

NSC Bothell April 2025 Calendar



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 1 pm H & W Education Hoarding w/ Cassidy	2 5 pm Ongoing Evening Computer Help 1 pm Master Gardner Workshop Kenmore 1pm, Sharing & Caring	3 Hiking General Meeting 2-4 pm – Dining RM	4	5 9- 11 Pancake Breakfast 9-11 Intro to Pickleball MP 12:30 -2:30 BINGO rm 202- 203
6 1 st / 3 rd Tuesday of month 10:30 -12 Indian American Comm program 202/203 12-12:30 Indian Lunch 1-2:30 IACP Program	7 ONGOING EVERY MONDAY 10-2:30 Jewish Family Services- Russian Language programming (Every Monday)	8 1 pm Fall Prevention Rm 203 8-4 FootCare @ Tooties by Appoint 1 pm Book Club	9 Antiques Club 10am 1pm, Sharing & Caring Janet Rm 205	10 Fishing Club Rm 202 9 – noon SHIBA Mill Creek 10:30 Downsizing & Decluttering AARP FREE RM 203	11	12
13	14 9 – 10:30 Veterans Breakfast 1 pm ALZ Awareness Kirkland	15 1-2 H & Wellness Education 205	16 10 From Heartache to Open Heart -Georgia Rm 205 11:15 PreAssess OTAGO 1 pm Wine Club Kenmore 1-2 Caregivers Support Group (H & W)	17 New Member Orientation 10 am 11 ZUMBA Gold Begins	18 9-11 SHIBA Appointments Noon ZUMBA GOLD BEGINS 10 am Crab Feed Cruise leaves Bothell	19
20 1 st / 3 rd Tuesday of month 10:30 -12 Indian American Comm program 202/203 12-12:30 Indian Lunch 1-2:30 IACP Program	21 2 pm Recycling Program RM 202	22 10 am Crab Feed Cruise leaves rom Kenmore	23 1 pm Wine Club 11 am Chateau Ste Michelle Leaves from Bothell 1 pm	24 9 – noon SHIBA Mill Creek 9:30 am Quil Ceda Casino Trip , leaves from Bothell 10 am Travel Club	25 1 pm AARP HomeFit - Kirkland	26 10 am Earth Day Fair Kenmore 8:30 am Metropolitan Opera Leave from Kenmore
27	28 10 am Listening More Carefully Rm 202 1-2:30 Impactful Empathy Rm 202	29 1 pm Red Wine & Chocolate Kenmore	30 11:30-1 OLGA (rm 202) 9 -3 Craft Club Spring Sale 4 pm Happy Hour- Vibrant Vines Fine Art Show Events 5pm Illuminate SPRING RM 203	1 10:45 Intergenerational Event Canyon Park Rm 205 12 noon Book Club Mill Creek FINE ARTS SHOW SET UP***	2 10:30-8 pm Fine Art Show 5-8 pm Fine Arts Show Evening Reception Silent Auction Begins	3 8:45-3:30 Fine Arts Show

1021 East Riverside Drive, Bothell, Washington 98011
Telephone: 425-487-2441
6910 NE 170th ST, Kenmore, Washington 98027 (In Rhododendron Park)
Telephone: 425-489-0707
4111 133rd St SE, Mill Creek, Washington 98012
Telephone: 425-948-7170

RECURRING WEEKLY

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<div>8:30-9:30 Enhance Fitness (MP)</div> <div>9:30-11:30 Ceramics Open Studio (Rm 103)</div> <div>9:30-12 German Conversational Plus</div> <div>10-11 Senior AerObics (MP)</div> <div>10-1 Watercolor (Rm 104)</div> <div>11:30-12:30 Otago (MP)</div> <div>1-2:30 Russian Language (Rm 202)</div> <div>12-12:30 Community Dining</div> <div>12-3:30 Pinochle (Rm 203-)</div> <div>1-2:30 Astronomy Club (Rm 205)</div> <div>1-4 Pickleball - Open Play(MP)</div> <div>1:30-2:30 Conversation Café</div> <div>1-4 Employment Matching</div> <div>Wellness Nurse Appointments</div>	<div>8:30-9:30 Circuit Training & Balance (H&W) 9-10 Walking Group (Sammamish Trail)</div> <div>9-12 Food Pantry Pick-Up (9:00 on-line / 10:00 drop-in)</div> <div>9:30-10:30 Strength & Balance (MP)</div> <div>9:30-11 Knit Wits (Rm 103)</div> <div>9:45-10:45 Circuit Training & Balance (H& W) (beginner students only)</div> <div>10-10:45 Spin Class (H&W)</div> <div>10-11 Feldenkrais Method (H&W)</div> <div>10-12 Variety Show & Band (Rm 205)</div> <div>10-12 Mahj011g (Lounge)</div> <div>10-12:30 Colored Pencil - Beginning (Rm 104)</div> <div>10-2 W.I.S.D.O.M. (H&W)</div> <div>10:30-11 :20 Tai Chi - Beginner (Studio)</div> <div>11-12 Circuit Training & Balance (H&W)</div> <div>11-2 Soup in Coffee Bar</div> <div>11: 15-12 Line Dancing (MP)</div> <div>11:30-12:30 Tai Chi - Intermediate (Studio)</div> <div>12-12:30 Community Dining</div> <div>1-2 Qigong for An (Studio) (& 2".2:30 optional)</div> <div>1-3 Spanish Conversation (Rm 103)</div> <div>2□3:30 Pickleball I- Beginner (MP)</div> <div>3:30-5 Pickleball/,I 1-Beginner (MP)</div> <div>1-4 Employment Matching</div> <div>Community Resource Specialist Consultation Appointments</div>	<div>8:30-9:30 Enhance Fitness (MP)</div> <div>9:15-12:15 Watercolor(Rm 104)</div> <div>9:30-W: 15 Mat Pilates (Studio)</div> <div>9:30-11:30 Tours & Questions with the Advisory Council</div> <div>9:30-11 :3'0 Ceramics - Beginning (Rm 103)</div> <div>10 -11 Senior Aerobics (MP)</div> <div>10:45 – 11:30 Mat Pilates (Studio)</div> <div>11:30 – 12:30 Otago</div> <div>12-00-12:30 Community Dining</div> <div>12 :00 Pie in the, Coffee, Bar</div> <div>12:30-.3 Quilt Club (Rm103)</div> <div>12:30-J:30 Open Art Studio (Rm 104)</div> <div>1-2 Sharing & Caring (Rm 205)</div> <div>1-3 ·Cornhole Social Group(MP Stage)</div> <div>1-3 Table Tennis (MP)</div> <div>2:30-4 Guitar Club (Rm 205)</div> <div>3 :30-4:30 Ballroom Dance Lessons (MP)</div> <div>4-6 Mahjong (Lounge)</div> <div>4-6 BINGO (Rm 202/203)</div> <div>4-7 Happy Hour in the Coffee Bar</div> <div>4:30-5:30 Age Reversing Eccentrics ('Studio)</div> <div>5-7 Computer Help (Rm 103)</div> <div>Free</div> <div>5:30-8:30 Pickleball- Open Play (MP)</div> <div>6-8:30 Driftwood Sculpture (Rm 104)</div>	<div>8:30-9:30 Circuit Training & Balance (H&W)</div> <div>8:30-9:45 Yoga -Breath & Balance (Studio)</div> <div>8:30-10:30 Driftwood Sculpture (Rm 104)</div> <div>9:30-10:30 Strength & Balance (MP)</div> <div>9:45-10:45 Circuit Training & Balance (H&W) (beginner students only)</div> <div>10-2 W.J.S.D.O.M. (H&W)</div> <div>10:30-11 :30 Tai Chi Simplified Beginner Class (Studio)</div> <div>11-12 Circuit Training & Balance (H&W)</div> <div>11-2 Colored Pencil/Drawing (Rm 104)</div> <div>11-2 Soup in Coffee Bar</div> <div>11:30-12:30 Tai Chi Practice (Studio)</div> <div>11 :30-12:30 Drumming Circle (Rm 103)</div> <div>11 :30-1 :30 Pickleball. 2 Round Robin Play (MJ»)</div> <div>12-12:30 Community Dining</div> <div>12:30-3 Hand & Foot (lounge)</div> <div>1-2 Coffee Social(Rm 205)</div> <div>1-2:30 Peer Discussion Group for Challenging Family Situations (Rm 103) (not on last Thursday of month)</div> <div>2-4 Beginner Pickleball Open Play (MP)</div>	<div>8:45-9:45 Enhance Fitness (MP)</div> <div>9:30-10: 15 Mat Pilates {Studio)</div> <div>10-11 Cardio Drumming (MP)</div> <div>1 0-12 Mahjong (lounge-)</div> <div>10-1 Watercolor (Rm 104)</div> <div>10-12 Writing Group (Rm 205') (No Class Jan 10)</div> <div>10:30-4 Cribb31e (Rm 203:)</div> <div>12-12:30 Community Dining</div> <div>12-3:30:Pinochle(Rm 203)</div> <div>1-2 Genealogy (Rm 265:)</div> <div>1-4 Pickleball - Open Play (MP'</div> <div>1-4 Employment Matching – 2nd Floor</div> <div>Community Resource Specialist Consultation Appointments</div>	<div>First Sat of the month</div> <div>Food Pantry 9-12</div> <div>Pickleball</div> <div>Bongo</div> <div>Pancake Breakfast</div>

NSC Mill Creek- April 2025 Calendar



Monday	Tuesday	Wednesday	Thursday	Friday
	1 10-10:45a Seated Yoga \$ 12-2p American Mahjong \$ 1-3p Crochet 1-3p BINGO \$ *3-4p Computer Help \$	2 *Enhance Fitness 10-11a \$ Watercolor 10a-12p \$ Memorial Writing Class 10a-12p \$ Cardio Drumming 11:30a-12:15p \$ Pinochle (dbl deck) 12:30-3p \$ Karaoke 1-3p	3 SHIBA Medicare Advisor 9a-12p Seated Yoga 10-10:45a \$ Walking w/ eBird 10-11a Women's Coffee 11a-1p Tai Chi* 1:30-2:30p \$	4
7 Enhance Fitness 10-11a \$ Pinochle (single deck) 12:30-3p \$ Music for Fun 1-3p	8 Seated Yoga 10-10:45a \$ Books & Beyond 11a-12p American Mahjong 12-2p \$ Crochet 1-3p BINGO 1-3p \$ Computer Help 3-4p \$	9 Enhance Fitness 10-11a \$ Watercolor 10a-12p \$ Memorial Writing Class 10a-12p \$ Cardio Drumming 11:30a-12:15p \$ Pinochle (dbl deck) 12:30-3p \$ Karaoke 1-3p	10 Homage Resource Advisor 10a-1p Seated Yoga 10-10:45a \$ Walking w/ eBird 10-11a Women's Coffee 11a-1p Tai Chi* 1:30-2:30p \$	11 Men's Coffee 10a-12p Rock Painting 12-2p
14 Enhance Fitness 10-11a \$ Meatless Monday 12-1p Pinochle (single deck) 12:30-3p \$ Music for Fun 1-3p	15 Seated Yoga 10-10:45a \$ *TED Talk Tues. 11:30a-12:30p American Mahjong 12-2p \$ Crochet 1-3p BINGO 1-3p \$ Computer Help 3-4p \$	16 Enhance Fitness 10-11a \$ Watercolor 10a-12p \$ Memorial Writing Class 10a-12p \$ Cardio Drumming 11:30a-12:15p \$ Pinochle (dbl deck) 12:30-3p \$ Karaoke 1-3p	17 SHIBA Medicare Advisor 9a-12p Seated Yoga 10-10:45a \$ Walking w/ eBird 10-11a *Zumba GOLD 11-11:45a \$ Women's Coffee 11a-1p Tai Chi* 1:30-2:30p \$	18 Impactful Empathy 10:30a-12p *Chess Club 1-3p \$
21 Enhance Fitness 10-11a \$ Pinochle (single deck) 12:30-3p \$ Music for Fun 1-3p	22 Seated Yoga 10-10:45a \$ American Mahjong 12-2p \$ Crochet 1-3p BINGO 1-3p \$ Computer Help 3-4p \$	23 NSC Social Services 9a-3p Enhance Fitness 10-11a \$ Watercolor 10a-12p \$ Memorial Writing Class 10a-12p \$ Cardio Drumming 11:30a-12:15p \$ Pinochle (dbl deck) 12:30-3p \$ Karaoke 1-3p	24 Seated Yoga 10-10:45a \$ Walking w/ eBird 10-11a Zumba GOLD 11-11:45a \$ Women's Coffee 11a-1p Book Club 12-1p Tai Chi* 1:30-2:30p \$	25 Men's Coffee 10a-12p
28 Foot Care Clinic 9:30a-4p \$ *Mon. Morning Movie 10a-12p Enhance Fitness 10-11a \$ Pinochle (single deck) 12:30-3p \$ Music for Fun 1-3p	29 Seated Yoga 10-10:45a \$ American Mahjong 12-2p \$ Crochet 1-3p BINGO 1-3p \$ Computer Help 3-4p \$	30 Enhance Fitness 10-11a \$ Watercolor 10a-12p \$ Memorial Writing Class 10a-12p \$ Cardio Drumming 11:30a-12:15p \$ Pinochle (dbl deck) 12:30-3p \$ Karaoke 1-3p		<div>Parking in back of building. You are welcome to park in all spaces marked "COMMERCIAL". Disabled parking available. Type '338' into call box to be buzzed in!</div>

*Tai Chi meets at North Creek Presbyterian Church - 621 164th St SE, Mill Creek 98012 (please pre-register)

4111 133rd St SE, Mill Creek, Washington 98012
Telephone: 425-948-7170

Meeting Space: ORANGE: ANNEX BLUE: MEDIA CONFERENCE ROOM
GREEN: GREAT SOCIAL ROOM YELLOW: FRONT PRIVATE OFFICE

NSC Mill Creek

PROGRAM SCHEDULE & DETAILS

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Foot Care Clinic (4th Mon)</p> <p>9:30am-4pm Members & Non-Members: \$45 *BY APPT ONLY* (call for appointment)</p> <p>*Monday Morning Movie (4th Mon)</p> <p>10am-12:00pm FREE</p> <p>Enhance Fitness (Mon & Wed)</p> <p>10am-11am Members: \$30 per month Non-Members: \$60 per month</p> <p>Meatless Monday (2nd Mon)</p> <p>12pm-1pm FREE Bring a plant-based dish to share.</p> <p>Pinochle (single deck)</p> <p>12:30pm-3pm Punch Card for 8 Visits (Members: \$20 / Non-Members: \$40)</p> <p>Music for Fun</p> <p>1pm-3pm FREE</p>	<p>Seated Yoga (Tues & Thurs)</p> <p>10am-10:45am Members: \$43 per month Non-Members: \$86 per month</p> <p>Books & Beyond (2nd Tues)</p> <p>w/ Mill Creek Sno-Isle</p> <p>11am-12pm FREE</p> <p>*TED Talk Tuesday (3rd Tues)</p> <p>10am-12:00pm FREE</p> <p>American Mahjong</p> <p>12pm-2pm Punch Card for 8 Visits (Members: \$20 / Non-Members: \$40)</p> <p>Crochet</p> <p>1pm-3pm FREE Bring your own project and supplies.</p> <p>BINGO</p> <p>1pm-3pm \$5 per packet</p> <p>*Computer Help</p> <p>3pm-4pm Members: \$10 for 30 min. \$20 for 60 min. Non-Members: \$40 for 60 min. *BY APPT ONLY* (call for appointment)</p>	<p>NSC Social Services and Private Consultation</p> <p>w/ Georgia Rigler, MSW (4th Wed)</p> <p>9am-3pm FREE *BY APPT ONLY* Call 425-286-1047 or email georgiar@mynorthshore.org to make an appointment.</p> <p>*Enhance Fitness (Mon & Wed)</p> <p>10am-11am Members: \$30 per month Non-Members: \$60 per month</p> <p>Memorial Writing Class (Apr 2-30)</p> <p>10am-12pm Members: \$20 per month Non-Members: \$40 per month</p> <p>Watercolor</p> <p>10am-12pm Members: \$35 per month Non-Members: \$70 per month</p> <p>Cardio Drumming</p> <p>11:30am-12:15pm Members: \$32 per month Non-Members: \$64 per month</p> <p>Pinochle (double deck)</p> <p>12:30-3pm Punch Card for 8 Visits (Members: \$20 / Non-Members: \$40)</p> <p>Karaoke</p> <p>1pm-3pm FREE</p>	<p>Medicare Counseling with SHIBA (1st & 3rd Thurs)</p> <p>9am-12pm FREE Walk-in appointments welcomed.</p> <p>Seated Yoga (Tues & Thurs)</p> <p>10am-10:45am Members: \$43 per month Non-Members: \$86 per month</p> <p>Walking with eBird</p> <p>10am-11am FREE Wear comfortable shoes and prep for the weather. (Meet in MC Foyer)</p> <p>*Zumba GOLD</p> <p>11am-11:45am Members: \$32 per month Non-Members: \$64 per month</p> <p>Women's Coffee</p> <p>11am-1pm FREE</p> <p>Book Club (4th Thurs)</p> <p>12pm-1pm FREE</p> <p>Tai Chi*</p> <p>1:30pm-2:30pm Meets at North Creek Presbyterian Church Members: \$32 per month Non-Members: \$64 per month (call to pre-register) - 621 164th St SE, Mill Creek 98012</p>	<p>Men's Coffee Group (2nd & 4th Fri)</p> <p>10am-12pm FREE</p> <p>Impactful Empathy (3rd Fri)</p> <p>Ubuntu Philosophy</p> <p>10:30am-12pm FREE</p> <p>Rock Painting (2nd Fri)</p> <p>12pm-2pm FREE</p> <p>*Chess Club (3rd Fri)</p> <p>1pm-3pm Punch Card for 8 Visits (Members: \$20 / Non-Members: \$40)</p>

NSC Kenmore - April 2025 Calendar



Monday	Tuesday	Wednesday	Thursday	Friday
*S.T.A.R.T Fitness class off-site at Kenmore Senior Living 7221 NE 182ns St, Kenmore	1 10-11a Walking w/ eBird 10a-12p Driftwood \$ 12:30-3p Guitar Connect 12:30-3p Backgammon PC 1-2p Hopelink Mobile Food Market	2 11a-12p Qi Gong 11a-3p Bridge 11-3 PC 1-3p Master Gardener Workshop – Orchids \$	3 9:30-10:30a *START Fitness \$ 9:30-10:30a Mat Pilates \$ 10-11a Belly Dance \$ 11-11:45a Chair Pilates \$ 12-3p Watercolor \$ 12:30-3p Crafting Club 7-8p Belly Dance \$	4 10a-12p Sewing Club 10a-12p Tabletop Games PC 12-3p Pinochle PC 12-3p Hand & Foot PC 1-1:45p Tai Chi \$
7 9:30-10:30a *START Fitness \$ 10:30-11:30a Tone-Up Fitness \$ 11a-3p Bridge PC 11:30a-12:15p Cardio Drumming \$ 12-3p Junk Journal \$ 1-2:30p Kenmore Book Club 1-3p Draw/Sketch \$	8 10-11a Walking w/ eBird 10a-12p Driftwood \$ 12:30-3p Guitar Connect 12:30-3p Backgammon PC	9 11a-12p Qi Gong 11a-3p Bridge 11-3 PC 12:30-2:30p Food Pantry	10 9:30-10:30a *START Fitness \$ 9:30-10:30a Mat Pilates \$ 10-11a Belly Dance \$ 11-11:45a Chair Pilates \$ 12-3p Watercolor \$ 12:30-3p Crafting Club 7-8p Belly Dance \$	11 10a-12p Sewing Club 10a-12p Tabletop Games PC 12-3p Pinochle PC 12-3p Hand & Foot PC 1-1:45p Tai Chi \$
14 9:30-10:30a *START Fitness \$ 10:30-11:30a Tone-Up Fitness \$ 11a-3p Bridge PC 11:30a-12:15p Cardio Drumming \$ 12-3p Junk Journal \$ 1-2:30p Kenmore Book Club 1-3p Draw/Sketch \$	15 10-11a Walking w/ eBird 10a-12p Driftwood \$ 12:30-3p Guitar Connect 12:30-3p Backgammon PC 1-2p Hopelink Mobile Food Market	16 11a-12p Qi Gong 11a-3p Bridge 11-3 PC 1-3p Wine Club \$	17 9:30-10:30a *START Fitness \$ 9:30-10:30a Mat Pilates \$ 10-11a Belly Dance \$ 11-11:45a Chair Pilates \$ 12-3p Watercolor \$ 12:30-3p Crafting Club 7-8p Belly Dance \$	18 10a-12p Sewing Club 10a-12p Tabletop Games PC 12-3p Pinochle PC 12-3p Hand & Foot PC 1-1:45p Tai Chi \$
21 9:30-10:30a *START Fitness \$ 10:30-11:30a Tone-Up Fitness \$ 11a-3p Bridge PC 11:30a-12:15p Cardio Drumming \$ 12-3p Junk Journal \$ 1-2:30p Kenmore Book Club 1-3p Draw/Sketch \$	22 9a-12p SHIBA Medicare Advisor 10a-5p Day Trip: Crab Feed & Tulip Fields \$ 10-11a Walking w/ eBird 10a-12p Driftwood \$ 12:30-3p Guitar Connect 12:30-3p Backgammon PC 1-2p Hopelink Mobile Food Market	23 11a-12p Qi Gong 11a-3p Bridge 11-3 PC 12:30-2:30p Food Pantry	24 9:30-10:30a *START Fitness \$ 9:30-10:30a Mat Pilates \$ 10-11a Belly Dance \$ 11-11:45a Chair Pilates \$ 12-3p Watercolor \$ 12:30-3p Crafting Club 7-8p Belly Dance \$	25 10a-12p Sewing Club 10a-12p Tabletop Games PC 12-3p Pinochle PC 12-3p Hand & Foot PC 1-1:45p Tai Chi \$
28 9:30-10:30a *START Fitness \$ 10:30-11:30a Tone-Up Fitness \$ 11a-3p Bridge PC 11:30a-12:15p Cardio Drumming \$ 12-3p Junk Journal \$ 1-2:30p Kenmore Book Club 1-3p Draw/Sketch \$	29 10-11a Walking w/ eBird 10a-12p Driftwood \$ 12:30-3p Guitar Connect 12:30-3p Backgammon PC 1-2p Hopelink Mobile Food Market 1-3p Red Wine & Chocolate \$	30 10a-12p Magpie Hearts Art Class \$ 11a-12p Qi Gong 11a-3p Bridge 11-3 PC	May 1 \$ = Fee for Class PC = Punchcard Eligible	2 <i>10:30a-8p Fine Arts Show (NSC Bothell)</i> <i>5-8p Art Show Reception (NSC Bothell)</i>