

# Updated Programs and Services available at the Senior Center



## Hot To-Go Luches

### To-Go Community Dining

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



## Food Pantry

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

Donations also needed and welcomed.



## Social Services

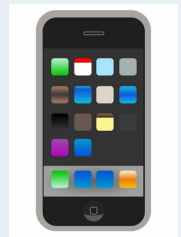
Are you feeling any anxiety or loneliness. Please give us a call and talk to one of our trained social services support staff for help. We are here to support you through this time in your lives.



## Virtual Programming

### Online Programs & Videos

We are introducing a new way to stay connected and be active. Be on the lookout for more information on our live online Zoom classes. For example, exercise, yoga, dance, etc. ([bit.ly/NSCVirtualRegistration](https://bit.ly/NSCVirtualRegistration)), as well as our online YouTube activity channel ([bit.ly/NSCVirtual](https://bit.ly/NSCVirtual)) with prerecorded classes and activities.



## Website & Facebook

Looking for up-to-date information of what the Northshore Senior Center is providing? Check out our website at [www.northshoreseniorcenter.org](http://www.northshoreseniorcenter.org) or our Facebook page at [www.facebook.com/mynorthshoreseniorcenter](https://www.facebook.com/mynorthshoreseniorcenter).



## Contact Information

We are here to help during this crisis. If you need us for anything, please do not hesitate to reach out. (425) 487-2441 or at [info@mynorthshore.org](mailto:info@mynorthshore.org)



## Help Us Help You!

If you are able, please make a donation to our Crisis Response Fund ([www.tinyurl.com/northshorecrisis](http://www.tinyurl.com/northshorecrisis)). These funds will allow us to continue to keep our doors open and provide these essential services to those who are in desperate need. As the weeks go on, we too will have to adapt to what the new reality will be.

