



NSC Mill Creek- July 2025 Calendar



Monday	Tuesday	Wednesday	Thursday	Friday
	1 10-10:45a Seated Yoga \$ 12-2p American Mahjong PC 1-3p Crochet 1-3p BINGO \$ 3-4p Computer Help \$	2 10-11a Enhance Fitness \$ 10a-12p Watercolor \$ 11:30a-12:15p Cardio Drumming \$ 12:30-3p Pinochle (dbl deck) PC 1-3p Karaoke	3 9a-12p SHIBA Medicare Advisor 10-10:45a Seated Yoga \$ 10-11a Walking w/ eBird 11-11:45a Zumba GOLD \$ 11a-1p Women's Coffee *1:30-2:30p Tai Chi \$	4  CLOSED
7 10-11a Enhance Fitness \$ 12-1p Meatless Monday 12:30-3p Pinochle (single deck) PC 1-3p Music for Fun	8 10-10:45a Seated Yoga \$ 11a-12p Books & Beyond 12-2p American Mahjong PC 1-3p Crochet 1-3p BINGO \$ 3-4p Computer Help \$	9 10-11a Enhance Fitness \$ 10a-12p Watercolor \$ 11:30a-12:15p Cardio Drumming \$ 12:30-3p Pinochle (dbl deck) PC 1-3p Karaoke	10 10a-1p Homage Resource Advisor 10-10:45a Seated Yoga \$ 10-11a Walking w/ eBird 11-11:45a Zumba GOLD \$ 11a-1p Women's Coffee *1:30-2:30p Tai Chi \$	11 10:30-11:15a Line Dancing \$ 10a-12p Men's Coffee 12-2p Rock Painting (Art for Fun)
14 10-11a Enhance Fitness \$ 12:30-3p Pinochle (single deck) PC 1-2:30p Estate Planning 1-3p Music for Fun	15 10-10:45a Seated Yoga \$ 11:30a-12:30p TED Talk Tues. 12-2p American Mahjong PC 1-3p Crochet 1-3p BINGO \$ 3-4p Computer Help \$	16 10-11a Enhance Fitness \$ 10a-12p Watercolor \$ 11:30a-12:15p Cardio Drumming \$ 12:30-3p Pinochle (dbl deck) PC 1-3p Karaoke	17 9a-12p SHIBA Medicare Advisor 10-10:45a Seated Yoga \$ 10-11a Walking w/ eBird 11-11:45a Zumba GOLD \$ 11a-1p Women's Coffee *1:30-2:30p Tai Chi \$	18 10:30-11:15a Line Dancing \$ 10:30a-12p Impactful Empathy 12-2p Art for Fun \$ 1-3p Chess Club \$
21 10-11a Enhance Fitness \$ 10a-12p Mon. Morning Movie 12:30-3p Pinochle (single deck) PC 1-3p Music for Fun	22 10-10:45a Seated Yoga \$ 12-2p American Mahjong PC 1-3p Crochet 1-3p BINGO \$ 3-4p Computer Help \$	23 9a-3p NSC Social Services 10-11a Enhance Fitness \$ 10a-12p Watercolor \$ 11:30a-12:15p Cardio Drumming \$ 12:30-3p Pinochle (dbl deck) PC 1-3p Karaoke	24 10-10:45a Seated Yoga \$ 10-11a Walking w/ eBird 11-11:45a Zumba GOLD \$ 11a-1p Women's Coffee 12-1p Book Club *1:30-2:30p Tai Chi \$	25 10:30-11:15a Line Dancing \$ 10a-12p Men's Coffee 12-2p Art for Fun \$ *1-3p Summer Tea Party 
28 9:30-4p Foot Care Clinic \$ 10-11a Enhance Fitness \$ 12:30-3p Pinochle (single deck) PC 1-3p Music for Fun	29 10-10:45a Seated Yoga \$ 12-2p American Mahjong PC 1-3p Crochet 1-3p BINGO \$ 3-4p Computer Help \$	30 10-11a Enhance Fitness \$ 10a-12p Watercolor \$ *11-12p New Tricks: Lying w. Statistics 11:30a-12:15p Cardio Drumming \$ 12:30-3p Pinochle (dbl deck) PC 1-3p Karaoke	31 10-10:45a Seated Yoga \$ 10-11a Walking w/ eBird 11-11:45a Zumba GOLD \$ 11a-1p Women's Coffee *1:30-2:30p Tai Chi \$	<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)

NSC Mill Creek

PROGRAM SCHEDULE & DETAILS

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Foot Care Clinic 9:30pm-4pm Members & Non-Members: \$45 *BY APPT ONLY* (call for appointment)</p> <p>Enhance Fitness (Mon & Wed) 10am-11am Members: \$30 per month Non-Members: \$60 per month</p> <p>Monday Morning Movie (4th Mon) 10am-12:00pm FREE</p> <p>Meatless Monday (2nd Mon) 12pm-1pm FREE Bring a plant-based dish to share.</p> <p>Pinochle (single deck) 12:30pm-3pm Punch Card for 8 Visits (Members: \$20 / Non-Members: \$40)</p> <p>Music for Fun 1pm-3pm FREE</p>	<p>Seated Yoga (Tues & Thurs) 10am-10:45am Members: \$43 per month Non-Members: \$86 per month</p> <p>TED Talk Tuesday (3rd Tues) 10am-12:00pm FREE</p> <p>Books & Beyond (2nd Tues) w/ Mill Creek Sno-Isle 11am-12pm FREE Topic: Streaming Video How-To: Hoopla</p> <p>American Mahjong 12pm-2pm Punch Card for 8 Visits (Members: \$20 / Non-Members: \$40)</p> <p>Crochet 1pm-3pm FREE</p> <p>BINGO 1pm-3pm \$5 per packet</p> <p>Computer Help 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 w/ Georgia Rigler, MSW (4th Wed) 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) 10am-11am Members: \$30 per month Non-Members: \$60 per month</p> <p>Watercolor 10am-12pm Members: \$35 per month Non-Members: \$70 per month</p> <p>*New Tricks: How to Lie with Statistics (July 30th) 11am-12pm FREE Presenter: Howie Silver Enjoy potluck lunch after presentation.</p> <p>Cardio Drumming 11:30am-12:15pm Members: \$32 per month Non-Members: \$64 per month</p> <p>Pinochle (double deck) 12:30-3pm Punch Card for 8 Visits (Members: \$20 / Non-Members: \$40)</p> <p>Karaoke 1pm-3pm FREE</p>	<p>Medicare Counseling with SHIBA (1st & 3rd Thurs) 9am-12pm FREE Walk-in appointments welcomed.</p> <p>Seated Yoga (Tues & Thurs) 10am-10:45am Members: \$43 per month Non-Members: \$86 per month</p> <p>Homage Resource Advisor (2nd Thurs) 10am-1pm FREE Walk-in appointments welcomed.</p> <p>Walking with eBird 10am-11am FREE Wear comfortable shoes and prep for the weather. (Meet in MC Foyer)</p> <p>Zumba GOLD 11am-11:45am Members: \$32 per month Non-Members: \$64 per month</p> <p>Women’s Coffee 11am-1pm FREE</p> <p>Book Club (4th Thurs) 12pm-1pm FREE</p> <p>Tai Chi 1:30pm-2:30pm Members: \$32 per month Non-Members: \$64 per month *At North Creek Presbyterian Church</p>	<p>Line Dancing 10:30am-11:15am Members: \$32 per month Non-Members: \$64 per month</p> <p>Men’s Coffee Group (2nd & 4th Fri) 10am-12pm FREE</p> <p>Impactful Empathy (3rd Fri) Ubuntu Philosophy 10:30am-12pm FREE</p> <p>Art for Fun 12pm-2pm Members: \$15 per month Non-Members: \$30 per month</p> <p>Rock Painting (2nd Fri) 12pm-2pm FREE</p> <p>Chess Club (3rd Fri) 1pm-3pm Punch Card for 8 Visits (Members: \$20 / Non-Members: \$40)</p> <p>*Summer Tea Party (July 25th) 1pm-3pm (Members: \$12 / Non-Members: \$15) Join us as we bring back our first Tea Party at the Mill Creek Senior Center.</p>