

Updated Programs and Services available at the Senior Center



Hot To-Go Lunches

To-Go Community Dining

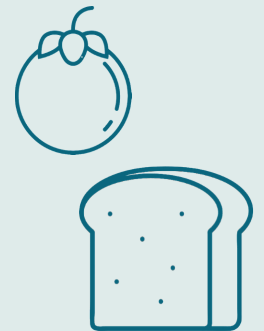
Monday through Friday reserve a hot to-go lunch prepared by our amazing chef and kitchen team! Call **(425) 487-2441** to reserve yours today! (Delivery is available)



Food Pantry

Providing essential food items to those in need is extremely important. Open **Tuesdays and Fridays from 11am-2pm.**

Donations also needed and welcomed.



Social Services

A study found that feeling lonely does not correlate to living alone. 43% of all seniors surveyed reported that they felt lonely, yet only 18% of those seniors lived alone. We have connected seniors with our trained professionals and other seniors alike to curb the sense of isolation during this pandemic. Call 425.286.1035 to speak with a trained professional or to get connected with others.



Virtual Programming

Online Programs & Videos

We have introduced a new way to stay connected and be active. Click on the link below to start your engagement activity through Zoom today. We are offering many options from dance, exercise, and even cooking (bit.ly/NSCVirtualRegistration). We look forward to seeing you online soon.



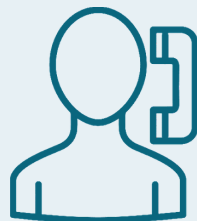
Website & Facebook

Looking for up-to-date information of what the Northshore Senior Center is providing? check us out at www.northshoreseniorcenter.org or visit us on Facebook at [@MyNorthshoreSeniorCenter](https://www.facebook.com/MyNorthshoreSeniorCenter)



Contact Information

We are here to help during this crisis. If you need us for anything, please do not hesitate to reach out. **(425) 487-2441** or at info@mynorthshore.org. We want to help serve you in any way possible.



Medical Transportation

Transportation is one of the most common supports provided by family caregivers. In fact, 78% of caregivers provide or arrange for rides for their loved ones. We are continuing to make medical transportation accessible for those who's lives may depend on it. Call **(425) 286-1026** to schedule your ride to your next appointment.

