

# SPECIAL EVENTS

## GATHERING PLACES

### COFFEE BAR AT BOTHELL

Our coffee bar offers a great opportunity to meet old friends and make new ones. Bring your laptop and have a little fun at the same time with new wireless capabilities for your convenience. Don't forget to stop by on Tuesday afternoons for Pie Day!

Mon-Fri 8 am-3:30 pm  
Sun 1:30-3:30 pm

### GIFT SHOP AT BOTHELL

The Center gift shop offers a variety of new and gently used items, something new every week. We welcome donations of clean, useable, "gift shop quality" items. All proceeds benefit the Northshore Senior Center.

Coordinator: Marie Spears  
Mon-Fri 9 am-3 pm

### PUZZLES AT BOTHELL

On the second floor, across from the Social Services Desk, we have a puzzle area for you to sit down and play any time.

### BILLIARDS ROOM AT BOTHELL

Informal play on a first-come, first-use basis. Ladies, come on in and try it - you'll really enjoy it! Located on the second floor.

Mon-Fri 8:30 am-4:30 pm  
Sat 8:30 am-3:30 pm  
Sun 1-3:30 pm

### COMMUNITY DINING AT BOTHELL

When dining with us in our dining room, you will have the choice of either a hot meal or soup and sandwich. Quest/Basic Food Card, (food stamps) welcome!

**\$4 SUGGESTED DONATION FOR THOSE 60 AND OLDER**  
**\$10 CHARGE FOR PEOPLE UNDER 60**

Mon-Fri Serving 11:45 am-12:15 pm  
Reservations only: 425-487-2441

### SPRING LUNCH SPECIALS:

- » **Apr 16:** National Baked Ham with Pineapple Day
- » **May 21:** Strawberries and Cream Day

### HAPPY BIRTHDAY LUNCH

Birthday Lunch is FREE! The Community Dining program in Bothell provides a birthday lunch every month. Members are offered a free lunch in their Birthday month.

3rd Thu Serving 11:45 am-12:15 pm  
Reservations only: 425-487-2441

## SPECIAL EVENTS

### PANCAKE BREAKFAST

A hearty breakfast of pancakes, eggs, and ham on first Saturday and sausage on third Saturday, coffee or tea and orange juice.

**\$5 PER PERSON**

Location: Bothell, Dining Room  
Leaders: Thelma McBee and Carole Roecks and their wonderful crew  
Apr 7 and 21, May 5 and 19, Jun 2 and 16  
1st/3rd Sat 8-11 am

### BOEING EMPLOYEE CONCERT BAND SPRING CONCERT

Come enjoy a night of wonderful music played by this 60 piece band. We will end this enjoyable evening with dessert and coffee.

**\$3 PER PERSON**

Location: Bothell, Multipurpose Room  
Apr 10 Tue 7:30 pm

### VOLUNTEER APPRECIATION HAPPY HOUR

All Northshore Senior Center volunteers from across our various locations are invited to join us for our annual volunteer appreciation event. In an effort to allow for more mingling with friends, this year's event will be a "happy hour" function with small bites and some drinks. Please RSVP by April 13th by contacting the front desk of our Bothell Senior Center at 425-487-2441.

Location: Bothell, Multipurpose Room  
Co-sponsored by Woodland Terrace and Chateau of Bothell  
Apr 19 Thu 3-5 pm

### RHODODENDRON WALK AND BROWN BAG LUNCH

Come and see all the various Rhododendrons and Azaleas that are at the Rhododendron Park in Kenmore. Warren Timmons a Rhododendron specialist, will be talking about the Rhodys and also lead a tour of the Park to see the many plants that are in bloom at this time. Weather permitting we will have a brown Bag lunch in the Picnic Shelter. Otherwise we will be in the Annex. Table service and beverages will be provided.

**FREE**

Location: Kenmore Senior Center  
May 3 Thu 11 am-2 pm  
Please call 425-489-0707 to reserve a seat.

# SPECIAL EVENTS

## CAREGIVER BURNOUT: IS YOUR FLAME ABOUT TO FIZZLE?

Caregiving is difficult and exhausting work. If you don't take time to set limits on what you can do and when, and create balance in your life, you may begin to suffer from a condition called "burnout." When it comes to caring for an aging loved one, some people cope better than others. But everyone's flame is at risk for flickering out if they aren't careful.

### This program will help participants:

- » Recognize the warning signs of caregiver burnout.
- » Learn healthy and effective strategies for addressing caregiver stress.
- » Avoid caregiver burnout in the future by implementing best practices for self-care and find support you need.
- » Identify local resources that offer supports and services, including the Northshore Senior Center's unique caregiver support programs.

**FREE**

**Location:** Bothell, Room 202

**Presenters:** Michelle Maeda, B.Sc., CMC, Certified Care Manager, Aging Wisdom, Janet Zielasko, MS, LSW, Northshore Senior Center and Judi Pirone, Adult Day Health Program Manager.

**Apr 24** Tue 1-2:30 pm

*Sponsored by the Bothell King County Library, Aging Wisdom, Northshore Senior Center and Northshore Adult Day Health Program*

**Limited respite care available if needed.**

**To register and/or inquire about respite care, call 425-286-1035 or email [janetz@mynorthshore.org](mailto:janetz@mynorthshore.org)**

## FINE ART SHOW

Come see fabulous art work done by seniors in their classes. We feature art work in watercolor, oil/acrylic painting, pastels, drawing, colored pencil, driftwood sculpture, woodcarving and clay sculpture. Come pick your favorite pieces in each category for "People's Choice." Artist must have worked on art pieces in class to qualify for the show. Ongoing demonstrations of various arts. Public is welcome.

**ARTISTS PAY \$2 PER ENTERED PIECE  
ADMISSION IS FREE**

**Location:** Bothell, Multipurpose Room

**Coordinator:** Judy Moritz, 425-488-8270

**May 4** Fri 12:30-3:30 pm

**May 5** Sat 9 am-3 pm

*Check in artwork on Friday, May 5 8:30-10 am in the dining room*

## CRAFT AND JEWELRY SALE

This is the sale you've all been waiting for, jewelry and crafts. You will love the assortment of jewelry and the prices can't be beat in addition to great buys on the handmade items you love. Shop and benefit the Senior Center at the same time.

**Location:** Bothell, Lobby

**Leaders:** Alice Alden and Betty Hayes

**May 4** Fri 9 am-4 pm

**May 5** Sat 8:30 am-Noon

## GRAND OPENING OF THE NEW MILL CREEK SENIOR CENTER

Join us as we celebrate the opening of our new Mill Creek Senior Center! Tour the new space, sample some of our program offerings, and enjoy some cake with us as we welcome everyone into our new Mill Creek home. No RSVP required.

**Location:** Mill Creek Senior Center

**4111 133rd Street SE, Mill Creek, WA 98012**

**May 10** Thu 11 am-2 pm

## IKEBANA FLOWER ARRANGING

Learn the art of Japanese flower arranging! Known as "Ikebana", this is an ancient Japanese art dating back more than 1000 years! You will be guided in creating your very own ikebana that you can take home with you. You will also receive an instruction pamphlet so that you can do more of this elegant style later. When you call to sign up you will be told what supplies you will need to bring. The instructor lived in Japan for many years and studied ikebana there. Call the Kenmore Senior Center 425-489-0707 to reserve a space.

**\$10 NONMEMBER/\$5 MEMBER**

**Location:** Kenmore Senior Center

**Instructor:** Mary Kay Branch

**May 18** Fri 11 am-Noon

## BREAKFAST & LEARN

This will be a time for you to learn about all the incredible classes, activities, and day trips we have planned for this Summer. Also an opportunity to speak directly with the Mill Creek instructors, ask those questions and maybe check off some BUCKET LIST items - 'Trying Tai Chi, learn a foreign language, or do some day trips around Puget Sound'. We will be serving a delicious hot breakfast so come hungry! Sponsored by Comprehensive Home and Companion Services.

**FREE**

**Location:** Mill Creek Senior Center

**4111 133rd Street SE, Mill Creek, WA 98012**

**Jun 5** Tue 9 am-11 am

# SPECIAL EVENTS

## THE WORLD DANCE PARTY

This year it will be a Pizza Potluck with Side Salads. You can make a pizza, pick one up to bring, or even order it to be delivered to Northshore. All kinds of side salads are welcome – leafy greens, pasta, veggie, fruit – whatever you think goes well with pizza. Desserts and beverages will be provided. Bring your family and friends and share in the fun. Volunteer dance instructors will teach mini-lesson that all can join in. Don't miss out on the fun! FREE. No pre-registration required. Interested in volunteering? Contact Glen @ 425-286-1029 or glenf@mynorthshore.org.

**FREE**

**Location: Bothell, Multipurpose Room**  
Jun 8                      Fri                      6-9 pm

## CELEBRATE PRIDE MONTH

Join us for a screening of the documentary film "Before You Know It," directed by PJ Raval. The screening will be followed by an optional discussion. The subjects of Before You Know It are no ordinary senior citizens. They are go-go booted bar-hoppers, love struck activists, troublemaking baton twirlers, late night Internet cruisers, seasoned renegades and bold adventurers. They are also among the estimated 2.4 million lesbian, gay and bisexual Americans over the age of 55 in the United States, many of whom face heightened levels of discrimination, neglect and exclusion. But Before is not a film about cold statistics and gloomy realities, it's a film about generational trailblazers who have surmounted prejudice and defied expectation to form communities of strength, renewal and camaraderie—whether these communities be affable senior living facilities, lively activist enclaves or wacky queer bars brimming with glittered trinkets and colorful drag queens.

**FREE**

**Location: Bothell, Room 202**  
Jun 11                      Mon                      1-3 pm  
Space is limited. Please RSVP by calling 425-286-1023 or emailing brookek@mynorthshore.org.

## LINE DANCE HOEDOWN POTLUCK

Calling all line dancers, or line dancing wanabee. You're sure to have a "good old time" at this event. We'll dance, we'll eat and we'll dance some more. Everyone welcome.

**\$6 PER PERSON**

**Location: Bothell, Multipurpose Room**  
Jun 14                      Thu                      10 am-2:30 pm

## 2018 MEMBERSHIP RENEWAL

**WE INVITE YOU TO JOIN US  
- BECOME A MEMBER OF  
NORTHSHORE SENIOR CENTER!**



**Your membership will provide you access to member-only programs, special discounts, and connection to a vibrant community of older adults.**

*There are no age requirements.*



**Please see page 58 for more details!**