

NSC October 2025 Calendar



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			¹ 10am Cycling Club, Golden Gears, parking lot- NEW 9 am – 2 pm Jewelry Sale, Lobby 11 am Wellness Checks, Lobby 3:30 Open Mic Dining Rm	² 10 -12 Fishing Club Rm 202 9 am – 2 pm Jewelry Sale, Lobby	³ 11:30 Yoga Workshop Studio	⁴ 9- 11 Pancake Breakfast 9 -11 Computer Help 9:30 – 11:30 Family Bike Clinic ALL ages 10:00 – 12 noon BINGO Rm 202-203 Rental: Square Dancing
⁵	⁶ #Active Aging Week Begins 9 am Day Trip Pikes Place Market/Waterfront, 10 pickup MillCreek 10-2:30 Jewish Family Services- Russian Language programming (Every Monday) 9:30 -noon Living Better w/Diabetes Rm 203	⁷ 10:30 -12 Indian American Comm program 202/203 1-2:30 IACP Program	⁸ 10 -11:30 am Diabetes Program Rm 205 Antiques Club 10am Rm 202 1-2pm Caregivers Support Group (H & W) 1:30 Rock Painting, Dining Room 4:00 Happy Hour, Live Music Uncle Barnaby	⁹ 10 am Solo Aging, Rm 203	¹⁰ 9-1 SHIBA Appointments, 2 nd floor	¹¹ 9-5 Rental Leela Kathak Dance 11 am Cooking Class, Health & Wellness 11:00 -11:50 Circuit Class, Health & Wellness
¹²	¹³ 9 – 10:30 Veterans Breakfast 10am 2 pm Diwali 12:30 -3:30 Jewelry Club, Rm 103 9:30 -noon Living Better w/Diabetes Rm 203	¹⁴ 1 pm Book Club 1 pm Listen Up! How Hearing Supports Brain Health & Whole Body Wellness, Rm 203 1-2:30 pm Impactful Empathy Rm 202	¹⁵ 9:30 Movement Lessons 10 From Heartache to Open Heart - Georgia, Rm 203 12:30 DAY Trip Molten Glassworks	¹⁶ 10 am, New Member Orientation, RM 203	¹⁷ 9-1 SHIBA Appointments, 2 nd floor 10 -11 Travel Club, Rm 205	¹⁸
¹⁹	²⁰ 9:30 -noon Living Better w/Diabetes Rm 203	²¹ 10:30 -12 Indian American Comm program 202/203 1-2:30 IACP Program	²² - 11 am Wellness Checks, Lobby 10 am Medicare Open Enrollment Presentation, Rm 202	²³ 9:30 Bothell pickup Day Trip Quil Deda Casino,10 am MillCreek Pickup 10 am Solo Aging, rm 203 11 am Lecture Sound Transit & Stride BRT	²⁴ EverGreen Health Mobile Mammography Coach Make appoint by calling 425-899-2831	²⁵
²⁶	²⁷ 9:30 -noon Living Better w/Diabetes Rm 203	²⁸	²⁹ 8:30 Day Trip Kitsap Peninsula, 9:15 MillCreek pickup	³⁰ 11:45 DAY Trip Brigadoon Village Theatre, 12:15 Mill Creek Pickup	³¹	Look for Holiday Cookie Decorating coming Nov 12

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
RECURRING WEEKLY	8:30-9:30 Enhance Fitness MP 9-3 pm Hair Salon,Tootsies Parlor 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 2nd Floor Desk Wellness Nurse Appointments	8:30-9:30 Circuit Training & Balance H&W 9-10 Walking Group (Sammamish Trail) 9-12 Food Pantry Pick-Up 9-3 pm Hair Salon,Tootsies Parlor 9:00 on-line / 10:00 drop-in 9:30-10:30 Strength & Balance MP 9:30-11 Knit Wits Rm 103 9:45-10:45 Circuit Training & Balance H& W (beginner students only) 10-10:45 Spin Class H&W 10-11 Feldenkrais Method H&W 10-12 Variety Show & Band Rm 205 10-12 Mahjong Lounge 10-12:30 Colored Pencil - Beginning Rm 104 10-2 W.I.S.D.O.M. H&W 10:30-11:20 Tai Chi -Beginner Studio 11-12 Circuit Training & Balance H&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 2nd Floor Desk Community Resource Specialist Consultation Appointments 9 - 4	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 & 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 1:00 Creative Writing Rm203 1-2 Sharing & 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 3:30 Financial Markets, Dining Rm4- 6 pm Mahjong, Lounge 4-6 BINGO Rm 202/203 4-7 Happy Hour in the Coffee Bar 4:30-5:30 Essentrics Studio 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	8:30-9:30 Circuit Training & Balance H&W 8:30-9:45 Yoga -Breath & Balance Studio 8:30-10:30 Driftwood Sculpture Rm 104 9-1 pm Hair Salon,Tootsies Parlor 9:30-10:30 Strength & Balance MP 9:30 Crafting w/Acrylic Paint Rm 103- NEW 9:45-10:45 Circuit Training & Balance H&W (beginner students only) 10-2 W.I.S.D.O.M. H&W 10:30-11 :30 Tai Chi Simplified Beginner Class Studio 11-12 Circuit Training & Balance H&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 & 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 Community Resource Specialist Consultation Appointments 9 - 4	8:30-9:30 Enhance Fitness (MP) 9:30-10:15 Mat Pilates Studio 9-1 pm Hair Salon,Tootsies Parlor 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 Zumba Gold 12-3:30 Pinochle Rm 203 1 Essentrics Beg Stretch 1-2 Genealogy Rm 265 1-4 Pickleball - Open Play MP 1-4 Employment Matching See 2nd Floor Desk Community Resource Specialist 8:45 – 1:45 Consultation Appointments	Food Pantry 9-12 Pickleball 5-7 Computer Help Rm 103 Free 1st Sat of each month