



**SPRING INTO ACTION:
GET INVOLVED, GET
ACTIVE, GET NSC!**

WELCOME

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ON THE COVER



Celebrating the Artwork of Judy Moritz

We're honored to showcase the artwork of Judy Moritz. Judy's creativity and her years of dedication—especially as chair of our Art Show—have left a lasting imprint on our community. Her art reflects the warmth and spirit she brings to NSC every day.

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 gifts 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
- Questions? 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



FLUKE



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.

OFFICIAL HOLIDAY CLOSURES:

- » **Monday, May 25:** Memorial Day
- » **Friday, June 19:** Juneteenth

GATHERING PLACES

PUNCHCARD

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

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

NSC JOURNEYS

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

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



A FITNESS JOURNEY



A SOCIAL JOURNEY



A BRAIN HEALTH JOURNEY



A LIFELONG LEARNING JOURNEY

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

A Fitness Journey

- Enhance Fitness
- Walking Group
- Yoga

FINANCIAL ASSISTANCE

NSC strives to keep program fees low through public support and contributions from donors. If you are experiencing a financial hardship, please see your senior center coordinator about financial assistance.

ONLINE REGISTRATION NOW AVAILABLE!

Change to read: Members can sign up for MyActiveCenter and register for classes online.



» **HERE'S HOW:**

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

Select "JOIN Center."

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

Enter your email and create a password.

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

NEW AND CURRENT MEMBER ORIENTATION

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

LOCATION: BOTHELL, ROOM 203

April 16 Thu 10-11 am

LOCATION: KENMORE

May 21 Thu 10-11 am

LOCATION: MILL CREEK

June 18 Thu 10-11 am

GATHERING PLACES

COFFEE BAR AT BOTHELL

Mon-Fri	8:30-3 pm
Wed Pie	Noon
Wed Happy Hour	4-7 pm
T/Th Soup	11 am-2 pm

COFFEE AT KENMORE AND MILL CREEK

Mon-Fri 9 am-3 pm

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



FINE ARTS SHOW

Enjoy a vibrant showcase of artwork created by NSC art students, featuring an exciting range of media including watercolor, ceramics, colored-pencil drawing, acrylic painting, and driftwood sculpture. The event will also include ongoing demonstrations and hands-on activity tables for visitors of all ages. Select student artwork will be available for purchase.

Instructor artwork will also be on display throughout April in the Fine Arts hallway.

LOCATION: BOTHELL, MULTIPURPOSE ROOM

May 1	Fri	10 am-8 pm
May 2	Sat	8:45 am-3:30 pm

A special performance by the Canyon Creek Elementary 5th grade Marimba Band will take place on Friday, May 1 at 4:30 pm.

FINE ART SHOW SCHEDULE

- » **Mon, Apr 27-Sat, May 2:** Hands-on workshops all week. All proceeds from workshop fees support the art programs offered throughout the Northshore Senior Center network.
- » **Wed, April 29:** Happy Hour 4-7 pm
- » **Fri, May 1:** Evening reception featuring art, live music, wine, and hors d'oeuvres.
- » **Sat, May 2:** Art Show open hours (insert times as needed).

ART SHOW RECEPTION

Everyone is invited to the annual Art Show Reception, sponsored by the Northshore community. Enjoy tasty bites, mingle with friends and neighbors, and celebrate local creativity. Wine and beverages will be available for purchase as you explore the artwork and connect with the artists.

LOCATION: BOTHELL

May 1	Fri	5-8 pm
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ART SHOW WEEK

» MIXED MEDIA FUN

Our facilitators, KC and Carla will provide fun, inspiration and LOTS of different materials for you to create whatever your heart desires! Don't miss this one! All supplies and encouragement provided. Suitable for kids 10yrs and up. Limit 20.

\$25 PER PERSON (FEES SUPPORT NSC ART PROGRAMS)

LOCATION: BOTHELL

Instructors: KC and Carla
 April 27 Mon 6:30-8:30 pm
 Pre-registration required

» SIMPLE STITCHING ON PAPER

Come learn a beautiful technique to turn cardstock and thread into small pieces of art. Great for gift tags, cards, etc. FUN! Suitable for kids 10yrs and up. All supplies included. Limit 20.

\$15 PER PERSON (FEES SUPPORT NSC ART PROGRAMS)

LOCATION: BOTHELL

Instructor: Barb Osborne
 Apr 28 Tue 6:30-8:30 pm
 Pre-registration required

» PAINT ON BISQUE CERAMICS

Come join us for a fun evening painting glaze on bisque items pre-made by our Low Fire Ceramics students. Sample items include plates, bowls, garden gnomes, magnets, tea bag holders, tree ornaments, and jewelry pendants. After you paint your items, we'll kiln fire them and notify you when they're ready to pick up. Suitable for kids 10yrs and up. Limit 20.

\$25 PER PERSON (FEES SUPPORT NSC ART PROGRAMS)

LOCATION: BOTHELL, ROOM 103

Instructor/Facilitators: Katherine Davidow-Lucas and Ceramics Students
 April 29 Wed 5:30-7:30 pm
 Pre-registration required

» SIP & PAINT

Join us as we paint a lovely spring scene using acrylic paints, while enjoying a glass of wine or beverage of your choosing. Guided instruction and all materials provided. Limit 15.

\$50 PER PERSON (FEES SUPPORT NSC ART PROGRAMS)

LOCATION: BOTHELL

Instructor: Kimberly Smith
 April 30 Thu 5:30-8:30 pm
 Pre-registration required

SPECIAL EVENTS

» MANDALA DOT ART ON CD – ACRYLIC MINI-WORKSHOP

Create your own beautiful mandala using acrylic paints and simple dotting techniques on a recycled CD. This project is fun, relaxing, and perfect for beginners—no art experience needed! All supplies and step-by-step instruction are provided. Limit 20.

\$20 PER PERSON

LOCATION: BOTHELL, ROOM 103

Instructor: Diana Bustos

May 1 Fri 4 pm

Stay afterward for the Fine Arts Show Reception at 5 pm!

» PAINT YOUR OWN MAGNET – ACRYLIC MINI-ART WORKSHOP

Create a fun and colorful mini masterpiece while supporting our Bothell Fine Arts Show! In this quick and easy workshop, you'll design and paint your own acrylic magnet—perfect to display or gift. All supplies and instruction provided. No experience needed! Grandchildren age 10+ are FREE. Limit 20.

\$5 SUGGESTED DONATION, SUPPORTS NSC ART PROGRAMS

LOCATION: BOTHELL, ROOM 103

Instructor: Diana Bustos

May 2 Sat 1-3 pm

» ZENTANGLE

Zentangles are pieces of unplanned, abstract, black and white art created from an ensemble of simple patterns called tangles. They are fun and relaxing to create. The process of creating a Zentangle is a form of "artistic meditation". The creativity options and pattern combinations are boundless. And anyone can do it! Suitable for children 10yrs. and up

\$5 SUGGESTED DONATION, SUPPORTS NSC ART PROGRAMS

LOCATION: BOTHELL

Instructor: Kimberly Smith

May 2 Sat 10 am-Noon

OTHER SPECIAL EVENTS

SAVE THE DATE FOR THE WOODINVILLE JULY 4TH 5K

The "Woodinville July 4th 5K" and Kids dash is helping to raise money for the Northshore Senior Center and their Northshore Inclusion Program, which supports individuals with Intellectual Disabilities in our area. Visit runsignup.com/Race/WA/Woodinville/WoodinvilleJulyTh5K for more information.

NEW WINE CLUB

Participants will learn the basics of identifying aromas and flavors of various wines through formal tasting and scent education. Limit 8. Spaces fill quickly. Call 425-489-0707 to sign up.

\$35 MEMBER/\$70 NONMEMBER

LOCATION: KENMORE

Instructor: Marla Rosenberg

May 20

Wed

Noon-2 pm Rose wine varieties

June 17

Wed

1-3 pm White wine varieties

SPARKLING SIP AND PAINT

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

\$25 MEMBER/\$50 NONMEMBER

LOCATION: KENMORE

Instructor: Vasana Monti

May 20

Wed

1-3 pm

Call 425-489-0707 to reserve your spot.

JEWELRY SALE

Browse a selection of jewelry, featuring unique pieces and great gift ideas.

LOCATION: BOTHELL, LOBBY

May 20

Wed

9 am-2 pm

May 21

Thu

9 am-2 pm

EVERGREENHEALTH MOBILE MAMMOGRAPHY COACH

Getting your annual mammogram just got easier! New 3-D mammography / tomosynthesis technology as used in the Breast Health Center Relaxing environment with private changing rooms. Interpreted at EvergreenHealth's Breast Health Center by Radia board-certified breast radiologist. A report is sent to your primary care provider. Annual screening mammograms are recommended for women over age 40. The hassle-free exam is completed in about 20 minutes. Schedule your appointment by calling 425-899-2831. Most health insurance plans cover a screening mammogram. Confirm your coverage and bring your insurance card to your appointment.

LOCATION: BOTHELL

June 12

Fri

8:30 am-3:30 pm

FITNESS AND ACTIVE LIVING

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

BALLROOM DANCE LESSONS	8	INTRODUCTION TO PICKLEBALL	15	STRENGTH & BALANCE	11
BEGINNER MAT PILATES	10	KENMORE OUTDOOR PICKLEBALL COURT	15	TABLE TENNIS	16
BEGINNER PICKLEBALL OPEN PLAY	15	LINE DANCING	8	TAI CHI – BASICS AND FUNDAMENTALS	11
CARDIO DRUMMING	8	MAT PILATES	10	TAI CHI – BEGINNER CLASS 1	11
CHAIR PILATES	8	NATURE WALKING WITH EBIRD	16	TAI CHI – BEGINNER CLASS 2	13
CIRCUIT - FUNCTIONAL FITNESS	9	NET SPORTS	15	TAI CHI – INTERMEDIATE	13
CYCLING CLUB: GOLDEN GEARS:	9	ONE-ON-ONE MOVEMENT LESSON	10	TAI CHI – PRACTICE	13
DANCE	8	OTAGO - BEGINNER LEVEL	10	TAPPING FOR CALM	13
DOUBLES PICKLEBALL LEAGUE – NOW FORMING!	15	OUTDOOR ACTIVITY	16	TONE UP	13
ENHANCE FITNESS	9	PICKLEBALL - OPEN PLAY	16	WALKING GROUP	16
ESSENTRICS® - AGE REVERSING	9	PICKLEBALL - ROUND ROBIN PLAY	15	WEIGHT LIFTING 101 WITH ARMY	14
EXERCISE CLASSES	8	PICKLEBALL 1	15	YOGA - BREATH AND BALANCE	14
FELDENKRAIS SERIES WITH PATTY BREDICE	9	PICKLEBALL 2	15	YOGA - SEATED/STANDING	14
FITNESS CENTER	10	QIGONG	13	YOGA FOR YOU!	14
GENERAL HIKING MEETING	16	SENIOR AEROBICS	11	YOGA/PILATES BASIC BEGINNER CHAIR	14
GOLF GROUP INFORMATIONAL MEETING	16	SPIN CLASS	11	ZUMBA GOLD	14
HIKING	16	START	11		

DANCE

BALLROOM DANCE LESSONS

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

\$15 MEMBER/\$30 NONMEMBER PER CLASS

LOCATION: BOTHELL, MULTIPURPOSE ROOM

Instructor: Celia Boarman

Ongoing Wed 3:30-4:30 pm

LINE DANCING

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

\$32 MEMBER/\$64 NONMEMBER PER MONTH

LOCATION: BOTHELL, MULTIPURPOSE ROOM

Instructor: Candace LaMont

Ongoing Tue 11:15 am-Noon

LOCATION: MILL CREEK

Instructor: Brie Allen

Ongoing Fri 10:30-11:15 am

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 Mon 11:30 am-12:30 pm

LOCATION: MILL CREEK

Instructor: Amy Best

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

LOCATION: BOTHELL, MULTIPURPOSE ROOM

Instructor: Nancy Wilson & Guests

Ongoing Fri 10-11 am

CHAIR PILATES

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

\$32 MEMBER/\$64 MEMBER PER MONTH

LOCATION: KENMORE

Instructor: Connie Evans

Ongoing (starts 4/7) Tue 2-2:45 pm **NEW CLASS**

Ongoing (starts 4/2) Thu 11-11:45 am

FITNESS AND ACTIVE LIVING

CIRCUIT - FUNCTIONAL FITNESS

This full-body workout incorporates a variety of equipment to keep you moving and fit. You'll engage in strength training, balance work, and stretching—all designed to enhance overall fitness. This class requires participants to stand and move independently. Limit 9

\$45 MEMBER/\$88 NONMEMBER PER MONTH

LOCATION: HEALTH & WELLNESS, FITNESS CENTER

Instructor: Pedro Kuhn

Ongoing	T/Th	8:30-9:30 am
Ongoing	T/Th	9:45-10:45 am
Ongoing	T/Th	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. Call for details 425-979-6991

FREE TO MEMBER / \$10 NONMEMBER

Instructor: Mike Moodi

Ongoing	Wed	10-11:45 am
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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. A focused workout combining cardio, strength, flexibility, and balance training, with chairs and fitness equipment provided to support all levels of fitness and stability with modifications as needed,

\$30 MEMBER/\$60 NONMEMBER PER MONTH

LOCATION: BOTHELL, MULTIPURPOSE ROOM

Instructor: Certified Instructor, Carolyn Hubbard

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

LOCATION MILL CREEK, ANNEX

Instructors: Suzanne Meyers-Hubner & Pam Jacobs

Ongoing	M/W	10-11 am
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ESSENTRICS® - AGE REVERSING

As seen on PBS, this class uses your full body to restore movement in your joints, flexibility in your muscles, relieve pain, and rebalance your body. It's effective for mobility, strength, toning, balance, posture, range of motion, preventing falls and using your brain. Bring a yoga mat, towel, and strap. All levels welcome.

\$60 MEMBER/\$120 NONMEMBER PER MONTH

LOCATION: BOTHELL, STUDIO

Instructor: Natalia von Somoff, Certified Essentrics Instructor

Ongoing	Wed	4:30-5:30 pm
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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:

April 7 and 14: FREE Awareness Through Movement lessons for beginners and experienced. **May:** Jaw: A source of tension, pain, and anxiety in your head, neck, shoulders, and back. Learn how to unwind this web of symptoms for better movement and quality of life.

June: Breathing: Breathe better and feel better! Better breathing can improve posture, enhance function, and influence a more neurological harmonious state. All abilities are welcome. Comfortable clothing recommended.

\$60 MEMBER / \$120 NON MEMBER

LOCATION: HEALTH & WELLNESS CENTER, CONFERENCE ROOM

Apr 7-14	Tue	11 am-Noon No class June 16
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FITNESS AND ACTIVE LIVING

FITNESS CENTER – NORTHSORE HEALTH & WELLNESS CENTER

A welcoming space designed to make exercise enjoyable and accessible for older adults. Features include easy-to-use cardio and strength equipment—treadmills, ellipticals, recumbent and arm cycles, free weights, benches, mats, and spinning bikes. Receive a personalized workout plan from our Exercise Specialist to support your fitness goals safely and effectively on Monday, Wednesday, Friday. 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 W/F 9:30-10:30 am

LOCATION: KENMORE

Instructor: Connie Evans

\$32 MEMBER/\$64 NONMEMBER

PER MONTH

Ongoing Thu 9:30-10:30 am

NEW 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



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!

\$40

PER SESSION

LOCATION: BOTHELL

Instructor: Patty Bredice, Feldenkrais Practitioner

Apr 1/15, May 6/20, June 3/24 Wed

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 Apr 15 (Wed) at 11:30 am, Post-assessment June 17 (Wed) at 11:30 am

FITNESS AND ACTIVE LIVING

SENIOR AEROBICS

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

\$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 Moody, for questions contact him at 425-979-6991

Ongoing Tue 3-3:45 pm

Class resumes May - No April



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

Instructors: Frank Mateo & Carolyn Hubbard

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 24, 2026 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 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, as well as breathing exercises. This class is ideal to improve strength, flexibility, balance, and stamina.

\$45 MEMBER/\$90 NON MEMBER

LOCATION: BOTHELL, STUDIO

Instructor: Marian Stewart

May 6-Jun 24 Wed Noon-12:50 pm

TAI CHI - BEGINNER CLASS 1

This popular course will study the Essential or Senior Forms. (Recommended: Basics and Fundamentals or prior experience.) 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 Tue 10:30-11:20 am

FITNESS AND ACTIVE LIVING



SHAPE UP! 50+

For a Healthy Independent Lifestyle

- Fitness, Fun, and Friends
- Your local community center is offering group exercise classes for seniors- Zumba Gold, Yoga, Line Dancing, Enhance Fitness, 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 you!
- Bring a friend and receive \$10 off your next fitness class

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

Bring this coupon to Northshore Senior Center to receive a **\$10 discount** on any group fitness class (expires **Dec. 15, 2026**). To receive the discount, participants must:

- Be new to the exercise class
- Returning participants registering for a new class
- OR have not taken a class in the last three months

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

Public Health 
Seattle & King County


Northshore
Senior Center



Coupon has no dollar value and cannot be redeemed for cash

FITNESS AND ACTIVE LIVING

NEW

TAI CHI – BEGINNER CLASS 2

This class will continue study of the elegant Senior Form. (Prerequisite for new students: Basics and Fundamentals Class or by permission from the instructor). 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

Ongoing Thu 10:30-11:20 am

TAI CHI - INTERMEDIATE

This ongoing class focuses on the entire Traditional Hand Form; refinement details will be added to the basic instruction and students will gain a deeper understanding of tai chi movement and principles. Participants who have attended the Beginner Class will find it easier to learn this form.

\$32 MEMBER/\$64 NONMEMBER PER MONTH

LOCATION: BOTHELL, STUDIO

Instructor: Marian Stewart

Ongoing Tue 11:30 am-12:30 pm

LOCATION: MILL CREEK, NORTH CREEK PRESBYTERIAN CHURCH

Certified Instructor: Mike Lucero

Ongoing Thu 1:30-2:30 pm

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

TAI CHI - PRACTICE

An open tai chi workshop that is highly recommended for those who want to improve their 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

NEW

TAPPING FOR CALM: EFT BASICS FOR BEGINNERS

Discover Emotional Freedom Techniques (EFT) in a gentle, beginner-friendly session. Learn the tapping points, practice a simple set-up phrase, check your emotional comfort before and after a round—so you leave feeling better than when you started. Great technique for your well-being toolbox! Limit 12.

\$10 MEMBER/\$20 NONMEMBER PER SESSION

LOCATION: KENMORE

Instructor: Elaine Ebersole

April 1	Wed	1-3 pm
May 6	Wed	1-3 pm
June 3	Wed	1-3 pm

QIGONG

Pronounced Chee Kung. An ancient Chinese practice integrating breathing, posture, and focus with movements to flow Qi (Life Force) for good health.

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.

Ongoing Wed 11 am-12:15 pm

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

TONE UP

Feel more alive and energetic after stretching, exercising, and toning up your muscles. Emphasis on gentle exercises to help flexibility and balance. Learn exercises that you can do at home in between classes. Simple, fun and healthy. All levels welcome.

\$32 MEMBER/\$64 NONMEMBER PER MONTH

LOCATION: KENMORE

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

Ongoing Mon 10:30-11:30 am

Call 425-489-0707 to sign up.

FITNESS AND ACTIVE LIVING

NEW

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. Limit 6

\$32 MEMBER/\$64 NONMEMBER PER MONTH

LOCATION: HEALTH & WELLNESS FITNESS CENTER

Instructor: Arny A

Ongoing Thu 12:15-1:15 pm

NEW

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 workouts. Mats and props provided. Bring Water.

\$32 MEMBER/\$64 NONMEMBER PER MONTH

LOCATION: BOTHELL, STUDIO

Instructor: Connie Evans

Ongoing Mon 2-2:45 pm



YOGA - SEATED/STANDING

Move through a complete series of seated and standing yoga poses. Chair support is available, making accessible a variety of postures designed to increase balance, flexibility, and range of motion. Restorative breathing exercises and final relaxation are also included. Excellent for all levels of exercisers.

\$43 MEMBER/\$86 NONMEMBER PER MONTH

LOCATION: MILL CREEK

Instructor: TBD

Ongoing Tue/Thu 10-10:45 am



YOGA - BREATH AND BALANCE

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

\$32 MEMBER/\$64 NONMEMBER PER MONTH

LOCATION: BOTHELL, STUDIO

Certified Instructor: Trudy Rolla, RYT

Ongoing Thu 8:30-9:45 am

NEW

YOGA FOR YOU!

A low-intensity, yoga suitable for all levels, focusing on slow, supported movements, stretching, and mindful breathing to reduce stress and improve mobility. Ideal for beginners, seniors, or those with injuries, it promotes relaxation, flexibility, and inner calm without high-impact, strenuous poses.

\$32 MEMBER/\$64 NONMEMBER PER MONTH

LOCATION: KENMORE

Instructor: Darius Sediqui

starts April 7 Tue 9:30-10:15 am

Please call 425-489-0707 to register.

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.

FITNESS AND ACTIVE LIVING

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

Ongoing Mon-Fri 9 am-3 pm

INTRODUCTION TO PICKLEBALL

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

\$60 MEMBER/\$120 NONMEMBER PER MONTH

LOCATION: BOTHELL, MULTIPURPOSE ROOM

Instructor: Pickleball Rick, Ranking Specialist & USA Pickleball Ambassador
Ongoing Sat 9-10:30 am

NEW DOUBLES PICKLEBALL LEAGUE – NOW FORMING!

Join our brand-new Doubles Pickleball League featuring Women's, Mixed, and Men's divisions. Find your own partner and compete in a fun, friendly, four-week league designed to build excitement and community interest. Medals awarded to the top 3 teams in each division. Limited to 4 teams (with the possibility of expanding if interest is high). Whether you're competitive or just love the game, this is a great way to get involved and enjoy some spirited doubles play. Protective eye wear & proper athletic court shoes always recommended.

\$120 PER TEAM

starts April 4 Sat 1-4 pm 4 weeks

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 10)

\$60 MEMBER/\$120 NONMEMBER PER MONTH

LOCATION: BOTHELL, MULTIPURPOSE ROOM

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

Instructor: Pickleball Rick, Ranking Specialist & USA Pickleball Ambassador
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. **Effective May 1st all OPEN PLAY will require double punches**

PUNCHCARD REQUIRED SEE PAGE 4

LOCATION: BOTHELL, MULTIPURPOSE ROOM

Ongoing Thu 2-4 pm

No Open Play due to Art Show set up April 30 Thu.

FITNESS AND ACTIVE LIVING

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. **Effective May 1st all OPEN PLAY will require double punches**

PUNCHCARD REQUIRED

SEE PAGE 4

LOCATION: BOTHELL, MULTIPURPOSE ROOM

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

LOCATION: KENMORE, RHODODENDRON PARK

Mon-Fri	9 am-3 pm
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Court is outside in the park. We have nets, paddles and balls, or bring your own. 2-hour court times available Mon-Fri, 9 am-3 pm. Can be reserved with member punchcard per person, or \$5 per person for nonmembers. Call 425-489-0707. Check in at Senior Center prior to play.

TABLE TENNIS

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

PUNCHCARD REQUIRED

SEE PAGE 4

LOCATION: BOTHELL, MULTIPURPOSE ROOM

Leaders: Thomas Kirkland, Bob Jones and Hal Bomardner

Ongoing	Wed	1-3 pm
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OUTDOOR ACTIVITY



HIKING

Hikes resume Monday May 4 until end of September every Monday except holidays. Please check the website for current list of hikes. 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>

Ongoing	Mon	7:30 am
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GENERAL HIKING MEETING April 23 Thu, 2pm, Bothell Dining Room

Meet at the back of Woodinville Park n Rider enter via 178th or NE 179 ST in Woodinville at 7:30 am unless otherwise posted on website - set carpools and depart by 7:45 am.

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 (425-948-7170)

Ongoing	Thu	10-11 am
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LOCATION: KENMORE (425-489-0707)

Ongoing	Tue	10-11 am (self-directed)
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WALKING GROUP

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

FREE TO MEMBER/\$10 NONMEMBER

PER MONTH

LOCATION: BOTHELL, SAMMAMISH TRAIL

Leader: Anita Forbes

Ongoing	Tue	9-10 am
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GOLF GROUP INFORMATIONAL MEETING

We're excited to explore starting a new Golf Group, and we'd love to hear from anyone interested in playing together this season. Golfing in a group offers great benefits—shared fun, friendly competition, social connection, and a chance to improve your game alongside others who enjoy being out on the course. If you're curious, excited, or simply want to learn more, join us for this brief meeting. For questions or to express interest, please call: Ron Swicord — 425-301-9550

LOCATION: BOTHELL, DINING ROOM

Apr 3	Fri	2 pm
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CLUBS AND SOCIAL CONNECTIONS

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

AGELESS TOGETHER.....	22	GAMES.....	20	NORTHSHORE BACKGAMMON SOCIAL CLUB.....	19
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CLUBS

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

ANTIQUES CLUB

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

FREE

LOCATION: BOTHELL, ROOM 202

Leader: Ellen Carnwath, 425-823-6420

2nd Wed 10 am-Noon

- » **April 8:** Field trip to Aurora Antique Pavillion, 2411 Hwy 99 Edmonds, WA 98026 - 425-744-0566. To carpool; meet at MSC lobby at 10:15 am. Lunch at Panera Bread at your own expense.
- » **May 13:** Annual "Grab bag" meeting. Let's share those items that are unique to you which didn't fit an earlier category. Load them up!
- » **June 10:** No meeting; Summer Break

BOOK CLUB

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

FREE

LOCATION: BOTHELL, ROOM 205

Ongoing 2nd Tue 1-2:30 pm

Multicultural Book Conversations at Bothell

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

LOCATION: KENMORE

Ongoing 2nd Mon 1-2:30 pm

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

April **SPEAK TO ME OF HOME** by Jeanine Cummins

May **MY FRIENDS** by Fredrik Backman

June **JAMES** by Percivil Everett

LOCATION: MILL CREEK

Facilitator: Molly K Barry

Ongoing 4th Thu Noon-1 pm

» **Apr:** *The Light Pirate* by Lily Brooks-Dalton

» **May:** *All the Living and the Dead* by Haley Campbell

» **June:** *The Mystery Writer* by Sulari Gentil

CLUBS AND SOCIAL CONNECTIONS

CRAFTING CLUB

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

FREE

LOCATION: KENMORE

Ongoing Thu 12:30-3 pm

CROCHET CLUB

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

FREE

LOCATION: MILL CREEK

Ongoing Tue 1-3 pm

FISHING CLUB

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

FREE

LOCATION: BOTHELL, ROOM 202

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

JEWELRY CLUB

Do you enjoy the sparkle and beauty of jewelry? If you do and would take pleasure in seeing/researching vintage pieces too, come and join our group. We sort through donated items and prepare them for our 5 yearly sales. All proceeds benefit the Northshore Senior Center.

LOCATION: BOTHELL, ROOM 103

Ongoing 2nd Mon 11:45 am-2:15 pm

KNIT WITS CLUB

Meet with friends, chat and work on your own projects in a friendly, old-fashioned knitting bee.

FREE

LOCATION: BOTHELL, ROOM 103

Ongoing Tue 9:30-11 am

QUILT CLUB

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

FREE

LOCATION: BOTHELL, ROOM 103

Facilitator: Barb Rodahl
Ongoing Wed 12:30-3 pm

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 Noon-2 pm

SEWING: IN STITCHES

Want to learn to sew? Already experienced? Join us as we start with the basics of sewing. Simple projects will build your confidence and open up a world of creativity or bring your own project. Bring your portable sewing machine and your enthusiasm. Experienced sewers welcome as facilitators. We have sewing machines and fabric on site to get us started. Call 425-489-0707 to register. Max 15.

FREE

LOCATION: KENMORE

Ongoing Fri 10 am-Noon

CLUBS AND SOCIAL CONNECTIONS

COMMUNITY EVENTS



BOCCE/CORNHOLE SOCIAL GROUP

Join in the very popular lawn game indoors. Did you know the game can help you relax and aid in managing stress, improve cognitive stimulation & provide social connections. Cornhole group evolves to Bocce for summer season.

PUNCHCARD REQUIRED

SEE PAGE 4

LOCATION: BOTHELL, MULTIPURPOSE ROOM

Facilitator: Brad Norton

Ongoing Wed 1 pm

INDIAN AMERICAN COMMUNITY SERVICES (IACS)

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

FREE (MORNING/AFTERNOON PROGRAMS)

\$5 PER PERSON

LUNCH

LOCATION: BOTHELL, ROOM 202/203 AND DINING ROOM

Facilitated by IACS

1st and 3rd Tue/month 10:30 am-Noon *Morning programming*
Noon-12:30 pm *Lunch*
1-2:30 pm *Afternoon programming*

NEW

MINDFULNESS GROUP

Mindfulness is the practice of staying actively and openly aware of the present moment, observing thoughts and feelings without judgment. Each session begins with at least ten minutes of silent meditation, followed by a group discussion about our experiences practicing mindfulness at home. Weather permitting, sessions conclude with a mindful walk to deepen awareness and connection. Please make sure to register.

FREE

LOCATION: BOTHELL, ROOM 203

Facilitator: Terry Busch

Ongoing Tue 1 pm

MOVIES ON MONDAY MORNING

Join us for a movie showing, selected by you! Check the monthly calendar or call 425-948-7170 for showing information!

FREE

LOCATION: MILL CREEK

Ongoing 4th Mon 10 am-Noon

PANCAKE BREAKFAST

Please come and enjoy a hearty breakfast of pancakes, eggs, sausage, coffee or tea and orange juice.

\$8 PER PERSON

LOCATION: BOTHELL, DINING ROOM

First Sat of Month 9-11 am

NORTHSHORE BACKGAMMON SOCIAL CLUB

Let's roll the dice and build community together! Come make new friends and learn the basics of this ancient game in a friendly, welcoming environment. We'll have playing boards and volunteers ready to teach. No experience needed, just bring your enthusiasm. Seasoned players welcome! Open to adults of all ages.

FREE

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

April 14 Tue 6:30-8:30 pm
May 12 Tue 6:30-8:30 pm
June 9 Tue 6:30-8:30 pm

The Northshore Backgammon Club also meets every Monday from 6:30-8:30 pm upstairs at Third Place Books in Lake Forest Park. All are welcome!

RUSSIAN LANGUAGE PROGRAMMING

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

FREE

LOCATION: BOTHELL, ROOM 202

Facilitated by JFS

Ongoing Mon 10 am-2:30 pm

CLUBS AND SOCIAL CONNECTIONS

VETERANS BREAKFAST

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

FREE

LOCATION: BOTHELL, DINING ROOM

Ongoing 2nd Mon 9-10:30 am

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

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.

FREE

LOCATION: KENMORE SENIOR CENTER

Ongoing Tue Noon-3 pm

P.S. In addition to Tuesdays at the Senior Center, the Northshore Backgammon Social Club meets every Monday from 6:30-8:30 pm at Third Place Commons (upstairs) in Lake Forest Park. All are welcome. Improve your skills, make new friends! Instruction and playing boards provided. Free!

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. CASH ONLY.

\$5

PER PACKET

LOCATION: BOTHELL, ROOM 202/203

Ongoing Wed 4-6 pm

First Sat of Month 12:30-2:30 pm

LOCATION: MILL CREEK

Ongoing Tue 1-3 pm

First Sat of Month 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

Ongoing Fri 10:30 am-4 pm

HAND AND FOOT

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

PUNCHCARD REQUIRED

SEE PAGE 4

LOCATION: BOTHELL, SENIOR LOUNGE

Ongoing Thu 12:30-3 pm

NEW LOCATION: KENMORE

Ongoing Fri Noon-3 pm

CLUBS AND SOCIAL CONNECTIONS

MAHJONG

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

PUNCHCARD REQUIRED

SEE PAGE 4

LOCATION: BOTHELL

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

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

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

LOCATION: MILL CREEK

American Style Mahjong

Ongoing	Tue	Noon-2 pm
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PINOCHLE

Any skill level welcome.

PUNCHCARD REQUIRED

SEE PAGE 4

LOCATION: BOTHELL, ROOM 203

Leader: Al Haveland and Linda Fava

Ongoing	Mon	Noon-3:30 pm
Ongoing	Fri	Noon-3:30 pm

LOCATION: MILL CREEK

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

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.

FREE

LOCATION: BOTHELL, ROOM 103

Instructor: Barbara Brachtl

Ongoing	Thu	11:30 am-12:30 pm
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GUITAR CLUB

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

FREE

LOCATION: BOTHELL, ROOM 205

Leader: William Wiselogle

Ongoing	Wed	2:30-4 pm
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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

May 20	Wed	4-6:30 pm
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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
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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!

LOCATION: BOTHELL, ROOM 202

1st Mon/month		1 pm
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CLUBS AND SOCIAL CONNECTIONS

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 '60s on.

FREE

LOCATION: KENMORE (LIMIT 15)

Ongoing Tue 12:30-3 pm

Leader: Mark Champion

MUSIC FOR FUN

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

FREE

LOCATION: MILL CREEK

Ongoing Mon 1-2:30 pm

NORTHSHORE VARIETY SHOW AND BAND

The Variety Show and Band have been performing at local retirement homes and skilled nursing homes for over 25 years. We are an ensemble of talented singers, instrumentalists and dancers. We perform our shows on Tuesdays twice a month from 2-3 pm in the afternoon. Visitors are welcome to attend our practices. If you have questions or are interested in joining our group of entertainers and know your way around audio-support equipment, you are encouraged to contact our Director Les Lorang at (425) 337-5678. Please leave a message.

FREE

LOCATION: BOTHELL, ROOM 205

Musical Director: Les Lorang

Ongoing Tue 10-11:30 am (practices)

Variety Show and Band Performance May 26, Tue at 2 pm, Dining Room

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.

FREE

LOCATION: BOTHELL, DINING ROOM

Facilitator: Lori Jensen

Thu 1:15-3:15 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

Ongoing 2nd & 4th Fri 10 am-Noon

» WOMEN'S COFFEE GROUP

LOCATION: MILL CREEK

Ongoing Thu 11 am-1 pm

LOCATION: PETERKIRK COMMUNITY CENTER

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

cassidys@mynorthshore.org

Ongoing Mon 10-11 am

No meeting May 25

» RAINBOW PRIDE COFFEE HOUR

LOCATION: PETERKIRK COMMUNITY CENTER

Facilitator: Cassidy Stout, MSW 425-286-1072; Cassidys@mynorthshore.org

1st Wed/month 9-10 am

CLUBS AND SOCIAL CONNECTIONS

NEW

CEO COFFEE CHAT

Brewing insights one chat at a time: an informal weekly conversation on a variety of topics and fresh ideas. Each session will 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

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.

FREE

LOCATION: BOTHELL, ROOM 103

Facilitator: Joyce Stone, 352-455-8875

Ongoing Thu 1-2:30 pm

No meetings the last Thursday of each month

CONVERSATION CAFÉ GROUPS

FREE

LOCATION: BOTHELL, ROOM 104

Mon 1:30-2:30 pm **No meeting May 25**

For more details, contact Lydia Barnsley at 425-286-1029;

lydiab@mynorthshore.org

HAPPY HOUR

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

LOCATION: BOTHELL, COFFEE BAR

Ongoing Wed 4-7 pm

Featuring live music by Uncle Barnaby! 2nd Wednesday of every month (April 8, May 13, June 10)

MEN'S CONVERSATION CAFE

FREE

LOCATION: VIRTUAL

1st and 3rd Wed 11 am-Noon

For details, contact John Rynd 425-492-4319

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

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



SHARING AND CARING

Conversations with others and building social support are effective ways to promote our health. Join this open-ended group to share and care.

FREE

LOCATION: BOTHELL, ROOM 205

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

janetz@mynorthshore.org

Wed 1-2 pm

CLUBS AND SOCIAL CONNECTIONS

DAY TRIPS - TRAVEL

DAY TRIP: GLASS FUSING EXPERIENCE AT MOLTENWORKS

Fuse a glass treasure of your design at Moltenworks Glass Studio in Woodinville while enjoying a libation if you choose. Participation includes instruction, personal attention, project fee, taxes, transportation, and tips. Select the form you prefer for a small or medium dish or plate, or a candle stick or perhaps two coasters. If you decide on a grander project, there is a small fee for larger glass forms. Limit is 14.

\$87 FOR MEMBERS/\$174 NONMEMBERS

April 10 Fri 12:30-3:45 pm

NEW

THE LUNCH BUNCH

We'll visit a different restaurant every month for some good food and socializing. 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, \$10 per person round trip (call to reserve your spot 425.489.0707). Leave from Kenmore Rhododendron Park at 11 am. Limit 9.

April 14 Tue 11 am-3 pm

» KATALIYA THAI HOUSE

7850 NE Bothell Way, Kenmore

June 9 Tue 11:30 am, meet at restaurant

» JAY'S CAFE AMERICAN DINER

7520 NE Bothell Way, Kenmore

May 12 Tue 11:30 am, meet at restaurant

DAY TRIP: BLOOM & BITE TULIP FIELDS AND LUNCH IN SKAGIT VALLEY

Join us for a colorful spring getaway as we explore the Skagit Valley tulip fields and enjoy a relaxing lunch together. Lunch at Shawn O'Donnell's A perfect mid-week escape filled with blooms, good food, and great company. Max 13

\$55 PER PERSON

Lead Shelley D

April 16 Thu 9 am-2 pm (Bus departs at 9 am)

DAY TRIP: CRAB FEED CRUISE & TULIP FIELDS

Boarding the boat in LaConner, we'll enjoy fresh crab and the beauty of Deception Pass during our 2-hour sail. We'll travel through the tulip fields on the way home. Limit 19. Bus leaves from Kenmore Senior Center in Rhododendron Park at 10 am.

\$110 MEMBER/\$220 NONMEMBER

April 18 Sat 10 am-5 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).

\$5 MEMBER/\$10 NONMEMBER

April 23 Thu 9:30-2:30 pm

May 28 Thu 9:30-2:30 pm

June 25 Thu 9:30-2:30 pm

DAY TRIP: DISCOVER THE PORT OF TACOMA

This Port of Tacoma two hours bus tour and commentary provides a guided, closeup look at one of North America's largest container ports. It features active terminals, massive cranes, cargo ships and rail operations within the Tacoma tideflats (the 5000 acres area of waterfront trade activities). Port of Tacoma Tour Learn about international trade, shipping, logistics, and ongoing environmental initiatives. After the tour, enjoy lunch (at your own expense) at a local restaurant.

\$20 MEMBERS/\$40 NONMEMBER

May 5 Tue 8 am-3 pm

CLUBS AND SOCIAL CONNECTIONS



DAY TRIP: NORDIC HERITAGE MUSEUM

Founded in 1979, the National Nordic Museum is the only institution in the United States to present the history and culture of the entire Nordic region (Denmark, Finland, Iceland, Norway, Sweden, Faroe Islands, and Greenland) and the legacy of Nordic immigrants to the United States. Self-pay lunch onsite at the Freya Cafe.

\$30 MEMBER/\$60 NONMEMBER (INCLUDES TOUR)

Bus leaves Kenmore at 10 am. Limit 9

May 7 Thu 10 am-2 pm

DAY TRIP: "GREASE"

Join us for the Village Theatre's rendition of the record-breaking hit "Grease"! In roles made famous by John Travolta and Olivia Newton John, bad-boy Danny and new-girl Sandy try to relive their summer fling, as a new school year begins at Rydell High. Amongst rock 'n roll, fast cars, teenage angst, poodle skirts and leather jackets we'll be taken back to 1959 for an afternoon of nonstop, nostalgic music and fun!

\$75 MEMBERS/\$150 NONMEMBERS

May 28 Thu 12:45-5pm

DAY TRIP: KRUCKEBERG GARDENS

Located in Shoreline, this 4 acre site features beautiful native plants as well as various exotics. Easy walkability. Gift shop and plant sales on site. Limit 9.

\$20 MEMBER/\$40 NONMEMBER

Location: van leaves Kenmore Rhododendron Park at 10 am

June 23 Tue 10 am-3 pm

DAY TRIP: WHALE WATCHING LUNCH CRUISE

Enjoy incredible scenery as we cruise toward the San Juan Islands' prime whale watching areas. Leaving from Bellingham, our captain will be on the look-out for a number of whale species, while our naturalist keeps us informed as to the marine life, geology and history of the areas we're going through. Lunch, of baked lasagnas (vegetable and traditional), Caesar salad, and dessert, is included, and will be served as we cruise. Our 100 ft. vessel has both indoor and outside seating, restrooms, and a snack/drink bar...AND as insurance, if we don't get to see a whale we will be given a half price ticket for use on another tour!

\$148 MEMBERS/\$296 NONMEMBERS

June 25 Thu 8:15 am-6:15 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

Ongoing 3rd Fri 10 am-11 am

HEALTH AND NUTRITION

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



FOOD PROGRAMS

COMMUNITY DINING AT BOTHELL

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

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

LOCATION: BOTHELL

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

FOOD PANTRIES AT NORTSHORE SENIOR CENTER

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

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

LOCATION: BOTHELL

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

LOCATION: KENMORE

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

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

MEDICARE: ARE YOU COVERED

This class offers a simple overview of Medicare, including Parts A, B, C, and D, what services are typically covered, and common questions seniors have. Participants will have time to ask questions and gain a better understanding of their Medicare benefits.

FREE

LOCATION: KENMORE

June 3 Wed 10 am

It is imperative that all participants register directly with our Community Health Education team, either by phone or email. Community Health Education: M-F, 8:30 am-5 pm at (425) 544-0050 and CEPEinstructors@evergreenhealthcare.org.

HEALTH AND NUTRITION

HOSPICE 101: DEMYSTIFYING HOSPICE CARE

What does it mean when someone says they are “going on hospice”? Learn more about what hospice is – and what it isn’t – from some end-of-life experts. At the end of this talk, you will have a better understanding of what hospice services may include - as well as what is not provided - for those nearing end of life.

LOCATION: BOTHELL, ROOM 202

May 14 11 am-Noon

It is imperative that all participants register directly with our Community Health Education team, either by phone or email. Community Health Education: M-F, 8:30 am-5 pm at (425) 544-0050 and CEPEinstructors@evergreenhealthcare.org.

BONE HEALTH & OSTEOPOROSIS-SAFE MOVEMENT

This class provides practical guidance on moving safely to support bone health and reduce the risk of falls and fractures. Participants will learn osteoporosis-safe movement tips, everyday activity strategies, and what movements to avoid, with time for questions and discussion.

LOCATION: BOTHELL, ROOM 202

May 20 10:30-11:30 am

It is imperative that all participants register directly with our Community Health Education team, either by phone or email. Community Health Education: M-F, 8:30 am-5 pm at (425) 544-0050 and CEPEinstructors@evergreenhealthcare.org.

SMART NUTRITION FOR STRONG BODIES

This class explores how nutrition supports muscle strength, bone health, and immune function in older adults. Participants will learn about key nutrients, easy food sources, and practical tips for meeting nutrition needs, with time for questions in a welcoming, conversational setting.

FREE

LOCATION: KENMORE

June 17 10-11 am

It is imperative that all participants register directly with our Community Health Education team, either by phone or email. Community Health Education: M-F, 8:30 am-5 pm at (425) 544-0050 and CEPEinstructors@evergreenhealthcare.org.

STROKE AWARENESS: KNOW THE SIGNS, ACT FAST

Learn how to recognize the early warning signs of stroke and what to do in an emergency. This engaging class covers common risk factors, prevention strategies, and the FAST method to help you act quickly and confidently. Empower yourself with knowledge that could save a life, your own or someone else’s.

FREE

LOCATION: KENMORE

June 17 11 am-Noon

It is imperative that all participants register directly with our Community Health Education team, either by phone or email. Community Health Education: M-F, 8:30 am-5 pm at (425) 544-0050 and CEPEinstructors@evergreenhealthcare.org.



EXERCISE AND OSTEOPOROSIS

This class focuses on simple, safe ways to stay active while living with osteoporosis. Participants will learn practical movement tips, everyday exercises to support bone strength and balance, and what movements to avoid. Time will be included for questions and discussion.

LOCATION: BOTHELL, ROOM 202

June 18 11 am-Noon

It is imperative that all participants register directly with our Community Health Education team, either by phone or email. Community Health Education: M-F, 8:30 am-5 pm at (425) 544-0050 and CEPEinstructors@evergreenhealthcare.org.

LIFELONG LEARNING

INFORMATIONAL PROGRAMMING FOCUSED ON PERSONAL DEVELOPMENT AND LEARNING NEW SKILLS.

1ST SATURDAY OF THE MONTH	32	COLORED PENCIL/DRAWING - INT/AD	30	MANAGING MONEY	33
ACRYLICS AND MORE	28	COMPUTER AND PHONE HELP	32	MEMOIR WRITING CLASS	32
ACRYLICS ART	28	COMPUTER AND PHONE HELP	32	MORE THAN JUST WILLS	35
ALZHEIMER'S ASSOCIATION DEMENTIA CONVERSATIONS	33	COOKIE DECORATING FUN	34	MULTIMEDIA PEN & INK	30
ART CLASSES	28	COOKING CLASS	34	OPEN MIC - BOTHELL	31
ART FOR FUN	28	CURIOUS ABOUT CANNABIS?	36	PRESCRIPTION ASSISTANCE WORKSHOP	36
ASTRONOMY	33	DISCOVERING SOFT PASTELS	30	SOLO AGING WORKSHOP	35
BEGINNING BEADING & JEWELRY REPAIR	28	DRAW/SKETCH - BEGINNING	30	SPANISH CONVERSATION	31
BEGINNING WATERCOLOR	31	DRIFTWOOD SCULPTURE	30	SPECIAL INTEREST	33
BUILDING RESILIENCE	34	FINANCIAL MARKETS DISCUSSION GROUP	34	TECHNOLOGY	32
BUILDING RESILIENCE	34	FRENCH CONVERSATION GROUP	31	WATERCOLOR	31
CANDLE MAKING	29	FROM IDEA TO AUTHOR	32	WATERCOLOR MEET UP	31
CERAMICS MASTERY STUDIO: LOW-FIRE	29	FUNERAL OPTIONS IN WASHINGTON	34	WOMEN'S WRITING CLASS	32
CERAMICS OPEN STUDIO: LOW-FIRE	29	GARDEN FAIRY HOUSE CERAMICS WORKSHOP	34	WRITING CLASS - FOR MEMOIR AND OTHER GENRES	32
CERAMICS SALE	29	GERMAN CONVERSATIONAL PLUS	31	WRITING CLASS- FOR CREATIVE WRITING	32
CERAMICS: LOW-FIRE - BEGINNING	29	IMPACTFUL EMPATHY	35		
CERAMICS: LOW-FIRE - INTERMEDIATE	29	LANGUAGES	31		
CHINESE INK DRAWING	29	LEARNING TECHNOLOGY	33		
COLORED PENCIL - BEG/INT	30	LECTURE "BEYOND 'WAIT AND SEE'	33		
		LITERATURE	31		

ART CLASSES



ACRYLICS AND MORE

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

\$35 MEMBER/\$70 NONMEMBER PER MONTH

LOCATION: BOTHELL, ROOM 104

Leader: Beverly Parcel

Ongoing Wed 12:30-3:30 pm

ACRYLIC ART

Join 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 PER MONTH

LOCATION: BOTHELL, ROOM 103

Instructor: Diana Bustos

Ongoing Thu 9-11 am

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

LIFELONG LEARNING

NEW

CANDLE MAKING

Bring any heat-proof, small container (teacup, sugar bowl, silver goblet, etc.) and turn it into a unique candle. Just in time for Mothers Day or as a gift to yourself. All supplies provided including some extra tea cups if needed. Limit 15.

\$25 MEMBER/\$50 NONMEMBER

LOCATION: KENMORE

Instructor: Marcela Carson

May 6 Wed 12:30-2:30 pm

CERAMICS: LOW-FIRE - 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. Some clay and glazes are provided, with kiln firing fees included in the class 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

NEW

CERAMICS: LOW-FIRE - INTERMEDIATE

Have you outgrown the Wednesday morning Beginning Ceramics class? Do you want more challenge and additional skills with new project ideas? Then come join us for an evening intermediate class for fun, camaraderie, and ongoing learning to enhance your skills. Some clay and glazes are provided, with kiln firing fees included in the class fee. If you are a total beginner or need a refresher on basic skills, please register for the Beginning Ceramics class.

\$40 MEMBER/\$80 NONMEMBER PER MONTH

LOCATION: BOTHELL, ROOM 103

Instructor: Katherine Davidow-Lucas

Starts Apr 1 Wed 5:30-7:30 pm *No Class April 29*

CERAMICS OPEN STUDIO: LOW-FIRE

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

Ongoing Mon 9:30-11:30 am

NEW

CERAMICS MASTERY STUDIO: LOW-FIRE

This intermediate and advanced studio is designed for students ready to deepen their pottery and sculpture skills. Work independently on your clay projects with guidance from our new instructor in a supportive, studio-style environment. Students should bring their own tools. Some clay and glazes provided, with kiln firing included in the class fee.

\$40 MEMBER/\$80 NONMEMBER

LOCATION: BOTHELL, ROOM 103

Instructor: Tony Walker

Mon 2:30-4:30 pm

CERAMICS SALE

Ceramics Summer Sale. Come browse for new ceramics decor for home and garden to brighten your space! Items created by student participants in the Ceramics classes.

LOCATION: BOTHELL, LOBBY

June 16 Tue 9 am-3 pm

NEW

CHINESE INK DRAWING

Learn ancient brush and ink techniques to create dramatic images. Great for both beginners and experienced painters!

\$35 MEMBER/\$70 NONMEMBER

LOCATION: KENMORE

June 2-30 Tue 10:30 am-12:30 pm

LIFELONG LEARNING



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 Tue 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

Ongoing Thu 11 am-2 pm

DRAW/SKETCH - BEGINNING

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

\$35 MEMBER/\$70 NONMEMBER PER MONTH

LOCATION: KENMORE

Instructor: Kimberly Smith

Ongoing Mon 1-3 pm

Please call 425-489-0707 to register. Open studio in May.

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: Sheri Shirk

Ongoing Wed 6-8:30 pm

\$35 MEMBER/\$70 NONMEMBER PER MONTH

LOCATION: BOTHELL, ROOM 104

Instructor: Alice Shuler; 425-485-1221

Ongoing Thu 8:30-10:30 am

Ongoing Thu 2:30-4:30 pm

LOCATION: KENMORE

Instructor: Susan Watts; 858-437-3466

Ongoing Tue 10 am-Noon



DISCOVERING SOFT PASTELS

Using richly pigmented sticks we'll explore color, blending, texture and expression. Presented in a positive and encouraging environment, pastels are great for artists of all skill levels. Basic supplies provided for first class or bring your own.

LOCATION: KENMORE

\$35 MEMBER/\$70 NON-MEMBER PER MONTH

Instructor: Jane Gonzalez

starts April 7 Tue 10 am-Noon

LOCATION: BOTHELL, ROOM 103

starts 4/3 Fri 2-4 pm

No class Friday May 1st due to the Art Show



MULTIMEDIA PEN & INK

Exciting New Things with the goal of having FUN Explore the expressive possibilities of pen and ink while blending techniques from multiple media. This class introduces students to line work, shading, texture, and creative layering using ink alongside complementary materials such as watercolor, pastel, or colored pencil. Whether you're new to drawing or looking to expand your artistic toolkit, this class offers guided instruction, hands-on practice, and plenty of room for personal style.

\$40 MEMBER/\$80 NONMEMBER

LOCATION: BOTHELL, ROOM 103

Instructor Nick Lee

Wed 3:30-5:30 pm

LIFELONG LEARNING

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 11:30-2:30 pm

Instructor: Kimberly Smith

Ongoing Wed 9:15 am-12:15 pm

LOCATION: KENMORE

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

Ongoing Thu Noon-3 pm Limit 10

LOCATION: MILL CREEK

Instructor: Candace Carson, call 425-308-4948 for more information.

Ongoing Wed 10 am-Noon

BEGINNING WATERCOLOR

Learn foundational watercolor techniques in a friendly, supportive class. Continuing students are welcome. Bring any supplies you already have—your instructor will lend essentials during the first sessions and offer simple recommendations to help you build your toolkit.

LOCATION: BOTHELL, ROOM 104

Instructor Sue Taylor

Fri 8:30-11 am

NEW WATERCOLOR MEET UP

Join other artists for painting practice and artistic encouragement. Bring a current project or start something new. Collaborative learning, no formal instruction. Limit 7.

LOCATION: KENMORE

\$35 MEMBER/\$70 NONMEMBER PER MONTH

Starts 4/6 Mon 9:30 am-12:30 pm

LANGUAGES

NEW FRENCH CONVERSATION GROUP

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

FREE TO MEMBERS/\$10 NON MEMBERS PER MONTH

LOCATION: BOTHELL, ROOM 103

Facilitator Katherine Davidow-Lucas

Ongoing 1st/3rd M 1-2 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 3:30-5:30 pm

LIFELONG LEARNING

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

May 6-27 Wed 10 am-Noon

NEW FROM IDEA TO AUTHOR: PLAN, EDIT, AND SELF-PUBLISH YOUR BOOK

Turn your book idea into a clear plan and a ready-to-publish project in this supportive, weekly class. Clarify your topic and audience, outline chapters, and get practical guidance on editing, interior formatting, cover design, and self-publishing platforms. Not a writing class. Please bring a laptop or a notepad and pen. Limit 10.

\$35 MEMBER/\$70 NONMEMBER PER MONTH

LOCATION: KENMORE

Instructor: Elaine Ebersole

April 2-June 30 Thu 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

Friday 10 am-Noon

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.

FREE

LOCATION: BOTHELL, ROOM 205

Facilitator: Laura Kathryn 206-979-5259

Ongoing Fri 11 am-1 pm

TECHNOLOGY

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



COMPUTER AND PHONE HELP

We teach basic computer/laptop and phone skills including iPhone and Android. New computer set up and configuration. Device malfunction assessments available as well).

\$20 MEMBER/\$40 NONMEMBER PER HOUR

LOCATION: HEALTH & WELLNESS CENTER

Tue/Thu Call 425-488-4821 to schedule an appointment.

LOCATION: MILL CREEK

Instructor: Matthew Osborne

Ongoing Tue 3-4 pm

Call 425-948-7170 to schedule an appointment.

LIFELONG LEARNING

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 HUB

Facilitators: Rajat Oberoi and Vivek Singh

Protecting Your Personal Information Online

In Conference Room - Please bring your mobile device

Apr 2/Jun 2 T/Th 1:30-3 pm

Managing Privacy Settings

Apr 7/Jun 4 T/Th 1:30-3 pm

Setting Up Password Manager

Apr 21/Jun 9 T/Th 1:30-3 pm

Introduction to Digital Wallets

Apr 23/Jun 11 Thu 1:30-3 pm

Intro to Chatting with AI

May 5 Tue 1:30-3 pm

Google Maps

May 7 Thu 1:30-3 pm

Smartphone Camera Uses Beyond Photography

May 12 Tue 1:30-3 pm

My Chart

May 14 Thu 1:30-3 pm

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. You'll learn about Understanding Cognitive Reserve & Evidence Based Cognitive Interventions. Discover non-drug approaches like cognitive rehabilitation, stimulation and training. Q&A to follow. Limit 25.

FREE

LOCATION: BOTHELL, ROOM 202

Presented by: NewDays

Apr 15 Wed 10 am

SPECIAL INTEREST

ALZHEIMER'S ASSOCIATION

» DEMENTIA CONVERSATIONS

This course gives caregivers tips and strategies for having difficult, but important, conversations about driving, visiting the doctor and legal and financial planning

FREE

LOCATION: KENMORE, ANNEX BUILDING

Presenter: Alzheimer's Association Representative.

June 3 Wed 10-11 am

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

» MANAGING MONEY – A CAREGIVER'S GUIDE TO FINANCE

This evidence-based course helps caregivers understand the cost of caregiving and the benefits of early financial planning. It includes how to assess financial & legal needs, avoid financial abuse and fraud, and find support when needed.

FREE

LOCATION: BOTHELL, ROOM 202

May 7 Thu 1-2 pm

Presenter: Alzheimer's Association Representative.

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

LIFELONG LEARNING

BUILDING RESILIENCE

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

FREE

LOCATION: PETER KIRK

Presenter: Jason McBride, Outreach Liaison, Community Healthcare Access Team (CHAT) at EvergreenHealth

May 4 Mon 1-2:30 pm

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

LOCATION: BOTHELL, ROOM 203

May 19 Tue 1-2:30 pm

To register, call Cassidy Stout at 425-286-1072 or email cassidys@mynorthshore.org

COOKIE DECORATING FUN

Hop into the holiday with a decorating pack designed for little hands and big imaginations. With colorful icing tubes, playful sprinkles, and adorable Easter-themed cookies, kids will love creating their own edible masterpieces.

\$5 MEMBERS/\$10 NONMEMBERS

LOCATION: BOTHELL, DINING ROOM

Apr 1 Wed 5:30 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.

\$30 PER PERSON

LOCATION: HEALTH WELLNESS BUILDING, ACTIVITY ROOM

May 9/June 13 Sat 11 am-1 pm

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

Questions call 425-890-1119

FUNERAL OPTIONS IN WASHINGTON. WHAT YOU NEED TO KNOW

Have you made your end-of-life plans? Making considerations for funeral arrangements is unique to everyone, based on their values, resources, and budget. Please join us for an in-depth presentation and discussion regarding Washington State's five legal options: cremation, burial (conventional and green/natural), alkaline hydrolysis (aquamation/water cremation), natural organic reduction (terramation/human composting), and full body donation.

FREE

LOCATION: KENMORE, ANNEX BUILDING

June 3 Wed 1-2:30 pm

Presenter: Rachel LaBlanc, Communications & Events Director for People's Memorial Association

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

NEW GARDEN FAIRY HOUSE CERAMICS WORKSHOP

Do you want to create a fun ceramic fairy house to add to your garden decor for Spring and Summer? Then come join us for a fun workshop to learn the construction process. Clay, glazes, and kiln firing fees included in the workshop fee.

LOCATION: BOTHELL, ROOM 103

\$55 MEMBER/\$110 NONMEMBER

Facilitator: Katherine Davidow-Lucas; Presenter: Melody Olson

Apr 4 Sat 10 am-2 pm



IMPACTFUL EMPATHY

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

FREE

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

LOCATION: MILL CREEK

Presenter: Izak van Rensburg

Apr 17, May 15, June 19 3rd Fri 10:30 am-Noon

LOCATION: BOTHELL, ROOM 202

Presenter: Izak van Rensburg

Apr 14, May 12, June 9 2nd Tue 1-2:30 pm

NEW 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.

FREE

LOCATION: MILL CREEK

May 26, June 9 & 23, July 7 & 21

Tue 10-11:30 am

Facilitators: Georgia Rigler, MSW, LICSW & Janet Zielasko, MS, LSW

Pre-registration required. To register for this program, call Georgia Rigler at 425-286-1047 or georgiar@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: PETER KIRK

Presenter: Amber Hunt, Woodinville Law

June 1 Mon 2-3:30 pm

Pre-registration is required. To register, please 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
- Medicare fraud issues

Note: SHIBA provides free, unbiased and confidential assistance with Medicare health care choices.

FREE

LOCATION: BOTHELL, ROOM 202

April 14 Mon 1-3 pm

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

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

LOCATION: PETERKIRK

June 8 Mon 2-4 pm

To register, please call 425-587-3360.

LIFELONG LEARNING

CURIOS ABOUT CANNABIS?

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

FREE

LOCATION: KENMORE

June 11 Thu 1-2:30 pm

Presenter: Lisa Buchanan, RN, OCN emeritus, MMS, Dockside Cannabis
Pre-registration required. To register, call Janet Zielasko 425-286-1035; janetz@mynorthshore.org

PRESCRIPTION ASSISTANCE WORKSHOP

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

FREE

LOCATION: PETER KIRK

May 1 Fri 1-2:30 pm

Presenter: Rod Shutt from Prescription Drug Assistance Network
Pre-registration is required. To register, call 425-587-3360.



**AGE BOLDLY.
SHINE
BRIGHTLY.**

*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



LEISURE CARE

SUPPORTING SELF-CARE AND CAREGIVERS

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

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ADULT DAY HEALTH

ADULT DAY CENTER

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

» PROFESSIONAL SERVICES

- » Case Management
- » Health Screening
- » PT/OT services
- » Nursing
- » Social Work
- » Foot Care
- » Transportation

» PROGRAM ACTIVITIES

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

PROGRAM HOURS & FEES

Monday-Friday starting at 10 am.

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

\$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.

SUPPORTING SELF-CARE AND CAREGIVERS

SHORT-TERM RESPITE

The Adult Day Center's short-term respite program is designed to give quick, easy respite to those families and caregivers who need it for limited periods of time. It is for participants who do not need medications during program hours and do not have complex rehabilitative or therapy needs. Please call for availability.

\$85/DAY

Contact Northshore Health & Wellness Center for information at 425-488-4821.

STICKY NOTE SOCIETY (SNS)

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

M/W/Th 10 am-2 pm

Contact 425-488-4821. ext 125 Yvonne Cooper-Lathrop Memory Wellness Activity Specialist, YvonneCL@mynorthshore.org

CONSULTATIONS

ENHANCE®WELLNESS

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

LOCATION: BOTHELL

LOCATION: KENMORE

LOCATION: MILL CREEK

LOCATION: PETERKIRK COMMUNITY CENTER (BY APPOINTMENT)

For more details, contact:

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

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

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

FAMILY CAREGIVING CONSULTATION

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

FREE

LOCATION: BOTHELL

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

LOCATION: KENMORE

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

LOCATION: MILL CREEK

Georgia Rigler, MSW, LICSW; 425-286-1047; georgiar@mynorthshore.org
Tue/Thu 9 am-3 pm

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

SUPPORTING SELF-CARE AND CAREGIVERS

PERSONAL CONSULTATIONS

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

FREE

BOTHELL (BY APPOINTMENT)

Lydia Barnsley, LPN, 425-286-1029; lydiab@mynorthshore.org
Cassidy Stout, MSW, 425-286-1072; cassidys@mynorthshore.org
Janet Zielasko, MS, LSW; 425-286-1035; janetz@mynorthshore.org

KENMORE

Janet Zielasko, MS, LSW; 425-286-1035; janetz@mynorthshore.org
4th Thursday of each month 9 am-3 pm

MILL CREEK

Georgia Rigler, MSW, LICSW; 425-286-1047; georgiar@mynorthshore.org
Tue/Thu 9 am-3 pm

PETER KIRK COMMUNITY CENTER (BY APPOINTMENT)

Mondays: Cassidy Stout, MSW;
425-286-1072; cassidys@mynorthshore.org
Wednesdays: TBD
Fridays: Lydia Barnsley, LPN;
425-286-1029; lydiab@mynorthshore.org

WELLNESS NURSE

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

FREE

LOCATION: BOTHELL, SOCIAL SERVICES SUITE, 2ND FLOOR

Mon/Wed
By appointment: Lydia Barnsley, LPN, Wellness Nurse 425-286-1029;
lydiab@mynorthshore.org

LOCATION: PETERKIRK COMMUNITY CENTER

Fri
By appointment: Lydia Barnsley, LPN, Wellness Nurse 425-286-1029;
lydiab@mynorthshore.org

SERVICES

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

SUPPORTING SELF-CARE AND CAREGIVERS

FOOT CARE

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

\$45

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

1st Mon, Tue, 3rd and 4th Wed 8 am-4 pm

By appointment: 425-488-4821.

LOCATION: MILL CREEK

Ongoing 4th Fri 9:30 am-3 pm

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

Fri Call for appointments 425-488-4821

NEW ACUPUNCTURE

Acupuncture is recognized by the National Institute of Health and the World Health Organization (WHO) to be effective in the treatment of a wide variety of medical problems. Here are a few imbalances acupuncture has been effective at treating: anxiety, arthritis, digestive issues, fatigue, headache, low back pain, insomnia and menopausal issues. Sliding scale available call for details.

\$95 PER SESSION.

Lori Field

Ongoing 3rd Wed

Call for appointment 425-488-4821

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

4th Wed/month 11 am-Noon

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.

\$70

PER 50 MIN

LOCATION: HEALTH & WELLNESS, 2ND FLOOR

Reflexologist: Linda Brussard

1 & 3 Thu Call for appointment 425-488-4821

SUPPORTING SELF-CARE AND CAREGIVERS

MEDICAL EQUIPMENT CHECK-OUT

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

FREE

LOCATION: HEALTH & WELLNESS

425-488-4821

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

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 **By appointment only**

To schedule an appointment, call the NSC Social Services 2nd floor desk between 9 am-Noon Monday through Friday at 425-286-1043.

LOCATION: KENMORE

Advisor: Rashmi Duggal

Ongoing 3rd Tue 9 am-Noon

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

LOCATION: MILL CREEK

Advisor: Gayle D

1st & 3rd Wed 9:30 am-12:30 pm

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

3rd Wed 6:30-8 pm

ALCOHOLICS ANONYMOUS

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

FREE

LOCATION: KENMORE, ANNEX

Ongoing Sun 8-9 am

LOCATION: BOTHELL, ROOM 202/203

7 days/week 7-8 am

CAREGIVERS SUPPORT GROUP

Are you a spouse, partner, son, daughter, relative or friend who cares for a loved one with dementia or other chronic illness or disability? Come join other unpaid family caregivers for mutual support and assistance.

FREE

LOCATION: ADVENT LUTHERAN CHURCH, 4306 132ND ST. SE, MILL CREEK

Facilitator: Pam Jones, MSW, 425-346-9856; pamjonesgal@yahoo.com

1st/3rd Thu 10:30 am-Noon

LOCATION: VIRTUAL

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

janetz@mynorthshore.org

4th Wed 11 am-Noon

LOCATION: HEALTH & WELLNESS, CONFERENCE ROOM

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

KathyB@mynorthshore.org

2nd Wed 1-2 pm

SUPPORTING SELF-CARE AND CAREGIVERS

CHALLENGING FAMILY SITUATIONS DISCUSSION GROUP

This free, peer-led discussion group will focus on challenging/strained relationships with adult children and/or grandchildren. This is not a therapy group, but it will provide an opportunity to share concerns with others who may be in similar situations and discuss ways for better understanding, self-care and coping.

FREE

LOCATION: NSC BOTHELL, ROOM 103

Ongoing Thu 1-2:30 pm
(No meetings the last Thursday of each month)
For more information, contact Joyce Stone 352-455-8875.

DIABETES/PRE-DIABETES GROUP

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

FREE

LOCATION: BOTHELL, ROOM 205

Facilitator: Lydia Barnsley, LPN, Wellness Nurse: 425-286-1029 or lydiab@mynorthshore.org
2nd Wed 10-11:30 am
For more information, contact Lydia at 425-286-1029 or lydiab@mynorthshore.org

LOCATION: PETERKIRK COMMUNITY CENTER

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

FROM HEARTACHE TO AN OPEN HEART

Everyone must deal with loss, whether it's the loss of a loved one or close friend, a treasured relationship, loss of physical functioning or previous status. Learn how one can move through the grief process and grow "from heartache to an open heart."

FREE

LOCATION: BOTHELL, ROOM 203

Facilitator: Cassidy Stout, MSW; 425-286-1072; cassidys@mynorthshore.org
3rd Wed 10-11:30 am

YOU LEARNED IT, NOW TEACH IT!

Join the NSC team as an instructor!

We'll pay for certification.

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



NEW SIGNIFICANT LIFE CHANGES DISCUSSION GROUP

Join this monthly discussion group to share and hear from others about the changes that happen in our lives as we age and to explore ways to provide supportive self-care, find resources, and discover new beginnings.

LOCATION: MILL CREEK

FREE

2nd Thu/month 10-11 am
Apr 9, May 14, June 11
Facilitator: Georgia Rigler, MSW, LICSW, 425-286-1047
georgiar@mynorthshore.org

SUPPORTING SELF-CARE AND CAREGIVERS

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://myactivecenter.com/#centers/USA.WA.Bothell.Northshore-Senior-Center>
- 3) New to Inclusion contact: *Judi Pirone*
425-286-1037 • inclusion@mynorthshore.org

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



APRIL 1-JUNE 25 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
- » **Dance:** 3:30-4:15 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
- » **Glee Club:** 3:15-4 pm
- » **Martial Arts:** 4:15-5 pm

SUPPORTING SELF-CARE AND CAREGIVERS

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

3/10, 3/12, 3/17, 3/19, 3/24, 3/26, 3/31, 4/2, 4/20, 4/22, 4/27, 49
Tue/Thu 3:30-4:30 pm

BOOK CLUB

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

\$180

PER SESSION

Apr 1-Jun 24 Wed 2:30-3:15 pm

BOWLING

Recreational bowling at Kenmore Lanes. Fee all inclusive

\$200

PER SESSION

Apr 6-Jun 22 Mon

BROADWAY SEATTLE THEATER GROUP

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

\$135

PER SESSION

Apr 1-May 20 Wed 4:30-5:30 pm

CIRCUIT TRAINING

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

\$180

PER SESSION

Apr 2-Jun 25 Thu 2:15-3 pm

DANCE

Cardio dancing.

\$180

PER SESSION

Apr 1-Jun 24 Wed 3:15-4:15 pm

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

DAY CAMP

Register for each day separately.

\$80

PER DAY

Apr 6,13,20, 27 Mon 10 am- 2:15 pm
May 4, 11, 18 Mon 10 am- 2:15 pm
Jun 1, 8, 15, 22 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

PER SESSION

Apr 1-Jun 24 Wed 1:30-2:15 pm

GAMES

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

\$180

PER SESSION

Apr 2-Jun 25 Thu 1:30-2:15 pm

GLEE CLUB

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

\$180

PER SESSION

Apr 2-Jun 25 Thu 3:30-4:15 pm

KARAOKE

Sing your favorite song or join in a duet.

\$165

PER SESSION

Apr 6-Jun 22 Mon 1:15-2 pm

MARTIAL ARTS

\$180

Instructor: Dean Churchill

Apr 2-Jun 25 Thu 4:15-5 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

SUPPORTING SELF-CARE AND CAREGIVERS



TRANSPORTE

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

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

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

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

» ¿DONDE IR?

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

» ¿HORARIOS DE SERVICIO?

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

» ¿QUE COSTO TIENE?

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

» ¿REQUERIMIENTOS PARA CLAIFICAR?

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

» ¿A QUIEN DEBO CONTACTAR?

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

cualquier otra razon prohibida por la ley.

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

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

SUPPORTING SELF-CARE AND CAREGIVERS



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

TRANSPORTATION

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

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

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

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

» WHERE DO YOU GO?

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

» WHEN DO YOU OPERATE?

Our reservation and operation hours are Monday-Friday, 8 am to 4 pm We are closed for holidays and during severe weather conditions.

» HOW MUCH DOES IT COST?

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

» WHAT DO I NEED TO DO TO QUALIFY?

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

» WHO DO I CONTACT?

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

» ONLINE REGISTRATION NOW AVAILABLE!

Sign up for MyActiveCenter and join the Northshore Senior Center online. »HERE'S HOW: Scan the QR code using your mobile device, cell phone, or tablet. This will take you to myactivecenter.com. Select "JOIN Center." Enter your existing Key Tag number (found on the back of your key tag). Enter your email and create a password. Click the gray "Sign Up" box to complete your registration.

» EVERGREEN HEALTH CLASSES

Register by calling the Healthline, Monday - Friday from 7 am - 7 pm at 425-899-3000.

ENDORSEMENTS

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

STANDARDS OF BEHAVIOR

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

SALES TAX

Some classes and activities are subject to sales tax.

APPOINTMENTS

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

CANCELLATION POLICY

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

DAY TRIP REFUND POLICY

Fees for day trips are non-refundable within fourteen (14) working days of the trip if a replacement cannot be found for your seat. Trips with pre-purchased tickets are non-refundable.

REFUND POLICY

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

NON-DISCRIMINATION POLICY

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

MEMBERSHIP INFORMATION



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

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

BENEFITS OF MEMBERSHIP

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

HOW TO JOIN THE NORTSHORE SENIOR CENTER

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

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

Or join online at www.northshoreseniorcenter.org.

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

MEMBER / NON-MEMBER FORM

NORTHSHORE SENIOR CENTER

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



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

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

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

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

Today's Date:

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

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

MEMBER / USER / PARTICIPANT DEMOGRAPHIC FORM (page 2)

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

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

HOUSEHOLD INCOME

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

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Updated 4/2021

Date Received: ___/___/___
 CASH CHECK # _____ CREDIT CARD
 Member: Single Couple Dual Scholarship
 Non-Member (activity fees may be required Transportation User

Membership Amount	\$ _____
Scholarship Amount	\$ _____
Additional Donation Amount	\$ _____
Total Amount Received	\$ _____

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Northshore
Senior Center

10201 E Riverside Dr
Bothell, WA 98011-3708

Ph: 425-487-2441

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