

WINTER 2026 CATALOG

JANUARY | FEBRUARY | MARCH VOLUME 45, ISSUE 1



WELCOME

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ON THE COVER



Fitness with Friends - Refer a New **Member – Get Rewarded!**

Start the year with wellness, connection, and support. When you refer a new member, both you and the new member will receive a Member Appreciation Punch Card - our way of saying thank you for growing the NSC community at ALL locations!

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 Volunteer Coordinator: Hanisha Bakshani

CHARITABLE PLANNING AND GIVING

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

» YOUR GENEROSITY KEEPS NSC THRIVING

Northshore Senior Center relies on charitable aifts for over 15% of our budget. Your support 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

Giving is simple:

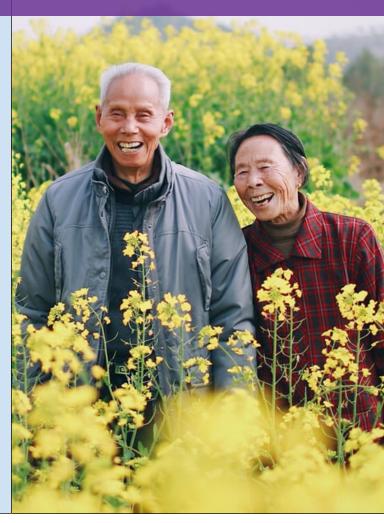
- » **ONLINE:** Donate through our website one time or set up monthly contributions.
- » IN PERSON: Visit our front desks
- » BY MAIL: 10201 E Riverside Dr, Bothell, WA 98011
- » OTHER OPTIONS: Direct IRA distributions (age 70½+) and stock gifts are welcome

Ouestions? Call us at 425 286 1054

» LEAVE A LEGACY

Including NSC in your estate plan is a powerful way to give back. Talk to your financial advisor about naming us as a beneficiary in your will, trust, retirement accounts, or life insurance. This simple step ensures your generosity lives on and welcomes you into the NSC Legacy Society. Call 425 286 1054 to learn more

We extend our deepest gratitude to our valued sponsors and our community of donors who make everything possible.



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

Phone: 425-489-0707

» KENMORE SENIOR CENTER:

6910 NE 170TH ST (IN RHODODENDRON PARK) CALL KENMORE SENIOR CENTER TO RESERVE INDOOR ANNEX SPACE OR OUR PICKLEBALL COURT.

Monday-Friday 9 am-3 pm

MILL CREEK

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

Phone: 425-948-7170

» MILL CREEK SENIOR CENTER:

4111 133RD ST SE, SUITE A

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

2026 Board Members:

David Baker • Linda Brabant • Christine Fordyce • Rick Kendo • Rocio Luna-Culotti • Nihdi Mehta • Divya Pamnani • Jack Peters • Vivek Singh • N. Wilson

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 quests. 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:

- » Thu, Jan 1: New Year's Day
- » Mon, Jan 19: Martin Luther King, Jr. Day
- » Mon, Feb 16: Presidents Day

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 \$40 MEMBER/\$80 NONMEMBER \$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
- Yoqa

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!





» HFRF'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

8:30-3 pm Mon-Fri 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

LENDING LIBRARY AT BOTHELL, **KENMORE AND MILL CREEK**

Members may browse, borrow and read books for free.

SENIOR LOUNGE AT BOTHELL

Billiards Table, 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

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

MUSIC MONDAYS » BROUGHT TO YOU BY JEWISH FAMILY SERVICES

Valentyn is a professional musician, master of the bandura, well known for his performances throughout Washington State. He will be performing on a bandura, a traditional Ukrainian instrument, that he handcrafted himself. The program includes melodies, classical works, folk compositions, and music from famous films. Join us to share in the festive atmosphere and enjoy the unique, enchanting sound of this remarkable instrument!

Jan 5 Mon 1 pm

FINDING YOUR ENERGY: SIMPLE **WAYS TO FIGHT FATIGUE**

Discover how to feel more awake, alert, and active throughout your day. This class offers supportive guidance on managing fatigue through small lifestyle changes—like better sleep routines, stress reduction, gentle movement, and smart nutrition. Learn what really works to bring back your natural energy and zest for life. Contact Community Health Education for registration 425-544-0050

FREE

LOCATION: BOTHELL, ROOM 202

10 am-11 am Jan 8

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

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LOCATION	I: BOTHELL, ROOM 203					
Jan 15	Thu	10-11 am				
LOCATION	I: KENMORE					
Feb 19	Thu	10-11 am				
LOCATION	I: MILL CREEK					
Mar 19	Thu	10-11 am				

NSC MEET-UP AT CHANTANEE THAI

Join fellow Northshore Senior Center members and friends for a delicious afternoon at Chantanee Thai as we come together to celebrate community and support NSC's mission. Let's share a meal, and stories, Meal is at your own expense. Please register at the front desk so we can inform the restaurant of table needs

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MEET AT 10107 MAIN ST, BOTHELL, WA 98011				
	Lead: Shelley D			
	Jan 20	Tue	4 pm	

COZY CLASSICS - SINGIN' IN THE RAIN

Chase away the winter blues by stepping into a world of timeless charm with Singin' in the Rain, the ultimate feel-good movie musical that dances through puddles and lifts the spirit. Popcorn & hot cocoa included! Sign up to reserve a spot.

FREE			
LOCATION: BO	THELL, ROOM 2	03	
Jan 23	Fri	1:30-3:30 pm	
LOCATION: KE	NMORE		
Jan 23	Fri	12:30-2:30 pm	
LOCATION: M	ILL CREEK		
Jan 23	Fri	12:30-2:30 pm	

SPECIAL EVENTS

THE ARTHRITIS AND DIET CONNECTION

Did you know that what you eat can affect how your joints feel? Learn how certain foods can help ease stiffness and inflammation while others may increase discomfort. This class offers simple, realistic nutrition tips to help you feel your best and keep moving comfortably every day. In Person. Contact Community Health Education for registration 425-544-0050

LOCATION: BOTHELL, ROOM 202

lan 22

10 am-11 am

BOOK DISCUSSION

This engaging exploration celebrates the extraordinary conditions that make Earth uniquely suited for life. From the perfect balance of oxygen and water to the intricate systems that sustain food, climate, and biodiversity, readers will gain a deeper appreciation for our planet's delicate design. Blending scientific insight with accessible storytelling, this book invites members of our Astronomy Club—and curious minds everywhere—to reflect on Earth's place in the cosmos and the importance of protecting our only home. Sign up at the Desk.

FRFF

LOCATION: BOTHELL, ROOM 205

Facilitator/Author: David Erickson "Our Island Earth" - Extraordinary Wonders on Earth that Sustain Life

Feb 16 Mon 2:30 pm

HOT COCOA SIP & PAINT

Join us for a fun time using acrylic paint to create a lovely winter scene. All materials and instruction provided, all skill levels welcome. Limit 10. There will be treats!

LOCATION: KENMORE

Instructor: Vasana Monti

Feb 18 Wed 1-3 pm Call 425-489-0707 to reserve your spot.

\$25 MEMBER/\$50 NONMEMBER

JEWELRY SALE

LOCATION: B	OTHELL, LOBBY		
Mar 4	Wed	9 am-2 pm	
Mar 5	Thu	9 am-2 pm	

TEA WITH ELEANOR

Join us at NSC Bothell during Women's History Month for a "Tea with Eleanor Roosevelt". Our First Lady for 14 years, during both the Depression and WWII, Eleanor was respected and loved as an advocate for human rights. After we enjoy a luncheon in Eleanor's honor-including some of her own teatime favorites -we will have a performance by Debbie Dimitre, a well known Story Teller. She will portray, in speech, dress, and character, Eleanor Roosevelt. We will hear "firsthand" the story of her life, it's highs and lows, and the determination she showed throughout. An awe-inspiring performance! Transportation will be available from both Mill Creek and Kenmore.

\$30 MEMBER/\$60 NONMEMBER

LOCATION: BOTHELL, DINING ROOM

Mar 6 1:45 pm Fri

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 Evergreen Health'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

Mar 26 8:30 am-3:30 pm

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

BALLROOM DANCE LESSONS8	LECTURE: MUSCLE AS MEDICINE10	SPIN CLASS	11
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KENMORE OUTDOOR PICKLEBALL COURT15	SKI, BOARD & BOND16	ZUMBA GOLD	14

DANCE

BALLROOM DANCE LESSONS

Fox Trot, Waltz, Swing and Latin lessons for the beginner and the experienced. No partner necessary. \$15 MEMBER/\$30 NONMEMBER PFR 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

LOCATION: BOTHELL, MULTIPURPOSE ROOM

Instructor: Candace LaMont

11:15 am-Noon Ongoing Tue

LOCATION: MILL CREEK

Instructor: Brie Allen

Fri 10:30-11:15 am Starts Feb

EXERCISE CLASSES

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 11:30 am-12:30 pm

LOCATION: MILL CREEK

Instructor: Amy Best

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

LOCATION: BOTHELL, MULTIPURPOSE ROOM

Instructor: Nancy Wilson & Guests

Fri 10-11 am Ongoing

CHAIR PILATES

The benefits of Pilates modified for being seated in a chair. Wheelchair/walker friendly. All levels welcome. Choose a Tuesday or Thursday class.

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

LOCATION: KENMORE

Instructor: Connie Fyans

2-2:45 pm **NEW CLASS** Ongoing (starts 1/6) Tue

Ongoing (starts 1/8) Thu 11-11:45 am

FUNCTIONAL FITNESS CIRCUIT

This full-body workout incorporates a variety of equipment, to keep you moving and fit. You'll engage in strength training, aerobic conditioning, balance work, and stretching—all designed to enhance overall fitness. This class requires participants to stand and move independently. Sessions start January 6.

\$45 MEMBER/\$88 NONMEMBER

PER MONTH

LOCATION: HEALTH & WELLNESS, FITNESS CENTER

Instructor: Carolyn Hubbard Ongoing T/Th

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

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 Moodi

Ongoing 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 8:30-9:30 am Ongoing Fri

LOCATION MILL CREEK, ANNEX

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

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 Instrutor

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

LOCATION: BOTHELL, STUDIO

Instructor: Natalia von Somoff Certified Essentrics Instructor

1 pm Ongoing

FELDENKRAIS SERIES WITH PATTY BREDICE

Explore movement, posture, and balance through the Feldenkrais Method and Awareness Through Movement. Each month features four sessions focused on a unique theme:

January: Better Balance: Improve stability for facing such obstacles as winter terrain. February: Refine Your Posture: Define and learn how to move your spine for greater comfort and efficiency in your day to day movements. March: Vision, Focus, and Fluid Movement: Integrate your visual system to enhance coordination, balance and ease of action. No Class March 10. All abilities are welcome. Comfortable clothing recommended.

\$60 MEMBER / \$120 NON MEMBER

LOCATION: HEALTH & WELLNESS CENTER, CONFERENCE ROOM

Jan 6-Mar 31 Tue 11 am-Noon

FITNESS CENTER – NORTHSHORE **HEALTH & WELLNESS CENTER**

A welcoming space designed to make exercise enjoyable and accessible for older adults. Features include easy-touse 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

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

9:30-10:30 am W/F

LOCATION: KENMORE

Instructor: Connie Evans

\$32 MEMBER/\$64 NONMEMBER

PER MONTH

Ongoing

Thu

9:30-10:30 am

BEGINNER MAT PILATES

Learn the 5 Basic Principles Start your Pilates journey with confidence using our Beginner Mat Pilates program. Designed for newcomers, this foundational course introduces the 5 essential principles — breathing, concentration, control, precision, and flow — to build strength, flexibility, and body awareness from the ground up.

\$43 MEMBER/\$86 NONMEMBER

PER MONTH

LOCATION: BOTHELL, STUDIO

Studio Instructor: Connie Evans

Ongoing W/F 10:45-11:30 am

LECTURE: MUSCLE AS MEDICINE: THE ESSENTIAL ROLE OF MUSCLE IN LIFELONG HEALTH

Explore how muscle changes with age, why it's vital beyond strength, and practical steps—through safety, exercise, and nutrition—to improve muscle and bone health. This empowering guide shows how strong muscles are key to lifelong vitality.

LOCATION: BOTHELL, ROOM 202

Mar 18 Wed Noon

ONE-ON-ONE MOVEMENT LESSONS WITH PATTY BREDICE

Personalized Feldenkrais-based lessons tailored to your needs—whether it's back pain, joint discomfort, or improving everyday movement. Gain insight into your movement patterns and learn strategies to feel better and move with ease. You will gain valuable insight into the patterns contributing to your challenges as well as strategies for how to experience a higher level of enjoyment in your day-to-day activities. Secure your 45-minute spot today!

PER SESSION

Instructor: Patty Bredice, Feldenkrais Practitioner Jan 7/21, Feb 4/18, Mar 4/18

Session times: 9:30 am, 10:30 am, 11:30 am, or 12:30 pm

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: Candace LaMont and Garrick Chock

M/W 11:30 am-12:30 pm

Pre-assessment Jan 21 (Wed) at 11:30 am, Post-assessment March 25 (Wed) at 11:30 am

SENIOR AEROBICS

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

\$43 MEMBER/\$86 NONMEMBER

PER MONTH

LOCATION: BOTHELL, MULTIPURPOSE ROOM

Certified Instructor: Candace 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: Candace LaMont

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



TAI CHI – BASICS AND FUNDAMENTALS CLASS

This new 8-week course will introduce the curious to tai chi, and will be a fun and easy preparation for the Beginner Classes. Students will learn fundamental positions and simple movements; followed by breathing exercises. This class is ideal to improve strength, flexibility, balance, and stamina.

\$45 MEMBER/\$90 NON MEMBER

LOCATION: BOTHELL, STUDIO

Instructor: Marian Stewart

2/4-3/25 Wed Noon-12:50 pm

TAI CHI - BEGINNER CLASS 1

This popular course continues the Essential Form. (Prerequisite for new students: Tai Chi Basics and Fundamentals: or by permission of the instructor.) 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.

\$32 MEMBER/\$64 NONMEMBER

PER MONTH

LOCATION: BOTHELL, STUDIO

Instructor: Marian Stewart

Ongoing 10:30-11:20 am





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, and Pilates
- 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 vou!
- 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











TAI CHI – BEGINNER CLASS 2

Join at the beginning of the elegant Senior Form (prior Basics and Fundamentals Class is recommended). Learn isolated movements and positions, then connect them into a flowing sequence. It's challenging, motivating, and fun!

\$32 MEMBER/\$64 NONMEMBER

PER MONTH

LOCATION: BOTHELL, STUDIO

Instructor: Marian Stewart 10:30-11:20 am Thu

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 Beginners Class will find it easier to learn this form.

\$32 MEMBER/\$64 NONMEMBER

PFR 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 1:30-2:30 pm Thu

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 tai chi, 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 specific movement, to flow the Qi/Chi (Life Force) within the body for good health. 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.

Level 2* - Ongoing Tue 1-2 pm Level 1 - Ongoing Tue 2:30-3:30 pm

*Level 2 is by permission of the instructor

LOCATION: KENMORE, RHODODENDRON PARK

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

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.



WEIGHT LIFTING 101 WITH ARNY

Join this beginner-friendly introduction to strength training. This class covers proper lifting techniques, safety tips, and simple routines to build confidence and strength. Perfect for anyone looking to start their fitness journey in a supportive environment.

\$32 MEMBER/\$64 NONMEMBER

PER MONTH

LOCATION: HEALTH & WELLNESS FITNESS CENTER

Instructor: Arny A

Ongoing Thu 1 pm



YOGA/PILATES BASIC **BEGINNER CHAIR**

Discover the perfect starting point for your wellness journey with our Yoga/Pilates Basic Beginner Chair — thoughtfully designed to support and inspire every move. Gentle rehabilitation and low-impact workoutsMats and props provided. Bring Water.

\$32 MEMBER/\$64 NONMEMBER

PER MONTH

LOCATION: BOTHELL, STUDIO

Instructor: Connie Evans

2-2:45 pm Ongoing Mon

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

Tue/Thu 10-10:45 am Ongoing

YOGA - BETTER BREATHING WORKSHOP

Discover how breath can be a source of nourishment. relaxation, and emotional balance. This experiential workshop explores the anatomy of breathing and the impact of emotions, illness, and posture on respiratory function. Through gentle myofascial stimulation and mindful movement, you'll learn to unbind the muscles of breath, ease anxiety, and access deep relaxation. Details: include seated, standing, and floor-based practices. Mats and equipment provided (bring your own mat if preferred). Wear snug, comfortable clothing that allows free movement. Min 5/Max 10 participants

\$30 MEMBER/\$60 NONMEMBER

PER MONTH

LOCATION: BOTHELL, STUDIO

Instructor: Tudy Rollo, based on techniques by Jill Miller, author of *Body by Breath*

Jan 3 Sat Feb 7 Sat Mar 7 Sat



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 8:30-9:45 am

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.

LOCATION: KENMORE, RHODODENDRON PARK

Mon-Fri Ongoing 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

9-10:30 am Ongoing

» NEW SPECIAL EVENT PICKLEBALL PLAYER RATING CLASS: KNOW YOUR LEVEL

Curious about your current skill level? This objective rating class evaluates your pickleball abilities based on footwork, decision-making, and in-game execution. Discover where you stand and receive an official ranking to guide your growth. Perfect for players looking to improve, compete, or simply understand their game better. Enroll today and take your play to the next level! \$100

Jan 6-27 Tue 12:15-1:45 pm

PICKLEBALL 1

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

\$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

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

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, MUTIPURPOSE ROOM

Ongoing Thu No Open Play due to Art Show Thurs April 30

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. Limited 20 spots.

PUNCHCARD REQUIRED

LOCATION: BOTHELL, MULTIPURPOSE ROOM

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

LOCATION: KENMORE, RHODODENDRON PARK

Mon-Fri 9 am-3 pm

Court is outside in the park. We have nets, paddles and balls, or bring vour 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

OUTDOOR ACTIVITY

HIKING

Hiking will resume with a general meeting in April 2026. General Meeting: Thursday, April 23, 2026 2-3:30 pm | Dining Room

Join our hiking Group for weekly outdoor adventures in the foothills and mountains. Hikes are moderately challenging, typically 5–8 miles round trip with elevation

gains between 300 and 2000 feet. This is not a walking club—expect rocky trails and varied terrain. 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 Mon

Note waivers will need to be signed to participate

Email: nsschikers@gmail.com

NATURE WALKING WITH eBIRD

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

FREE TO MEMBER/\$10 NONMEMBER

PER MONTH

LOCATION: MILL CREEK

10-11 am Ongoing

LOCATION: KENMORE (425-489-0707)

10-11 am (self-directed) Ongoing Tue

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

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

DAY TRIPS - TRAVEL24	NORTHSHORE RED HAT FOXY LADIES	23
DRUM CIRCLE21	NORTHSHORE VARIETY SHOW AND BAND	22
EVENING TRIP	OVERNIGHT TRIP TO VICTORIA, BC	24
FISHING CLUB18	PANCAKE BREAKFAST	19
GAMES	PINOCHLE	21
GUITAR CLUB21	QUILT CLUB	18
HAND AND FOOT20	RAINBOW PRIDE COFFEE HOUR	22
HAPPY HOUR	ROCK PAINTING CLUB	18
INDIAN AMERICAN COMMUNITY SERVICES19	RUSSIAN LANGUAGE PROGRAMMING	19
JEWELRY CLUB18	SEWING: IN STITCHES	19
KARAOKE NIGHT AT BOTHELL — PAIRED WITH HAPPY	SHARING AND CARING	23
HOUR!21	SOCIAL	22
KARAOKE WEDNESDAYS21	SPECIAL FLY FISHING / CASTING CLASS	18
KENMORE BACKGAMMON SOCIAL CLUB19	TALK TUESDAYS	23
KENMORE GUITAR CONNECTION	THE LUNCH BUNCH	24
KNIT WITS CLUB18	TRAVEL CLUB	25
MAHJONG21	TRIVIA IS BACK!	2
MEN'S COFFEE GROUP22		
MEN'S CONVERSATION CAFE	WOMEN'S COFFEE GROUP	22
MEN'S SOCIAL GROUP		
MOVIES ON MONDAY MORNING19		
MUSIC21		
MUSIC FOR FUN22		
	DRUM CIRCLE .21 EVENING TRIP .25 FISHING CLUB .18 GAMES .20 GUITAR CLUB .21 HAND AND FOOT .20 HAPPY HOUR .23 INDIAN AMERICAN COMMUNITY SERVICES .19 JEWELRY CLUB .18 KARAOKE NIGHT AT BOTHELL — PAIRED WITH HAPPY HOUR! .21 KARAOKE WEDNESDAYS .21 KENMORE BACKGAMMON SOCIAL CLUB .19 KENMORE GUITAR CONNECTION .22 KNIT WITS CLUB .18 MAHJONG .21 MEN'S COFFEE GROUP .22 MEN'S CONVERSATION CAFE .23 MEN'S SOCIAL GROUP .23 MOVIES ON MONDAY MORNING .19 MUSIC .21	DRUM CIRCLE

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!

ANTIOUES CLUB

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

LOCATION: BOTHELL, ROOM 202

Leader: Ellen Carnwath, 425-823-6420

2nd Wed 10 am-Noon

- » Jan 14 Boxes, Boxes, Boxes: Silver, glass, paper, wood, ceramic, fabric. Let's explore this essential form with its countless uses.
- » Feb 11 Time For FUN!: Toys, dice, games and game boards, sports equipment and related clothing, misc play things.
- » Mar 11 Classic blue and white: A timeless combination enjoyed globally. Bring what you have and we'll marvel at the variety of its applications.

BOOK CLUB

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

LOCATION: BOTHELL, ROOM 205

2nd Tue 1-2:30 pm Ongoing

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

2nd Mon Ongoing 1-2:30 pm

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

LOCATION: MILL CREEK

Facilitator: Molly K Barry

Ongoing 4th Thu Noon-1 pm

Jan Gator Country: Deception, Danger and Alligators in the Everglades by Rebecca Renner

Sisters of the Lost Nation by Nick Medin

Mar Dinners with Ruth by Nina Totenberg

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.

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

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.

LOCATION: BOTHELL, ROOM 202

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

» SPECIAL FLY FISHING / CASTING CLASS

LOCATION: BOTHELL, MULTIPURPOSE ROOM

Tue

11:15 am-12:55 pm lan 12 Mon

JEWELRY CLUB

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

LOCATION: BOTHELL, ROOM 103

12:30-3:30 pm Ongoing 2nd Mon

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 9:30-11 am Tue

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

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. To help the facilitator with planning, please call ahead to reserve your spot.

FREE

LOCATION: MILL CREEK

Ongoing 2nd Fri

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.

LOCATION: KENMORE

Ongoing

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 REOUIRED

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

Noon-12:30 pm Lunch

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!

FRFF

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

KENMORE BACKGAMMON SOCIAL CLUB

Join us once a month at Kenmore City Hall for an evening of fun while learning the game of Backgammon. Fundamentals, board set-up and basic rules will be taught. Beginners and seasoned players welcome. Open to adults of all ages. Backgammon is a great way to connect with community and meet some new friends. Game boards provided, or bring your own. Call 425.489.0707 to sign up, or just drop in.

LOCATION: KENMORE CITY HALL, 18120 68TH AVE NE 98028

Jan 13	Tue	6:30-8:30 pm
Feb 10	Tue	6:30-8:30 pm
Mar 10	Tue	6:30-8:30 pm

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.

LOCATION: BOTHELL, ROOM 202

Facilitated by JFS

Ongoing 10 am-2:30 pm Mon

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

2nd Mon 9-10:30 am Ongoing

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

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.

PER PACKET

LOCATION: BOTHELL, ROOM 202/203

First Sat of Month 12:30-2:30 pm Ongoing Wed 4-6 pm 10 am-Noon 0ct 4 Sat

LOCATION: MILL CREEK

Ongoing 1st Sat 11 am-1 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

CRIBBAGE

Beginning and experienced players welcome.

PUNCHCARD REQUIRED

SEE PAGE 4

LOCATION: BOTHELL, ROOM 203

Leader: Ernest Meza; 425-785-9046

Fri Ongoing 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

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.

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

PINOCHLE

Anv 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

MUSIC

DRUM CIRCLE

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

FRFF

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 quitar, but all music enthusiasts are welcome.

FREE

LOCATION: BOTHELL, ROOM 205

Leader: William Wiselogle

Wed 2:30-4 pm Ongoing

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

- BROUGHT TO YOU BY CREEKSIDE SENIOR LIVING

Facilitator: Marylen & Jun

Feb 11 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

TRIVIA IS BACK AT BOTHELL

Sharpen your wits and join the fun — our popular trivia sessions have returned! Get ready for laughs, learning, and lively competition.

FREE

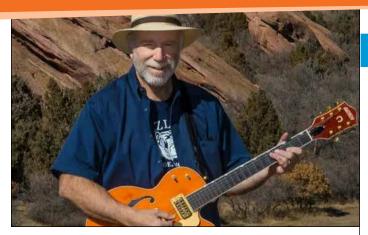
LOCATION: BOTHELL, ROOM 205

3rd Thu 10 am

Facilitator: Jill D

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 vour voice!

FRFF

LOCATION: MILL CREEK

1-2:30 pm Ongoing Mon

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 backup), 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. Outings and meet-ups are sometimes planned to extend the experience beyond our walls and deepen the sense of community.

LOCATION: BOTHELL, 205

Facilitator: Lori Jensen Thu 1-3 pm

COFFEE SOCIALS

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

FREE

» MEN'S COFFEE GROUP

LOCATION: MILL CREEK

2nd & 4th Fri 10 am-Noon Ongoing

» WOMEN'S COFFEE GROUP

LOCATION: MILL CREEK

11 am-1 pm Ongoing Thu

LOCATION: PETERKIRK COMMUNITY CENTER

Facilitator: Cassidy Stout, MSW; 425-286-1072;

cassidys@mynorthshore.org

Ongoing 10-11 am

No meeting Jan 19 and Feb 16

» RAINBOW PRIDE COFFEE HOUR

LOCATION: PETERKIRK COMMUNITY CENTER

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

CEO COFFEE CHAT

CEO COFFEE CTIAL

Brewing insights one chat at a time: an informal weekly conversation on a variety of topics and fresh ideas. Each session with include a presentation with NSC's CEO, Nathan Phillips, and time for Q&A. See the Navigator for specific topics and locations.

FREE

LOCATION: VARIES

Ongoing Thu 1:30 pm Starts Jan 8

Please register in advance.

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.

LOCATION: BOTHELL, ROOM 103

Facilitator: Joyce Stone, 352-455-8875 Thu 1-2:30 pm Ongoing No meetings the last Thursday of each month

CONVERSATION CAFÉ GROUPS FREE

LOCATION: BOTHELL, ROOM 104

1:30-2:30 pm No meeting Jan 19 and Feb 16

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

Wed 4-7 pm Ongoing

Featuring live music by Uncle Barnaby! 2nd Wednesday of every month (Jan 14, Feb 18, March 11)

MEN'S CONVERSATION CAFE

FREE

LOCATION: VIRTUAL

1st and 3rd Wed 11 am-Noon For details, contact John Rynd 425.308.4613

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 FOXY LADIES

Join in the excitement and friendliness of our Red Hat chapter. Fun excursions, lunches, parties, etc. 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

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

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.

LOCATION: BOTHELL, ROOM 205

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

Wed 1-2 pm

DAY TRIPS - TRAVEL

DAY TRIP: SEATTLE CHOCOLATE FACTORY TOUR

Step into our Magical Chocolate Factory, Enjoy chocolate pairings, exclusive sales, and unforgettable experiences in the sweetest spot in Seattle. Tour Highlights (60-75 minutes): Company history & cacao education ,Behindthe-scenes peek at the factory, Blind taste test of 6 Seattle Chocolate products. Accessibility Note:The tour takes place on a mezzanine 10 feet above ground, accessible by ~12 steps. There is no elevator. While ADA accommodations are available, we can only host one ADA guest per tour due to staffing.

\$30/PERSON

Facilitator: Shelley D

Feb 13 Fri 9 am-2 pm

OVERNIGHT TRIP TO VICTORIA, BC

Experience the charm of Victoria on this guided overnight getaway, March 26-27, 2026. Travel via the Victoria Clipper and stay at the elegant Hotel Grand Pacific. Optional activities include a private city tour, a visit to Butchart Gardens, and downtown shopping. MUST HAVE 20 people for the Group discount and sign up prior to February 20. Passport required: Must be valid through September 27, 2026. Group discount: Minimum of 20 participants needed by February 27

\$250 PER PERSON (FARE + LODGING, DOUBLE OCCUPANCY)

Facilitators: Shervl Ricker

Dapart Mar 26 8 am from Seattle (check-in by 7AM) 5 pm from Victoria, arriving Seattle ~7:45 pm Return Mar 27 Meals not included. Hotel costs based on double occupancy.

DAY TRIP: METROPOLITAN OPERA AT REGAL CINEMA NORTHGATE

Live streamed production of world famous operas straight from the Met! Self pay lunch at Red Robin afterwards. Leaves from Kenmore Rhododendron Park. Limit 9.

\$40 MEMBER/\$80 NONMEMBER

Mar 21 Sat 9:30 am-2 pm

"Tristan & Isolde" by R. Wagner

DAY TRIP: BURKE MUSEUM ON UW CAMPUS

We'll enjoy the exhibits including Northwest Coast Native Weaving and lots more at the beautiful Burke. Self-pay lunch at U Village afterwards. Limit 9. Van leaves from Kenmore Rhododendron Park.

\$30 MEMBER/\$60 NONMEMBER

Feb 5 Thu 10 am-2 pm

DAY TRIP: QUILT SHOW @ EVERGREEN FAIRGROUNDS

It's the annual Quilters Anonymous exhibition featuring incredible guilts and textile arts from local creators. Self-pay lunch on the Fairgrounds. Limit 9. Van leaves from Rhododendron Park in Kenmore.

\$30 MEMBERS/\$60 NONMEMBERS (INCLUDES ADMISSION)

9:30 am-2 pm March 14 Sat

THE LUNCH BUNCH

We'll visit a different restaurant every month for some good food, socializing and to beat the winter blues. Each person pays for their own lunch. All are welcome, please call before each outing to sign up so we can get a head count and inform the restaurant. 425,489,0707.

Historic TAI TUNG in Chinatown

Van available for this trip, \$15 per person for the roundtrip ride. (call to reserve) Leaves from Rhododendron Park in Kenmore

Jan 13 Tue 11 am-3 pm

GRAZIE Italian

23207 Bothell Everett Hwy. Meet at restaurant. Feb 10 Tue 11:30 am-2 pm

PASION TEQUILA Mexican

19103 Bothell Way NE. Meet at restaurant.

Mar 10 11:30 am-2 pm

DAY TRIP: QUIL CEDA CASINO

For an afternoon of fun, the Tulalip Casino bus will pick you up and drop you off at the Northshore Senior Center. A volunteer from NSC will accompany you on the trip. Bothell Limit 32, Mill Creek 14 (Minimum of 6 must sign up).

Jan 22	Thu	9:30-3 pm
Feb 26	Thu	9:30-3 pm
Mar26	Thu	9:30-3 pm

EVENING TRIP

Join Rick Steves as he shares stories from his memoir "On the Hippie Trail". Hear his perspective on the benefits of travelling as a means to cultivate a global perspective and to foster personal growth. Van leaves from Kenmore in Rhododendron Park. Limit 8.

\$10 MEMBER/\$20 NONMEMBER

LOCATION: EDMONDS CENTER FOR THE ARTS

Jan 22 Thu 6-8 pm





DAY TRIP GUIDELINES:

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

TRAVEL CLUB

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 205

Lead: Nancy O Malley and Sheryl Ricker 3rd Fri 10 am-11 am Ongoing

HEALTH AND NUTRITION

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

COMMUNITY DINING AT BOTHELL	26	FOOD PROGRAMS	26	LIVING BETTER WITH DIABETES2
COMMUNITY PRESENTATION ON		HEALTH AND WELLNESS EDUCATION	27	MEALS-ON-WHEELS
KIDNEY HEALTH		LECTURE: WINTER WELLNESS & FALL		MOOD FOOD: WHY WOMEN EAT CHOCOLATE2
FOOD PANTRIFS	26	PREVENTION	27	

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

LOCATION: KENMORE

2nd and 4th Wed of every month 12:30-2 pm



This season, we're turning up the joy and making spirits bright.

From our signature program, PrimeFit Wellness, to a community calendar filled with opportunities for social engagement, our residents enjoy senior care that meets them where they are and gets them where they want to be.

Because aging doesn't mean changing who you are. It means having more time to be exactly who you are.

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



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

WOODLAND TERRACE



(O, 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. For information about Sound Generations Meals on Wheels program visit www. soundgenerations.org or call 206-448-5767.

SUGGESTED DONATION OF \$6 EACH MEAL

LOCATION: BOTHELL

HEALTH AND WELLNESS EDUCATION

COMMUNITY PRESENTATION ON KIDNEY HEALTH

Learn about kidney health and healthy eating at a free community presentation from Puget Sound Kidney Centers. Kidney Health (45 minutes): You will learn kidney basics: how your kidneys work, what they need to stay healthy, and practical tips and tools to keep your kidneys working well. You will also learn what steps you can take to slow down kidney disease. Kidney-Friendly Diet (45 minutes): Taught by a renal dietitian, you will learn nutrition basics for kidney health: what foods are good for the kidneys, how to shop for and cook kidneyhealthy foods, and tips for eating healthy if you have chronic kidney disease.

FREE

LOCATION: BOTHELL, ROOM 202

Mar 11 1-2:30 pm Wed

Facilitator: Lydia Barnsley, LPN

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

LECTURE: WINTER WELLNESS & FALL PREVENTION

Stay steady this season. Join King County Emergency Medical Services One Step Ahead Fall Prevention program for an informative Fall Prevention educational session. Learn simple, evidence-based strategies to reduce fall risk and stay safe this winter. Presented by King County EMS One Step Ahead Fall Prevention Program, Register at desk.

TIVEL		
LOCATION: KENMO	RE	
Jan 8	Thu	11 am
LOCATION: BOTHEL	L, ROOM 202	
Jan 15	Thu	12:30 pm

LIVING BETTER WITH DIABETES

Take charge of your health with this 6-week Diabetes Self-Management Program developed by Stanford University. Learn practical skills to manage blood sugar, medications, and symptoms, while gaining support and strategies to improve communication, reduce stress, and enjoy daily life with confidence.

LOCATION: PETER KIRK COMMUNITY CENTER

Jan 16-Feb 20 Fri 1-3:30 pm

Facilitators: Lydia Barnsley, LPN and Janet Zielasko, MS, LSW Pre-registration is required. To register for this program, call 425-587-3360.

MOOD FOOD: WHY WOMEN EAT CHOCOLATE

Chocolate and a good mood often go hand in hand! Join us for a fun look at the connection between food and feelings. We'll talk about why cravings happen, how certain nutrients affect our emotions, and how to make mindful choices that lift both body and spirit. A sweet session you won't want to miss! Contact Community Health Education for registration 425-544-0050

FREE

LOCATION: BOTHELL, ROOM 205

Feh 12 10-11 am

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

Wed 12:30-3:30 pm Ongoing

ART FOR FUN

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

\$5 MEMBERS/\$10 NONMEMBERS

PER MONTH

LOCATION: MILL CREEK

Ongoing 1st & 3rd 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



CANDLE IN A TEACUP **WORKSHOP**

Bring your own teacups (2) and we'll turn them into unique candles. Our instructor will demonstrate the entire process to facilitate this hands-on experience. Participants will leave with candles to use in your home or give as gifts. Just in time for Valentines Day! All supplies and instruction provided. Extra teacups will be on hand if needed.

\$25 MEMBER/\$50 NONMEMBER

LOCATION: KENMORE

Instructor: Marcela Carson

Feh 4 Wed 12:30-2:30 pm

FRIDAY FUN: 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.

\$20 MEMBER/\$40 NONMEMBER PER MONTH

LOCATION: KENMORE Instructor: Gretchen Davey

Jan 2 & 16 1-3 pm Feb 6 & 20 Fri 1-3 pm Mar 6 & 20 Fri 1-3 pm

CERAMICS - BEGINNING

If you always wanted to try to create objects with clay, join us for fun and camaraderie. Various techniques and project ideas will be demonstrated. Supplies and firing are included in the fee. Bring your own tools or use ours.

\$35 MEMBER/\$70 NONMEMBER

PER MONTH

LOCATION: BOTHELL, ROOM 103

Instructor: Katherine Davidow-Lucas

Ongoing Wed 9:30-11:30 am

CERAMICS OPEN STUDIO

Join 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

9:30-11:30 am Ongoing Mon

COLORED PENCIL - BEGINNING/ INTERMEDIATE

Whether you are an absolute beginner or an experienced artist wanting to learn colored pencil techniques, this class offers something for you. The class offers a range of activities, from projects that incorporate basic colored pencil techniques to assistance with individual projects. We will explore various surfaces and art materials that work well with colored pencils. Some materials and tools are available for students to use during class, but continuing students should provide their own pencils.

\$35 MEMBER/\$70 NONMEMBER

LOCATION: BOTHELL, ROOM 104

Instructor: Rhonda Gardner

Ongoing 10 am-12:30 pm

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

Thu 11 am-2 pm *No Class 1/1* Ongoing

CRAFTING WITH ACRYLIC PAINT

ioin our fun group as we create artful designs with acrylic paint onto craft items. No experience is necessary, beginners encouraged. Instructor offers guidance in painting giftable projects.

\$35 MEMBER/\$70 NONMEMBER

LOCATION: BOTHELL, ROOM 103

Instructor: Diana Bustos

9-11 am **No class 1/1** Ongoing Thu

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 1-3 pm Please call 425-489-0707 to register.

DRIFTWOOD SCULPTURE

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

\$10 MEMBER/\$20 NONMEMBER

PER CLASS

LOCATION: BOTHELL, ROOM 104

Instructor: Julie Wina

Ongoing Wed 6-8:30 pm

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

LOCATION: BOTHELL, ROOM 104

Instructor: Alice Shuler: 425-485-1221

8:30-10:30 am Thu Ongoing Ongoing Thu 2:30-4:30 pm

LOCATION: KENMORE

Instructor: Susan Watts: 858-437-3466

Ongoing Tue 10 am-Noon



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.

LOCATION: KENMORE

\$35 MEMBER/\$70 NONMEMBER

Instructor: Susie Krost

Feb 6-27 Fri Noon-3 pm 4 sessions

» MONTHLY MIXED MEDIA

\$10 MEMBER/\$20 NONMEMBER PER SESSION

Instructors: KC and Carla

Jan 30/Feb 27/Mar 27 Fri 3 sessions 1-3 pm



WATERCOLOR

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

\$35 MEMBER/\$70 NONMEMBER

PER MONTH

LOCATION: BOTHELL, ROOM 104

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

Ongoing Mon 10 am-1 pm Ongoing Fri 10 am-1 pm

Instructor: Kimberly Smith

Ongoing 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.

10 am-Noon Ongoing Wed



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

LOCATION: BOTHELL, ROOM 104

Instructor Sue Taylor

Fri 9-11 am

LANGUAGES



FRENCH CONVERSATION **GROUP**

Practice your French in a relaxed, friendly setting. Join us to build confidence, improve fluency, and enjoy lively discussions en français. All levels welcome!

LOCATION: BOTHELL, ROOM 103

Facilitator Katherine Davidow-Lucas Ongoing 1st/3rd M 1 pm

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

Feb 4-25 Wed 10 am-Noon

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

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

10 am-Noon Friday

WOMEN'S WRITING CLASS

A nurturing and supportive women's writer's class where all types of expressive writing are encouraged, including poetry, memoir, short story, novel, and even screenplay.

LOCATION: BOTHELL, ROOM 205

Facilitator: Laura Kathrvn 206-979-5259

Fri 11 am-1 pm

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

Tue 3-4 pm Ongoing

LECTURE "BEYOND 'WAIT AND SEE' » SCIENCE-BACKED SOLUTIONS FOR COGNITIVE HEALTH"

Join us for an engaging and informative presentation on the latest science behind maintaining and building cognitive reserve - your brain's ability to adapt and stay resilient as you age. What You'll Learn: Understanding Cognitive Reserve: What it is, why it matters, Evidence-Based Cognitive Interventions: Discover non-drug approaches like cognitive rehabilitation, stimulation, and training - backed by hundreds of clinical trials - that you may not have heard about Learn why these proven therapies haven't been widely available until now, and how Al technology is changing that Real Stories, Real Impact: Hear from families who are experiencing the benefits of personalized cognitive care Whether you're proactively focused on brain health or supporting a loved one, this session will provide valuable insights and actionable knowledge. Q&A to follow. Limit 25.

LOCATION: BOTHELL, ROOM 2053

Presented by: NewDays

Jan 14 10 am



LEARNING TECHNOLOGY

Join us for a series of informative classes about the internet and AI in the all new H&W Learning Lab. We encourage parking in large lot and walking over the sky bridge

FREE

LOCATION: HEALTH & WELLNESS LEARNING LAB

Facilitators: Rajat Oberoi and Vivek Singh

Protecting Your Personal Information Online

Jan 6 Tue 10-11:30 am

Finding Information Online

Jan 8 10 am

Intro to Al

lan 13 Tue 10 am

Intro to Chatting with Al

Jan 15 Thu 10 am

AI & Disinformation

Feb 3 / Mar 3 10 am

Al Image Generator

Feb 5 / Mar 5 10 am

Al Voice and Video Generator

Feb 10 / Mar 10 Tue 10 am

Understanding Fraud and Scams

Feb 12 / Mar 12 Thu 10 am

1ST SATURDAY OF THE MONTH

Tech problems? Do you want to learn new things in the digital world? 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, FRONT LOBBY

Ongoing 1st Sat 9-11 am

SPECIAL INTEREST

THE 101S OF GENDER AND SEXUALITY: **AN LGBTQ+ WORKSHOP**

This GenPride training is a great introduction to anyone looking to solidify their understanding of core LGBTQIA2S+ concepts and how LGBTQIA2S+ elders are impacted by discrimination in communities. The training will include the LGBTQIA2S+ senior experience, foundational concepts around gender & sexuality, how gender diversity shows up globally, and pronoun use. Please bring an open mind and any questions you may have.

FRFF

LOCATION: BOTHELL, ROOM 202

Presenter: Pamela Nassar Altabcharani, GenPride Outreach & Education Coordinator

Mar 19 Wed 10-11:30 am

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

ASTRONOMY

Join us as we explore the "last frontier" through NOVA and Great Courses videos followed by spirited discussion among group members. No astronomy background necessary just an interest in our galaxy and those beyond. FREE TO MEMBER/\$10 NONMEMBER **PER MONTH**

LOCATION: BOTHELL, ROOM 205

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

COOKIE DECORATING - VALENTINES

Celebrate the sweetest month of the year with a hands-on cookie decorating class led by Amy! Perfect for Valentine's Day, Galentine's gatherings, or simply sharing love through homemade treats

LOCATION: BOTHELL, DINING ROOM

Feb 4 Wed 5 pm

COOKING CLASS

Join Chef Shant for a hands-on cooking class where you learn the basics of culinary technique, including the art of making sauces and beyond. Perfect for beginners and food lovers looking to build confidence in the kitchen.

LOCATION: HEALTH WELLNESS BUILDING, ACTIVITY ROOM

\$30 PER PERSON

Feb 21/Mar 21 Sat 11 am-1 pm

DOWNSIZING THE FAMILY HOME

Considering a move? This workshop will help you assess whether it might be time to move, explore different housing options, discuss the emotional challenges of making a move, help you tackle the "stuff" you may have accumulated over the years and finally start to develop a plan for your move. All attendees will be provided a "decluttering" workbook to take home, along with a multitude of other helpful resources.

LOCATION: HEALTH WELLNESS BUILDING, LEARNING LAB

Facilitator: Brooke Knight

Feb 18 Wed 1-2:30 pm

ESTATE PLANNING WORKSHOP/ CREATE A WORRY-FREE PLAN FOR YOU AND YOUR HEIRS

Join us or an Estate Planning workshop led by an attorney, aimed at providing you with essential knowledge on topics such as power of attorney, wills vs. trusts, probate avoidance and long-term care cost. With the goal to help ensure peace of mind for you and your heirs. Bring your questions and learn from this interactive presentation.

FREE

LOCATION: HEALTH WELLNESS BUILDING, 2ND FLOOR

10 am-1:30 am Jan 14 Wed LOCATION: KENMORE

Feb 4 Wed 10:30 am-Noon

LOCATION: MILL CREEK

Mar 9 10 am

FINANCIAL MARKETS **DISCUSSION GROUP**

Track and analyze a model equity portfolio in a weekly, educational setting—no real investments involved. Learn how markets respond to economic conditions. Sign up at the desk

FREE

LOCATION: BOTHELL DINING ROOM

Facilitator: Joe Gazes (retired investment professional) ongoing 2nd/4th W 1:30 pm

Ouestions 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

LOCATION: BOTHELL, ROOM 205

Instructor: Mea Myrick

Ongoing 1-2 pm

IMPACTFUL EMPATHY

Most of us would agree that it is important to have empathy. But do you feel confident in how to practice true empathy that creates real change? Join us for a compelling talk, through the lens of Nelson Madela'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

Jan 16, Feb 20, Mar 20 3rd Fri 10:30 am-Noon

LOCATION: BOTHELL, ROOM 202

Presenter: Izak van Rensburg

Jan 13, Feb 10, Mar 10 2nd Tue 1-2:30 pm

MINDERCISE FOR MEMORY **ENHANCEMENT**

Keep your mind sharp and boost your memory with fun, engaging exercises! This class is designed for seniors and focuses on practical ways to maintain cognitive health and improve daily memory skills. Contact Community Health Education for registration 425-544-0050

FREE

LOCATION: BOTHELL, ROOM 202

Mar 5 10-11 am

MINDFULNESS PRACTICE: LIVING A HAPPIER & HEALTHIER LIFE

Please join us for a 90-minute presentation with a longtime meditation teacher and practitioner, who will share how to meditate, how it works, and how to get past obstacles. Mindfulness practice is cultivating moment-by-moment awareness of breathing, while observing thoughts and feelings without judgment.

LOCATION: PETER KIRK COMMUNITY CENTER

Jan 5 Mon 1-2:30 pm Presenter: Steve Wilhelm, Certified Mindfulness Teacher Pre-registration is required. To register, please call 425-587-3360.

LOCATION: BOTHELL, ROOM 203

Feb 10 10-11:30 am Tue Presenter: Steve Wilhelm, Certified Mindfulness Teacher To register, please contact Cassidy Stout 425-286-1072; cassidys@ mynorthshore.org

MORE THAN JUST WILLS... UNDERSTANDING ESTATE PLANNING

Amber Hunt of Woodinville Law will discuss each component of an estate plan including Wills, Trusts, and Power of Attorney documents as well as explain the probate process and what heirs can expect during an estate administration. Join her to learn more about protecting those who matter most.

FREE

LOCATION: BOTHELL, ROOM 202

Presenter: Amber Hunt, Woodinville Law 10-11:30 am Mar 4 Wed

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

POWERFUL TOOLS FOR CAREGIVERS

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

FREE

LOCATION: BOTHELL, ROOM 203

Feb 5-Mar 12 10 am-Noon Thu Facilitators: Cassidy Stout, MSW & Janet Zielasko, MS, LSW Pre-registration is required. To register, please contact Cassidy Stout 425-286-1072; cassidvs@mvnorthshore.org

PREPAREDNESS KIT

Important Documents & Medical Planning Be ready when it matters most. This essential kit offers practical tools and checklists to help you organize vital personal, medical, and financial documents—including POLST forms, emergency contacts, medication lists, and key legal paperwork. Whether you're planning ahead or preparing for unexpected emergencies, this resource empowers you and your loved ones with clarity, confidence, and peace of mind.

LOCATION: HEALTH & WELLNESS LEARNING LAB

Facilitator Gold Sponsor Chateau Bothell Landing Jan 21 Wed 1 pm

SENIOR LIVING SIMPLIFIED: **KNOW YOUR OPTIONS**

Curious about independent living, assisted living, or memory care? This informative session breaks down the differences between senior living options, the services they offer, and how to determine which might be the best fit—now or in the future. Get answers to your questions, gain clarity, and feel confident planning your next steps at your own pace.

FREE

LOCATION: HEALTH & WELLNESS, LEARNING LAB

Facilitator Chateau Bothell Landing, Gold Sponsor Mar 4 Wed 1-2 pm

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

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

FREE

LOCATION: MILL CREEK

10-11:30 am Feb 10 Tue

Presenter: Georgia Rigler, MSW, LICSW

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

SNOHOMISH COUNTY SENIOR CITIZEN PROPERTY TAX EXEMPTION PROGRAM

Did you know there are NEW, HIGHER income limits for Snohomish county seniors to receive property tax reductions? Could you be eligible for these tax savings? Please join us for this informative presentation where you will learn about eligibility requirements, how the program works, and the application process.

FREE

LOCATION: MILL CREEK

Presenter: Linda Hjelle, Snohomish County Assessor & Team Mar 12 1:30-2:30 pm

Pre-registration required.

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

UNDERSTANDING THE VALUE AND BENEFITS OF SELF COMPASSION

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

FREE

LOCATION: BOTHELL, ROOM 203

lan 27 1-2:30 pm Tue

Presenter: Janet Zielasko MS, LSW

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

janetz@mynorthshore.org

LOCATION: PETER KIRK COMMUNITY CENTER

Feb 23 Mon 1-2:30 pm

Presenter: Janet Zielasko MS, LSW

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

'WELCOME TO MEDICARE' PRESENTATION

During this session, you learn about:

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

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

FRFF

LOCATION: KENMORE

Thu Mar 26 1-3 pm

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



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

A growing portion of the 50+ population is composed of 'solos'...individuals who cannot or choose not to rely on family to help navigate life events & make health decisions. This FREE group will help guide solos to plan for and manage health & well-being decisions and events. Participants will work to create a personal 'backup plan' to make sure you have the help and support when needed!" This is a "hands-on" opportunity, where participants will help select the focus of each meeting and engage in shared problem solving.

LOCATION: PETERKIRK COMMUNITY CENTER

Facilitator: Lydia Barnsley, LPN

Fridays, March 27: April 10 & 24: May 8 & 23, 2026

1-2:30pm

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

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
- » Nursina
- » 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

\$85-\$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.

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.

\$85/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.

\$85/DAY

Call for days 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 wellbeing. 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

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

PERSONAL CONSULTATIONS

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

FREE

BOTHELL (BY APPOINTMENT)

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

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@mynorthhosre.org

WELLNESS NURSE

The nurse provides free health consultation, medication information, and the Enhance®Wellness program.

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

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

Mon-Fri 1-4 pm



EMPLOYMENT MATCHING PROGRAM **MATCHING YOUR SKILLS TO HELP ELDERS IN THE COMMUNITY**

How about signing up for the NSC Employment Matching program and becoming a Service Provider with the program? 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 with various home tasks. The volunteers 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. If you are interested and/or for more information, please call us at 425-286-1028.

LOCATION: BOTHELL, 2ND FLOOR

Mon-Fri 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

4th Mon 9:30-1pm Ongoing

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. 30, 45 or 60 minute sessions available.

LOCATION: HEALTH & WELLNESS, 2ND FLOOR

Massage Therapists: Chaz Hillyard LMT & Lily Corley LMT Call for appointments 425-488-4821

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

Call for appointment 425-488-4821 Tue

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

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



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

Jan 9, Feb 13, Mar 13

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

3rd Tue 9 am-Noon Ongoing Call 425-489-0707 to schedule a 1-hour appointment

LOCATION: MILL CREEK

Advisor: Gayle D

1st & 3rd Wed 9:30 am-12:30 pm *No meeting Jan 1*

Walk-ins welcome, but call appointments recommended. Call SHIBA at

425-290-1276

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 6:30-8 pm 3rd Wed

ALCOHOLICS ANONYMOUS

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

LOCATION: KENMORE, ANNEX

8-9 am Ongoing Sun

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 10:30 am-Noon Note: No meeting Jan 1 1st/3rd Thu

LOCATION: VIRTUAL

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

4th Wed 11 am-Noon

LOCATION: HEALTH & WELLNESS, CONFERENCE ROOM

Facilitator: Kathy Bates BS, GMHS, 425-286-1024

KathyB@mynorthshore.org 2nd Wed 1-2 pm

CHALLENGING FAMILY SITUATIONS DISCUSSION GROUP

This free, peer-led discussion group will focus on challenging/strained relationships with adult children and/or grandchildren. 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 wavs for better understanding, self-care and coping.

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 lvdiab@mvnorthshore.org

2nd Wed 10-11:30 am

For more information, contact Lydia at 425-286-1029 or

lydiab@mynorhthshore.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.





ALL PROGRAMS ON THIS PAGE BELONG TO THE INCLUSION PROGRAM.

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://mvactivecenter.com/#centers/USA.WA.Bothell.

Northshore-Senior-Center

3) New to Inclusion contact: Judi Pirone 425-286-1037 • inclusion@mynorthshore.org

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



JANUARY 5-MARCH 26 SCHEDULE: » MONDAY

» Day Camps: 10 am-2:15 pm

» Karaoke: 1:15-2 pm

» Bowling: 3-4 pm (at Kenmore Lanes)

» TUESDAY

» Basketball:

>> WEDNESDAY

» This and That Variety: 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

ALL PROGRAMS ON THIS PAGE BELONG TO THE INCLUSION PROGRAM.

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 5-6:30 pm Tue

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
Jan 7-Mar 25	Wed	2:30-3:15 pm	

BOWLING

Recreational bowling at Kenmore Lanes. Fee all inclusive \$200 **PER SESSION**

lan 5-Mar 23 Mon

BROADWAY SEATTLE THEATER GROUP

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

\$135			PER SESSION
Jan 7-Feb 25	Wed	4:30-5:30 pm	

CIRCUIT TRAINING

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

\$180			PER SESSION
Jan 8-Mar 26	Thu	2:15-3 pm	

DANCE

Cardio dancing.

\$165 PER SESSION Jan 8-Mar 26 Thu 3:15-4:15 pm

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

DAY CAMP

Register for each day separately.

\$80	ĺ	PER DAY
Jan 5, 12, 26	Mon	10 am- 2:15 pm
Feb 2, 9, 23	Mon	10 am- 2:15 pm
Mar 2, 9, 16, 23	Mon	10 am- 2:15 pm

THIS AND THAT VARIETY

A variety of different fun activities each week. Arts/ crafts games singing and much more

\$180	sirigirig, a	na macii more.	PER SESSION
Jan 7-Mar 25	Wed	1:30-2:15 pm	

GAMES

Join us each week to play some of your favorite games. **PER SESSION** \$180

Jan 5-Mar 26	Thu	1:30-2:15 pm
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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.

\$180		J	PER SESSION
Jan 5-Mar 26	Thu	4:15-5 pm	

KARAOKE

Sing your tavo	rite song	or join in a due	τ.
\$165	_	•	PER SESSION
Jan 5-Mar 23	Mon	1:15-2 pm	

ΜΔΡΤΙΔΙ ΔΡΤς

1417-417-1-47-4			
\$180			
Instructor: Dea	an Churchill		
Jan 7-Mar 25	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
	Thu	12:15-1:15 pm	



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 accesso 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 donación 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



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.

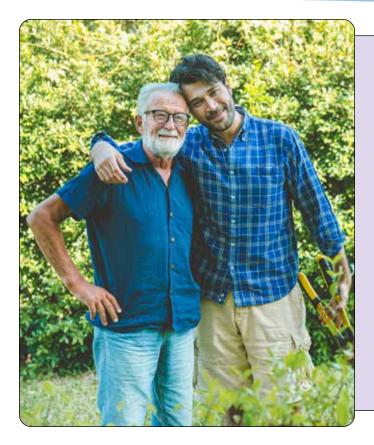
» WHO DO I CONTACT?

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

BENEFITS CHECKUP ONLINE

>> www.BenefitsCheckUp.org

CANCER LIFELINE

» 1-800-255-5505

COMMUNITY LIVING CONNECTIONS

» 1-844-348-5464

CRISIS CLINIC -KING COUNTY

» 206-461-3222 or 866-4-CRISIS

CRISIS HOTLINE -SNOHOMISH COUNTY

>> 1-800-584-3578

DSHS - DEPARTMENT OF SOCIAL AND HUMAN SERVICES

>> DSHS.gov

ELDERCARE LOCATOR

>> 1-800-667-1116

ENERGY ASSISTANCE

» Hopelink, 1-800-348-7144

FOOD BANK AND EMERGENCY ASSISTANCE

>> Hope Link, 425-889-7880

GERIATRIC REGIONAL ASSESSMENT TEAM

>> 206-923-6300

HOUSING FOR SENIORS

>> www.snapforseniors.org

KING COUNTY **VETERAN SERVICES**

>> 1-877-904-VETS (8387)

LEGAL ASSISTANCE

>> Eastside Legal Assistance Program, 425-747-7274

LIFELONG AIDS ALLIANCE

>> 206-329-6923

LOW - VISION INFORMATION AND REFERRAL

» Northwest Lions Foundation 1-800-766-4466 >> Vision USA or www.aoa.

org/visionusa/referral.asp

MEDICARE

>> 1-800-633-4227 or www.medicare.gov

NAMI - NATIONAL ALLIANCE ON MENTAL ILLNESS

>> 425-885-6264

NATIONAL EYE CARE PROJECT

>> 1-800-222-3937

NATIONAL MULTIPLE SCLEROSIS SOCIETY

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

NORTHWEST PARKINSON'S **FOUNDATION**

>> 206-543-5369 or www.pdf.org

OPIOID EDUCATION & ADDICTION RESOURCES

>> snohomishcountywa. gov/3657/Opioids

>> snohomishoverdoseprevention.com

>> kingcounty.gov/overdose

SENIOR HEALTH SPECIALTY CLINIC

» 425-899-6800

SENIOR RIGHTS ASSISTANCE

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

SENIOR SERVICES INFORMATION AND ASSISTANCE -SNOHOMISH COUNTY

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

SOCIAL SECURITY

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

SOUND GENERATIONS PATHWAYS INFORMATION AND ASSISTANCE

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

UW/VA MEMORY WELLNESS PROGRAM

>> 888-291-7316 or 866-638-8813

WASHINGTON INFORMATION NETWORK

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

WILLS, POWER OF ATTORNEY AND MORE

>> Eastside Legal Assistance Program, 425-747-7274

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 elibigle 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.

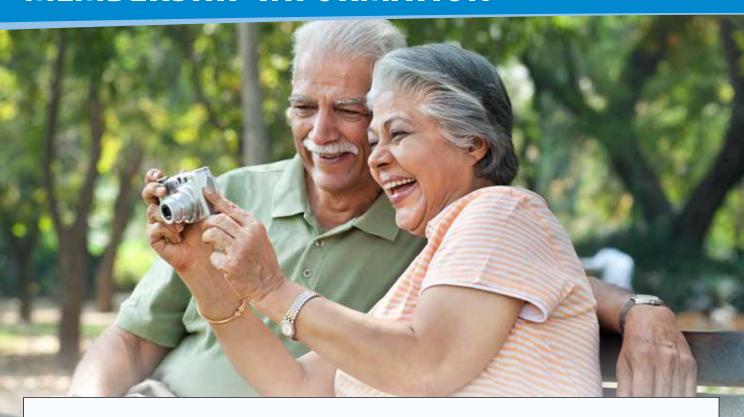
REFUND POLICY

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 NORTHSHORE 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 F 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

		1 /5 1.00			
□ \$48 Single Membership □ \$85 Couple/Dual Membership □ Non-Member Participant (activity fees may be required)			ivity fees may be required)		
\$500 Lifetime Individual N		•	•	ıp	
* Please be aware that ALL M	•	•	*		
☐ Please check if you would		•	•		
☐ Please check if you would	like to pa	y by credit card	when mailing in this for	m	
Please check Home Branch/F	rogram [∃Bothell □Ken	more □Mill Creek □Ti	ransportation	
☐Health & Wellness ☐Inclu	usion (additio	onal forms required)	\square Adult Day Health \square Ot	her	
Please fill out each line of the us Information is kept confidential.					
Today's Date: PRIMARY	USER		SECO	NDARY USER	
Membership: NEW RENE	WAL 🗆 N	EW ADDRESS	Membership: NEW	RENEWAL NE	W ADDRESS
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/Da	y/Year	
//			//		
Phone (H):	Cell:		Phone (H):	Cell:	
Mailing Address (Include Apt #)			Mailing Address (Include	Apt #)	
City, State, Zip		City, State, Zip			
For all			5		
Email:			Email:		
Emergency Contact Person(s):			Emergency Contact Person	on(s):	
Emergency Phone:	elationship	to Member:	Emergency Phone:	Relationshi	p to Member:
Primary User - Signature:			Secondary User - Signatu	ıre:	
Date://		Date://			
By signing this document, I release Northshore Senior Center and a damages of any kind to persons or property that might occur while					

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. 2.	Gender Male Female Other Do you identify as a member of the LGBTQ community? No	1. 2.	Gender Male Female Other Do you identify as a member of the LGBTQ community?		
3.	☐ Yes, Lesbian, Gay, Bisexual, Questioning, Other Marital Status: ☐ Married ☐ Divorced	3.	☐ Yes, Lesbian, Gay, Bisexual, Questioning, Other Marital Status: ☐ Married ☐ Divorced		
	☐ Single ☐ Partnership ☐ Widowed		☐ Single ☐ Partnership ☐ Widowed		
4. 5.	Do you have a disability? ☐ Yes ☐ No Are you homeless or living in a temporary shelter? ☐ Yes ☐ No ☐ Prefer not to answer	4. 5.	Do you have a disability? Yes No Are you homeless or living in a temporary shelter? Yes No Prefer not to answer		
6.	Are you limited in the English language?	6.	Are you limited in the English language?		
7.	☐ Yes ☐ No If yes primary language isAre you a refugee or immigrant?	7.	☐ Yes ☐ No If yes primary language is Are you a refugee or immigrant?		
8.	Yes No Prefer not to answer What is your race? (Check all that apply)	8.	Yes No Prefer not to answer What is your race? (Check all that apply)		
	American Indian or Alaska Native		American Indian or Alaska Native		
	Asian or Asian American		Asian or Asian American		
	Black, African American, African		Black, African American, African		
	☐ Native American or Pacific Islander		☐ Native American or Pacific Islander		
	☐ White/Caucasian		☐ White/Caucasian		
	□ Not Listed / Other		□ Not Listed / Other		
	☐ Prefer Not To Say		☐ Prefer Not To Say		
9.	Unknown What is your ethnicity	9.	☐ Unknown What is your ethnicity		
	☐ Hispanic/Latino ☐ Russian/Ukrainian		☐ Hispanic/Latino ☐ Russian/Ukrainian		
	South Asian Other		South Asian Other		
	☐ Prefer Not To Say ☐ Unknown		☐ Prefer Not To Say ☐ Unknown		
10.	Military Service Yes No	10.	Military Service ☐ Yes ☐ No		
11	Prefer Not To Say Unknown Military Family Status	11	☐ Prefer Not To Say ☐ Unknown Military Family Status		
11.	Self Not Family Member	11.	Self Not Family Member		
	☐ Minor Dependent ☐ Spouse/Partner		☐ Minor Dependent ☐ Spouse/Partner		
	☐ Surviving Spouse/Partner ☐ Other Dependent Adult		☐ Surviving Spouse/Partner ☐ Other Dependent Adult		
12.	Are you interested in volunteering?	12.	Are you interested in volunteering?		
нО	USEHOLD INCOME				
	Person Household \square \$16,031 or less \square \$16,032 - \$26,7	723			
	Person Household \square \$20,963 or less \square \$20,964 - \$34,9				
NC	ORTHSHORE SENIOR CENTER – FOR OFFICE USE OF	NLY.	Updated 4/2021		
Da	te Received://CREDIT CARD CASH		Membership Amount \$ Scholarship Amount \$ Additional Donation Amount \$ Total Amount Received \$		

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OUR VISION:

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

OUR MISSION:

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

