available for encouragement, advice and tips. Not basic techniques will be taught this quarter.

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

**LOCATION: BOTHELL, ROOM 103**

Instructor: Katherine Davidow-Lucas

Class begins Oct 7 Mon 9:30-11:30 am

### COLORED PENCIL - BEGINNING

This is the class so many have been waiting for. Rhonda has been teaching beginning and intermediate colored pencil both in person and on-line for at least four years. She has an easy-going step-by-step style that is perfect for beginners and those wanting more instruction and practice in applying colored pencil.

**LOCATION: BOTHELL, ROOM 104**

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

Instructor: Rhonda Gardner

Ongoing Tue 10 am-12:30 pm



# LIFELONG LEARNING

## YOU LEARNED IT, NOW TEACH IT!

Join the NSC team as an instructor!

We'll pay for certification.

Email [information@mynorthshore.org](mailto:information@mynorthshore.org) to learn how to become an instructor.



### COLORED PENCIL/DRAWING - INTERMEDIATE/ADVANCED

Colored pencils can produce amazingly detailed, colorful pictures. Instruction is given in drawing with pencil, colored pencil, water-soluble colored pencil and ink pens. Experienced artists like to bring in their own pictures to work on and get input from the group.

**\$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/tones, 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 student's 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.

### 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**

**\$10 MEMBER/\$20 NONMEMBER PER CLASS**

**LOCATION: BOTHELL, ROOM 104**

Instructor: Julie Wing

Ongoing Wed 6-8:30 pm

**\$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



### MULTI-MEDIA: WOOD, BEADS & WIRE, OH MY!

Join us as we experiment and create wonderful "things" using lots of different media. All supplies included in class fee. The instructors from our popular decoupage class are back to explore a whole new world of creativity. Lots of fun, learning and laughter.

**\$10 MEMBER/\$20 NONMEMBER PER SESSION**

**LOCATION: KENMORE SENIOR CENTER**

Instructors: Carla and KC

Jan 15 Wed Noon-3 pm

Feb 5 Wed Noon-3 pm

Mar 5 Wed Noon-3 pm

# LIFELONG LEARNING



## 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

## SIP AND PAINT

Come and paint a charming scene with us. In this workshop we will use acrylic paints and learn to paint a lovely envelope bursting with flowers while enjoying a glass of wine or a beverage of your choosing. No need to bring any materials - you will be provided with all materials and directions.

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

**LOCATION: BOTHELL, ROOM 103**

Instructor: Kimberly Smith

Feb 5 Wed 5:30-7:30 pm

## SCRAPPY 'N SNAPPY

Join us for another fun session of making things with fabric scraps. Lots of projects to choose from, including gifts, decor, garlands, as well as everyday items. Bring your portable sewing machine. All other supplies are provided.

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

**LOCATION: KENMORE**

Instructor: Barb Osborne

March 5 Wed 9 am-Noon

## 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 **No class Sep 2.**

Ongoing Fri 10 am-1 pm

Instructor: Kimberly Smith

Ongoing Wed 9:15 am-12:15 pm

**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. We'll also explore creating a watercolor journal to encourage the artistic process. All skill levels welcome, great for beginners! Limit 8.

Ongoing Thu 1-3 pm

**LOCATION: MILL CREEK**

Instructor: Candace Carson

Ongoing Wed 10 am-Noon

## 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

### 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

# LIFELONG LEARNING

## 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. 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.

**\$20 FOR MEMBERS/\$40 NONMEMBERS**

**LOCATION: MILL CREEK**

Instructor Barbara Masterson  
Feb 5-26 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: MULTIPLE LOCATIONS**

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



# LIFELONG LEARNING

## SPECIAL INTEREST

### 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.

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

**LOCATION: BOTHELL, ROOM 205**

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

### DOWNSIZING THE FAMILY HOME

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

**FREE**

**LOCATION: BOTHELL, ROOM 202**

Presenter: Brooke Knight, Real Estate Specialist  
Feb 13 Thu 10-11:30 am  
Pre-registration is required. To register, please call Brooke Knight at 360-919-6996; or email brooke@goodknighthomes.com

### 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. Bring your questions and learn from this interactive discussion. All ages and levels of knowledge welcome. To register please call 425-948-7170.

**FREE**

**LOCATION: MILL CREEK**

Jan 13 Mon 1-2:30 pm  
Mar 10 Mon 1-2:30 pm



### 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

### IMPACTFUL EMPATHY

Most of us would agree that it is important to have empathy. But do you feel confident in how to practice true empathy that creates real change? Join us for a compelling talk, through the lens of Nelson Mandela's life, on impactful empathy and learn how to use understanding and compassion to heal while strengthening our communities.

**LOCATION: MILL CREEK**

Presenter: Izak van Rensburg  
3rd Thu/month 12:30-2 pm

**LOCATION: BOTHELL, ROOM 202**

Presenter: Izak van Rensburg  
2nd Tues/month 1-2:30 pm



## LISTENING MORE CAREFULLY AND EXPRESSING MORE CLEARLY

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

**FREE**

**LOCATION: BOTHELL, ROOM 202**

Presenter: Janet Zielasko MS, LSW

Mar 24 Mon 10-11:30 am

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

## 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.

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

**FREE**

**LOCATION: BOTHELL, ROOM 205**

Feb 13-Mar 20 Thu 10 am-Noon

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

## SCAMS & FRAUD

"It's your money, learn how to hang on to it! Don't become a victim of financial fraud!" Join us as presenters from Consumer Protection Washington share tips and tricks on how to spot potential scams and avoid losing your hard-earned retirement money to them. Additional information and tools from other agencies and organizations may also be provided.

**FREE**

**LOCATION: BOTHELL, ROOM 202**

Presenter: Representative from WA State Dept. of Financial Institutions & Consumer Protection

Jan 30 Thu 1-3 pm

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

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

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

**FREE**

**LOCATION: BOTHELL, ROOM 203**

Presenter: Georgia Rigler, MSW, LICSW

Feb 5 Wed 10-11:30 am

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

## 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: BOTHELL, ROOM 205**

Presenter: Janet Zielasko MS, LSW

Jan 10 Fr 10-11:30 am

Pre-registration is required. To register, call 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 PARENT SUPPORT GROUP . . . . .	39	DIABETES/PRE-DIABETES GROUP . . . . .	40	MEDICAL EQUIPMENT CHECK-OUT . . . . .	38
ADULT DAY CENTER . . . . .	34	EMPLOYMENT MATCHING PROGRAM AND COMMUNITY CONNECTIONS . . . . .	38	PEARLS . . . . .	36
ADULT DAY HEALTH . . . . .	34	ENHANCE®WELLNESS . . . . .	35	PERSONAL CONSULTATIONS . . . . .	36
ALCOHOLICS ANONYMOUS . . . . .	39	FAMILY CAREGIVING CONSULTATION . . . . .	36	REFLEXOLOGY . . . . .	38
CAREGIVERS SUPPORT GROUP . . . . .	40	FINANCIAL COUNSELING . . . . .	37	SERVICES . . . . .	37
CHALLENGING FAMILY SITUATIONS DISCUSSION GROUP . . . . .	40	FOOT CARE . . . . .	38	SHIBA MEDICARE ADVISORS . . . . .	39
COMMUNITY RESOURCE SPECIALIST CONSULTATION . . . . .	35	FROM HEARTACHE TO AN OPEN HEART . . . . .	40	SHORT-TERM RESPITE . . . . .	35
CONSULTATIONS . . . . .	35	HAIR SALON-TOOTIE'S PARLOR . . . . .	38	SUPPORT GROUPS . . . . .	39
DENTAL HYGIENE . . . . .	37	HOME ASSISTANCE TO SENIORS . . . . .	37	W.I.S.D.O.M. (FORMERLY BRAIN FITNESS) . . . . .	35
		INCLUSION PROGRAM . . . . .	41	WELLNESS NURSE . . . . .	36
		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

**\$80-\$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.

**\$80/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

## 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; [cassidy@mynorthshore.org](mailto:cassidy@mynorthshore.org)

### LOCATION: BOTHELL, SOCIAL SERVICES SUITE, 2ND FLOOR

Tue/Thu

9 am-4 pm **NEW HOURS!**

Fri

8:45 am-1:45 pm **NEW HOURS!**

### LOCATION: PETERKIRK COMMUNITY CENTER

Wed

8 am-4 pm

## ENHANCE®WELLNESS

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

### 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](mailto:lydiab@mynorthshore.org)

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

# SUPPORTING SELF-CARE AND CAREGIVERS

## FAMILY CAREGIVING CONSULTATION

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

**FREE**

### 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 coach 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 9 am-3 pm

### 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

M/T/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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425-941-5163 [www.AdultCareSolutions.net](http://www.AdultCareSolutions.net)

# SUPPORTING SELF-CARE AND CAREGIVERS

## EMPLOYMENT MATCHING PROGRAM AND COMMUNITY CONNECTIONS

Do you have a pre-retirement career or 'honey-do' skills that are getting a little rusty from disuse in your retirement years? 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**

M/T/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.

**\$45**

**LOCATION: HEALTH & WELLNESS, TOOTSIE'S PARLOR, 2ND FLOOR**

Jennifer Sereda RN, Certified Foot Care Specialist

Tuesdays 8 am-4 pm

By appointment: 425-488-4821.

**LOCATION: MILL CREEK**

2nd and 4th Mon (Jan 13/27, Feb 10/24, Mar 10/24)

## 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 Thu/Fri 9 am-1 pm

## 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

## 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

## 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

# SUPPORTING SELF-CARE AND CAREGIVERS

## 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 9 am-Noon Monday through Friday at 425-286-1043.

### LOCATION: KENMORE

Advisor: Ron Lome

Jan 23 Tue 9 am-Noon

Feb 18 Tue 9 am-Noon

Mar 18 Tue 9 am-Noon

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

### LOCATION: MILL CREEK

Advisor: Bruce Pyles

1st & 3rd Thu 9 am-Noon

Walk-ins welcome. No appointment necessary.

## SUPPORT GROUPS

### ADULT CHILDREN OF AGING PARENT SUPPORT GROUP

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

FREE

### LOCATION: VIRTUAL

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

### ALCOHOLICS ANONYMOUS

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

FREE

### LOCATION: KENMORE, ANNEX

Ongoing Sun 8-9 am

### LOCATION: BOTHELL, ROOM 202/203

7 days/week 7-8 am

## 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

## 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

## CHALLENGING FAMILY SITUATIONS DISCUSSION GROUP

This free, peer-led discussion group will focus on challenging/strained relationships with adult children and/or grandchildren due to drug/alcohol misuse and/or addiction. This is not a therapy group, but it will provide an opportunity to share concerns with others who may be in similar situations and discuss ways for better understanding, self-care and coping. For more information, contact Terry Busch at 510-813-1825.

### LOCATION: NSC BOTHELL, ROOM 103

Ongoing Thu 1-2:30 pm

(No meetings the last Thursday of each month)



## 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



# SUPPORTING SELF-CARE AND CAREGIVERS

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

## 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 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

To inquire about the program, contact the program coordinator or to schedule a visit. 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 NORTSHORE HEALTH AND WELLNESS BUILDING UNLESS OTHERWISE NOTED IN THE CLASS DESCRIPTION

**NOTE:** *Not all classes are starting the same week.*



# SUPPORTING SELF-CARE AND CAREGIVERS

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

## BASKETBALL

Special Olympics practice with Coach Pat and Coach Jeff at Home Court in Woodinville. To be eligible to compete must complete Special Olympics registration.

**\$60**

1/5, 1/12, 1/19, 1/26/ & 2/4 Tue 4:30-6 pm  
*additional practices maybe added*

## 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

**\$120**

**PER SESSION**

Jan 15-Mar 19 Wed 2:30-3:15 pm

## BOWLING

Recreational bowling at Kenmore Lanes. Fee all inclusive

**\$135**

**PER SESSION**

Jan 6-Mar 17 Mon *No bowling on Jan 20, Feb 17*

## BROADWAY SEATTLE THEATER GROUP

Short skits, improv and learning to express yourself artistically.

**\$130**

Instructor: Seattle Theater Group

Jan 8- Feb 26 Wed 4:30-5:30 pm

## CIRCUIT TRAINING

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

**\$120**

**PER SESSION**

Jan 16-Mar 20 Thu 2:15-3 pm

## DANCE

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

**\$120**

**PER SESSION**

Jan 16-Mar 20 Thu 3:15-4 pm

## DAY CAMP

Register for each day separately.

**\$75**

**PER DAY**

Jan 13, 27 Mon 10 am- 2:15 pm  
Feb 3, 10, 24 Mon 10 am- 2:15 pm  
Mar 3, 10, 17 Mon 10 am- 2:15 pm

## GAMES

Join us each week to play some of your favorite games like Bingo, Match game and memory. We will include new games too!

**\$120**

**PER SESSION**

Jan 16-Mar 20 Thu 1:30-2:15 pm

## GLEE CLUB

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

**\$120**

**PER SESSION**

Jan 16-Mar 20 Thu 4:15-5 pm

# SUPPORTING SELF-CARE AND CAREGIVERS

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

## KARAOKE

Sing your favorite song or join in a duet.

**\$100**

**PER SESSION**

Jan 13-Mar 17 Mon 1:15-2 pm

No class on Jan 20 and Feb 17

## MARTIAL ARTS

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

**\$120**

Jan 15-Mar 19 Wed 3:15-4:15 pm

## 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.

**\$135**

**PER SESSION**

Jan 15-Mar 19 Wed 1:30-2:15 pm

## TENNIS

Partnering with Tops Outreach Center at Eastside Tennis in Kirkland. All levels welcome. Transportation available back to HWC if registered in next class. *Please note day and time change.* Min 4 for class

**\$100**

**PER SESSION**

Jan 8 Thu 12:15-1:15 pm



## JAN 6-MAR 20 SCHEDULE:

### » MONDAY

- » **Day Camps:** 10 am-2:15 pm (In-Person)
- » **Karaoke:** 1:15- 2 pm (In-Person)
- » **Bowling:** 3-4 pm (at Kenmore Lanes )

### » WEDNESDAY

- » **Sign Language:** 1:30-2:15 pm (In-Person)
- » **Book Club:** 2:30-3:15 pm (In-Person)
- » **Martial Arts:** 3:15-4:15 pm
- » **Broadway Seattle Theater Group:** 4:30-5:30 pm
- » **Basketball:** 4:30-6 pm

### » THURSDAY

- » **Tennis:** 12:15-1:15 pm (at Eastside Tennis Center)
- » **Games:** 1:30-2:15 pm (In-Person)
- » **Circuit Training:** 2:15-3 pm (In-Person)
- » **Dance:** 3:15-4 pm (In-Person)
- » **Glee Club:** 4:15-5 pm (In-Person)

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

**NOTE: Not all classes are starting the same week.**

# 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](http://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](http://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](http://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 4 pm We are closed for holidays and during severe weather conditions.

### » HOW MUCH DOES IT COST?

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

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

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

### » WHO DO I CONTACT?

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

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

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

# 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:**

**Volunteer@mynorthshore.org or call 425-286-1032.**

***We are grateful for your support.***

***Thank you all, for all you do!***

# RESOURCE SERVICES

## A LISTING OF ADDITIONAL SERVICES AVAILABLE TO YOU.

### 211 HUMAN SERVICE ANSWERS

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

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

» 866-221-4909

### ALZHEIMER'S ASSOCIATION

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

### AMERICAN DIABETES ASSOCIATION

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

### ARTHRITIS FOUNDATION

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

### ATTORNEY GENERAL'S CONSUMER PROTECTION

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

### BENEFITS CHECKUP ONLINE

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

### CANCER LIFELINE

» 1-800-255-5505

### COMMUNITY LIVING CONNECTIONS

» 1-844-348-5464

### CRISIS CLINIC - KING COUNTY

» 206-461-3222 or 866-4-CRISIS

### CRISIS HOTLINE - SNOHOMISH COUNTY

» 1-800-584-3578

### DSHS - DEPARTMENT OF SOCIAL AND HUMAN SERVICES

» [DSHS.gov](http://DSHS.gov)

### ELDERCARE LOCATOR

» 1-800-667-1116

### ENERGY ASSISTANCE

» Hopelink, 1-800-348-7144

### FOOD BANK AND EMERGENCY ASSISTANCE

» Hope Link, 425-889-7880

### GERIATRIC REGIONAL ASSESSMENT TEAM

» 206-923-6300

### HOUSING FOR SENIORS

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

### KING COUNTY VETERAN SERVICES

» 1-877-904-VETS (8387)

### LEGAL ASSISTANCE

» Eastside Legal Assistance  
Program, 425-747-7274

### LIFELONG AIDS ALLIANCE

» 206-329-6923

### LOW - VISION INFORMATION AND REFERRAL

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

### MEDICARE

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

### NAMI - NATIONAL ALLIANCE ON MENTAL ILLNESS

» 425-885-6264

### NATIONAL EYE CARE PROJECT

» 1-800-222-3937

### NATIONAL MULTIPLE SCLEROSIS SOCIETY

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

### NORTHWEST PARKINSON'S FOUNDATION

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

### OPIOID EDUCATION & ADDICTION RESOURCES

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

### SENIOR HEALTH SPECIALTY CLINIC

» 425-899-6800

### SENIOR RIGHTS ASSISTANCE

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

### SENIOR SERVICES INFORMATION AND ASSISTANCE - SNOHOMISH COUNTY

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

### SOCIAL SECURITY

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

### SOUND GENERATIONS PATHWAYS INFORMATION AND ASSISTANCE

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

### UW/VA MEMORY WELLNESS PROGRAM

» 888-291-7316 or 866-638-8813

### WASHINGTON INFORMATION NETWORK

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

### WILLS, POWER OF ATTORNEY AND MORE

» Eastside Legal Assistance  
Program, 425-747-7274



# CHARITABLE PLANNING AND GIVING



## » 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.

## » 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.

**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, gender identity, 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**
- » **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 online at [www.northshoreseniorcenter.org](http://www.northshoreseniorcenter.org).**

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

# MEMBER / NON-MEMBER FORM

## NORTHSHORE SENIOR CENTER

10201 East Riverside Drive, Bothell, WA 98011

www.northshoreseniorcenter.org

(425) 487-2441



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

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

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

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

Please check if you would like to request a scholarship

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

Please check Home Branch/Program     Bothell     Kenmore     Mill Creek     Transportation

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

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

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

Today's Date:

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

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

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

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

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

## HOUSEHOLD INCOME

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

## 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	\$ _____
<b>Total Amount Received</b>	<b>\$ _____</b>



## LOCATION: BOTHELL

10 WARNING SIGNS OF ALZHEIMER'S & DEMENTIA.....	27	FOOD PANTRIES .....	25	PICKLEBALL 2 - ROUND ROBIN PLAY .....	13
AGE REVERSING ESSENTRICS.....	8	FROM HEARTACHE TO AN OPEN HEART .....	40	PINKIES UP TEA PARTY: THE SUFFRAGETTES. . .	5
ALCOHOLICS ANONYMOUS.....	39	GENEALOGY CLASS .....	32	PINOCHLE .....	19
ALZHEIMER'S AWARENESS PRESENTATION.....	26	GERMAN CONVERSATIONAL PLUS.....	30	POWERFUL TOOLS FOR CAREGIVERS .....	33
ANTIQUES CLUB .....	15	GUITAR CLUB.....	20	QIGONG FOR ALL .....	9
ASTRONOMY .....	32	HAND AND FOOT .....	19	QUILT CLUB .....	17
BALLROOM DANCE LESSONS .....	6	HAPPY HOUR.....	21	RUSSIAN LANGUAGE PROGRAMMING .....	17
BEGINNER PICKLEBALL OPEN PLAY .....	13	HIKING .....	14	SCAMS & FRAUD .....	33
BINGO.....	18	HOME ASSISTANCE TO SENIORS .....	37	SENIOR AEROBICS .....	9
BOOK CLUB .....	15	IMPACTFUL EMPATHY .....	32	SENIOR LOUNGE .....	4
BOOK DISCUSSION SERIES .....	16	INDIAN AMERICAN COMMUNITY SERVICES (IACS)17		SHARING AND CARING .....	22
CARDIO DRUMMING .....	8	INTERESTED IN TRIVIA?.....	19	SHIBA MEDICARE ADVISORS .....	39
CERAMICS - BEGINNING .....	28	INTRODUCTION TO PICKLEBALL .....	13	SIGNIFICANT LIFE CHANGES: FROM LOSS TO SELF-CARE AND CREATING NEW BEGINNINGS.....	33
CERAMICS OPEN STUDIO .....	28	JEWELRY SALE .....	5	SIP AND PAINT .....	18
CHALLENGING FAMILY SITUATIONS DISCUSSION GROUP .....	40	KNIT WITS CLUB .....	16	SIP AND PAINT .....	30
COFFEE BAR .....	4	LENDING LIBRARY .....	4	SIX PILLARS OF BRAIN HEALTH .....	26
COFFEE SOCIAL .....	21	LINE DANCING.....	6	SPANISH CONVERSATION .....	30
COLORED PENCIL - BEGINNING .....	28	LISTENING MORE CAREFULLY AND EXPRESSING MORE CLEARLY .....	33	STRENGTH & BALANCE .....	11
COLORED PENCIL/DRAWING - INTERMEDIATE/ADVANCED .....	29	MAHJONG .....	19	TABLE TENNIS.....	13
COMMUNITY DINING AT BOTHELL.....	25	MAT PILATES .....	9	TAI CHI BEGINNER CLASS .....	11
COMMUNITY RESOURCE SPECIALIST CONSULTATION.....	35	MEALS-ON-WHEELS .....	25	TAI CHI INTERMEDIATE CLASS.....	11
CONVERSATION CAFÉ GROUPS .....	21	MINDFULNESS PRACTICE: LIVING A HAPPIER & HEALTHIER LIFE .....	26	TAI CHI PRACTICE.....	11
CORNHOLE SOCIAL GROUP .....	17	MLK SPEECH "GIVE US THE BALLOT".....	5	THE MORE YOU KNOW: COMMUNITY RESOURCES & INFORMATION SHARING.....	25
CRAFT CLUB SPRING SALE .....	5	MODERN SQUARE DANCE .....	6	TRAVEL CLUB .....	24
CRIBBAGE .....	19	NEW MEMBER ORIENTATION .....	4	UNDERSTANDING THE VALUE AND BENEFITS OF SELF-COMPASSION .....	33
DIABETES/PRE-DIABETES GROUP.....	40	NORTHSHORE OPEN READING .....	22	VETERANS BREAKFAST .....	18
DOWNSIZING THE FAMILY HOME .....	32	NORTHSHORE RED HAT LADIES .....	21	VOLUNTEER LED WRITING GROUP .....	22
DRIFTWOOD SCULPTURE .....	29	NORTHSHORE VARIETY SHOW AND BAND.....	20	WALKING GROUP .....	14
DRUMMING CIRCLE .....	20	OPEN ART STUDIO .....	30	WATERCOLOR .....	30
EMPLOYMENT MATCHING PROGRAM AND COMMUNITY CONNECTIONS .....	38	OTAGO - BEGINNER LEVEL .....	9	WEDNESDAY EVENING COMPUTER HELP.....	31
ENHANCE FITNESS - BEGINNER LEVEL .....	8	PANCAKE BREAKFAST .....	18	WELLNESS NURSE .....	36
ENHANCE®WELLNESS .....	35	PEARLS .....	36	ZUMBA GOLD SAMPLER CLASS .....	5
FAMILY CAREGIVING CONSULTATION.....	36	PEER DISCUSSION GROUP FOR CHALLENGING FAMILY SITUATIONS .....	22		
FISHING CLUB.....	16	PERSONAL CONSULTATIONS.....	36		
		PICKLEBALL - OPEN PLAY.....	13		
		PICKLEBALL 1 - BEGINNER .....	13		

# INDEX

## LOCATION: HEALTH & WELLNESS CENTER

ADULT DAY CENTER .....	34
CAREGIVERS SUPPORT GROUP .....	40
CIRCUIT TRAINING AND BALANCE .....	8
DENTAL HYGIENE .....	37
FELDENKRAIS METHOD .....	9
FITNESS CENTER .....	7
FOOT CARE .....	38
FOOT CARE .....	38
HAIR SALON-TOOTSIE'S PARLOR .....	38
MASSAGE .....	38
MEDICAL EQUIPMENT CHECK-OUT .....	38
REFLEXOLOGY .....	38
SPIN CLASS .....	9
STROKE DISCUSSION GROUP .....	22

## LOCATION: KENMORE

ALCOHOLICS ANONYMOUS .....	39
BACKGAMMON .....	18
BELLY DANCE FOR STRENGTH & BALANCE .....	8
BOOK CLUB .....	15
BRIDGE .....	18
CARDIO DRUMMING .....	8
CHAIR PILATES .....	8
COFFEE .....	4
COFFEE AT KENMORE .....	21
CRAFTING CLUB .....	16
DRAW/SKETCH - BEGINNING .....	29
DRIFTWOOD SCULPTURE .....	29
ENHANCE®WELLNESS .....	35
FAMILY CAREGIVING CONSULTATION .....	36
FOOD PANTRIES .....	25
HAND AND FOOT .....	19
HOT COCOA SIP & PAINT .....	5
KENMORE GUITAR CONNECTION .....	20
LENDING LIBRARY .....	4
MAT PILATES .....	9
MLK SPEECH "GIVE US THE BALLOT" .....	5
MULTI-MEDIA: WOOD, BEADS & WIRE, OH MY! .....	29
NATURE WALKING WITH EBIRD .....	14
NEW MEMBER ORIENTATION .....	4
PEARLS .....	36
PERSONAL CONSULTATIONS .....	36
PICKLEBALL - OPEN PLAY .....	13
PINOCHLE .....	19
QIGONG FOR ALL .....	9
SCRAPPY 'N SNAPPY .....	30
SEWING: IN STITCHES .....	17
SHIBA MEDICARE ADVISORS .....	39
SOLO AGING...A BACK-UP PLAN FOR SOLO AGERS .....	26

START = STRENGTH, TRAINING, AEROBIC, REFLEX, TREATMENT .....	11
TABLETOP GAMEPLAY .....	19
TONE UP .....	12
WATERCOLOR .....	30
WINE CLUB: THE MYSTERY OF IDENTIFYING WINES .....	4
YANG TAI CHI - BEGINNER .....	12
YOGA - SEATED/STANDING .....	12

## LOCATION: MILL CREEK

BINGO .....	18
BOOK CLUB .....	15
BOOK-A-LIBRARIAN .....	31
CARDIO DRUMMING .....	8
COFFEE .....	4
CROCHET CLUB .....	16
ENHANCE®WELLNESS .....	35
ESTATE PLANNING SEMINAR .....	32
FAMILY CAREGIVING CONSULTATION .....	36
FOOT CARE .....	38
IMPACTFUL EMPATHY .....	32
KARAOKE WEDNESDAYS .....	16
LEARN TO PLAY MAHJONG .....	19
LENDING LIBRARY .....	4
MEATLESS MONDAY POTLUCK .....	17
MEMOIR WRITING CLASS .....	31
MEN'S COFFEE GROUP .....	21
MLK SPEECH "GIVE US THE BALLOT" .....	5
MUSIC FOR FUN .....	20
NATURE WALKING WITH EBIRD .....	14
NEW MEMBER ORIENTATION .....	4
NORTHSHORE RED HAT LADIES .....	21
OPIOID EDUCATION AND SAFETY .....	26
PEARLS .....	36
PERSONAL CONSULTATIONS .....	36

PINOCHLE .....19  
 ROCK PAINTING CLUB .....17  
 SHIBA MEDICARE ADVISORS .....39  
 WATERCOLOR .....30  
 WOMEN'S COFFEE GROUP .....21  
 YOGA - SEATED/STANDING .....12

## LOCATION: PETERKIRK

CO-ED COFFEE HOUR .....21  
 COMMUNITY RESOURCE SPECIALIST  
 CONSULTATION .....35  
 DIABETES/PRE-DIABETES GROUP ..... 40  
 ENHANCE®WELLNESS .....35  
 FAMILY CAREGIVING CONSULTATION .....36  
 LIVING WELL WITH CHRONIC CONDITIONS .....27  
 MINDFULNESS PRACTICE: LIVING A HAPPIER &  
 HEALTHIER LIFE .....26  
 PEARLS .....36  
 PERSONAL CONSULTATIONS .....36  
 RAINBOW PRIDE COFFEE HOUR .....21  
 WELLNESS NURSE .....36  
 WOMEN'S COFFEE GROUP .....21

## LOCATION: VIRTUAL

ADULT CHILDREN OF AGING PARENT SUPPORT  
 GROUP .....39  
 CAREGIVERS SUPPORT GROUP ..... 40  
 MEN'S CONVERSATION CAFE .....21

## MISCELLANEOUS

ADULT DAY HEALTH .....34  
 ART CLASSES .....28  
 CAREGIVERS SUPPORT GROUP ..... 40  
 CHARITABLE PLANNING AND GIVING ..... 48  
 CLUBS .....15  
 COFFEE SOCIALS .....21  
 COMMUNITY EVENTS .....17  
 COMPUTER AND PHONE HELP .....31  
 CONSULTATIONS .....35  
 DANCE .....6  
 DAY TOUR: RECOLOGY RECYCLING TOUR ..... 23  
 DAY TOUR: SEATTLE CHOCOLATE FACTORY TOUR23  
 DAY TRIP GUIDELINES: .....24  
 DAY TRIP TO REGAL CINEMA - NORTHGATE. .... 23  
 DAY TRIP: FRYE MUSEUM ..... 23  
 DAY TRIP: FUTURE OF FLIGHT MUSEUM ..... 23  
 DAY TRIP: LA CONNER DAFFODIL FESTIVAL ...24  
 DAY TRIP: NORTHWEST AFRICAN AMERICAN  
 MUSEUM (NAAM) ..... 23  
 DAY TRIP: QUILTERS ANONYMOUS QUILT  
 EXHIBITION .....24  
 DAY TRIP: SEATTLE AQUARIUM .....24  
 EXERCISE CLASSES .....8  
 FINANCIAL ASSISTANCE .....4  
 FINANCIAL COUNSELING .....37  
 FITNESS CENTER .....7  
 FOOD PROGRAMS ..... 25  
 GAMES .....18  
 GATHERING PLACES .....4

HEALTH AND WELLNESS EDUCATION ..... 25  
 INCLUSION PROGRAM .....41  
 JEWELRY CLUB .....16  
 LANGUAGES .....30  
 LEARN TO USE THE LIGHT RAIL SYSTEM FROM  
 LYNNWOOD TO THE AIRPORT .....24  
 LITERATURE .....31  
 MEMBERSHIP INFORMATION .....50  
 MUSIC .....20  
 NET SPORTS .....13  
 OLGA NORTHSHORE .....22  
 OUTDOOR ACTIVITY .....14  
 REGISTRATION INFORMATION .....49  
 RESOURCE SERVICES .....47  
 SERVICES .....37  
 SHORT-TERM RESPITE .....35  
 SIMPLIFIED TAI CHI BEGINNER CLASS .....11  
 SOCIAL .....21  
 SPECIAL EVENTS .....4  
 SPECIAL INTEREST .....32  
 SUPPORT GROUPS .....39  
 TAI CHI INTERMEDIATE CLASS .....11  
 TECHNOLOGY .....31  
 TRANSPORTATION .....44  
 TRAVEL .....23  
 VOLUNTEERISM .....46  
 W.I.S.D.O.M. (FORMERLY BRAIN FITNESS) .....35  
 YOGA - BREATH AND BALANCE .....12



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