

**SEE INSIDE FOR WAYS  
TO GET ACTIVE,  
GET CREATIVE, AND  
GET INVOLVED!**

# WELCOME

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## ON THE COVER



*The arts are a staple of what we do at NSC, with so many classes and opportunities to help you express yourself. This all culminates in the annual Fine Arts Show, a tradition at NSC for over 40 years. This year's show will be on May 2nd and 3rd, and be sure to check out Artful Wednesdays and other activities April 30th through May 7th.*

### ADMINISTRATIVE TEAM

**Chief Executive Officer:** Nathan Phillips  
**HWC/ADH/Inclusion Director:** Judi Pirone  
**Program Director:** Tracey Harvey  
**Member Services Director:** Brie Allen  
**Partnerships/Kenmore  
Manager:** Pasha Mohajerjasbi  
**Social Services Manager:** Janet Zielasko  
**Transportation Manager:** Cliff Perry  
**Marketing & Communications  
Manager:** Isaiah Shim  
**IT Manager:** Tim Czapiewski  
**Staff Accountant:** Leah Walz

# 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 INDOOR

ANNEX SPACE OR OUR PICKLEBALL COURT.

**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 (PROGRAM PARTNER LOCATION)

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

### 2025 Board Members:

Arnold Alejandrino • Linda Brabant • Christine Fordyce  
• Rick Kendo • Rocio Luna-Culotti • Setareh Mahmoodi •  
Kenny Mwendar • Jack Peters • Foram Shah • Hân Trần •  
Vivek Singh

## 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](mailto:advisory@mynorthshore.org) or by submitting feedback through one of the suggestion boxes located at each site.

## OFFICIAL HOLIDAY CLOSURES:

- » **Monday, May 26:** Memorial Day
- » **Thursday, June 19:** Juneteenth



# GATHERING PLACES

## 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.

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

## NSC JOURNEYS

There is so much to explore at Northshore, and finding what you want to do can be difficult. That's where NSC Journeys comes in! NSC Journeys is a way for you to narrow your focus, while still experiencing everything Northshore has to offer. No matter how long or short your Journey is, NSC Journeys is your tool for the best path to pursuing a full, healthy, and inspired life.

**BE ON THE LOOK OUT FOR THESE 4 ICONS NEXT TO CERTAIN CLASSES AND PROGRAMS TO ADD TO YOUR JOURNEY.**



**A FITNESS JOURNEY**



**A SOCIAL JOURNEY**



**A BRAIN HEALTH JOURNEY**



**A LIFELONG LEARNING JOURNEY**

» **HERE'S WHAT A JOURNEY CAN LOOK LIKE:**

### **A Fitness Journey**

- Enhanced Fitness
- Walking Group
- Yoga

## FINANCIAL ASSISTANCE

NSC strives to keep program fees low through public support and contributions from donors. However, if you are experiencing a financial hardship, 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 KENMORE AND MILL CREEK

Mon-Fri	9 am-3 pm
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### LENDING LIBRARY AT BOTHELL, KENMORE AND MILL CREEK

Members may browse, borrow and read books for free.

### SENIOR LOUNGE AT BOTHELL

Billiards Table, 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

### FALL PREVENTION

Fall Prevention workshop will be provided by University of Washington, School of Public Health students, in collaboration with King County EMS. The Fall Prevention presentation is intended to educate older adults, family, caregivers, and the community on identifying fall risks and implementing key fall prevention strategies to reduce the risk of falls. The workshop is approximately one (1) hour in length, including time for Q & A.

**FREE MEMBERS/NONMEMBERS WELCOME**

**LOCATION: BOTHELL, ROOM 203**

Apr 8                      Tue                      1-2 pm

### NEW AND CURRENT MEMBER ORIENTATION

Welcome to Northshore Senior Center! As a new member you can enjoy all three of our locations in Bothell, Kenmore and Mill Creek. Meet members of our leadership team to learn about the variety of programming, volunteering opportunities and many special events /clubs.

**LOCATION: BOTHELL, COFFEE BAR**

Apr 17                      Thu                      10-11 am

**LOCATION: KENMORE**

May 15                      Thu                      10-11 am

**LOCATION: MILL CREEK**

Jun 18                      Wed                      10-11 am

### **NEW** WINE CLUB: THE MYSTERY OF IDENTIFYING WINES

Participants will learn the basics of recognizing the aromas and flavors of a wide variety of wines through formal tasting and scent education. Following the series, join us for a Graduation Trip to a local winery to practice our new skills! Limit: 8. Call 425-489-0707 to sign up.

**\$35 MEMBER/\$70 NONMEMBER PER SESSION**

**LOCATION: KENMORE SENIOR CENTER**

Instructor: Marla Rosenberg

Meets once a month

Apr 16                      Wed                      1-3 pm

May 21                      Wed                      1-3 pm

Jun 18                      Wed                      1-3 pm

### RECYCLING: A WORLD WITHOUT WASTE

Earth Day is April 22nd and Recology, is a leading West Coast (and Bothell's) waste management company. It's focus is on resource recovery and reuse. Representatives from Recology's Waste Zero team will be present and report on how well we, at NSC, are doing in meeting recycling goals. They will also provide realistic advice to help our recycling efforts at NSC, as well as in our own homes. Feel free to bring along items you need help with in determining their best method of disposal. Members and nonmembers are all welcome at this free event. Please register at Bothell Front Desk.

**LOCATION: BOTHELL, RM 202**

April 21                      Tue                      2-3 pm

### EARTH DAY

Visit vendors and participate in fun activities that help support Mother Earth. This event is sponsored by the City of Kenmore in partnership with the Kenmore Senior Center.

**FREE**

**LOCATION: RHODODENDRON PARK IN KENMORE**

Apr 26                      Sat                      10 am-2 pm

### **NEW** RED WINE & CHOCOLATE

We will pair wines with chocolates, a match made in heaven! Our resident wine educator will guide you through this fun workshop.

**\$35 MEMBER/\$70 NONMEMBER**

**LOCATION: KENMORE**

Instructor: Marla Rosenberg

Apr 29                      Tue                      1-3 pm

# SPECIAL EVENTS

## INTERGENERATIONAL EVENT

**VOLUNTEERS NEEDED:** Canyon Park Middle School Event. Coffee and cookies provided. Interested in helping 7th and 8th graders from the Leadership class at Canyon Park Middle School? Volunteers are needed to help those students earn their Community Connection Interview credit. Students will arrive prepared to ask questions, listen, and learn. Following the interview, volunteers and students will team up for a friendly trivia contest. Contact the Front Desk to Sign up

**LOCATION: BOTHELL, RM 205**

May 1 Thu 10:45 am-12:30pm

## PHOTOS EVENT: MEMBERSHIP & MEMORIES

Join us for a special event designed to honor the bonds that tie us together. A unique opportunity to capture timeless moments with loved ones through professional legacy photos. In efforts to expand the NSC family, we invite the community to join through membership and to gather their loves ones for coffee, sweet treats & mini photo session. Learn more about the benefits of becoming a member of Northshore and enjoy exclusive access to programs, activities, and services that promote wellness, connection, and enrichment. Create lasting memories and become part of our welcoming community! Sign up prior to April 30th to secure your spot.

**\$15 MEMBERS**

**\$60 INCOMING MEMBERS (INCLUDES ANNUAL MEMBERSHIP)**

**LOCATION: BOTHELL, COFFEE BAR**

May 8 Thu 9:30 am-3 pm

**LOCATION: MILL CREEK**

May 9 Fri 9:30 am-3 pm

## JEWELRY SALE

Another fantastic jewelry sale is on the horizon! Come and shop for that perfect piece you just can't live without. Great prices and lots of variety including vintage and marked pieces.

**LOCATION: BOTHELL**

May 21-22 Wed-Thu 9 am-2 pm

## WATCH & LEARN WITH PRIDE

Join us in celebrating PRIDE Month with special LGBTQ+ movie screenings during the first and last weeks of June! Come enjoy powerful, heartwarming, and inspiring films that highlight LGBTQ+ stories, history, and resilience. Whether you're here for great storytelling, to learn more, or simply to be part of an inclusive and welcoming space, we invite you to share in this celebration with us. Stay tuned and check the Navigator, social media, on-site flyers and video monitors for movie showing details.

**LOCATION: BOTHELL, KENMORE, MILL CREEK**

1st & 4th Week in June

*Rainbow PRIDE Coffee Hour takes place monthly at Peter Kirk Community Center. See page 23 for details.*

## SPARKLING SIP & PAINT

We'll be serving some sparkling spring beverages and snacks for our daytime sip and paint. Join us for a fun 2 hour session using acrylic paints to create a lovely spring scene. All materials provided, all skill levels welcome.

**\$25 MEMBER/\$50 NONMEMBER**

**LOCATION: KENMORE**

Instructor: Vasana Monti

Jun 11 Wed 1-3 pm



# SPECIAL EVENTS

## FINE ART SHOW

*Celebrate creativity at NSC Fine Arts Show! Art at Northshore is about expression, inspiration and community. We're dedicated to spotlighting the talents of students from NSC art classes. Stay tuned for more details and upcoming announcements.*

## HAPPY HOUR – VIBRANT VIBES

Unwind, sip and enjoy a vibrant happy hour where creativity meets community. *Want to art without the ales? Check out the Artful Wednesday!*

**LOCATION: BOTHELL**

April 30 & May 7    Wed    4-7 pm

## NEW ARTFUL WEDNESDAYS

During our regularly scheduled happy hour times, we'll be hosting a variety of creative experiences! Stay tuned and check the Navigator, social media, on-site flyers and video monitors for updates on what's happening on those dates. A great way to explore and expand your creativity, without the spirits.

**ALL MEMBERS WELCOME!**

**LOCATION: BOTHELL**

April 30 & May 7    Wed    4-7 pm

## ART SHOW RECEPTION

Everyone's invited to the annual Art Show Reception! Enjoy some tasty bites and mingle with your friends and neighbors as you support the Northshore community. Wine and beverages available for sale while you peruse the art exhibit.

**LOCATION: BOTHELL**

May 2    Fri    5-8 pm

## FINE ARTS SHOW

Enjoy a fantastic display created by NSC art students in mediums like watercolor, ceramics, colored pencil/drawing and driftwood sculpture. Instructors art will be displayed along with ongoing demonstrations, music and a silent auction. Some art will be for sale and join in on voting "Peoples Choice" for each class.

**LOCATION: BOTHELL, MULTIPURPOSE ROOM**

May 2    Fri    10:30 am-8 pm  
May 3    Sat    8:45 am-3:30 pm

## FINE ART SCHEDULE

» **APRIL 30 & MAY 7**

Hands on workshops with a Happy Hour

» **MAY 2, 5-8 PM**

Evening Reception - Enjoy an evening filled with art, music, wine and horsd'oeuvres.

» **MAY 2-3**

Be sure to visit the silent auction happening during art show hours on Friday/Saturday.

*Stay tuned for more details and keep an eye out for upcoming announcements.*

## NEW MAGPIE HEARTS

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

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

**LOCATION: KENMORE**

Instructor: Pasha Mohajerjasbi

Apr 30    Wed    10 am-Noon

Please call 425.489.0707 to sign up.

## NEW MINI BOOKLET WORKSHOP

Using a single sheet of beautiful paper, we'll learn how to make an artful booklet suitable for home use and gift-giving!

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

**LOCATION: KENMORE**

Instructor: Susie Krost

May 2    Fri    10 am-Noon

Please call 425.489.0707 to sign up.





# FITNESS AND ACTIVE LIVING

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

BALLROOM DANCE LESSONS . . . . .	8	LINE DANCING . . . . .	8	REFLEX, TREATMENT . . . . .	13
BEGINNER PICKLEBALL OPEN PLAY . . . . .	15	MAT PILATES . . . . .	10	STRENGTH & BALANCE . . . . .	13
BELLY DANCE FOR STRENGTH & BALANCE . . . . .	10	NATURE WALKING WITH EBIRD . . . . .	16	TABLE TENNIS . . . . .	15
CARDIO DRUMMING . . . . .	10	NET SPORTS . . . . .	14	TAI CHI BEGINNER CLASS . . . . .	13
CHAIR PILATES . . . . .	10	OTAGO - BEGINNER LEVEL . . . . .	11	TAI CHI INTERMEDIATE CLASS . . . . .	13
CIRCUIT TRAINING AND BALANCE . . . . .	10	OUTDOOR ACTIVITY . . . . .	16	TAI CHI PRACTICE . . . . .	13
DANCE . . . . .	8	PICKLEBALL - OPEN PLAY . . . . .	15	TAI CHI SIMPLIFIED BEGINNER CLASS . . . . .	13
ENHANCE FITNESS . . . . .	8	PICKLEBALL - ROUND ROBIN PLAY . . . . .	15	TONE UP . . . . .	14
ESSENTRICS - AGE REVERSING . . . . .	10	PICKLEBALL 1 - BEGINNER . . . . .	14	WALKING GROUP . . . . .	16
EXERCISE CLASSES . . . . .	8	PICKLEBALL 2 - INTERMEDIATE . . . . .	15	YOGA - BREATH AND BALANCE . . . . .	14
FELDENKRAIS METHOD . . . . .	10	QIGONG FOR ALL ABILITIES . . . . .	11	YOGA - SEATED/STANDING . . . . .	14
FITNESS CENTER . . . . .	9	SENIOR AEROBICS . . . . .	11	ZUMBA GOLD . . . . .	14
HIKING . . . . .	16	SPIN CLASS . . . . .	11		
INTRODUCTION TO PICKLEBALL . . . . .	14	STRENGTH, TRAINING, AEROBIC,			



## DANCE

### 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

## EXERCISE CLASSES



### ENHANCE FITNESS

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.

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

**LOCATION: BOTHELL, MULTIPURPOSE ROOM**

Instructor: TBA

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

Ongoing Fri 8:30-9:30 am

No class Fri May 2 due to Art Show

**LOCATION MILL CREEK, ANNEX**

Instructors: Suzanne Meyers-Hubner & Pam Jacobs

Ongoing M/W 10-11 am

No class May 7



# 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. SPINNING bikes are also available, please see page 9 for class details.

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

## ESSENTRICS - AGE REVERSING

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 Essentrics Instructor

Ongoing Wed 4:30-5:30 pm

No class June 18, 25

## BELLY DANCE FOR STRENGTH & BALANCE

Join us for a fun, 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. Capacity 10. All levels welcome.

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

**LOCATION: KENMORE**

Instructor: Marie Elena McMahon

Ongoing Thu 10-11 am

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

## CARDIO DRUMMING

Not interested in traditional exercise classes? Give cardio drumming a try! Utilizing fitness balls and drumsticks cardio drumming combines cardio exercise and drumming to the rhythm of music in an easy but effective workout.

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

**NEW LOCATION: KENMORE SENIOR CENTER**

Instructor: Nancy Wilson

Ongoing Mon 11:30 am-12:30 pm

**LOCATION: MILL CREEK**

Instructor: Becky Mowry

Ongoing Wed 11:30 am-12:30 pm

**LOCATION: BOTHELL, MULTIPURPOSE ROOM**

Instructor: Becky Mowry

Ongoing Fri 10-11 am

No class Friday May 2 due to Art Show

## 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.

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

**LOCATION: HEALTH & WELLNESS, FITNESS CENTER**

Instructor: Ying Penrod

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

Ongoing T/Th 11 am-Noon

**Beginner students** (new students check with instructor):

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

## 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 Bredice, certified Feldenkrais Practitioner.

Ongoing Tue 10-11 am

## 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

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

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

**LOCATION: KENMORE**

Instructor: Connie Evans

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

Ongoing Thu 9:30-10:30 am

# FITNESS AND ACTIVE LIVING

## YOU LEARNED IT, NOW TEACH IT!

Join the NSC team as an instructor!

We'll pay for certification.

Email [information@mynorthshore.org](mailto:information@mynorthshore.org) to learn how to become an instructor.



### 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. **Registration required before scheduled assessment.**

**FREE**

**LOCATION: BOTHELL, MULTIPURPOSE ROOM**

Instructors: Candice LaMont and Garrick Chock

April 21-June 16 Mon/Wed 11:30 am-12:30 pm

Pre-assessment Wed April 16, Post Assessment Wed June 18. No class on Memorial Day May 26.

### QIGONG FOR ALL ABILITIES

Qigong ("Chee-Kung") is an ancient Chinese breathing practice that improves health by integrating breathing, posture, movement, focus and self-massage to move the Chi (life energy) through the body. Can be done standing or seated. Suitable for all. Register at NSC or questions call 425-487-2441, leave a message.

**FREE TO MEMBERS/\$10 NONMEMBER PER MONTH**

**LOCATION: BOTHELL, STUDIO**

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

Ongoing Tue 1-2 pm

Ongoing Tue 2:30-3:30 pm **New class, limit 12**

**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-12:15pm

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

### 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

### 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: Mike Moody

Ongoing Tue 10-10:45 am



# 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](http://kingcounty.gov/health/shapeup)

Bring this coupon to Northshore Senior Center to receive a **\$10 discount** on any group fitness class (expires **Dec. 15, 2025**). 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

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

**Public Health**   
Seattle & King County

  
Northshore  
Senior Center



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

# FITNESS AND ACTIVE LIVING

**NEW**



## START = STRENGTH, TRAINING, AEROBIC, REFLEX, TREATMENT

2x a week class featuring low impact aerobics to develop cardio-muscular endurance. Focus is on muscle strength and well being for Seniors. Goals for Participants: Maintaining muscle mass and bone density for overall health and wellness. Improve flexibility, physical strength, and mobility. Breathing exercises to reduce stress through mindfulness and reflexology. Limit 15.

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

**LOCATION: KENMORE SENIOR LIVING 7221 NE 182ND KENMORE, 98028**

Instructor: Frank Mateo

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

Please call 425-489-0707 to register.

## 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

**NEW**



## TAI CHI – SIMPLIFIED BEGINNER CLASS

Improve your mobility while having fun through this gentle introduction to tai chi. Learn the basics with easier, shorter patterns that are well-suited to those with restricted mobility or need a path to more activity. Perfect for beginners, seated or standing movements will prove to be less stressful to joints.

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

**LOCATION: BOTHELL, STUDIO**

Instructor Marian Stewart

Thu 10:30 -11:30 am

## TAI CHI BEGINNER CLASS

Start the New Year learning Tai Chi fundamentals to improve strength, flexibility, balance, and stamina. Students will learn a new, short form that will be challenging and fun developing an understanding of "tai chi flow". This three-month course is intended for beginners who are curious about learning simple, isolated movements and positions, then practicing connecting them into short sequences.

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

**LOCATION: BOTHELL, STUDIO**

Instructor: Marian Stewart

Ongoing Tue 10:30-11:20 am

**NEW LOCATION: KENMORE SENIOR CENTER**

Instructor: Frank Mateo

Ongoing Fri 1-1:45 pm

## TAI CHI INTERMEDIATE CLASS

This ongoing class focuses on the entire Traditional Hand form; refinement details will be added to the basic instruction and students will gain a deeper understanding of tai chi principles. Participants who have attended the Beginning class will find it easier to learn this form, with more complex movements.

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

**LOCATION: BOTHELL, STUDIO**

Instructor: Marian Stewart

Ongoing Tue 11:30 am-12:30 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

An open Tai chi workshop that is highly recommended for those who want to improve their skills, strength, balance and mobility. 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 11:30 am-12:30 pm

# 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 10:30-11:30 am

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.

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

**LOCATION: MILL CREEK**

Instructor: Maria Borella

Ongoing Tue/Thu 10-10:45 am

## 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: Trudy Rolla, RYT

Ongoing Thu 8:30-9:45 am

## NEW ZUMBA GOLD

Zumba GOLD is gentle Latin inspired dance movements that tones your whole body, boosts your heart health and simply makes you happy. Bring your friends and get introduced to easy -to follow choreography that focuses on balance, range of motion and coordination to FUN dance rhythms. All ages & levels welcome.

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

**LOCATION: BOTHELL, MULTIPURPOSE ROOM**

Instructor: Amy Best

Starts Apr 18 Fri Noon-12:50 pm

Please contact any NSC branch to register.

**No Class Friday May 2 due to Fine Arts Show**

**LOCATION: MILL CREEK, ANNEX**

Instructor: Amy Best

Starts Apr 17 Thu 11-11:45 am

## 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 8)

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

**LOCATION: BOTHELL, MULTIPURPOSE ROOM**

Instructor: Mike Prospek

Ongoing Sat 9-10:30 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)

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

**LOCATION: BOTHELL, MULTIPURPOSE ROOM**

Certified Instructor: Mike Prospek

Ongoing Tue 2-3:30 pm



# FITNESS AND ACTIVE LIVING

## PICKLEBALL 2 - INTERMEDIATE

This class emphasizes proper technique, point construction, competitive strategy, and increases your team's odds of winning. Prerequisite: Pickleball 1. (Capacity 10)

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

**LOCATION: BOTHELL, MULTIPURPOSE ROOM**

Certified Instructor: Mike Prospek

Ongoing	Tue	3:30-5 pm
Ongoing	Sat	10:30 am-Noon

## PICKLEBALL - 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. For intermediate and better skills developed here include proper technique. Players bring your own paddle if you have one. Minimal instruction. (Capacity 12)

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

**LOCATION: BOTHELL, MULTIPURPOSE ROOM**

Certified Instructor: Bing Teng

Ongoing	Thu	11:30 am-1:30 pm
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## 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
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**May 1: 1:30-3:30 due to Art Show**

## 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
Wed	5:30-8:30 pm
Fri	1-4 pm

**No Open Play Friday May 2 Due to Fine Art Show**

**LOCATION: KENMORE, RHODODENDRON PARK**

Mon-Fri	9 am-3 pm
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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.

## 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
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*Nets are setup at time of play.*

## KENMORE OUTDOOR PICKLEBALL COURT

### MONDAY-FRIDAY • 9 AM-3 PM

Court is outside in Rhododendron 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.

# FITNESS AND ACTIVE LIVING



## OUTDOOR ACTIVITY



### HIKING

Hiking season is here! Check our website on a regular basis for additional information. Meet up on Mondays at 7:30 am, depart 7:45 am at the Woodinville Park & Ride

(park near the Goodwill Donation Trucks), 17800 140h Ave NE to set up carpools. Hiking boots and hiking poles are highly recommended. HIKES ARE FREE EXCEPT FOR SHARED CARPOOL EXPENSES, PARKING AND FERRY TOLLS. Bring your lunch, adequate hydration (water/juice), sun screen, bug repellent and clothing to layer for variable weather conditions (cold, heat, and/or rain). 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. Not a walking club.

**HIKES ARE FREE EXCEPT FOR CARPOOL EXPENSE**

**LOCATION: BOTHELL**

Co-Coordinator: Buffy and Wilbur Bergquist, 505-412-0507

Website: <https://sites.google.com/site/nsschikers>

Starts May 5      Mon      7:30 am

**General Meeting / Bothell Dining Room**

**April 3      Wed      2- 4pm**

**Note waivers will need to be signed to participate**

Email: [nsschikers@gmail.com](mailto: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 .....	17	DAY TRIP - QUIL CEDA CASINO TRIP .....	25	MOVIES ON MONDAY MORNING .....	20
BACKGAMMON LEARN & PLAY .....	21	DAY TRIP - THE JERSEY BOYS .....	26	MUSIC .....	22
BINGO .....	21	DAY TRIP - TWELFTH NIGHT .....	26	MUSIC FOR FUN .....	23
BOOK CLUB .....	18	DAY TRIP GUIDELINES: .....	26	NORTHSHORE OPEN READING .....	25
BRIDGE .....	21	DAY TRIPS - TRAVEL .....	25	NORTHSHORE RED HAT LADIES .....	24
CHALLENGING FAMILY SITUATIONS		DRUMMING CIRCLE .....	22	NORTHSHORE VARIETY SHOW AND BAND .....	23
DISCUSSION GROUP .....	24	FISHING CLUB .....	18	OLGA NORTHSHORE .....	24
CHESS .....	21	GAMES .....	21	PANCAKE BREAKFAST .....	20
CLUBS .....	17	GARDEN CLUB COMMUNITY INTEREST MEETING	18	PINOCHLE .....	22
CO-ED COFFEE HOUR .....	23	GUITAR CLUB .....	22	QUILT CLUB .....	19
COFFEE SOCIALS .....	23	HAND AND FOOT .....	21	RAINBOW PRIDE COFFEE HOUR .....	23
COMMUNITY EVENTS .....	19	HAPPY HOUR .....	24	ROCK PAINTING CLUB .....	19
CONVERSATION CAFÉ GROUPS .....	24	INDIAN AMERICAN COMMUNITY SERVICES .....	20	RUSSIAN LANGUAGE PROGRAMMING .....	20
CORNHOLE SOCIAL GROUP .....	19	INTERESTED IN TRIVIA? .....	22	SEWING: IN STITCHES .....	19
CRAFTING CLUB .....	18	JEWELRY CLUB .....	19	SHARING AND CARING .....	25
CREATIVE WRITING GROUP .....	24	KARAOKE WEDNESDAYS .....	19	SOCIAL .....	23
CRIBBAGE .....	21	KENMORE GUITAR CONNECTION .....	22	TABLETOP GAMEPLAY .....	22
CROCHET CLUB .....	18	KNIT WITS CLUB .....	19	TALK TUESDAYS .....	24
DAY TRIP - CHATEAU STE MICHELLE .....	25	MAHJONG .....	21	TRAVEL CLUB .....	26
DAY TRIP - CRAB FEED CRUISE & TULIP FIELDS .....	25	MAHJONG - LEARN HOW TO PLAY .....	21	VETERANS BREAKFAST .....	20
DAY TRIP - JAPANESE GARDEN .....	26	MASTER GARDENER WORKSHOPS .....	19	WOMEN'S COFFEE GROUP .....	23
DAY TRIP - METROPOLITAN OPERA .....	25	MEN'S COFFEE GROUP .....	23		
DAY TRIP - NORDIC MUSEUM .....	25	MEN'S CONVERSATION CAFE .....	24		

## 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

- » **April 9:** Time pieces of all mediums, Clocks, watches, sundials, calendars, birthday cards, astrology? Peter Cheng, local watch collector will be joining us.
- » **May 14:** Annual grab bag meeting. Let's share those items that are unique to you which didn't fit an earlier category. Also, gather things you skipped bringing earlier and thought of later. Load them up!
- » **June 11:** No Meeting; summer break





# CLUBS AND SOCIAL CONNECTIONS

## 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.*

April *The Still Hour* by Austin Phelps

May *The Patron Saint of Liars* by Ann Patchett

June *Before We Were Yours* by Lisa Wingate

July *The Rose Code* by Kate Quinn

**LOCATION: MILL CREEK**

Facilitator: Molly K Barry

Ongoing 4th Thu Noon-1 pm

### Book of the month at Mill Creek

April *The Elegance of the Hedgehog* by Muriel Barbery

May *Damnation Spring* by Ash Davidson

June *Gentleman Jack: The Real Anne Lister* by Anne Choma

## 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

**NEW**



## GARDEN CLUB COMMUNITY INTEREST MEETING

The Master Gardeners of King County have offered to partner with the Northshore Sr. Center at Kenmore to enhance biodiversity and pollinator habitat among the established plantings that surround their location in Rhododendron Park. Participants will learn about and selecting appropriate plant varieties, seed starting, installation of plants (digging), and maintenance (watering, mulching, weeding, fertilizing) the planted areas. This is an ongoing activity hosted by the Sr. Center with periodic coaching provided by the Master Gardeners throughout the growing season. It is an opportunity for community members of all ages to learn sustainable gardening techniques for use in their own home gardens as well as providing community service within the Kenmore Rhododendron Park. Join us for an initial open discussion to assess interest and ideas for this project.

**LOCATION: KENMORE, ANNEX IN RHODODENDRON PARK**

May 7 Wed 3 pm

Please call 425.489.0707 to sign up!

# CLUBS AND SOCIAL CONNECTIONS

**NEW**



## MASTER GARDENER WORKSHOPS

Join us for a series of fun and informative workshops held the first Wednesday of the month, hosted by the Master Gardeners association.

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

**LOCATION: KENMORE SENIOR CENTER**

Apr 2, 1-3 pm: How to re-pot/care for orchids

May 7, 1-3 pm: Planting/growing dahlias

Jun 4, 1-3 pm: Growing for pollinators

Please call 425.489.0707 to sign up.

## JEWELRY CLUB

Come and join us to prepare previously loved jewelry Do you enjoy the sparkle and beauty of jewelry? If you do and would take pleasure in seeing/researching vintage pieces too, come and join our group. We sort through our donated stash and prepare it for our jewelry sales throughout the year.

**FREE**

**LOCATION: BOTHELL, ROOM 103**

2nd Mon 12:30-3:30 pm

## KARAOKE WEDNESDAYS

Join us weekly for a fun, welcoming karaoke party. Whether you want a turn at the microphone, or just enjoy being a spectator as others tackle their favorite tunes, karaoke is a rowdy delight for everyone.

**FREE**

**LOCATION: MILL CREEK**

Ongoing Wed 1-3 pm

## 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

## ROCK PAINTING CLUB

Explore rock painting while spreading joy. Leave your work of art and encouragement in public places or give as gifts. Rocks and limited art supplies available. Bring any personal supplies to help you achieve the level of artistry you desire.

**FREE**

**LOCATION: MILL CREEK**

Ongoing 2nd Fri Noon-2 pm

## 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

## COMMUNITY EVENTS

### CORNHOLE SOCIAL GROUP

Join in the very popular lawn game indoors. Did you know the game can help you relax and aid in managing stress, improve cognitive stimulation & provide social connections.

**LOCATION: BOTHELL, MULTIPURPOSE ROOM**

Facilitator: Brad Norton

Ongoing Wed 1 pm

# CLUBS AND SOCIAL CONNECTIONS



## 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.iacs.org](http://www.iacs.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

## 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, SSL and art classes. All are welcome to participate.

**FREE**

**LOCATION: BOTHELL, ROOM 202**

Facilitated by JFS

Ongoing Mon 10 am-2:30 pm

## MOVIES ON MONDAY MORNING

Join us for a movie showing, selected by you! Members have the opportunity to vote all month long for which movie they'd like to see and watch together at the end of the month.

**FREE**

**LOCATION: MILL CREEK**

Ongoing 4th Mon 10 am-Noon

## 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

## 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 LEARN & PLAY

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 provided, or bring your own.

**PUNCHCARD REQUIRED** SEE PAGE 4

**LOCATION: KENMORE SENIOR CENTER**

Ongoing Tue Noon-3 pm

### BINGO

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

**\$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

**NEW**

### CHESS

Whether you're a seasoned player or just learning the game, come enjoy friendly matches, sharpen your strategy, and engage in lively discussions. All skill levels welcome!

**PUNCHCARD REQUIRED** SEE PAGE 4

**LOCATION: MILL CREEK**

Ongoing 3rd Fri 1-3 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

### MAHJONG - LEARN HOW TO PLAY

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!

**FREE**

**LOCATION: MILL CREEK, ANNEX**

Leader: Marlene Kurpiewski  
Ongoing 1st & 3rd Mon 1-2 pm

### MAHJONG

MahJong is a game for 3-4 players that uses tiles instead of playing cards. We offer both American and Chinese versions at various NSC locations. In short, while both games share similar origins, American Mahjong has a more formalized structure with specific hand combinations, while Chinese Mahjong focuses more on traditional, flexible play.

**PUNCHCARD REQUIRED** SEE PAGE 4

**LOCATION: BOTHELL**

Leader: Meg Myrick, 206-498-3072 | **Chinese Style Mahjong**  
Please call leader a day or so in advance to organize time to play.  
Ongoing Tue 10 am-Noon, Lounge  
Ongoing Wed 4-6 pm, Lounge  
Ongoing Fri 9:30-11:30 am, Room 202

**LOCATION: MILL CREEK, ANNEX**

Leader: Marlene Kurpiewski | **American Style Mahjong**  
Ongoing Tue Noon-2 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	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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## INTERESTED IN TRIVIA?

If your first reaction is "I don't know trivia", then you are who we are looking for. Stimulate your mind once a month with morning trivia. It's a fun way to start the day and you'll learn interesting information you can share with family and friends. There will even be prizes for the winners. Send Irene an email at irenesiu@comcast.net to let her know you will be in attendance. Drop-ins always welcome.

**FREE**

**LOCATION: BOTHELL, ROOM 202**

Ongoing	3rd Thu	10-11:30 am
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## MUSIC

### DRUMMING CIRCLE

A drum circle is a casual gathering of people who play drums and other percussion instruments together in a circle. Open to all ages and no musical experience is required. The focus is on rhythm and beats, and participants often connect with each other through the beat. Drums and percussion instruments will be provided for play.

**FREE**

**LOCATION: BOTHELL, ROOM 103**

Instructor: Barbara Brachtl

Ongoing	Thu	11:30 am-12:30 pm
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### 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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### KENMORE GUITAR CONNECTION

Grab your guitar and join our acoustic guitar jam. We play rock-n-roll, blues, and pop songs from the the 60's on.

**LOCATION: KENMORE (LIMIT 15)**

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



# 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

#### » 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 May 26*

#### » RAINBOW PRIDE COFFEE HOUR

**LOCATION: PETERKIRK COMMUNITY CENTER**

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

1st Wed/month 9-10 am

### 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

### 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)



# CLUBS AND SOCIAL CONNECTIONS

## CHALLENGING FAMILY SITUATIONS DISCUSSION GROUP

This free, peer-led discussion group will focus on challenging/strained relationships with adult children and/or grandchildren. 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.

**FREE**

**LOCATION: BOTHELL, ROOM 103**

Facilitator: Joyce Stone, 352-455-8875

Ongoing Thu 1-2:30 pm

No meetings the last Thursday of each month

## CONVERSATION CAFÉ GROUPS

**FREE**

**LOCATION: BOTHELL, ROOM 104**

Mon 1:30-2:30 pm *No meeting May 26*

For more details, contact Lydia Barnsley at 425-286-1029; lydiab@mynorthshore.org

## CREATIVE WRITING GROUP

Welcome all aspiring writers, whatever your story; everybody has one. This group is open to all types of writes, poetry, memoir, short story, even a novel. Group Members share weekly work in order to uplift, encourage and inspire one another. All levels of writers are welcome. Limit 12

**FREE**

**LOCATION: BOTHELL, ROOM 205**

Fri 10 am-Noon

For more information contact John Judy, johnjudy10@gmail.com

## HAPPY HOUR

We have Happy Hour in our Coffee Bar on Wednesday evenings from 4-7 pm. 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**

1st and 3rd Wed 11 am-Noon

For more details, contact John Rynd 425-308-4613



## NORTHSHORE RED HAT LADIES

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

**BOTHELL CHAPTER**

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

**MILL CREEK CHAPTER**

Cynthia Murray, 206-913-9300

3rd Thu 1 pm

## **NEW** TALK TUESDAYS

Bring your lunch and your curiosity! Join us for a monthly gathering where we watch a thought-provoking TED Talk and engage in a lively discussion. Explore new ideas, share perspectives, and connect with others in a welcoming space.

**FREE**

**LOCATION: MILL CREEK**

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

## 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

# CLUBS AND SOCIAL CONNECTIONS

## 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. Open to the public.

**FREE**

**LOCATION: BOTHELL, DINING ROOM**

Facilitator: Randy Greger

First Wed of month 3:30 pm



## 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**

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

janetz@mynorthshore.org

Wed 1-2 pm

## DAY TRIPS - TRAVEL

### CRAB FEED CRUISE & TULIP FIELDS

Boarding the boat in LaConner, we'll enjoy fresh crab and the beauty of Deception Pass during our 2 hour sail. We'll travel through the tulip fields with a stop for ice cream at the Snow Goose on our way home. Limit 10. Trip leaves from Kenmore Senior Center in Rhododendron Park.

**\$110 MEMBER/\$220 NONMEMBER**

Apr 22 Tue 10 am-5 pm

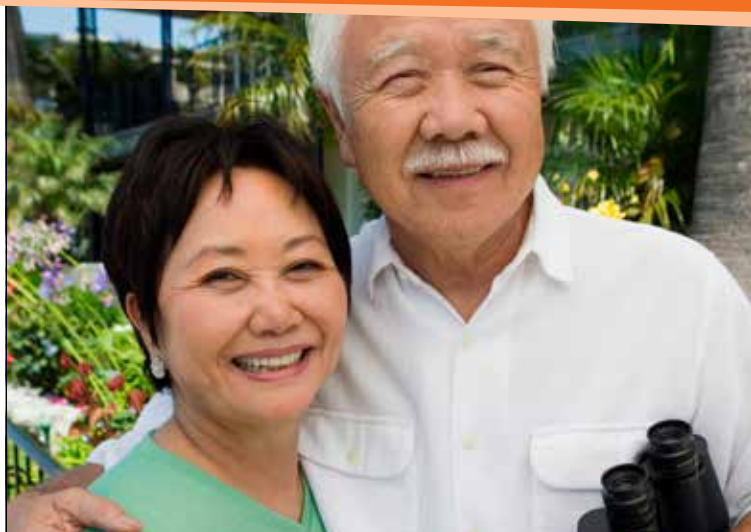
### CHATEAU STE MICHELLE

Enjoy lunch in the Chateau Ste Michelle Vintage Reserve Garden. Sample four of the winery's limited release wines, accompanied by your choice of entree prepared by the Chateau kitchen. After lunch, wander the grounds and visit their wine/gift shop. Price includes a choice from four entrees, wine tastings, and transportation.

**\$55 MEMBER / \$110 NON MEMBER**

Apr 23 Wed 11am -2:30pm

Leaves from Bothell



### QUIL CEDA CASINO TRIP

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

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

Apr 24 Thu 9:30am-3pm

May 22 Thu 9:30am-3pm

June 26 Thu 9:30am-3pm

Bus leaves the casino at 2:30 pm

Leaves from Bothell

### METROPOLITAN OPERA AT REGAL CINEMA NORTHGATE

Live streamed productions of world famous operas straight from the Met! Self-pay lunch at Red Robin afterwards. All trips leave from Kenmore Senior Center in Rhododendron Park. Limit 10.

**\$40 MEMBER/\$80 NONMEMBER PER OPERA.**

Apr 26 Sat 8:30 am-3 pm *FIGARO*

May 17 Sat 8:30 am-3 pm *SALOME*

Jun 7 Sat 8:30 am-3 pm *BARBER OF SEVILLE*

### NORDIC MUSEUM

Wonderful history and exhibits! Self-pay lunch at Freya Cafe on site at the museum. Leaves from Kenmore Senior Center in Rhododendron Park. Limit 10.

**\$40 MEMBER/\$80 NONMEMBER (INCLUDES ADMISSION)**

May 20 Tue 10 am-3 pm

# CLUBS AND SOCIAL CONNECTIONS

## THE JERSEY BOYS

The Village Theatre in Everett brings us the story of Frankie Vallie and the Four Seasons- just four guys from Jersey, until they sung their first notes. Hear their chart-topping hits including "Sherry", "Big Girls Don't Cry", "Can't Take My Eyes Off You", along with many more, Sign up and enjoy lunch (at own expense) in the NSC Dining Room before leaving for the performance. Leaving from Bothell

**\$76 MEMBER/\$152 NONMEMBER**

May 22 Thu 12:45-5 pm  
Leaves from Bothell

## JAPANESE GARDEN AT THE UW ARBORETUM

Wear good shoes, bring your camera and dress for the weather. Self-pay lunch in nearby Madison Park. Leaves from Kenmore Senior Center in Rhododendron Park. Limit 10.

**\$35 MEMBER/\$70 NONMEMBER (INCLUDES ADMISSION)**

Jun 7 Tue 9:30 am-2 pm

## TWELFTH NIGHT

Join us in a visit to the ACT, A Contemporary Theatreproduction of *Shakespeare's Twelfth Night*. This romantic comedy, dealing with mistaken identity and self discovery, is set in a hopeful WWII Italy where the diversity of love reminds us how relevant Shakespeare remains today. Sign up to enjoy lunch (at own expense) in the NSC Dining Room before leaving for the performance. Leaving from Bothell

**\$46 MEMBER/\$92 NONMEMBER**

Jun 18 Wed 12:45-5 pm  
Leaves from Bothell

## 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 10 am.

- 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.

**FREE**

**LOCATION: BOTHELL, ROOM 103**

Lead: Nancy O Malley and Debra Burgy

Last Thursday of each month 10 am-11 am



# HEALTH AND NUTRITION

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

A MATTER OF BALANCE PROGRAM .....28  
 AARP HOMEFIT .....28  
 ALZHEIMER'S AWARENESS PRESENTATION .....29  
 COMMUNITY DINING AT BOTHELL .....27  
 CURIOUS ABOUT CANNABIS? LEARN MORE AT THIS

FREE SESSION! .....29  
 FOOD PANTRIES .....27  
 FOOD PROGRAMS .....27  
 HEALTH AND WELLNESS EDUCATION .....28  
 MEALS-ON-WHEELS .....28

THE MORE YOU KNOW .....28  
 UNDERSTANDING THE VALUE AND BENEFITS OF SELF  
 COMPASSION .....29  
 WELCOME TO MEDICARE PRESENTATION .....29

## 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 NORTHSORE SENIOR CENTER

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

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

#### 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



## WHERE YOU'LL CONTINUE TO GROW. NOT AGE.

Whether you want to learn a new hobby or learn how to relax, there's no one way to retire. But there is one place to do it best. Welcome to Woodland Terrace, where it's all about living each day with purpose while contributing to your community in new and exciting ways and, most importantly, on your own terms.

**Call 425-333-2762 today for more information and to schedule your visit.**

### WOODLAND TERRACE

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

# HEALTH AND NUTRITION

## 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](http://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 a place to learn, share and explore resources in the community. Sessions will have information presented as well as space for others to share what they know and/or have experienced in accessing community supports.

**Apr 1: Hoarding – What it is, isn't and how to make progress:** *This session will introduce what hoarding is and how to discern it from other things like collecting or keepsakes. Will also include information on ways to tackle cluttered areas and tools that you can use.*

**May 6: Mental Health – Providers, community resources (Crisis Connections) and how to access them:** *Come and learn during Mental Health Awareness month more about the facts, myths, and strategies to handle everyday challenges.*

**June 3: Advocacy, County Level – Who, what to know and how to have your voice heard!** *A further look at politics and policies that affect all of our lives and how you can make a difference for both you and others in the community.*

**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](mailto:cassidys@mynorthshore.org)



## A MATTER OF BALANCE PROGRAM

Aging is often accompanied by a change in balance and/or loss of strength that can lead to an increased risk for falls. In this 8 session FREE workshop, you will learn about fall hazards, strategies to prevent falls, how to get up from a fall, and ways to become more physically active. We will do gentle exercises to improve strength and balance. This workshop is designed for those who have become less active due to experiencing a fall or a fear of falling, or those who use assistive devices to avoid falls. Maximum 10 participants for this program.

**FREE**

**LOCATION: NSC BOTHELL, ROOM 205**

Facilitators: Georgia Rigler, MSW, LICSW and Cassidy Stout, MSW

May 8-Jun 26 Thu 10 am-Noon

Pre-registration required. To register, please contact Georgia Rigler at 425-286-1047; [georgiar@mynorthshore.org](mailto:georgiar@mynorthshore.org)

## AARP HOMEFIT

The goal of the AARP HomeFit program is to empower and equip individuals with information to safely remain in their home as they age. The workshop leads participants through the process of thinking about each area of their current home and whether it will meet their needs as they age, from an accessibility and livability viewpoint. In an AARP survey, eight out of ten people ages 45 and older say they want to remain in their homes and communities for as long as possible. The workshop offers ideas and inspiration on making modifications, ranging from simple do-it-yourself fixes to more complex solutions, depending on the individual's needs and desires. Join us at a HomeFit workshop to learn how to live comfortably, independently, and injury-free at home.

**FREE**

**LOCATION: PETER KIRK COMMUNITY CENTER**

Presenter: AARP Representative

Apr 25 Fri 1-2:30 pm

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

# HEALTH AND NUTRITION



## ALZHEIMER'S AWARENESS PRESENTATION

The Alzheimer's Association presents an informational session to raise awareness of Alzheimer's and other dementias, share the Association's mission and to inform the community of Alzheimer's Association resources and services.

**FREE**

**LOCATION: PETER KIRK COMMUNITY CENTER**

Presenter: Alzheimer's Association Representative

Apr 14      Mon      1-2 pm

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

## CURIOUS ABOUT CANNABIS? LEARN MORE AT THIS FREE SESSION!

Join a certified medical marijuana consultant from Dockside Cannabis for this fun and educational discussion about cannabis. Learn about the medicinal and recreational benefits of cannabis, cannabinoid basics, various methods of use, best practices and much, much more. There will also be time dedicated to answering cannabis questions and concerns as well. Informational handouts will be provided.

**FREE**

**LOCATION: PETER KIRK COMMUNITY CENTER**

Presenter: Lisa Buchanan, RN, OCN emeritus, MMS, Dockside Cannabis

May 12      Mon      1-2:30 pm

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

## 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: KENMORE SENIOR CENTER**

Presenter: Janet Zielasko MS, LSW

May 15      Thu      1-2:30 pm

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

## 'WELCOME TO MEDICARE' PRESENTATION

During this session, you learn about:

- The differences between Medicare A, B, C, and D
- The Enrollment process
- Understanding your Medicare benefits and options
- The difference between Medigaps (supplemental plans) and Medicare Advantage plans
- How to get help paying for Medicare
- Medicare fraud issues

Note: SHIBA provides free, unbiased and confidential assistance with Medicare health care choices.

**FREE**

Presenters: Larry Cole and Connie Taylor, Solid Ground SHIBA (Statewide Health Insurance Benefits Advisors) volunteers.

**LOCATION: KENMORE, ANNEX**

May 22      Thu      1-2:30 pm

Pre-registration required. To register, contact Janet Zielasko, MS, LSW; 425-286-1035; janetz@mynorthshore.org

**LOCATION: PETERKIRK COMMUNITY CENTER**

Jun 16      Mon      1-2:30 pm

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



# LIFELONG LEARNING

INFORMATIONAL PROGRAMMING FOCUSED ON PERSONAL DEVELOPMENT AND LEARNING NEW SKILLS.

AI (ARTIFICIAL INTELLIGENCE) 101 .....	33	DRAW/SKETCH - BEGINNING .....	31	OPEN ART STUDIO .....	31
ART CLASSES .....	30	DRIFTWOOD SCULPTURE .....	31	POWERFUL TOOLS FOR CAREGIVERS .....	34
ASTRONOMY .....	33	ESTATE PLANNING SEMINAR .....	34	SIGNIFICANT LIFE CHANGES .....	34
BOOKS & BEYOND .....	32	GENEALOGY CLASS .....	34	SIP AND PAINT .....	31
BUILDING RESILIENCE .....	33	GERMAN CONVERSATIONAL PLUS .....	32	SPANISH CONVERSATION .....	32
CERAMICS - BEGINNING .....	30	IMPACTFUL EMPATHY .....	34	SPECIAL INTEREST .....	33
CERAMICS OPEN STUDIO .....	30	JUNK JOURNAL WORKSHOP .....	31	TECHNOLOGY .....	33
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COLORED PENCIL/DRAWING		LITERATURE .....	32	WEDNESDAY EVENING COMPUTER HELP .....	33
- INTERMEDIATE/ADVANCED .....	30	MEMOIR WRITING CLASS .....	32		
COMPUTER AND PHONE HELP .....	33	MORE THAN JUST WILLS...UNDERSTANDING			
DOWNSIZING AND DECLUTTERING .....	33	ESTATE PLANNING .....	34		

## ART CLASSES

### CERAMICS - BEGINNING

If you always wanted to try to create objects with clay, join us for fun and camaraderie. Various techniques and project ideas will be demonstrated. Supplies and firing are included in the fee. Bring your own tools or use ours.

**\$35 MEMBER/\$70 NONMEMBER PER MONTH**

**LOCATION: BOTHELL, ROOM 103**

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

### 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. Studio will be staffed with experienced instructor available for encouragement, advice and tips. Bring your own tools or use ours. Advanced techniques and project ideas will be provided upon request. Review of basic skills, please register for Beginning Ceramics class

**\$35 MEMBER/\$70 NONMEMBER PER MONTH**

**LOCATION: BOTHELL, ROOM 103**

Instructor: Katherine Davidow-Lucas  
Class begins Oct 7 Mon 9:30-11:30 am



### COLORED PENCIL - BEGINNING

This is the class so many have been waiting for. Rhonda has been teaching beginning and intermediate colored pencil both in person and on-line for at least four years. She has an easy-going step-by-step style that is perfect for beginners and those wanting more instruction and practice in applying colored pencil.

**LOCATION: BOTHELL, ROOM 104**

**\$35 MEMBER/\$70 NONMEMBER**

Instructor: Rhonda Gardner  
Ongoing Tue 10 am-12:30 pm  
*Open Studio - no instruction in June*

### COLORED PENCIL/DRAWING - INTERMEDIATE/ADVANCED

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.

**\$35 MEMBER/\$70 NONMEMBER PER MONTH**

**LOCATION: BOTHELL, ROOM 104**

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

# LIFELONG LEARNING

## DRAW/SKETCH - BEGINNING

The class will cover basic three-dimensional shapes, forms, shading, value/tones, 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.

*No instruction in April/open studio only*

## 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 JUNK JOURNAL WORKSHOP

We'll use junk mail, wrapping papers, envelopes, sparkles, etc. to create a fantastic, beautiful and practical piece of art suitable for gifting or for personal use. Former students can bring their junk journal from the previous class. All supplies provided. Limit 15.

**\$35 MEMBER/\$70 NONMEMBER**

**LOCATION: KENMORE SENIOR CENTER**

Instructor: Susie Krost

April 7, 14, 21, 28 Mon Noon-3 pm

## 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

## SIP AND PAINT

Come and paint a charming scene with us. In this workshop we will use acrylic paints and learn to paint a lovely envelope bursting with flowers while enjoying a glass of wine or a beverage of your choosing. Materials and directions will be provided.

**\$50 MEMBER/\$100 NONMEMBER**

**LOCATION: BOTHELL, ROOM 103**

Instructor: Kimberly Smith

Feb 5 Wed 5:30-7:30 pm

# LIFELONG LEARNING



## 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

Ongoing Fri 10 am-1 pm

**Friday May 2, no class due to Art Show**

Instructor: Kimberly Smith

Ongoing Wed 9:15 am-12:15 pm

**LOCATION: KENMORE - NEW DAY**

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

Learn the fundamentals about paper, brushes, types of paint and technique, in an atmosphere of fun and support. We'll also explore creating a watercolor journal to encourage the artistic process. All skill levels welcome, great for beginners! Limit 8.

Ongoing Thu Noon-3 pm

**LOCATION: MILL CREEK**

Instructor: Candace Carson

Ongoing Wed 10 am-Noon

## 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

### BOOKS & BEYOND

Sno-Isle will be visiting the center to offer engaging presentations on a variety of topics.

**FREE**

**LOCATION: MILL CREEK**

Ongoing 2nd Tue 11 am-Noon

### MEMOIR WRITING CLASS

We all have life stories to tell that are interesting and can become a written legacy. This class gives encouragement, affirmation, structure, writing strategies and a chance to share one's stories. The purpose of this class is to get in touch with personal memories and enjoy the experience of writing about them. Please bring paper and writing materials to the first class.

**\$20 FOR MEMBERS/\$40 NONMEMBERS**

**LOCATION: MILL CREEK**

Instructor Barbara Masterson

Apr 2-23 Wed 10 am-Noon

# LIFELONG LEARNING

## 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

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. Learn new skills, 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

## SPECIAL INTEREST

### AI (ARTIFICIAL INTELLIGENCE) 101

Explore the fascinating intersection of Artificial Intelligence and fraud prevention in this interactive session. Gain a high-level understanding of AI, its current positive applications, and how it seamlessly integrates into the ongoing battle against fraud. Learn what's next and how to discern the authenticity of information in this rapidly evolving landscape. Join AARP for this insightful journey into the realms of AI and fraud, exploring both its current impact and the intriguing possibilities that lie ahead.

**FREE**

**LOCATION: BOTHELL, ROOM 203**

May 1      Thu      10:30 am-Noon

Presenter: AARP Representative

Pre-registration required. To register, call Cassidy Stout 425-286-1072; [cassidys@mynorthshore.org](mailto:cassidys@mynorthshore.org)

### ASTRONOMY

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

**FREE TO MEMBER/\$10 NONMEMBER PER MONTH**

**LOCATION: BOTHELL, ROOM 205**

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

### DOWNSIZING AND DECLUTTERING

You spend a lifetime accumulating treasures, trinkets, and memories. All that "stuff" can make downsizing feel like a monumental endeavor. Join AARP Washington as we share tips to tackle even the most daunting task of decluttering and preparing for your next stage in life.

**FREE**

**LOCATION: BOTHELL, ROOM 203**

Presenter: AARP Representative

Apr 10      Thu      10:30 am-Noon

Pre-registration required. To register, call Cassidy Stout 425-286-1072; [cassidys@mynorthshore.org](mailto:cassidys@mynorthshore.org)

### BUILDING RESILIENCE

There are many myths about resilience. Perhaps the biggest myth is that you either have it or you don't. But resilience can be learned! We will discuss other myths, and how to strengthen your resilience in this free talk. Included are mindfulness exercises, challenging anxious thought patterns, and self-care tools.

**FREE**

Presenter: Jason McBride, Outreach Liaison, Community Healthcare Access Team (CHAT) at EvergreenHealth

**LOCATION: BOTHELL, ROOM 203**

May 13      Tue      1-2:30 pm

Pre-registration required. To register, please contact Georgia Rigler at 425-286-1047; [georgiar@mynorthshore.org](mailto:georgiar@mynorthshore.org)

**LOCATION: PETERKIRK COMMUNITY CENTER**

Jun 2      Mon      1-2:30 pm

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



# LIFELONG LEARNING



## 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: BOTHELL, RM 202**

Apr 23                      Wed                      1-2:30 pm

**LOCATION: KENMORE**

May 12                      Mon                      1- 2:30 pm

**LOCATION: MILL CREEK**

Jun 16                      Mon                      1-2:30 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

## IMPACTFUL EMPATHY

Most of us would agree that it is important to have empathy. But do you feel confident in how to practice true empathy that creates real change? Join us for a compelling talk, through the lens of Nelson Mandela's life, on impactful empathy and learn how to use understanding and compassion to heal while strengthening our communities.

**FREE**

**LOCATION: MILL CREEK**

Presenter: Izak van Rensburg

3rd Fri/month                      10:30 am-Noon

**LOCATION: BOTHELL, ROOM 202**

Presenter: Izak van Rensburg

2nd Tues/month                      1-2:30 pm

## MORE THAN JUST WILLS... UNDERSTANDING ESTATE PLANNING

Amber Hunt of Woodinville Law will discuss each component of an estate plan including Wills, Trusts, and Power of Attorney documents as well as explain the probate process and what heirs can expect during an estate administration. Join her to learn more about protecting those who matter most.

**FREE**

**LOCATION: PETER KIRK COMMUNITY CENTER**

Presenter: Amber Hunt, Woodinville Law

Apr 9                      Wed                      1-2:30 pm

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

## POWERFUL TOOLS FOR CAREGIVERS

A six-week educational series designed to provide you, the caregiver, with tools needed to take care of yourself while caring for a loved one. Classes consist of interactive sessions, discussions and brainstorming to help you take the "tools" you choose and put them into action in your life. Classes are taught by trained and certified class leaders.

**FREE**

**LOCATION: PETER KIRK COMMUNITY CENTER**

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

May 16-Jun 20                      Fri                      1-3 pm

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



## 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: MILL CREEK SENIOR CENTER**

Presenter: Georgia Rigler, MSW, LICSW

May 28                      Wed                      10-11:30 am

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

# SUPPORTING SELF-CARE AND CAREGIVERS

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

ADULT DAY CENTER .....	35	DIABETES/PRE-DIABETES GROUP .....	41	MEDICAL EQUIPMENT CHECK-OUT .....	40
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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.

**\$80/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

## 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](mailto:cassidys@mynorthshore.org)

#### LOCATION: BOTHELL, SOCIAL SERVICES SUITE, 2ND FLOOR

Tue/Thu	9 am-4 pm
Fri	8:45 am-1:45 pm

#### LOCATION: PETERKIRK COMMUNITY CENTER

Wed	8 am-4 pm
-----	-----------

## 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](mailto:lydiab@mynorthshore.org)

Georgia Rigler, MSW, LICSW, 425-286-1047; [georgiar@mynorthshore.org](mailto: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 coach 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 9 am-3 pm

### 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

M/T/F 1-4 pm



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

#### We specialize in finding:

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- Assisted Living Communities
- In-home Care
- Adult Family Homes
- Alzheimer's & Dementia Care Facilities
- Care for Disabled Adults
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# 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**

M/T/F 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. Meet with Certified Foot Care Specialist, Jennifer Sereda, RN.

**\$45**

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

Tuesdays 8 am-4 pm

By appointment: 425-488-4821.

**LOCATION: MILL CREEK**

Ongoing 2nd & 4th Mon 9:30-1pm

By appointment: 425-948-7170

## 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 Thu/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. We cannot accept certain items, so please contact Health & Wellness Center.

**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 9 am-Noon Monday through Friday at 425-286-1043.

**LOCATION: KENMORE**

Advisor: Ron Lome

Jan 23 Tue 9 am-Noon

Feb 18 Tue 9 am-Noon

Mar 18 Tue 9 am-Noon

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

**LOCATION: MILL CREEK**

Advisor: Bruce Pyles

1st & 3rd Thu 9 am-Noon

Walk-ins welcome. No appointment necessary.

## 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

# SUPPORTING SELF-CARE AND CAREGIVERS



## CHALLENGING FAMILY SITUATIONS DISCUSSION GROUP

This free, peer-led discussion group will focus on challenging/strained relationships with adult children and/or grandchildren. 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.

**FREE**

**LOCATION: NSC BOTHELL, ROOM 103**

Ongoing Thu 1-2:30 pm  
(No meetings the last Thursday of each month)  
For more information, contact Joyce Stone 352-455-8875.

## 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

**RHODODENDRON PARK PICNIC SHELTER RENTALS ARE NOW MANAGED THROUGH THE CITY OF KENMORE. CALL 425.398.8900 #6166 OR EMAIL RESERVATIONS@KENMOREWA.GOV**



# SUPPORTING SELF-CARE AND CAREGIVERS

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

## 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](mailto:inclusion@mynorthshore.org)

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



### APRIL 7-JUNE 18 SCHEDULE:

**NOTE: Not all classes are starting the same week.**

#### » MONDAY

- » **Day Camps:** 10 am-2:15 pm (In-Person)
- » **Karaoke:** 1:15– 2 pm (In-Person)
- » **Bowling:** 3-4 pm (at Kenmore Lanes )

#### » WEDNESDAY

- » **Sign Language:** 1:30-2:15 pm (In-Person)
- » **Book Club:** 2:30-3:15 pm (In-Person)
- » **Martial Arts:** 3:15-4:15 pm
- » **Broadway Seattle Theater Group:** 4:30-5:30 pm
- » **Basketball:** 4:30-6 pm

#### » THURSDAY

- » **Tennis:** 12:15-1:15 pm (at Eastside Tennis Center)
- » **Games:** 1:30-2:15 pm (In-Person)
- » **Circuit Training:** 2:15-3 pm (In-Person)
- » **Dance:** 3:15-4 pm (In-Person)
- » **Glee Club:** 4:15-5 pm (In-Person)

# SUPPORTING SELF-CARE AND CAREGIVERS

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

## BASKETBALL

Skill Practice with Coach Pat and Coach Jeff at Home Court in Woodinville.

**\$60** **PER SESSION**  
4/22, 4/29, 5/13, 5/20 Tue 3:30-4:30 pm

## BOOK CLUB

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

**\$135** **PER SESSION**  
Apr 9-Jun 18 Wed 2:30-3:15 pm

## BOWLING

Recreational bowling at Kenmore Lanes. Fee all inclusive

**\$135** **PER SESSION**  
Apr 7-Jun 16 Mon  
No class May 26

## BROADWAY SEATTLE THEATER GROUP

Short skits, improv and learning to express yourself artistically.

**\$130**  
Instructor: Seattle Theater Group  
Apr 9-May 28 Wed 4:30-5:30 pm

## CIRCUIT TRAINING

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

**\$120** **PER SESSION**  
Apr 10-Jun 18 Thu 2:15-3 pm

## DANCE

An energetic dance moves combining low-intensity and high intensity moves for an interval-style, calorie burning dance and fitness party.

**\$120** **PER SESSION**  
Apr 10-Jun 12 Thu 3:15-4 pm

## DAY CAMP

Register for each day separately.

**\$75** **PER DAY**  
April 7, 14, 21, 28 Mon 10 am- 2:15 pm  
May 5, 12, 19 Mon 10 am- 2:15 pm  
Jun 2, 9, 16 Mon 10 am- 2:15 pm

## GAMES

Join us each week to play some of your favorite games.

**\$120** **PER SESSION**  
Apr 10-Jun 12 Thu 1:30-2:15 pm

## GLEE CLUB

Get ready to sing! All levels are welcome from beginner to advanced. Group songs, trios, duos and solos. A performance will be held during the last class.

**\$120** **PER SESSION**  
Apr 10-Jun 12 Thu 4:15-5 pm

## KARAOKE

Sing your favorite song or join in a duet.

**\$120** **PER SESSION**  
Apr 7-Jun 16 Mon 1:15-2 pm  
No class May 26

## MARTIAL ARTS

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

**\$135**  
Apr 9-Jun 18 Wed 3:15-4:15 pm

## SIGN LANGUAGE

Students will be taught how to learn a visual language. Basic greetings, etiquette and beginning finger spelling/number skills. No ASL or ESL skills needed.

**\$135** **PER SESSION**  
Apr 9-Jun 18 Wed 1:30-2:15 pm

## TENNIS

Partnering with Tops Outreach Center at Eastside Tennis in Kirkland. All levels welcome. Transportation available back to HWC if registered in next class.

**\$100** **PER SESSION**  
Apr 10 Thu 12:15-1:15 pm

ALL CLASSES ARE HELD AT THE NORTSHORE 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](http://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](http://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](http://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](mailto: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](http://www.northshoreseniorcenter.org) or email us at [nscdispatch@mynorthshore.org](mailto: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:**

**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](http://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](http://www.alzwa.org)

### AMERICAN DIABETES ASSOCIATION

» 1-800-842-2383 or  
[www.diabetes.org](http://www.diabetes.org)

### ARTHRITIS FOUNDATION

» 206-547-2707 or  
1-800-542-0295  
or [www.arthritis.org](http://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](http://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](http://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](http://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](http://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](http://www.pdf.org)

### OPIOID EDUCATION & ADDICTION RESOURCES

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

### SENIOR HEALTH SPECIALTY CLINIC

» 425-899-6800

### SENIOR RIGHTS ASSISTANCE

» 206-448-5720 or  
[sra@seniorservices.org](mailto:sra@seniorservices.org)

### SENIOR SERVICES INFORMATION AND ASSISTANCE - SNOHOMISH COUNTY

» 425-513-1900 or 800-422-  
2024 or [www.sssc.org](http://www.sssc.org)

### SOCIAL SECURITY

» 1-800-772-1213, 7 am - 7 pm  
weekdays or [www.ssa.gov](http://www.ssa.gov)

### SOUND GENERATIONS PATHWAYS INFORMATION AND ASSISTANCE

» 206-448-3110 or 888-435-3377  
or [www.seniorservices.org](http://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.**

## 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 fourteen (14) working days of the trip if a replacement cannot be found for your seat. Trips with pre-purchased tickets are non-refundable.

## REFUND POLICY

You may cancel your registration in a class, workshop or event prior to the program's start date and request a refund. Northshore Senior Center, 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**
- » **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](http://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:
<b>Primary User - Signature:</b>		<b>Secondary User - Signature:</b>	
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? (<i>Check all that apply</i>)  <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? (<i>Check all that apply</i>)  <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  
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Membership Amount \$ \_\_\_\_\_  
 Scholarship Amount \$ \_\_\_\_\_  
 Additional Donation Amount \$ \_\_\_\_\_  
**Total Amount Received** \$ \_\_\_\_\_

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*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.*

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