



NORTHSHORE SENIOR CENTER

FALL 2026 CATALOG VOLUME 45, ISSUE 4

OCTOBER | NOVEMBER | DECEMBER



**GIVE AND GATHER ALL SEASON LONG THROUGH
MEANINGFUL CONNECTIONS, COMMUNITY
CELEBRATIONS, AND OUR ANNUAL GIVING
TUESDAY TRADITION ON DECEMBER 1ST!**

WELCOME

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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.



ADMINISTRATIVE TEAM

- Chief Executive Officer:** Nathan Phillips
- HWC/ADH/Inclusion Director:** Judi Pirone
- Program Director:** Mason Thornton
- Member Services & Belonging Director:** Brie Allen
- Creative/Kenmore Manager:** Pasha Mohajerjasbi
- Social Services Manager:** Janet Zielasko
- Marketing & Communications Manager:** Isaiah Shim
- IT Manager:** Tim Czapiewski
- Staff Accountant:** Leah Walz
- 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.

**GIVING
TUESDAY**
ALL DAY, TUESDAY,
DECEMBER 1ST

Save the Date – Giving Tuesday, December 1, 2026! Join us in creating meaningful connections that enrich lives. Your support helps Northshore Senior Center empower older adults to thrive with health, independence, and community.

LOCATION INFORMATION

NSC BOTHELL

The Northshore Senior Center receives funding from the King County Veterans and Human Services Levy.
Phone: 425-487-2441

» BOTHELL 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

NSC 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
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NSC 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
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KIRKLAND (PROGRAM PARTNER LOCATION)

Phone: 425-587-3360

» PETERKIRK COMMUNITY CENTER:

352 KIRKLAND AVE, KIRKLAND WA

BOARD OF DIRECTORS

2026 Board Members:

David Baker • Linda Brabant • Christine Fordyce •
Yvonne Grossrieder • Nick Lee • 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:

- » **Wed, Nov 11:** Veterans Day
- » **Wed-Thu, Nov 26-27:** Thanksgiving
- » **Thu-Fri, Dec 24-25:** Christmas Holiday

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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MEMBER INFORMATION



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.

NSC BOTHELL, ROOM 203

Oct 15 Thu 10-11 am

NSC KENMORE

Nov 19 Thu 10-11 am

NSC MILL CREEK

Dec 17 Thu 10-11 am

NSC QUICK LINKS



Visit our website:
northshoreseniorcenter.org

Follow us on Facebook
and Instagram @
[northshoreseniorcenter](https://www.facebook.com/northshoreseniorcenter)

Donate to NSC: northshoreseniorcenter.ejoinme.org/MyPages/donation/tabid/716182

**Send your questions and photos to information@
mynorthshore.org**

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.

FALL 2026 REGISTRATION: WEDNESDAY, DECEMBER 16

Sign-up for quarterly class registration is available by phone, in-person at any NSC location, or online. Registration for programs remains 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!

PUNCHCARD

Your pass to fun! Punch cards unlock a variety of activities at Northshore Senior Center for Bothell, Kenmore & Mill Creek—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.

SPECIAL EVENTS

GIVE AND GATHER

Give and Gather is more than a theme; it's an invitation to connect, celebrate, and support one another. We gather to celebrate traditions, learn from one another, and build meaningful relationships. We give through our time, talents, experiences, and generosity, ensuring everyone can live full, healthy, and inspired lives. This fall, we invite you to gather with friends and neighbors at events such as Diwali, Community Friendsgiving Potluck, and a special Veterans Breakfast Club for Veterans Day, and to explore opportunities to give back through our Legacy Society Learning presentation and Giving Tuesday.

Whether you're sharing a meal, making a new connection, or supporting the future of Northshore Senior Center, every act of giving and gathering helps create a more vibrant, welcoming community for all.



COMMUNITY
FRIENDSGIVING
POTLUCK

Bring a dish
and a friend!



Tuesday, November 24th
3:30 pm-5:00 pm
NSC Mill Creek



★★★★★
**VETERANS
BREAKFAST
CLUB**

**MONDAY, NOVEMBER 9,
9-10:30 AM
NSC BOTHELL**

**ALL NSC SITES WILL BE
CLOSED WEDNESDAY,
NOVEMBER 11 FOR
VETERANS DAY**

LEGACY SOCIETY LEARNING:

YEAR-END GIVING &
DISTRIBUTION
PLANNING

**WEDNESDAY, NOVEMBER 4
1-2:30**

NSC BOTHELL, ROOM 202

CONTACT ARNY ALEJANDRINO;
425-286-1054, ARNYA@
MYNORTHSHORE.ORG

DIWALI

*Celebrate with special traditional
dancers, crafts, and tasty treats!*

*NSC Bothell, MPR
Tuesday, November 10, 1-3 pm*

FREE

Presented by IACS



NEW & NOTEWORTHY

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FITNESS AND ACTIVE LIVING

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

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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
NSC 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
NSC BOTHELL, MULTIPURPOSE ROOM	

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

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

MODERN 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.

\$6	PER CLASS
NSC BOTHELL, MULTIPURPOSE ROOM	
Facilitator: Ernest Meza, 425-785-9046	
Oct 4-Dec 20	Sun 2:30-4:30 pm

NEW SHAKE YOUR SOUL®

Discover the joy of fluid movement in this relaxed dance class. Set to soulful music, you will follow simple choreography designed to release stress, boost energy, and have fun. No dance experience required—just move at your own pace. Come as you are, listen to your body, and let your spirit dance!

\$32 MEMBER/\$64 NONMEMBER	PER MONTH
NSC KENMORE	

Instructor: Clare Kennelly
Ongoing Wed 10-11 am

FITNESS AND ACTIVE LIVING

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

NSC BOTHELL, MULTIPURPOSE ROOM

Instructor: Amy Best

Ongoing Fri Noon-12:50 pm

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

NSC BOTHELL, MULTIPURPOSE ROOM

Instructor: Candace LaMont

Ongoing Mon/Wed 10-11 am

CARDIO DRUMMING

Utilizing fitness balls and drumsticks, this class combines cardio exercise with drumming to the rhythm of upbeat music in an easy, effective workout.

\$32 MEMBER/\$64 NONMEMBER PER MONTH

NSC BOTHELL, MULTIPURPOSE ROOM

Instructor: Nancy Wilson

Ongoing Fri 10-11 am

NSC KENMORE

Instructor: Nancy Wilson

Ongoing Mon 11:30 am-12:30 pm

NSC MILL CREEK

Instructor: Amy Best

Ongoing Thu 11:15 am-Noon

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

NSC HEALTH AND 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

NSC BOTHELL, MULTIPURPOSE ROOM

Certified Instructors, Carolyn Hubbard, Janice Ohrenschall, and Amy Best

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

NSC MILL CREEK, ANNEX

Instructor: Suzanne Meyers-Hubner & Pam Jacobs

Ongoing Mon/Wed 10-11 am

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 CLASS

NSC BOTHELL, ROOM 205

Instructor: Patty Bredice, Feldenkrais Practitioner

Oct 7/21, Nov 4/18, Dec 2/16

Wed 9:30 am, 10:30 am, 11:30 am

FITNESS AND ACTIVE LIVING

FELDENKRAIS METHOD: AWARENESS THROUGH MOVEMENT

Feldenkrais Method uses gentle movements and awareness to help us function better in tasks and activities. October focus: strategies and ease in getting up and down from the floor, bed, or chair. November: finding more comfort in sitting. December: reducing body patterns of stress and anxiety.

\$60 MEMBER/\$120 NONMEMBER **PER MONTH**

NSC HEALTH AND WELLNESS, LEARNING LAB

Instructor: Patty Bredice, Feldenkrais Practitioner
Specific dates on some months
Tue 11 am-Noon **No class Dec 22, 29**

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 **PER CLASS**

NSC HEALTH AND WELLNESS CENTER

Ongoing	M/W/F	8 am-3:30 pm
Ongoing	Tue	Noon-3:30 pm
Ongoing	Thu	Noon-2 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.

FREE **SERIES**

NSC BOTHELL, MULTIPURPOSE ROOM

Instructors: Candace LaMont, Garrick Chock, and Deb Lemeshko
Oct 19-Dec 14 Mon/Wed 11:30 am-12:30 pm
Pre-assessment Wed, Oct. 14 at 11:30 am
Post assessment Wed, Dec. 16 at 11:30 am

PERSONAL TRAINING

30-minute private training sessions to improve form, build strength and increase mobility. Sign up for two sessions to begin: first session is a free assessment.

\$30 MEMBER/\$60 NONMEMBER **PER SESSION**

NSC HEALTH AND WELLNESS, FITNESS CENTER

Instructor: NASM Certified Personal Trainer Pedro Kuhn
Ongoing Tue 12:30 pm, 1:15 pm, 2 pm, 2:45 pm

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**

NSC 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 NONMEMBER **PER MONTH**

NSC BOTHELL, STUDIO

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

NSC KENMORE

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

PILATES - MAT

This mat Pilates class is designed to increase strength, flexibility, and balance for a full-body workout. Prerequisite: Beginner Pilates or by permission from instructor. Bring a mat, towel, and water bottle.

\$43 MEMBER/\$86 NONMEMBER **PER MONTH**

NSC BOTHELL, STUDIO

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

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

NSC KENMORE

Instructor: Connie Evans, Certified Pilates Instructor
Ongoing Thu 9:30-10:30 am

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 FOR MEMBER/\$10 NONMEMBER PER MONTH

NSC BOTHELL, STUDIO

Instructor: Patricia Wangen

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

Level 2 - Ongoing Tue 1-2 pm

Level 2 by permission of instructor

NSC KENMORE, RHODODENDRON PARK

Instructor: Patricia Wangen

Ongoing Wed 11 am-12:15 pm

Classes are held outdoors in the park. Dress for the weather. Please check in at the Senior Center prior to class. 425-205-9090 - leave message with instructor

SPINNING

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

\$32 MEMBER/\$64 NONMEMBER PER MONTH

NSC HEALTH & WELLNESS, FITNESS CENTER

Instructor: Mike Moodi

Ongoing Tue 3-3:45 pm

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

NSC BOTHELL, MULTIPURPOSE ROOM

Instructor: Candace LaMont

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

TAI CHI

This is an ongoing class that includes warm-ups and then practice of the Yang Tai Chi long form. Newcomers welcome and will learn by doing.

\$32 MEMBER/\$64 NONMEMBER PER MONTH

NSC MILL CREEK, ANNEX

Instructor: Mike Lucero

Ongoing Thu 1:30-2:30 pm

Pre-registration required; Stop by NSC Mill Creek or call 425-948-7170 to register. **Program moved to main NSC Mill Creek location for Fall 2026!**

TAI CHI - BASICS & FUNDAMENTALS

This 4 week class will introduce the curious to tai chi, a fun and easy preparation for the Beginner Classes. Learn foundational movements, simple positions, and breathing exercises. Ideal to improve strength, flexibility, balance, and stamina. Choose Oct or Nov workshop.

\$40 MEMBER/\$80 NONMEMBER PER MONTH

NSC BOTHELL, STUDIO

Instructor: Marian Stewart

Ongoing Tue Noon-12:50 pm **No Class in Dec**

TAI CHI - BEGINNER

Develop your tai chi practice with the study of the short Essential Form and Senior 26 Form. Learn short, isolated movements and positions, then practice connecting them into a beautiful flowing sequence. It's motivating, challenging, and fun! Class meets once a week: choose one class time on Tues or Thurs.

\$40 MEMBER/\$80 NONMEMBER PER MONTH

NSC BOTHELL, STUDIO

Instructor: Marian Stewart

Ongoing Tue 11-11:50 am **No Class Dec 24-31**

FITNESS AND ACTIVE LIVING

TAI CHI - INTERMEDIATE BEGINNER

This class focuses on the longer Traditional Form. Learn isolated, intricate movements and positions, then connect them into a long, flowing sequence. Prerequisite: Beginner Class or by permission from the instructor.

\$40 MEMBER/\$80 NONMEMBER		PER MONTH
NSC BOTHELL, STUDIO		
Instructor: Marian Stewart		
Ongoing	Thu	10-10:50 am No Class Dec 24-31
Prerequisite: Basics & Fundamentals or by permission from the instructor.		

TAI CHI - INTERMEDIATE

This class builds on the Beginner Classes with a study of the graceful Senior 26 Form; refinement details will be added to the basic instruction, and students will gain a deeper understanding of tai chi movement and principles.

\$40 MEMBER/\$80 NONMEMBER		PER MONTH
NSC BOTHELL, STUDIO		
Instructor: Marian Stewart		
Ongoing	Tue	10-10:50 am
Prerequisite: Beginner Class or by permission from the instructor.		

Ongoing	Thu	11-11:50 am No Class Dec 24-31
Ongoing	Thu	12:30-1:20 pm No Class Dec 24-31
Prerequisite: Basics & Fundamentals or by permission from the instructor.		

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
NSC 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
NSC HEALTH AND WELLNESS, FITNESS CENTER		
Instructor: Personal Trainer Arny Alejandrino		
Ongoing	Thu	12:15-1:15 pm

NEW

INTRO TO YIN YOGA

A gentle yoga practice focusing on long-held poses to gently stretch connective tissue to improve flexibility and encourage relaxation. Expect a slow pace and plenty of time in each stretch. Must be able to get up and down from floor. Bring your own bolster if you have one.

\$43 MEMBER/\$86 NONMEMBER		PER MONTH
NSC BOTHELL, STUDIO		
Certified Yin Yoga Instructor, Connie Evans		
Dec 4, 11, 18	Fri	8:30-9:15 am
NSC KENMORE		
Dec 3, 10, 17	Thu	11-11:45 am

YOGA - BALANCE & BOUNCE

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
NSC BOTHELL, STUDIO		
Instructor: Trudy Rolla, RYT		
Ongoing	Thu	8:30-9:45 am



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



Shape Up Coupon: \$10 off your next fitness class!

Cut out and bring this coupon to Northshore Senior Center for \$10 off a group fitness class. Participants must be new to the class or not have taken the class in the past three months.

Your 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

YOGA - BREATH & BALANCE

Improve strength, flexibility, and balance through a blend of standing and mat-based yoga poses. Guided breathwork helps enhance focus, reduce stress, and create a deeper connection between body and mind.

\$32 MEMBER/\$64 NONMEMBER

NSC MILL CREEK

Instructor: Mill Creek Mayor, Stephanie Vignal
Ongoing Tue 10-10:45 am

YOGA - CHAIR & MAT

Use either a chair or floor mat to improve flexibility, strength, and balance, while breathing techniques help manage pain and reduce stress. For chair: must be able to stand for 25 minutes with chair support. Floor mat users get up and down on their own. Please bring yoga mat if using.

\$43 MEMBER/\$86 NONMEMBER PER MONTH

NSC BOTHELL, STUDIO

Instructor: Meena Natarajan, Kapila Yoga
Oct/Nov only Mon/Wed 8:30-9:30 am

\$32 MEMBER/ \$64 NONMEMBER PER MONTH

NSC MILL CREEK

Instructor: Diane Brooks
Ongoing Thu 10-11 am

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

NSC KENMORE

Instructor: Darius Sediqui
Ongoing Tue 9:30-10:15 am
Please call 425-489-0707 to register.

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

NSC BOTHELL, MULTIPURPOSE ROOM

Instructor: IPTPA Certified Instructors: Paul Bomar, PickleBall Rick
Ongoing Tue 2-3:30 pm
Ongoing Sat 9-10:30 am



FITNESS AND ACTIVE LIVING

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**

NSC BOTHELL, MULTIPURPOSE ROOM

Instructor: 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 **PER SESSION**

NSC BOTHELL, MULTIPURPOSE ROOM

Ongoing Mon/Fri 1-4 pm

Ongoing Wed 5:30-8:30 pm

Ongoing Thu 2-4 pm Beginner only

Ongoing Sat 10 am-2 pm

NSC KENMORE, RHODODENDRON PARK

Ongoing Mon-Fri 9 am-3 pm

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

PICKLEBALL - ROUND ROBIN PLAY

Enjoy competitive pickleball in a round robin format! Track wins and losses to determine the day's champion. Bring your own paddle or borrow an NSC loaner. Weekly registration opens 7 days prior. Minimum 4 players. Limit 12.

\$15 MEMBER/\$30 NONMEMBER **PER SESSION**

NSC BOTHELL, MULTIPURPOSE ROOM

Instructor: Bing Teng

Self-directed activity using the Round Robin Scoresheet at Front Desk.

Ongoing Thu 11:30 am-1:30 pm

TABLE TENNIS

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

PUNCHCARD REQUIRED **PER SESSION**

NSC BOTHELL, MULTIPURPOSE ROOM

Leaders: Thomas Kirkland, Bob Jones and Hal Bomardner

Ongoing Wed 1-3 pm

OUTDOOR ACTIVITY

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.

FREE **PER SESSION**

OUTSIDE

Ongoing

WALKING GROUP

Stay active and connected this Fall 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**

NSC BOTHELL, SAMMAMISH RIVER TRAIL

Leader: Monica Wilcox

Ongoing Tue 9-10 am

NSC KENMORE

Ongoing Wed 10-11 am

NSC MILL CREEK

Ongoing Thu 10-11 am

CLUBS AND SOCIAL CONNECTIONS

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

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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

NSC BOTHELL, ROOM 202

Leader: Ellen Carnwath, 425-823-6420
Ongoing 2nd Wed 10 am-Noon

BOOK CLUBS

Lively monthly discussions for book lovers.

FREE

BYOB Group (Bring Your Own Book) at Bothell

A lively literary discussion group. What are you reading, who are your favorite authors? Share your passion for reading and get ideas that will open your reading horizons.

NSC BOTHELL, ROOM 205

Ongoing 2nd Tue 1-2:30 pm

NSC KENMORE

Note: Book Titles Announced in Navigator
Ongoing 2nd Mon 1-2:30 pm
Note: books are read prior to the month listed, then discussed in the listed month

NSC MILL CREEK

Facilitator: Molly K Barry
Ongoing 4th Thu Noon-1 pm
Oct: *Whiskey Tender* - A Memoir by Deborah Jackson (Memoir of Family and Survival On and Off the Reservation)
Nov: *All the wrong Todays* by Elon Mastei (Sci-Fi exploring a technological advanced world vs. finding happiness in a "messy" one)
Dec: *Queen Sugar* by Natalie Baszile (Contemporary novel set in the New South is page-turning, African-American Sugar Cane Farmer)

CLUBS AND SOCIAL CONNECTIONS

CRAFTING CLUB

Bring your current project to this open session to socialize, laugh and make new friends.

FREE

NSC KENMORE

Ongoing Thu 12:30-3 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

NSC BOTHELL, ROOM 202

Leaders: John Judy, 541-588-0319

Ongoing 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.

FREE

NSC BOTHELL, ROOM 103

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

JEWELRY SWAP

Bring jewelry you no longer wear and swap it for something new to you! All trades are free—bring pieces to exchange and enjoy finding some new treasures.

\$5 ENTRY FEE

NSC KENMORE

Nov 4 Wed 10 am-Noon

KNIT WITS CLUB

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

FREE

NSC BOTHELL, ROOM 103

Ongoing Tue 9:30-11 am

NEW

MAKER'S CIRCLE 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

NSC MILL CREEK

Ongoing Thu 9:30-11 am

NEW

PHOTOGRAPHY CLUB

Whether you're using a smartphone or DSLR, this welcoming club is open to all skill levels. Explore photography through fun challenges, group discussions, and photo sharing while learning new techniques and connecting with fellow photography enthusiasts.

FREE MEMBERS/\$5 NONMEMBER

PER MONTH

NSC BOTHELL, ROOM 205

Ongoing 2nd & 4th Thu 9:30-11:30 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

NSC BOTHELL, ROOM 103

Facilitator: Barb Rodahl

Ongoing Wed 12:30-3 pm

SEWING: IN STITCHES

Open session for novice to seasoned sewists. We have fabric, machines and experienced facilitators on site.

FREE

NSC 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

NSC BOTHELL, MULTIPURPOSE ROOM

Facilitator: Brad Norton
Ongoing Wed 1 pm

NEW

COMMUNITY FRIENDSGIVING

Join us for a potluck style Friendsgiving! Inviting all the local community members to bring a friend and share a meal to celebrate the holidays. Bring a dish to share and a friend!

NSC MILL CREEK

Nov 24 Tue 3:30-5 pm

NEW

FALL TEA

Join us for a delightful fall tea featuring an assortment of teas, sweet and savory refreshments, and festive seasonal décor. Relax and socialize while enjoying the traditions of afternoon tea in a welcoming and friendly atmosphere. Come dressed in your favorite fall colors and share in an afternoon of laughter, conversation, and community.

\$15 PER PERSON

NSC MILL CREEK

Oct 29 Thu 1-3 pm

MINDFULNESS GROUP

Practice mindfulness through silent meditation, group discussion, and, weather permitting, a mindful walk. Learn to observe thoughts and feelings without judgment while building awareness and connection. Registration is required.

FREE

NSC BOTHELL, ROOM 203

Instructor: 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

NSC 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

NSC BOTHELL, DINING ROOM

Ongoing 1st Sat 9-11 am

NEW

PUMPKIN PAINTING

Paint your own miniature pumpkin and bring home a festive fall keepsake! We'll provide pumpkins, paints, and supplies while you enjoy a fun, relaxed afternoon of creativity. No experience needed—just come ready to celebrate the season.

\$10 MEMBER/\$20 NONMEMBERS

NSC BOTHELL, ROOM 103

Oct 22 Thu 1-3 pm

NEW

SPAGHETTI SING - ALONG

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 – DONATION SUGGESTED TO SUPPORT LOCAL SENIOR CENTER

NSC MILL CREEK

Sept 16 Wed 1-3 pm

CLUBS AND SOCIAL CONNECTIONS

RUSSIAN LANGUAGE PROGRAMMING

Through local partnerships, Northshore Senior Center and JFS offer programs for Russian- and Ukrainian-speaking older adults every Monday in Bothell. Activities include fitness, lectures, sing-alongs, mini concerts, ESL, and art classes. All are welcome.

FREE

NSC BOTHELL, ROOM 202

Coordinator: Margarita Morozovskaia, mmorozovskaia@jfsseattle.org
Ongoing Mon 10 am-2:30 pm

VETERANS BREAKFAST

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

FREE

NSC 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

NSC KENMORE

Ongoing Tue Noon-3 pm

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

KENMORE CITY HALL

Ongoing 2nd Tue 6:30-8:30 pm

THE HANGAR KENMORE 6728 NE 181ST ST.

Ongoing Mon 5:30-8 pm

BINGO

There are lots of reasons our bingo events have such a loyal and dedicated following, mostly FUN + CASH PRIZES. The bigger the turnout, the bigger the prizes. CASH ONLY

\$5

PER PACKET

NSC BOTHELL, ROOM 202/203

Ongoing Wed 4-6 pm
Ongoing 1st Sat 12:30-2:30 pm

NSC MILL CREEK

Ongoing Tue 1-3 pm
Ongoing 1st Sat 11-1 pm

BRIDGE

Bring your current project to this open session to socialize, laugh and make new friends.

PUNCHCARD REQUIRED

NSC KENMORE

Ongoing Mon/Wed 11-3 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

NSC MILL CREEK

Ongoing 3rd Fri 1-3 pm

CRIBBAGE

Beginning and experienced players welcome.

PUNCHCARD REQUIRED

NSC BOTHELL, ROOM 203

Leader: Ernest Meza; 425-785-9046
Ongoing Fri 10:30-4 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

NSC BOTHELL, ROOM 203

Ongoing Thu 12:30-3 pm

NSC KENMORE

Ongoing Fri 12:30-3 pm

CLUBS AND SOCIAL CONNECTIONS

MAHJONG

Learn to play American or Chinese Mahjong at various locations. American Mahjong features structured hand combinations, while Chinese Mahjong emphasizes traditional, flexible gameplay.

PUNCHCARD REQUIRED

NSC BOTHELL, BACK LOUNGE/ROOM 202

Leader: Meg Myrick, 206-498-3072
Ongoing Tue 10 am-Noon
Ongoing Wed 4-6 pm
Ongoing Fri 9:30-11:30 am

NSC KENMORE

Chinese Style Mahjong
Ongoing Thu 10 am-Noon
Please call leader a day or so in advance to organize time to play.

NSC MILL CREEK

Ongoing Tue Noon-2 pm
American Style Mahjong
Punchcard for members, \$5 for drop-ins

PINOCHLE

Any skill level welcome.

PUNCHCARD REQUIRED

NSC BOTHELL, ROOM 203

Leader: Al Haveland and Linda Fava
Ongoing Mon/Fri Noon-3:30 pm

NSC MILL CREEK

Ongoing Mon/Wed 12:30-3 pm

MUSIC

NEW CPMS WINTER PERFORMANCE

Please join us in welcoming music selections from the Canyon Park Middle School choir as they perform a special winter program.

NSC BOTHELL, MULTIPURPOSE ROOM

Dec 10 Thu 1 pm

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

NSC BOTHELL, ROOM 205

Instructor: Barbara Brachtl
Ongoing Thu 11:30-12:30 pm

GUITAR CLUB

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

FREE

NSC BOTHELL, ROOM 205

Leader: William Wiselogle
Ongoing Wed 2:30-4 pm

NEW HOLIDAY VARIETY SHOW

Celebrate the season with Northshore Senior Center's talented Variety Band! Enjoy an afternoon of festive music, classic seasonal favorites, and entertaining performances that capture the joy and spirit of the holidays. Bring your friends and family for this fun and heartwarming community tradition.

FREE

NSC BOTHELL, DINING HALL

Dec 8 Tue 2pm

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

NSC MILL CREEK

Ongoing Wed 1-3 pm

CLUBS AND SOCIAL CONNECTIONS

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. Limit 15

FREE

NSC KENMORE

Instructor: Mark Champion

Ongoing Tue 12:30-3 pm

MUSIC FOR FUN

Our gathering has expanded with a library of over 100 songs. Instruments encouraged or just bring your voice!

FREE

NSC MILL CREEK

Facilitator: Howie Silver

Ongoing Mon 1-2:30 pm

MUSIC MONDAYS

» **BROUGHT TO YOU BY JFS**

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

FREE

NSC BOTHELL, ROOM 202

Coordinator: Margarita Morozovskaia, mmorozovskaia@jfsseattle.org

Ongoing 1st Mon 1 pm

NORTHSHORE VARIETY SHOW AND BAND

Join our talented singers, musicians, and dancers as they rehearse and perform twice monthly on Tuesdays from 2-3 PM. Visitors are welcome! Interested in performing or helping with audio?

FREE

NSC BOTHELL, 205

Musical Director: Les Lorang, 425-337-5678

Ongoing Tue 10-11:30 am

TRIVIA

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

FREE

NSC BOTHELL, ROOM 205

Instructor: Jill D

Ongoing 3rd Thu 10 am

SOCIAL

AGELESS TOGETHER

Ageless Together is a welcoming group where you can build friendships, share stories, and enjoy meaningful conversation. Occasional outings and meet-ups extend the experience beyond the center and strengthen community connections.

FREE

NSC BOTHELL, ROOM 205

Instructor: Lori Jensen

Ongoing Thu 2-3 pm

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

NSC BOTHELL, VARIES

Ongoing Thu 1:30-2:30 pm

CHALLENGING FAMILY SITUATIONS DISCUSSION GROUP

This peer-led discussion group explores challenging relationships with adult children and grandchildren. While not a therapy group, it offers a supportive space to share experiences, discuss self-care, build understanding, and learn coping strategies.

FREE

NSC BOTHELL, ROOM 103

Instructor: Joyce Stone, 352-455-8875

Ongoing Thu 1-2:30 pm

No meetings the last Thursday of each month

CLUBS AND SOCIAL CONNECTIONS

COFFEE SOCIALS

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

FREE

» MEN'S COFFEE GROUP

NSC MILL CREEK

Ongoing 2nd/4th Fri 10 am-Noon

» WOMEN'S COFFEE GROUP

NSC MILL CREEK

Ongoing Thu 11-1 pm

PETERKIRK COMMUNITY CENTER

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

Ongoing Mon 10-11 am

CONVERSATION CAFÉ GROUP

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

NSC BOTHELL, ROOM 104

Instructor: Lydia Barnsley, LPN

Ongoing Mon 1:30-2:30 pm

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! Featuring live music by Uncle Barnaby! 2nd Wednesday of every month. NO MINORS

FREE

NSC BOTHELL, COFFEE BAR

Ongoing Wed 4-6:30 pm

JEWELRY CLUB SALES

Discover beautiful treasures and be part of the excitement! Jewelry Club meets year-round in preparation for our popular jewelry sales held each October, November, and December. New members are always welcome.

NSC BOTHELL, LOBBY

Oct 7-8 Wed/Thu 9 am-2 pm

Nov 4-5 Wed/Thu 9 am-2 pm

Dec 2-3 Wed/Thu 9 am-2 pm

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

FREE

NSC 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:

NSC BOTHELL

Ongoing

Enid Davari, 425-202-7913 or Darlene Hill, 206-696-3961

PROGRAM PARTNERS

This is a monthly open discussion where Northshore participants 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

NSC BOTHELL, ROOM 205

Instructor: Mason Thornton

Ongoing 4th Fri 11 am-Noon

Connect with Mason for any questions 425-286-1068

CLUBS AND SOCIAL CONNECTIONS

SHARING AND CARING

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

FREE

NSC BOTHELL, ROOM 205

Instructor: Janet Zielasko, MS, LSW

Ongoing Wed (Note: No meeting Nov. 11, 2026) 1-2 pm

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

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

NSC MILL CREEK

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

Oct: The Celebration of Death a la Mexicana (Días de los Muertos)

Nov: Trained not to cry: the challenge of being a soldier

Dec: Why giving away our wealth has been the most satisfying thing we've done (Bill & Melinda Gates)

NEW

"BUY NOW! THE SHOPPING CONSPIRACY"

This British documentary released on Netflix in 2024. It examines the hidden mechanisms behind modern consumerism, exposing how major brands manipulate shoppers into overbuying while harming the environment. Join us for a compelling film and discussion afterward. Popcorn provided.

FREE

NSC KENMORE

Oct 21 Wed 10 am-Noon

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.

FREE

LOCATION VARIES

Ongoing 2nd Thu 11:30 am-2 pm

Arby's: 1027 228TH St SE, Bothell

Alexa's: 10115 Main St., Bothell

Chipotle: 12530 Totem Lake Blvd. NE

INDIAN AMERICAN COMMUNITY SERVICES (IACS)

Northshore Senior Center and Indian American Community Services (IACS) offer a welcoming, multigenerational program featuring chair yoga, health talks, social activities, and a vegetarian Indian lunch. Open to all. Learn more at www.iacswa.org

FREE (MORNING/AFTERNOON PROGRAMS)

\$5 PER PERSON LUNCH

NSC BOTHELL, 202 & DINING

Instructor: Facilitated by IACS

Ongoing 1st and 3rd Tue/month

10:30 am-

Noon Morning programming

Noon-12:30 pm Lunch

1-2:30 pm Afternoon programming

WOMEN'S COFFEE HOUR

Join other women in discussion around healthy aging. Age is a matter of feeling, not of years, and aging is best achieved with other people. Make new connections and move to greater health and wellness.

FREE

PETERKIRK COMMUNITY CENTER

Instructor: Cassidy Stout, MSW

Ongoing Mon 10-11 am

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

CLUBS AND SOCIAL CONNECTIONS

DAY TRIPS - TRAVEL

METROPOLITAN OPERA AT REGAL CINEMA

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

\$40 MEMBER/\$80 NONMEMBER (PER OPERA)		
Oct 3	Sat	9 am-3 pm COSI FAN TUTTI - MOZART
Nov 14	Sat	9 am-3 pm CARMEN - BIZET
Dec 19	Sat	9 am-3 pm MAGIC FLUTE - MOZART

ANIMAL AMBASSADORS

Join us for a wonderful fall day at the Point Defiance Zoo and Aquarium. Discover an outdoor display of TROLLS by the famous Thomas Dambo. Bring your own lunch or enjoy a light meal at one of the four cafes. Before heading back grab yourself an ice cream cone for the ride home.

\$43 MEMBER/ \$86 NONMEMBER		
LEAVING FROM NSC BOTHELL		
Oct 9	Thu	9 am-3:30 pm

KRUCKEBERG BOTANIC GARDEN

Discover this hidden gem in Shoreline! Wander the peaceful woodland paths of Kruckeberg Botanic Garden, home to Pacific Northwest natives and unusual plants from around the world. After exploring the gardens, enjoy lunch on your own at Yum Yum Thai restaurant. Limit 9.

\$30 MEMBER/\$60 NONMEMBER		
VAN LEAVES FROM NSC KENMORE		
Oct 9	Fri	9:30 am-2:30 pm

WHIDBEY ISLAND

Ride the ferry to charming Langley on Whidbey Island! Stroll quaint streets filled with unique shops, art galleries, and waterfront views. Enjoy lunch on your own, explore at your own pace, and discover one of Washington's favorite coastal towns.

\$60 MEMBER/\$120 NONMEMBER		
LEAVING FROM NSC BOTHELL		
Oct 15	Thu	8:30 am-4 pm

CASINO TRIP – QUIL CEDA

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

\$5 MEMBER/\$10 NONMEMBER		
LEAVING FROM NSC BOTHELL		
Oct 22	Thu	9:30 am-3 pm (bus will leave casino at 2:30 pm)

SEATTLE WEAVERS' GUILD ANNUAL SHOW & SALE

Explore the creativity of local fiber artists at the Seattle Weavers' Guild Annual Show & Sale! Browse thousands of one-of-a-kind handwoven and handcrafted treasures, including textiles, baskets, clothing, accessories, yarn and more. Talk with artists, discover their techniques, and enjoy lunch on your own at Red Robin. Limit 9.

\$30 MEMBER/\$60 NONMEMBER		
VAN LEAVES FROM NSC KENMORE		
Oct 23	Fri	9:30 am-3 pm

VOLUNTEER PARK & SEATTLE ASIAN ART MUSEUM

Enjoy a day in beautiful Volunteer Park! Explore the lush Volunteer Park Conservatory, then visit the Seattle Asian Art Museum and its fascinating collections. Lunch is on your own at the museum cafe. A delightful day of plants, art, and culture! Limit 9.

\$30 MEMBER/\$60 NONMEMBER		
VAN LEAVES FROM NSC KENMORE		
Nov 4	Wed	9:30 am-3 pm

MUSEUM OF FLIGHT-RUNWAY TO RUNWAY

Explore the Museum of Flight and discover its featured exhibit, Runway to Runway. Enjoy the museum's fascinating collection of aviation history and artifacts at your own pace. Lunch is on your own at the museum cafe. Limit 9.

\$32 MEMBER/\$64 NONMEMBER		
VAN LEAVES FROM NSC KENMORE		
Nov 18	Wed	9:30 am-3 pm

DAY TRIPS - TRAVEL



HISTORIC DOWNTOWN SNOHOMISH & STAR CENTER ANTIQUE MALL

Step back in time with a day in charming Historic Downtown Snohomish! Browse the town's historic district, unique shops, and antique treasures, then explore five floors of finds at Star Center Antique Mall. Enjoy lunch on your own in downtown Snohomish. Limit 9.

\$30 MEMBER/\$60 NONMEMBER

VAN LEAVES FROM NSC KENMORE

Dec 4 Fri 9:30 am-3:30 pm

LOUISA MAY ALCOTT'S LITTLE WOMEN

Celebrate the holiday season with Taproot Theatre's heartwarming adaptation of Little Women. Join Louisa May Alcott as she steps into the story, sharing Christmas with the beloved March sisters in this timeless tale of family, love, and hope.

\$50 MEMBERS/\$100 NONMEMBER

NSC BOTHELL

Dec 9 Wed 12:45-5:15 pm

GINGERBREAD VILLAGE & SEATTLE CENTER WINTERFEST

Start with a visit to Seattle's spectacular Gingerbread Village, then head to Seattle Center for Winterfest! Explore the festive grounds, shops, seasonal displays and entertainment, and enjoy lunch on your own. A wonderful way to celebrate the holiday season with friends! Limit 9.

\$30 MEMBER/\$60 NONMEMBER

VAN LEAVES FROM NSC KENMORE

Dec 16 Wed 9:30 am-3:30 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

NSC BOTHELL, ROOM 205

Lead: Nancy O Malley and Sheryl Ricker

Ongoing 3rd Fri 10-11 am

HEALTH AND NUTRITION

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



FOOD PROGRAMS

COMMUNITY DINING AT BOTHELL

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

NSC BOTHELL, DINING ROOM

Ongoing Mon-Fri Noon-12:30 pm

Reservations accepted up to 4 pm the day before dining at 425-487-2441 ONLY.

FOOD PANTRIES AT NORTHSORE 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

NSC BOTHELL

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

NSC KENMORE

Ongoing 2nd/4th Wed 12:30-2 pm

MEALS-ON-WHEELS

Variety of frozen entrees and breakfasts. Also Ensure products and Glucerna. Must be 60+ and homebound 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



HEALTH AND NUTRITION

HEALTH AND WELLNESS EDUCATION

» PRESENTED BY EVERGREEN HEALTH

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 CEPInstructors@evergreenhealthcare.org

EMERGENCY PREPAREDNESS

Be prepared for emergencies with practical tips on when to call 911, what to bring to the hospital, home and personal safety, and how to stay calm and organized during unexpected situations.

FREE

NSC BOTHELL, ROOM 202

Oct 15 Thu 11-12 pm

GRANDPARENT SAFETY

Learn practical safety tips for caring for grandchildren, including home safety, injury prevention, safe play, and responding to common emergencies. This welcoming, interactive class includes time for questions and discussion.

FREE

NSC BOTHELL

Nov 19 Thu 10:30-11:30 am

STROKE AWARENESS: KNOW THE SIGNS, ACT FAST

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

FREE

NSC BOTHELL

Dec 17 Thu 10:30-11:30 am

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

PETERKIRK COMMUNITY CENTER

Instructor: NW Kidney Center Dietitian

Nov 4 Wed 1-2:30 pm

Pre-registration required: to register, please call the PeterKirk Community Center at 425-587-3360

LIVING WELL WITH DIABETES

A 6-week diabetes education workshop designed by Stanford Univ.

- Gain skills to manage glucose monitoring, medications, symptoms of diabetes, fatigue & pain
- Learn to handle emotions like stress, anger & guilt
- Communicate better with family, friends & your medical team
- Create weekly action plans

MAXIMUM 14 PARTICIPANTS

FREE

NSC BOTHELL, ROOM 203

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

Oct 26-Nov 30 Mon 9:30 am-Noon

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

NEW OPIOID EDUCATION TRAINING

This training provides an overview of opioids, the risks of misuse, and the signs of opioid overdose. Participants will learn prevention strategies, how to administer naloxone (Narcan®) in an emergency, and where to find resources for treatment and recovery support.

FREE

NSC MILL CREEK

Dec 15 Tue 11:30 am-12:30 pm

LIFELONG LEARNING

INFORMATIONAL PROGRAMMING FOCUSED ON PERSONAL DEVELOPMENT AND LEARNING NEW SKILLS.

ACRYLICS AND MORE.....	28	FINANCIAL MARKETS DISCUSSION GROUP	33	OUR ISLAND EARTH.....	34
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COUNTED CROSS STITCH	30	MEDITATION	34	WRITING CLASS	32
DISCOVERING SOFT PASTELS	30	MEMOIR WRITING CLASS	32		
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ART CLASSES

ACRYLIC ART

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

\$35 MEMBER/\$70 NONMEMBER PER MONTH

NSC BOTHELL, ROOM 103

Instructor: Diana Bustos
Ongoing Thu 9-11 am

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

NSC BOTHELL, ROOM 104

Leader: Beverly Parcel
Ongoing Wed 12:30-3:30 pm

BEADING & JEWELRY REPAIR

Learn basic beading techniques and how to repair your jewelry. Basic supplies provided or bring your own.

\$35 MEMBER/\$70 NONMEMBER PER MONTH

NSC KENMORE

Instructor: Carole VanGorder
Ongoing Wed 1-3 pm

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.

\$35 MEMBER/\$70 NONMEMBER PER MONTH

NSC BOTHELL, ROOM 104

Instructor: Sue Taylor
Ongoing Fri 8:30-11 am

CERAMICS: LOW FIRE - STUDIO PROJECTS

Join fellow clay artists to create intermediate to advanced pottery and sculpture projects. Work on your own creations with guidance from an experienced instructor. Some clay, glazes, and kiln firing are included. Bring your own tools or borrow ours.

\$35 MEMBER/\$70 NONMEMBER PER MONTH

NSC BOTHELL, ROOM 103

Instructor: Katherine Davidow-Lucas
Ongoing Mon 9:30-11:30 am

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

NSC BOTHELL, ROOM 103

Instructor: Katherine Davidow-Lucas

Ongoing Wed 9:30-11:30 am

CERAMICS: LOW-FIRE - INTERMEDIATE

Ready to build on your ceramics skills? This intermediate class offers new projects, techniques, and a fun, supportive environment. Some clay, glazes, and kiln firing are included. Beginners or those needing a refresher should enroll in Beginning Ceramics first.

\$40 MEMBER/\$80 NONMEMBER PER MONTH

NSC BOTHELL, ROOM 103

Instructor: Katherine Davidow-Lucas

Ongoing Wed 5:30-7:30 pm

CERAMICS: LOW FIRE - MASTERY STUDIO

Designed for intermediate and advanced students, this studio offers independent clay work with guidance from our instructor. Explore pottery and sculpture in a supportive setting. Bring your own tools. Some clay, glazes, and kiln firing are included.

\$40 MEMBER/\$80 NONMEMBER PER MONTH

NSC BOTHELL, ROOM 103

Instructor: Tony Walker

Ongoing Mon 2:30-4:30 pm

CERAMIC INTERMEDIATE HANDBUILDING BOOTCAMP

Completed the September Beginning Handbuilding Bootcamp? Continue building your skills in this four-hour intermediate workshop focused on cylinder forms, including vases and mugs. Some clay and bisque firing are included. Tools are provided for use during class. Pre-register by September 29.

\$55 MEMBER/\$110 NONMEMBER

NSC BOTHELL, ROOM 103

Instructor: Katherine Davidow-Lucas

Oct 3 Sat 10 am-2 pm

CERAMICS WINTER HOLIDAY SALE

Come browse for items to brighten your holiday decor and for gifts for friends and family. Items created by student participants in the Ceramics classes.

NSC BOTHELL, LOBBY

Dec 15 Tue 9 am-3 pm

CHINESE INK DRAWING

Learn ancient brush and ink techniques to create dramatic images. Great for beginners and experienced artists.

\$35 MEMBER/\$70 NONMEMBER PER MONTH

NSC KENMORE

Instructor: Jennifer Tseng

October 6,13,20,27 Tue 10:30 am-Noon

COLORLED 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 PER MONTH

NSC BOTHELL, ROOM 104

Instructor: Rhonda Gardner

Ongoing Tue 10 am-12:30 pm

COLORLED PENCIL/DRAWING - INTERMEDIATE/ADVANCED

Designed for experienced colored pencil artists, this collaborative class explores new subjects, techniques, and mixed media. Share ideas, experiment with materials, and learn alongside fellow artists with guidance from the instructor.

\$35 MEMBER/\$70 NONMEMBER PER MONTH

NSC BOTHELL, ROOM 104

Instructor: Judy Moritz; 425-488-8270

Ongoing Thu 11-2 pm

LIFELONG LEARNING

NEW

COUNTED CROSS STITCH

Learn the basics of counted cross-stitch in a relaxed, friendly setting. Participants will practice reading patterns, counting stitches, selecting colors and create a small project. All skill levels welcome. Limit 5.

\$32 MEMBER/\$64 NONMEMBER

PER MONTH

NSC KENMORE

Instructor: Wendy Ivanhoe

October 2-30

Fri

Noon-1:30 pm

DISCOVERING SOFT PASTELS

Presented in a positive and encouraging environment, pastels (richly pigmented color sticks) are great for artists of all skill levels. Beginners welcome! Basic supplies provided for first class, or bring your own.

\$35 MEMBER/\$70 NONMEMBER

PER MONTH

NSC KENMORE

Instructor: Jane Gonzalez

Oct/Nov

Tue

10:15 am-Noon

NEW

DOT PAINTING

Discover the relaxing art of dot painting! Learn essential techniques while creating colorful mandalas and charming animal designs. Build confidence with guided projects as you develop precision, creativity, and new artistic skills. Supplies provided. Limit 12

\$32 MEMBER/\$64 NONMEMBER

PER MONTH

NSC BOTHELL ROOM 103

Ongoing

Thu

1-3:30 pm

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.

\$35 MEMBER/\$70 NONMEMBER

PER MONTH

NSC BOTHELL, ROOM 104

Instructor: Alice Shuler; 425-485-1221

Ongoing

Thu

8:30-10:30 am

Ongoing

Thu

2:30-4:30 pm

\$10 MEMBER/\$20 NONMEMBER

PER CLASS

NSC BOTHELL, ROOM 104

Instructor: Sheri Shirk

Ongoing

Wed

6-8:30 pm

\$35 MEMBER/\$70 NONMEMBER

PER MONTH

NSC KENMORE

Instructor: Susan Watts; 858-437-3466

Ongoing

Tue

10 am-Noon

NEW

HOLIDAY CRAFT SALE

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

NSC BOTHELL, LOBBY

Instructor: Kenmore Craft Club

Nov 17-18

Tue/Wed

9 am-3 pm

HOT COCOA SIP AND PAINT

Join us for a relaxing time using acrylic paint to create a lovely autumn scene. Limit 10. There will be treats!

\$25 MEMBER/\$50 NONMEMBER

PER CLASS

NSC KENMORE

Instructor: Vasana Monti

Nov 18

Wed

1-3 pm

MAKE A MAGNET

Create a few fun and colorful mini masterpieces in this quick and easy workshop. You'll design and paint your own acrylic magnet- perfect to display or gift. All supplies and instruction provided. No experience needed. Limit 8.

\$15 PER PERSON

1 SESSION

NSC KENMORE

Instructor: Diane Bustos

Oct 9 Fri 10 am-Noon

NEW

MANDALA DOT ART

Using a recycled CD, we'll create a beautiful mandala using acrylic paints. This project is fun, relaxing and perfect for beginners-no art experience needed! All supplies and guided instruction provided. Limit 10.

\$15 PER PERSON

1 SESSION

NSC KENMORE

Instructor: Diane Bustos

Nov 18 Wed 10 am-Noon

SCRAPPY 'N SNAPPY

Join the fun as we use fabric scraps to create many useable and decorative items including garlands, décor, gifts and home helpers. Bring your portable sewing machine, all other supplies provided.

\$10 MEMBER/\$20 NONMEMBER

1 SESSION

NSC KENMORE

Instructor: Barb Osborne and Pasha Mohajerjasbi

Dec 2 Wed 10 am-Noon

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

NSC 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 9:15-12:15 pm

NSC KENMORE

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

Ongoing Thu Noon-3 pm

Limit 10

NSC MILL CREEK

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

Ongoing Wed 10 am-Noon

WREATH MAKING

Learn the basics of wreath making for all seasons! Supplies and instructions included in class fee. Limit 12. Sign up for one or both sessions.

\$20 MEMBER/\$40 NONMEMBER PER SESSION

NSC KENMORE

Nov 4, Dec 2 Wed Noon-3 pm

NEW

VOICE IN MOTION

Experience the power of storytelling through movement and voice in this engaging program. Using gentle movement and vocal expression, you'll help create an original recorded audio drama. The series concludes with a community listening party and live Q&A for friends and family.

FREE

NSC BOTHELL, ROOM 104

Ongoing Tue 1-3 pm

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

NSC BOTHELL, ROOM 104

Instructor: Katherine Davidow-Lucas
Ongoing 1st/3rd Mon 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 NON MEMBERS PER MONTH

NSC 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 NON MEMBERS PER MONTH

NSC BOTHELL, ROOM 103

Instructor: Aida Gonzalez
Ongoing Tue 1-3 pm

LITERATURE

MEMOIR WRITING CLASS

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

\$24 FOR MEMBERS/\$48 NONMEMBER

NSC MILL CREEK

Instructor Barbara Masterson
Oct 7-Nov 18 Wed 10 am-Noon
No class on Nov 11 due to Veteran's Day closure

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

NSC BOTHELL, DINING ROOM

Instructor: Randy Greger
Ongoing 1st Wed 3:30-5:30 pm

NEW SELF-PUBLISH A BOOK WITH CONFIDENCE

Turn your ideas or manuscript into a published book in several easy, enjoyable steps: choose title & subtitle, structure chapters, prepare front and back matter, craft a cover brief, format files, write blurbs & an author bio — get publication-ready.

\$35 MEMBERS/ \$70 NONMEMBER PER MONTH

NSC BOTHELL, ROOM 104

Oct 5-19	Mon	2:30-4 pm
Nov 9-23	Mon	2:30-4 pm
Dec 7-21	Mon	2:30-4 pm

WRITING CLASS - FOR MEMOIR AND OTHER GENRES

Writers of all experience levels are welcome in this ongoing class for memoir and other genres. Build a weekly writing practice, share your work in a supportive setting, and prepare for the monthly Open Mic. No critiques are given. Limit 13.

FREE

NSC BOTHELL, ROOM 103

Ongoing Fri 10 am-Noon

WRITING CLASS- FOR CREATIVE WRITING

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

FREE

NSC BOTHELL, ROOM 203

Ongoing Wed 1 pm

LIFELONG LEARNING

WOMEN'S WRITING CLASS

A nurturing and supportive women's writer's class where all types of expressive writing are encouraged.

FREE

NSC BOTHELL, ROOM 205

Instructor: Laura Kathryn

Ongoing Fri 11-1 pm

SPECIAL INTEREST

ASTRONOMY

Join us as we explore the "last frontier" through NOVA and Great Courses videos followed by spirited discussion among group members. No astronomy background necessary just an interest in our galaxy and those beyond.

FREE TO MEMBER/\$10 NONMEMBER PER MONTH

NSC BOTHELL, ROOM 205

Instructor: Jackie Campbell

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

NEW

BETTER BREATHING WORKSHOP

Learn about using the organs and muscles of breathing, the role emotions play in respiration, and how gentle myofascial stimulation and movement unbinds the muscles of breathing to relieve anxiety and experience deep relaxation. Class held sitting/ lying on floor and standing. Bring mat and wear close-fitting clothes in which you can easily move.

\$30 MEMBER/\$60 NONMEMBER PER CLASS

NSC BOTHELL, STUDIO

Instructor: Trudy Rolla, RYT

Oct 3, Nov 7 Sat 9 am-Noon



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

NSC BOTHELL, DINING ROOM

Instructor: Joe Gazes (retired investment professional)

Ongoing 2nd/4th Wed 1:30 pm
Questions call 425-890-1119

FUNERAL OPTIONS IN WA: WHAT YOU NEED TO KNOW

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; PRE-REGISTRATION REQUIRED.

PETERKIRK COMMUNITY CENTER

Instructor: Rachel LaBlanc, Communications & Events Director for PMA

Oct 26 Mon 2-3:30 pm
To register, please call the PeterKirk Community Center at 425-587-3360

LIFELONG LEARNING

KNOW THE RISKS, STOP THE THREATS- 3 PART SERIES

10/8: ELDER FRAUD PREVENTION

You've worked hard for your money, so keep it safe! Learn how to avoid fraud & hang on to your nest egg! We'll discuss managing passwords, securing your mobile devices, safely shopping online & what to do if you suspect fraudulent activity. Empower yourself with tips & tools to protect your assets.

11/12: PROTECT YOUR IDENTITY IN A DIGITAL AGE

Your personal info is valuable. That's why hackers & scammers try to steal it. Learn a step-by-step guide to build a defense against identity theft. Learn about monitoring credit reports, managing your digital footprint, using social media, & what services help recover if your identity is stolen.

12/10: HOW TO INVEST SAFELY AND AVOID FRAUD

Do you have questions about where to start with investing? Not sure how to verify if an investment is legitimate? Learn more about the basic concepts of investing, how to assess risk & reward, & identify some of the most common investing scams out there.

FREE, PRE-REGISTRATION REQUIRED.

NSC BOTHELL, ROOM 202

Instructor: Nathan Spieker, from the WA State Dept. of Financial Institutions
Oct 8, Nov 12, Dec 10 Thu 10 am-Noon
To register, please contact Tulika Dugar at 425-286-1036; tulikad@mynorthshore.org

LEGACY SOCIETY LEARNING: YEAR-END GIVING & DISTRIBUTION PLANNING

Join us for an informative session on year-end charitable planning and required distributions. Learn practical, tax-smart strategies to maximize your impact, fulfill distribution requirements, and support the causes you care about while planning for the future.

NSC BOTHELL, ROOM 202

Instructor: Arny Alejandrino
Nov 4 Wed 1-2:30 pm
Please contact Arny Alejandrino; p: 425-286-1054, e: arnya@mynorthshore.org

NEW MEDICARE OPEN ENROLLMENT PRESENTATION

During this FREE session, you will learn:

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

FREE; PRE-REGISTRATION REQUIRED.

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

NSC KENMORE SENIOR CENTER ANNEX BUILDING

Oct 23 Fri 10 am-Noon
To register, please call Janet Zielasko at 425-286-1035; janetz@mynorthshore.org

PETERKIRK COMMUNITY CENTER

Nov 6 Fri 2-3:30 pm
To register, please call the PeterKirk Community Center at 425-587-3360

NSC BOTHELL, ROOM 202

Nov 10 Tue 1-3 pm
To register, please contact Janet Zielasko at 425-286-1035; janetz@mynorthshore.org

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.

NSC BOTHELL, STUDIO

Oct 7-28 Wed 1:30-2:30 pm
November 4-25 Wed 1:30-2:30 pm
Make Up Class Dec 2 for Missed Nov 11 No class rest of December

LIFELONG LEARNING

SOLO AGING: A BACK-UP PLAN FOR SOLO AGERS

A growing portion of the 50+ population is composed of 'solos'...individuals who are unable to rely on family to navigate life events & make health decisions. This group will learn to plan & manage health & well-being decisions and create a personal 'backup plan' to get the help & support needed!

FREE; PRE-REGISTRATION REQUIRED.

NSC KENMORE, ANNEX BLDG

Instructor: Cassidy Stout, MSW

Oct 21, Nov 4 & 18, Dec 2 & 16

Wed 1-2:30 pm

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

OUR ISLAND EARTH

Explore the extraordinary natural systems that make Earth uniquely able to sustain life. Atmospheric scientist David Erickson shares fascinating insights into weather, climate, oceans, and more through engaging, discussion-based sessions. No science background required.

\$25 MEMBER/\$50 NONMEMBER PER MONTH

NSC BOTHELL, ROOM 205

Instructor: David Erickson

Ongoing Thu 12:45-1:45 pm

WINE CLUB

Participants will learn the basics of identifying aromas and flavors of various wines through formal tasting and scent education. Limit 10. Spots fill up quickly!

\$35 MEMBER/\$70 NONMEMBER PER SESSION

NSC KENMORE

Instructor: Marla Rosenberg

Monthly Wed 1-3 pm

TECHNOLOGY

AI (ARTIFICIAL INTELLIGENCE) 101

Explore the fascinating intersection of AI & fraud prevention. Gain an understanding of AI, its current positive applications & how it integrates into the battle against fraud. Learn how to discern the authenticity of information. Explore both its current impact & the possibilities that lie ahead.

FREE; PRE-REGISTRATION REQUIRED.

PETERKIRK COMMUNITY CENTER

Instructor: AARP Representative

Oct 19 Mon 2-3:30 pm

To register, please call the PeterKirk Community Center at 425-587-3360

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

NSC HEALTH & WELLNESS CENTER

Ongoing Tue/Thu

Call 425-488-4821 to schedule an appointment.

NSC 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 PER SESSION

NSC BOTHELL, FRONT LOBBY

Ongoing 1st Sat 9-11 am

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-\$100/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 provides temporary support for caregivers and families. Designed for participants without medication or complex therapy needs during program hours. Please call for availability.

\$85

PER DAY

NSC HEALTH AND WELLNESS CENTER

Ongoing

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 enriching activities including educational discussions, modified enhanced fitness exercises, lunch, & socially engaging loss. Become involved in cognitive, physical, & social activities. Pre-screening & enrollment/registration required.

\$85

PER DAY

NSC HEALTH AND WELLNESS CENTER

Instructor: Yvonne Cooper-Lathrop Memory Wellness Activity Specialist
Ongoing 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

Services include: Help to connect individuals to appropriate public benefits • Support completion of application materials (VA benefits, DSHS assistance, public utilities, food assistance, property tax relief, etc.) • Make referrals to other resources • Serve as an advocate for individuals

FREE

NSC BOTHELL, SOCIAL SERVICE SUITE

Ongoing Tue-Thu 8 am-2 pm
Tulika Dugar, BA; 425-286-1036; tulikad@mynorthshore.org

PETERKIRK COMMUNITY CENTER

Ongoing Wed 8 am-4 pm
Tulika Dugar, BA; 425-286-1036; tulikad@mynorthshore.org

ENHANCE®WELLNESS

This is a free award-winning, health management program which uses you as the expert. 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.

FREE

NSC BOTHELL

NSC KENMORE

NSC MILL CREEK

PETERKIRK COMMUNITY CENTER (BY APPOINTMENT)

Instructor: 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
Ongoing

FAMILY CAREGIVER CONSULTATION

The NSC Social Services staff are available to you, the caregiver, to assess, manage & improve your own health. Services include consultation, connecting with local resources, strategies to cope with stress & enhancing your personal health and wellbeing. Call all for an individual appointment.

FREE

NSC BOTHELL

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

NSC KENMORE

4th Thu

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

NSC MILL CREEK

Tue/Thu 9 am-3 pm

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

PETERKIRK COMMUNITY CENTER

By appointment

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

PEARLS

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

FREE

NSC BOTHELL

NSC KENMORE

NSC MILL CREEK

PETERKIRK COMMUNITY CENTER (BY APPOINTMENT)

Janet Zielasko, MS, LSW, 425-286-1035; janetz@mynorthshore.org
Cassidy Stout, MSW, 425-286-1072; cassidys@mynorthshore.org
Georgia Rigler, MSW, LICSW, 425-286-1047; georgiar@mynorthshore.org
Lydia Barnsley, LPN, 425-286-1029; lydiab@mynorthshore.org

SUPPORTING SELF-CARE AND CAREGIVERS

PERSONAL CONSULTATIONS

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

FREE

NSC BOTHELL

Appointments Wed/Fri 8 am-4 pm
Lydia Barnsley, LPN, 425-286-1029; lydiab@mynorthshore.org
Cassidy Stout, MSW, 425-286-1072; cassidys@mynorthshore.org
Tulika Dugar, BA; 425-286-1036; tulikad@mynorthshore.org
Janet Zielasko, MS, LSW; 425-286-1035; janetz@mynorthshore.org

NSC KENMORE

By appointment 4th Thu 9 am-3 pm
Janet Zielasko, MS, LSW; 425-286-1035; janetz@mynorthshore.org

NSC MILL CREEK

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

PETERKIRK COMMUNITY CENTER

By appointment Mon 8 am-4 pm
Cassidy Stout, MSW; 425-286-1072; cassidys@mynorthshore.org

WELLNESS NURSE

The nurse provides free health consultation, medication information and the EnhanceWellness program.

FREE

NSC BOTHELL SOCIAL SERVICES SUITE

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

PETERKIRK COMMUNITY CENTER

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

RESOURCE WORKSHOP

NEW

AGING IN PLACE

The Aging in Place class is a free one-hour class that promotes the ability to live in your own home comfortably and independently as you get older.

FREE

NSC MILL CREEK

Presentation by Snohomish County South Fire Department
Dec 3 Tue 10 am

NEW

LEARN HOW TO PAY LESS FOR YOUR ENERGY

Come learn from PSE & SnoPud experts on how you may be eligible for a monthly discount of 5% to 50% off your utility bill, a credit to your PSE account of \$250 to \$1000, learn about PSE Flex Rewards and PSE's Free In-Home Energy Assessment.

FREE; PRE-REGISTRATION REQUIRED

NSC MILL CREEK

Instructor: Representatives from PSE and SnoPUD
Oct 6 Tue 10-11 am
To register, please contact Georgia Rigler, MSW, LICSW 425-286-1047; georgiar@mynorthshore.org

NEW

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

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

FREE; PRE-REGISTRATION REQUIRED.

NSC BOTHELL, ROOM 202

Instructor: PSE Representative
Oct 27 Tue 10-11:30 am
To register, please contact Cassidy Stout at 425-286-1072; cassidys@mynorthshore.org

SERVICES

ACUPUNCTURE

Acupuncture may help relieve anxiety, arthritis, digestive issues, fatigue, headaches, low back pain, insomnia, and more. Financial assistance may be available. Contact Judip@mynorthshore.org for more information.

\$75

PER SESSION

NSC HEALTH AND WELLNESS, TOOTSIE'S PARLOR

Instructor: Lori Field
Ongoing 3rd Wed
Call for Appt 425-488-4821

SUPPORTING SELF-CARE AND CAREGIVERS

CHIROPRACTIC

Improve comfort and mobility with chiropractic care. A chiropractor provides individualized treatment to help reduce pain, increase flexibility, and support everyday wellness.

\$25 MEMBER/\$50 NON MEMBER

NSC HEALTH AND WELLNESS

Instructor: Dr. Joy Aardappel
Ongoing 4th Mon
Call for Appt 425-488-4821

DENTAL HYGIENE

Receive personalized preventive dental care, including routine and deep cleanings, fluoride varnish, dry mouth and sensitivity treatments, and silver diamine fluoride. Private pay and Medicaid accepted, with assistance available for insurance reimbursement.

NSC HEALTH AND WELLNESS, TOOTSIE'S PARLOR

Ongoing 2nd Wed
For more information or to schedule an appointment please call 425-488-4821

EMPLOYMENT MATCHING PROGRAM

Use your skills to help seniors & earn extra income through NSC's Employment Matching Program. Service Providers are interviewed & screened thru Washington State Patrol. When a client needs help, we'll contact you about matching jobs. If interested, you negotiate the work & fee with the client.

NSC BOTHELL, SOCIAL SERVICES SUITE

Ongoing Mon-Fri 1-4 pm
For more information, call 425-286-1028

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. No show or last minute cancellations will be charged a fee.

\$45 PER SESSION

NSC HEALTH AND WELLNESS, TOOTSIE'S PARLOR

Ongoing 1st Mon, every Tue, 3 & 4th Wed, 3rd & 4th Thu
8 am-4 pm

Call for Appt 425-488-4821

NSC MILL CREEK

Ongoing 4th Fri 9:30-3 pm
By appointment: 425-948-7170

HAIR SALON

Services include: Women: Haircut and style; shampoo and style; permanent wave. Men: Haircuts. Special appointments by request

NSC HEALTH AND WELLNESS, TOOTSIE'S PARLOR

Hairstylists: Brenda and Chrystal
Ongoing Mon/Tue/Thu/Fri 9:30 am-3 pm
Call for Appt 425-286-1050

HOME ASSISTANCE TO SENIORS

Are you in need of assistance with errands, transportation, home maintenance, cleaning, cooking, yard work, etc.? We match you with a service provider who has the necessary skills for the task you need. You discuss the job in more detail and negotiate the fee with the service provider.

FREE

NSC BOTHELL

Ongoing Mon-Fri 1-4 pm
For more information, call 425-286-1028

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

NSC HEALTH AND WELLNESS, TOOTSIE'S PARLOR

Instructor: Lily Corley LMT Chaz Hillyard LMT
Ongoing Fri Call for Appt 425-488-4821

REFLEXOLOGY

Specializes in reducing foot pain & reflexology lymph drainage. In addition to balancing the body, reflexology reduces stress & tension, improves circulation, helps restore mental alertness, helps body systems work together.

\$70

PER 50 MIN

NSC HEALTH AND WELLNESS CENTER

Instructor: Linda Bussard
Ongoing Tue Call for Appt 425-488-4821

MEDICAL EQUIPMENT LOAN

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

FREE

NSC HEALTH AND WELLNESS CENTER

Ongoing Mon-Fri 8:30 am-3 pm
425-488-4821

SUPPORTING SELF-CARE AND CAREGIVERS

SERVICES: STATEWIDE HEALTH INSURANCE BENEFITS ADVISOR (SHIBA) IN-PERSON APPOINTMENTS

A free, unbiased & confidential service of the WA Office Insurance Commissioner. SHIBA volunteers help people with Medicare questions & options. The focus is on Medicare planning for the aged & disabled, with links to agencies that provide health insurance to persons with low income, veterans, etc.

FREE

NSC BOTHELL, SOCIAL SERVICES SUITE

Advisor: Dave Reynolds

Ongoing 2nd Fri 9 am-Noon

By appointment only: To schedule an appointment, call the NSC Social Services 2nd floor desk between 8-Noon Monday through Friday at 425-286-1043.

NSC KENMORE

Advisor: Rashmi Duggal

Ongoing 3rd Tue 9 am-Noon

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

NSC MILL CREEK

Advisor: Gayle Danahy

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

Walk-ins welcome, but call appointments recommended. Call SHIBA at 425-290-1276.

NEW 2027 MEDICARE OPEN ENROLLMENT EVENT W/ SHIBA

Speak to a Snohomish County SHIBA advisor about the upcoming 2027 year to see if there are any changes to your plan and to make sure your Part D plan will continue to cover any prescriptions you are taking. If you are looking to make a change for 2026, Open Enrollment is the time you are allowed to do this. Open Enrollment begins October 15th and ends December 7th. You must call Snohomish SHIBA to make an appointment at (425) 290-1276!

FREE

NSC MILL CREEK

Nov 6 Fri 9 am-3 pm

WIDOWS FRIENDSHIP CIRCLE

Whether you are newly widowed or have been on this journey for years, you are welcome. Our goal is to foster connection, reduce isolation, and remind ourselves that we are not alone on this journey. We are a peer support group only, not a professional counseling, therapy, or medical support group.

FREE

NSC KENMORE

Ongoing 2nd Wed 10 am-Noon **No program 11/11**

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 & gain resources and emotional support from others who are traversing this inevitable transition.

FREE

VIRTUAL

Facilitator: Janet Zielasko, MS, LSW

Ongoing 3rd Wed 6:30-8 pm

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

ALCOHOLICS ANONYMOUS

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

FREE

NSC BOTHELL, ROOM 202/203

Ongoing 7 Days/Week 7-8 am

NSC KENMORE ANNEX

Ongoing Sun 8-9 am

SUPPORTING SELF-CARE AND CAREGIVERS

CAREGIVER SUPPORT GROUPS

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

ADVENT LUTHERAN CHURCH (IN-PERSON)

4306 132ND ST., SE, MILL CREEK

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

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

NSC HEALTH AND WELLNESS, 2ND FLOOR CONFERENCE ROOM

Facilitator: Kathy Bates, BS, GMHS, 425-286-1024; kathyb@mynorthshore.org

Ongoing 2nd Wed 1-2 pm

(Note: Nov 11 Meeting changed to Nov 18 due to Veteran's Day holiday)

VIRTUAL

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

4th Wed 11 am-Noon

CHALLENGING FAMILY SITUATIONS DISCUSSION GROUP

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

FREE

NSC BOTHELL, ROOM 103

Facilitator: Joyce Stone, 352-455-8875

Ongoing Thu 1-2:30 pm

Not meeting the 1st Thu of each month

DIABETES/PRE-DIABETES GROUPS

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

FREE

NSC BOTHELL, ROOM 205

Facilitator: Lydia Barnsley, LPN, Wellness Nurse

Ongoing 2nd Wed 10-11:30 am **No meeting 11/11**

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

PETERKIRK COMMUNITY CENTER

Facilitator: Lydia Barnsley, LPN, Wellness Nurse

Ongoing 1st Fri 11 am-Noon

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

FROM HEARTACHE TO AN OPEN HEART

Everyone must deal with grief, 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

NSC BOTHELL, ROOM 203

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

Ongoing 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

PETERKIRK COMMUNITY CENTER

Facilitator: Cassidy Stout, MSW

Ongoing 3rd Mon 11 am-Noon

Contact 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.

FREE

NSC MILL CREEK

Facilitator: Georgia Rigler, MSW, LICSW

Ongoing 2nd Thu 10-11 am

Contact 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.

Day Camp offers ongoing opportunities for socialization, recreation, and exercise each day. Activities are structured and thoughtfully planned around a different weekly theme, providing participants with a fun and engaging routine. Please bring a sack lunch each day.

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.

ALL CLASSES ARE HELD AT THE NORTHSORE 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

OCTOBER 5-DECEMBER 17:

» 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
- » **This and That Hobbies:** 3:15-4 pm
- » **Basketball (Offsite):** 5-6:30 pm

» WEDNESDAY

- » **Day Camp:** 10am-2:15 pm
- » **Pop Culture:** 1:15-2 pm
- » **Book Club:** 2:15-3 pm
- » **Cooking:** 3:15-4:15 pm
- » **Dance:** 3:15-4:15 pm
- » **STG Broadway Inclusion:** 4:30-5:30 pm

» THURSDAY

- » **Day Camp:** 10:15-2 pm
- » **Tennis:** 12:15-1 pm (Eastside Tennis)
- » **Games:** 1:15-2 pm
- » **Workout:** 2:15-3 pm
- » **Jewelry Making:** 2:15-3 pm
- » **Ambassador Club:** 3:15-4:15 pm
- » **Martial Arts:** 3:15-4:15 pm
- » **Glee:** 4:15-5 pm

INCLUSION PROGRAM

ALL PROGRAMS ON THIS PAGE BELONG TO THE INCLUSION PROGRAM.

AMBASSADOR CLUB

Be a part of the Inclusion leadership group. Each week we will meet and work through a prepared agenda or topics consisting of different ways we can represent Inclusion, be a mentor to new members, and be the voice for others in developing or planning new activities or classes. Work on teamwork, organization, and explore different opportunities while learning leadership skills.

\$165

Thu 3:15-4 pm

BASKETBALL PRESEASON

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

\$60

Oct 6,13,20,27, Nov 13

Tue 6-7:30 pm

BASKETBALL

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

\$140

Nov 10-17; Dec 1-15 Tue 5-6:30 pm

BOOK CLUB

Come listen to a story with your friends. No reading required

\$165

PER SESSION

Instructor: Casey Ponce

Wed 2:15-3 pm

BOWLING

Recreational and Special Olympics Bowling at Kenmore Lanes. Price All inclusive

\$200

PER SESSION

Mon 3-4 pm

CIRCUIT TRAINING

Exercise in the fitness center using different equipment and stretching our muscles. Class limit 12.

\$165

PER SESSION

Instructor: Casey Ponce

Thu 2:15-3 pm

COOKING

We will be cooking gluten free recipes in our kitchen. All supplies included in cost.

\$185

PER SESSION

Instructor: Jamie Claypool

Wed 3:15-4:15 pm

DANCE

Learn the newest dance moves and get your body moving

Instructor Casey Ponce

Wed 3:15-4:15 pm

DAY CAMP

Register for each day separately

\$85

PER DAY

Oct-Dec

Mon-Thu

10 am-2:15 pm



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

INCLUSION PROGRAM

ALL PROGRAMS ON THIS PAGE BELONG TO THE INCLUSION PROGRAM.

GAMES

Play games with friends.

\$165	PER SESSION
Instructor: Casey Ponce	
Thu	1:15-2 pm

GLEE CLUB

Get ready to sing. All levels welcome . We will learn a variety of songs, singles, duos and more.

\$165	PER SESSION
Instructor Casey Ponce	
Thu	4:15-5 pm

JEWELRY MAKING

Come learn how to make bracelets, necklaces, earrings, and more.

\$185	PER SESSION
Instructor Jamie Claypool	
Thu	2:15-3 pm

KARAOKE

Sing your own song or a duet.

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

MARTIAL ARTS

Traditional Asian martial arts. No contact. Emphasis:courage, caring and respect

\$165	PER SESSION
Instructor: Dean Churchill	
Thu	3:15-4:15 pm

PAINTING

Learn color theory, mixing colors and painting with water colors, acrylics and more

\$185	PER SESSION
Instructor: Mitch Anderson	
Tue	2:15-3 pm

POP CULTURE

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

\$165	PER SESSION
Instructor: Jamie Claypool	
Wed	1:15-2 pm

STEM

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

\$185	PER SESSION
Instructor: Jamie Claypool	
Tue	1:15-2 pm

STG BROADWAY INCLUSION

Short skits, improv and learning to express yourself artistically.

\$165	PER SESSION
Oct 7-Dec 9	Wed
no class Nov 11 &25	4:30-5:30 pm

TENNIS

Partnering with Tops Outreach Center at Eastside Tennis in Kirkland. All levels welcome.

\$165	PER SESSION
Thu	12:15-1 pm

THIS AND THAT HOBBIES

We will focus on individual and group hobbies. This will be a hands-on class. Crocheting, crafting, coloring, and more.

\$165	PER SESSION
Instructor: Jamie Claypool	
Tue	3:15-4 pm



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 CLASIFICAR?

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 necesidades 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.

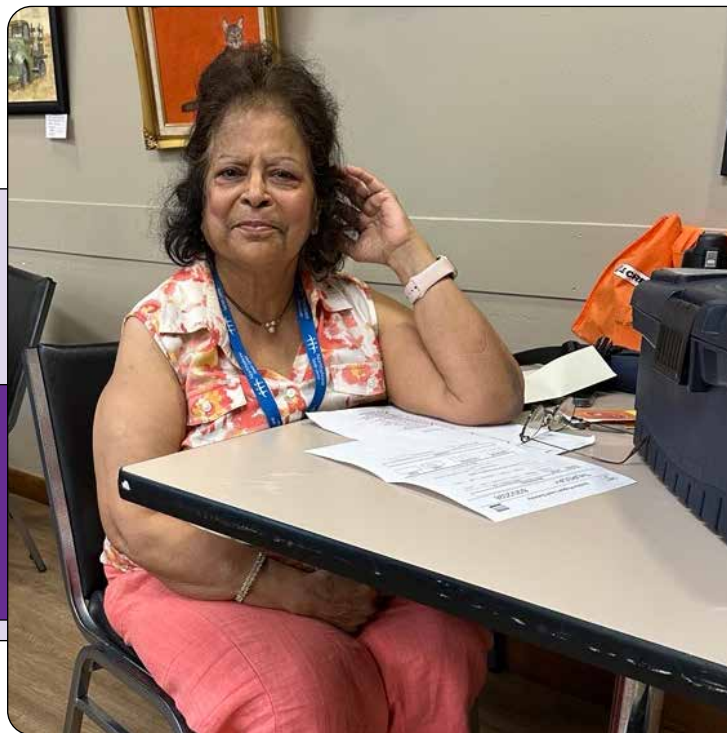
With busy lives, finding time to volunteer can be a challenge—but even small acts of service make a meaningful difference. Beyond helping people in need, volunteering brings incredible rewards to those who give their time. It can reduce stress, combat depression, keep your mind engaged, and provide a 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](http://wa.gov/ago.Clearinghouse/consumer/home.html)

BENEFITS CHECKUP ONLINE

» www.BenefitsCheckUp.org

CANCER LIFELINE

» 1-800-255-5505

COMMUNITY LIVING CONNECTIONS

» 1-844-348-5464

CRISIS CLINIC - KING COUNTY

» 206-461-3222 or 866-4-CRISIS

CRISIS HOTLINE - SNOHOMISH COUNTY

» 1-800-584-3578

DSHS - DEPARTMENT OF SOCIAL AND HUMAN SERVICES

» DSHS.gov

ELDERCARE LOCATOR

» 1-800-667-1116

ENERGY ASSISTANCE

» Hopelink, 1-800-348-7144

FOOD BANK AND EMERGENCY ASSISTANCE

» Hope Link, 425-889-7880

GERIATRIC REGIONAL ASSESSMENT TEAM

» 206-923-6300

HOUSING FOR SENIORS

» www.snapforseniors.org

KING COUNTY VETERAN SERVICES

» 1-877-904-VETS (8387)

LEGAL ASSISTANCE

» Eastside Legal Assistance
Program, 425-747-7274

LIFELONG AIDS ALLIANCE

» 206-329-6923

LOW - VISION INFORMATION AND REFERRAL

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

MEDICARE

» 1-800-633-4227 or
www.medicare.gov

NAMI - NATIONAL ALLIANCE ON MENTAL ILLNESS

» 425-885-6264

NATIONAL EYE CARE PROJECT

» 1-800-222-3937

NATIONAL MULTIPLE SCLEROSIS SOCIETY

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

NORTHWEST PARKINSON'S FOUNDATION

» 206-543-5369 or www.pdf.org

OPIOID EDUCATION & ADDICTION RESOURCES

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

SENIOR HEALTH SPECIALTY CLINIC

» 425-899-6800

SENIOR RIGHTS ASSISTANCE

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

SENIOR SERVICES INFORMATION AND ASSISTANCE - SNOHOMISH COUNTY

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

SOCIAL SECURITY

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

SOUND GENERATIONS PATHWAYS INFORMATION AND ASSISTANCE

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

UW/VA MEMORY WELLNESS PROGRAM

» 888-291-7316 or 866-638-8813

WASHINGTON INFORMATION NETWORK

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

WILLS, POWER OF ATTORNEY AND MORE

» Eastside Legal Assistance
Program, 425-747-7274

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