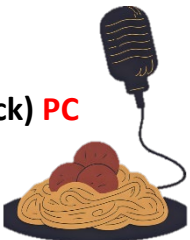


NSC Mill Creek- October 2025 Calendar



Monday	Tuesday	Wednesday	Thursday	Friday
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! 6 10-11a Enhance Fitness \$ 12:30-3p Pinochle (single deck) PC 1-3p Music for Fun 13 10-11a Enhance Fitness \$ 12-1p Meatless Monday 12:30-3p Pinochle (single deck) PC 1-3p Music for Fun 20 10-11a Enhance Fitness \$ 12:30-3p Pinochle (single deck) PC 1-3p Music for Fun 27 9:30-4p Foot Care Clinic \$ 10-11a Enhance Fitness \$ 10a-12p Mon. Morning Movie 12:30-3p Pinochle (single deck) PC 1-3p Music for Fun	7 9a-3p NSC Social Services 12-2p American Mahjong PC 1-3p Crochet 1-3p BINGO \$ 3-4p Computer Help \$ 14 9a-3p NSC Social Services 12-2p American Mahjong PC 1-3p Crochet 1-3p BINGO \$ 3-4p Computer Help \$ 21 9a-3p NSC Social Services 11:30a-12:30p TED Talk Tues. 12-2p American Mahjong PC 1-3p Crochet 1-3p BINGO \$ 3-4p Computer Help \$ 28 9a-3p NSC Social Services 12-2p American Mahjong PC 1-3p Crochet 1-3p BINGO \$ 3-4p Computer Help \$	1 9:30a-12p SHIBA Medicare Advisor 10-11a Enhance Fitness \$ 10a-12p Watercolor \$ 12:30-3p Pinochle (dbl deck) PC 1-3p Karaoke 8 10-11a Enhance Fitness \$ 10a-12p Watercolor \$ 12:30-3p Pinochle (dbl deck) PC 1-3p Karaoke 15 9:30a-12p SHIBA Medicare Advisor 10-11a Enhance Fitness \$ 10a-12p Watercolor \$ 12:30-3p Pinochle (dbl deck) PC *1-3p Spaghetti Sing Along  22 10-11a Enhance Fitness \$ 10a-12p Watercolor \$ 12:30-3p Pinochle (dbl deck) PC 1-3p Karaoke 29 10-11a Enhance Fitness \$ 10a-12p Watercolor \$ 12:30-3p Pinochle (dbl deck) PC 1-3p Karaoke	2 9a-3p NSC Social Services 10-11a Walking w/ eBird 11-11:45a Cardio Drumming \$ 11a-1p Women's Coffee *1:30-2:30p Tai Chi \$ 9 9a-3p NSC Social Services 10-11a Walking w/ eBird 10a-1p Homage Resource Advisor 11-11:45a Cardio Drumming \$ 11a-1p Women's Coffee BRUNCH *1:30-2:30p Tai Chi \$ 16 9a-3p NSC Social Services 10-11a Walking w/ eBird 11-11:45a Cardio Drumming \$ 11a-1p Women's Coffee *1:30-2:30p Tai Chi \$ 23 9a-3p NSC Social Services *9:45a-3p Quil Ceda Casino Day Trip\$ 10-11a Walking w/ eBird 11a-1p Women's Coffee 12-1p Book Club *1:30-2:30p Tai Chi \$ 30 9a-3p NSC Social Services 10-11a Walking w/ eBird 11-11:45a Cardio Drumming \$ 11a-1p Women's Coffee *1:30-2:30p Tai Chi \$	3 10:30-11:15a Line Dancing \$ 12-2p Art for Fun \$ 10 10a-12p Men's Coffee 10:30-11:15a Line Dancing \$ 12-2p Rock Painting (Art for Fun) 17 10:30-11:15a Line Dancing \$ 12-2p Art for Fun \$ 1-3p Chess Club \$ *4-6p Diwali Festival of Lights \$  24 10a-12p Men's Coffee 10:30-11:15a Line Dancing \$ 31 10:30-11:15a Line Dancing \$ 

*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
Foot Care Clinic (4th Mon) 9:30pm-4pm Members & Non-Members: \$45 *BY APPT ONLY* (call for appointment) Enhance Fitness (Mon & Wed) 10am-11am Members: \$30 per month Non-Members: \$60 per month Monday Morning Movie (4th Mon) 10am-12:00pm FREE Showing: The Thursday Murder Club Meatless Monday (2nd Mon) 12pm-1pm FREE Bring a plant-based dish to share. Pinochle (single deck) 12:30pm-3pm Punch Card for 8 Visits (Members: \$20 / Non-Members: \$40) Music for Fun 1pm-3pm FREE	NSC Social Services and Private Consultation w/ Georgia Rigler, MSW (Tues & Thur) 9am-3pm FREE *BY APPT ONLY* Call 425-286-1047 or email georgiar@mynorthshore.org to make an appointment. TED Talk Tuesday (3rd Tues) 10am-12:00pm FREE Discussion Video: How societies can grow old better American Mahjong 12pm-2pm Punch Card for 8 Visits (Members: \$20 / Non-Members: \$40) Crochet 1pm-3pm FREE BINGO 1pm-3pm \$5 per packet 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)	Medicare Counseling with SHIBA (1st & 3rd Wed) 9am-12pm FREE Walk-in appointments welcomed. Enhance Fitness (Mon & Wed) 10am-11am Members: \$30 per month Non-Members: \$60 per month Watercolor 10am-12pm Members: \$35 per month Non-Members: \$70 per month Pinochle (double deck) 12:30pm-3pm Punch Card for 8 Visits (Members: \$20 / Non-Members: \$40) *Spaghetti Sing Along (Oct. 15th) 1pm-3pm Celebrating <i>National Senior Center Month</i> with a special spaghetti meal, happening during our regularly scheduled Karaoke hour! DINNER IS COMPLIMENTARY Your generous donation will help sustain the programs and services we provide. DONATIONS APPRECIATED Karaoke 1pm-3pm FREE	NSC Social Services and Private Consultation w/ Georgia Rigler, MSW (Tues & Thur) <i>see Tues for details</i> *Quil Ceda Casino (Oct. 23rd) 9:45am-3pm Members: \$5 Non-Members: \$10 Tulalip Casino bus will both pick you up and drop you. \$5 play and food credit included. Walking with eBird 10am-11am FREE Wear comfortable shoes and prep for the weather. (Meet in MC Foyer) Homage Resource Advisor (2nd Thurs) 10am-1pm FREE Walk-in appointments welcomed. Cardio Drumming 11am-11:45am Members: \$32 per month Non-Members: \$64 per month Women’s Coffee 11am-1pm FREE Brunch (2nd Thurs) Brianna’s Café will be ordered for brunch, so bring your credit card and appetite! Book Club (4th Thurs) 12pm-1pm FREE Tai Chi 1:30pm-2:30pm Members: \$32 per month Non-Members: \$64 per month *At North Creek Presbyterian Church	Men’s Coffee Group (2nd & 4th Fri) 10am-12pm FREE Line Dancing 10:30am-11:15am Members: \$32 per month Non-Members: \$64 per month <i>10/31: Dress up for Halloween; Costumes encouraged!</i> Impactful Empathy (3rd Fri) Ubuntu Philosophy 10:30am-12pm FREE Art for Fun (1st & 3rd Fri) 12pm-2pm Members: \$5 per month Non-Members: \$10 per month Rock Painting (2nd Fri) 12pm-2pm FREE Chess Club (3rd Fri) 1pm-3pm Punch Card for 8 Visits (Members: \$20 / Non-Members: \$40) *Diwali: Festival of Lights (Oct. 17th) 4pm-6pm Youth & Senior: \$5 Adult: \$10 Diwali is India's biggest and most important holiday of the year. Celebrate this year with an intergenerational event this year with crafts, food and music, welcoming all communities to this wonderful event.