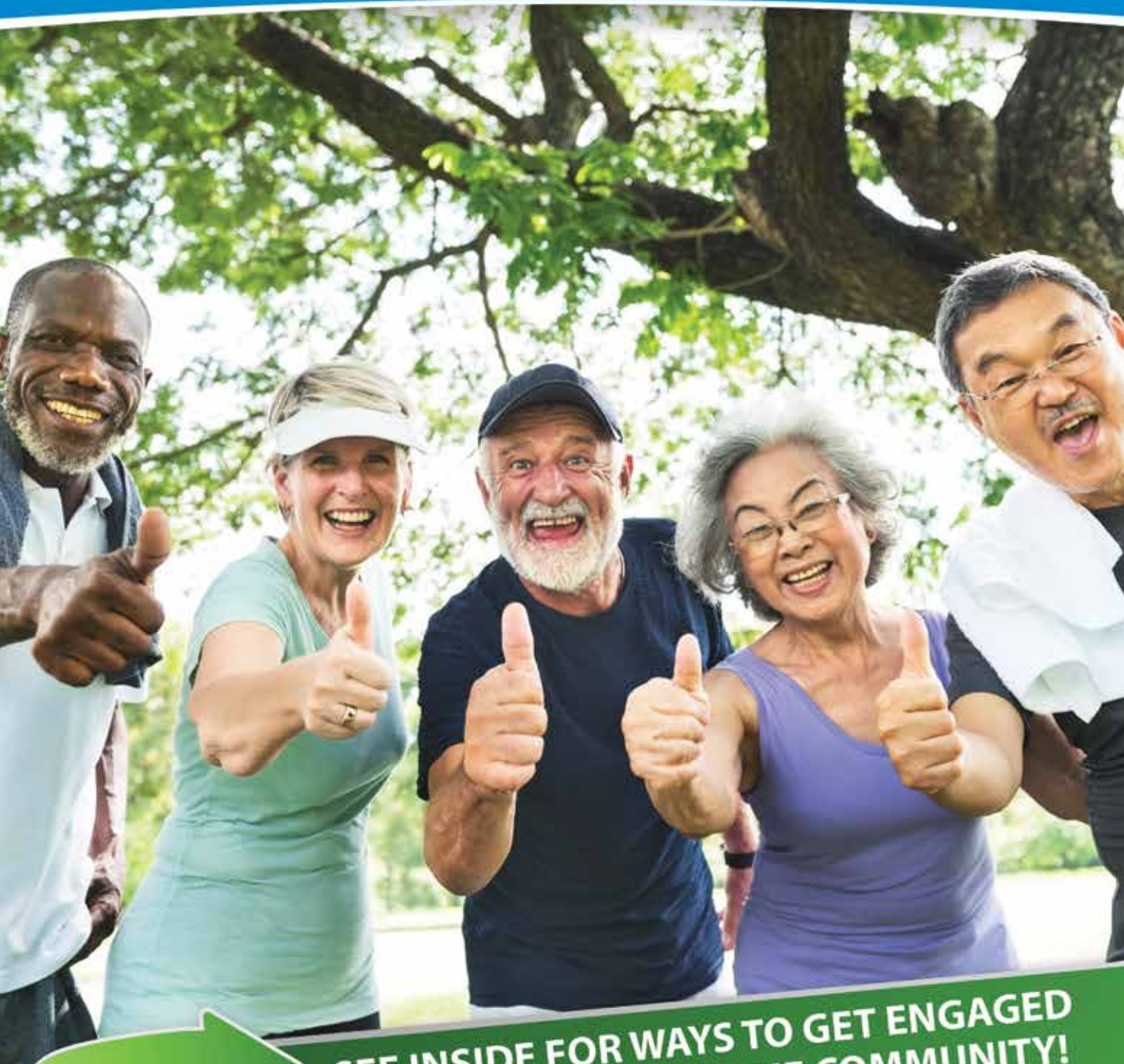


SUMMER 2025 CATALOG

JULY | AUGUST | SEPTEMBER VOLUME 44, ISSUE 3



SEE INSIDE FOR WAYS TO GET ENGAGED
AND CONNECTED IN THE COMMUNITY!

WELCOME

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ON THE COVER



Social isolation can affect both mental and physical health, especially for older adults. Staying connected – whether through conversation, activities, or volunteering – helps boost mood, memory, and overall well-being. Even small efforts to engage with others can make a big difference. Check out ways to stay engaged and connected throughout the many programs and events offered at NSC.

ADMINISTRATIVE TEAM

Chief Executive Officer: Nathan Phillips
HWC/ADH/Inclusion Director: Judi Pirone
Program Director: Tracey Harvey
Member Services Director: Brie Allen
**Partnerships/Kenmore
Manager:** Pasha Mohajerjasbi
Social Services Manager: Janet Zielasko
Transportation Manager: Cliff Perry
**Marketing & Communications
Manager:** Isaiah Shim
Volunteer Coordinator: Hazel Moraleja
Philanthropy Director: Arny Alejandrino

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 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
• Rick Kendo • Rocio Luna-Culotti • Setareh Mahmoodi •
Kenny Mwendar • Jack Peters • Foram Shah • Hân Trần •
Vivek Singh

BOARD AND COMMITTEE MEETINGS

Want to learn more about your Center? Join us!

» BOARD OF DIRECTORS MEETINGS:

Generally last Tuesday of each month at 5:30 pm.

» ADVISORY COUNCIL

Offer your ideas for how to strengthen programs and better serve members and guests. Contact the Advisory Council at advisory@mynorthshore.org or by submitting feedback through one of the suggestion boxes located at each site.

OFFICIAL HOLIDAY CLOSURES:

- » **Friday, July 4:** Fourth of July
- » **Monday, September 1:** Labor Day

GATHERING PLACES / SPECIAL EVENTS

PUNCHCARD

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

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

NSC JOURNEYS

There is so much to explore at Northshore, and finding what you want to do can be difficult. That's where NSC Journeys comes in! NSC Journeys is a way for you to narrow your focus, while still experiencing everything Northshore has to offer. No matter how long or short your Journey is, NSC Journeys is your tool for the best path to pursuing a full, healthy, and inspired life.

BE ON THE LOOK OUT FOR THESE 4 ICONS NEXT TO CERTAIN CLASSES AND PROGRAMS TO ADD TO YOUR JOURNEY.



A FITNESS JOURNEY



A SOCIAL JOURNEY



A BRAIN HEALTH JOURNEY



A LIFELONG LEARNING JOURNEY

» **HERE'S WHAT A JOURNEY CAN LOOK LIKE:**

A Fitness Journey

- Enhanced Fitness
- Walking Group
- Yoga

FINANCIAL ASSISTANCE

NSC strives to keep program fees low through public support and contributions from donors. However, if you are experiencing a financial hardship, 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 KENMORE AND MILL CREEK

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. Space shared with other events. *Thursday, Sep 25 in use for Health Fair.*

Mon-Fri	8 am-4:30 pm
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SPECIAL EVENTS

WOODINVILLE 4TH OF JULY 5K

Join us for this inaugural family-friendly event that benefits NSC's Inclusion/Wrangers Program.

LOCATION: WILMOT GATEWAY PARK

Jul 4	Thu	9 am
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Register at

<https://runsignup.com/Race/WA/Woodinville/WoodinvilleJulyTh5K>

NEW AND CURRENT MEMBER ORIENTATION

Welcome to Northshore Senior Center! As a new member you can enjoy all three of our locations. Meet members of our leadership team to learn about the variety of programming, volunteering opportunities and many special events /clubs.

LOCATION: BOTHELL, COFFEE BAR

Jul 17	Thu	10-11 am
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LOCATION: KENMORE

Aug 21	Thu	10-11 am
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LOCATION: MILL CREEK

Sep 18	Thu	10-11 am
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CERAMICS - SUMMER GARDEN ART WORKSHOP

Unleash your creativity in this hands-on ceramics workshop focused on crafting beautiful garden art! Whether you're interested in making bird baths, totems, or wind chimes, this session will guide you through the process of shaping and designing unique ceramic pieces to enhance your outdoor space. Perfect for beginners and experienced artists alike, this workshop offers a chance to explore new techniques while creating something truly special. Must have min 4 sign ups / Max capacity 14

\$45 MEMBER/\$90 NONMEMBER

LOCATION: BOTHELL, COFFEE BAR

Instructor: Katherine Davidow Lucas

Jul 18 Fri 5-8 pm

NEW

SUMMER TEA PARTY

Join us for a delightful afternoon at our seasonal Summer Tea Party! Enjoy freshly brewed teas, light refreshments, and sweet treats in a bright, cheerful setting inspired by the beauty of summer. Connect with friends old and new as we celebrate the season with lively conversation, gentle music, and a touch of elegance. Don your favorite summer hat or floral attire and make this a memorable occasion!

\$12 MEMBER/\$15 NONMEMBER

LOCATION: MILL CREEK

Jul 25 Fri 1-3 pm

MUSIC IN THE PARK MEET UP

Come out and enjoy a night of live music in the park at Bothell Landing. Bring your picnic, families and Senior Center friends to relax by the amphitheater, and enjoy the music with friends and family. Presented by City of Bothell

FREE

LOCATION: BOTHELL LANDING

Jul 25 Fri 6-9 pm

LECTURE

Join Chef Shannon Bush, a seasoned plant-based chef with over 30 years of experience, for an inspiring and delicious journey into plant-based eating. As an Executive Chef, Head Baker, Caterer, and Culinary Instructor, Chef Shannon has dedicated her career to proving that healthy food can be both nourishing and incredibly flavorful. In this engaging demonstration, she will showcase the many benefits of plant-based cuisine, emphasizing that it's not about sacrifice, but rather an introduction to vibrant flavors, diverse ingredients, and limitless combinations.

FREE FOR MEMBERS/\$5 NONMEMBERS

LOCATION: BOTHELL ROOM 202,203

Aug 21 Thu 11 am

FUNDRAISING SPECIAL EVENT

In the spirit of Northshore fundraising, Chef Shannon Bush is hosting an exclusive culinary experience at a private residence. Don't miss this unique opportunity to support a great cause while enjoying an unforgettable evening of plant-based dining! Limited to 20 participants.

LOCATION: KENMORE LOCATION WILL BE SHARED UPON REGISTRATION

\$100 PER PERSON

Aug 22 Fri 5 pm

DOG PORTRAITS

Celebrate National Dog Day and have a lasting memory of your pet with our photographer. \$15 for digital + 1 Sign Up at any location front Desk We encourage ALL members to join us at our Kenmore location pictures at Rhododendron Park, 6910 Ne 170th St, Kenmore, WA 98028-3917

\$15 MEMBER/\$30 NONMEMBER

LOCATION: KEMORE

Aug 26 Tue 10 am-Noon

LOCATION: MILL CREEK

Aug 26 Tue 1-3 pm

SPECIAL EVENTS

BBQ CELEBRATION GRANDPARENTS DAY

Join us for a heartwarming Grandparents Day BBQ prepared by NSC's Chef Shant, where families come together to honor the wisdom, love, and legacy of our beloved grandparents. Enjoy a day filled with delicious food, laughter, and exciting outdoor games! Challenge friends and family to cornhole and bocce ball, perfect for all ages.

\$10 PER PERSON

LOCATION: BOTHELL

Sep 10 Wed 4-7 pm

LECTURE: HARRY TRACY: THE LAST DESPERADO OF WASHINGTON

From the late 1890s to 1902, infamous outlaw Harry Tracy terrorized Oregon and Washington with his crime spree and daring prison escapes. His exploits included a dramatic gun battle in Bothell on the grounds of the old Wayne Golf Course. Facilitators will recount the legendary story of Washington's "last desperado," featuring historical insights, firsthand accounts from early Bothell residents, and newly uncovered details.

\$5 MEMBER/\$10 NONMEMBER

LOCATION: BOTHELL, ROOM 202/203

Facilitator: Margaret Turcott, Author of Bothell (Images of America)

Sep 10 Wed 1-2:30 pm

BOOK SIGNING WITH TENNYSON JACOBSON

Join us for a special book signing event with Tennyson Jacobson, author of *The Mother of All Days*. Her powerful true story explores resilience and healing in the aftermath of a life-altering home invasion, offering an inspiring perspective on overcoming adversity. This event will feature: 60 minutes – Introduction, a brief book summary, a live excerpt reading, and an interactive Q&A session. This is a unique opportunity to engage with the author, ask questions about her journey, and get a signed copy of her moving and impactful book. Sign required limit 20. *Please register at the front desk.*

FREE

LOCATION: ROOM 203

Sep 24 Wed 1 pm

NEW

WELLNESS CHECKS

Regular blood pressure checks are a vital part of monitoring your cardiovascular health and a great way to stay on top of your health, especially if you have any risk factors. Stop by for a quick check and start tracking monthly. Walk in's Welcome. No appointment necessary.

LOCATION: BOTHELL, FRONT LOBBY

Facilitated by: Riverside East

1st Wed/month 11 am-Noon

3rd Fri/Month 11 am-Noon

FAMILY BIKE CLINIC: FUN, SAFETY & SKILLS FOR ALL AGES

Bring the whole family and join us for a fun educational event designed to get everyone- young kids, teens, parents and grandparents – confident and safe on two wheels. Whether you are learning to ride or brushing up on skills this clinic is for all ages and skill level. Donations recommended.

LOCATION: BOTHELL, FRONT PARK LOT

Facilitator: Mike Moodi + Other Resources

First Sat/Month 9:30-11:30 am

HEALTH FAIR – YOUR WELLNESS WORLD

Join us for a FREE Health & Wellness Event designed for adult children and aging adults. This event will offer valuable health screenings, interactive demonstrations, and essential resources from our local community. Stay informed, take proactive steps for your well-being, and connect with experts dedicated to supporting your health journey. Don't miss this opportunity to empower yourself with knowledge and tools for a healthier future!

FREE TO ATTEND

LOCATION: BOTHELL, MULTIPURPOSE ROOM

Sep 25 Thu 10 am-1 pm

FITNESS AND ACTIVE LIVING

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

BALLROOM DANCE LESSONS	7	GOLF: DRIVING RANGE MEET-UP.....	16	PICKLEBALL SKILLS & DRILL.....	15
BEGINNER PICKLEBALL OPEN PLAY	15	HIKING.....	15	QIGONG FOR ALL ABILITIES	10
BELLY DANCE FOR STRENGTH & BALANCE.....	7	KENMORE OUTDOOR PICKLEBALL COURT	14	SENIOR AEROBICS	10
CARDIO DRUMMING	9	LINE DANCING.....	7	SPIN CLASS	12
CHAIR PILATES	9	MAT PILATES.....	10	START.....	12
CIRCUIT TRAINING AND BALANCE.....	9	MODERN SQUARE DANCING.....	7	STRENGTH & BALANCE	12
CYCLING CLUB: GOLDEN GEARS:	9	NATURE WALKING WITH EBIRD.....	16	TABLE TENNIS.....	15
DANCE	7	NET SPORTS.....	14	TAI CHI	12
ENHANCE FITNESS	9	OTAGO - BEGINNER LEVEL	10	TAI CHI PRACTICE.....	13
ESSENTRICS - AGE REVERSING.....	9	OUTDOOR ACTIVITY.....	15	TONE UP.....	13
EXERCISE CLASSES.....	7	PADDLEBOARD & KAYAK MEETUP.....	16	WALKING.....	16
FELDENKRAIS METHOD.....	10	PICKLEBALL - OPEN PLAY.....	15	YOGA	13
GOLF (COED)	16	PICKLEBALL.....	14	ZUMBA GOLD	14

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

LOCATION: MILL CREEK

Instructor: Brie Allen

Ongoing Fri 10:30-11:15 am

MODERN SQUARE DANCING

Spend your Sunday afternoons learning the art of square dancing! This lively and engaging activity is a fantastic way to improve mental processes, stay active, and most importantly—have a great time. Whether you're a beginner or looking to refine your moves, square dancing is a fun way to stay social and energized. Class closes to new students after Sept 28.

\$6

PER CLASS

LOCATION: BOTHELL, MULTIPURPOSE ROOM

Sep 14-Feb 22 Sun 2:30-4:30 pm

For more information, call Ernest at 425-785-9046.

EXERCISE CLASSES

BELLY DANCE FOR STRENGTH & BALANCE

Discover the joy of movement with a belly dance class designed for fun, fitness, and well-being! Strengthen your core, improve balance and coordination, and ease joint pain—all while enjoying the rhythm and fluidity of dance. Our lively, senior instructor believes in making exercise enjoyable and accessible. This welcoming, standing class is open to adults of all ages, no prior experience needed! Wear loose, comfortable clothing, bring your energy, and let's dance toward better health—together.

\$32 MEMBER/\$64 NONMEMBER

PER MONTH

NEW LOCATION: BOTHELL, DINING ROOM

Instructor: Marie Elena McMahon

Ongoing Wed 6:30-7:30 pm

LOCATION: KENMORE SENIOR CENTER

Ongoing Thu 11 am-Noon

FITNESS AND ACTIVE LIVING

FITNESS CENTER

MON-FRI 8 AM-3:30 PM

» PUNCHCARDS:

\$20 MEMBER/\$40 NONMEMBER

8 VISIT PUNCHCARD



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

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



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. SPINNING bikes are also available, please see page 9 for class details.

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

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

LOCATION: MILL CREEK

Instructor: Becky Mowry
Ongoing Wed 11:30 am-12:30 pm

LOCATION: BOTHELL, MULTIPURPOSE ROOM

Instructor: Nancy Wilson & Guests
Ongoing Fri 10-11 am

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

CIRCUIT TRAINING AND BALANCE

This full-body workout incorporates a variety of equipment, combining circuit training with balance exercises to keep you moving and fit. You'll engage in strength training, cardiovascular conditioning, balance work, and stretching—all designed to enhance overall fitness while maintaining stability throughout the session. This class requires participants to stand and must be done independently. We recommend it for those looking to improve their strength, endurance, and overall mobility.

\$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

NEW

CYCLING CLUB: GOLDEN GEARS:

Join us for a leisure weekly outdoor bike ride. The first session of each month will begin with discussing the rules of the road, overall safety and an initial bike inspection with practice laps around the Center advancing to enjoying a leisure ride on the Burke Gilman Trail. We will end the ride in time to enjoy social connections and the famous homemade Pie Day.

\$5 MEMBER / \$10 NONMEMBER

Instructor: Mike Moodi
Ongoing Wed 10-11:45 am

Note waivers will need to be signed by all participants and you are strongly advised to consult with your healthcare professional if you have any questions about participating.



ENHANCE FITNESS

EnhanceFitness is an evidence based exercise program to help older adults of all fitness levels to become more active, energized and able to sustain independent lives. Chairs are provided as an option for Level I exercises and instructors will demonstrate appropriate exercises for participants using a chair.

\$30 MEMBER/\$60 NONMEMBER PER MONTH

LOCATION: BOTHELL, MULTIPURPOSE ROOM

Instructor: Certified Instructor, Carolyn Hubbard
Ongoing M/W 8:30-9:30 am
Ongoing Fri 8:30-9:30 am

LOCATION MILL CREEK, ANNEX

Instructors: Suzanne Meyers-Hubner & Pam Jacobs
Ongoing M/W 10-11 am

ESSENTRICS - AGE REVERSING

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 Essentrics Instructor
Ongoing Wed 4:30-5:30 pm
Classes Resume Sep 3

FITNESS AND ACTIVE LIVING

FELDENKRAIS METHOD: AWARENESS THROUGH MOVEMENT

Experience movement like never before with Personalized Movement Lessons led by our expert instructor! Discover new and efficient ways to move while gaining valuable insights tailored to your needs. Register now for 45-minute sessions and take a step toward improved mobility and wellness. Secure your spot today and start your journey to better movement!

Instructor: Patty Bredice, certified Feldenkrais Practitioner.

\$44 MEMBER/\$88 NONMEMBER PER MONTH

LOCATION: HEALTH & WELLNESS CENTER, CONFERENCE ROOM

Ongoing Tue 10-11 am

\$40/ SESSION

LOCATION: BOTHELL, LOBBY

Jun 11	Wed
Jul 9	Wed
Aug 13	Wed
Sep 10	Wed



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

\$43 MEMBER/\$86 NONMEMBER PER MONTH

Ongoing W/F 9:30-10:30 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

Jul 14-Sep 8 Mon/Wed 11:30 am-12:30 pm

Pre-assessment Wed, Jul 9, Post Assessment Wed Sep 10.

QIGONG FOR ALL ABILITIES

Qigong ("Chee-Kung") is an ancient Chinese breathing practice that improves health by integrating breathing, posture, movement, focus and self-massage to move the Chi (life energy) through the body. Can be done standing or seated. Suitable for all. Register at NSC or questions call 425-487-2441, leave a message.

FREE TO MEMBERS/\$10 NONMEMBER PER MONTH

LOCATION: BOTHELL, STUDIO

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

Ongoing Tue 1-2 pm

Ongoing Tue 2:30-3:30 pm **New class, limit 12**

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-12:15pm

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

FITNESS AND ACTIVE LIVING



SHAPE UP! 50+

For a Healthy Independent Lifestyle

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

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

Bring this coupon to Northshore Senior Center to receive a **\$10 discount** on any group fitness class (expires **Dec. 15, 2025**). 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

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

Public Health 
Seattle & King County


Northshore
Senior Center



Coupon has no dollar value and cannot be redeemed for cash

FITNESS AND ACTIVE LIVING

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: Mike Moodi		
Ongoing	Tue	10-10:45 am



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. *No class Thu, Sep 25 due to Health Fair.*

\$43 MEMBER/\$86 NONMEMBER		PER MONTH
LOCATION: BOTHELL, MULTIPURPOSE ROOM		
Instructor: Candice LaMont		
Ongoing	Tue/Thu	9:30-10:30 am



TAI CHI – SIMPLIFIED 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. *No classes in July, classes will resume Aug 7.*

\$32 MEMBER/\$64 NONMEMBER		PER MONTH
LOCATION: BOTHELL, STUDIO		
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.		

FITNESS AND ACTIVE LIVING

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

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.

\$43 MEMBER/\$86 NONMEMBER PER MONTH

LOCATION: MILL CREEK

Instructor: Maria Borella

Ongoing Tue/Thu 10-10:45 am



YOGA - BREATH AND BALANCE

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

\$32 MEMBER/\$64 NONMEMBER PER MONTH

LOCATION: BOTHELL, STUDIO

Certified Instructor: Trudy Rolla, RYT

Ongoing Thu 8:30-9:45 am

NEW

YOGA: FOR FUNCTIONAL FITNESS - MOVE IT OR LOSE IT MOBILITY

Enjoy intentional properties of yoga paired with breathing, mobility and core stability techniques that will help you feel rejuvenated and recharged. Exercise standing All Levels Welcome

\$43 MEMBER/\$86 NONMEMBER PER MONTH

LOCATION: BOTHELL, STUDIO

Certified Instructor Susan Sivesind

Starts Jul 17 Mon/Wed 1:30-2:30 pm

NEW

YOGA: FUNCTIONAL FITNESS SMALL GROUP

Try our new Small Group class to learn proper alignment connecting your breath to movement to improve strength, balance and flexibility. This format will be included for those enrolled in Yoga Move it or Lose it. For those only interested in 30 minutes. Bring water bottle. This class is done on the mat/floor

\$10 MEMBER/\$20 NONMEMBER PER MONTH

LOCATION: BOTHELL, STUDIO

Instructor: Susan Sivesind

Ongoing Mon/Wed 2:30-3 pm

FITNESS AND ACTIVE LIVING

ZUMBA GOLD

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.

\$32 MEMBER/\$64 NONMEMBER

LOCATION: BOTHELL, MULTIPURPOSE ROOM

Instructor: Amy Best
Ongoing Fri Noon-12:50 pm
Please contact any NSC branch to register.

LOCATION: MILL CREEK, ANNEX

Instructor: Amy Best
Ongoing Thu 11-11:45 am

NET SPORTS



KENMORE OUTDOOR PICKLEBALL COURT

Court is outside in Rhododendron 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.*

Ongoing Mon-Fri 9 am-3 pm

INTRODUCTION TO PICKLEBALL

This two-hour clinic will teach you the basics of equipment, court setup, shot selection, technique, scoring and etiquette. Loaner paddles and balls will be provided as part of the class. (Capacity 8)

\$60 MEMBER/\$120 NONMEMBER PER MONTH

LOCATION: BOTHELL, MULTIPURPOSE ROOM

Instructor: Pickleball Rick
Ongoing Sat 9-10:30 am

PICKLEBALL 1 - BEGINNER

If you have an interest and are just starting out, this class gives you the ground roots and an introduction to the wonderful and fun game of Pickleball. This is a fundamental class designed to build a strong foundation! All equipment will be provided. (Capacity 10)

\$60 MEMBER/\$120 NONMEMBER PER MONTH

LOCATION: BOTHELL, MULTIPURPOSE ROOM

Certified Instructor: Pickleball Rick, Ranking Specialist & USA Pickleball Ambassador
Ongoing Tue 2-3:30 pm

PICKLEBALL 2 - INTERMEDIATE

If you have been playing pickleball with a solid fundamental skill set and want to move into more advanced play and advanced strategies, then this class is designed for you! (Capacity 10)

\$60 MEMBER/\$120 NONMEMBER PER MONTH

LOCATION: BOTHELL, MULTIPURPOSE ROOM

Certified Instructor: Pickleball Rick, Ranking Specialist & USA Pickleball
Ongoing Tue 3:30-5 pm
Ongoing Sat 10:30 am-Noon

PICKLEBALL - 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. For intermediate and better skills developed here include proper technique. Players bring your own paddle if you have one. Minimal instruction. (Capacity 12)

\$15 MEMBER/\$30 NONMEMBER SINGLE SESSION

LOCATION: BOTHELL, MULTIPURPOSE ROOM

Certified Instructor: Bing Teng
Ongoing Thu 11:30 am-1:30 pm

Cancelled 9/25 due to Health Fair

FITNESS AND ACTIVE LIVING

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

9/25 start at 2:30 pm due to Health Fair

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.

NEW

PICKLEBALL SKILLS & DRILLS FOLLOWED BY OUTDOOR OPEN PLAY KENMORE

Looking to sharpen your pickleball game? Elevate your game learning essential pickleball drills! Whether you're refining your dink shots, mastering volleys, or sharpening your reaction time, this series will help players of all levels improve technique, strategy, and consistency. Limit 6 participants

\$60 MEMBER/\$120 NONMEMBER

LOCATION: KENMORE, OUTDOOR COURT

Facilitator Pickleball Rick & Team

Ongoing Tue/Thu 9-11 am

**With unpredictable weather, we want to remind everyone of our inclement weather policy to ensure safety and clarity in case of severe conditions*

TABLE TENNIS

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

PUNCHCARD REQUIRED

SEE PAGE 4

LOCATION: BOTHELL, MULTIPURPOSE ROOM

Leaders: Thomas Kirkland, Jen Hall and Hal Bomardner

Ongoing Wed 1-3 pm

OUTDOOR ACTIVITY



HIKING

Hiking season is here! Check our website on a regular basis for additional information. Meet up on Mondays at 7:30 am, depart 7:45 am at the Woodinville Park & Ride (park near the Goodwill Donation Trucks), 17800 140th Ave NE to set up carpools. Hiking boots and hiking poles are highly recommended. HIKES ARE FREE EXCEPT FOR SHARED CARPOOL EXPENSES, PARKING AND FERRY TOLLS. Bring your lunch, adequate hydration (water/juice), sun screen, bug repellent and clothing to layer for variable weather conditions (cold, heat, and/or rain). 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. Not a walking club.

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>

Ongoing Mon 7:30 am

Note waivers will need to be signed to participate

Email: nsschikers@gmail.com



FITNESS AND ACTIVE LIVING

GOLF (COED) – JOIN THE FUN ON THE COURSE!

Golf outings take place every Tuesday at 10 am. Green fees vary from \$50-\$70, including a power cart. To participate, you must reserve a spot by the Sunday before so tee times can be booked. Email Greg at grpoitevin@gmail.com for the schedule and to reserve your tee time.

GOLF: DRIVING RANGE MEET-UP

Join us for a relaxed and enjoyable afternoon at the Woodinville Sports Club Driving Range. Come work on your swing, connect with fellow golf enthusiasts, and enjoy great company! Bring your clubs, hit some balls, and have a great time at the range.

RANGE BALLS AVAILABLE FOR \$10-\$14

LOCATION: WOODINVILLE SPORTS CLUB!

Jul 10/17	Thu	3 pm
Aug 14	Thu	3 pm
Sep 11/18	Thu	3 pm



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
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LOCATION: KENMORE (425-489-0707)

Ongoing	Tue	10-11 am (self-directed)
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PADDLEBOARD & KAYAK MEETUP

Join us for an exciting afternoon on the water! Whether you're a seasoned paddler or trying it for the first time, this is a fantastic opportunity to enjoy the outdoors and connect with fellow adventurers. Bring your own paddleboard or kayak, or rent one from WhatSUP Paddle Sports for an additional \$26/hour. If you need to rent, please let us know in advance so we can arrange a group reservation. Stick around after the paddle! We'll be hosting a happy hour and social time immediately following the event. More details will be shared after registration. Spots are limited, so sign up early. Register at the front desk to reserve your spot!

\$10 MEMBERS/\$20 NONMEMBERS

LOCATION: LAUNCHING FROM A KENMORE OR BOTHELL LOCATION (EXACT DETAILS TO FOLLOW)

Jul 11	Fri	3-6 pm
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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
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WALKING : ORCA TALES AND TRAILS: SILVER SNEAKER WALKS

Join Whale Scout for a low-impact, educational stroll through the stunning former Wayne Golf Course as we explore the vital connections between salmon and orca recovery. Designed for seniors and community members who want to enjoy a scenic walk, this event offers an opportunity to learn about conservation efforts while appreciating the natural beauty of this restoration site—without needing to dig into blackberry removal!

LOCATION: MEET AT THE WAYNE GOLF COURSE FORMER CLUBHOUSE/ MAIN PARKING LOT @ 16721 96TH AVE NE. BOTHELL, WA 98011

Jul 1, Aug 5	9 am
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CLUBS AND SOCIAL CONNECTIONS

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

AGELESS TOGETHER	23	DAY TRIP - CHOCOLATE SHOP	25	MUSIC.....	22
ANTIQUES CLUB	17	DAY TRIP - EVERGREEN FAIR IN MONROE	25	MUSIC FOR FUN	22
BACKGAMMON LEARN & PLAY	21	DAY TRIP - THE SALMON RETURN	26	NORTHSHORE OPEN READING	25
BINGO.....	21	DAY TRIP - WILDLIFE PARK IN ARLINGTON	25	NORTHSHORE RED HAT LADIES	24
BOCCIE/CORNHOLE SOCIAL GROUP	19	DAY TRIP GUIDELINES:	26	NORTHSHORE VARIETY SHOW AND BAND.....	23
BOOK CLUB	18	DAY TRIPS - TRAVEL	25	PANCAKE BREAKFAST	20
BOOK OF THE MONTH	18	DRUMMING CIRCLE	22	PINOCHLE	22
BRIDGE.....	21	FISHING CLUB	18	QUILT CLUB	19
CHALLENGING FAMILY SITUATIONS	23	GAMES	21	RAINBOW PRIDE COFFEE HOUR	23
CHESS.....	21	GUITAR CLUB.....	22	ROCK PAINTING CLUB	19
CLUBS.....	17	HAND AND FOOT	21	RUSSIAN LANGUAGE PROGRAMMING	20
CO-ED COFFEE HOUR	23	HAPPY HOUR.....	24	SEWING: IN STITCHES	19
COFFEE SOCIALS	23	INDIAN AMERICAN COMMUNITY SERVICES.....	20	SHARING AND CARING	25
COMMUNITY EVENTS.....	19	JEWELRY CLUB	19	SOCIAL	23
CONVERSATION CAFÉ GROUPS	24	KARAOKE NIGHT AT BOTHELL	22	TALK TUESDAYS	24
CRAFTING CLUB	18	KARAOKE WEDNESDAYS.....	19	TRAVEL CLUB	26
CREATIVE WRITING GROUP	24	KENMORE GUITAR CONNECTION	22	VETERANS BREAKFAST	20
CRIBBAGE	21	KNIT WITS CLUB	19	WII BOWLING FUN	20
CROCHET CLUB	18	MAHJONG	21	WOMEN'S COFFEE GROUP.....	23
DAY TRIP - BASEBALL GAME	26	MEN'S SOCIAL GROUP	24		
DAY TRIP - CASCADE ART MUSEUM	25	MEN'S COFFEE GROUP	23		
DAY TRIP - CASINO TRIPS	25	MEN'S CONVERSATION CAFE	24		
DAY TRIP - CHIHULY GARDEN AND GLASS.....	26	MOVIES ON MONDAY MORNING	20		

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

- » **July 9:** No meeting summer break
- » **Aug 13:** No meeting summer break
- » **Sept 10:** Folk Art - celebrate world wide diversity in all mediums. Gather up treasures from all cultures that reflect ethnic customs.



CLUBS AND SOCIAL CONNECTIONS

BOOK CLUB

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

FREE

LOCATION: BOTHELL, ROOM 205

Ongoing 2nd Tue 1-2:30 pm

Multicultural Book Conversations at Bothell

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

Facilitator: Jenny Sayward

LOCATION: KENMORE

Ongoing 2nd Mon 1-2:30 pm

Book of the month at Kenmore

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

July: *The Writer* by DW Ulsterman

Aug: *Remarkably Bright Creatures* by Shelby VanPelt

Sep: *The End of Drumtime* by Hanna Pylvainen

Oct: *The First Lie Wins* by Ashley Elston

LOCATION: MILL CREEK

Facilitator: Molly K Barry

Ongoing 4th Thu Noon-1 pm

Book of the month at Mill Creek

TBD

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

CLUBS AND SOCIAL CONNECTIONS

JEWELRY CLUB

Come and join us to prepare previously loved jewelry Do you enjoy the sparkle and beauty of jewelry? If you do and would take pleasure in seeing/researching vintage pieces too, come and join our group. We sort through our donated stash and prepare it for our jewelry sales throughout the year. Jewelry sales resume in October.

FREE

LOCATION: BOTHELL, ROOM 103

Starts Oct 2nd Mon 12:30-3:30 pm

JEWELRY CLUB SEEKING WATCH EXPERT

Our Jewelry Club is looking for a skilled individual with expertise in watches to assist our members. Responsibilities include battery replacements, general watch maintenance, and offering guidance on watch care and functionality. If you have experience in watch repair and enjoy sharing your knowledge, we'd love to hear from you! Please contact Paula @pp_4@comcast.net

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.

FREE

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

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

NEW

ROCK PAINTING CLUB

Come join the fun in a creative, no pressure setting and express your creativity. Whether you're painting simple designs, intricate patterns, or even landscapes, it's a great way to express yourself Rocks and supplies are included, or bring your own. Bring any personal supplies to help you achieve the level of artistry you desire

FREE

LOCATION: BOTHELL, DINING ROOM

Facilitator: Precy Enger
Ongoing 2nd W/month 1:30 pm

LOCATION: KENMORE

Facilitator: Precy Enger
Ongoing 3rd W/month 1-3 pm

LOCATION: MILL CREEK

Ongoing 2nd Fri Noon-2 pm

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

COMMUNITY EVENTS

BOCCE/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. Cornhole group evolves to Bocce for summer season.

PUNCHCARD REQUIRED

SEE PAGE 4

LOCATION: BOTHELL, MULTIPURPOSE ROOM

Facilitator: Brad Norton
Ongoing Wed 1 pm

LOCATION: MILL CREEK

Ongoing

CLUBS AND SOCIAL CONNECTIONS

INDIAN AMERICAN COMMUNITY SERVICES (IACS)

Northshore Senior Center and the Indian American Community Services have partnered in an effort to unite and celebrate multi-generational Indian families and bridge cultural gaps in the community by providing safe, creative space for activities including chair yoga, health talks and social communications. A vegetarian Indian lunch will also be provided by our Community Dining Program. This program is open to everyone. For more information please contact IACS at www.iacswa.org.

FREE (MORNING/AFTERNOON PROGRAMS)
\$5 PER PERSON LUNCH

LOCATION: BOTHELL, ROOM 202/203 AND DINING ROOM

Facilitated by IACS

1st and 3rd Tue of Month

Morning programming 10:30 am-Noon

Lunch Noon-12:30 pm

Afternoon programming 1-2:30 pm

MOVIES ON MONDAY MORNING

Join us for a movie showing, selected by you! Members have the opportunity to vote all month long for which movie they'd like to see and watch together at the end of the month.

FREE

LOCATION: MILL CREEK

Ongoing 4th Mon 10 am-Noon

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

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, SSL and art classes. All are welcome to participate.

FREE

LOCATION: BOTHELL, ROOM 202

Facilitated by JFS

Ongoing Mon 10 am-2:30 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.

WII BOWLING FUN

We're looking for 6-8 Wii bowlers to join the fun!, followed by a delicious lunch provided by Chateau Senior Living. Whether you're a seasoned bowler or just looking for a great time, we'd love to have you

LOCATION: BOTHELL, ROOM 202

Jul 30 Wed 11 am-1 pm

LOCATION: CHATEAU BOTHELL LANDING

Aug 27 Wed 11 am-1 pm

CLUBS AND SOCIAL CONNECTIONS

GAMES

NEW



BACKGAMMON LEARN & PLAY

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 provided, or bring your own.

PUNCHCARD REQUIRED

[SEE PAGE 4](#)

LOCATION: KENMORE SENIOR CENTER

Ongoing	Tue	Noon-3 pm
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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
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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
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CHESS

Whether you're a seasoned player or just learning the game, come enjoy friendly matches, sharpen your strategy, and engage in lively discussions. All skill levels welcome!

PUNCHCARD REQUIRED

[SEE PAGE 4](#)

LOCATION: MILL CREEK

Ongoing	3rd Fri	1-3 pm
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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
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NEW LOCATION: KENMORE

Ongoing	Fri	Noon-3 pm
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MAHJONG

MahJong is a game for 3-4 players that uses tiles instead of playing cards. We offer both American and Chinese versions at various NSC locations. In short, while both games share similar origins, American Mahjong has a more formalized structure with specific hand combinations, while Chinese Mahjong focuses more on traditional, flexible play.

PUNCHCARD REQUIRED

[SEE PAGE 4](#)

LOCATION: BOTHELL

Leader: Meg Myrick, 206-498-3072 | **Chinese Style Mahjong**

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

Ongoing	Tue	10 am-Noon, Lounge
Ongoing	Wed	4-6 pm, Lounge
Ongoing	Fri	9:30-11:30 am, Room 202

LOCATION: MILL CREEK, ANNEX

American Style Mahjong

Ongoing	Tue	Noon-2 pm
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CLUBS AND SOCIAL CONNECTIONS

PINOCHLE

Any skill level welcome.

PUNCHCARD REQUIRED SEE PAGE 4

LOCATION: BOTHELL, ROOM 203

Leader: Al Haveland		
Ongoing	Mon	Noon-3:30 pm
Ongoing	Fri	Noon-3:30 pm

LOCATION: MILL CREEK

Single Deck	Mon	12:30-3 pm
Double Deck	Wed	12:30-3 pm

LOCATION: KENMORE

Ongoing	Fri	Noon-3 pm
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MUSIC

DRUMMING CIRCLE

A drum circle is a casual gathering of people who play drums and other percussion instruments together in a circle. Open to all ages 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

KARAOKE NIGHT AT BOTHELL – PAIRED WITH HAPPY HOUR!

Come for the music, stay for the drinks, laughs, and good company. Whether you're a seasoned performer or just ready to belt out a tune with friends, this is your chance to shine.

LOCATION: BOTHELL

Jul 16	Wed	4-7 pm
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SUPPORT LIVE MUSIC AT BOTHELL HAPPY HOUR!

Help us bring live music to our popular Happy Hour! We're looking for sponsors to help make this vision a reality—adding a vibrant atmosphere and great performances to our community gatherings.

Want to be part of this initiative? See Tracey for details on how you can contribute and support local entertainment at Bothell.

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
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CLUBS AND SOCIAL CONNECTIONS

NORTHSHORE VARIETY SHOW AND BAND

Join Our Musical Ensemble! Do you have a passion for music and performance? We're looking for talented individuals to sing in harmony with our ensemble and enhance the rich sound of our group. Whether you're an experienced vocalist or someone eager to blend your voice with others, we'd love to have you! Additionally, we are seeking instrumentalists to expand our band. We're particularly interested in substitute pianists, acoustic stand-up bass players, and trumpet players, though other instrumentalists may be welcomed as we discover new musical possibilities. Will return from Summer Vacation and kick off on Tuesday, September 2, 2025. Musical Director Sid Schaudies 206-236-7406

FREE

LOCATION: BOTHELL, ROOM 205

Musical Director: Sid Schaudies

Ongoing Tue 10 am-Noon (rehearsals)

SOCIAL

AGELESS TOGETHER

Ageless Together is a welcoming space designed to uplift and inspire through the power of shared experiences. This weekly gathering fosters a timeless, inclusive community where connection, growth, and mutual support transcend age. Whether you're looking to build new friendships, share stories, or simply enjoy meaningful conversation, Ageless Together offers a warm and empowering environment for all.

FREE

LOCATION: BOTHELL, 205

Facilitator: Lori Jensen

Thu 1-3 pm



COFFEE SOCIALS

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

FREE

» CO-ED COFFEE HOUR

LOCATION: PETERKIRK COMMUNITY CENTER

Ongoing Wed 11 am-Noon

Facilitator: Cassidy Stout, MSW

425-286-1072; cassidys@mynorthshore.org

No meeting Dec 24

» 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

» 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 Mon, Sep 1

CHALLENGING FAMILY SITUATIONS DISCUSSION GROUP

This free, peer-led discussion group will focus on challenging/strained relationships with adult children and/or grandchildren. 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.

FREE

LOCATION: BOTHELL, ROOM 103

Facilitator: Joyce Stone, 352-455-8875

Ongoing Thu 1-2:30 pm

No meetings the last Thursday of each month

CLUBS AND SOCIAL CONNECTIONS

CONVERSATION CAFÉ GROUPS

FREE

LOCATION: BOTHELL, ROOM 104

Mon 1:30-2:30 pm *No meeting Sep 1*

For more details, contact Lydia Barnsley at 425-286-1029;
lydiab@mynorthshore.org

CREATIVE WRITING GROUP

Welcome all aspiring writers, whatever your story; everybody has one. This group is open to all types of writes, poetry, memoir, short story, even a novel. Group Members share weekly work in order to uplift, encourage and inspire one another. All levels of writers are welcome. Limit 12

FREE

LOCATION: BOTHELL, ROOM 203

Fri 1 pm

For more information contact John Judy, johnjudy10@gmail.com

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

1st and 3rd Wed 11 am-Noon

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

NEW

MEN'S SOCIAL GROUP

A welcoming space for men to connect, share experiences, and build friendships. Whether you're looking for meaningful conversations, adventures, networking opportunities, or casual gatherings, this group fosters camaraderie and support. Join us to engage, grow, and be part of a strong community!

LOCATION: BOTHELL, ROOM 205

Facilitator: Bob Boustedt

Ongoing 1st/3rd Tue 2-4 pm



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

TALK TUESDAYS

Bring your lunch and your curiosity! Join us for a monthly gathering where we watch a thought-provoking TED Talk and engage in a lively discussion. Explore new ideas, share perspectives, and connect with others in a welcoming space.

FREE

LOCATION: MILL CREEK

Ongoing 3rd Tue 11:30 am-12:30 pm

CLUBS AND SOCIAL CONNECTIONS

NORTHSHORE 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



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

Wed 1-2 pm

DAY TRIPS - TRAVEL

DAY TRIP - CHOCOLATE SHOP

We'll take a tour of "The Chocolate Man" sweet shop on the lower level of the Lake Forest Park Mall. Drive yourself and we'll meet there. Bring some money for chocolate and lunch upstairs at the Food Court.

FREE

Jul 15 Tue 10 am



DAY TRIP - CASINO TRIPS

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

\$5 MEMBER/ \$10 NONMEMBER

Jul 24 Thu 9:30 am-3 pm / Quil Ceda

Aug 28 Thu 9:30 am-3 pm / Tulalip

Sep 25 Thu 9:30 am-3 pm / Quil Ceda

bus will leave casino at 2:30 pm

DAY TRIP - WILDLIFE PARK IN ARLINGTON

Our guided tour will include observing kangaroos, wallabies and other exotc animals and birds. Bring lunch money for a meal in Arlington. Trip leaves from Kenmore Senior Center in Rhododendron Park. 6 min / 8 max passengers.

\$30 MEMBERS/\$60 NONMEMBERS

Jul 24 Thu 10:30 am-4 pm

DAY TRIP - CASCADE ART MUSEUM

Enjoy a special exhibit featuring outstanding Northwest artists, including Lawrence and Zigler. Bring lunch money for a meal at the Edmonds Waterfront Center. Trip leaves from Kenmore's Rhododendron Park. 6 min / 8 max passengers.

\$25 MEMBER/\$50 NONMEMBER (INCLUDES ADMISSION)

Aug 7 Thu 10:30 am-3 pm

DAY TRIP - EVERGREEN FAIR IN MONROE

A CLASSIC SUMMER TRADITION!

Get ready for a day packed with excitement and community fun at the Evergreen Fair in Monroe! Indulge in all your fair favorites—delicious Fair Food, thrilling Carnival rides, engaging Contests and Exhibits, adorable Animals, and bustling Vendor booths. Your ticket includes round-trip transportation and general admission, making it an easy and stress-free way to experience the fair. Limited to 12 participants.

\$29 MEMBER / \$58 NONMEMBER

Aug 25 Mon 10:30 am-3:30 pm

Leaves from Bothell

CLUBS AND SOCIAL CONNECTIONS

DAY TRIP - CHIHULY GARDEN AND GLASS – SEATTLE CENTER

Immerse yourself in the mesmerizing world of glass artistry at Chihuly Garden and Glass! From the breathtaking 100-foot-long sculpture in the Glasshouse to the curated Galleries showcasing 40 years of Dale Chihuly's work, this experience offers an unforgettable look at the interplay between light, color, and form. The Garden provides a stunning outdoor display where artistic glass creations harmonize with lush plantings. Your ticket includes transportation and admission, plus the opportunity to enjoy gallery talks for deeper insight into Chihuly's visionary art. A self-paid lunch allows you to choose your preferred dining spot. Limited to 12 participants.

\$54 MEMBER / \$108 NONMEMBER

Sep 11 Thu 10:30 am-3:30 pm
Leaves from Bothell

DAY TRIP - BASEBALL GAME MID SUMMER MATINEE

Senior Day at T-Mobile Park! The Mariners are squaring off against the White Sox @ 1:10 pm in a weekday matinee matchup, and with this offer, Club Level tickets that include a pregame lunch on the Terrace Club Patio. Bus departs game at 4 pm. Transportation provided for 13 individuals or meet us there (provide your own transportation). **Must pay at the time of registration.**

\$64 / INCLUDES BUS TRANSPORTATION
\$50 / YOUR OWN TRANSPORTATION

Aug 7 Thu Noon-5 pm
Leaves from Bothell

DAY TRIP - THE SALMON RETURN

Join the Northshore Fishing Club for an outing to MacDonald Park in Carnation where you can see the Pink Salmon returning to spawn. We will have a marine biologist along to discuss the life cycle of the salmon, as well as the risks and current issues affecting them. Afterwards, we'll head to one of the many fine restaurants in Carnation for lunch (at your own expense). Boots or waterproof shoes and polarized sunglasses for fish viewing are recommended.

\$25 MEMBERS / \$50 NONMEMBERS

Sep 30 Tue 10 am-3 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.

- 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: Nancy O Malley and Sheryl Ricker

Last Thursday of each month 10 am-11 am

HEALTH AND NUTRITION

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

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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 pm	



ALL THE RIGHT MOVES.

Discover a life with no limits.

At Woodland Terrace, you can trust that it will be all right. From our signature program, PrimeFit Wellness, to a community calendar filled with activities, it's the right place and the right time. Right now.

Call 425-333-2762 today for more information and to schedule your visit.

WOODLAND TERRACE

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

HEALTH AND NUTRITION

MEALS-ON-WHEELS

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

SUGGESTED DONATION OF \$6 EACH MEAL

LOCATION: BOTHELL

Order before Tuesday, delivered Thursday morning.

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

HEALTH AND WELLNESS EDUCATION

THE MORE YOU KNOW: COMMUNITY RESOURCES & INFORMATION SHARING

This group will be 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 support.

July 1: Staying Safe in the Heat: What to watch for and how to keep cool in the summer months.

Aug 5: DSHS Programs and Benefits: What they are and how to apply.

Sep 2: Advocacy - Who and What to Know and How to Have your Voice Heard: Stay tuned for details regarding guest speaker or elected official.

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

YOU LEARNED IT, NOW TEACH IT!

Join the NSC team as an instructor!

We'll pay for certification.

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



LIFELONG LEARNING

INFORMATIONAL PROGRAMMING FOCUSED ON PERSONAL DEVELOPMENT AND LEARNING NEW SKILLS.

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ART CLASSES

NEW

BEGINNING BEADING & JEWELRY REPAIR

Come learn basic beading techniques and how to make simple repairs to your jewelry. We'll build on skills and complexity as the class progresses. No experience required, basic supplies provided, or bring your own.

\$35 MEMBER/\$70 NONMEMBER PER MONTH

LOCATION: KENMORE

Instructor: Carole Van Gorder

Ongoing Wed 1-3 pm

NEW

FIRST FRIDAY CARD OF THE MONTH WORKSHOP

Using lots of different materials, you'll design custom cards for any occasion. All supplies provided or bring your own.

\$10 MEMBER/\$20 NONMEMBER PER SESSION

LOCATION: KENMORE SENIOR CENTER

Instructor: Gretchen Davey

Aug 1 and Sep 5 Fri 1-3 pm

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. Studio will be staffed with experienced instructor available for encouragement, advice, and tips. Bring your own tools or use ours. Advanced techniques and project ideas will be provided upon request. For review of basic skills, please register for Beginning Ceramics class

\$35 MEMBER/\$70 NONMEMBER PER MONTH

LOCATION: BOTHELL, ROOM 103

Instructor: Katherine Davidow-Lucas

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

LIFELONG LEARNING

NEW

CHRISTMAS IN JULY

Card-making for the holidays. Get an early start for Halloween, Thanksgiving, Hanukkah, Christmas, Solstice, etc. Custom cards designed by you! All materials and instruction provided.

\$25 MEMBERS/\$50 NONMEMBERS

3 SESSIONS

LOCATION: KENMORE SENIOR CENTER

Instructor: Gretchen Davey

July 11-25

Fri

1-3 pm

3 sessions



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

Open Studio - no instruction in June

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

NEW

CRAFTING WITH ACRYLIC PAINT

Come join our fun group as we create artful designs with acrylic paint onto craft items. No experience necessary. Art supplies will be provided for 1st class & available for purchase thereafter. Instructor, will offer guidance in painting different items each week to keep, or give as gifts. Beginners Encouraged. Questions: 425-280-5830.

\$35 MEMBER/\$70 NONMEMBER

LOCATION: ROOM 103

Instructor: Diana Bustos

Ongoing

Thu

9:30-11 am No class 7/3, 9/25

DRAW/SKETCH - BEGINNING

The class will cover basic three-dimensional shapes, forms, shading, value/tone, proportions, texture, and contour. Learn how to create realistic drawings with pencil. Instruction of special techniques will be offered to enhance work produced each week. New subjects are offered for every class building on a students' knowledge and success in pencil drawing. Class Limit: 16.

\$35 MEMBER/\$70 NONMEMBER

PER MONTH

LOCATION: KENMORE

Instructor: Kimberly Smith

Ongoing

Mon

1-3 pm

Please call 425-489-0707 to register.

No instruction in April/open studio only

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.

\$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

LIFELONG LEARNING

NEW

MIXED MEDIA EXPLORATIONS

We'll use different materials every week to create a variety of art. Fabrics, paper, metal, paint, etc. Come join the fun, no experience required, all supplies provided.

\$35 MEMBER/\$70 NONMEMBER

LOCATION: KENMORE

Instructor: Susie Krost

July 7-28

Mon

Noon-3 pm

4 sessions



ACRYLICS AND MORE

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

\$35 MEMBER/\$70 NONMEMBER

PER MONTH

LOCATION: BOTHELL, ROOM 104

Leader: Beverly Parcel

Ongoing

Wed

12:30-3:30 pm

WATERCOLOR

Learn the basics for creating an outstanding painting in watercolor. Projects will emphasize the use of color, value, line and composition. Instruction of special techniques will be offered to enhance work produced each week. New subjects are offered for every class building on a student's knowledge and success in watercolor painting.

\$35 MEMBER/\$70 NONMEMBER

PER MONTH

LOCATION: BOTHELL, ROOM 104

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

Ongoing

Mon

10 am-1 pm

Ongoing

Fri

10 am-1 pm

Instructor: Kimberly Smith

Ongoing

Wed

9:15 am-12:15 pm

LOCATION: KENMORE

Instructor: Conny Spann, call 425-489-0707 to register.

Ongoing

Thu

Noon-3 pm Limit 10

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

LITERATURE

BOOKS & BEYOND

Sno-Isle will be visiting the center to offer engaging presentations on a variety of topics.

FREE

LOCATION: MILL CREEK

Ongoing

2nd Tue

11 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.

LOCATION: MILL CREEK

Instructor: Matthew Osborne

Ongoing

Tue

3-4 pm

LIFELONG LEARNING

COMPUTER HELP WEDNESDAY EVENING

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. Learn new skills, mastering Google maps, becoming a Zoom pro, or enhancing your Power Point proficiency, you're in good hands.

FREE TO MEMBER/\$10 NONMEMBER

LOCATION: BOTHELL, ROOM 103

Ongoing Wed 5-7 pm

SPECIAL INTEREST

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

Presenter: Alzheimer's Association Representative

LOCATION: BOTHELL, ROOM 203

Jul 7 Mon 10 am-Noon

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

LOCATION: PETERKIRK COMMUNITY CENTER

Jul 14 Mon 1-3pm

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

SENIOR PROPERTY TAX EXEMPTION PROGRAM: KING COUNTY

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

FREE

LOCATION: BOTHELL, ROOM 202

Jul 24 Thu 11 am-Noon

Presenter: Representative from the King County Assessor's Office
Pre-registration required. To register, please contact Cassidy Stout at 425-286-1072; cassidys@mynorthshore.org

"LISTEN UP! HOW HEARING SUPPORTS BRAIN HEALTH & WHOLE-BODY WELLNESS

While hearing loss is prevalent amongst seniors, many people don't realize how it can contribute to things like depression, risk of fall and even cognitive decline. Dr. Shivani Patel will provide an educational presentation on hearing loss and its impact on health and quality of life and recommendations for having hearing loss diagnosed and treated.

FREE

LOCATION: KENMORE SENIOR CENTER

Jul 30 Wed 10-11am

Presenter: Dr. Shivani Patel, Clear Hearing and Audiology
Pre-registration required. To register for this program, contact Janet Zielasko, MS, LSW at 425-286-1035; janetz@mynorthshore.org

LISTENING MORE CAREFULLY AND EXPRESSING MORE CLEARLY

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

FREE

LOCATION: PETERKIRK COMMUNITY CENTER

Aug 8 Fri 1-2:30 pm

Presenter: Janet Zielasko MS, LSW
Pre-registration required. To register, please call 425-587-3360.



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

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

FREE

LOCATION: BOTHELL, ROOM 203

Presenter: Georgia Rigler, MSW, LICSW
Aug 13 Wed 10-11:30 am

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

CORE: COMMUNITY OUTREACH & EDUCATION: EMPOWERING SENIORS AGAINST FRAUD WITH THE BOTHELL POLICE

This presentation is a means to share information with the Bothell senior community on how to avoid financial scams. By discussing regional trends that affect seniors in the area, they will be better armed to avoid losing their money. Additional information will be shared on how to report crimes and provide a local point of contact for people with questions after the presentation.

FREE

LOCATION: BOTHELL, ROOM 202

Presenter: Det. Sgt. Erik Martin- Bothell Police Investigator

Aug 14 Thu 10-11:30 am

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

LIVING BETTER WITH DIABETES

Living with diabetes can mean a constant struggle to lose weight, count carbs, control blood sugar, and avoid problems. It can leave you feeling tired and down and unable to do the things you love. Make sure YOU are in charge—not your diabetes. Diabetes Self-Management Program is a 6-week workshop developed and tested by Stanford University. By participating, you will:

- Gain the skills to better manage glucose monitoring, medications, symptoms of diabetes, fatigue and pain.
- Learn to handle difficult emotions like stress, anger and guilt.
- Communicate better with family, friends and your medical team.
- Benefit from the support of others who understand what you're going through.
- Practice creating and accomplishing weekly action plans.

FREE

LOCATION: BOTHELL, ROOM 203

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

Sep 8 - Oct 13 Mon 9:30-Noon

Pre-registration required. To register for this program, contact Lydia Barnsley at 425-286-1029; lydiab@mynorthshore.org

NEW

FINANCIAL MARKETS DISCUSSION GROUP

Are you curious about the ever-evolving financial markets? Join us for weekly meetings where we track and analyze a model equity portfolio, aiming to outperform typical investment benchmarks—all in a purely educational setting with no real money involved. This engaging group provides a chance to explore market trends, economic influences, and investment principles in a collaborative environment. No prior experience is needed—just a desire to learn how markets respond to different economic conditions. Discussions are based on a fictitious portfolio, with no real-life investments made. Explicit ground rules ensure educational integrity. Audits of meetings will verify adherence to the educational format. Sign up at the desk.

FREE

LOCATION: BOTHELL DINING ROOM

Starts Sep 10 3:30-4:30 pm

Facilitator: Joe Gazes (retired investment professional)

Questions call 425-890-1119



NAVIGATING MOVING TRANSITIONS

Thinking about downsizing, relocating, or simply decluttering your space? Join move management and recycling experts as they share free tips and resources to help you streamline the process. Learn practical strategies to declutter effectively and gain realistic advice to enhance your recycling efforts at home. Come early at Noon & bring your items for Recycling expert to audit.

FREE

LOCATION: BOTHELL, ROOM 202

Facilitator: David Haack & Recology Expert

Sep 18 Thu 1 pm

LIFELONG LEARNING

LEARN ABOUT ENERGY EFFICIENCY & HOW YOU CAN PAY LESS FOR YOUR ENERGY!

Come see Rosa Gonzalez-Byron from PSE to see how you may be eligible for a monthly discount of 5% to 45% off your utility bill and a credit to your PSE account of \$250 to \$1000 and learn more.

FREE

LOCATION: BOTHELL, ROOM 202

Presenter: Representative from TBA

Sep 25 Thu 11 am-Noon

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

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



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.

FREE

LOCATION: MILL CREEK

Presenter: Izak van Rensburg

3rd Fri/month 10:30 am-Noon

LOCATION: BOTHELL, ROOM 202

Presenter: Izak van Rensburg

2nd Tues/month 1-2:30 pm

NEW



MASTER GARDENER WORKSHOPS

Join us for a series of fun and informative workshops held every month in Rhododendron Park, hosted by the Master Gardeners association.

\$5 MEMBER/\$10 NONMEMBER

LOCATION: KENMORE SENIOR CENTER

Weeds & Watering

Instructor:

Jul 16 Wed 1-3 pm

Rhododendrons & Underplanting

Instructor: Atsuko Gibson, Curator, Rhododendron Species Botanical Garden

Sep 3 Wed 1-3 pm

Please call 425.489.0707 to sign up.

\$20 MEMBER/\$40 NONMEMBER (INCLUDES SUPPLIES)

LOCATION: KENMORE SENIOR CENTER

Making leaf patterns in concrete (hands on) - TWO sessions

Class is held outdoors, limit 12

Instructors: Karen Adams & Iben Drainsfield

Aug 8 Fri 9:30-11 am

Aug 11 Mon 9:30-10:30 am

Please call 425.489.0707 to sign up.

SUPPORTING SELF-CARE AND CAREGIVERS

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

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ADULT DAY HEALTH

ADULT DAY CENTER

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

» PROFESSIONAL SERVICES

- » Case Management
- » Health Screening
- » PT/OT 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.

\$80/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; cassidys@mynorthshore.org

LOCATION: BOTHELL, SOCIAL SERVICES SUITE, 2ND FLOOR

Tue/Thu	9 am-4 pm
Fri	8:45 am-1:45 pm

LOCATION: PETERKIRK COMMUNITY CENTER

Wed	8 am-4 pm
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ENHANCE®WELLNESS

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

LOCATION: BOTHELL

LOCATION: KENMORE

LOCATION: MILL CREEK

LOCATION: PETERKIRK COMMUNITY CENTER (BY APPOINTMENT)

For more details, contact:

Lydia Barnsley, LPN, 425-286-1029; lydiab@mynorthshore.org

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

SUPPORTING SELF-CARE AND CAREGIVERS

FAMILY CAREGIVING CONSULTATION

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

FREE

LOCATION: BOTHELL

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

LOCATION: KENMORE

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

LOCATION: MILL CREEK

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

LOCATION: PETERKIRK COMMUNITY CENTER (BY APPOINTMENT)

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

PEARLS

This is a free evidence-based depression management program for mild depression or dysthymia (chronic depression). The program combines problem-solving treatment, social, physical and pleasant activity scheduling to manage symptoms of depression. All this is done with a trained PEARLS 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@mynorthshore.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

1-4 pm



SUPPORTING SELF-CARE AND CAREGIVERS

EMPLOYMENT MATCHING PROGRAM AND COMMUNITY CONNECTIONS

Do you have a pre-retirement career or 'honey-do' skills that are getting a little rusty from disuse in your retirement years? 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 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. Meet with Certified Foot Care Specialist, Jennifer Sereda, RN.

\$45

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

Tue & 3rd and 4th Wed 8 am-4 pm

By appointment: 425-488-4821.

LOCATION: MILL CREEK

Ongoing 4th Mon 9:30-1pm

By appointment: 425-948-7170

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: Linda Brussard

Tue

Call for appointment 425-488-4821

SUPPORTING SELF-CARE AND CAREGIVERS

MEDICAL EQUIPMENT CHECK-OUT

Manual wheelchairs, canes, bedside commodes, walkers and other assist equipment, available for free on a temporary basis. We cannot accept certain items, so please contact Health & Wellness Center.

FREE

LOCATION: HEALTH & WELLNESS

425-488-4821

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

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: Rashmi Duggal

Ongoing 3rd 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

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

SUPPORTING SELF-CARE AND CAREGIVERS



CHALLENGING FAMILY SITUATIONS DISCUSSION GROUP

This free, peer-led discussion group will focus on challenging/strained relationships with adult children and/or grandchildren. 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.

FREE

LOCATION: NSC BOTHELL, ROOM 103

Ongoing Thu 1-2:30 pm
(No meetings the last Thursday of each month)

For more information, contact Joyce Stone 352-455-8875.

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

YOU LEARNED IT, NOW TEACH IT!

Join the NSC team as an instructor!

We'll pay for certification.

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



SUPPORTING SELF-CARE AND CAREGIVERS

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

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 NORTHSORE HEALTH AND WELLNESS BUILDING UNLESS OTHERWISE NOTED IN THE CLASS DESCRIPTION



JULY 14-SEP 11 SCHEDULE:

NOTE: Not all classes are starting the same week.

» 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)
- » **Rythm of the Islands:** 3:15-4:15 pm
- » **Indoor Lawn Party:** 4:30-5:30 pm
- » **Basketball:** 4:30-6 pm

» THURSDAY

- » **Tennis:** *Stay Tuned for Upcoming Schedule* (at Eastside Tennis Center)
- » **Games:** 1:30-2:15 pm (In-Person)
- » **Circuit Training:** 2:15-3 pm (In-Person)
- » **Drama:** 3:15-4 pm (In-Person)
- » **Glee Club:** 4:15-5 pm (In-Person)

SUPPORTING SELF-CARE AND CAREGIVERS

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

BASKETBALL

Stay tuned for fall dates.

BOOK CLUB

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

\$110	PER SESSION	
Jul 16-Sep 10	Wed	2:30-3:15 pm

BOWLING

Recreational bowling at Kenmore Lanes. Fee all inclusive

\$120	PER SESSION	
Jul 14-Sep 8	Mon	

CIRCUIT TRAINING

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

\$110	PER SESSION	
	Thu	2:15-3 pm

DAY CAMP

Register for each day separately.

\$75	PER DAY	
Jul 14, 21, 28	Mon	10 am- 2:15 pm
Aug 4, 11, 18, 25	Mon	10 am- 2:15 pm
Sep 8, 29	Mon	10 am- 2:15 pm

DRAMA

Short skits, improv and fun.

\$110	PER SESSION	
Instructor Casey		
	Thu	3:15-4 pm

GAMES

Join us each week to play some of your favorite games.

\$110	PER SESSION	
Jul 17-Sep 11	Thu	1:30-2:15 pm

GLEE CLUB

Get ready to sing! All levels are welcome from beginner to advanced. Group songs, trios, duos and solos. A performance will be held during the last class.

\$110	PER SESSION	
Jul 17-Sep 11	Thu	4:15-5 pm

INDOOR LAWN PARTY

Outdoor Fun activities and games brought inside

\$110		
Instructor: Seattle Theater Group		
Jul 16-Sep 10	Wed	4:30-5:15 pm

KARAOKE

Sing your favorite song or join in a duet.

\$110	PER SESSION	
Jul 14-Sep 11	Mon	1:15-2 pm

RYTHM OF THE ISLANDS

Explore different Islands through art, food, music and more.

\$110	PER SESSION	
Jul 16-Sep 10	Wed	3:15-4:15 pm

SIGN LANGUAGE

This session will focus all on learning songs. No ASL or ESL skills needed.

\$110	PER SESSION	
Jul 16-Sep 10	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.

\$100	PER SESSION	
	Thu	Stay Tuned for Upcoming Schedule

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

SUPPORTING SELF-CARE AND CAREGIVERS



TRANSPORTE

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

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

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

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

» ¿DONDE IR?

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

» ¿HORARIOS DE SERVICIO?

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

» ¿QUE COSTO TIENE?

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

» ¿REQUERIMIENTOS PARA CLAIFICAR?

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

» ¿A QUIEN DEBO CONTACTAR?

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

cualquier otra razon prohibida por la ley.

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

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

SUPPORTING SELF-CARE AND CAREGIVERS



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

TRANSPORTATION

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

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

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

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

» WHERE DO YOU GO?

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

» WHEN DO YOU OPERATE?

Our reservation and operation hours are Monday-Friday, 8 am to 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 nsdispatch@mynorthshore.org.

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

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

VOLUNTEERISM



VOLUNTEERS: THE HEART OF NORTHSHORE SENIOR CENTER

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

We simply couldn't fulfill our mission without volunteers. Whether you lend a hand once or dedicate your time daily, your contributions are critical to our success. Each year, volunteers give thousands of hours to NSC, translating into hundreds of thousands of dollars' worth of support for our community.

With busy lives, finding time to volunteer can be a challenge—but even small acts of service make a meaningful difference. Beyond helping people in need, volunteering brings incredible rewards to those who give their time. It can reduce stress, combat depression, keep your mind engaged, and provide a deep sense of purpose.

At Northshore Senior Center, we believe that volunteering should be both meaningful and enjoyable. We strive to ensure that every volunteer feels valued, supported, and connected to the community while making a lasting impact.

JOIN US IN MAKING A DIFFERENCE!

For more information on volunteer opportunities, contact us at Volunteer@mynorthshore.org or call 425-286-1032.

We are truly grateful for your support!



RESOURCE SERVICES

A LISTING OF ADDITIONAL SERVICES AVAILABLE TO YOU.

211 HUMAN SERVICE ANSWERS

» Dial 211 or www.211.org

APS - ADULT PROTECTIVE SERVICES (KING COUNTY)

» 866-221-4909

ALZHEIMER'S ASSOCIATION

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

AMERICAN DIABETES ASSOCIATION

» 1-800-842-2383 or
www.diabetes.org

ARTHRITIS FOUNDATION

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

ATTORNEY GENERAL'S CONSUMER PROTECTION

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

BENEFITS CHECKUP ONLINE

» www.BenefitsCheckUp.org

CANCER LIFELINE

» 1-800-255-5505

COMMUNITY LIVING CONNECTIONS

» 1-844-348-5464

CRISIS CLINIC - KING COUNTY

» 206-461-3222 or 866-4-CRISIS

CRISIS HOTLINE - SNOHOMISH COUNTY

» 1-800-584-3578

DSHS - DEPARTMENT OF SOCIAL AND HUMAN SERVICES

» DSHS.gov

ELDERCARE LOCATOR

» 1-800-667-1116

ENERGY ASSISTANCE

» Hopelink, 1-800-348-7144

FOOD BANK AND EMERGENCY ASSISTANCE

» Hope Link, 425-889-7880

GERIATRIC REGIONAL ASSESSMENT TEAM

» 206-923-6300

HOUSING FOR SENIORS

» www.snapforseniors.org

KING COUNTY VETERAN SERVICES

» 1-877-904-VETS (8387)

LEGAL ASSISTANCE

» Eastside Legal Assistance
Program, 425-747-7274

LIFELONG AIDS ALLIANCE

» 206-329-6923

LOW - VISION INFORMATION AND REFERRAL

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

MEDICARE

» 1-800-633-4227 or
www.medicare.gov

NAMI - NATIONAL ALLIANCE ON MENTAL ILLNESS

» 425-885-6264

NATIONAL EYE CARE PROJECT

» 1-800-222-3937

NATIONAL MULTIPLE SCLEROSIS SOCIETY

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

NORTHWEST PARKINSON'S FOUNDATION

» 206-543-5369 or www.pdf.org

OPIOID EDUCATION & ADDICTION RESOURCES

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

SENIOR HEALTH SPECIALTY CLINIC

» 425-899-6800

SENIOR RIGHTS ASSISTANCE

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

SENIOR SERVICES INFORMATION AND ASSISTANCE - SNOHOMISH COUNTY

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

SOCIAL SECURITY

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

SOUND GENERATIONS PATHWAYS INFORMATION AND ASSISTANCE

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

UW/VA MEMORY WELLNESS PROGRAM

» 888-291-7316 or 866-638-8813

WASHINGTON INFORMATION NETWORK

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

WILLS, POWER OF ATTORNEY AND MORE

» Eastside Legal Assistance
Program, 425-747-7274

CHARITABLE PLANNING AND GIVING



» HOW TO MAKE A CONTRIBUTION?

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

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

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

» 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 fourteen (14) 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.

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

MEMBER / NON-MEMBER FORM

NORTHSHORE SENIOR CENTER

10201 East Riverside Drive, Bothell, WA 98011

www.northshoreseniorcenter.org

(425) 487-2441



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

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

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

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

☐ **Please check if you would like to request a scholarship**

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

Please check Home Branch/Program ☐ Bothell ☐ Kenmore ☐ Mill Creek ☐ Transportation

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

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

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

Today's Date:

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

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

MEMBER / USER / PARTICIPANT DEMOGRAPHIC FORM (page 2)

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

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

HOUSEHOLD INCOME

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

NORTHSHORE SENIOR CENTER – FOR OFFICE USE ONLY

Updated 4/2021

Date Received: ____ / ____ / ____

☐ CASH ☐ CHECK # _____ ☐ CREDIT CARD

Member: ☐ Single ☐ Couple ☐ Dual ☐ Scholarship

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

Membership Amount \$ _____

Scholarship Amount \$ _____

Additional Donation Amount \$ _____

Total Amount Received \$ _____

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