



SEE INSIDE FOR TIPS AND TOOLS
FOR GOOD SELF-CARE AND
SWING BY THE UPCOMING
HEALTH FAIR ON
SEPTEMBER 12TH!

WELCOME

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ON THE COVER



NSC believes that health and wellness should be a part of everyone's life. That's why Northshore offers a variety of ways to learn about and improve your health and well-being. From physical to mental to emotional to social health, NSC has all the self-care tools you need to maintain your health and wellness. Check out the wellness offerings from our Social Services team on page 36 or make an appointment for yourself at Tootsie's Parlor on page 38.

Join us on September 12th from 10 am to 1 pm for the free Health Fair where you can learn more about how to maintain a healthy lifestyle!

ADMINISTRATIVE TEAM

- Chief Executive Officer:** Nathan Phillips
- HWC/ADH/Inclusion Director:** Judi Pirone
- Bothell Manager:** Kerri Schwindt
- Kenmore Supervisor:** Pasha Mohajerjasbi
- Mill Creek Supervisor:** Celeste Virago Lowe
- Social Services Manager:** Janet Zielasko
- Transportation Manager:** Cliff Perry
- Volunteer Coordinator:** Harry Horst

LOCATION INFORMATION

BOTHELL

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

Phone: 425-487-2441

» NORTHSHORE SENIOR CENTER:

10201 E RIVERSIDE DR

Mon/Tue/Thu/Fri 8 am-4:30 pm

Wednesday 8 am-8:30 pm

First Saturdays 8 am-2:30 pm

Phone: 425-488-4821

» HEALTH AND WELLNESS CENTER:

10212 E RIVERSIDE DR

Monday-Friday

Office Hours 8 am-4:30 pm

Day Center Hours 10 am-2:30 pm

KENMORE

The Kennore 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 THE PARK

PICNIC SHELTER OR INDOOR ANNEX SPACE.

Monday-Friday 9 am-3 pm

MILL CREEK

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

Phone: 425-948-7170

» MILL CREEK SENIOR CENTER:

4111 133RD ST SE

Parking courtyard located in rear of building.

Park in any space marked "commercial".

Monday-Friday 9 am-3 pm

» NORTH CREEK PRESBYTERIAN CHURCH:

621 164TH SE / MILL CREEK

KIRKLAND

Phone: 425-587-3360

» PETERKIRK COMMUNITY CENTER:

352 KIRKLAND AVE, KIRKLAND WA

NORTHSHORE SENIOR CENTER

Founded in 1972, the Northshore Senior Center has grown to be one of the largest senior centers in the United States, serving around 4,500 people each year. With locations in Bothell, Kenmore and Mill Creek, we are focused on serving the Northshore region of North King County and South Snohomish County by serving older adults, people of all ages with disabilities, and family caregivers. We envision a community where everyone leads full, healthy and inspired lives.



BOARD OF DIRECTORS

2024 Board Members: Arnold Alejandrino • Barbara Anderson • Rocio Luna-Culotti • Setareh Mahmoodi • Sarah McGuire • Kenny Mwendar • Rajat Oberoi • Foram Shah • Jenn Snyder • Bing Teng • Nora Todd • Hân Trần

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.

» ADVISORY COUNCIL

Offer your ideas for how to strengthen programs and better serve members and guests. Contact the Advisory Council at advisory@mynorthshore.org or by submitting feedback through one of the suggestion boxes located at each site.

OFFICIAL HOLIDAY CLOSURES:

» **Thursday, July 4: Fourth of July**

» **Monday, September 2: Labor Day**

GATHERING PLACES & SPECIAL EVENTS

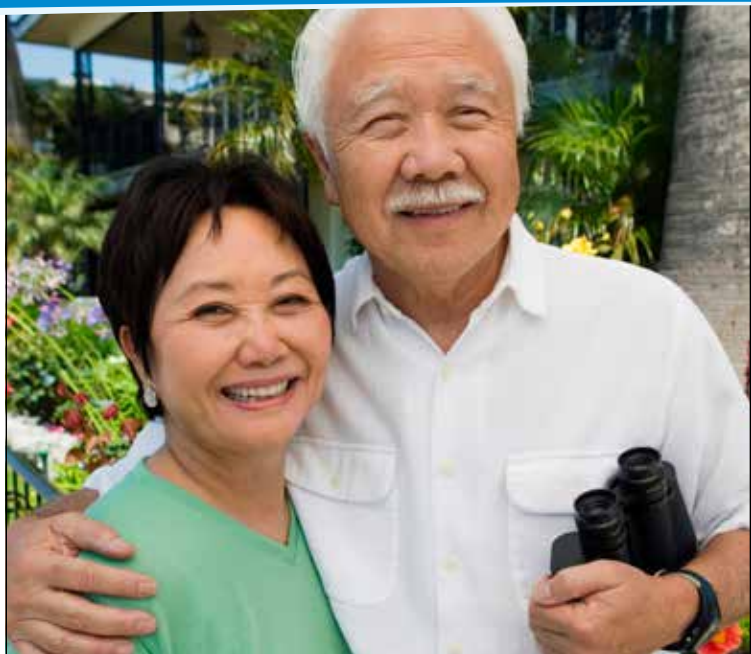
PUNCHCARD

The Northshore Senior Center punchcard is your ticket to a wide array of groups and activities at our centers, including drop-in sports like pickleball and ping-pong, visits to the Health & Wellness Fitness Center, group games like pinochle, mah jong, and more. Your punch card can be used at any of our locations (Bothell, Kenmore, Mill Creek) and for any of our drop-in activities.

\$20 MEMBER/\$40 NONMEMBER	8 VISITS
\$40 MEMBER/\$80 NONMEMBER	16 VISITS
\$60 MEMBER/\$120 NONMEMBER	24 VISITS

FINANCIAL ASSISTANCE

NSC strives to keep program fees low through public support and contributions from donors. However, if you are experiencing a financial hardship or have an annual household income of less than \$18,000, please see your senior center coordinator about financial assistance.



GATHERING PLACES

COFFEE BAR AT BOTHELL

Mon-Fri	8:30-3 pm
Wed Pie	Noon
Wed Happy Hour	4-7 pm
T/Th Soup	11 am-2 pm

COFFEE AT MILL CREEK

Mon-Fri	9 am-3 pm
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COFFEE AT KENMORE

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, Shuffleboard, Television, a place for you to relax, have fun and make new friends.

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



KAISER PERMANENTE®

HEALTH FAIR - "YOUR WELLNESS WORLD"

» PLATINUM SPONSOR: **KAISER PERMANENTE**
GOLD SPONSORS: KOELSCH SENIOR
COMMUNITIES AND VISITING ANGELS

This FREE event will provide important information, health screenings, and resources from our local community. This FREE health and wellness fair for older adults will provide important information, health screenings, and resources from the local community.

FREE

LOCATION: BOTHELL, MULTIPURPOSE ROOM

Sep 12 Thu 10 am-1 pm

KARAOKE NIGHT AT BOTHELL

Karaoke is an engaging, one-of-a-kind social experience that allows people to truly unwind and be their most uninhibited and fun selves, while creating memories and friendships. Come join us for this fun event. Host for this event is Tiger Budbill, a past X Factor contestant. Donations welcome.

LOCATION: BOTHELL COFFEE BAR

Jul 11 Thu 5-8 pm

CRAFT CLUB SALE

Shop till you drop at the Craft Club Sale! Hosted by the Kenmore Crafters, there'll be lots of handcrafted items for your home, for gifting and for yourself! "Every stitch made with love".

LOCATION: BOTHELL LOBBY

Aug 2-3 9 am-3 pm

BOTHELL 5K CAPES FOR COURAGE RUN/WALK

Join us for our 9th annual Capes for Courage 5K Run/Walk benefitting the Northshore Senior Center's Inclusion Program. Promoting "Fun For All" the Inclusion Program provides fun and friendship for individuals of all abilities through year-round recreation, advocacy, and family support. See page 43 for more information or register today at www.bothell5k.org.

LOCATION: HEALTH & WELLNESS CENTER

Aug 3 Sat 9 am

SHORELINE FIRE AND EMS

Come learn about all the services, help and resources available to support your health and safety at home and in your community, including what to do if you call 911. Shoreline Fire Department covers Shoreline, Lake Forest Park and Kenmore. Facilitator is an active member of the Shoreline Fire Community Outreach team.

FREE

LOCATION: KENMORE SENIOR CENTER

Sep 18 Wed 10-11:30 am

Registration suggested. Call 425.489.0707 to sign up.

FITNESS AND ACTIVE LIVING

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

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DANCE

BALLET BARRE

Join us for a low-impact series of ballet barre exercises. Beginners welcome.

\$32 MEMBER/\$64 NONMEMBER PER MONTH

LOCATION: MILL CREEK

Instructor: Celeste Virago Lowe

Ongoing Tue 3:30-4:30 pm

NEW LOCATION

LOCATION: BOTHELL

Ongoing Thu 3:30-4:30 pm

BALLROOM DANCE LESSONS

Fox Trot, Waltz, Swing and Latin lessons for the beginner and the experienced. No partner necessary.

\$15 MEMBER/\$30 NONMEMBER PER CLASS

LOCATION: BOTHELL, MULTIPURPOSE ROOM

Instructor: Celia Boarman

Ongoing Wed 3:30-4:30 pm

LINE DANCING

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

\$32 MEMBER/\$64 NONMEMBER PER MONTH

LOCATION: BOTHELL, MULTIPURPOSE ROOM

Instructor: Candace LaMont

Ongoing Tue 11:15 am-Noon

NEW

MODERN SQUARE DANCE

Spend Sunday afternoons learning to dance. Improve your mental processes, become more physically fit and have a great time doing so to modern music. No experience necessary. For more information, call Ernest Meza 425-785-9046 or email meza4squarecrows@gmail.com

\$6 PER PERSON PER CLASS

LOCATION: BOTHELL, MULTIPURPOSE ROOM

Instructors: Square Crows

Sep 22-Mar 9 Sun 2:30-4:30 pm

No new students after Oct 6

FITNESS AND ACTIVE LIVING

FITNESS CENTER

MON-FRI 8 AM-3:30 PM

» PUNCHCARDS:

\$20 MEMBER/\$40 NONMEMBER

8 VISIT PUNCHCARD



The Fitness Center at Northshore Health & Wellness Center is a comfortable space focused on keeping exercise enjoyable.

The Fitness Center provides cardiovascular and strength-training equipment specifically geared toward seniors but also great for people of all ages. The machines are simple to operate and we offer a safe, inviting atmosphere where individuals can achieve their fitness goals.



Fitness machines include treadmills, elliptical, recumbent bicycles, an arm-cycle, and complete workout machines. We also have a range of free weights and weight-lifting benches, and mats for stretches and floor exercises. We have just added spin bikes to our array of fitness equipment.

Get signed up now. During your first visit, our staff will work with you to evaluate your level of fitness and areas of focus.



FITNESS AND ACTIVE LIVING

EXERCISE CLASSES

ENHANCE FITNESS - BEGINNER LEVEL

EnhanceFitness is an evidence based exercise program to help older adults of all fitness levels to become more active, energized and able to sustain independent lives. Chairs are provided as an option for Level I exercises and instructors will demonstrate appropriate exercises for participants using a chair. NOTE: Kaiser Permanente enrollees please check with your provider to see if your plan covers participation in this class as a covered benefit.

\$30 MEMBER/\$60 NONMEMBER PER MONTH

LOCATION: BOTHELL, MULTIPURPOSE ROOM

Certified Instructor: Tracey Harvey

Ongoing M/W/F 8:30-9:30 am

No class Sep 2.

AGE REVERSING ESSENTRICS

As seen on PBS, this class uses your full body to restore movement in your joints, flexibility in your muscles, relieve pain, and rebalance your body. It's effective for mobility, strength, toning, balance, posture, range of motion, preventing falls and using your brain. Bring a yoga mat towel, and strap. All levels welcome.

\$60 MEMBER/\$120 NONMEMBER PER MONTH

LOCATION: BOTHELL, STUDIO

Instructor: Natalia von Somoff, Certified Essentricks Instructor

Starting Sep 4 Wed 4:30-5:30 pm

No class month of July and August

BELLY DANCE FOR STRENGTH & BALANCE

Join us for a fun and effective way to strengthen your core, improve balance and coordination, reduce joint pain and contribute to your own well-being. Our instructor is a senior who believes in having fun while getting fit. Class is open to adults of all ages and is wheelchair/walker friendly. Wear loose, comfortable clothes. Day and evening class available! Capacity 10. All levels welcome.

\$32 MEMBER/\$64 NONMEMBER PER MONTH

LOCATION: KENMORE

Instructor: MarieElena McMahon

Ongoing Thu 10-11 am

Ongoing Thu 7-8 pm **NEW EVENING CLASS**



CHAIR PILATES

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

\$32 MEMBER/\$64 MEMBER PER MONTH

LOCATION: KENMORE

Instructor: Connie Evans

Ongoing Thu 11-11:45 am

CIRCUIT TRAINING AND BALANCE

Full body workout using a variety of equipment, circuit training and balance exercises to keep you moving and fit. Strength, cardiovascular conditioning, balance and stretching all combined. All levels welcome.

\$43 MEMBER/\$86 NONMEMBER PER MONTH

LOCATION: HEALTH & WELLNESS, FITNESS CENTER

Instructor: Ying Penrod

Ongoing T/Th 8:30-9:15 am

Ongoing T/Th 9:45-10:30 am

Ongoing T/Th 11-11:45 am

No class Jul 4.

FELDENKRAIS METHOD: AWARENESS THROUGH MOVEMENT

Increase your capacity to function! In this class we explore movement to support your ability to expand and improve your quality of life. All abilities welcome. Comfortable clothing recommended.

\$44 MEMBER/\$88 NONMEMBER PER MONTH

LOCATION: HEALTH & WELLNESS CENTER, CONFERENCE ROOM

Instructor: Patty Bredece, certified Feldenkrais Practitioner.

Ongoing Tue 10-11 am

FITNESS AND ACTIVE LIVING

MAT PILATES

This beginner mat pilates class is designed to increase strength, flexibility and balance for a full body workout. All levels welcome. Bring a mat, towel and water bottle.

LOCATION: BOTHELL, STUDIO

Instructor: Connie Evans, Certified Pilates Instructor

\$32 MEMBER/\$64 NON MEMBER PER MONTH

Ongoing Wed 10:45-11:30 am

\$43 MEMBER/\$86 NONMEMBER PER MONTH

Ongoing W/F 9:30-10:15 am

LOCATION: KENMORE

Instructor: Connie Evans

Ongoing Thu 9:30-10:30 am

OTAGO - BEGINNER LEVEL

Otago is a muscle strengthening and balance retraining program developed and tested by Fall Prevention professionals. The idea behind Otago is that muscle strength, flexibility, balance, and reaction time can all be improved to reduce your risk of falling. This evidence based program meets twice a week, one hour class, for 8 weeks.

FREE

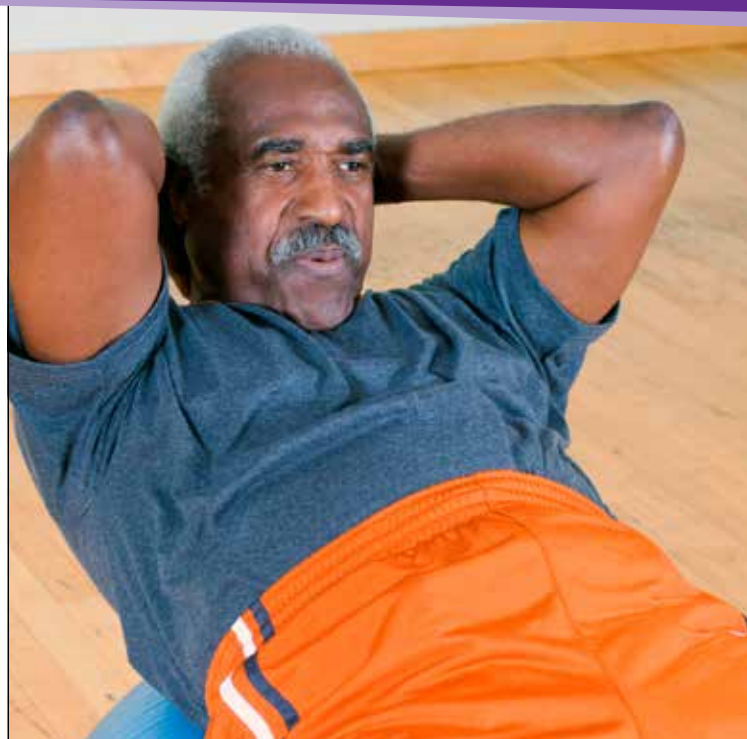
LOCATION: BOTHELL, MULTIPURPOSE ROOM

Instructors: Candice LaMont and Garrick Chock

Jul 15 - Sep 9 Mon/Wed 11:30 am-12:30 pm

Assessment scheduled for Wednesday, Jul 10 at 11:30 am.

No class Sep 2



QIGONG FOR ALL

Qigong ("Chee-Kung") is an ancient Chinese practice that improves one's mental and physical health by integrating posture, movement, breathing, self-massage, and focused intent. Can be done standing or seated. All levels welcome.

FREE

LOCATION: BOTHELL, STUDIO

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

Ongoing Tue 1-2 pm

Class continues 2-2:30 pm with optional, more difficult "Five Animals" exercise.

LOCATION: KENMORE, RHODODENDRON PARK

Classes are usually held outdoors in the park. Dress for the weather.

Please check in at the Senior Center cottage using your NSC key card prior to class

Call 425-489-0707 to register.

Ongoing Wed 11 am-Noon

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



FITNESS AND ACTIVE LIVING



SHAPE UP! 50+

“For a Healthy Independent Lifestyle”

- Fitness, Fun and Friends
- Your local community center is offering group exercise classes for seniors – Zumba Gold, Yoga, Line Dancing, Enhance Fitness, Tai Chi, Pilates and more.
- Classes are safe, affordable, and led by knowledgeable instructors who are experienced working with seniors.
- No matter your fitness level, there’s a class that’s right for you!
- Bring a friend and receive \$10 off your next fitness class.

For more information visit: kingcounty.gov/health/shapeup

Bring this coupon to Northshore Senior Center to receive a **\$10 discount** on any group fitness class, (expires Dec. 15, 2024). To receive the discount participants must:

- Be new to the exercise class
- Returning participants registering for a new class
- OR have not taken a class in the last three months

Coupon has no dollar value and cannot be redeemed for cash.

For more information, call Northshore Senior Center at 425-487-2441

Public Health 
Seattle & King County
Emergency Medical Services Division



FITNESS AND ACTIVE LIVING

SENIOR 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 will be provided as needed. Wear athletic footwear and bring a water bottle to class. Equipment is provided. All levels welcome.

\$43 MEMBER/\$86 NONMEMBER PER MONTH

LOCATION: BOTHELL, MULTIPURPOSE ROOM

Certified Instructor: Candice LaMont

Ongoing Mon/Wed 10-11 am

No class Sep 2.

SPIN CLASS

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

LOCATION: HEALTH & WELLNESS CENTER

Instructor: Tracey Harvey

Starting Sep 3 Tue 10-10:45 am

STRENGTH & BALANCE

Exercises focus on building lean muscle mass, muscular endurance, and balance as well as injury and fall prevention. Modifications given for differences in joint issues. Bring water bottle, wear comfortable clothing and athletic shoes. Weights and other equipment is provided. All levels welcome.

\$43 MEMBER/\$86 NONMEMBER PER MONTH

LOCATION: BOTHELL, MULTIPURPOSE ROOM

Instructor: Candice LaMont

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

No class Jul 4 and Sep 12.

TAI CHI - BEGINNER LEVEL

New and on-going students will learn simple, isolated movements and positions, and then practice connecting them into short sequences in a slow, attentive, centered manner. In this way, they will develop an understanding of "tai chi flow".

\$32 MEMBER/\$64 NONMEMBER PER MONTH

LOCATION: BOTHELL, STUDIO

Instructor: Marian Stewart

Ongoing Tue 10:30-11:15 am

Ongoing Thu 10:30-11:15 am

No class Jul 4.

TAI CHI - INTERMEDIATE LEVEL

This is an on-going three-month course designed to introduce students to the slow and graceful art of Chinese Tai Chi. It involves a series of movements performed in a slow, focused manner.

\$32 MEMBER/\$64 NONMEMBER PER MONTH

LOCATION: BOTHELL, STUDIO

Instructor: Marian Stewart

Ongoing Tue 11:20 am-12:20 pm

LOCATION: MILL CREEK, NORTH CREEK PRESBYTERIAN CHURCH

Certified Instructor: Mike Lucero

Ongoing Thu 1:30-2:30 pm

PRE-REGISTRATION REQUIRED! Stop by Mill Creek Senior Center or call 425-948-7170 to register.

TAI CHI PRACTICE

This is an open tai chi workshop led by the instructor to support tai chi students at any level. Practice will include warm-ups, review from previous classes, and will address any concerns or questions raised by students.

\$32 MEMBER/\$64 NONMEMBER PER MONTH

LOCATION: BOTHELL, STUDIO

Instructor: Marian Stewart

Ongoing Thu 11:20 am-12:20 pm

No class Jul 4.

FITNESS AND ACTIVE LIVING

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. Simple, fun and healthy. All levels welcome.

\$32 MEMBER/\$64 NONMEMBER PER MONTH

LOCATION: KENMORE

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

Ongoing Mon 11 am-Noon

Call 425-489-0707 to sign up.

YOGA - SEATED/STANDING

Move through a complete series of seated and standing yoga poses. Chair support is available, making accessible a variety of postures designed to increase balance, flexibility, and range of motion. Restorative breathing exercises and final relaxation are also included. Excellent for all levels of exercisers.

NEW LOCATION

\$32 MEMBER/\$64 NONMEMBER PER MONTH

LOCATION: KENMORE

Instructor: Ellie Elmi

Ongoing Fri 1-2 pm

\$43 MEMBER/\$86 NONMEMBER PER MONTH

LOCATION: MILL CREEK

Instructor: Maria Borella

July/Aug Tue/Thu 10-10:45 am

NO CLASSES IN JUNE

YOGA - BREATH AND BALANCE

We explore the energy of the breath, the suitable alignment of the body in balance, and body integrity through the connective tissues. Please bring a yoga mat to class. Most poses are on the mat, lying down, seated, kneeling or standing. All levels are welcome, we adapt poses for individual abilities.

\$32 MEMBER/\$64 NONMEMBER PER MONTH

LOCATION: BOTHELL, STUDIO

Certified Instructor: Vendana Chalana

Starting Sep 5. Tue 9:15-10:15 am

Certified Instructor: Trudy Rolla, RYT

Ongoing Thu 8:30-9:45 am

No Class Jul 4.

YOU LEARNED IT, NOW TEACH IT!

Join the NSC team as an instructor!

We'll pay for certification.

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



NEW ZUMBA GOLD

Class introduces easy-to-follow Zumba choreography that focuses on balance, range of motion and coordination to fun dance rhythms. All levels welcome.

\$32 MEMBER/\$64 NONMEMBER PER MONTH

LOCATION, BOTHELL, MULTIPURPOSE ROOM

Instructor: Marietta Sarkisova, Certified Zumba Gold Instructor

Ongoing Fri 11:30-12:30 pm

FITNESS AND ACTIVE LIVING

NET SPORTS

INTRODUCTION TO PICKLEBALL

This two-hour clinic will teach you the basics of equipment, court setup, shot selection, technique, scoring and etiquette. Loaner paddles and balls will be provided as part of the class. (Capacity 10)

\$15 MEMBER/\$30 NONMEMBER SINGLE SESSION

LOCATION: BOTHELL, MULTIPURPOSE ROOM

Certified Instructor: Bing Teng

Jul 13, 27	Sat	9-11 am
Aug 10, 17	Sat	9-11 am
Sep 14, 28	Sat	9-11 am

PICKLEBALL 1 - BEGINNER

Join this class to brush up on technique, shot selection, shot execution and game strategy. Format will be drills and game play. Participants must know rules of play and how to keep score. Loaner paddles and balls will be provided as part of the class. (Capacity 10)

\$30 MEMBER/\$60 NONMEMBER PER MONTH

LOCATION: BOTHELL, MULTIPURPOSE ROOM

Certified Instructor: Bing Teng

Jul 16, 23, 30	Tue	2-3 pm
Aug 13, 20, 27	Tue	2-3 pm
Sep 10, 17, 24	Tue	2-3 pm

Jul 16, 23, 30	Tue	3:30-4:30 pm
Aug 13, 20, 27	Tue	3:30-4:30 pm
Sep 10, 17, 24	Tue	3:30-4:30 pm

BEGINNER PICKLEBALL OPEN PLAY

This is a time for beginner pickleball players to try open play with each other to build confidence while playing pickleball in an open play environment.

PUNCHCARD REQUIRED SEE PAGE 4

LOCATION: BOTHELL, MULTIPURPOSE ROOM

Ongoing	Thu	2-4 pm <i>No game Sep 12</i>
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PICKLEBALL 2 - ROUND ROBIN PLAY

This class emphasizes proper technique, point construction, competitive strategy and increasing your team's odds of winning through round robin play with other participants. This class is competitive play. Players bring your own paddle if you have one. (Capacity 12)

\$15 MEMBER/\$30 NONMEMBER SINGLE SESSION

LOCATION: BOTHELL, MULTIPURPOSE ROOM

Certified Instructor: Bing Teng

Jul 11, 18, 25	Thu	11:30 am-1:30 pm
Aug 15, 22, 29	Thu	11:30 am-1:30 pm
Sep 19, 26	Thu	11:30 am-1:30 pm

PICKLEBALL - OPEN PLAY

Pickleball is a hodgepodge of tennis, badminton and Ping Pong, played on a court with a three-foot net. Have fun and exercise at the same time.

PUNCHCARD REQUIRED SEE PAGE 4

LOCATION: BOTHELL, MULTIPURPOSE ROOM

Mon	1-4 pm <i>No play on Sep 2.</i>
Wed	5:30-8:30 pm
Fri	1-4 pm

LOCATION: KENMORE, RHODODENDRON PARK

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 available Mon-Fri, 9 am-3 pm. Can be reserved with member punchcard per person, or \$5 per person for nonmembers. Call 425.489.0707. Check in at Senior Center prior to play.

No game May 3, 27 and Jun 19.

TABLE TENNIS

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

PUNCHCARD REQUIRED SEE PAGE 4

LOCATION: BOTHELL, MULTIPURPOSE ROOM

Leaders: Thomas Kirkland, Jen Hall and Hal Bomardner		
Ongoing	Wed	1-3 pm

FITNESS AND ACTIVE LIVING

OUTDOOR ACTIVITY

COED GOLF

If you are looking for a fun group to play golf with, the Northshore Seniors play every Tuesday morning, year round (yes, even all winter). Women are encouraged and welcome, we want to be a coed group who enjoy playing in a non-competitive environment for fun. We play one course for the month then switch to a different course the next, so there is a lot of variety.

LOCATION: KING AND SNOHOMISH COUNTY AND ALL WITHIN AN HOUR OF BOTHELL

Lead: Larry Larsen, 425-367-1669 or ldlarson123@aol.com
Ongoing Tue Time varies *depending on availability*
You need to reserve a spot by the Sunday before so we can book tee times. Text or e-mail Larry Larson for the schedule and to reserve your tee time.

HIKING

Our Hiking Season starts the first Monday in May. An informational meeting is held in early April. Our hiking schedule is usually posted by mid-April for the upcoming season. Check our website for additional information as well as updates. We meet at the Woodinville Park & Ride (park near the Goodwill Donation Trucks), 17800 140h Ave NE to set up carpools. Bring your lunch, adequate hydration (water/juice), sun screen, bug repellent and clothing to layer for variable weather conditions (cold, heat, and/or rain). Hiking boots and hiking poles are highly recommended. HIKES ARE FREE EXCEPT FOR SHARED CARPOOL EXPENSES, PARKING AND FERRY TOLLS. Please note we are a hiking group, not a walking group. Our hikes are typically in foothills or the mountains on rocky trails, approximately 5-8 miles round trip in length and between 300 and 2000 feet in elevation gain.

HIKES ARE FREE EXCEPT FOR CARPOOL EXPENSE

LOCATION: BOTHELL

Coordinator: Howard Fleck, Jr., 206-817-2421
Website: <https://sites.google.com/site/nsschikers>
May-Oct Mon 7:15 am
Email: nsschikers@gmail.com



NATURE WALKING WITH eBIRD

As you explore your natural surroundings you can capture critical data for science using the eBird app installed on your phone. That data is sent directly to Cornell University's Ornithology lab. Even if you don't have a smart phone, join us for walking, bird watching and contributing to science. Dress for the weather, including appropriate walking shoes. During questionable weather call to make sure group is walking.

FREE TO MEMBER/\$10 NONMEMBER PER MONTH

LOCATION: MILL CREEK (425-948-7170)

Ongoing Thu 10-11 am

LOCATION: KENMORE (425-489-0707)

Ongoing Tue 10-11 am

WALKING GROUP

Exercising with a walking group is a fun, social and easy way to be active. Walk at your own pace and enjoy a friendly activity. Rain or shine, please wear all-terrain shoes.

FREE TO MEMBER/\$10 NONMEMBER PER MONTH

LOCATION: BOTHELL, SAMMAMISH TRAIL

Leader: Anita Forbes
Ongoing Tue 9-10 am

CLUBS AND SOCIAL CONNECTIONS

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

ANTIQUES CLUB	15	HAND AND FOOT	19	PANCAKE BREAKFAST	18
BACKGAMMON	19	HAPPY HOUR	21	PEER DISCUSSION GROUP	22
BINGO	19	INDIAN AMERICAN COMMUNITY SERVICES	17	PIANO WORKSHOP	20
BOOK CLUB	15	JEWELRY CLUB	16	PINOCHLE	20
BRIDGE	19	KENMORE CIVIC DISCOURSE	21	QUILT CLUB	17
CHESS FUNDAMENTALS STUDY GROUP	19	KNIT WITS CLUB	17	RAINBOW PRIDE COFFEE HOUR	21
CITY OF KENMORE PLAY DAY	17	LEARN TO PLAY MAHJONG	19	ROCK PAINTING CLUB	17
CO-ED COFFEE HOUR	21	MAHJONG	19	RUSSIAN LANGUAGE PROGRAMMING	18
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CONVERSATION CAFÉ GROUPS	21	MEN'S COFFEE GROUP	21	SHARING AND CARING	22
CRAFTING CLUB	16	MEN'S CONVERSATION CAFE	21	SIP AND PAINT	18
CRIBBAGE	19	MUSIC FOR FUN	20	TABLETOP GAMEPLAY	20
CROCHET CLUB	16	NORTHSHORE OPEN READING	22	TEA PARTY: PINKIES UP!	18
DAY TRIPS	23-24	NORTHSHORE RED HAT LADIES	22	TRAVEL CLUB	24
FISHING CLUB	16	NORTHSHORE VARIETY SHOW AND BAND	20	VETERANS BREAKFAST	18
GUITAR CLUB	20	OLGA NORTHSHORE	22	WOMEN'S COFFEE GROUP	21

CLUBS

The clubs at Northshore Senior Center offer a myriad of opportunities to learn/practice/improve your creative endeavors. Each club has a basic focus, is free of charge and provides a great way to meet shared-interest folks. Find the group that's right for you!

ANTIQUES CLUB

Share information and ideas about antiques and collectibles. Seize the opportunity to show and tell.

FREE

LOCATION: BOTHELL, ROOM 202

Leader: Ellen Carnwath, 425-823-6420

2nd Wed 10 am-Noon

- » **Jul 10:** No Meeting
- » **Aug 14:** No Meeting
- » **Sep 11:** Figurines in all mediums and topics. Dust off our Hummels, Beatrix Potter, Royal Doulton, etc. for show and tell. Also, any new (old?) summer finds.

BOOK CLUB

If you love books, join us for stimulating, lively discussions.

FREE

LOCATION: BOTHELL, ROOM 205

Ongoing 2nd Tue 1-2:30 pm

Multicultural Book Conversations at Bothell

What are you reading to explore life outside your own familiar world? Join this open-ended conversation, share your discoveries, and learn about even more to read.

Facilitator: Jenny Sayward

LOCATION: KENMORE

Ongoing 2nd Mon 1-2:30 pm

Book of the month at Kenmore

Note: Books are read prior to the month listed, then discussed in listed month.

July *Hello Beautiful* by Ann Napolitano

August *Red Bird Christmas* by Fannie Flag

Sept TBD

LOCATION: MILL CREEK

Facilitator: Molly K Barry

Ongoing 4th Thu Noon-1 pm

Book of the month at Mill Creek

(books available to check out at the center while Mill Creek library is closed)

July *Dragon Springs Road* by Janie Chang

Aug *Fuzz: When Nature Breaks the Law* by Mary Roach

Sept *The Tower, The Zoo, The Tortoise* by Julia Stuart

(Zoo-keeper for Queen's Exotic Pets)

CLUBS AND SOCIAL CONNECTIONS

CRAFTING CLUB

Bring your favorite craft project for a low-key and social time with other crafters from our community. Whether you knit, stitch, quilt or bead, you're invited to join for good conversation, some skill sharing, fun and laughs. Not working on a project? Come and join us anyway.

FREE

LOCATION: KENMORE

Ongoing Thu 12:30-3 pm

CROCHET CLUB

Bring your current crocheting or knitting project or get inspiration from others to try something new. We are a low-key group who enjoy working as we visit.

FREE

LOCATION: MILL CREEK

Ongoing Tue 1-3 pm



FISHING CLUB

We are part social club part fishing club. We are drawn together by a passion for time spent on the water. There is a wealth of knowledge and experience within the group and we love helping and advising those who have not spent as much time on the water. We try to plan regular outings that are easily accessible. Come join us, it's a friendly bunch.

FREE

LOCATION: BOTHELL, ROOM 202

Leaders: John Judy, 541-588-0319
1st Thu 10 am-Noon

SEWING: IN STITCHES

Want to learn to sew? Already experienced? Join us as we start with the basics of sewing. Simple projects will build your confidence and open up a world of creativity or bring your own project. Bring your portable sewing machine and your enthusiasm. Experienced sewers welcome as facilitators. We have sewing machines and fabric on site to get us started. Call 425-489-0707 to register. Max 15.

FREE

LOCATION: KENMORE

Ongoing Fri 10 am-Noon

JEWELRY CLUB

Come and join us to prepare previously loved jewelry for resale at various events.

FREE

LOCATION: BOTHELL, ROOM 103

2nd Mon 1-4 pm



CLUBS AND SOCIAL CONNECTIONS

KNIT WITS CLUB

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

FREE

LOCATION: BOTHELL, ROOM 103

Ongoing Tue 9:30-11 am

QUILT CLUB

Enthusiastic quilters welcome your participation. Please feel free to bring your questions, curiosity, sewing machine, projects, and ideas. Mutual support and encouragement abound to inspire you to explore your creative side.

FREE

LOCATION: BOTHELL, ROOM 103

Facilitator: Barb Rodahl

Ongoing Wed 12:30-3 pm

NEW

ROCK PAINTING CLUB

Explore rock painting while spreading joy. Leave your work of art and encouragement in public places or give as gifts. This is a great activity to share with the whole family, so all ages encouraged to participate! Rocks and limited art supplies available. Bring any personal supplies to help you achieve the level of artistry you desire.

FREE

LOCATION: MILL CREEK

July 19	Fri	12-3pm
Aug 16	Fri	12-3pm
Sept 20	Fri	12-3pm

COMMUNITY EVENTS

CITY OF KENMORE PLAY DAY IN RHODODENDRON PARK

Join in the fun and kid-centered activities for children of all ages. Take a walk through the wetland trail to watch the wild life along the Sammamish Slough. Recommended to carpool, walk or bike to event due to limited parking.

FREE

Aug 10 Sat 10 am-1 pm

INDIAN AMERICAN COMMUNITY SERVICES (IACS)

Northshore Senior Center and the Indian American Community Services have partnered in an effort to unite and celebrate multi-generational Indian families and bridge cultural gaps in the community by providing safe, creative space for activities including chair yoga, health talks and social communications. A vegetarian Indian lunch will also be provided by our Community Dining Program. This program is open to everyone. For more information please contact IACS at www.iacswa.org.

**FREE (MORNING/AFTERNOON PROGRAMS)
\$5 PER PERSON LUNCH**

LOCATION: BOTHELL, ROOM 202/203 AND DINING ROOM

Facilitated by IACS

1st and 3rd Tue of Month

Morning programming

10:30 am-Noon

Lunch

Noon-12:30 pm

Afternoon programming

1-2:30 pm

CLUBS AND SOCIAL CONNECTIONS

NEW

RUSSIAN LANGUAGE PROGRAMMING

Northshore Senior Center and Jewish Family services have partnered to create programs for Russian and Ukrainian speaking elders. JFS will be meeting at the Bothell site every Monday where they will be hosting a variety of programming to include physical activities, lectures, sing-along activities and mini concerts, ESL and art classes. All are welcome to participate.

FREE

LOCATION: BOTHELL, ROOM 202

Facilitated by JFS

Ongoing Mon 11 am-2:30 pm

MEATLESS MONDAY POTLUCK

Please bring a plant-based dish to share

FREE

LOCATION: MILL CREEK

Ongoing 2nd Mon Noon-1 pm

PANCAKE BREAKFAST

Please come and enjoy a hearty breakfast of pancakes, eggs, sausage, coffee or tea and orange juice.

\$5 PER PERSON

LOCATION: BOTHELL, DINING ROOM

First Sat of Month 9-11 am

NEW

SIP AND PAINT

Come paint a summer scene with us! In this workshop, we will use acrylic paints and learn to paint a buzzing bee hovering over a delightful daisy while enjoying a glass of wine or beverage of your choosing. Participants will be provided with all materials and directions. All skill levels are welcome.

\$50 MEMBER/\$100 NONMEMBER

LOCATION: BOTHELL, ROOM 103

Instructor: Kimberly Smith

Aug 14 Wed 5:30-7:30 pm



TEA PARTY: PINKIES UP!

\$5 PER PERSON

LOCATION: MILL CREEK (PARKING IN REAR OF BUILDING)

» BOSTON TEA PARTY

Keep the celebration going by attending our 3rd annual Boston Tea Party!

Enjoy colonial era recipes as we sip tea like it's 1773!

Jul 5 Fri 1-3 pm

» MAD HATTER'S TEA PARTY

Follow us down the rabbit hole and join us at this Alice in Wonderland inspired tea.

Sep 6 Fri 1-3 pm

VETERANS BREAKFAST

Every veteran and/or military family member has a story, no matter who they are, or when or how they served. The goal of this group is to create an opportunity for individuals of all ages, eras, and branches of service to connect with each other, build relationships, and share experiences. The Veterans Breakfast Club is OPEN to anyone interested in being part of a group of like-minded individuals, stories from the past, and great conversation. A light breakfast will be included. For more information please contact the Bothell front desk. Please consider joining us.

FREE

LOCATION: BOTHELL, DINING ROOM

Ongoing 2nd Mon 9-10:30 am

To register, please call the Northshore Senior Center at 425-487-2441.

CLUBS AND SOCIAL CONNECTIONS

GAMES

NEW

BACKGAMMON

Enjoying a recent resurgence, the ancient dice game of Backgammon is a mix of luck, strategy and skill. Fundamentals, board set-up, and basic rules will be taught. From novice to seasoned player, backgammon is a wonderful way to stay sharp, meet new people and have fun! All skill levels welcome. Backgammon boards will be provided, or bring your own.

PUNCHCARD REQUIRED

SEE PAGE 4

LOCATION: KENMORE SENIOR CENTER

Ongoing Tue Noon-3 pm starting 7/9/24

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.

\$5

PER PACKET

LOCATION: BOTHELL, ROOM 202/203

First Sat of Month 12:30-2:30 pm

Ongoing Wed 4-6 pm

LOCATION: MILL CREEK

Ongoing Tue 1-3 pm

BRIDGE

Come join us as we enjoy each other's company and play the 'greatest card game of all'.

PUNCHCARD REQUIRED

SEE PAGE 4

LOCATION: KENMORE, SUNROOM

Ongoing Mon/Wed 11 am-3 pm

CHESS FUNDAMENTALS STUDY GROUP

Whether you play every day or haven't moved a pawn in years, if you have the desire to improve your chess game come and join our study group! (Tournament chess boards and pieces provided.)

PUNCHCARD REQUIRED

SEE PAGE 4

LOCATION: MILL CREEK

Ongoing Wed 2-3 pm

CRIBBAGE

Beginning and experienced players welcome.

PUNCHCARD REQUIRED

SEE PAGE 4

LOCATION: BOTHELL, ROOM 203

Leader: Ernest Meza; 425-785-9046

Ongoing Fri 10:30 am-4 pm

HAND AND FOOT

Come and play Hand and Foot with a fun group of players.

PUNCHCARD REQUIRED

SEE PAGE 4

LOCATION: BOTHELL, SENIOR LOUNGE

Ongoing Thu 12:30-3 pm

NEW LOCATION: KENMORE

Ongoing Fri Noon-3 pm

LEARN TO PLAY MAHJONG

Interested in learning how to play Mahjong? Join veteran player Marlene Kurpiewski as she teaches the basic principles of the game to get you up and running!

PUNCHCARD REQUIRED

SEE PAGE 4

LOCATION: MILL CREEK

Leader: Marlene Kurpiewski

1st Mon 1-2 pm

MAHJONG

MahJong is a game for 3-4 players that uses tiles instead of playing cards. We will play Chinese mahjong using basic scoring. This game is similar to rummy, is a lot of fun, and is easy to learn. Limit 8 players as leader has only 2 sets of tiles.

PUNCHCARD REQUIRED

SEE PAGE 4

LOCATION: BOTHELL, LOUNGE

Leader: Meg Myrick, 206-498-3072

Please call leader a day or so in advance to organize time to play.

Ongoing Tue 10 am-Noon

Ongoing Wed 4-6 pm

CLUBS AND SOCIAL CONNECTIONS

PINOCHLE

Any skill level welcome.

PUNCHCARD REQUIRED

SEE PAGE 4

LOCATION: BOTHELL, ROOM 203

Leader: Al Haveland

Ongoing	Mon	Noon-3:30 pm
Ongoing	Fri	Noon-3:30 pm

LOCATION: MILL CREEK

Single Deck	Mon/Thu	12:30-3 pm
Double Deck	Wed	12:30-3 pm

LOCATION: KENMORE

Ongoing	Fri	Noon-3 pm
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TABLETOP GAMEPLAY

Enjoy a variety of fun games every week. We will introduce you to a variety of modern card and board games. We have set collection games (Splendor) pattern-building (Qwirkle) co-operative play (Flashpoint: Fire Rescue). These are not aggressive games about battles or betrayals, but offer a variety of thinking styles and strategies. Come and play with us. Limit 8 players.

PUNCHCARD REQUIRED

SEE PAGE 4

LOCATION: KENMORE

Facilitator: Jenny Sayward

Ongoing	Fri	10 am-Noon
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MUSIC

GUITAR CLUB

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

FREE

LOCATION: BOTHELL, ROOM 205

Leader: William Wiselogle

Ongoing	Wed	2:30-4 pm
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LOCATION: KENMORE (LIMIT 15)

Ongoing	Tue	12:30-3 pm
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Leader: Mark Champion

MUSIC FOR FUN

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

FREE

LOCATION: MILL CREEK

Ongoing	Mon	1-2:30 pm
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NORTHSHORE VARIETY SHOW AND BAND

We perform regularly at local retirement and skilled-nursing facilities. Our shows consist of singers, instrumentalists, and dancers. If you would like to perform by singing, playing instrumental, or other acts, and/or know your way around audio-support equipment, you are encouraged to contact our Musical Director, Sid Schaudies 206-236-7406, please leave a message.

FREE

LOCATION: BOTHELL, ROOM 205

Musical Director: Sid Schaudies

Ongoing	Tue	10 am-Noon (rehearsals)
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PIANO WORKSHOP

We provide an opportunity for a pianist of every level to share and grow. For details please contact Barbara at 425-488-2202. Be sure to leave your name and phone number.

FREE

LOCATION: BOTHELL, ROOM 205

Leader: Barbara Dietrich

1st Wed	10:30 am-Noon
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CLUBS AND SOCIAL CONNECTIONS

SOCIAL

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

» CO-ED COFFEE HOUR

LOCATION: PETERKIRK COMMUNITY CENTER

Ongoing Wed 11 am-Noon
Facilitator: Cassidy Stout, MSW
425-286-1072; cassidys@mynorthshore.org

» COFFEE SOCIAL

LOCATION: BOTHELL, ROOM 205

Coordinator: Lori Jensen
Occasional outings planned during social.
Ongoing Thu 1-2 pm

» COFFEE AT KENMORE

LOCATION: KENMORE

Ongoing Mon-Fri 9 am-3 pm

» KENMORE CIVIC DISCOURSE

LOCATION: KENMORE

First Monday of every month
Jul 1, Aug 5, Sept 9 10-11 am

» MEN'S COFFEE GROUP

LOCATION: MILL CREEK

Ongoing 2nd & 4th Fri 10 am-Noon

» WOMEN'S COFFEE GROUP

LOCATION: MILL CREEK

Ongoing Thu 11 am-1 pm

LOCATION: PETERKIRK COMMUNITY CENTER

Facilitator: Georgia Rigler, MSW, LICSW; 425-286-1047;
georgiar@mynorthshore.org
Ongoing Mon 10-11 am *No meeting Sep 2*

» RAINBOW PRIDE COFFEE HOUR

LOCATION: PETERKIRK COMMUNITY CENTER

Facilitator: Cassidy Stout, MSW 425-286-1072; Cassidys@mynorthshore.org
1st Wed/month 9-10 am

CONVERSATION CAFÉ GROUPS

FREE

LOCATION: BOTHELL, ROOM 104

Mon 1:30-2:30 pm
For more details, contact Lydia Barnsley at 425-286-1029;
lydiab@mynorthshore.org
No meeting Sep 2

HAPPY HOUR

We have Happy Hour in our Coffee Bar on Wednesday evenings from 4-7pm. Come enjoy wine, beer, music, food and fun. Bring a friend or make a new one.

LOCATION: BOTHELL, COFFEE BAR

Ongoing Wed 4-7 pm

MEN'S CONVERSATION CAFE

FREE

LOCATION: VIRTUAL

Wed 11 am-Noon
For more details, contact John Rynd 425-308-4613



CLUBS AND SOCIAL CONNECTIONS



NORTHSHORE RED HAT LADIES

If you like having fun, join our Red Hat chapter.

Bothell Chapter: Enid Davari, 425-202-7913 or Darlene Hill, 206-696-3961
Mill Creek Chapter: Syd Murray, 206-913-9300 or Bonnie Blair, 360-910-5003

OLGA NORTHSHORE

(OLDER LESBIANS GATHERING AROUND NORTHSHORE)

A social support group for older lesbians, gathering to form community. We get together twice a month for conversation and lunch, either with folks at the Community Dining Program or a local restaurant. We are affiliated with Puget Sound OLOC. Sign up for \$5 Northshore lunch 48 hours ahead of time at the front desk, or bring your own.

FREE

LOCATION: TBD

Coordinator: Jenny Sayward; jenny.letsplay@gmail.com

2nd Thu 11:30 am-1 pm
4th Wed 11:30 am-1 pm

NEW

NORTHSHORE OPEN READING

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.

FREE

LOCATION: BOTHELL, ROOM 205

Facilitator: Randy Greger

First Wed of month

4:30-7 pm

NEW

PEER DISCUSSION GROUP FOR CHALLENGING FAMILY SITUATIONS

This free, peer-led discussion group will focus on challenging and strained relationships with adult children, grandchildren and/or family members impacted by drug/alcohol use and/or addiction. This is not a therapy group, but it will provide an opportunity to share concerns with others who may be in similar situations and discuss ways for better understanding, self-care, and coping. We care and want you to know that you are not alone.

FREE

LOCATION: BOTHELL, ROOM 103

Facilitator: Terry Busch, 510-813-1825

Ongoing

Thu

1-2:30 pm

No meetings July 4 AND the last Thursday of each month

SHARING AND CARING

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

FREE

LOCATION: BOTHELL, ROOM 205

Wed

1-2 pm

Facilitator: Janet Zielasko, MS, LSW, 425-286-1035;

janetz@mynorthshore.org

CLUBS AND SOCIAL CONNECTIONS

TRAVEL

DAY TRIP: CRAB FEST CRUISE

To accommodate the wait list from our April trip, we've added a second boat trip for July. Boarding our boat in LaConner, we'll enjoy a 2 and a half hour cruise through Deception Pass, while enjoying a crab, chicken, sides and dessert buffet. Space is very limited.

\$100 MEMBER/\$200 NONMEMBER

Jul 18 Thu 9:30 am-4 pm

DAY TRIP: CASINO OUTING

For an afternoon of fun, the Casino bus will pick up and drop off at the Northshore Senior Center. A volunteer from NSC will accompany you on the trip. **NEW TIME: BUS WILL LEAVE FROM NSC at 9:30 a.m.**

\$5 MEMBERS/ \$10 NONMEMBERS

Jul 25: Tulalip 9:30 am-2:30 pm (bus leaves Casino)
Aug 22: Quil Ceda 9:30 am-2:30 pm (bus leaves Casino)
Sep 26: Quil Ceda 9:30 am-2:30 pm (bus leaves Casino)

DAY TRIP - LEMAY CAR MUSEUM IN TACOMA

If you enjoy classic cars, this is your trip! Lunch on your own at the Museums' Full Throttle Cafe.

\$35 MEMBER/\$70 NONMEMBER

Jul 25 Thu 9 am-3 pm
Limit 9

DAY TRIP: MOVIE

Join us to see the wonderful classic movie Lawrence of Arabia at Regal Thornton Place, Seattle.

\$35 MEMBERS/\$70 NONMEMBERS

Aug 11 Sun Noon-5 pm

DAY TRIP - POINT DEFIANCE ZOO & AQUARIUM

We'll enjoy all creatures great and small on this fun excursion to both zoo and aquarium. Lunch at the zoo cafe on your own.

\$35 MEMBERS/\$70 MEMBERS

Aug 15 Thu 9 am-3 pm
Limit 9



CLUBS AND SOCIAL CONNECTIONS

DAY TRIP: BELLEVUE ART MUSEUM AND LAKESIDE PICNIC

We'll enjoy a docent tour of the Bellevue Art Museum, with additional time to view the exhibits on your own. We'll then head to a local park for a lakeside picnic (included).

\$38 MEMBER/\$76 NONMEMBER

Aug 28 Wed 10:30 am-2:30 pm

OVERNIGHT TRIP: STEHEKIN, WINTHROP AND LEAVENWORTH

Join Exploration Bus Tours for a 2 night/3 day tour. On day 1 travel to the Western Village of Winthrop, where there will be plenty of free time to explore the town, shops, and museums. Day 2 highlights a 55 mile narrated lake cruise to the remote town of Stehekin - not accessible by roads, and relying on boat for supplies and mail. Stehekin is considered by National Geographic as a "must see". Day 3 takes you to Leavenworth, an always fun location, with interesting stores and cafes to visit, before heading home. Fare includes 3 breakfasts, 1 hosted lunch and 2 nights at a riverfront hotel.

\$498 PP DOUBLE ROOM OCCUPANCY

\$129 SINGLE ROOM SUPPLEMENT

\$25 DEPOSIT NSC - BALANCE TO EXPLORATION AUG 15

Sep 26-28 Thu-Sat

Non Refundable after final payments. Consider Travel Insurance.

DAY TRIP: FAIRHAVEN SHOPPING AND CHUCKANUT DRIVE

This trip begins by heading to Bellingham's Fairhaven area. Known for its eclectic mix of boutiques and shops, you'll have time to browse for that special item. Next, we'll head south on specific Chuckanut Drive, stopping at the Chuckanut Manor Seafood and Grill for lunch (at own expense). The restaurant overlooks the Samamish Bay.

\$35 MEMBER/\$70 NONMEMBER

Oct 11 Thu 9 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

Come join our group, we are a group of singles/doubles wanting to travel. Ideas and interest are welcome. We meet on the last Thursday of the month at 1 pm. Interest so far are varied and cover several possibilities.

- International, National Travel
- Cruises small and large, bus/train tour
- Single or Double accommodations
- Relaxing - Adventurous

The group will work together to come up with travel options and opportunities that best address these interests. Please sign up at the front desk.

FREE

LOCATION: BOTHELL, ROOM 103

Lead: Tina Escobar

Last Thursday of each month 10 am-11 am

HEALTH AND NUTRITION

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

COMMUNITY DINING AT BOTHELL..... 25	MEDICARE OPEN	'EATING FOR KIDNEY HEALTH'.....27
FOOD PANTRIES 25	ENROLLMENT PRESENTATION.....27	THE MORE YOU KNOW: COMMUNITY
LIVING WELL WITH CHRONIC CONDITIONS26	OPIOIDS IN OUR COMMUNITY:	RESOURCES & INFORMATION SHARING..... 25
MANDALA26	WHAT I NEED TO KNOW26	UNDERSTANDING THE VALUE AND BENEFITS
MEALS-ON-WHEELS 25	PUGET SOUND KIDNEY CENTER PRESENTATION	OF SELF COMPASSION.....26

FOOD PROGRAMS

COMMUNITY DINING AT BOTHELL

Come and enjoy a wonderful in-person dining experience Monday thru Friday in our welcoming dining room. Enjoy a warm meal while meeting new friends. Menus are available on-line or at our front desk. Please call the front desk for your reservation.

\$5 SUGGESTED DONATION FOR THOSE 60 AND OLDER
\$10 CHARGE FOR PEOPLE UNDER 60

LOCATION: BOTHELL

Mon-Fri In-Person Dining is Noon-12:30 pm
 Reservations only: 425-487-2441

FOOD PANTRIES AT NORTSHORE SENIOR CENTER

If you are in need of food, please come on one of the days listed below to receive free food items. Everyone welcome. Pre-order bags online at:

<https://www.northshoreseniorcenter.org/food-pantry-pick-up>
FREE

LOCATION: BOTHELL

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

LOCATION: KENMORE

2nd and 4th Wed of every month 12:30-2:30 pm

MEALS-ON-WHEELS

Variety of frozen entrees and breakfasts. Also Ensure products and Glucerna. Must be 60+ and home bound or unable to prepare your food. Apply at King County Meals on Wheels at 206-448-5767; www.soundgenerations.org.

SUGGESTED DONATION OF \$6 EACH MEAL

LOCATION: BOTHELL

Order before Tuesday, delivered Thursday morning.
 For information or orders call Northshore Senior Center MOW at 425-286-1049

HEALTH AND WELLNESS EDUCATION

THE MORE YOU KNOW: COMMUNITY RESOURCES & INFORMATION SHARING

This group will be meeting on the first Tuesday of each month and will be a place to learn, share and explore resources in the community. Sessions will have both information being presented as well as space for others to share what they know and/or have experienced in accessing community supports.

July 2: Beat the Heat! Tips for staying healthy and safe in the sun and heat.

Aug 6: Social Services, who we are and what we do! Overview of the different services and programing available through the Social Service Team within Northshore Senior Center.

Sep 3: Energy Efficiency: Tips and Tricks to help to reduce utility cost.

FREE

LOCATION: BOTHELL, ROOM 205

Facilitator: Cassidy Stout, NSC Community Resource Specialist
 1st Tue/month 1-2 pm
 Pre-registration required. To register, call Cassidy Stout 425-286-1072; cassidys@mynorthshore.org

HEALTH AND NUTRITION



UNDERSTANDING THE VALUE AND BENEFITS OF SELF COMPASSION

Self-compassion is not being selfish, it is learning and practicing ways to take care of yourself, which then sustains kindness and compassion for others. Research has shown that individuals who have more self-compassion are happier, more optimistic, less anxious and less depressed. In this session, you will learn new tools and strategies for promoting self-compassion.

FREE

LOCATION: PETER KIRK COMMUNITY CENTER

Presenter: Janet Zielasko MS, LSW

Jul 12 Fri 1-2:30 pm

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

LIVING WELL WITH CHRONIC CONDITIONS

Do you have a health condition that causes: fatigue, shortness of breath, pain, lack of activity, frustration or isolation? If you respond “yes to any of these then the Living Well with Chronic Conditions Workshop might be just what you need! This six-week educational series teaches specific skills and techniques that will help you better manage your chronic condition and regain self-confidence so you can Live Well! Minimum of 8 or class cancels.

FREE

LOCATION: NSC BOTHELL, ROOM 203

Facilitators: Georgia Rigler, MSW, LICSW and Janet Zielasko, MS, LSW

Sep 5-Oct 10 Thu 10 am-12:30 pm

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

MANDALA

Loosely translated means “circle,” but it is far more than a simple shape. It represents wholeness and can be seen in all areas of life. Creating a mandala is an activity that can reduce stress, bring about peace and produce calmness. When drawing a mandala, you work on focusing from the center of the circle to the outer edge. Learn how to make a collage mandala using photos, paints, crayons, colored pencils. You can bring your pictures or anything else you may want to use for your mandala.

\$5 FEE TO COVER THE SUPPLIES FOR THE CLASS.

LOCATION: PETER KIRK COMMUNITY CENTER

Presenter: Bertha Marselis, Creative Expression of Health & Wellness Facilitator

Sep 9 Mon 1-3 pm

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

OPIOIDS IN OUR COMMUNITY: WHAT I NEED TO KNOW

Learn how opioids are impacting our communities and how to administer naloxone (aka “Narcan”) after an overdose emergency. Whether you know someone who uses opioids or not, you might be in a position to save someone’s life.

FREE

Sep 18 Wed 1-2:30 pm

Presenter: Sean Hemmerle, Overdose Education & Naloxone Distribution Consultation

LOCATION: KENMORE SENIOR CENTER ANNEX BUILDING

Pre-registration required. To register, please call Janet Zielasko 425-286-1035 or email janetz@mynorthshore.org

HEALTH AND NUTRITION

PUGET SOUND KIDNEY CENTER PRESENTATION 'EATING FOR KIDNEY HEALTH'

Learn about the kidney-friendly diet. Eating well can keep your kidneys healthy and help slow the progression of chronic kidney disease. Taught by a renal dietitian, you'll learn nutrition basics for kidney health; what foods are good for the kidneys, how to shop for and cook kidney-healthy foods, and tips for eating healthy if you have chronic kidney disease.

FREE

LOCATION: PETERKIRK COMMUNITY CENTER

Presenters: Representatives from the Puget Sound Kidney Center
Sep 20 Fri 1-2:30 pm
Pre-registration required. To register, please call 425-587-3360.

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

LOCATION: PETERKIRK COMMUNITY CENTER

Presenters: Larry Cole and Rashmi Duggal
Solid Ground SHIBA Volunteers (*Statewide Health Insurance Benefits Advisors*)
Sep 30 Mon 1-3:30 pm
Pre-registration required. To register, please call 425-587-3600.

RETIREMENT. GAME ON.

Double-down on life at Woodland Terrace.

Welcome to Woodland Terrace, where hospitality-based care and resort-style amenities go hand-in-hand to deliver next-level senior living. From our signature program, PrimeFit Wellness, to a community calendar filled with activities, there's never been a better time to come home to Woodland Terrace.

Visit us and see why our community was named Best Independent Living by *U.S. News & World Report*.

WOODLAND TERRACE

17502 102nd Avenue NE | Bothell, WA 98011
425-333-2762



🏠 [WoodlandTerraceSeniorLiving.com](https://www.WoodlandTerraceSeniorLiving.com)

LEISURE CARE

LIFELONG LEARNING

INFORMATIONAL PROGRAMMING FOCUSED ON PERSONAL DEVELOPMENT AND LEARNING NEW SKILLS.

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ART CLASSES

CERAMICS OPEN STUDIO

Join other students experienced in working with clay to create intermediate to advanced Pottery and Sculpture projects. Materials and firing fees are included in registration fee. You will be working independently in a room with others who share your interest in ceramics. Studio will be staffed with experienced co-facilitators available for encouragement, advice and tips. Not basic techniques will be taught this quarter.

\$35 MEMBER/\$70 NONMEMBER PER MONTH

LOCATION: BOTHELL, ROOM 103

Co-facilitators: Lori Simmons and Judie Dobner
Ongoing Mon 10 am-Noon

COLORED PENCIL/DRAWING

Colored pencils can produce amazingly detailed, colorful pictures. Instruction is given in drawing with pencil, colored pencil, water-soluble colored pencil and ink pens. Experienced artists like to bring in their own pictures to work on and get input from the group. Summer class is for continuing students only. Beginner students can start back in the fall.

\$35 MEMBER/\$70 NONMEMBER PER MONTH

LOCATION: BOTHELL, ROOM 104

Instructor: Judy Moritz; 425-488-8270
Ongoing Thu 11 am-2 pm



DRAW/SKETCH - BEGINNING

The class will cover basic three-dimensional shapes, forms, shading, value/tone, proportions, texture, and contour. Learn how to create realistic drawings with pencil. Instruction of special techniques will be offered to enhance work produced each week. New subjects are offered for every class building on a students' knowledge and success in pencil drawing. Class Limit: 16.

\$35 MEMBER/\$70 NONMEMBER PER MONTH

LOCATION: KENMORE

Instructor: Kimberly Smith
Ongoing Mon 1-3 pm
Please call 425-489-0707 to register.

LIFELONG LEARNING

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.

NEW DATE

\$10 MEMBER/\$20 NONMEMBER PER CLASS

LOCATION: BOTHELL, ROOM 104

Instructor: Julie Wing

Ongoing Wed 6-8:30 pm

\$35 MEMBER/\$70 NONMEMBER PER MONTH

LOCATION: BOTHELL, ROOM 104

Instructor: Alice Shuler; 425-485-1221

Ongoing Thu 8:30-10:30 am

Ongoing Thu 2:30-4:30 pm

LOCATION: KENMORE

Instructor: Susan Watts; 858-437-3466

Ongoing Tue 10 am-Noon

NEW

MAGPIE HEARTS

Join us for a process art class where we're not sure what the end product will be! We will use lots of different materials to express our thoughts, feelings and hopes into a beautiful meaningful creation. No experience required, fun and laughter guaranteed! All supplies provided.

\$5 MEMBER/\$10 NONMEMBER

LOCATION: KENMORE SENIOR CENTER

Instructor: Pasha Mohajerjasbi

July 31 Wed 10 am-Noon

Call 425-489-0707 to sign up.

YOU LEARNED IT, NOW TEACH IT!

Join the NSC team as an instructor!

We'll pay for certification.

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



MANDALA

Loosely translated means "circle," but it is far more than a simple shape. It represents wholeness and can be seen in all areas of life. Creating a mandala is an activity that can reduce stress, bring about peace and produce calmness. When drawing a mandala, you work on focusing from the center of the circle to the outer edge. Learn how to make a collage mandala using photos, paints, crayons, colored pencils, pastels in making this creative tool for mindfulness! You can bring your pictures or anything else you may want to use for your mandala.

\$5 FEE TO COVER THE SUPPLIES FOR THE CLASS.

LOCATION: PETERKIRK COMMUNITY CENTER

Presenter: Bertha Marselis, Creative Expression of Health & Wellness Facilitator

Sep 9 Mon 1-3 pm

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

LIFELONG LEARNING



MULTI-MEDIA: WOOD, BEADS & WIRE, OH MY!

Join us as we experiment and create wonderful "things" using lots of different media. All supplies included in class fee. The instructors from our popular decoupage class are back to explore a whole new world of creativity. Lots of fun, learning and laughter.

\$10 MEMBER/\$20 NONMEMBER

LOCATION: KENMORE SENIOR CENTER

Instructors: Carla and KC

July 12	Fri	12:30-3 pm
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OPEN ART STUDIO

Join the camaraderie of artistic creation, regardless of your medium. Bring your own projects and supplies to work independently in a room of others, also working independently. Studio is staffed by an art instructor, available for encouragement, advice and help. Bring a plastic cloth to protect the tables, if needed.

\$35 MEMBER/\$70 NONMEMBER PER MONTH

LOCATION: BOTHELL, ROOM 104

Leader: Beverly Parcel

Ongoing	Wed	12:30-3:30 pm
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NEW PAPER CRAFTING

Each month we will explore a different theme and create one project.

\$10 FOR MEMBERS/\$20 FOR NONMEMBERS

LOCATION: MILL CREEK

July 12	Fri	1-3 pm - Frida Kahlo
Aug 9	Fri	1-3 pm - Alice in Wonderland
Sept 13	Fri	1-3 pm - Marie Antoinette

SIP AND PAINT

Come paint a summer scene with us! In this workshop, we will use acrylic paints and learn to paint a buzzing bee hovering over a delightful daisy while enjoying a glass of wine or beverage of your choosing. Participants will be provided with all materials and directions. All skill levels are welcome.

\$50 MEMBER/\$100 NONMEMBER

LOCATION: BOTHELL, ROOM 103

Instructor: Kimberly Smith

Aug 14	Wed	5:30-7:30 pm
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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 building on a student's knowledge and success in watercolor painting.

\$35 MEMBER/\$70 NONMEMBER PER MONTH

LOCATION: BOTHELL, ROOM 104

Instructor: Donella Robbins, 206-550-8440 (text or leave a message)

Ongoing	Mon	10 am-1 pm No class Sep 2.
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Ongoing	Fri	10 am-1 pm
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Instructor: Kimberly Smith

Ongoing	Wed	9:30 am-12:30 pm
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New Class

Instructor: Kim Evans

Ongoing	Tue	10 am-1 pm
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LOCATION: KENMORE - NEW DAY

Instructor: Carolyn Spier, call 425-489-0707 to register.

Learn the fundamentals about paper, brushes, types of paint and technique, in an atmosphere of fun and support. All skill levels welcome, great for beginners! Limit 8.

Ongoing	Wed	1-3 pm
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LOCATION: MILL CREEK

Instructor: Donella Robbins, 206-550-8440 (text or leave a message)

Ongoing	Wed	10 am-Noon
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LIFELONG LEARNING

LANGUAGES

GERMAN CONVERSATIONAL PLUS

Willkommen. Improve and practice your German language skills while reading, telling stories and learning some grammar.

FREE TO MEMBERS/\$10 NONMEMBER PER MONTH

LOCATION: BOTHELL, ROOM 205

Ongoing Mon 9:30 am-Noon

SPANISH CONVERSATION

Improve and practice your Spanish language skills by conversing with others in Spanish.

FREE TO MEMBERS/\$10 NONMEMBER PER MONTH

LOCATION: BOTHELL, ROOM 103

Lead: Aida Gonzalez

Ongoing Tue 1-3 pm

LITERATURE

BOOK-A-LIBRARIAN

Need help downloading an ebook? Not sure where to start on a research project? Want coaching on basic computer skills or help with your smart phone? Arrange for an in-person session with a Sno-Isle library professional.

Subjects we can help with:

- » Learning to use your smart phone
- » Creating an email account
- » Browsing the library's catalog
- » Downloading ebooks and downloadable audiobooks
- » Searching the internet
- » Using electronic databases
- » Other computer basics

Other, non-technical topics are also available for book a librarian sessions. This can include:

- » Personalized help with a research project
- » Helping you discover new books and authors that match your tastes and interests

FREE

LOCATION: MILL CREEK

2nd & 4th Tue Noon-1 pm

To schedule an appointment call 425-948-7170



TECHNOLOGY

COMPUTER AND PHONE HELP

We will address your stuck spots and help you become wiser, faster, and more efficient. We teach basic computer/laptop and phone skills including iphone and android. We can evaluate your computer for virus and Malware issues. New computer set up and configuration. Device malfunction assessments available as well. All questions welcome.

\$20 MEMBER/\$40 NONMEMBER PER HOUR

LOCATION: MULTIPLE LOCATIONS

Call 425-488-4821 to schedule an appointment.

WEDNESDAY EVENING COMPUTER HELP

Are you tired of your tech problems? Do you want to learn new things in the digital world? Join Shlok Rathi in room 103 every Wednesday evening from 5-7pm for our engaging weekly classes designed to empower you with essential technology skills. Whether you're interested in mastering Google maps, becoming a Zoom pro, or enhancing your Power Point proficiency, you're in good hands.

FREE TO MEMBER/\$10 NONMEMBER

LOCATION: BOTHELL, ROOM 103

Ongoing Wed 5-7 pm

LIFELONG LEARNING

SPECIAL INTEREST

AARP SMART DRIVER COURSE

AARP has scheduled Virtual Smart Driver courses which can be attended via Zoom from the comfort of your home. They will work directly with those who register to insure you are able to access Zoom and fully participate in the experience.

LOCATION: VIRTUAL

Please register on Cvents at: <http://aarp.cvent.com/DSVirtual> or contact directly at email: aarpwashingtondriversafety@gmail.com or call 425-830-1409.

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. No class Jan 1, 15 and Feb 19..

FREE TO MEMBER/\$10 NONMEMBER PER MONTH

LOCATION: BOTHELL, ROOM 205

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

DOWNSIZING THE FAMILY HOME

If you think it might be time to downsize (or right size) your home, this workshop is for you. Learn about various housing options, how to declutter your home, financial implications of selling your home and where to find help with the entire process. All participants will leave with a workbook to help with the decluttering process.

FREE

LOCATION: BOTHELL, ROOM 202

Presenter: Brooke Knight, Senior Real Estate Specialist
Sep 19 Thu 10-11:30 am
Pre-registration is required. To register, please call Brooke Knight at 360-919-6996; or email brooke@goodknighthomes.com

ESTATE PLANNING SEMINAR

Is your will or trust set up to reflect your needs and wishes? Attend this informational presentation by an attorney from Wall Group Law specializing in Elder Law and Estate Planning. We will discuss documents important to create legal solutions that bring peace of mind including Powers of Attorney. Bring your questions and learn from this interactive discussion. All ages and levels of knowledge welcome. To register please call 425-948-7170.

FREE

LOCATION: MILL CREEK

July 29	Mon	1:30 pm
Sept 30	Mon	1:30 pm

GENEALOGY CLASS

Learn to research your family history. As with any research, you aren't always sure what you'll find until you find it. Genealogical research can be a wonderful way to learn more about your ancestors. You will learn basic research methods and be introduced to various record sources. Needs 4 students registered to start class.

\$40 MEMBER/\$80 NONMEMBER PER MONTH

LOCATION: BOTHELL, ROOM 205

Instructor: Meg Myrick
Ongoing Fri 1-2 pm

RETIREMENT BY DESIGN

This presentation will show how you can help translate your vision for retirement into tangible goals. Learn investment strategies to help design the retirement you want. You'll also learn how to add flexibility to your strategy to help handle unexpected events.

FREE

LOCATION: BOTHELL, ROOM 202

Presenter: Randy Busch
Jul 9 Tue 10-11 am

LIFELONG LEARNING



RETIREMENT: MAKING YOUR MONEY LAST

This presentation is designed for people who are thinking about retiring or have retired recently. The presentation will help you focus on what matters most to you and build a financial strategy to achieve it.

FREE

LOCATION: BOTHELL, ROOM 202

Presenter: Randy Busch

Sep 10 Tue 10-11 am

SIGNIFICANT LIFE CHANGES: FROM LOSS TO SELF-CARE AND CREATING NEW BEGINNINGS

Transitions and changes happen to each of us in life. Transitions may include changes in relationships, living locations, work, retirement, health, and world health, as with the COVID epidemic. Significant changes can bring feelings of loss. Come learn about grief as a normal human response to loss and explore ways to provide supportive self-care as one adjusts to life changes and discovers new beginnings.

FREE

LOCATION: KENMORE, ANNEX BUILDING

Presenter: Georgia Rigler, MSW, LICSW

Aug 7 Wed 10-11:30 am

Pre-registration required. To register, please contact Georgia Rigler: 425-286-1047; georgiar@mynorthshore.org

UBUNTU DISCUSSION GROUP

Have you wondered how Nelson Mandela was able to walk out of prison after 27 years of incarceration and forgive his oppressors while uniting South Africa after years of Apartheid? It was Ubuntu. Would you like to know how to forgive, embrace and empower your community? Come engage with Izak as he shares the 14 principles of Ubuntu in a collaborative conversation.

FREE

LOCATION: MILL CREEK

Presenter: Izak van Rensburg

3rd Thu/month 12:30-2 pm

NEW LOCATION

LOCATION: BOTHELL, ROOM, ROOM 202

Presenter: Izak van Rensburg

2nd Tues/month 1-2:30 pm

UNDERSTANDING THE VALUE AND BENEFITS OF SELF COMPASSION

Self-compassion is not being selfish, it is learning and practicing ways to take care of yourself, which then sustains kindness and compassion for others. Research has shown that individuals who have more self-compassion are happier, more optimistic, less anxious and less depressed. In this session, you will learn new tools and strategies for promoting self-compassion.

FREE

LOCATION: PETER KIRK COMMUNITY CENTER

Presenter: Janet Zielasko MS, LSW

July 12 Fri 1-2:30 pm

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

LOCATION: KENMORE, ANNEX BUILDING

Presenter: Janet Zielasko MS, LSW

Sep 4 Wed 10-11:30 am

Pre-registration is required. To register, please call Janet Zielasko at 425-286-1035; janetz@mynorthshore.org

SUPPORTING SELF-CARE AND CAREGIVERS

SERVICES TO HELP PEOPLE WITH SPECIAL NEEDS AND THEIR FAMILIES NAVIGATE THE CHALLENGES OF THE AGING PROCESS.

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ADULT DAY HEALTH

ADULT DAY CENTER

Northshore Senior Center operates a state-approved, non-profit Adult Day Health Program serving adults experiencing physical, mental, or social problems associated with arthritis, diabetes, stroke, isolation, developmental disabilities, Alzheimer’s disease, and other conditions. We provide a safe and enjoyable therapeutic activity program, while offering families and caregivers a much-deserved break.

» PROFESSIONAL SERVICES

- » Case Management
- » Health Screening
- » Occupational Therapy 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

\$80-\$95/DAY

(INCLUDES LUNCH, ALL PROGRAM SERVICES AND ACTIVITIES)

Financial assistance may be available through COPES, Respite, the VA, DD Respite, the Senior Citizens Services Act, or private insurance.

To enroll, please schedule an intake appointment with the social worker by calling the Northshore Health & Wellness Center at 425-488-4821 ext. 124 Kathy Bates, Social worker/intake coordinator.

SUPPORTING SELF-CARE AND CAREGIVERS



SHORT-TERM RESPITE

The Adult Day Center's short-term respite program is designed to give quick, easy respite to those families and caregivers who need it for limited periods of time. It is for participants who do not need medications during program hours and do not have complex rehabilitative or therapy needs. Please call for availability.

\$75/DAY

Contact Northshore Health & Wellness Center for information at 425-488-4821.

W.I.S.D.O.M. (FORMERLY BRAIN FITNESS) WELLNESS & INDEPENDENCE FOR SENIORS DEVELOPING ONSET MEMORY LOSS

A social day program for individuals experiencing early memory loss. Become involved in cognitive, physical, and social enriching activities including educational discussions, modified enhanced fitness exercises, lunch, and socially engaging activities. Pre-screening and enrollment/registration required.

\$75/DAY

Tue/Thu 10 am-2 pm

Contact 425-488-4821. ext 124 Kathy Bates, Social Worker/Intake coordinator
Times may be expanded so please check directly

CONSULTATIONS

COMMUNITY RESOURCE SPECIALIST CONSULTATION

Have you ever wondered if you might be eligible for financial assistance programs or other cost-saving services through the county, state or federal government? Do you need assistance accessing public services and programs to help sustain your quality of life? The NSC Community Resource Specialist is available to help. Services include:

- Help connecting individuals to public benefits they may be eligible for
- Support completion of application materials to access benefits. (Examples may include accessing VA benefits, DSHS assistance, public utilities, food assistance, property tax relief, etc.)
- Make direct referrals to other resources for assistance
- Serve as an advocate for individuals as needed

FREE

For more details and/or to make an appointment, contact Cassidy Stout, MSW, 425-286-1072; cassidys@mynorthshore.org

LOCATION: BOTHELL, SOCIAL SERVICES SUITE, 2ND FLOOR

Tue/Thu	9:15 am-4:15 pm
Fri	9:15 am-2:15 pm

LOCATION: PETERKIRK COMMUNITY CENTER

Wed	8 am-4 pm
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ENHANCE®WELLNESS

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

LOCATION: BOTHELL

LOCATION: KENMORE

LOCATION: MILL CREEK

LOCATION: PETERKIRK COMMUNITY CENTER (BY APPOINTMENT)

For more details, contact:

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

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

SUPPORTING SELF-CARE AND CAREGIVERS

FAMILY CAREGIVING CONSULTATION

Family caregivers provide a wide range of unpaid services to their loved ones. You may care for a loved one at home or provide long distance support. The Social Services staff person is available to you, the caregiver, to assess, manage and improve your own health. Services include consultation, connecting with community resources, strategies to cope with stress, and enhancing your personal health and well-being. Please call for an individual appointment.

FREE

LOCATION: BOTHELL

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

LOCATION: KENMORE

Janet Zielasko, MS, LSW; 425-286-1035; janetz@mynorthshore.org
4th Thursday of each month

LOCATION: MILL CREEK

Georgia Rigler, MSW, LICSW; 425-286-1047; georgiar@mynorthshore.org
4th Wednesday of each month

LOCATION: 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 and pleasant activity scheduling to manage symptoms of depression. All this is done with a trained PEARLS counselor through NSC.

LOCATION: BOTHELL

LOCATION: KENMORE

LOCATION: MILL CREEK

LOCATION: PETERKIRK COMMUNITY CENTER (BY APPOINTMENT)

For more details, contact:

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

PERSONAL CONSULTATIONS

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

FREE

BOTHELL (BY APPOINTMENT)

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

KENMORE

Janet Zielasko, MS, LSW; 425-286-1035; janetz@mynorthshore.org
4th Thursday of each month 9 am-3 pm

MILL CREEK

Georgia Rigler, MSW, LICSW; 425-286-1047; georgiar@mynorthshore.org
4th Wednesday of each month

PETER KIRK COMMUNITY CENTER (BY APPOINTMENT)

Mondays: Georgia Rigler, MSW, LICSW;
425-286-1047; georgiar@mynorthshore.org
Wednesdays: Cassidy Stout, MSW;
425-286-1072; cassidys@northshore.org
Fridays: Lydia Barnsley, LPN;
425-286-1029; lydiab@mynorthshore.org

WELLNESS NURSE

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

FREE

LOCATION: BOTHELL, SOCIAL SERVICES SUITE, 2ND FLOOR

Mon/Wed

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

LOCATION: PETERKIRK COMMUNITY CENTER

Fri

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

SUPPORTING SELF-CARE AND CAREGIVERS

SERVICES

DENTAL HYGIENE

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

LOCATION: HEALTH & WELLNESS

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

FINANCIAL COUNSELING

Money management information on investment selection, tax, estate and retirement planning, budgeting and analysis of existing investments, life and long-term care (LTC) insurance, and annuity reviews.

FREE

LOCATION: OFF-SITE

Advisor: Joseph Lyons, Financial Advisor

4th Wed 11:30 am and 12:30 pm

By appointment only. Please call 206-755-1465 to schedule appointment.

HOME ASSISTANCE TO SENIORS

Are you in need of home assistance with errands, transportation, home maintenance, cleaning, cooking, yard work, caregiving, etc.? We can match you with one of our service providers who has the necessary skills/ qualifications for the task or the assistance you need. You then discuss the job in more detail and negotiate the fee with the service provider. All the service providers in our database have gone through an initial interview and have been screened through the Washington State Patrol system. Please stop in or give us a call at 425-286-1028 if you'd like more information.

LOCATION: BOTHELL, 2ND FLOOR

Tue-Fri 1-4 pm



Guiding Individuals & Families
Through the Process of Finding the
Right Adult Care

We specialize in finding:

- Independent Living & Retirement Communities
- Assisted Living Communities
- In-home Care
- Adult Family Homes
- Alzheimer's & Dementia Care Facilities
- Care for Disabled Adults
- Hospice & Palliative Care Facilities



Let Us Help You at No Cost to Your Family

Book a Free Appointment Today



Serving the Greater Seattle & Eastside
Since 2001

425-941-5163 www.AdultCareSolutions.net

SUPPORTING SELF-CARE AND CAREGIVERS

EMPLOYMENT MATCHING PROGRAM AND COMMUNITY CONNECTIONS

Do you have a pre-retirement career or 'honey-do' skills that are getting a little rusty from disuse in your retirement years? How about signing up for the NSC Employment Matching program and becoming one of our 'Seniors Helping Seniors'? You get to use life skills to help seniors in need while earning some extra money for yourself. All potential service providers are interviewed and checked through the Washington State Patrol system. The NSC Employment Matching Program receives calls daily asking for help and we find one of our service providers who's a good match for the client, then give you a call to see if you're interested. If you are, you then call the client, discuss the job, and negotiate a fee. Another happy client and another happy service provider feel good about being able to help someone else out. We are presently looking for service providers in the following categories:

- » Handymen (yes, you can say "no ladders or roof work please".)
- » Yardwork
- » Housework
- » Home care (personal care assistance, companionship and/or meal prep, etc.)
- » Driving
- » Other (could be sewing/tailoring, in-home care, organizing, etc.)

If you are interested and/or for more information, please call us at 425-286-1028.

LOCATION: BOTHELL, 2ND FLOOR

Tue-Fri 1-4 pm

FOOT CARE

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

\$40 MEMBER/\$65 NONMEMBER

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

Jennifer Sereda RN, Certified Foot Care Specialist

Ongoing 8 am-4 pm

By appointment: 425-488-4821.

HAIR SALON – TOOTSIE'S PARLOR

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

LOCATION: HEALTH & WELLNESS, 2ND FLOOR

To make an appointment call 425-286-1050

Brenda; Hairstylist

Ongoing Mon/Tue 9 am-3 pm

Chrystal; Hairstylist

Ongoing Fri 9 am-1 pm

MASSAGE

Massage benefits include stress and pain reduction, enhanced relaxation and strengthened immune system. The therapeutic effects of massage are cumulative; the more regularly massage is received, the more relaxation deepens as chronic stress patterns are released.

LOCATION: HEALTH & WELLNESS

Call for information: 425-488-4821

Massage Therapist: TBA

REFLEXOLOGY

Reflexology is a holistic approach to treating a person's body, mind and spirit through reflexing a person's feet. Specializes in reducing foot pain and reflexology lymph drainage. In addition to balancing the body, reflexology reduces stress and tension, improves circulation, helps restore mental alertness, helps body systems work together, and more.

LOCATION: HEALTH & WELLNESS, 2ND FLOOR

Reflexologist: TBA

To make an appointment: 425-488-4821

SUPPORTING SELF-CARE AND CAREGIVERS



MEDICAL EQUIPMENT CHECK-OUT

Manual wheelchairs, canes, bedside commodes, walkers and other assist equipment, available for free on a temporary basis. Due to limited storage, we cannot accept certain items, so please contact Health & Wellness Center front desk.

FREE

LOCATION: HEALTH & WELLNESS

425-488-4821

Mon-Fri 8:30 am-3:30 pm or by appointment

SHIBA MEDICARE ADVISORS

» IN-PERSON APPOINTMENTS

A free, unbiased and confidential service of the Washington state Office of the Insurance Commissioner, SHIBA volunteers help people of all ages and backgrounds with their Medicare questions and options. Help includes accessing eligibility, comparing plans, enrollment help, billing and fraud assistance, Medicaid enrollment.

LOCATION: BOTHELL, 2ND FLOOR

Advisor: Dave Reynolds

2nd Fri

9 am-1 pm

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

LOCATION: KENMORE

Advisor: Ron Lome

3rd Tuesday

Jul 16, Aug 20, Sep 17

9 am-Noon

Call 425-489-0707 to schedule a 1-hour appointment

LOCATION: MILL CREEK

Advisor: Bruce Pyles

1st Thu & 3rd Fri

9 am-Noon

Walk-ins welcome. No appointment necessary.

RENT KENMORE RHODODENDRON PARK

Kenmore Senior Center is located in Rhododendron Park in Kenmore. We are the rental coordinator for the picnic area and the Senior Center buildings. All proceeds support the Senior Center.

The Annex at the Kenmore Senior Center is available for daytime rentals Mon-Fri, 9am-3pm (2 hour minimum). The space accommodates 30 people and has a private restroom, water supply and large countertop serving area. Great place for birthday parties, board meetings, quilt retreats, etc. Call 425.489.0707 to reserve.

For more information, to schedule a tour, or to reserve the picnic shelter for your event, for your event, please call: 425-489-0707.



SUPPORTING SELF-CARE AND CAREGIVERS

SUPPORT GROUPS

ADULT CHILDREN OF AGING PARENT SUPPORT GROUP

Are you in the sandwich generation? As your parents age, are you struggling with legal and healthcare decisions, changing family roles and finding meaning in this new phase of your life? Learn, share and gain resources and emotional support from others who are traversing this inevitable transition.

FREE

LOCATION: VIRTUAL

Facilitator: Janet Zielasko, MS, LSW;
425-286-1035; janetz@mynorthshore.org
3rd Wed 6:30-8 pm

ALCOHOLICS ANONYMOUS

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

FREE

LOCATION: KENMORE, ANNEX

Ongoing Sun 8-9 am

LOCATION: BOTHELL, ROOM 202/203

7 days/week 7-8 am

CAREGIVERS SUPPORT GROUP

Are you a spouse, partner, son, daughter, relative or friend who cares for a loved one with dementia or other chronic illness or disability? Come join other unpaid family caregivers for mutual support and assistance.

FREE

LOCATION: ADVENT LUTHERAN CHURCH, 4306 132ND ST. SE, MILL CREEK

Facilitator: Pam Jones, MSW, 425-346-9856; pamjonesgal@yahoo.com
1st/3rd Thu 10:30 am-Noon

LOCATION: VIRTUAL

Facilitator: Janet Zielasko, MS, LSW, 425-286-1035;
janetz@mynorthshore.org
4th Wed 11 am-Noon

LOCATION: HEALTH & WELLNESS, CONFERENCE ROOM

Facilitator: Kathy Bates BS, GMHS, 425-286-1024
KathyB@mynorthshore.org
2nd Wed 1-2 pm

DIABETES/PRE-DIABETES GROUP

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

FREE

LOCATION: BOTHELL, ROOM 205

Facilitator: Lydia Barnsley, LPN, Wellness Nurse: 425-286-1029 or
lydiab@mynorthshore.org
2nd Wed 10-11:30 am
For more information, contact Lydia at 425-286-1029 or
lydiab@mynorthshore.org

LOCATION: PETERKIRK COMMUNITY CENTER

Facilitator: Lydia Barnsley, LPN, Wellness Nurse: 425-286-1029 or
lydiab@mynorthshore.org
First Fri 11 am-Noon

FROM HEARTACHE TO AN OPEN HEART

Everyone must deal with loss, whether it's the loss of a loved one or close friend, a treasured relationship, loss of physical functioning or previous status. Learn how one can move through the grief process and grow "from heartache to an open heart."

FREE

LOCATION: BOTHELL, ROOM 203

Facilitator: Georgia Rigler, MSW, LICSW 425-286-1047;
georgiar@mynorthshore.org
3rd Wed 10-11:30 am

PARKINSON'S SUPPORT GROUP

Both caregivers and individuals with Parkinson's disease can gain from presentations by guest speakers and discussions with other group members.

FREE

LOCATION: VIRTUAL

Facilitator: Janet Zielasko, MS, LSW, 425-286-1035;
janetz@mynorthshore.org
3rd Tue 10-11 am

SUPPORTING SELF-CARE AND CAREGIVERS

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

INCLUSION PROGRAM

Inclusion • Friendship • Advocacy • Skills
inclusion@mynorthshore.org

PROGRAM OVERVIEW

The Northshore Inclusion Program offers year-round, weekly and ongoing specialized and inclusive activities and support for individuals with intellectual, cognitive and developmental disabilities, their family and caregivers. Classes include: various exercise classes, arts, life skills, and other fun topics. We also offer evening social programs throughout each session. In person and virtual classes.

PARTICIPATION INFORMATION

To inquire about the program, contact the program coordinator or to schedule a visit. Programming does not support personal care needs, required 1:1, wanderers or combative behavior and participants with these needs are welcome to bring a caregiver to programs at no cost. The goal is to ensure this is a successful program for all individuals, contact the program coordinator to discuss how this can be made to be a successful experience for your participant if the above is of concern.

PRE-REGISTRATION IS REQUIRED TO PARTICIPATE IN PROGRAMS.

- 1) Ensure you have a completed Program Participation Form on file
- 2) Complete the Online registration or call staff to get a first time key tag:
<https://myactivecenter.com/#centers/USA.WA.Bothell.Northshore-Senior-Center>
- 3) New to Inclusion contact: *Judi Pirone*
425-286-1037 • inclusion@mynorthshore.org

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



SUPPORTING SELF-CARE AND CAREGIVERS

ALL PROGRAMS ON THIS PAGE BELONG TO THE INCLUSION PROGRAM. SEE PAGE 41 FOR REGISTRATION REQUIREMENTS.

BASKETBALL

Stay tuned for dates

BOOK CLUB

(Formerly "So Many Books So Little Time)

Explore all things books! We will talk about our favorite types of stories and explore different characters. The ability to read independently is not required

\$85 **PER SESSION**

July 10-Aug 26 Wed 2:30-3:15 pm

BRING ON THE DRAMA

Short skits, improv and learning to express yourself artistically.

\$85

Instructor: Casey Ponc

July 10-Aug 26 Wed 4:30-5:15 pm

CIRCUIT TRAINING

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

\$85 **PER SESSION**

July 11- Aug 29 Thu 2-2:45

DANCE

An energetic dance moves combining low-intensity and high intensity moves for an interval-style, calorie burning dance and fitness party. Think of it as exercise in disguise.

\$85 **PER SESSION**

July 11- Aug 29 Thu 3-3:45 pm

DAY CAMP

Register for each day separately.

\$75 **PER DAY**

July 8,15,22,29 Mon 10 am- 2:15 pm

Aug 5,12,19,26 Mon 10 am- 2:15 pm

GAMES

Join us each week to play some of your favorite games like Bingo, Match game and memory. We will include new games too!

\$85 **PER SESSION**

July 11- Aug 29 Thu 1-1:45 pm

GLEE CLUB

Get ready to sing! All levels are welcome from beginner to advanced. We will learn some group songs, trios, duos and possibly some solos as well. A performance for family and friends will be held during the last class.

\$85 **PER SESSION**

July 11- Aug 29 Thu 4-4:45 pm

KARAOKE

Sing your favorite song or join in a duet.

\$85 **PER SESSION**

July 8- Aug 26 Mon 1:15-2 pm

OUTDOOR FUN AND ACTIVITIES

We will adventure outside for games, walks, nature and much more- weather permitting.

\$85 **PER SESSION**

July 10-Aug 26 Wed 3:30-4:15 pm

RECREATION BOWLING

Recreational bowling at Kenmore Lanes. Fee all inclusive

\$110 **PER SESSION**

July 8-Aug 12 Mon

SIGN LANGUAGE

Students will be taught how to learn a visual language. Lessons will include basic greetings, etiquette and beginning finger spelling/number skills. This class is for students who have no ASL or ESL skills.

\$85 **PER SESSION**

July 10-Aug 26 Wed 1:30-2:15 pm

SUPPORTING SELF-CARE AND CAREGIVERS

ALL PROGRAMS ON THIS PAGE BELONG TO THE INCLUSION PROGRAM. SEE PAGE 41 FOR REGISTRATION REQUIREMENTS.



SIGN UP NOW

THE BOTHELL 5K IS HAPPENING ON AUGUST 3RD!

SCAN THE QR TO REGISTER FOR THE 5K



SPECIAL OLYMPICS BOWLING

\$180 **PER SESSION**

Aug 19-Oct 28 Mon

TENNIS

Partnering with Tops Outreach Center at Eastside Tennis in Kirkland. All levels welcome. Min 4 for class

TBD **PER SESSION**

Wed 2-3 pm

VIRTUAL: SHARE & TELL

Share something with your peers, and hear what is going on with them

\$85 **PER SESSION**

July 10- Aug 26 Wed 12:45-1:15 pm

ADDITIONAL SUMMER PROGRAMMING MAY BE ADDED PLEASE STAY TUNED.

JULY 8- AUG 29 SCHEDULE:

» MONDAY

- » **Day Camps:** 10 am-2:15 pm (In-Person)
- » **Active :** 10:45-11:30 am (In-Person)
- » **Exercise:** 11:30 am-12:30 pm (In-Person)
- » **Lunch/Social:** 12:30-1:15pm (In-Person)
- » **Karaoke:** 1:15- 2 pm (In-Person)
- » **Recreational Bowling:** 3-4 pm (at Kenmore Lanes)

» WEDNESDAY

- » **Virtual Show and Tell:** 12:45-1:15 pm
- » **Sign Language:** 1:30-2:15 pm (In-Person)
- » **Tennis:** 2-3 pm (at Eastside Tennis Center)
- » **Book Club:** 2:30-3:15 pm (In-Person)
- » **Outdoor Fun & Games:** 3:30-4:15 pm (In-Person)
- » **Bring on the Drama:** 4:30-5:15 pm (In-Person)

» THURSDAY

- » **Games:** 1-1:45 pm (In-Person)
- » **Circuit Training:** 2-2:45 pm (In-Person)
- » **Dance:** 3-3:45 pm (In-Person)
- » **Glee Club:** 4-4:45 pm (In-Person)

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

SUPPORTING SELF-CARE AND CAREGIVERS



TRANSPORTE

En NorthShore Senior Center, el area de Transporte. esta asociado con King County Metro y otros organismos para proporcionar opciones de transporte a nuestros participantes, incluyendo;

- » Servicio de Traslado a NorthShore y/o Kenmore Senior Center.
- » Servicio de Traslado al programa Northshore Adult Day Center y al Centro de Salud y Bienestar.
- » Viajes para realizar compras y citas medicas.
- » Evaluacion personalizada de sus necesidades para asignar el transporte adecuado a sus necesidades.
- » Apoyo de voluntarios en el transporte
- » Solicitudes para el acceso a Tarifa reducida en transporte y Metro Access.
- » Cursos para conocer y usar el Sistema de transporte publico.

Todas las unidades de transporte de NorthShore Senior Center estan equipados y tienen acceso a elevador para silla de ruedas. Si usted tiene necesidades especiales haremos todo lo posible para ayudarle.

Northshore Senior Center no discrimina por motivos de edad, sexo, estado civil, situacion familiar, religion, nacionalidad, orientacion sexual, identidad de genero, ideologia politica, discapacidad mental o fisica o

» ¿DONDE IR?

Nuestro servicio puerta a puerta opera en King County primordialmente Bothell, Kenmore, Kirkland y Woodinville, asi como oficinas medicas alrededor del Hospital Evergreen. En el Sur del Condado de Snohomish proporcionamos transporte limitado en algunas zonas no servidas por el servicio de transporte comunitario DART.

» ¿HORARIOS DE SERVICIO?

Los horarios de servicio de reservacion y operacion son de Lunes a Viernes de 8 a.m. a 5 pm. Las oficinas y servicio de transporte no laboran en dias festivos y/o durante condiciones meteorologicas adversas.

» ¿QUE COSTO TIENE?

Se sugiere una donacion de \$1.75 por viaje (elegible dentro del programa de ayuda) para Access o DART; \$2.50 es la donacion sugerida para las personas excentas del programa. Dicha donacion es voluntaria y no afectara el servicio.

» ¿REQUERIMIENTOS PARA CLAIFICAR?

Principalmente transportamos personas que dentro de la ley ADA paratransit (personas con necesidades especiales), como Metro Access o DART Community Transit. Tambien ofrecemos servicios de apoyo de transporte para personas de la tercera edad para ayudarlos a acudir a sus citas medicas y/o a diversos lugares (restaurantes, bancos, librerias etcetera) en nuestra comunidad.

» ¿A QUIEN DEBO CONTACTAR?

Si necesita ayuda para acceder a los servicios de transporte, llame al Programa de Derecho a Transporte al telefono 425-286-1058, evaluaremos sus necesdiades de transporte especificas para acceder a la opcion de transporte mas adecuado para usted. Si requiere un transporte del programa ADA Paratransit , llame al numero 425-286-1026 o visite nuestro sitio en internet www.northshoreseniorcenter.org.

cualquier otra razon prohibida por la ley.

Todos los comentarios son valorados y seran revisados por el gerente de operaciones.

Para obtener mas informacion sobre servicio al cliente llame al telefono 425-286-1026 o visite nuestro sitio web en www.northshoreseniorcenter.org

SUPPORTING SELF-CARE AND CAREGIVERS



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.

TRANSPORTATION

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.

Northshore Senior Center shall not discriminate on the basis of age, gender, marital status, familial status, religion, race, color, creed, sex, national origin, caste, sexual orientation, gender identity, political ideology, the presence of any sensory, mental or physical disability or any basis prohibited by law.

» 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.

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.

VOLUNTEERISM



Volunteers are truly the lifeblood of our amazing organization. They are the engine that powers everything we do at Northshore Senior Center, they are our Superpower!

With less than 50 staff members, we couldn't meet our mission without the help of volunteers. Whether you are volunteering just one time or daily, your help is critical to Northshore's success. Each year, volunteers contribute thousands of hours of service to NSC, which is equivalent to hundreds of thousands of dollars of support annually. With busy lives, it can be hard to find time to volunteer. However, the benefits of volunteering can be enormous. Volunteering offers vital help to people in need, worthwhile causes, and the community, but the benefits can be even greater for you, the volunteer.

The right match can help you to find friends, connect with the community, learn new skills, and even advance your career. Giving to others can also reduce stress, combat depression, keep you mentally stimulated, and provide a sense of purpose. While it's true that the more you volunteer, the more benefits you'll experience, volunteering doesn't have to take a huge amount of time out of your busy day. Giving in even simple ways can help those in need and improve your health and happiness. We want volunteers here to have both a meaningful and enjoyable experience at NSC. We will strive to ensure you know the impact your work is having, that you feel supported in your success, and that you connect with the community.

As a volunteer for Northshore Senior Center, you help us meet our mission of promoting healthy living and well-being in our community. Thank you for choosing to make a difference in the lives of people served by our organization.



FOR MORE INFORMATION ON VOLUNTEER OPPORTUNITIES PLEASE CONTACT:

Harry Horst at Volunteer@mynorthshore.org or call 425-286-1032.

We are grateful for your support. Thank you all, for all you do!

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

CHARITABLE PLANNING AND GIVING



» HOW TO MAKE A CONTRIBUTION?

To contribute, make gifts online via our website, at our front desks, or by mailing to 10201 E Riverside Dr, Bothell, WA 98011. Direct IRA distributions (for those over age 70½) and stock gifts are welcome. For inquiries, please call 425-286-1023.

» WHAT IF I WANT TO INCLUDE NSC IN MY ESTATE PLAN?

Including our organization in your estate plan is an impactful way to give back. Simply speak to your financial advisor about naming us as a beneficiary in your will, trust, retirement accounts, or life insurance. This easy act now perpetuates your generosity, allowing us to further our programs for years beyond your lifetime. Unsure how to move forward? Call 425-286-1023.

» WHAT IS THE SUSTAINERS CLUB?

Many NSC supporters choose to make a monthly donation on a recurring basis. These "sustainers" contribute anywhere from \$10 to \$500 a month, provide a reliable source of funding for NSC, and help reduce the overhead costs of fundraising. Small amounts add up to big impact when given monthly. Sustain our mission by joining the Sustainers Club.

NORTHSHORE SENIOR CENTER RELIES ON CHARITABLE GIFTS FOR OVER 15% OF ITS BUDGET. YOUR GENEROSITY LITERALLY KEEPS THE PICKLEBALL COURTS LIT, THE COFFEE HOT, THE SUPPORT GROUPS TALKING, THE ART CLASSES PAINTING, THE BUSES RUNNING, AND SO MUCH MORE.

» SAVE THE DATE: LEGACY SOCIETY LUNCHEON SEPTEMBER 19TH

Each year, Northshore organizes a luncheon for our Legacy Society of supporters who have included us in their estate plans or as a financial beneficiary. This year's event will be Thursday September 19th, from noon to 2:00pm; watch for further information as we get closer to the event date. Please contact Nathan at 425-286-1023 if you have questions about the Legacy Society, or if you would like to receive information about Legacy Society events.

WE THANK OUR VALUED SPONSORS



REGISTRATION INFORMATION

Participation in Northshore Senior Center's programs is open to adults. Registration is required for participation in all programs. Registrations are nontransferable.

Participants are encouraged to register early, as programs with insufficient registration may be cancelled three to five business days before scheduled start date.

HOW TO REGISTER

» WALK IN

To register, stop by the location the class or activity is being held during open hours listed on page 4.

» TELEPHONE

The location the class or activity is being held during open hours listed on page 4

» EVERGREEN HEALTH CLASSES

Register by calling the Healthline, Monday - Friday from 7 am - 7 pm at 425-899-3000.

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 seven (7) 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, Kenmore Senior Center and Mill Creek 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.

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**
- » **Lifetime membership: \$500 individual; \$750 couple**
- » **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.

MEMBER / NON-MEMBER FORM

NORTHSHORE SENIOR CENTER

10201 East Riverside Drive, Bothell, WA 98011
 www.northshoreseniorcenter.org
 (425) 487-2441



Please **make checks payable to:** Northshore Senior Center. **Mail to:** 10201 E. Riverside Drive • Bothell WA 98011

- \$48 Single Membership**
 \$85 Couple/Dual Membership
 Non-Member Participant (activity fees may be required)
 \$500 Lifetime Individual Membership
 \$750 Lifetime Couple Membership
** Please be aware that ALL Membership fees are non-refundable*
 Please check if you would like to request a scholarship
 Please check if you would like to pay by credit card when mailing in this form

Please check Home Branch/Program
 Bothell
 Kenmore
 Mill Creek
 Transportation
 Health & Wellness
 Inclusion (additional forms required)
 Adult Day Health
 Other

Please fill out each line of the user form and the user demographic form on the back page.
 Information is kept confidential. Please print. For more than 2 users, fill out an additional form.

Today's Date:

PRIMARY USER		SECONDARY USER	
Membership: NEW <input type="checkbox"/> RENEWAL <input type="checkbox"/> NEW ADDRESS <input type="checkbox"/>		Membership: NEW <input type="checkbox"/> RENEWAL <input type="checkbox"/> NEW ADDRESS <input type="checkbox"/>	
First Name:	M.I.	First Name:	M.I.
Nickname/Salutation:		Nickname/Salutation:	
Last Name:		Last Name:	
Date of Birth: Month/Day/Year __ / __ / ____		Date of Birth: Month/Day/Year __ / __ / ____	
Phone (H):	Cell:	Phone (H):	Cell:
Mailing Address (Include Apt #)		Mailing Address (Include Apt #)	
City, State, Zip		City, State, Zip	
Email:		Email:	
Emergency Contact Person(s):		Emergency Contact Person(s):	
Emergency Phone:	Relationship to Member:	Emergency Phone:	Relationship to Member:
Primary User - Signature:		Secondary User - Signature:	
Date: __ / __ / ____		Date: __ / __ / ____	

By signing this document, I release Northshore Senior Center and all of its agents from any liability for any accident, injury, illness, or damages of any kind to persons or property that might occur while as a result in attending the Northshore Senior Center and/or participating in their activities. I also authorize any pictures, videos or recordings taken of me while I am participating in NSC activities to be used in Northshore Senior Center publications. (The staff will make every effort to notify you prior to using your photograph).

MEMBER / USER / PARTICIPANT DEMOGRAPHIC FORM (page 2)

THIS INFORMATION IS CONFIDENTIAL. It is important in seeking and receiving GRANT FUNDING and for PLANNING PROGRAMS. Thank you for taking the time to complete the voluntary survey.

PRIMARY USER	SECONDARY USER
<p>1. Gender <input type="checkbox"/> Male <input type="checkbox"/> Female <input type="checkbox"/> Other _____</p> <p>2. Do you identify as a member of the LGBTQ community? <input type="checkbox"/> No <input type="checkbox"/> Yes, Lesbian, Gay, Bisexual, Questioning, Other _____</p> <p>3. Marital Status: <input type="checkbox"/> Married <input type="checkbox"/> Divorced <input type="checkbox"/> Single <input type="checkbox"/> Partnership <input type="checkbox"/> Widowed</p> <p>4. Do you have a disability? <input type="checkbox"/> Yes <input type="checkbox"/> No</p> <p>5. Are you homeless or living in a temporary shelter? <input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Prefer not to answer</p> <p>6. Are you limited in the English language? <input type="checkbox"/> Yes <input type="checkbox"/> No If yes primary language is _____</p> <p>7. Are you a refugee or immigrant? <input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Prefer not to answer</p> <p>8. What is your race? (Check all that apply) <input type="checkbox"/> American Indian or Alaska Native <input type="checkbox"/> Asian or Asian American <input type="checkbox"/> Black, African American, African <input type="checkbox"/> Native American or Pacific Islander <input type="checkbox"/> White/Caucasian <input type="checkbox"/> Not Listed / Other _____ <input type="checkbox"/> Prefer Not To Say <input type="checkbox"/> Unknown</p> <p>9. What is your ethnicity <input type="checkbox"/> Hispanic/Latino <input type="checkbox"/> Russian/Ukrainian <input type="checkbox"/> South Asian <input type="checkbox"/> Other _____ <input type="checkbox"/> Prefer Not To Say <input type="checkbox"/> Unknown</p> <p>10. Military Service <input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Prefer Not To Say <input type="checkbox"/> Unknown</p> <p>11. Military Family Status <input type="checkbox"/> Self <input type="checkbox"/> Not Family Member <input type="checkbox"/> Minor Dependent <input type="checkbox"/> Spouse/Partner <input type="checkbox"/> Surviving Spouse/Partner <input type="checkbox"/> Other Dependent Adult</p> <p>12. Are you interested in volunteering? <input type="checkbox"/> Yes <input type="checkbox"/> No</p>	<p>1. Gender <input type="checkbox"/> Male <input type="checkbox"/> Female <input type="checkbox"/> Other _____</p> <p>2. Do you identify as a member of the LGBTQ community? <input type="checkbox"/> No <input type="checkbox"/> Yes, Lesbian, Gay, Bisexual, Questioning, Other _____</p> <p>3. Marital Status: <input type="checkbox"/> Married <input type="checkbox"/> Divorced <input type="checkbox"/> Single <input type="checkbox"/> Partnership <input type="checkbox"/> Widowed</p> <p>4. Do you have a disability? <input type="checkbox"/> Yes <input type="checkbox"/> No</p> <p>5. Are you homeless or living in a temporary shelter? <input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Prefer not to answer</p> <p>6. Are you limited in the English language? <input type="checkbox"/> Yes <input type="checkbox"/> No If yes primary language is _____</p> <p>7. Are you a refugee or immigrant? <input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Prefer not to answer</p> <p>8. What is your race? (Check all that apply) <input type="checkbox"/> American Indian or Alaska Native <input type="checkbox"/> Asian or Asian American <input type="checkbox"/> Black, African American, African <input type="checkbox"/> Native American or Pacific Islander <input type="checkbox"/> White/Caucasian <input type="checkbox"/> Not Listed / Other _____ <input type="checkbox"/> Prefer Not To Say <input type="checkbox"/> Unknown</p> <p>9. What is your ethnicity <input type="checkbox"/> Hispanic/Latino <input type="checkbox"/> Russian/Ukrainian <input type="checkbox"/> South Asian <input type="checkbox"/> Other _____ <input type="checkbox"/> Prefer Not To Say <input type="checkbox"/> Unknown</p> <p>10. Military Service <input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Prefer Not To Say <input type="checkbox"/> Unknown</p> <p>11. Military Family Status <input type="checkbox"/> Self <input type="checkbox"/> Not Family Member <input type="checkbox"/> Minor Dependent <input type="checkbox"/> Spouse/Partner <input type="checkbox"/> Surviving Spouse/Partner <input type="checkbox"/> Other Dependent Adult</p> <p>12. Are you interested in volunteering? <input type="checkbox"/> Yes <input type="checkbox"/> No</p>

HOUSEHOLD INCOME

One Person Household \$16,031 or less \$16,032 - \$26,723 \$26,724 - \$42,755 \$42,756 or more
 Two Person Household \$20,963 or less \$20,964 - \$34,943 \$34,944 - \$55,919 \$55,920 or more

NORTHSHORE SENIOR CENTER – FOR OFFICE USE ONLY

Updated 4/2021

Date Received: ___/___/_____
 CASH CHECK # _____ CREDIT CARD
 Member: Single Couple Dual Scholarship
 Non-Member (activity fees may be required Transportation User

Membership Amount	\$ _____
Scholarship Amount	\$ _____
Additional Donation Amount	\$ _____
Total Amount Received	\$ _____

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Northshore
Senior Center

10201 E Riverside Dr
Bothell, WA 98011-3708

Ph: 425-487-2441

Fax: 425-485-4954

www.northshoreseniorcenter.org

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OUR VISION:

We envision a community where everyone leads full, healthy and inspired lives.

OUR MISSION:

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

Chateau at Bothell Landing,

Bringing the community together

Retirement Living,
Assisted Living,
Memory &
Respite Care



Château
at BOTHELL LANDING

425-485-1155

Live Happier, Healthier, Longer!

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