



**YOUR VOICE MATTERS, YOUR IMPACT LASTS.
LET'S CELEBRATE THE SEASON WITH PURPOSE,
CONNECTION, AND ACTION! SEE INSIDE FOR
MORE INFO ABOUT THE NPRSA LEVY AND
GIVING TUESDAY!**

WELCOME

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ON THE COVER



MAKE YOUR VOICE HEARD THIS FALL!

Check out pages 28 & 29 for more info about NPRSA Levy Prop 1. Ballots are due November 4th! And be on the look out for more updates about Giving Tuesday, happening on December 2nd!

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
- Philanthropy Director:** Arny Alejandrino

CHARITABLE PLANNING AND GIVING

MARK YOUR CALENDARS - GIVING TUESDAY IS DECEMBER 2!

THE TUESDAY FOLLOWING THANKSGIVING HAS BECOME KNOWN AS GIVING TUESDAY, A DAY OF GLOBAL CHARITABLE GIVING. BIG THINGS ARE COMING, SO STAY TUNED!

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.

» 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 425-286-1054.

» 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, and includes you in NSC's Legacy Society. Call 425-286-1054.

» MARK YOUR CALENDARS: GIVING TUESDAY IS COMING UP DECEMBER 2ND

Giving Tuesday has become a global day of charitable giving each year on the Tuesday after Thanksgiving. Please stay tuned for more information about this important day for NSC donors, including information about matching gifts.



YOUR LEGACY CAN KEEP OUR COMMUNITY THRIVING - BECOME A LEGACY SOCIETY MEMBER AND THINK OF NSC IN YOUR PLANNED GIVING.

WE THANK OUR VALUED SPONSORS



WOODLAND TERRACE

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

» KENMORE SENIOR CENTER:

6910 NE 170TH ST (IN RHODODENDRON PARK)

CALL KENMORE SENIOR CENTER TO RESERVE 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:

David Baker • Linda Brabant • Christine Fordyce • Rick Kendo • Rocio Luna-Culotti • Jack Peters • Forum Shah • 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:

- » **Tue, November 11:** Veterans Day
- » **Thu-Fri, November 27-28:** Thanksgiving
- » **Thu-Fri, December 25-26:** Christmas

GATHERING PLACES

PUNCHCARD

Your pass to fun! Punch cards unlock a variety of activities at Northshore Senior Center for Bothell, Kenmore & MillCreek—easy, flexible, and full of possibilities.

\$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. If you are experiencing a financial hardship, please see your senior center coordinator about financial assistance.

ONLINE REGISTRATION NOW AVAILABLE!

Sign up for MyActiveCenter and join the Northshore Senior Center online.



» **HERE'S HOW:**

Scan the QR code using your mobile device, cell phone, or tablet. This will take you to myactivecenter.com.

Select "JOIN Center."

Enter your existing Key Tag number (found on the back of your key tag).

Enter your email and create a password.

Click the gray "Sign Up" box to complete your registration.

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.

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

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 appoint necessary.

LOCATION: BOTHELL, FRONT LOBBY

Facilitated by: Riverside East
1st & 4th Wed/month 11 am-Noon

JEWELRY CLUB

The jewelry club will have sales in October, November and December.

Oct 1-2	W/Th	9 am-2 pm
Nov 5-6	W/Th	9 am-2 pm
Dec 3-4	W/Th	9 am-2 pm

DIWALI

Stop by our festive Diwali table at either the Bothell or Kenmore lobby. We'll have a simple craft to make and a special Diwali treat.

FREE

LOCATION: BOTHELL

LOCATION: KENMORE

Oct 14	Tue	10 am-2 pm
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NEW SPAGHETTI SING-ALONG FUNDRAISER

Celebrating National Senior Center Month! Snohomish County Senior Centers are again doing a regionwide event celebrating with the 4th Annual Spaghetti Dinner Fundraiser. This event raises awareness of the importance of supporting your local senior enters and the impact they make on their communities. Dinner is Complimentary; Donations encouraged

LOCATION: MILL CREEK

Oct 15	Wed	1-3 pm
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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, ROOM 203

Oct 16	Thu	10-11 am
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LOCATION: KENMORE

Nov 20	Thu	10-11 am
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LOCATION: MILL CREEK

Dec 18	Thu	10-11 am
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DIWALI – FESTIVAL OF LIGHTS

Diwali is India's biggest and most important holiday of the year. The festival gets its name from the row (avali) of clay lamps (deepa) that are lit outside homes to symbolize the inner light that protects from spiritual darkness. Celebrate this year with an intergenerational event this year with crafts, food and music, welcoming all communities to this wonderful event.

\$5 YOUTH & SENIOR/ \$10 ADULT

LOCATION: MILL CREEK

Oct 17	Fri	4-6 pm
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SPECIAL EVENTS

EVERGREENHEALTH MOBILE MAMMOGRAPHY COACH

Getting your annual mammogram just got easier! New 3-D mammography / tomosynthesis technology as used in the Breast Health Center Relaxing environment with private changing rooms Interpreted at EvergreenHealth's Breast Health Center by Radia board-certified breast radiologist A report is sent to your primary care provider Annual screening mammograms are recommended for women over age 40. The hassle-free exam is completed in about 20 minutes. Schedule your appointment by calling 425.899.2831. Most health insurance plans cover a screening mammogram. Confirm your coverage and bring your insurance card to your appointment.

LOCATION: BOTHELL

Oct 24	Fri	8:30 am-3:30 pm
Dec 18	Thu	8:30 am-3:30 pm

ACTIVE AGING WEEK 2025

Join us as we celebrate a national initiative dedicated to empowering older adults to live life to the fullest! Enjoy a week of fun, wellness, and connection through engaging activities designed to support healthy aging. Look for events showcasing 7 dimensions of wellness week of Oct 8th

HOLIDAY COOKIE DECORATING FUN!

Join us for a hands-on experience where you'll decorate delicious holiday cookies with colorful icing, sprinkles, and creative flair. All Ages welcome, parents must accompany children under 12 years old. All supplies are included—just bring your holiday spirit and love for treats!

\$5 MEMBER / \$10 NON-MEMBER

LOCATION: BOTHELL, DINING ROOM

Facilitator: Amy Best

Nov 12	Wed	5-6:30 pm
Dec 10	Wed	5-6:30 pm

CRAFT CLUB HOLIDAY SALE

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

LOCATION: BOTHELL LOBBY

Nov 18-19	Tue/Wed	9 am-3 pm
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2026 MEDICARE OPEN ENROLLMENT EVENT W/ SHIBA

Speak to a Snohomish County SHIBA advisor about the upcoming 2026 year to see if there are any changes to your plan and to make sure your Part D plan will continue to cover any prescriptions you are taking. If you are looking to make a change for 2026, Open Enrollment is the time you are allowed to do this. Open Enrollment begins October 15th and ends December 7th. You must call Snohomish SHIBA to make an appointment at (425) 290-1276!

FREE

LOCATION: MILL CREEK

Nov 21	Fri	9 am-3 pm
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COMMUNITY FRIENDSGIVING

Join us for a potluck style Friendsgiving! Inviting all the local community members to bring a friend and share a meal to celebrate the holidays. BRING A DISH TO SHARE

LOCATION: MILL CREEK

Nov 25	Tue	1-3 pm
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TREE LIGHTING FESTIVAL

Bothell Tree Lighting Ceremony to start your holiday gift shopping, Santa's arrival, and the lighting of the Bothell Christmas tree. It all happens on Main Street and it's a free event for everyone in the family and all are welcome to join!

LOCATION: MAIN STREET, BOTHELL

Dec 3		5 pm
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CHRISTMAS SING-ALONG

Join us for our annual Christmas carol sing along with our Music for Fun group!

FREE

LOCATION: MILL CREEK

Dec 22	Mon	1-3 pm
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FITNESS AND ACTIVE LIVING

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

BALLROOM DANCE LESSONS	8	INTRODUCTION TO PICKLEBALL	14	SKI, BOARD & BOND.....	16
BEGINNER PICKLEBALL OPEN PLAY	15	KENMORE OUTDOOR PICKLEBALL COURT	14	SPIN CLASS	11
BELLY DANCE FOR STRENGTH & BALANCE.....	8	LECTURE EXPLORE THE		START	11
CARDIO DRUMMING	9	WORLD ON TWO WHEELS!.....	16	STRENGTH & BALANCE	11
CHAIR PILATES	9	LINE DANCING.....	8	TABLE TENNIS	15
CIRCUIT CLASS FOR MODERN AGERS	9	MAT PILATES.....	10	TAI CHI - BASICS AND FUNDAMENTALS CLASS..	11
CIRCUIT TRAINING AND BALANCE.....	9	MODERN SQUARE DANCING.....	8	TAI CHI BEGINNER CLASS	12
CYCLING CLUB: GOLDEN GEARS.....	9	NATURE WALKING WITH EBIRD.....	16	TAI CHI - INTERMEDIATE.....	13
DANCE	8	NET SPORTS.....	14	TAI CHI - SIMPLIFIED	11
ENHANCE FITNESS	9	OTAGO - BEGINNER LEVEL	10	tone up.....	13
ESSENTRICS® - AGE REVERSING	10	OUTDOOR ACTIVITY.....	16	WALKING GROUP	16
ESSENTRICS® - BEGINNER STRETCH.....	10	PICKLEBALL - OPEN PLAY	15	YOGA - BREATH AND BALANCE	14
EXERCISE CLASSES.....	8	PICKLEBALL - ROUND ROBIN PLAY	15	YOGA - SEATED/STANDING.....	13
FELDENKRAIS -BEYOND BACK PAIN	10	PICKLEBALL 1 - BEGINNER	15	YOGA WORKSHOP	14
FITNESS CENTER.....	10	PICKLEBALL 2 - INTERMEDIATE.....	15	YOUTHFUL WALKING.....	14
GOLF (COED)	16	QIGONG	13	ZUMBA GOLD	14
HIKING	16	SENIOR AEROBICS	11		

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

Boost your core strength, flexibility, and posture through the graceful movements of belly dancing. No experience needed—just come ready to move and have fun! This welcoming, standing class is open to adults of all ages! 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

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: Amy Best

Ongoing Thu 11-11:45 am **NEW TIME/DAY**

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

CIRCUIT CLASS FOR MODERN AGERS (TRIAL SERIES)

Boost to the fall season with these three energizing Saturdays! Inspired by HIIT principles, this class uses timed intervals to help you build endurance, improve stability, and stay strong—at your own pace.

\$25 MEMBERS/\$50 NONMEMBERS

LOCATION: HEALTH & WELLNESS, FITNESS CENTER

Facilitator: Carolyn Hubbard

Oct 11 2nd Sat/Month 11-11:50 am

Nov 8 2nd Sat/Month 11-11:50 am

Dec 13 2nd Sat/Month 11-11:50 am

CYCLING CLUB: GOLDEN GEARS:

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. Free to members. Sign up required

FREE TO MEMBER / \$10 NONMEMBER

Instructor: Mike Moody

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

FITNESS AND ACTIVE LIVING



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

ESSENTRICS® - BEGINNER STRETCH

This class is mostly seated with some standing. It is a slower-paced workout designed for those who have stiffness, are just beginning to exercise or want to feel stronger. This full-body workout will focus on mobility, posture, range of motion, core strength, balance, reducing stiffness, and engaging all of your muscles. Helps relieve pain and will leave you feeling energized!

\$60 MEMBER/\$120 NONMEMBER PER MONTH

LOCATION: BOTHELL, STUDIO

Instructor: Natalia von Somoff Certified Essentrics Instructor
Ongoing Fri 1 pm

FELDENKRAIS - BEYOND BACK PAIN

Has back pain held you back from enjoying activities? You are not alone, 80% of people need to see a doctor at some point regarding back pain. In these 4 one-hour sessions with Awareness Through Movement and the Feldenkrais Method we will uncover your unconscious patterns that commonly contribute to the epidemic of back pain. All abilities are welcome. Comfortable clothing recommended.

\$40 MEMBER PER SESSION

LOCATION: BOTHELL, LOBBY

Oct 8	Wed
Nov 12	Wed
Dec 10	Wed

\$60 MEMBER / \$120 NON MEMBER

LOCATION: HEALTH & WELLNESS CENTER, CONFERENCE ROOM

Nov 18-Dec 9	Tue	10 am-11 am
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FITNESS CENTER – NORTHSORE HEALTH & WELLNESS CENTER

A welcoming space designed to make exercise enjoyable and accessible for older adults. Features include easy-to-use cardio and strength equipment—treadmills, ellipticals, recumbent and arm cycles, free weights, benches, mats, and spinning bikes. Receive a personalized workout plan from our Exercise Specialist to support your fitness goals safely and effectively. Get signed up now. During your first visit, our staff will work with you to evaluate your level of fitness and areas of focus.

PUNCHCARD REQUIRED SEE PAGE 4

LOCATION: HEALTH & WELLNESS CENTER

Mon-Fri	8 am-3:30 pm
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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
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LOCATION: KENMORE

Instructor: Connie Evans

\$32 MEMBER/\$64 NONMEMBER PER MONTH

Ongoing	Thu	9:30-10:30 am
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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

Oct 13- Dec 8	M/W	11:30 am-12:30 pm	No class Nov 26
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Pre-assessment Oct 8 (starts at 11:15 am), Post assessment Dec 10.

FITNESS AND ACTIVE LIVING

SENIOR AEROBICS

Come get active and join the fun in a lively, upbeat, low impact aerobics class. A total body workout includes cardiovascular exercises and strength conditioning using light weights and resistance bands. Modifications will be provided as needed. Wear athletic footwear and bring a water bottle to class. Equipment is provided. All levels welcome.

\$43 MEMBER/\$86 NONMEMBER PER MONTH

LOCATION: BOTHELL, MULTIPURPOSE ROOM

Certified Instructor: Candice LaMont

Ongoing Mon/Wed 10-11 am

SPIN CLASS

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

\$32 MEMBER/\$64 NONMEMBER PER MONTH

LOCATION: HEALTH & WELLNESS CENTER

Instructor: 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



NEW TAI CHI – BASICS AND FUNDAMENTALS CLASS

This new 4-week class is intended to introduce curious beginners to tai chi, and will be a fun and easy preparation for the Beginner Class. Students will learn fundamental positions and simple movements; followed by breathing exercises. This class is ideal to help students improve strength, flexibility, balance, and stamina.

\$45 MEMBER/\$90 NON MEMBER

LOCATION: BOTHELL, STUDIO

Instructor: Marian Stewart

10/1-10/22 Wed Noon-12:50 pm

10/29-11/19 Wed Noon-12:50 pm

12/3-12/31 Wed Noon-12:50 pm **No class 12/24**



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.

\$32 MEMBER/\$64 NONMEMBER PER MONTH

LOCATION: BOTHELL, STUDIO

Instructor Marian Stewart

Thu 10:30 -11:20 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

TAI CHI BEGINNER CLASS

This popular course continues the Essential Form. It's challenging, motivating, and fun, and students will begin to experience "tai chi flow". Students will learn short, isolated movements and positions, then practice connecting them into a sequence. Prerequisite for new students completion of Tai Chi Basics &/or Fundamentals; or by permission of the instructor.

\$32 MEMBER/\$64 NONMEMBER PER MONTH

LOCATION: BOTHELL, STUDIO

Instructor: Marian Stewart

Ongoing Tue 10:30-11:20 am

TAI CHI - INTERMEDIATE

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

\$32 MEMBER/\$64 NONMEMBER PER MONTH

LOCATION: BOTHELL, STUDIO

Instructor: Marian Stewart

Ongoing Tue 11:30 am-12:30 pm

LOCATION: MILL CREEK, NORTH CREEK PRESBYTERIAN CHURCH

Certified Instructor: Mike Lucero

Ongoing Thu 1:30-2:30 pm

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

TAI CHI PRACTICE

An open Tai chi workshop that is highly recommended for those who want to improve their skills, strength, balance and mobility. Practice will include warm-ups, review from previous classes, and will address any concerns or questions raised by students.

\$32 MEMBER/\$64 NONMEMBER PER MONTH

LOCATION: BOTHELL, STUDIO

Instructor: Marian Stewart

Ongoing Thu 11:30 am-12:30 pm

QIGONG

Chi-Kung is an ancient Chinese practice. This class is medical that integrates breathing, posture, and focus with movement, to move the Chi (Life source) through the body. Can be done standing or seated.

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

LOCATION: KENMORE, RHODODENDRON PARK

Classes are held outdoors in the park. Dress for the weather. Please check in at the Senior Center cottage.

Ongoing Wed 11 am-12:15 pm

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

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: TBD

Ongoing Tue/Thu 10-10:45 am

FITNESS AND ACTIVE LIVING



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

YOGA WORKSHOP: MOVEMENT, LAUGHTER & SOUND HEALING

Discover the benefits of easy-to-learn yoga movements that promote relaxation and joy. This unique workshop blends gentle yoga with Laughter Yoga exercises and the soothing sounds of a sound bath featuring crystal singing bowls. No experience needed—just come ready to move, laugh, and unwind!

FREE

LOCATION: BOTHELL, STUDIO

Instructor Stef Harnett
Oct 3, Nov 7, Dec 5 Fri 11:30 am

YOUTHFUL WALKING

Do you want to enjoy walking? Join us and discover your capacity to balance, align, and sense your innate resource for walking with ease. In these 5 one hour lessons with Awareness Through Movement and the Feldenkrais Method you will learn how your walking can become more youthful. All abilities are welcome. Comfortable clothing recommended.

\$75 MEMBER / \$150 NON MEMBER

LOCATION: HEALTH & WELLNESS CENTER, CONFERENCE ROOM

Oct 7-Nov 4 Tue 10 am

\$40/SESSION

LOCATION: BOTHELL, LOBBY

Oct 8 Wed start at 9:30 am (45 min sessions)

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.



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

FITNESS AND ACTIVE LIVING

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
Dec 18th Players wear holiday-themed outfits (Santa hats, elf socks, etc.)

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.

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

FITNESS AND ACTIVE LIVING

OUTDOOR ACTIVITY

HIKING

Hiking will resume with a general meeting in March 2026. 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. 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

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.

LECTURE EXPLORE THE WORLD ON TWO WHEELS!

Whether you're a cycling enthusiast or simply curious about global adventures, join us for engaging slideshow presentations featuring scenic bike trips through Tasmania, Ceret, Majorca, Minorca, Ireland, Rhodes, Prague, Austria, Porto, Spain, Croatia, and Sicily. You'll walk away with insights into trip itineraries, recommended gear, accommodations, dining options, and cultural and natural highlights from each destination.

FREE

LOCATION: BOTHELL, ROOM 202

Facilitator: Mike Moodi

Oct 15, Nov 19, Dec 17 3rd W/Month 10 am

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

Ongoing Thu 10-11 am

LOCATION: KENMORE (425-489-0707)

Ongoing Tue 10-11 am (self-directed)

SKI, BOARD & BOND

Love snow sports but hate driving in the mountains? Join the Merry Mountain Ski Bus for luxury trips to Stevens Pass every Tuesday from January 6 to February 24. Relax in comfort while we handle the drive—just focus on the fun! For pricing contact email below.

Email: TuesdaySkiBus@gmail.com

Visit: www.merrymountain.com



WALKING GROUP

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

FREE TO MEMBER/\$10 NONMEMBER PER MONTH

LOCATION: BOTHELL, SAMMAMISH TRAIL

Leader: Anita Forbes

Ongoing Tue 9-10 am



CLUBS AND SOCIAL CONNECTIONS

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

AGELESS TOGETHER.....	22	DAY TRIP: METROPOLITAN OPERA	24	MOVIES ON MONDAY MORNING	19
AMERICAN STYLE MAHJONG	21	DAY TRIP: MURDER, MAYHEM, AND MERRIMENT.....	25	MUSIC.....	21
ANTIQUES CLUB	17	DAY TRIP: PIKE PLACE & WATERFRONT	25	MUSIC FOR FUN	22
BACKGAMMON LEARN & PLAY	20	DAY TRIP: QUIL CEDA CASINO	24	NORTHSHORE RED HAT LADIES	23
BINGO.....	20	DAY TRIP: TACOMA MYSTERY MUSEUM.....	25	NORTHSHORE VARIETY SHOW AND BAND.....	22
BOCCE/CORNHOLE SOCIAL GROUP	19	DAY TRIP: THE MOLTEN GLASSWORKS.....	24	PANCAKE BREAKFAST	19
BOOK CLUB	17	DAY TRIPS - TRAVEL	24	PINOCHLE	21
BOOK OF THE MONTH AT MILL CREEK	17	DRUM CIRCLE	21	QUILT CLUB	18
BRIDGE.....	20	FISHING CLUB	18	RAINBOW PRIDE COFFEE HOUR.....	23
CHALLENGING FAMILY SITUATIONS	23	GAMES	20	ROCK PAINTING CLUB	19
CHESS.....	20	GUITAR CLUB.....	21	RUSSIAN LANGUAGE PROGRAMMING	20
CLUBS.....	17	HAND AND FOOT	21	SEWING: IN STITCHES	19
COFFEE SOCIALS	23	HAPPY HOUR.....	23	SHARING AND CARING	24
COMMUNITY EVENTS.....	19	INDIAN AMERICAN COMMUNITY SERVICES.....	19	SOCIAL	22
CONVERSATION CAFÉ GROUPS	23	KARAOKE NIGHT AT BOTHELL	22	SUPPORT LIVE MUSIC	22
CRAFTING CLUB	18	KARAOKE WEDNESDAYS.....	22	TALK TUESDAYS	23
CRIBBAGE	21	KENMORE GUITAR CONNECTION	22	TRAVEL CLUB	25
CROCHET CLUB	18	KNIT WITS CLUB.....	18	VETERANS BREAKFAST	20
DAY TRIP: BRIGADOON – VILLAGE THEATRE.....	24	MAHJONG	21	WII BOWLING FUN	20
DAY TRIP: CARNATION FARMS.....	24	MEN'S COFFEE GROUP	23	WOMEN'S COFFEE GROUP.....	23
DAY TRIP: FROM "9 TO 5"	25	MEN'S CONVERSATION CAFE	23		
DAY TRIP: KITSAP PENINSULA	24	MEN'S SOCIAL GROUP	23		
DAY TRIP: LEAVENWORTH	24				

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

- » **Wed Oct 8:** Let's turn the clock back to your youth. Round up relics from your younger years- photos, toys, games, books, clothes, etc
- » **Wed Nov 12 Silver:** Fetch your flatware, serving pieces, tea pots, and jewelry. We will explore the many uses of this amazing metal.
- » **Wed December 10 Vintage Christmas Treasures:** Bring your cherished December decorations plus sandwich and holiday treats to share.

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.

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.

Nov *Breakfast at Sally's* by Richard LeMieux

Dec *Horse* by Geraldine Brooks

LOCATION: MILL CREEK

Facilitator: Molly K Barry

Ongoing 4th Thu Noon-1 pm

Book of the month at Mill Creek

Oct *Weyward* by Emilia Hart

Nov *Confessions of a 40-Something F**k Up* by Alexandra Potter

Dec *House of Hope and Fear* by Audrey Youngman

CLUBS AND SOCIAL CONNECTIONS

CRAFTING CLUB

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

FREE

LOCATION: KENMORE

Ongoing Thu 12:30-3 pm

CROCHET CLUB

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

FREE

LOCATION: MILL CREEK

Ongoing Tue 1-3 pm

FISHING CLUB

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

FREE

LOCATION: BOTHELL, ROOM 202

Leaders: John Judy, 541-588-0319
1st Thu 10 am-Noon



JEWELRY CLUB VOLUNTEER NEEDED

Man or woman who loves to tinker with timepieces. Must have battery replacement skills for Jewelry Club's vast array of wristwatches. Any other wristwatch knowledge would be an added bonus!

Come join us. Jewelry Club meets the 2nd Monday of each month @ 12:30.

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



CLUBS AND SOCIAL CONNECTIONS

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 Wed/month 1:30 pm

LOCATION: KENMORE

Facilitator: Precy Enger

Ongoing 3rd Wed/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

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! Check the monthly calendar or call 425-948-7170 for showing information!

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.

\$8 PER PERSON

LOCATION: BOTHELL, DINING ROOM

First Sat of Month

9-11 am

CLUBS AND SOCIAL CONNECTIONS

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

Join us in honoring our veterans with a warm breakfast and heartfelt appreciation. All veterans and their guests are welcome to enjoy good food, camaraderie, and community.

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		
Nov 12	Wed	Noon-2 pm



GAMES



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

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
Oct 4	Sat	10 am-Noon

LOCATION: MILL CREEK		
Ongoing	Tue	1-3 pm

BRIDGE

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

PUNCHCARD REQUIRED		SEE PAGE 4
LOCATION: KENMORE, SUNROOM		
Ongoing	Mon/Wed	11 am-3 pm

CHESS

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

CLUBS AND SOCIAL CONNECTIONS

CRIBBAGE

Beginning and experienced players welcome.

PUNCHCARD REQUIRED SEE PAGE 4

LOCATION: BOTHELL, ROOM 203

Leader: Ernest Meza; 425-785-9046

Ongoing Fri 10:30 am-4 pm

HAND AND FOOT

Come and play Hand and Foot AND Hand and Foot and Toe card games with a fun group of players.

PUNCHCARD REQUIRED SEE PAGE 4

LOCATION: BOTHELL, SENIOR LOUNGE

Ongoing Thu 12:30-3 pm

NEW LOCATION: KENMORE

Ongoing Fri Noon-3 pm

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

PINOCHLE

Any skill level welcome.

PUNCHCARD REQUIRED SEE PAGE 4

LOCATION: BOTHELL, ROOM 203

Leader: Al Haveland and Linda Fava

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

MUSIC

DRUM CIRCLE

Come join us in playing drums and other percussion instruments. All ages are welcome, and you don't need musical experience. Drumming patterns is good for the brain; making music with other people is just plain fun! Drums and small percussion instruments are provided, but feel free to bring your own.

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

CLUBS AND SOCIAL CONNECTIONS

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, DINING ROOM			
Facilitator: Marylyn & Jun			
Nov 19	Wed	4-6:30 pm	

KARAOKE WEDNESDAYS

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

FREE			
LOCATION: MILL CREEK			
Ongoing	Wed	1-3 pm	

SUPPORT LIVE MUSIC AT BOTHELL HAPPY HOUR!

See Tracey or Arny 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 60's on.

LOCATION: KENMORE (LIMIT 15)		
Ongoing	Tue	12:30-3 pm
Leader: Mark Champion		

MUSIC FOR FUN

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

FREE			
LOCATION: MILL CREEK			
Ongoing	Mon	1-2:30 pm	



NORTHSHORE VARIETY SHOW AND BAND

Join Our Musical Ensemble! Do you have a passion for music and performance? We're looking for talented individuals to sing in harmony with other expressive and dynamic performers. Additionally, we are seeking specific instrumentalists to expand the musical horizons of "The Variety Show and Band", particularly Pianists (for back-up), Bass player(s) of the acoustic stand-up type, Reeds, Trumpeter(s), Electronic Keyboardist(s), Lap and/or Pedal Steel Guitarist(s), and/or performers of other lesser-well known or expected instruments. 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	

CLUBS AND SOCIAL CONNECTIONS



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

» 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: Cassidy Stout, MSW; 425-286-1072;
cassidys@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

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

CONVERSATION CAFÉ GROUPS

FREE

LOCATION: BOTHELL, ROOM 104

Mon 1:30-2:30 pm

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

HAPPY HOUR

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

LOCATION: BOTHELL, COFFEE BAR

Ongoing Wed 4-7 pm

Featuring live music by Uncle Barnaby! 2nd Wednesday of every month
(Oct 8, Nov 12, Dec 10)

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. For more information please call numbers below.

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



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 **No meeting Dec 24**

DAY TRIPS - TRAVEL

DAY TRIP: CARNATION FARMS

Let's visit our beautiful, local, modernized dairy farm for their Harvest Market! Lots of things to see on the farm and lovely gift items to peruse. Self-pay lunch at the British Pantry in Redmond. Limit 8 passengers.

\$35 MEMBER/\$70 NONMEMBERS

Oct 11 Sat 9:30 am-3 pm Kenmore

DAY TRIP: THE MOLTEN GLASSWORKS

Workshop for holiday ornaments will introduce you to the wonderful world of glass fusing, which is very different than glass blowing. In addition to the two-hour class with individual assistance, all the materials are included. Complete three very special glass ornaments for yourself or for holiday gifts. Limited to 12 participants.

\$79 MEMBER/\$158 NONMEMBER

Oct 15 Wed 12:30-3:45 pm Bothell

DAY TRIP: QUIL CEDA CASINO

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

Oct 23 Thu 9:30 am-3 pm Bothell
10 am-3 pm Mill Creek
(bus will leave casino at 2:30 pm)

DAY TRIP: KITSAP PENINSULA

Enjoy a charming autumn escape to the peninsula. Travel via the Kingston Ferry and soak in the seasonal beauty, local shops, and cozy vibes. Lunch & shopping at your own expense

\$50 MEMBER/\$100 NONMEMBER

Oct 29 Wed 8:30 am Bothell
9:15 am Mill Creek

DAY TRIP: BRIGADOON – VILLAGE THEATRE

Step into the misty Scottish Highlands with Brigadoon, a timeless romantic musical by Lerner and Loewe. When two Americans stumble upon a magical village that appears once every hundred years, they discover love, mystery, and enchantment. Featuring stunning choreography and beloved songs like “Almost Like Being in Love,” this new adaptation brings fresh magic to a classic tale. Food & shopping at your own expense

\$106 MEMBER/\$212 NON MEMBER

Oct 30 Thu 11:45 am Bothell
12:15 pm Mill Creek

Returns 4:30 pm

DAY TRIP: METROPOLITAN OPERA @ REGAL CINEMA NORTHGATE

Live streamed productions of world famous operas straight from the Met! Self-pay lunch at Red Robin afterwards. Limit 8

\$40 MEMBERS/\$80 NONMEMBERS

Nov 8 Sat *La Boheme* by Puccini, Kenmore
Second opera TBD

DAY TRIP: LEAVENWORTH

Sign up early for this popular day trip location! The town of Leavenworth will be busy finishing up its holiday decorating. Wander through the stores for some early shopping and then enjoy lunch (at your own expense) at one of the many Bavarian style restaurants. If time permits, a stop at the Alps candy store can also be made along the way.

\$50 MEMBERS / \$100 NONMEMBERS

Nov 20 Thu 9 am-3:30 pm Bothell

CLUBS AND SOCIAL CONNECTIONS

DAY TRIP: MURDER, MAYHEM, AND MERRIMENT

Who killed Ebenezer Scrooge? The Taproot Theatre's holiday production tackles this question. Tiny Tim (now all grown up) seeks a reticent Sherlock Holmes' help to investigate Scrooge's mysterious death. The Great Detective must use his skill of deduction to solve this Dickens of a Christmas mystery! If you want to enjoy lunch (at your own expense) in the NSC dining room before the trip, please make your reservation at the NSC Front Desk

\$40 MEMBERS/\$80 NONMEMBERS

Dec 2 Tue 12:45-5 pm Bothell

DAY TRIP: TACOMA MYSTERY MUSEUM

Let's visit the museum's special exhibit "Dressing the Guilded Age". Hats encouraged! Self-pay lunch at Museum Cafe. Limit 8. Trip fee includes museum admission.

\$40 MEMBERS/\$80 NONMEMBERS

Dec 2 Tue 9 am-3 pm Kenmore

DAY TRIP: PIKE PLACE & WATERFRONT ADVENTURE – ACTIVE AGING WEEK KICKOFF DAY #1

Begin your journey of self-discovery with a scenic outing to Pike Place Market and Seattle's revitalized waterfront. This special kickoff explores emotional, environmental, and intellectual wellness through movement, connection, and reflection. Let's celebrate aging actively—one step at a time!

\$30 MEMBERS/\$60 NONMEMBERS

Oct 6 Mon 9 am-3 pm Mill Creek
10 am-3 pm Bothell

Lunch & local adventures at your own expense

DAY TRIP: FROM "9 TO 5" AT THE VILLAGE THEATRE

See the musical "9 to 5" with us at the Village Theatre in Everett. This adaptation of the 1980 hit movie, with music and lyrics by Dolly Parton, is sure to bring some laughs, and perhaps, some memories of "those times". Enjoy, even more, the reduced price on the tickets that we were able to obtain for this event. If you want to enjoy lunch (at your own expense) in the NSC dining room before the trip, please make your reservation at the NSC Front Desk.

\$40 MEMBERS/\$80 NONMEMBERS.

Jan 22 Thu 12:45-5:15 pm Bothell

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

Are you a single or couple who loves to travel? Come be part of a welcoming group of like-minded individuals exploring exciting travel opportunities together! We're open to all ideas and interests.

FREE

LOCATION: BOTHELL, ROOM 103

Lead: Nancy O Malley and Sheryl Ricker

Oct 17	Fri	10 am-11 am
Nov 21	Fri	10 am-11 am
Dec 19	Fri	10 am-11 am

HEALTH AND NUTRITION

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

COMMUNITY DINING AT BOTHELL.....	26	HEALTH AND WELLNESS EDUCATION.....	27	MEALS-ON-WHEELS	27
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FOOD PANTRIES	26	HEALTH & WHOLE-BODY WELLNESS	27		
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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

WE DO WELL-BEING REALLY WELL.

And the experts agree.



We're so proud to offer our residents the nationally ranked best of the best – from quality dining to active social calendars – because we don't just care for you, we care about you.

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



WOODLAND TERRACE

17502 102nd Ave NE
Bothell, WA 98011
425-333-2762
WoodlandTerraceSeniorLiving.com

LEISURE CARE

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



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: BOTHELL, ROOM 203

Presenter: Dr. Shivanti Patel, Clear Hearing and Audiology

Oct 14 Tue 1-2pm

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

MATTER OF BALANCE PROGRAM

Aging is often accompanied by a change in balance and/or loss of strength that can lead to an increased risk for falls. You will learn about fall hazards, strategies to prevent falls, how to get up from a fall, and ways to become more physically active. We will do gentle exercises to improve strength and balance. This workshop is designed for those who have become less active due to experiencing a fall or a fear of falling, or those who use assistive devices to avoid falls. Max number of participants: 12.

FREE

LOCATION: PETER KIRK COMMUNITY CENTER

Facilitators: Cassidy Stout, MSW and Janet Zielasko, MS, LSW

Oct 27-Dec 15 Mon 1-3 pm

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

MEDICARE OPEN ENROLLMENT PRESENTATION

During this FREE session, you will learn:

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

FREE

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

LOCATION: KENMORE, ANNEX

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

Oct 17 Fri 1-3pm

LOCATION: BOTHELL, ROOM 202

Oct 22 Wed 10 am-Noon



PUGET SOUND KIDNEY CENTER PRESENTATION

» 'EATING FOR KIDNEY HEALTH'

Learn about the kidney-friendly diet. Eating well can keep your kidneys healthy and help slow the progression of chronic kidney disease. Taught by a renal dietitian, you'll learn nutrition basics for kidney health; what foods are good for the kidneys, how to shop for and cook kidney-healthy foods, and tips for eating healthy if you have chronic kidney disease.

FREE

LOCATION: PETERKIRK COMMUNITY CENTER

Presenters: Representatives from the Puget Sound Kidney Center

Nov 14 Fri 1-2:30 pm

Pre-registration required. To register: Please call 425-587-3360



SENIOR CENTERS

LEVY RENEWAL



PROPOSITION 1: Northshore Parks and Recreation Service Area Levy Renewal

Voters in Bothell, Kenmore, Woodinville, and surrounding areas will vote in the November 4 election on a local levy that maintains and improves two important community centers:



Northshore Senior Center

A hub for meals, social activities, fitness classes, transportation, caregiver support, and more.



Health & Wellness and Adult Day Health Center

Supports older adults and people with disabilities through adult day care, rehabilitation, and health programs.

This is not a new tax—it's a continuation of local funding that expires at the end of 2025.

If renewed, Proposition 1 would:

- Fund building repair needs at the senior centers to ensure continued accessibility
- Maintain safe, functional, and accessible spaces for senior center users
- Continue funding to invest in spaces our community relies on

Levy Details

- Duration: 6 years (2026–2031, replaces 2019 levy that expires in 2025)

Tax rate is 5 cents per \$1,000 of assessed property value. Based on an average tax assessed home value of \$1 million dollars, a homeowner would be taxed at the rate of \$4.17 per month



Election Day: **November 4, 2025** Learn more at <https://nprsawa.org/>

What is NPRSA?

The Northshore Parks and Recreation Service Area (NPRSA) is a voter-approved tax district that includes Bothell, Kenmore, Woodinville, and parts of King and Snohomish counties. It was created in 1988 and shares boundaries with the Northshore School District.



NPRSA owns and maintains two senior center buildings — the Northshore Senior Center and the Health & Wellness and Adult Day Health Center. While the nonprofit Northshore Senior Center runs the programs, NPRSA keeps the buildings safe and functional for our community to use. The levy on the November 4 ballot continues local funding to repair and maintain these buildings. That means programs like community dining, fitness classes, caregiver support, and day health services can keep serving the community in these buildings.



For information about the Northshore Senior Center facilities and programs, visit: www.northshoreseniorcenter.org

For voter registration and election details, visit:
www.kingcounty.gov/elections or www.snohomishcountywa.gov/




Ballots are due by Tuesday, November 4.

LIFELONG LEARNING

INFORMATIONAL PROGRAMMING FOCUSED ON PERSONAL DEVELOPMENT AND LEARNING NEW SKILLS.

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ART CLASSES



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

ART FOR FUN

Featuring a new partnership with Merry Makers! Meet new friends for card making, crafting, and more!

\$10 MEMBERS/\$20 NONMEMBERS PER MONTH

LOCATION: MILL CREEK

Ongoing Fri Noon-2 pm

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

FIRST FRIDAY CARD OF THE MONTH WORKSHOP

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

\$10 MEMBER/\$20 NONMEMBER PER SESSION

LOCATION: KENMORE

Instructor: Gretchen Davey

Oct 3, Nov 7, Dec 5 Fri 1-3 pm

CERAMICS BASKET WORKSHOP (INT/ADV)

Inspiring ceramics workshop focused on creating beautiful ceramic baskets—perfect for holiday entertaining or as a unique gift for someone special. We'll explore coil and flat slab clay weaving techniques to spark your creativity. This workshop is intended for participants with intermediate to advanced hand-building experience.

\$45 MEMBER/\$90 NONMEMBER

LOCATION: BOTHELL, ROOM 103

Instructor: Katherine Davidow-Lucas

Dec 5 Fri 5-7 pm

LIFELONG LEARNING

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 HOLIDAY ART WORKSHOP

Showcase your creativity with hands-on ceramic art perfect for holiday décor or gifting. Explore new techniques while crafting tree ornaments, magnets, votives, and pendants. Includes live demonstrations and inspiring project ideas to brighten your season. Must have minimum 5 signups. Maximum capacity 15.

\$45 MEMBER/\$90 NONMEMBER

LOCATION: BOTHELL, ROOM 103

Instructor: Katherine Davidow-Lucas

Nov 5 Wed 5-8 pm

CERAMICS OPEN STUDIO

Join fellow clay artists to create intermediate to advanced pottery and sculpture projects. Materials and firing fees are included. Studio staff and experienced instructors are available for guidance and tips. Bring your own tools. If you need a refresher on basic skills, please register for the 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



COLORED PENCIL - BEGINNING

An easy-going step-by-step style that is perfect for beginners and those wanting more instruction and practice in applying colored pencil.

\$35 MEMBER/\$70 NONMEMBER

LOCATION: BOTHELL, ROOM 104

Instructor: Rhonda Gardner

Ongoing Tue 10 am-12:30 pm

Open Studio - no instruction in December

COLORED PENCIL/DRAWING - INTERMEDIATE/ADVANCED

This class is for people experienced in applying colored pencil who are ready to branch out with their own subjects. The group helps each other, shares tips, tries different surfaces, pencils, pens, mixed-mediums and techniques. The instructor provides some teaching but the group makes the class awesome!

\$35 MEMBER/\$70 NONMEMBER PER MONTH

LOCATION: BOTHELL, ROOM 104

Instructor: Judy Moritz; 425-488-8270

Ongoing Thu 11 am-2 pm

CRAFTING WITH ACRYLIC PAINT

Come join our fun group as we create artful designs with acrylic paint onto craft items. No experience necessary. Instructor will offer guidance in different items each week to keep, or give as gifts. Beginners encouraged. Instructor offers an art supply kit \$10/mo and will offer guidance in painting different items each week to keep or give as a gift. Questions Call Diana

\$35 MEMBER/\$70 NONMEMBER

LOCATION: BOTHELL, ROOM 103

Instructor: Diana Bustos

Ongoing Thu 9-11 am **No class 11/27, 12/25**

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 October/open studio only

LIFELONG LEARNING

DRIFTWOOD SCULPTURE

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

\$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

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
Nov 3-24 Mon Noon-3 pm 4 sessions

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, call 425-308-4948 for more information.
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

OPEN MIC - BOTHELL

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

MEMOIR WRITING CLASS

Everyone has meaningful life stories worth sharing. This class offers support, structure, and strategies to help you get in touch with personal memories and enjoy writing about them. Bring paper and writing materials to the first class.

\$20 FOR MEMBERS/\$40 NONMEMBERS
LOCATION: MILL CREEK
Instructor Barbara Masterson
Oct 1-29 Wed 10 am-Noon

LIFELONG LEARNING

WRITING CLASS- FOR CREATIVE WRITING

This group is open to all types of writings, including poetry, memoir, short story, even novel. Limit 12, wait list available.

FREE

LOCATION: BOTHELL, ROOM 203

Wed 1 pm

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

WRITING CLASS - FOR MEMOIR AND OTHER GENRES

An ongoing class for writers of memoir and other genres. All levels of experience are welcome. Establishing the discipline of weekly writing of short (1000 words) pieces and providing an audience with whom to share the writing are the goals. No critique or review is offered. Writing for the monthly Opn Mic is encouraged. Moderators are class members and rotates weekly. Limit 13 currently full wait list available.

FREE

LOCATION: BOTHELL, ROOM 103

Friday 10 am-Noon

For more information contact gejahn@gmail.com



TECHNOLOGY



COMPUTER AND PHONE HELP

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).

\$20 MEMBER/\$40 NONMEMBER

PER HOUR

LOCATION: HEALTH & WELLNESS CENTER

Tue/Thu

Call 425-488-4821 to schedule an appointment.

LOCATION: MILL CREEK

Instructor: Matthew Osborne

Ongoing Tue 3-4 pm

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 5-7 pm 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

LEARNING TECHNOLOGY

Join us for a series of informative classes about the internet and AI in the all new H&W Learning Lab.

FREE

LOCATION: H&W LEARNING LAB

Facilitators: Rajat Oberoi and Vivek Singh

Stay Sharp: Learn, Engage, Thrive: Online Basics

Oct 8/15 Wed Time TBD

Brain Boost: Join the Conversation Exploring AI

Dec 3/10 Wed Time TBD

LIFELONG LEARNING

SPECIAL INTEREST

AI 101 (ARTIFICIAL INTELLIGENCE)

Explore the fascinating intersection of Artificial Intelligence and fraud prevention in this interactive session. Gain a high-level understanding of AI, its current positive applications, and how it seamlessly integrates into the ongoing battle against fraud. Learn what's next and how to discern the authenticity of information in this rapidly evolving landscape. Join AARP for this insightful journey into the realms of AI and fraud, exploring both its current impact and the intriguing possibilities that lie ahead.

FREE

LOCATION: PETERKIRK COMMUNITY CENTER

Presenter: AARP Representative

Oct 29 Wed 1-2:30 pm

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

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; jcs garden@yahoo.com

Ongoing Mon 1-2:30 pm

CPR & FIRST AID

Learn basic hands-only CPR and first aid for cuts and scrapes, bites and bruises and appropriate first response for emergencies. Registration please contact Community Health Education @ 425-544-0050 M-F, 8:30 am-5 pm.

FREE

LOCATION: BOTHELL, ROOM 205

Facilitator: Evergreen Health

Nov 12 9-11 am

COOKING CLASS

Join Chef Shant for a hands-on cooking class where you'll learn the basics of culinary technique, including the art of sauce making. Perfect for beginners and food lovers looking to build confidence in the kitchen! Oct - Fall into Fun – Celebrate autumn with seasonal treats. Nov- Warm Hearts, Full Plates – Cooking, sharing, and giving back, Dec - Holiday Harmony –festive meals, and cultural celebrations.

\$30/PERSON

LOCATION: HEALTH & WELLNESS ACTIVITY ROOM

Oct 11 Sat 11 am-1 pm

Nov 8 Sat 11 am-1 pm

Dec 13 Sat 11 am-1 pm

NEW

FINANCIAL MARKETS DISCUSSION GROUP

Join 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. 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

Facilitator: Joe Gazes (retired investment professional)

ongoing 2nd/4th W 3:30-4:30 pm

Questions call 425-890-1119



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

LIFELONG LEARNING

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

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

LOCATION: MILL CREEK

Presenter: Izak van Rensburg

Oct 17, Nov 21, Dec 19 3rd F/month 10:30 am-Noon

LOCATION: BOTHELL, ROOM 202

Presenter: Izak van Rensburg

Oct 14 and Dec 9 2nd T/month 1-2:30 pm *No meeting Nov 11*

NEW

IT'S A WRAP!

Fabric wrapped decorative sticks are simple, stylish decor items made by wrapping colorful or patterned fabric around wooden or bamboo sticks. They are often used in the garden, for home decor, event styling, or DIY crafts to add texture, color, and a handmade touch. These sticks can be displayed in vases, used as wall accents, or incorporated into seasonal decor. Easy to make and beautiful to behold. Sticks and supplies provided. No special skills required.

\$10 MEMBER/\$20 NONMEMBER

LOCATION: KENMORE

Instructors: Cynthia Lane & Pasha Mohajejasbi

Oct 29 Wed 10 am-Noon

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

4 WEEKS

LOCATION: KENMORE

Instructor: Susie Krost

Nov 3-24 Mon Noon-3 pm 4 sessions



NAVIGATING MOVING TRANSITIONS

Make space for what matters most—family, friends, and peace of mind. Join us for a helpful session focused on decluttering and organizing before the holiday season. Whether you're preparing for a move or simply want to refresh your space, this workshop offers tips, encouragement, and strategies to help you let go of the excess and welcome the joy.

FREE

LOCATION: BOTHELL, ROOM 202

Facilitator: David Haack & Jade B

Nov 13 Thu 1 pm

NEW

ROCK ON!

Local rock enthusiast, Rich Osborne, will introduce us to the mysteries of petrified wood, the Washington State Gem. We'll learn how it forms, where it happens and all its different varieties. Rich will bring in several pieces of petrified wood to examine. Bring yours! Come learn about this fascinating wonder of nature.

FREE

LOCATION: KENMORE, ANNEX

Oct 15 Wed 1-3 pm

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: PETERKIRK COMMUNITY CENTER

Presenter: Representative from the King County Assessor's Office

Oct 15 Wed 1-2 pm

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

LECTURE: SOUND TRANSIT & STRIDE BRT PROGRAM

Join us for an informational/interactive format presentation.

LOCATION: KENMORE

Oct 16 10 am-11:30 pm

LOCATION: BOTHELL

Oct 23 11 am-12:30 pm

LIFELONG LEARNING

SCRAPPY 'N SNAPPY SEWING

We're hosting another fun session of making things with fabric scraps. Lots of simple projects to choose from! Bring your portable machine, all other supplies provided.

\$10 MEMBER/\$20 NONMEMBER

LOCATION: KENMORE

Instructor: Barb Osborne

Oct 15	Wed	9 am-Noon
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SOLO AGING...A BACK-UP PLAN FOR SOLO AGERS

A growing portion of the 50+ population is composed of 'solos'...individuals who cannot or choose not to rely on family to help navigate life events & make health decisions. This FREE 5-session group will help solos plan for and manage health & well-being decisions and events—both large & small during the second half of life. Participants will work to create a personal 'backup plan' to make sure you have the help and support when needed!

FREE

LOCATION: BOTHELL, ROOM 203

Facilitators: Cassidy Stout, MSW, and Janet Zielasko, MS, LSW

Oct 9/23, Nov 6/20, Dec 4

Thu	10-11:30 am
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Pre-registration required. To register, call Janet Zielasko 425-286-1035; janetz@mynorthshore.org

NEW WATCH IT WEDNESDAYS

We'll screen a film, documentary or musical the first Wednesday of every month. Discussion following if time allows. Popcorn included! Limit 20. Call 425-489-0707 to reserve a spot.

\$5 PER PERSON

LOCATION: KENMORE, ANNEX

Oct 1	Wed	10 am-Noon
Nov 5	Wed	10 am-Noon
Dec 3	Wed	10 am-Noon

NEW WHY KNOT?

This interactive session covers basic knot techniques and their practical applications. Perfect for beginners and enthusiasts alike, the workshop emphasizes learning in a fun, engaging environment. All materials provided—just bring your curiosity!

FREE

LOCATION: KENMORE

Instructor: Jeff Dahlin

Nov 19	Wed	10 am-Noon
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WINE CLUB

Learn the basics of recognizing aromas and flavors of a variety of wines through formal tasting and scent education. Limit 8.

\$35 MEMBER/\$70 NONMEMBER PER SESSION

LOCATION: KENMORE

Instructor: Marla Rosenberg

Wine & Cheese Pairings

Oct 15	Wed	1-3 pm
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Pinot Noir Varieties

Nov 19	Wed	1-3 pm
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Champagne & Sparkling Wines

Dec 10	Wed	1-3 pm
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Please call 425-489-0707 to register

NEW WREATH MAKING FOR ALL SEASONS

Join us for a fun class where you'll learn how to design and craft your own beautiful wreath from scratch. Customize for holidays, seasonal, or special occasions. Whether you're a beginner or have experience, this hands-on workshop will guide you through selecting materials, arranging greenery, and adding decorative elements to create a unique piece you can take home after class. All materials provided.

\$10 MEMBER/\$20 NONMEMBER

LOCATION: KENMORE

Nov 5	Wed	9 am-Noon
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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

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

Cassidy Stout, MSW 425-286-1072; cassidys@mynorthshore.org

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
Tue/Thu 9 am-3 pm **NEW DAYS**

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

SUPPORTING SELF-CARE AND CAREGIVERS

PERSONAL CONSULTATIONS

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

FREE

BOTHELL (BY APPOINTMENT)

Lydia Barnsley, LPN, 425-286-1029; lydiab@mynorthshore.org
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
Tue/Thu 9 am-3 pm **NEW DAYS**

PETER KIRK COMMUNITY CENTER (BY APPOINTMENT)

Mondays: Cassidy Stout, MSW;
425-286-1072; cassidys@mynorthshore.org
Wednesdays: TBD
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

SERVICES

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/W/F 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/W/F 1-4 pm

FOOT CARE

Many seniors are unable to care for their feet adequately because of poor vision, and/or poor flexibility, and other health-related problems. Each visit will include a thorough assessment, and nail trim. Please call as early as possible to cancel a scheduled appointment. Meet with Certified Foot Care Specialist, Jennifer Sereda, RN.

\$45

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

1st Mon, 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

Starting in October. Call for information: 425-488-4821

Massage Therapist: Look out for more updates

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

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

SUPPORTING SELF-CARE AND CAREGIVERS



SHIBA MEDICARE ADVISORS » IN-PERSON APPOINTMENTS

A free, unbiased and confidential service of the WA state Office of the Insurance Commissioner. The SHIBA volunteers help people of all ages and backgrounds with their Medicare questions and options. Counseling is focused primarily on Medicare planning and plans for the aged and disabled, with links to agencies that provide health insurance to persons with low income, veterans, and the self-employed.

LOCATION: BOTHELL, 2ND FLOOR

Advisor: Dave Reynolds

2nd Fri 9 am-1 pm

Additional Dates: Oct 17, Nov 7 & Dec 5

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: Cassidy Stout, MSW; 425-286-1072;
cassidys@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

BASKETBALL

Practices held at Frank Love Elementary School (303 224th St SW, Bothell). All athletes (all levels) in the Gym at the same time.

\$60

9/23, 9/30, 10/7, 10/14, 10/21, 10/28

Tue

5:45-7:15 pm

BASKETBALL

This will include our Special Olympics basketball competition which generally has competition in February. Practices at Home Court in Woodinville.

\$140

11/4, 11/18, 12/2, 12/9, 12/16, 1/6, 1/13, 1/20, 1/27, 2/2, 2/10

Tue

5-6:30 pm

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

\$180

PER SESSION

Oct 1-Dec 17

Wed

2:30-3:15 pm

BOWLING

Recreational bowling at Kenmore Lanes. Fee all inclusive

\$200

PER SESSION

Oct 6-Dec 15

Mon

BROADWAY SEATTLE THEATER GROUP

Short skits, improv and learning to express yourself artistically. No class 11/26.

\$135

PER SESSION

Oct 8-Dec 3

Wed

4:30-5:30 pm

CIRCUIT TRAINING

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

\$165

PER SESSION

Thu

2:15-3 pm

SUPPORTING SELF-CARE AND CAREGIVERS

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

DANCE

Cardio dancing.

\$165		PER SESSION	
Oct 2-Dec 18	Thu	3:15-4:15 pm	

DAY CAMP

Register for each day separately.

\$75		PER DAY	
Oct 6, 13, 19, 27	Mon	10 am- 2:15 pm	
Nov 3, 10, 17, 24	Mon	10 am- 2:15 pm	
Dec 1, 8, 15	Mon	10 am- 2:15 pm	

FESTIVE FUN

Exploring and learning about different festivities around the world and close to home through art, music, food and much more.

\$180		PER SESSION	
Oct 1-Dec 17	Wed	1:30-2:15 pm	

GAMES

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

\$165		PER SESSION	
Oct 2-Dec 18	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.

\$165		PER SESSION	
Oct 2-Dec 18	Thu	4:15-5 pm	

KARAOKE

Sing your favorite song or join in a duet.

\$165		PER SESSION	
Oct 6-Dec 15	Mon	1:15-2 pm	

MARTIAL ARTS

\$180			
Instructor: Seattle Theater Group			
Oct 1-Dec 17	Wed	3:15-4:15 pm	

TENNIS

Partnering with Tops Outreach Center at Eastside Tennis in Kirkland. All levels welcome. Transportation may be available. Limit 4 per class

\$120		PER SESSION	
	Wed	12:15-1:15 pm	
	Thu	12:15-1:15 pm	

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

OCTOBER 1-DECEMBER 18 SCHEDULE:

NOTE: Not all classes are starting the same week.

» MONDAY

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

» TUESDAY

- » Basketball:

» WEDNESDAY

- » Tennis: 12:15-1:15 pm (at Eastside Tennis Center)
- » Festive Fun: 1:30-2:15 pm
- » Book Club: 2:30-3:15 pm
- » Martial Arts: 3:15-4:15 pm
- » Inclusion Broadway STG: 4:30-5:30 pm

» THURSDAY

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

SUPPORTING SELF-CARE AND CAREGIVERS



TRANSPORTE

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

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

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

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

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

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

VOLUNTEERISM



VOLUNTEERS: 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

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 \$ _____

LOCATION: BOTHELL

ACRYLICS AND MORE.....	30	ENHANCE®WELLNESS.....	38	PANCAKE BREAKFAST.....	19
AGELESS TOGETHER.....	22	ESSENTRICS® - AGE REVERSING.....	10	PEARLS.....	38
ALCOHOLICS ANONYMOUS.....	41	ESSENTRICS® - BEGINNER STRETCH.....	10	PERSONAL CONSULTATIONS.....	39
ANTIQUES CLUB.....	17	EVERGREENHEALTH MOBILE MAMMOGRAPHY ..	7	PICKLEBALL - OPEN PLAY.....	15
ASTRONOMY.....	34	FAMILY CAREGIVING CONSULTATION.....	38	PICKLEBALL - ROUND ROBIN PLAY.....	15
BALLROOM DANCE LESSONS.....	8	FELDENKRAIS - BEYOND BACK PAIN.....	10	PICKLEBALL 1 - BEGINNER.....	15
BEGINNER PICKLEBALL OPEN PLAY.....	15	FINANCIAL MARKETS DISCUSSION GROUP.....	34	PICKLEBALL 2 - INTERMEDIATE.....	15
BELLY DANCE FOR STRENGTH & BALANCE.....	8	FISHING CLUB.....	18	PINOCHLE.....	21
BINGO.....	20	FOOD PANTRIES.....	26	QIGONG.....	13
BOCCE/CORNHOLE SOCIAL GROUP.....	19	FROM HEARTACHE TO AN OPEN HEART.....	42	QUILT CLUB.....	18
BOOK CLUB.....	17	GENEALOGY CLASS.....	34	ROCK PAINTING CLUB.....	19
CARDIO DRUMMING.....	9	GERMAN CONVERSATIONAL PLUS.....	32	RUSSIAN LANGUAGE PROGRAMMING.....	20
CERAMICS - BEGINNING.....	31	GUITAR CLUB.....	21	SENIOR AEROBICS.....	11
CERAMICS BASKET WORKSHOP (INT/ADV).....	30	HAND AND FOOT.....	21	SENIOR LOUNGE.....	5
CERAMICS HOLIDAY ART WORKSHOP.....	31	HAPPY HOUR.....	23	SHARING AND CARING.....	24
CERAMICS OPEN STUDIO.....	31	HIKING.....	16	SHIBA MEDICARE ADVISORS.....	41
CHALLENGING FAMILY SITUATIONS DISCUSSION GROUP.....	23	HOLIDAY COOKIE DECORATING FUN!.....	7	SOLO AGING.....	36
COLORLED PENCIL - BEGINNING.....	31	HOME ASSISTANCE TO SENIORS.....	39	SPANISH CONVERSATION.....	32
COLORLED PENCIL/DRAWING - INTERMEDIATE/ ADVANCED.....	31	IMPACTFUL EMPATHY.....	35	STRENGTH & BALANCE.....	11
COMMUNITY DINING AT BOTHELL.....	26	INDIAN AMERICAN COMMUNITY SERVICES (IACS)19		TABLE TENNIS.....	15
COMPUTER HELP WEDNESDAY EVENING.....	33	INTRODUCTION TO PICKLEBALL.....	14	TAI CHI – BASICS AND FUNDAMENTALS CLASS	11
CONVERSATION CAFÉ GROUPS.....	23	KARAOKE NIGHT AT BOTHELL – PAIRED WITH HAPPY HOUR!.....	22	TAI CHI BEGINNER CLASS.....	12
CPR & FIRST AID.....	34	KNIT WITS CLUB.....	18	TAI CHI INTERMEDIATES.....	13
CRAFT CLUB HOLIDAY SALE.....	7	LECTURE.....	35	TAI CHI PRACTICE.....	13
CRAFTING WITH ACRYLIC PAINT.....	31	LECTURE EXPLORE THE WORLD ON TWO WHEELS!16		TAI CHI – SIMPLIFIED.....	11
CRIBBAGE.....	21	LENDING LIBRARY.....	5	TRAVEL CLUB.....	25
DAY TRIP: FROM “9 TO 5”.....	25	LINE DANCING.....	8	TREE LIGHTING FESTIVAL.....	7
DAY TRIP: LEAVENWORTH.....	24	LISTEN UP!.....	27	VETERANS BREAKFAST.....	20
DAY TRIP: MURDER, MAYHEM, AND MERRIMENT25		MAHJONG.....	21	WALKING GROUP.....	16
DAY TRIP: QUIL CEDA CASINO.....	24	MAT PILATES.....	10	WATERCOLOR.....	32
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