

Line Dancing

Everyone is welcome to join our Line Dancing classes for Beginners; Advanced Beginners; Improver level and Intermediate level dancers. The dances are presented in repeated sequences of steps in rows or group lines with everyone executing the steps at the same time. Great exercise while enjoying current music and dance steps with some oldie country music thrown in. No partner nor prior experience is necessary. Start at the beginning and continue to intermediate level all for one fee. Come for FUN and meet some wonderful new friends. New students (all levels) please call Veta before attending first class at 425-355-4225.

\$12 nonmember/\$6 member, per class

- N** Multipurpose Room
(no class month of Jul and Aug)
Classes resume Sep 7
Thursdays: Beginners, 9:30 - 10am
Classes only on Sep 7, 14 21, Oct 5, 12, 19
(no December Beginner classes)
Thursdays: Advanced Beginners, 10 - 11am
Improver/Intermediate 11 - 12:15pm
Classes on all 4 weeks of Sep, Oct and Nov
(no class Nov 23)
Leader: Veta Blakesley

Advanced Beginner/Improver Class - For those who are ready to go to the next level of line dancing, know the basic line dance steps and want more dance time this summer, this is for you. Join in on the fun and exercise. Come with comfortable shoes and water.

\$10 nonmember/\$5 member, per class

- M** Senior Center
Wednesdays, Beginners, 9:30 - 10:45am
Wednesday, Advanced Beginners,
11 - noon
(no class Jun 28, Jul 5 and Aug 2 and 9)
Instructor: Barbara Heidel

DAY TRIPS

Note: Trips are organized by date of trip

For Mill Creek trips, please call
Gayla at 425-273-0063

Under And Over In Downtown

Our first stop is Milepost 31 to receive a guided tour of the viaduct project including the infamous Big Bertha Boring Drill. Next, we will ride 70+ stories up to the observation area at the Columbia Tower for some great scenic views and stop for a bite to eat at the Skyview Café. The trip fee includes all expenses except the food at the cafe.

\$54 nonmember/\$27 member



- M** Thursday, Jul 6, 10am - 2pm

Seattle Mariner Games

Take me out to the Seattle Mariners Baseball Games. It is summer and time for Seattle Mariners Baseball. We have 3 games this summer. Meals are on your own.

\$28 nonmember/\$14 member



- N** Wednesdays, Jul 5, 5pm - 10pm * Kansas
Sunday, Sep 3, 11:30am - 5pm *Oakland
Tuesday, Sep 19, 5pm - 10pm * Texas

Festival of Shorts Edmonds Driftwood Players

Eight short plays with eight casts with a theme of "Unintended Consequences". See all eight 15 minute plays written by a great line-up of playwright finalists at Wade James Theater and then vote on which one you liked the best. It promises to be innovative, hilarious, and profound with 2 hours of stage-time and the audience gets to choose the winner!

\$44 nonmember/\$22 member



- N** Saturday, Jul 8, 1pm - 4:30pm

\$ Bookie Van Fundraiser \$

It's time to retire the small trip van and your Bookies have approval from the Board to fundraise. Our goal is \$26,000. Donations tax deductible! No amount too large or too small: it all counts! Make checks out to the Northshore Senior Center reference "New Van" and put in collection jar in Bookie office. Let's put new wheels on the road!

Maltby Café/Matinee II

Last quarter the response was overwhelming, but the **van was full! Let's try again.** Enjoy a **great breakfast** at this iconic venue and then choose a new release movie at a nearby multiplex theatre. You only need to bring enough money for a giant cinnamon roll or whatever else you choose to eat for breakfast.

\$38 nonmember/\$19 member



M Tuesday, Jul 11, 9am - 2pm

Plunger! Flipper! Slam Tilt! Game!

If you were ever into pinball, this is THE TRIP for you! Seattle has a vintage pinball museum with 50 machines and you can play them all. Our trip includes unlimited play, transportation and all the fun you can stand. Late lunch afterwards on your own, at a secret BBQ joint.

\$56 nonmember/\$28 member



N Wednesday, Jul 12, 11:15am - 3:45pm

Tulalip Casino

Join your friends from NSC for an enjoyable day out at Tulalip Casino. Maybe it will be your lucky day. Enjoy an assortment of eateries. Eagles Buffet has a wide selection or you can stop for a quick bite at the Canoes Carvery.

\$10 nonmember/\$5 member



N Thursday, Jul 13, 9am - 2pm
Thursday, Aug 10, 9am - 2pm
Thursday, Sep 14, 9am - 2pm

Edmonds Farmer's Market

Bring a tote or handle bag for some ripe delicious **fruits and vegetables.** **Don't forget the market** also includes wine tasting, hand-crafted items, jewelry, floral bouquets and much more. Wear comfortable shoes and a hat if the sun is out. We will make a stop for lunch (on your own) after a 90-minute shopping spree.

\$16 nonmember/\$8 member



M Saturday, Jul 15, 9:30am - 2pm

Seattle Chocolate Company Tour

This is a delicious, likeable, shareable chocolate-centric elevated experience at the Seattle Chocolate Company in Tukwila. We will see chocolate making machines and a chocolate waterfall, learn how chocolate is grown, its history and learn what a truffle is. There is a fair amount of walking, and stairs up to a walkway. We will stop for lunch on the way home, cost on your own.

\$54 nonmember/\$27 members



N Tuesday, Jul 18, 9:45am - 2:30pm

Escape The Heat And Compete

The kids are on summer break and it is time for a Grandparent/Grandchild outing. Form your team of 2-3 people (kids must be 6 or older) and register for an exciting Scavenger Hunt at the mall. Teams will score points to win prizes. One team member must bring either a cellphone or camera that takes digital photos. The team entry fee, transportation and all supplies are covered by the trip fee. After the hunt, the teams are invited to eat lunch at the food court (on your own) and celebrate the winners!

\$24 for teams of 2-3 persons



M Wednesday, Jul 19, 10am - 2pm

Gilbert And Sullivan H.M.S. Pinafore

This is one of Gilbert & Sullivan's most famous operettas. It is a hoot! Lots of great music, crazy story, but it all comes out OK in the end. Seattle Center.

\$96 nonmember/\$48 member



K Saturday, Jul 22, 1pm - 5pm

Edmonds - Fun at The Beach

Let's walk the beach and take photos of Sand Sculptures as amateurs create their works of art. We will be able to watch the "work in progress" and then the finished award winning sculptures. Later we head out to have lunch on your own at a nearby venue.

\$20 nonmember/\$10 member



N Tuesday, Jul 25, 10:30am - 3pm

The Hills Are Alive - In Leavenworth

The Sound of Music is performed live in a beautiful outdoor amphitheater. The dates and fees are tentative based on securing the tickets in June when the box office opens. The fee includes transportation, deluxe hotel accommodations, a hot buffet style breakfast and premium seats for the show. You will be responsible for one dinner and one lunch (on your own). The dates and fees are tentative.



Double occupancy (not to exceed \$170)/
Single occupancy (not to exceed \$255)

M Leave Tuesday, Jul 25, 10am
Return Wednesday, Jul 26, 12pm

Terracotta Warriors: Guards For Eternity

This trip was so popular last quarter, we've added another trip. Terracotta Warriors: Guards for Eternity features artifacts from the First Imperial Dynasty of China. It is a joint project between Pacific Science Center and the Franklin Institute. It is a special tour that is limited to just Seattle and Philadelphia. We will start with the IMAX (Mysteries of China 2D). Then, onto the Warrior's exhibit. On the way home, we will stop for an early dinner, cost not included. Signups must be done before July 10, 2017.

\$88 nonmember/\$44 member



N Wednesday, Jul 26, 11:45am - 5pm

Electroimpact And Robots

Come along with us to have a tour of the Electroimpact Company in Mukilteo and see robots apply the fiber strips to the Dream Liner wings, and may other tasks. On the way home, we'll stop at an Eastern European restaurant for lunch on your own. We don't know which is the more compelling – robots at work or Hungarian food. Help us decide which, or call it a tie!

\$52 nonmember/\$26 member



N Tuesday, Aug 1, 9am - 3pm

Sail Away on The Bay Overnight

Board a 100' tour boat for a fully narrated history/sunset cruise. Enjoy snacks on board. After a restful night, you can walk the beach boardwalk, stop for coffee and finish the morning with a trip to the Whatcom Museum to see the latest exhibits.

Chuckanut Drive is the selected route home. The trip fee includes hotel with tax, breakfast, cruise passage, museum admission and snacks aboard the vessel. You should plan to buy lunch on Wednesday and desired beverages on the boat.

\$137 Double occupancy/
\$192 Single occupancy



M Leave Tuesday, Aug 1, 1pm
Return Wednesday, Aug 2, 5pm

Emerald Downs Has Gone to The Dogs

Don't miss the fun and frolic of cute, cuddly Corgis racing around the track. Your trip fee includes transportation, admission, a program and a \$10 food voucher. The horses will also be racing, after the dogs, so you won't miss out!

\$70 nonmember/\$35 member



M Sunday, Aug 6, 12:45pm - 5pm

Farmer's Market - Shoreline And Redmond

We will be going to two Farmers' Markets on this date. A little bit of walking, but not a whole lot. Both markets have different vendors, so there should be a good variety of items for sale.

\$20 nonmember/\$10 member



K Saturday, Aug 12, 9:30am - 3pm

Senior Day at Safeco Field

The Mariners are playing the Baltimore Orioles and the stands will be full of seniors. Take advantage of a ticket on the Terrace Club Level and a buffet lunch. Transportation and parking are included. This should be a special event, so let's show our support for the Mariners. We can submit a "#Where I root" photo and see if we can appear on the nightly news or the scoreboard!

\$114 nonmember/\$57 member



M Wednesday, Aug 16, 11am - 5pm

Walking Symbols



Mild Walking



Moderate Walking



Extensive Walking (with stairs)

Angel of The Winds

Tons of fun and good food await the 12 lucky gamblers who sign up early for this special Northshore bus, driven by our own Chico Meza. Angel will greet us and give out \$5 gaming credits and a \$5 buffet coupon. This is a smoking venue with good ventilation.

\$34 nonmember/\$17 member



N Wednesday, Aug 16, 9am - 3pm

Edmonds Waterfront Tour on a Segway

Get ready for the ride of your life. First off you will receive training from our guides. You will breeze down the Edmonds Waterfront on your Segway with your guides. Depending on how many sign up we will do this in 2 groups. Helmets are provided. This will be a 30-minute tour. Closed toe shoes are required. Lunch will be on your own after the tour and you can relive this unusual and fun day.

\$64 nonmembers/\$32 members



N Thursday, Aug 17, 10:15am - 3:30pm

Whale Watching And Casino Overnight Running Away From Home

This overnight Casino and Whale Watching trip will be fantastic. It includes your overnight accommodations at the Casino, a \$10 voucher for dinner and breakfast in the morning. After breakfast, we will take an all-day Whale Watching cruise, which includes a salmon or chicken lunch plus a two hour shore visit in Friday Harbor. All of the above is included in this package. After the cruise, we may stop for a bite to eat on your own, and then head home. The trip will require being able to board and walk around a boat as well as walk around Friday Harbor which is hilly. Dress for the weather and wear good walking shoes. You must sign up by July 17, 2017. A limited number of spaces are available.

\$186 Double occupancy/

\$246 Single occupancy



N Leave Monday, Aug 21, 2pm
Return Tuesday, Aug 22, 8pm

Cannabis Grower And Store Tour

We will visit a shop in Seattle that grows the plants under controlled conditions and learn about the different parts of the plant and the growing process. Then we take the tour down the hall to see into a cannabis extraction lab and talk with one of the **scientists who will tell us all about extraction.** We'll discuss different consumption methods, different levels of experience that cannabis offers and see products that are popular with the senior crowd. Finally, everyone is free to roam around the store to peruse the products and talk with friendly guides to get your questions answered. Lunch will be on our way home, not included in the cost.

\$44 nonmember /\$22 member



N Thursday, Aug 24, 10:15am - 1:30pm

Phoenix Theater

What happens when Lucy, Ricky, Fred and Ethel get stranded on Gilligan's Island? It results in this non-stop fun and comedic performance of "Lucilligan."

You won't want to miss it!

\$38 nonmember/\$19 member



M Sunday, Aug 27, 1:15pm - 5pm

Pancakes And The Park

You can polish off as many pancakes as possible and then walk off the calories in the park. Grab a walking buddy and sign up today. Fee covers transportation only. Hike is 2.0 miles round trip with no elevation change.

\$16 nonmember/\$8 member



M Monday, Aug 28, 8:30am - 11am

Evergreen State Fair

Let's go to the Fair! This is Senior Citizen Day and those of us 62 and older get in free. A great variety of food is available to please anyone's taste buds. There are 4-H displays, farm animals, music and even carnival rides for the adventurous. Good walking shoes are a must. Lunch is on your own.

\$24 nonmembers/\$12 members



N Monday, Aug 28, 9:30am - 1:30pm

Terra Cotta Warriors

Our last trip for this event. Terracotta Warriors: Guards for Eternity features artifacts from the first Imperial Dynasty of China. It is a joint project between Pacific Science Center and the Franklin Institute. This special tour is limited to Seattle and Philadelphia. We will start at the IMAX (Mysteries of China 2D), then break for lunch on your own. After lunch we tour the Warriors' exhibit before heading home.

\$88 nonmember/\$44 member



N Wednesday, Aug 30, 10:20am - 4pm

Destination: Roslyn, WA

Were you a fan of the 90's TV show "Northern Exposure?" If so, then you know that this town portrayed the town of Cicely, Alaska, on the series. Explore this turn of the century mining village, see a first run movie at the historic theatre or tour their unique museum. Lunch is on your own at the famed "Brick." Even if you aren't a fan of the show, you will love the scenery!

\$130 nonmember/\$65 member



M Wednesday, Sep 6, 9:30am - 7pm

Horse Racing - Emerald Downs

Your general admission ticket includes access to the paddock and the park. You will also receive one race program plus one voucher for \$10 worth of food and non-alcoholic drinks. In addition to horse racing, there are other activities, like playing table games at the new casino.

\$58 nonmember/\$29 member



N Saturday, Sep 9, 11am - 6pm

Bainbridge And Bloedel Reserve

Your visit here will allow you to immerse yourself in the tranquility and beauty of nature. The tour includes free time in Winslow to eat, shop, or visit the art gallery and a couple of hours in the gardens before boarding the ferry home. You are just responsible for lunch. Ferry fees, transportation and admissions are covered.

\$82 nonmember/\$41 member



M Monday, Sep 11, 9:15am - 5pm

VCU



VILLAGE CONCEPTS
UNIVERSITY

Introducing Village Concepts University at Riverside East, an innovative research-based approach to providing quality educational opportunities for seniors. VCU extends programming to residents of Village Concepts Communities, staff, and members of the greater community.



**Riverside
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10315 E Riverside Drive, Bothell

Daytrip Departure Locations

- N** Northshore Day trips will depart from 19510 100th Ave NE, Bothell. Please park away from the church on the North side of the lot. Easiest way to get there is North on Bothell Way NE (Hwy 527) right on NE 190th St. and left on 100 Ave NE. Entrance to parking lot is off 100th.
- K** Kenmore Day trips depart from the Northshore Departure address listed above or the Kenmore Senior Center Parking Lot.
- M** Mill Creek Day trips depart from Brookdale, 14905 Bothell Everett Hwy, Mill Creek.

Fees are non-refundable seven days prior to a trip or after the deadline date unless cancelled by us.

Note: Day Trip Vans are not wheelchair accessible. Walkers have to be light weight with folding capabilities, maximum 2 walkers - please declare at time of purchase. *We reserve the right to reject any person as a tour participant and expel anyone whose conduct is incompatible with the interest of the tour group.*

NW Stream Center

Visitors proclaim the Center cutting edge! It is an environmental education facility. You will learn to be stewards of their watershed in a “living Classroom”. Boardwalks and viewpoints lend vistas of salmon streams, solar livestock feeding as well as native foliage. This is a docent led tour. Lunch will be in the Mill Creek Center on your own.

\$30 nonmember/\$15 member



N Wednesday, Sep 13, 9:30am - 2:30pm

Seattle Glassblowing Studios

Experience, learn about, and enjoy the techniques of glassblowing. Be a glassblowing artist for the afternoon and create glass art that is yours to keep. No experience needed! Participants will receive instructions from a team of personable, talented and experienced glassblowing artists. Safety, etiquette and proper form are all stressed through each lesson in their state of the art Hot Shop.

\$152 nonmember/\$76 member



N Friday, Sep 15, 9am - 1pm

Wing Luke Museum Guided Tour

This field trip features a behind the scenes 45-minute tour of some areas that are assessable only on private tours. You are also invited to view the regular museum exhibits. There are nearby Asian restaurants in the International District for lunch on your own.

M Friday, Sep 15, 10am - 4pm



Shop And Eat at Gilman Village

Step back into Issaquah’s past in the carefully preserved houses and buildings that make up this 40+ structure mixed use site. It all began in 1972 when a local couple began saving and relocating unwanted buildings in the area and moving them to this park-like setting. Plan to eat lunch (on your own) in one of the fine bistros or cafes.

\$32 nonmember/\$16 member



M Thursday, Sep 21, 10am - 2pm

Arboretum Tram tour

There is always something to see and learn during a relaxing Tram Ride through Seattle Arboretum’s trails and forests. On display will be 230 acres of cultivated plants of the Northwest. The Tour Guide will make the trip interesting as well as educational. On the way home, lunch will be on your own.

\$36 nonmember/\$18 member



N Wednesday, Sep 27, 9:45am - 2pm

Fun on The Waterfront

Start with the Wings Over Washington flying theatre, followed by another uplifting adventure on “The Great Wheel” and top off the day with a tasty lunch at the wharf. If your stomach is settled, we know where to find Huckleberry Ice Cream. Your fee includes transportation, parking and admission fees only.

\$92 nonmember/\$46 member



M Friday, Sep 27, 10am - 4pm

Fall Bakery Frolic

It is pastry heaven, folks! Let's try out three more bakeries in three different towns. The fun and calories never stop on these popular trips. Come and experience it for yourself. Fee covers transportation only.

\$20 nonmember/\$10 member



M Friday, Sep 29, 9am - noon

DRIVER SAFETY

AARP Smart Driver Course

This popular AARP program has recently been updated and covers current changes in roads, automobiles, state laws and driving situations. It is especially aimed at drivers 50 and older. Topics include: how driving can be affected by changes in medicine, vision, hearing, reaction time, and how to compensate for aging and age related situations. Other drivers on the road, strategies for different driving situations and assessing your driving is covered. We feel that after completing this program, you will at least improve one of your driving skills that could prevent collisions and driving infractions. This is an eight hour course conducted over two four hour sessions. All classroom. No driving is included and no formal tests are given. You must pre-register with the instructor. At the conclusion of the course you will receive a certificate that you can use to receive a discount on your auto insurance.

\$15 AARP member/\$20 AARP nonmember
Contact and pay instructor directly.

N Room 202
Second and Third Tuesdays, 10am - 3pm
Session I: Jul 11 and Jul 18
Instructor: Gordon Olson, 206-364-4706
Session II: No classes in August
Instructor: Gordon Olson, 206-364-4706
Session II: Sep 12 and 19
Instructor: Gordon Olson, 206-364-4706

K Senior Center
Saturday, Aug 19, 9am - 5pm
Bring a lunch and picnic in the park
Instructor: Bob Laquardia, 425-802-3655

M Senior Center
Last Wednesdays, 9am - 5pm
Session I: Jul 26
Session II: Aug 30
Session III: Sep 27
(*must attend full 8 hours, bring a sack lunch*)
Instructor: Larry Saint
Must pay AARP instructor at class while showing your AARP membership card number.

FINANCE

Financial Literacy Workshop

How do I plan for retirement? I'm retired, what's next? In this workshop, professional financial advisors cover the basics of saving for retirement, living on a fixed income, social security/Medicare, and estate planning. All ages and levels of knowledge welcome.

Free to Members Only

M Senior Center
Wednesday, Sep 13, 10am - 11am

Focus On Fixed Income

Explains the basics of fixed income investments, the seven characteristics of, the advantages of laddering and how fixed income may be part of your investment strategy.

Free to Members Only

N Room 203
Tuesday, Sep 19, 1pm - 2pm
Presenter: Randy Busch



Foundations of Investing Seminar

Rules for investing - develop a strategy, choose quality investments, diversify portfolio, invest for the long term and focus on what you can control.

Free to Members Only

N Room 203
Tuesday, Aug 15, 1pm - 2pm
Presenter: Randy Busch



N=Northshore, H&W=Health and Wellness,
K=Kenmore, M=Mill Creek, W=Woodinville, PK=Peter Kirk