



NORTHSHORE SENIOR CENTER

SUMMER 2026 CATALOG VOLUME 45, ISSUE 3

JULY | AUGUST | SEPTEMBER



**GET OUTSIDE IN NATURE,
GET OUTSIDE YOUR
COMFORT ZONE!**

WELCOME

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ON THE COVER



GET OUTSIDE

A lot of our programming will be geared toward being outdoors and enjoying new experiences, as we get outside in nature, and get outside our comfort zone. Look for the participation chart located at each NSC branch (Bothell, Kenmore, Mill Creek) and add your name to each activity you tried. This will be ongoing throughout the summer.

FREE AND OPEN TO ALL

ACTIVITIES: 1. read a book outside 2. visit a local beach 3. have coffee in a new cafe 4. sit outside, listen to the bird songs 5. have a picnic outside
We'll share our experiences with a special gathering in the Fall.

ADMINISTRATIVE TEAM

Chief Executive Officer: Nathan Phillips
HWC/ADH/Inclusion Director: Judi Pirone
Program Director: Mason Thornton
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 Manager: 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:
northshoreseniorcenter.org
 - » **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**
Leave a lasting impact at Northshore Senior Center by including NSC in your estate plans. Naming NSC as a beneficiary in your will, trust, retirement account, or life insurance is a simple way to support future generations and join the NSC Legacy Society. Learn more: 425-286-1054.

Join our Legacy Society Planning Events on 7/15 & 8/19 and get your planned giving questions answered by our expert panel.



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

Join the NSC Sustainers Club—monthly gifts of any size create lasting impact and provide steady support for our mission year-round.

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

Phone: 425-489-0707

» **KENMORE SENIOR CENTER:**

6910 NE 170TH ST (IN RHODODENDRON PARK)

CALL KENMORE SENIOR CENTER TO RESERVE INDOOR

ANNEX SPACE OR OUR PICKLEBALL COURT.

Monday-Friday 9 am-3 pm

MILL CREEK

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

Phone: 425-948-7170

» **MILL CREEK SENIOR CENTER:**

4111 133RD ST SE, 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.

OUR MISSION

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

OUR VISION

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 • 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:

- » **Friday, July 3:** July 4th, observed
- » **Monday, September 7:** Labor Day

MEMBER INFORMATION

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

NORTHSHORE NEIGHBORS

Northshore Neighbors is a volunteer driven ambassador program designed to foster a welcoming and connected Northshore community by engaging and advocating for members, supporting their journey from introduction to ongoing participation, promoting NSC programs and culture, and championing NSC's presence in the broader community — while upholding the NSC Code of Conduct.

» Your Northshore Neighbors are broken out into FOUR main categories:

Welcome Guides support new members through check-in calls, tours, and orientations to help them feel connected and informed.

Outreach Champions represent NSC in the community by sharing program and event information through tabling, community meetings, and outreach to local businesses.

Reconnection Specialists help re-engage members by making check-in calls, sending "We Miss You" resources, supporting membership renewals, and following up on incomplete applications.

Operations Advocates support member voices by gathering feedback, managing suggestion boxes, and helping host town halls or coffee hours with NSC leadership.

If interested in joining the Northshore Neighbors, email NSCNeighbors@mynorthshore.org for more information.

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.

SUMMER 2026 REGISTRATION: WEDNESDAY, JUNE 17TH

Sign-up for quarterly class registration is available by phone, in person, or online. Registration for programs remain open throughout the quarter and participants may sign-up as long as capacity allows.



» [SCAN HERE FOR ONLINE REGISTRATION](#)
Check out page 48 for all Registration details and instructions!

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		
July 16	Thu	10-11 am
LOCATION: KENMORE		
August 20	Thu	10-11 am
LOCATION: MILL CREEK		
Sept 17	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
Tue/Thur Soup	11 am-2 pm

COFFEE AT KENMORE AND MILL CREEK

Mon-Fri	9 am-3 pm
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LENDING LIBRARY AT BOTHELL, KENMORE AND MILL CREEK

Members may browse, borrow and read books for free.

SENIOR LOUNGE AT BOTHELL

Billiards Table, Television, a place for you to relax, have fun and make new friends. Space shared with other events.

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

NEW

SENIOR SHOP – BUS ROUTE

Powered by WSDOT, Northshore Senior Center is offering a free bus route from social and living communities, to local groceries, restaurants, and the town center, for older adults and people with physical difficulties.

FREE

LOCATION: MILL CREEK AREA

Ongoing Wed 9:45 am-1 pm

Call Transportation at 425-286-1026 to schedule!

See page 45 for route details.

LUNCH OUTSIDE

In honor of Independence Day, our regular community dining will be lunch served inside and out. Invite a friend and join the fun. Burgers, chicken BBQ and delicious side dishes from Chef Shant. Limit 100 for July 2nd only. Pre registration and pre payment required. Meal ticket given on-site at event.

\$5 PER PERSON

LOCATION: BOTHELL

July 2 Thu Noon-1 pm

Call Bothell front desk to register!

WOODINVILLE 4TH OF JULY 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 individual with Intellectual Disabilities in the our area. So break out the suntan lotion, put on your best beach or "red, white and blue" running attire and join us for a fun filled morning.

MAGPIE HEARTS

Join us for a process art class where we're not quite sure what the end product will be. Using various materials, we'll create a beautiful, meaningful and fun work of art. No experience needed, fun and laughter guaranteed!

\$5 MEMBER/\$10 NONMEMBER

LOCATION: KENMORE

Instructor: Barb Osborne

July 15 Wed 1-3 pm

TRAVEL TRAINING WITH COMMUNITY TRANSIT

Travel Training Program teaches people who may need extra help how to use our bus service. The presentation piece will last about 45-minutes then we will have a bus come take us to Lynnwood City Center, where we'd do a brief walking tour and get their Senior Reduced Fare ORCA cards. After that we'd board Link Light Rail and ride 1 stop to Mountlake Terrace where the bus would pick the group up and return to the Senior Center by 2 pm.

FREE

LOCATION: MILL CREEK

July 21 Tue 10 am-2 pm

Pre-registration is required! Call 425-948-7170 to reserve transportation to Mill Creek location.

SIMPLE STITCHING ON PAPER

Come learn an easy technique to turn cardstock and thread into small pieces of art. Great for gift tags, bookmarks, etc. FUN! All supplies included. Limit 8.

\$5 MEMBER/\$10 NONMEMBER

LOCATION: KENMORE

Instructor: Wendy Alexander-Joly

July 21 Tue 10 am-Noon

FRAUD CRIME PREVENTION

Join us as we host the Mill Creek Police Department in an informational presentation about fraud abuse and scams.

FREE

LOCATION: MILL CREEK

Aug 4 Tue 10-11 am

HUG A TREE

Experience the wonderful benefits of tree hugging. We'll have fun learning some techniques that are scientifically proven to enhance our physical, emotional and mental well-being by exchanging energy with living trees.

\$5 PER PERSON. PRE-REGISTRATION REQUIRED

LOCATION: KENMORE IN RHODODENDRON PARK

Facilitator: Pasha Mohajerjasbi

Aug 4 Tue 11 am-Noon

SPARKLING SIP AND PAINT

Join us for a fun time using acrylic paint to create a lovely Summer 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

Aug 5 Wed 1-3 pm

Call 425-489-0707 to reserve your spot.

CITY OF KENMORE PLAY DAY

Bring the kids to Rhododendron Park for lots of free and fun activities including a special booth sponsored by the Kenmore Senior Center!

FREE

LOCATION: KENMORE RHODODENDRON PARK

Aug 15 Sat 10 am-1 pm

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

White Wines from Around the World

Aug 19 Wed 1-3 pm

Red Wines from Around the World

Sept 16 Wed 1-3 pm

IT'S A WRAP!

Learn how to make the happy, scrappy sticks that made an appearance at our recent Art Show. These are great for decor, gift giving, yard art, and fun! All materials provided.

\$10 MEMBER/\$20 NONMEMBER

LOCATION: KENMORE

Instructor: Barb Osborne

Aug 19 Wed 10 am-Noon

NEW

ICE CREAM SOCIAL FOR NATIONAL SENIOR DAY

Invite a friend and join the fun at an old-fashioned ice cream social with all the fixin's! Transportation from Mill Creek provided. Pre-registration and pre-payment required.

\$5 MEMBER/\$10 NONMEMBER

LOCATION: BOTHELL (ALL NSC LOCATIONS/MEMBERS INVITED)

Aug 20 Thu 1-3 pm

Call 425-948-7170 to reserve transportation to Bothell location.

SPAGHETTI SING-ALONG FUNDRAISER

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

FREE

Dinner is Complimentary; Donations encouraged

LOCATION: MILL CREEK

Sept 16 Wed 1-3 pm

HEALTH FAIR – YOUR WELLNESS WORLD

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

FREE

LOCATION: BOTHELL, MULTIPURPOSE ROOM

Sept 24 Thu 10 am-1 pm

FITNESS AND ACTIVE LIVING

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

AEROBICS	9	MEDITATION FOR STARTERS.....	10	TABLE TENNIS.....	15
BALLROOM DANCE.....	8	MODERN SQUARE DANCING.....	8	TAI CHI – BASICS & FUNDAMENTALS.....	13
CARDIO DRUMMING	9	NET SPORTS.....	15	TAI CHI – BEGINNER 1.....	13
CIRCUIT - FUNCTIONAL FITNESS	9	OTAGO - BEGINNER LEVEL	10	TAI CHI – BEGINNER 2.....	13
CYCLING CLUB: GOLDEN GEARS.....	16	OUTDOOR ACTIVITY.....	16	TAI CHI – INTERMEDIATE.....	13
DANCE	8	PICKLEBALL - ROUND ROBIN PLAY	15	TAI CHI – PRACTICE.....	13
ENHANCE® FITNESS.....	9	PICKLEBALL 1	15	TONE UP.....	14
ESSENTRICS®.....	9	PICKLEBALL 2	15	WALKING GROUP	16
EXERCISE CLASSES.....	9	PICKLEBALL OPEN PLAY	15	WEIGHT LIFTING 101.....	14
FELDENKRAIS 1:1 MOVEMENT LESSONS.....	10	PICKLEBALL ROUND ROBIN PLAY	15	YOGA - BREATH & BALANCE.....	14
FELDENKRAIS METHOD.....	10	PILATES - BEGINNER	11	YOGA - SEATED/STANDING.....	14
FITNESS CENTER.....	10	PILATES - CHAIR.....	11	YOGA FOR YOU!.....	14
GOLF DRIVING RANGE MEET UP	16	PILATES - MAT	11	ZUMBA GOLD	8
HIKING.....	16	QIGONG	14		
LINE DANCING.....	8	STRENGTH & BALANCE	11		

DANCE

BALLROOM DANCE

Fox Trot, Waltz, Swing and Latin lessons for the beginner and the experienced. We work on one dance each month. Please, no new dancers after the 2nd week unless you have previous ballroom dancing experience. 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

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

\$32 MEMBER/\$64 NONMEMBER PER MONTH

LOCATION: BOTHELL, MULTIPURPOSE ROOM

Instructor: Candace LaMont
Ongoing Tue 11:15 am-Noon

LOCATION: MILL CREEK

Instructor: Brie Allen
Ongoing Fri 10:30-11:15 am

MODERN SQUARE DANCING

Spend your Sunday afternoons square dancing! Whether you're a beginner or looking to refine your moves, this lively and engaging class is a fantastic way to improve mental processing, stay active and have a great time. No new students after Sept. 27 unless you have previous experience. For more information, call Ernest at 425-785-9046.

\$6 PER CLASS

LOCATION: BOTHELL, MULTIPURPOSE ROOM

Sept 13-Dec 20 Sun 2:30-4:30 pm

ZUMBA GOLD

Zumba Gold tones your whole body, boosts your heart health and makes you happy with easy-to-follow Latin-inspired dance that focuses on balance, range of motion and coordination. All ages & levels welcome.

\$32 MEMBER/\$64 NONMEMBER PER MONTH

LOCATION: BOTHELL, MULTIPURPOSE ROOM

Instructor: Amy Best
Ongoing Fri Noon-12:50 pm

FITNESS AND ACTIVE LIVING

EXERCISE CLASSES

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 provided as needed. Wear athletic footwear and bring a water bottle to class.

\$43 MEMBER/\$86 NONMEMBER PER MONTH

LOCATION: BOTHELL, MULTIPURPOSE ROOM

Instructor: Candace LaMont

Ongoing Mon/Wed 10-11 am

CARDIO DRUMMING

Not interested in traditional exercise classes? Give cardio drumming a try! Utilizing fitness balls and drumsticks, this class combines cardio exercise with drumming in an easy, effective workout.

\$32 MEMBER/\$64 NONMEMBER PER MONTH

LOCATION: BOTHELL, MULTIPURPOSE ROOM

Instructor: Nancy Wilson

Ongoing Fri 10-11 am

LOCATION: KENMORE SENIOR CENTER

Instructor: Nancy Wilson

Ongoing Mon 11:30 am-12:30 pm

LOCATION: MILL CREEK

Instructor: Amy Best

Ongoing Thu 11:15 am-Noon *New Time!*

CIRCUIT - FUNCTIONAL FITNESS

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/\$90 NONMEMBER PER MONTH

LOCATION: HEALTH & WELLNESS, FITNESS CENTER

Instructor: NASM Certified Personal Trainer Pedro Kuhn

Ongoing Tue/Thu 8:30-9:30 am

Ongoing Tue/Thu 9:45-10:45 am

Ongoing Tue/Thu 11 am-Noon



ENHANCE® FITNESS

An evidence-based exercise program combining cardio, strength, flexibility, and balance training, with chairs and fitness equipment provided to support all levels of fitness and stability.

\$30 MEMBER/\$60 NONMEMBER PER MONTH

LOCATION: BOTHELL, MULTIPURPOSE ROOM

Instructor: Certified Instructor, Carolyn Hubbard

Ongoing Mon/Wed 8:30-9:30 am

LOCATION: MILL CREEK, ANNEX

Instructors: Suzanne Meyers-Hubner & Pam Jacobs

Ongoing Mon/Wed 10-11 am

ESSENTRICS®

Essentrics restores movement in your joints and liberates your spine, shoulders, and hips. It dynamically stretches and strengthens every muscle while rebalancing your body. Gentle movements increase full-body mobility, strength, relieve chronic aches and pains, improve your balance, posture and overall health. Bring a yoga mat, towel, and strap.

\$75 MEMBER/\$150 NONMEMBER PER MONTH

LOCATION: BOTHELL, STUDIO

Instructor: Certified Essentrics Instructor Natalia von Somoff

September Wed 4:30-5:30 pm

FITNESS AND ACTIVE LIVING

FELDENKRAIS 1:1 MOVEMENT LESSONS

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 in each 45-minute session.

\$40 MEMBER/\$80 NONMEMBER PER SESSION

LOCATION: BOTHELL

Instructor: Patty Bredice, Feldenkrais Practitioner

July 8/15, Aug 5/26, Sept 9/16 Wed

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

FELDENKRAIS METHOD: AWARENESS THROUGH MOVEMENT

Using gentle movements and awareness, the Feldenkrais Method helps us to learn and improve awareness of how we move to reduce tension, increase flexibility and balance, and improve our wellbeing. July lessons will focus on how movement patterns affect sleep and how to achieve a better quality of sleep. **FREE lessons in August and September** will show how the Feldenkrais Method works. All abilities are welcome. Comfortable clothing recommended.

\$60 MEMBER / \$120 NON MEMBER

LOCATION: HEALTH & WELLNESS CENTER, CONFERENCE ROOM

Instructor: Patty Bredice, Feldenkrais Practitioner

July Tue 11 am-Noon

Aug 11/25, Sept 8/15 Tue 11 am-Noon

FITNESS CENTER

A welcoming space designed to make exercise enjoyable and accessible, with cardio machines and weight-lifting equipment. Orientation required – available on Mon, Wed, Fri – during which an Exercise Specialist can create a personalized exercise program for you.

PUNCHCARD REQUIRED SEE PAGE 4

LOCATION: HEALTH & WELLNESS CENTER

Ongoing M/W/F 8 am-3:30 pm

Ongoing Tue Noon-3:30 pm

Ongoing Thur Noon-2 pm

NEW

MEDITATION FOR STARTERS

Have you thought about learning to meditate? Meditation is a great way to relax the body, calm the mind, and provide a sense of inner peace. This 4-week class will guide and support you through the fundamentals of meditation to develop your practice.

\$32 MEMBER/\$64 NONMEMBER PER MONTH

LOCATION: BOTHELL STUDIO

Instructor: Robyn Mattis

July 1-22 Wed 12:30-1:30 pm

Aug 12-Sept 2 Wed 12:30-1:30 pm

Sept 9-30 Wed 12:30-1:30 pm

OTAGO - BEGINNER LEVEL

Otago is an evidence-based muscle-strengthening and balance-retraining program developed and tested by Fall Prevention professionals to improve muscle strength, flexibility, balance, and reaction time to reduce the risk of falling. Meets twice a week for 8 weeks. **In-person registration required before pre-assessment.**

FREE

LOCATION: BOTHELL, MULTIPURPOSE ROOM

Instructors: Candace LaMont and Deb Lemeshko

Jul 22-Sept 23 Mon/Wed 11:30 am-12:30 pm

Pre-assessment on Jul 22; Post-assessment on Sept 23

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.



FITNESS AND ACTIVE LIVING



PILATES - BEGINNER

Start your Pilates journey with confidence in this beginner mat Pilates class. Designed for newcomers, this foundational course introduces the essential principles — breathing, concentration, control, precision, and flow — to build strength, flexibility, and body awareness.

\$43 MEMBER/\$86 NONMEMBER PER MONTH

LOCATION: BOTHELL, STUDIO

Instructor: Connie Evans, Certified Pilates Instructor
Ongoing Wed/Fri 10:45-11:30 am

PILATES - CHAIR

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

\$32 MEMBER/\$64 MEMBER PER MONTH

LOCATION: BOTHELL, STUDIO

Instructor: Connie Evans, Certified Pilates Instructor
Ongoing Mon 2-3 pm

LOCATION: KENMORE

Instructor: Connie Evans, Certified Pilates Instructor
Ongoing Tue 2-2:45 pm
Ongoing Thu 11-11:45 am

PILATES - MAT

This 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.

\$43 MEMBER/\$86 NONMEMBER PER MONTH

LOCATION: BOTHELL, STUDIO

Instructor: Connie Evans, Certified Pilates Instructor
Ongoing Wed/Fri 9:30-10:30 am

\$32 MEMBER/\$64 NONMEMBER PER MONTH

LOCATION: KENMORE

Instructor: Connie Evans
Ongoing Thu 9:30-10:30 am

STRENGTH & BALANCE

Exercises focus on building lean muscle mass, muscular endurance, and balance as well as injury and fall prevention. Modifications provided as needed. Bring water bottle, wear comfortable clothing and athletic shoes. All equipment is provided. All levels welcome.

\$43 MEMBER/\$86 NONMEMBER PER MONTH

LOCATION: BOTHELL, MULTIPURPOSE ROOM

Instructor: Candace LaMont
Ongoing Tue/Thu 9:30-10:30 am

FITNESS AND ACTIVE LIVING

SHAPE UP! 50+

For a Healthy Independent Lifestyle

The Shape Up program is intended to encourage older adults to get active and stay active, through continued participation in physical activity classes. Exercise is a key strategy in reducing falls and can benefit older adults by improving their health and independence.



Supported by Public Health – King County Emergency Medical Services, Seattle & King County, Shape Up provides a discount to adults, 50+ years of age, to participate in group physical activity classes at Northshore Senior Center. Classes are safe, affordable, and led by knowledgeable instructors.

No matter your fitness level, there's a class that's right for you!

Public Health
Seattle & King County

\$10 off your next fitness class!

Cut out and bring this coupon to Northshore Senior Center for \$10 off a group fitness class the next time you sign up. Participants must be new to the class. Returning participants must register for a different class, or have not taken the class in the past three months.

Name: _____ Date: _____

Class Name: _____

*Expires Dec. 15, 2026. Coupon has no dollar value and cannot be redeemed for cash. For more information visit:
kingcounty.gov/ems/shape-up*



FITNESS AND ACTIVE LIVING



TAI CHI – BASICS & FUNDAMENTALS

This 4-week summer workshop 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. Choose either August or September workshop.

\$45 MEMBER/\$90 NONMEMBER PER MONTH

LOCATION: BOTHELL, ROOM 202

Instructor: Marian Stewart

Aug 5-26	Wed	Noon-12:50 pm
Sept 2-23	Wed	Noon-12:50 pm

TAI CHI - BEGINNER 1

This popular course will continue to study the lovely 26 Form. It's challenging, motivating, and fun, and students will begin to experience "tai chi flow". Students will learn short, isolated movements and positions, then practice connecting them into a sequence. **Prerequisite: Basics & Fundamentals or by permission from the instructor.**

\$32 MEMBER/\$64 NONMEMBER PER MONTH

LOCATION: BOTHELL, STUDIO

Instructor: Marian Stewart

Aug/Sept	Tue	10:30-11:20 am
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TAI CHI – BEGINNER 2

This class will continue study of the elegant Senior Form. Learn isolated movements and positions, then connect them into a flowing sequence. It's challenging, motivating, and fun! **Prerequisite: Basics & Fundamentals or by permission from the instructor.**

\$32 MEMBER/\$64 NONMEMBER PER MONTH

LOCATION: BOTHELL, STUDIO

Instructor: Marian Stewart

Aug/Sept	Thu	10:30-11:20 am
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TAI CHI - INTERMEDIATE

This 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. **Prerequisite: Beginner Class or by permission from the instructor.**

\$32 MEMBER/\$64 NONMEMBER PER MONTH

LOCATION: BOTHELL, STUDIO

Instructor: Marian Stewart

Aug/Sept	Tue	11:30 am-12:30 pm
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LOCATION: MILL CREEK, NORTH CREEK PRESBYTERIAN CHURCH

Certified Instructor: Mike Lucero

Ongoing	Thu	1:30-2:30 pm
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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, and will address any concerns or questions.

\$32 MEMBER/\$64 NONMEMBER PER MONTH

LOCATION: BOTHELL, STUDIO

Instructor: Marian Stewart

Aug/Sept	Thu	11:30 am-12:30 pm
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FITNESS AND ACTIVE LIVING

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

Level 2* - Ongoing Tue 1-2 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.

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

Ongoing Wed 11 am-12:15 pm

TONE UP

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

\$32 MEMBER/\$64 NONMEMBER PER MONTH

LOCATION: KENMORE

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

Ongoing Mon 10:30-11:30 am

Call 425-489-0707 to sign up.

WEIGHT LIFTING 101

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: Personal Trainer Army Alejandrino

Ongoing Thu 12:15-1:15 pm

YOGA - BREATH & BALANCE

We explore the energy of the breath, the suitable alignment of the body in balance, and body integrity through the connective tissues. Most poses are on the mat. All levels are welcome. Please bring a yoga mat to class.

\$32 MEMBER/\$64 NONMEMBER PER MONTH

LOCATION: BOTHELL, STUDIO

Certified Instructor: Trudy Rolla, RYT

Ongoing Thu 8:30-9:45 am

LOCATION: MILL CREEK

Certified Instructor: Mill Creek Mayor, Stephanie Vignal

Ongoing Tue 10-10:45 am **NEW CLASS!**

YOGA FOR YOU!

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.

\$32 MEMBER/\$64 NONMEMBER PER MONTH

LOCATION: KENMORE

Instructor: Darius Sediqqi

Ongoing Tue 9:30-10:15 am

Please call 425-489-0707 to register.

NEW YOGA - SEATED/STANDING

Move through a complete series of seated and standing yoga poses. Chair support is available, making accessible a variety of poses 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: BOTHELL, STUDIO

Certified Instructor: Meena Natarajan, Kapila Yoga

Ongoing Mon/Wed 8:30-9:20 am

\$32 MEMBER/\$64 NONMEMBER PER MONTH

LOCATION: MILL CREEK

Instructor: Diane Brooks

Ongoing Thu 10-11 am

FITNESS AND ACTIVE LIVING

NET SPORTS

PICKLEBALL 1

If you have an interest and are just starting out, this class gives you the basics of equipment, court setup, shot selection, technique, scoring and etiquette. It is designed to build a strong foundation! All equipment is provided. Limit 10. Choose either Tue or Sat class.

\$60 MEMBER/\$120 NONMEMBER PER MONTH

LOCATION: BOTHELL, MULTIPURPOSE ROOM

IPTPA Certified Instructors: Paul Bomar, PickleBall Rick

Ongoing	Tue	2-3:30 pm
Ongoing	Sat	9-10:30 am

PICKLEBALL 2

If you have a solid fundamental skill set and want to move into more advanced play and advanced strategies, then this class is for you! Choose either Tue or Sat class. Limit 10.

\$60 MEMBER/\$120 NONMEMBER PER MONTH

LOCATION: BOTHELL, MULTIPURPOSE ROOM

IPTPA Certified Instructors: Paul Bomar, PickleBall Rick

Ongoing	Tue	3:30-5 pm
Ongoing	Sat	10:30 am-Noon

PICKLEBALL OPEN PLAY

This is a time for pickleball players to try open play with each other to build confidence. Have fun and exercise at the same time. Limit 20.

2 PUNCHES ON PUNCHCARD SEE PAGE 4

LOCATION: BOTHELL, MULTIPURPOSE ROOM

Ongoing	Mon/Fri	1-4 pm
Ongoing	Wed	5:30-8:30 pm
Ongoing	Thu	2-4 pm <i>Beginner only</i>

LOCATION: KENMORE, RHODODENDRON PARK

Ongoing Mon-Fri 9 am-3 pm **Sept only**
 Court is outside in the park. We have nets, paddles and balls, or bring your own. 2-hour court times 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.



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. Players bring your own paddle if you have one. Minimal instruction. Limit 12.

\$15 MEMBER/\$30 NONMEMBER SINGLE SESSION

LOCATION: BOTHELL, MULTIPURPOSE ROOM

Certified Instructor: Bing Teng

Ongoing	Thu	11:30 am-1:30 pm
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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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FITNESS AND ACTIVE LIVING

OUTDOOR ACTIVITY

CYCLING CLUB: GOLDEN GEARS

Weekly outdoor leisurely bike rides. The first session of each month begins with discussing road rules and overall safety and an initial bike inspection. Meet at the NSC parking lot (weather permitting). After practice laps around the Center, we ride on the Burke Gilman Trail, and end in time to enjoy the famous Pie Day. Sign up required; call 425-979-6991 to confirm participation. Signed waiver required.

FREE TO MEMBER / \$10 NONMEMBER

Instructor: Mike Moodi

Ongoing Wed 10-11:45 am

GOLF DRIVING RANGE MEET UP

Join us for enjoyable afternoons at various courses to work on your swing, putting, and chipping skills while connecting with fellow golf enthusiasts. Contact Ron Swicord at r.swicord@frontier.com or 425-301-9550 for exact dates and location details. Bring your own clubs.



HIKING

We meet every Monday morning (except holidays) starting May 4, 2026, until the end of September at the front of the Woodinville Park and Ride (17800 140th Ave NE) at 7:30 am to arrange carpools and leave promptly at 7:45 am, unless otherwise posted on our website. Please check the website for the list of hikes with links to the Washington Trails Association to see if it is appropriate for you. Signed waiver required.

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

email: nsschikers@gmail.com; phone 505-412-0507.

HIKES ARE FREE EXCEPT FOR CARPOOL EXPENSE

LOCATION: BOTHELL

Co-coordinators: Buffy and Wilbur Bergquist

Ongoing Mon 7:30 am

WALKING GROUP

Stay active and connected this summer with our Senior Center Walking Groups! Enjoy friendly, go-at-your-own-pace walks on flat terrain—rain or shine. Meet new friends while supporting your health and well-being. Dress for the weather and wear comfortable shoes. All walking levels welcome!

FREE TO MEMBER/\$10 NONMEMBER

PER MONTH

LOCATION: BOTHELL, SAMMAMISH TRAIL

Leader: Anita Forbes

Ongoing Tue 9-10 am

LOCATION: KENMORE

Ongoing Wed 10-11 am

LOCATION: MILL CREEK

Ongoing Thur 10-11 am

CLUBS AND SOCIAL CONNECTIONS

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

AGELESS TOGETHER.....	23	DRUM CIRCLE	21	NORTHSHORE BACKGAMMON SOCIAL CLUB.....	19
AMERICAN STYLE MAHJONG.....	21	EXQUISITE CREATURES	25	NORTHSHORE RED HAT FOXY LADIES.....	24
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ANTIQUES CLUB	17	GAMES	20	NORTHWEST TREK NATURE PARK	25
BACKGAMMON LEARN & PLAY	20	GUITAR CLUB.....	21	PANCAKE BREAKFAST	19
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BOCCIE/CORNHOLE SOCIAL GROUP	19	HAPPY HOUR.....	23	PROGRAM PARTNERS	24
BOOK CLUB	17	INDIAN AMERICAN COMMUNITY SERVICES.....	19	QUILT CLUB	18
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COMMUNITY EVENTS.....	19	MEN'S COFFEE GROUP	23	TALK TUESDAYS	24
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DAY TRIPS - TRAVEL	25	MUSIC FOR FUN	22	WOMEN'S COFFEE GROUP.....	23
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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

- » **July 8:** No meeting; summer break
- » **August 12:** No meeting; summer break
- » **September 9:** Summer acquisitions plus items that reflect America's 250th birthday. Think presidential memorabilia, state-related ephemera, 13 original colonies, pewter pieces, etc.

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.

July *The Queen of Crime* by Marie Benedict

Aug *The Antidote* by Karen Russell

Sept *Three Days in June* by Anne Tyler

LOCATION: MILL CREEK

Facilitator: Molly K Barry

Ongoing 4th Thu Noon-1 pm

July *Killers of the Flower Moon* by David Grann (Native American True Crime)

Aug *Shutter* by Ramona Emerson, Forensic Photographer (Ghosts of Crime Victims showing up on photographs!)

Sept *Demon Copperhead* by Barbara Kingsolver (Novel about the oxycontin drug struggle in Kentucky)

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. 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

SEWING: IN STITCHES

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. Limit 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 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 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*

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 1-2 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

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

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, every level of skill welcome.

FREE

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

July 14 Tue 6:30-8:30 pm

Aug 11 Tue 6:30-8:30 pm

Sept 8 Tue 6:30-8:30 pm

P.S. The Northshore Backgammon Social Club also meets every Monday from 5:30-8 pm at the Hangar in downtown Kenmore. All are welcome!

RUSSIAN LANGUAGE PROGRAMMING

Through local partnerships, Northshore Senior Center creates 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.

FREE

LOCATION: BOTHELL, ROOM 202

Coordinator: Margarita Morozovskaia, mmorozovskaia@jfsseattle.org

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

The ancient dice game of Backgammon is a mix of luck, strategy and skill. Fundamentals, board set-up, and basic rules will be taught. 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 5:30-8 pm at the Hangar in downtown Kenmore. 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. 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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LOCATION: KENMORE SENIOR CENTER

American Style Mahjong

Ongoing	Thu	10 am-Noon
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Punchcard for members, \$5 for drop-ins

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. 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

Aug 12	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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CLUBS AND SOCIAL CONNECTIONS

MUSIC MONDAYS

» BROUGHT TO YOU BY JFS

You will have an opportunity to listen to local musicians from different cultural background who play music of various genres and time periods, in a music hour brought to you by Day Program for Russian-speaking Older Adults.

LOCATION: BOTHELL, ROOM 202

Coordinator: Margarita Morozovskaia, mmorozovskaia@jfsseattle.org
1st Mon/month 1 pm

TRIVIA

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

Facilitator: Jill D

3rd Thu 10 am

» SUPPORT LIVE MUSIC AT BOTHELL HAPPY HOUR!

See Leadership 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

An ensemble of talented singers, instrumentalists and dancers that perform our shows on Tuesdays twice a month from 2-3 pm. 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, feel free to contact our Director Les Lorang at (425) 337-5678 and please leave a message.

FREE

LOCATION: BOTHELL, ROOM 205

Musical Director: Les Lorang

Ongoing Tue 10-11:30 am (practices)



CLUBS AND SOCIAL CONNECTIONS

SOCIAL

AGELESS TOGETHER

Ageless Together is a welcoming space designed to uplift and inspire through the power of shared experiences. 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 September 7

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 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

Join others in these free weekly conversation groups. It's an opportunity to make social connections and to simply have some fun and enjoyable conversation. Come check them out. We would love to have you join in!

FREE

LOCATION: BOTHELL, ROOM 104

Mon 1:30-2:30 pm **No meeting September 7**

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

CLUBS AND SOCIAL CONNECTIONS

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.

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

NEW PROGRAM PARTNERS

This is a monthly open discussion where NorthShore members can connect with the Director of Programs to share ideas, offer feedback, and talk through program updates or new concepts. Come as you are—whether you're refining an idea or simply curious to explore what's possible together.

FREE

LOCATION: BOTHELL, ROOM 205

Ongoing 4th Fri

Connect with Mason for any questions 425-487-2441



NEW 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

THE LUNCH BUNCH

We'll visit a different restaurant every month for fun and socializing. Pay for your own lunch. All are welcome. Pre-registration required to give restaurant a head count. Register online or call any senior center branch.

Patty's Eggnest / 6810 NE 153rd Pl on Juanita Drive, Kenmore

Jul 9 Tue 11:30 meet at restaurant

Chans Place / 14203 NE Woodinville-Duvall Road, Woodinville

Aug 13 Tue 11:30 meet at restaurant

Sparta's Pizza & Pasta House / 18817 Bothell Way NE, Bothell

Sept 10 Tue 11:30 meet at restaurant

DAY TRIPS - TRAVEL

VISIT POULSBO

We'll catch the ferry and explore the lovely town of Poulsbo. Wear comfortable shoes. Lunch on your own in town.

\$40 MEMBER/\$80 NONMEMBER (INCLUDES FERRY RIDES)

LOCATION: KENMORE RHODODENDRON PARK

July 21 Tue 9:30 am-5 pm

Bus leaves from Kenmore Rhododendron Park. Limit 9.

SIP AND SAVOR: PRIVATE WINE TASTING AT DELILLE CELLARS

As one of Washington State's premier wineries, DeLille Cellars is celebrated for its world-class blends. During this private session, you will enjoy a curated flight featuring five different wine varieties, expertly paired with a delicious selection of finger foods for a light luncheon. Whether you are a seasoned connoisseur or a casual enthusiast, this is a perfect opportunity to relax, socialize, and discover the rich flavors of wine country without the worry of driving. Space is limited.

\$50 FOR MEMBERS/\$100 FOR NON-MEMBERS

LOCATION: BOTHELL

July 30 11:30 am-1:30 pm

SENIOR DAY AT THE BALLPARK

Join us at T-Mobile Park to watch the Mariners take on the Detroit Tigers. Price includes club level seats and lunch.

\$80 FOR MEMBERS/ \$160 FOR NONMEMBERS

LEAVES FROM BOTHELL

Aug 8 Thu 10:45am-5:30 pm (estimated)

Organizer - Shelley Dion 206-200-5463 shelleydion@comcast.net

Day of trip leader - Ann Kearney 425-788-5740 missyChris58@gmail.com

NORTHWEST TREK NATURE PARK

Discover herds of bison, mountain goats, bighorn sheep and more as they roam freely through their 435-acre home. The electric trams offer up close, eye-level views of majestic wildlife and panoramic views of stunning meadows, forests and lakes. Self-pay lunch at the Mill House Cider Co. Bus leaves from Kenmore. Limit 9.

\$50 MEMBER/\$100 NONMEMBER (INCLUDES ADMISSION)

LOCATION: KENMORE RHODODENDRON PARK

Aug 18 Tue 9 am-5 pm

EXQUISITE CREATURES

A renowned traveling exhibition by artist/naturalist Christopher Marley. It features 3-D works of art created from real, preserved animal, mineral and plant specimens. A once in a lifetime experience! Downtown Seattle. Self-pay lunch at Northgate Red Robin on the ride back. Limit 9.

\$50 MEMBER/\$100 NONMEMBER (INCLUDES ADMISSION)

LOCATION: KENMORE RHODODENDRON PARK

Sept 22 Tue 9:30 am-3 pm

DAY TRIP GUIDELINES:

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

TRAVEL CLUB

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.

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FOOD PROGRAMS

COMMUNITY DINING AT BOTHELL

Come and enjoy a wonderful in-person dining experience Monday thru Friday in our welcoming dining room. Menus are available online 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

CURIOUS 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: PETERKIRK COMMUNITY CENTER

Presenter: Lisa Buchanan, RN, OCN emeritus, MMS, Dockside Cannabis

July 13 Mon 1-2:30 pm

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

DIZZINESS: CAUSES & TREATMENTS

Join EvergreenHealth Home Health for an interactive and informative talk on dizziness symptoms, causes and treatments. Learn some useful tips and tricks from a Physical Therapist vestibular specialist who helps people who experience dizziness feel more steady, confident, and safe in their everyday movement and meaningful activities.

FREE

LOCATION: BOTHELL, ROOM 203

Aug 20 Thu 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

EMERGENCY PREPAREDNESS

Stay ready and confident for unexpected situations. This class covers: when and how to call 911 for medical or safety emergencies, what to take to the hospital: essential documents, medications, and helpful items, home and personal safety tips to prevent accidents, staying calm and organized during emergencies.

FREE

LOCATION: KENMORE

Sept 16 Wed 1-2 pm

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

FALL PREVENTION: STRENGTH, BALANCE & SAFE MOVEMENT

This class focuses on improving strength, balance, and mobility to help reduce the risk of falls and support safe, confident movement. Using evidence-based exercises guided by physical therapy principles, participants will practice balance strategies, lower-body strengthening, and functional movements that support everyday activities and independence.

FREE

LOCATION: BOTHELL, ROOM 202

July 3 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

HEALTH AND NUTRITION

GRANDPARENT SAFETY

This class helps grandparents learn practical safety tips for caring for and spending time with grandchildren. Topics include home safety basics, injury prevention, safe play, and what to do in common emergency situations. Designed to be informative, welcoming, and interactive, with time for questions.

FREE

LOCATION: KENMORE

July 16 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

THE IMPORTANCE OF KIDNEY HEALTH

Learn the basics of kidney health and eating for healthy kidneys. Eating well can keep your kidneys healthy and slow the progression of kidney disease. Please join us for a Kidney Health presentation from Northwest Kidney Centers' dietitian.

FREE

LOCATION: BOTHELL, ROOM 202

Aug 12 Wed 1-2:30 pm

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

LAUGHTER YOGA

Safe stretching exercises for seniors of all activity levels. Help maintain your strength and flexibility, improve your balance and increase your circulation while incorporating laughter.

FREE

LOCATION: KENMORE

July 15 Wed 1:30-2:30pm

LOCATION: BOTHELL, ROOM STUDIO

Sept 17 Thu 11:30 am-12:30 pm

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

A MATTER OF BALANCE PROGRAM

Aging is often accompanied by a change in balance and/or loss of strength that can lead to an increased risk for falls. In this 8 session FREE workshop, you will learn about fall hazards, strategies to prevent falls, how to get up from a fall, and ways to become more physically active. We will do gentle exercises to improve strength and balance. This workshop is designed for those who have become less active due to experiencing a fall or a fear of falling, or those who use assistive devices to avoid falls. Note: Maximum 10 participants for this program.

FREE

LOCATION: BOTHELL, ROOM 203

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

Sept 3-Oct 22 Thu 10 am-Noon

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



LIFELONG LEARNING

INFORMATIONAL PROGRAMMING FOCUSED ON PERSONAL DEVELOPMENT AND LEARNING NEW SKILLS.

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ART CLASSES

ACRYLICS AND MORE

Join the camaraderie of artistic creation, regardless of your medium. Bring your own projects and supplies to work independently in a room of others. Art instructor, available for encouragement, advice and help is present. 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

LOCATION: BOTHELL, ROOM 103

Instructor: Diana Bustos

Ongoing Thu 9-11 am



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

CERAMICS BEGINNING HAND BUILDING BOOTCAMP

Join us for a four-hour intensive introduction to hand building. Learn the three core techniques, pinch, coil, and slab, and create at least one piece with each. Some clay and bisque firing are included, and tools will be provided. Completion qualifies you for the Intermediate Hand building Bootcamp in October, where you'll focus on mugs, vases, and other cylinder forms. Pre-register by September 1

\$55 MEMBER/\$110 NONMEMBER

LOCATION: BOTHELL, ROOM 103

Instructor: Katherine Davidow-Lucas

Sept 5 Sat 10 am-2 pm

CERAMICS: LOW-FIRE - BEGINNING

If you always wanted to try to create objects with clay, join us to learn. 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

CERAMICS: LOW-FIRE - INTERMEDIATE

Have you outgrown the Beginning Ceramics class and want more challenge and 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

Ongoing Wed 5:30-7:30 pm

CERAMICS: LOW FIRE - MASTERY STUDIO

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: LOW FIRE - OPEN STUDIO

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

\$35 MEMBER/\$70 NONMEMBER

PER MONTH

LOCATION: BOTHELL, ROOM 103

Instructor: Katherine Davidow-Lucas

Ongoing Mon 9:30-11:30 am

NEW

CERAMICS WORKSHOP - SLIP TRAIL DECORATING

Intermediate and advanced ceramic artists, join us for an inspiring clay slip trailing workshop. Learn to mix, blend, sieve, and achieve the ideal slip consistency for raised designs, then practice "drawing" with slip. You'll create small tiles, bowls, and plates to decorate. Some materials and tools are provided, and bisque firing is included in the fee. Must Pre-Register by July 27.

\$55 MEMBER/\$110 NONMEMBER

LOCATION: BOTHELL, ROOM 103

Facilitator: Katherine Davidow-Lucas; Presenter: Christina Jensen

Aug 1 Sat 10 am-2 pm

COLORED PENCIL - BEGINNING/ INTERMEDIATE

We will explore various surfaces and art materials that work well with colored pencils as well as assist with individual projects. Some materials and tools are available for students to use during class, but continuing students should provide their own pencils. All skill levels welcome.

\$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/tones, proportions, texture, and contour. Learn how to create realistic drawings with pencil. Instruction of special techniques will be offered to enhance work produced each week. New subjects are offered for every class. 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

LIFELONG LEARNING

NEW

INTERGENERATIONAL ART WORKSHOP: "TILE BY TILE"

We're excited to offer a drop-in art workshop that brings generations together through creativity. Over 2-3 hours, participants of all ages can create individual pieces inspired by traditional Indian art using provided materials. Finished pieces can be added to a large collaborative artwork or taken home as a keepsake. No experience needed, just bring your imagination!

FREE

LOCATION: BOTHELL, DINING HALL

Facilitator: Deepti Agrawal

Aug 5 Wed 4-7 pm

WATERCOLOR

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

\$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

July and Aug only Fri 8:30-11 am

NEW

WIRED WEDNESDAYS

Using fine wire and tiny glass or metal beads, participants will learn how to shape delicate patterns into elegant jewelry, decorative accents, words or miniature art pieces. This series of workshops covers essential wire-handling techniques, bead placement methods, color coordination, and finishing details, making it suitable for both beginners and experienced crafters. All supplies provided. Take 1, 2 or all 3 sessions.

\$20 MEMBER/\$40 NONMEMBER PER SESSION

LOCATION: KENMORE SENIOR CENTER

Instructor: Carole Van Gorder

July 15 Wed 10 am-Noon
Aug 19 Wed 10 am-Noon
Sept 16 Wed 10 am-Noon



LIFELONG LEARNING



LANGUAGES

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

YOU LEARNED IT, NOW TEACH IT!

Join the NSC team as an instructor!

We'll pay for certification.

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



LIFELONG LEARNING



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

WRITING CLASS- FOR CREATIVE WRITING

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

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 Open Mic is encouraged. Moderators are class members and rotates weekly. Limit 13.

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.

FREE

LOCATION: BOTHELL, ROOM 205

Facilitator: Laura Kathryn 206-979-5259

Ongoing Fri 11 am-1 pm

TECHNOLOGY

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 3:15-4:15 pm

Call 425-948-7170 to schedule an appointment.

TECH HELP

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.

FREE TO MEMBER/\$10 NONMEMBER

LOCATION: BOTHELL, FRONT LOBBY

Ongoing 1st Sat 9-11 am

LIFELONG LEARNING



SPECIAL INTEREST

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

NEW EMOTIONAL FREEDOM TECHNIQUE (EFT)

A powerful therapeutic tool, EFT (Emotional Freedom Technique) combines mindful awareness with gentle tapping on acupressure points to calm the nervous system. We'll cover the basic tapping points and practice a simple set up phrase to feel more grounded and relaxed than when you started. Limit 12.

\$10 MEMBER/\$20 NONMEMBER PER SESSION

LOCATION: KENMORE

Instructor: Elaine Ebersole

July 2	Thur	10 am-Noon
Aug 6	Thur	10 am-Noon
Sept 3	Thur	10 am-Noon

CORE:

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

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

FREE

LOCATION: BOTHELL, ROOM 202

July 23 Thu 10-11:30 am

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

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

COOKIE DECORATING FUN

Enjoy some sweet treats and creativity with a decorating pack designed for little hands and big imaginations. With colorful icing tubes and playful sprinkles, kids will love creating their own edible masterpieces.

\$10 MEMBERS/\$20 NONMEMBERS

LOCATION: BOTHELL, DINING ROOM

Aug 5 Wed 5:30 pm

LOCATION: MILL CREEK

July 27 Mon 10-11:30 am

LISTENING MORE CAREFULLY AND EXPRESSING MORE CLEARLY

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

FREE

LOCATION: PETERKIRK COMMUNITY CENTER

Presenter: Janet Zielasko MS, LSW

Aug 7 Fri 1-2:30 pm

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

LIFELONG LEARNING

NEW

MEDITATION FOR STARTERS

Have you thought about learning to meditate? Meditation is a great way to relax the body, calm the mind, and provide a sense of inner peace. This 4-week class will guide and support you through the fundamentals of meditation to develop your practice.

\$32 MEMBER/\$64 NONMEMBER

PER MONTH

LOCATION: BOTHELL STUDIO

Instructor: Robyn Mattis

July 1-22	Wed	12:30-1:30 pm
Aug 12-Sept 2	Wed	12:30-1:30 pm
Sept 9-30	Wed	12:30-1:30 pm

SENIOR PROPERTY TAX EXEMPTION PROGRAM: KING COUNTY

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

FREE

LOCATION: NSC BOTHELL, ROOM 202

Aug 25 Tue 1-2:30 pm

Presenter: Representative from the King County Assessor's Office

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

POWERFUL TOOLS FOR CAREGIVERS

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

FREE

LOCATION: PETERKIRK COMMUNITY CENTER

Aug 28-Oct 9 Fri 1-3 pm

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

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

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: MILL CREEK

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

Aug 25 Tue 10am-Noon

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

GET YOUR DUCKS IN A ROW

This three-part workshop series presented by People's Memorial Association helps you get your end-of-life arrangements in order. You'll get easy-to-understand advice, tools, and support so you can feel confident about your choices. You are encouraged to make your own decisions.

8/13: Advance Care Directives with End-of-Life Washington: Learn about advance directives to ensure your healthcare wishes are known and respected.

8/20: Estate Planning: Information from an estate attorney on preparing for end-of-life planning, including wills, trusts, and financial powers of attorney.

8/27: Funeral Options: Explore modern funeral planning options with a deathcare educator, including WA many alternatives. Learn how to make informed decisions about final arrangements.

FREE

LOCATION: BOTHELL, ROOM 202

Aug 13, 20, 27 Thu 1-3 pm

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

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.

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.

SUPPORTING SELF-CARE AND CAREGIVERS

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

COMMUNITY RESOURCE SPECIALIST CONSULTATION

Have you ever wondered if you might be eligible for financial assistance programs or other cost-saving services through the county, state or federal government? Do you need assistance accessing public services and programs to help sustain your quality of life? The NSC Community Resource Specialist is available to help. Services include: Help with connecting individuals to public benefits they may be eligible for. Support completion of application materials to access benefits. (Examples may include accessing VA benefits, DSHS assistance, public utilities, food assistance, property tax relief, etc.). Make direct referrals to other resources for assistance. Serve as an advocate for individuals as needed. For more details and/or to make an appointment, contact: Tulika Dugar; 425-286-1036; tulikad@mynorthshore.org

FREE

LOCATION: BOTHELL, SOCIAL SERVICES SUITE, 2ND FLOOR

Tue 8 am-2 pm

Thu 8 am-2 pm

LOCATION: PETERKIRK COMMUNITY CENTER

Wed 8 am-4 pm

ENHANCE®WELLNESS

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

LOCATION: BOTHELL

LOCATION: KENMORE

LOCATION: MILL CREEK

LOCATION: PETERKIRK COMMUNITY CENTER (BY APPOINTMENT)

For more details, contact:

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

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

SUPPORTING SELF-CARE AND CAREGIVERS

PEARLS

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

LOCATION: BOTHELL

LOCATION: KENMORE

LOCATION: MILL CREEK

LOCATION: PETERKIRK COMMUNITY CENTER (BY APPOINTMENT)

For more details, contact:

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

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

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

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

PERSONAL CONSULTATIONS

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

FREE

BOTHELL (BY APPOINTMENT)

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

Tulika Dugar, BA, 425-286-1036; tulikad@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: Tulika Dugar, BA;
425-286-1036; tulikad@mynorthshore.org

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

WELLNESS NURSE

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

FREE

LOCATION: BOTHELL, SOCIAL SERVICES SUITE, 2ND FLOOR

Mon/Wed

By appointment: Lydia Barnsley, LPN, Wellness Nurse 425-286-1029;

lydiab@mynorthshore.org

LOCATION: PETERKIRK COMMUNITY CENTER

Fri

By appointment: Lydia Barnsley, LPN, Wellness Nurse 425-286-1029;

lydiab@mynorthshore.org

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

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. For financial assistance please contact Judip@mynorthshore.org

\$75 PER SESSION.

Lori Field

Ongoing

3rd Wed

Call for appointment 425-488-4821

SUPPORTING SELF-CARE AND CAREGIVERS

DENTAL HYGIENE

Personalized initial, preventative treatment and re-care assessment. Services include providing routine dental cleanings and deep cleanings, treatments including fluoride varnish, dry mouth, sensitivity and silver diamine fluoride treatments. Private pay (assistance in completing insurance reimbursement) Medicaid billing.

LOCATION: HEALTH & WELLNESS, 2ND FLOOR

2nd Wed

For more information or to schedule an appointment please call 425-488-4821

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

Get to use life skills to help seniors in need while earning some extra money for yourself! All potential service providers are interviewed and checked through the Washington State Patrol system. The NSC Employment Matching Program receives calls daily asking for help with various home tasks. The volunteers find one of our service providers who's a good match for the client, then give you a call to see if you're interested. If you are, you then call the client, discuss the job, and negotiate a fee. Another happy client and another happy service provider feel good about being able to help someone else out. If you are interested and/or for more information, please call us at 425-286-1028.

LOCATION: BOTHELL, 2ND FLOOR

Mon-Fri 1-4 pm

FOOT CARE

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

\$45

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

1st Mon, Every Tue, 3rd Thu, 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

MEDICAL EQUIPMENT CHECK-OUT

Manual wheelchairs, canes, bedside commodes, walkers and other assist equipment, available for free on a temporary basis.

FREE

LOCATION: HEALTH & WELLNESS

425-488-4821

Mon-Fri 8:30 am-3 pm

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.

LOCATION: BOTHELL, FRONT LOBBY

Facilitated by: Riverside East

4th Wed/month 11 am-Noon

SUPPORTING SELF-CARE AND CAREGIVERS

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 Bussard

Tue/Thu Call for appointment 425-488-4821

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 *No meeting July 3*

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

RAINBOW PRIDE COFFEE HOUR

Join us monthly for our conversation and coffee hour dedicated to build connections for LGBTQIA+ older adults and their allies. The focus of this group is to create greater social connectivity, improve social inclusion and evolve services to better meet the needs of our LGBTQIA+ seniors.

FREE

LOCATION: PETERKIRK COMMUNITY CENTER

1st Mon/month 11 am-Noon *No meeting Sept. 7*

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

Cassidys@mynorthshore.org

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

Facilitator: Georgia Rigler, MSW, LICSW, 425-286-1047

georgiar@mynorthshore.org



INCLUSION PROGRAM

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 those with combative behavior 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 NORTHSHORE HEALTH AND WELLNESS BUILDING UNLESS OTHERWISE NOTED IN THE CLASS DESCRIPTION

LOOK FOR ANNOUNCEMENTS DURING THIS SESSION FOR OUR NEW EVENTS!

FRIDAY: SOCIALS & OUTINGS
SATURDAY: SOCIAL EVENTS



JULY 6-SEPTEMBER 25:

» MONDAY

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

» TUESDAY

- » Day Camps: 10 am-2:15 pm
- » STEM: 1:15-2 pm
- » Painting: 2:15-3 pm
- » Cooking: 3:15-4 pm

» WEDNESDAY

- » Day Camp: 10am-2:15 pm
- » Book Club: 1:15-2 pm
- » Outdoor Games: 2:15-3 pm
- » Drama: 3:15-5pm

» THURSDAY

- » Day Camps: 10 am-2:15 pm
- » Pop Culture: 1:15-2 pm
- » Circuit Training: 2:15-3 pm
- » Social Connections: 3:15-4 pm

INCLUSION PROGRAM

ALL PROGRAMS ON THIS PAGE BELONG TO THE INCLUSION PROGRAM.

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**

July 6-Sept 25 Wed 1:15-2 pm

BOWLING

Recreational bowling at Kenmore Lanes. Fee all inclusive

\$200 **PER SESSION**

July 6-Sept 21 Mon 3-4 pm

DRAMA

Short skits, improv and learning to express yourself artistically.

\$200 **PER SESSION**

July 6-Sept 25 Wed 3:15-5 pm

CIRCUIT TRAINING

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

\$180 **PER SESSION**

Jul 6-Sept 25 Thu 2:15-3 pm

POP CULTURE

Come learn about pop culture music, history, and art.

\$180 **PER SESSION**

Jul 6-Sept 25 Wed 3:15-4 pm

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

DAY CAMP

Register for each day separately. No class Sept 30.

\$85 **PER DAY**

July	M/T/W/Th	10am 2:15pm
Aug	M/T/W/Th	10am 2:15pm
Sept	M/T/W/Th	10am 2:15pm

OUTDOOR GAMES

We will be playing a variety of games outdoors.

\$180 **PER SESSION**

Jul 6-Sept 25 Wed 1:30-2:15 pm

SOCIAL CONNECTIONS

Come connect with your peers! We will have guest presenters, learn conversation and relationship skills and more.

\$180 **PER SESSION**

July 9-Sept 25 Thu 3:15-4 pm

PAINTING

We will be learning color theory, mixing colors, painting with watercolors, acrylics and more.

\$200 **PER SESSION**

July 7-Sept 27 Tue 2:15-3 pm

COOKING

We will be cooking gluten free recipes in our kitchen.

\$200 **PER SESSION**

July 9-Sept 22 Tue 3:15-4 pm

STEM

We will be doing a variety of projects that involve science, technology, engineering and math

\$180

Instructor: Jamie Claypool



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.

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.

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.

» 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.

SENIOR SHOP

Northshore Mill Creek> Monterra Apartments> The Reserve Town Center Apartments. Mill Creek Town Center> Town & Country Market> Safeway S. Mill Creek
*We able to make personal stops within .75 miles of the fixed route to provide more specialized support for Mill Creek residents. Due to route customization, route times are approximate and subject to change.

FREE

Every Wednesday ONLY

Contact Transportation for with questions!

TRANSPORTATION



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

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!



REGISTRATION INFORMATION

HOW TO REGISTER

Participants can register at ANY NSC site, for programs offered throughout the entire organization.

» ONLINE REGISTRATION



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.

» WALK IN

Stop by in-person to any NSC location during open hours listed on page 4.

» TELEPHONE

Call any NSC front desk at the phone numbers during open hours listed page 4 or call registration line at 425-286-1042. Please leave a message with your name, phone number, and desired class registration preferences. We will call back to collect payment and confirm registration.

Some programs have individualized registration requirements. Please see event details noted next to catalog description entry.

Participants are encouraged to register early, as programs with insufficient registration may be cancelled three to five business days before scheduled start date. Registration funding can be transferred to use for other programs, but nontransferable among different members.

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.

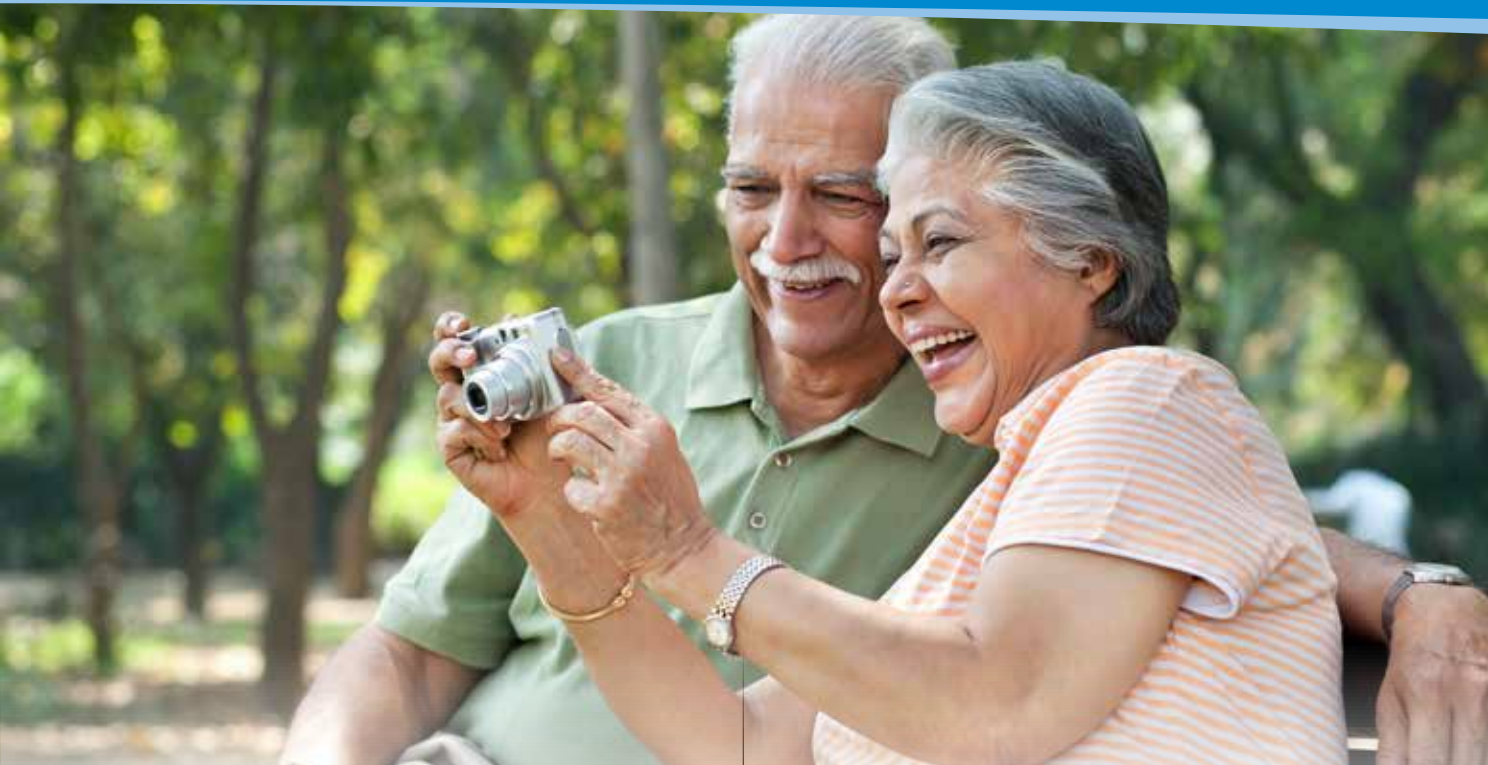
REFUND POLICY

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 cannot refund fees requested on or after start date of a program, or for sessions missed due to personal illness or other personal situations. Credits will be issued to the WALLET in MySeniorCenter to be used towards other programs/activities. Members are eligible for class credits when: Northshore is unexpectedly closed (i.e. inclement weather, etc.). Northshore is unable to provide instructor and class is cancelled. Members are NOT eligible for class credits when: Members are absent and unable to attend single classes within series/month. Noted holidays, announced within the catalog.

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.

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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

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Northshore
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OUR MISSION:

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

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