

NSC July 2025 Calendar



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10-2:30 Jewish Family Services- Russian Language programming (Every Monday)		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 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 pm Variety Band H & W 1 pm Book Club 10:30 -12 Indian American Comm program 202/203 1-2:30 IACP Program 1-2:30 pm Impactful Empathy Rm 202	⁹ 9:30 Movement Lessons 10 -11:30 am Diabetes Program Rm 205 Antiques Club 10am Rm 202-NO MEETING 1 pm Book Club Rm 205 1:30 Rock Painting, Dining Room 3:30 Open Read Dining Rm	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 IACS Returns	¹⁶ 1-2pm Caregivers Support Group (H & W) 12:45 Twelfth Night Outing 10 From Heartache to Open Heart - Georgia, Rm 203 -4 Foot Care@Tooties by Appoint H&W	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 - 4 Foot Care@Tooties by Appoint H&W	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	²⁹	³⁰ 11 am WII Bowling FUN w/ Chateau	³¹		

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	<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 See 2nd Floor Desk</div> <div>Wellness Nurse Appointments</div>	<div>8:30-9:30 Circuit Training & Balance H&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 & 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 Mahjong 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</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 See 2nd 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 & Questions with the Advisory Council-Lobby</div> <div>9:30-11:30 Ceramics - Beginning Rm 103</div> <div>10 Cycling Club Golden Gears</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 & 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>6:30 Belly Dancing, Dining RM</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>9:30 Crafting w/Acrylic Paint Rm 103- NEW</div> <div>9:45-10:45 Circuit Training & Balance H&W (beginner students only)</div> <div>10-2 W.I.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</div> <div>12-12:30 Community Dining</div> <div>12:30-3 Hand & Foot lounge</div> <div>1-3 Ageless Together 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)</div> <div>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 2nd Floor Desk</div> <div>Community Resource Specialist 8:45 – 1:45 Consultation Appointments</div>	<div>Food Pantry 9-12</div> <div>Pickleball</div>