

# NSC June 2025 Calendar



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4 *11am , Rm 202 PRIDE Film Screening	5		7 9- 11 Pancake Breakfast 12:30-2:30 BINGO Rm 202-203
8	9 10-2:30 Jewish Family Services- Russian Language programming (Every Monday)  9 – 10:30 Veterans Breakfast	10 8-4 Foot Care @ Tooties by Appoint H&W 1-2 More You Know Mental Health Rm 205 1 pm Variety Band H & W 1 pm Book Club 10:30 -12 Indian American Comm program 202/203 1-2:30 IACP Program	11 Antiques Club 10am Rm 202-NO MEETING 10 -11:30 am Diabetes Program Rm 205 1pm , Rm 202 PRIDE Film Screening 1 pm Book Club Rm 205 1pm, Sharing & Caring Rm 205 w/Janet 3:30 Open Read Dining Rm  4-7 pm Artful Wednesday Happy Hours 5 pm Ongoing Evening Computer Help	12 10 -12 Fishing Club Rm 202	13 9:30 - Enhanced Fitness Gathering – Coffee Bar	14
15	16 12:30 -3:30 Jewelry Club	17 REGISTRATION OPENS 1-2:30 pm Impactful Empathy Rm 202	18 10-11 am From Heartache to Open Heart -Georgia Rm 205 1-2pm Caregivers Support Group (H & W) 12:45 Twelfth Night Outing	19 ALL CENTERS CLOSED Juneteenth 	20 9-11 SHIBA Appointments	21
22	23	24 10:30 -12 Indian American Comm program 202/203 1-2:30 IACP Program	25	26 9:30 am Quil Ceda Casino Trip leaves from Bothell Lobby  10 am Travel Club Rm 103	27	28
29	30 10 am Listening More Carefully Rm 202 1-2:30 Impactful Empathy Rm 202					

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 104</div> <div>1-4 Employment Matching</div> <div>See 2<sup>nd</sup> Floor Desk</div> <div>Wellness Nurse Appointments</div>	<div>8:30-9:30 Circuit Training &amp; Balance H&amp;W</div> <div>9-10 Walking Group (Sammamish Trail)</div> <div>9-12 Food Pantry Pick-Up</div> <div>9:00 on-line / 10:00 drop-in</div> <div>9:30-10:30 Strength &amp; Balance MP</div> <div>9:30-11 Knit Wits Rm 103</div> <div>9:45-10:45 Circuit Training &amp; Balance H&amp; W (beginner students only)</div> <div>10-10:45 Spin Class H&amp;W</div> <div>10-11 Feldenkrais Method H&amp;W</div> <div>10-12 Variety Show &amp; Band Rm 205</div> <div>10-12 Mahjong Lounge</div> <div>10-12:30 Colored Pencil - Beginning Rm 104</div> <div>10-2 W.I.S.D.O.M. H&amp;W</div> <div>10:30-11:20 Tai Chi -Beginner Studio</div> <div>11-12 Circuit Training &amp; Balance H&amp;W</div> <div>11-2 Soup in Coffee Bar</div> <div>11:15-12 Line Dancing</div> <div>11:30-12:30 Tai Chi - Intermediate Studio</div> <div>12-12:30 Community Dining</div> <div>1-2 Qigong Studio</div> <div>2:30 Qigong Studio</div> <div>1-3 Spanish Conversation Rm 103</div> <div>2 -3:30 Pickleball I-Beginner (MP)</div> <div>3:30-5 Pickleball 1-Beginner MP</div> <div>1-4 Employment Matching</div> <div>See 2<sup>nd</sup> Floor Desk</div> <div>Community Resource Specialist Consultation Appointments 9 - 4</div>	<div>8:30-9:30 Enhance Fitness MP</div> <div>9:15-12:15 Watercolor Rm 104</div> <div>9:30-10:30 Mat Pilates Studio</div> <div>9:30-11:30 Tours &amp; Questions with the Advisory Council-Lobby</div> <div>9:30-11:30 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 Day, Coffee Bar</div> <div>12:30-3 Quilt Club Rm 103</div> <div>12:30-1:30 Open Art Studio Rm 104</div> <div>1-2 Sharing &amp; Caring (Rm 205)</div> <div>1-3 Cornhole Social Group MP</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 pm 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 Essentrics Studio - Last class 6/11,resumes 9/3</div> <div>5-7 Computer Help Rm 103 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 &amp; Balance H&amp;W</div> <div>8:30-9:45 Yoga -Breath &amp; Balance Studio</div> <div>8:30-10:30 Driftwood Sculpture Rm 104</div> <div>9:30-10:30 Strength &amp; Balance MP</div> <div>9:45-10:45 Circuit Training &amp; Balance H&amp;W (beginner students only)</div> <div>10-2 W.I.S.D.O.M. H&amp;W</div> <div>10:30-11 :30 Tai Chi Simplified Beginner Class Studio</div> <div>11-12 Circuit Training &amp; Balance H&amp;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</div> <div>12-12:30 Community Dining</div> <div>12:30-3 Hand &amp; 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>Community Resource Specialist Consultation Appointments 9 - 4</div>	<div>8:45-9:45 Enhance Fitness (MP) 9:30-10:15 Mat Pilates Studio</div> <div>10-11 Cardio Drumming (MP)</div> <div>10-12 Mahjong lounge</div> <div>10-1 Watercolor Rm 104</div> <div>10-12 Writing Group Rm 205</div> <div>10:30-4 Cribbage 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 See 2<sup>nd</sup> Floor Desk</div> <div>Community Resource Specialist 8:45 – 1:45 Consultation Appointments</div>	<div>Food Pantry 9-12</div> <div>Pickleball</div>