

# NSC July 2025 Calendar



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 9 am Orca Tales & Trails- Silver Sneakers Walk- Meet up Wayne Gold Course	2 10am Cycling Club, Golden Gears, parking lot- NEW  11 am Wellness Checks, Lobby 3:30 Open Reading, Dining Rm	3	4 9am Woodinville 5k  ALL CENTERS CLOSED	5 9- 11 Pancake Breakfast 9:30 – 11:30 Family Bike Clinic ALL ages 12:30-2:30 BINGO Rm 202-203
6	7 10-2:30 Jewish Family Services- Russian Language programming (Every Monday) 10 am 10 Warning Signs Alz & Dementia, RM 203  1:30 – 2:30pm Yoga: Functional Fitness, Studio 2:30 – 3:00 Yoga Functional Fitness Small group, Studio- NEW	8 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	9 9:30 Movement Lessons Antiques Club 10am Rm 202-NO MEETING 1 pm Book Club Rm 205 1pm, Sharing & Caring Rm 205 w/Janet 1:30 Rock Painting, Dining Room 3:30 Open Read Dining Rm 4-7 pm Happy Hour	10 10 -12 Fishing Club Rm 202  3 pm GOLF Driving Range Meet Up, Woodinville Sports Club	11 9-1 SHIBA Appointments  3- 6 pm Paddleboard/Kayak Meet up, location TBD	12
13	14 9 – 10:30 Veterans Breakfast  12:30 -3:30 Jewelry Club	15 1 – 2 pm Building Resilience, Rm 203 1-2:30 pm Impactful Empathy Rm 202	16 10 -11:30 am Diabetes Program Rm 205 1-2pm Caregivers Support Group (H & W) 12:45 Twelfth Night Outing 10 From Heartache to Open Heart - Georgia, Rm 203	17 10 am New MB Orientation Coffee Bar	18 11 am Wellness Check, Lobby  5- 8 pm Ceramics Summer Garden Art Workshop \$\$ Rm 103	19
20	21	22 10:30 -12 Indian American Comm program 202/203 1-2:30 IACP Program	23	24 9:30 am Quil Ceda Casino Trip leaves from Bothell Lobby 10 am Travel Club Rm 103 11 am Senior Prop Tax Ex Rm 202	25 6pm Meet Up Music in the Park – Bothell Landing	SEE catalog Page5 for Fundraiser private Home event + Lectures
27	28 10 am Listening More Carefully Rm 202 1-2:30 Impactful Empathy Rm 202	29	30 11 am WII Bowling FUN w/ Chateau	31		

RECURRING WEEKLY

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>8:30-9:30 Enhance Fitness MP            9:30 -11:30 Ceramics Open Studio Rm 103            9:30-12 German Conversational Plus            10-11 Senior Aerobics MP            10-1 Watercolor Rm 104            11:30-12:30 Otago MP            1-2:30 Russian Language Rm 202            12.-12:30 Community Dining            12-3:30 Pinochle Rm 203-            1-2:30 Astronomy Club Rm 205            1-4 Pickleball - Open Play MP            1:30-2:30 Conversation Café 104            1-4 Employment Matching            See 2<sup>nd</sup> Floor Desk</p> <p>Wellness Nurse Appointments</p>	<p>8:30-9:30 Circuit Training &amp; Balance H&amp;W            9-10 Walking Group (Sammamish Trail)            9-12 Food Pantry Pick-Up            9:00 on-line / 10:00 drop-in            9:30-10:30 Strength &amp; Balance MP            9:30-11 Knit Wits Rm 103            9:45-10:45 Circuit Training &amp; Balance H&amp; W (beginner students only)            10-10:45 Spin Class H&amp;W            10-11 Feldenkrais Method H&amp;W            10-12 Variety Show &amp; Band Rm 205            10-12 Mahjong Lounge            10-12:30 Colored Pencil - Beginning Rm 104            10-2 W.I.S.D.O.M. H&amp;W            10:30-11:20 Tai Chi -Beginner Studio            11-12 Circuit Training &amp; Balance H&amp;W            11-2 Soup in Coffee Bar            11:15-12 Line Dancing            11:30-12:30 Tai Chi - Intermediate Studio            12-12:30 Community Dining            1-2 Qigong Studio            2:30 Qigong Studio            1-3 Spanish Conversation Rm 103            2 -3:30 Pickleball I-Beginner (MP)            3:30-5 Pickleball 1-Beginner MP            1-4 Employment Matching            See 2<sup>nd</sup> Floor Desk  <i>Community Resource Specialist Consultation Appointments 9 - 4</i></p>	<p>8:30-9:30 Enhance Fitness MP            9:15-12:15 Watercolor Rm 104            9:30-10:30 Mat Pilates Studio            9:30-11:30 Tours &amp; Questions with the Advisory Council-Lobby            9:30-11:30 Ceramics - Beginning Rm 103            10 Cycling Club Golden Gears            10 -11 Senior Aerobics MP            10:45 – 11:30 Mat Pilates Studio            11:30 – 12:30 Otago            12-00-12:30 Community Dining            12:00 Pie Day, Coffee Bar            12:30-3 Quilt Club Rm 103            12:30-1:30 Open Art Studio Rm 104            1-2 Sharing &amp; Caring (Rm 205)            1-3 Cornhole Social Group MP            1-3 Table Tennis MP            2:30-4 Guitar Club Rm 205            3 :30-4:30 Ballroom Dance Lessons -MP            4- 6 pm Mahjong, Lounge            4-6 BINGO Rm 202/203            4-7 Happy Hour in the Coffee Bar            4:30-5:30 Essentrics Studio - Last class 6/11, resumes 9/3            5-7 Computer Help Rm 103 Free            5:30-8:30 Pickleball- Open Play MP            6-8:30 Driftwood Sculpture Rm 104            6:30 Belly Dancing, Dining RM</p>	<p>8:30-9:30 Circuit Training &amp; Balance H&amp;W            8:30-9:45 Yoga -Breath &amp; Balance Studio            8:30-10:30 Driftwood Sculpture Rm 104            9:30-10:30 Strength &amp; Balance MP            9:30 Crafting w/Acrylic Paint Rm 103- NEW            9:45-10:45 Circuit Training &amp; Balance H&amp;W (beginner students only)            10-2 W.I.S.D.O.M. H&amp;W            10:30-11 :30 Tai Chi Simplified Beginner Class Studio            11-12 Circuit Training &amp; Balance H&amp;W            11-2 Colored Pencil/Drawing Rm 104            11-2 Soup in Coffee Bar            11:30-12:30 Tai Chi Practice Studio            11 :30-12:30 Drumming Circle Rm 103            11 :30-1 :30 Pickleball. 2 Round Robin Play            12-12:30 Community Dining            12:30-3 Hand &amp; Foot lounge            1-3 Ageless Together Rm 205            1-2:30 Peer Discussion Group for Challenging Family Situations Rm 103(not on last Thursday of month)            2-4 Beginner Pickleball Open Play MP  <i>Community Resource Specialist Consultation Appointments 9 - 4</i></p>	<p>8:45-9:45 Enhance Fitness (MP) 9:30-10:15 Mat Pilates Studio            10-11 Cardio Drumming (MP)            10-12 Mahjong lounge            10-1 Watercolor Rm 104            10-12 Writing Group Rm 205            10:30-4 Cribbage Rm 203            12-12:30 Community Dining            12-3:30 Pinochle Rm 203            1-2 Genealogy Rm 265            1-4 Pickleball - Open Play MP            1-4 Employment Matching See 2<sup>nd</sup> Floor Desk</p> <p><i>Community Resource Specialist 8:45 – 1:45 Consultation Appointments</i></p>	<p>Food Pantry 9-12            Pickleball</p>