

NSC August 2025 Calendar



| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|---|---|---|--|-----------------------------------|--|
| | 10-2:30 Jewish Family Services- Russian Language programming (Every Monday) | | 10am Cycling Club, Golden Gears, parking lot- NEW | | 1 | 2 9- 11 Pancake Breakfast 9:30 – 11:30 Family Bike Clinic ALL ages 12:30-2:30 BINGO Rm 202-203 |
| | 4 | 5 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 | 6 11 am Wellness Checks, Lobby Antiques Club 10am Rm 202-NO MEETING 1 pm Book Club Rm 205 1:30 Rock Painting, Dining Room 3:30 Open Mic Dining Rm 4:00 Live Music @ Happy Hour | 7 10 -12 Fishing Club Rm 202 10:30 am Cascade Art Museum – Leaves from Kenmore Noon- 5 Baseball Game Outing Leaves from Bothell | 8 9-1 SHIBA Appointments | 9 |
| 10 | 11 9 – 10:30 Veterans Breakfast 12:30 -3:30 Jewelry Club | 12 1-2:30 pm Impactful Empathy Rm 202 | 13 9:30 Movement Lessons 10-11:30 Significant Life Changes Rm 203 10 -11:30 am Diabetes Program Rm 205 1-2pm Caregivers Support Group (H & W) -4 Foot Care @Tooties by Appoint H&W | 14 10- 11:30 CORE Fraud Prevention Rm 202 | 15 11 am Wellness Check, Lobby | 16 |
| 17 | 18 10:30 -12 Indian American Comm program 202/203 1-2:30 IACP Program | 19 10:30 -12 Indian American Comm program 202/203 1-2:30 IACP Program | 20 - 10 From Heartache to Open Heart - Georgia, Rm 203 4 Foot Care@Tooties by Appoint H&W | 21 11 am Chef Shannon Lecture Rm 202/203 10 New MB Orientation Kenmore | 22 | 23 SEE catalog Page5 for Fundraiser private Home event + Lectures 5 pm @ Teng Home |
| 24 | 25 10:30 am Evergreen Fair In Monroe | 26 Dog Portraits 10- noon- Kenmore 1-3 @ MillCreek | 27 11-1 WII Bowling Fun @ Chateau Bothell Landing | 28 10 am Travel Club Rm 202 9:30 am Tulalip Casino Trip leaves from Bothell Lobby | 29 | 30 |

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