

# NSC January 2026 Calendar



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 <b>All NSC SITES CLOSED</b> <b>Happy New Year!</b>	2	3 9- 11 Pancake Breakfast 9 -11 Computer Help 10- 2 Ceramics Workshop, Rm 103 12:30-2:30 noon BINGO Rm 202-203 12 – 4 pm Pickleball Play
4	5 10-2:30 Jewish Family Services- Russian Language programming (Every Monday) Music Monday Special Event 1 pm  <b>11 am Wellness Checks</b> 1 pm French Conversation, Rm 103	6 10:30 -12 Indian American Comm program 202/203 1-2:30 IACS Program  <b>10 am Learning Lab</b> <b>Protecting Your Personal</b> <b>Info online, H &amp; W</b> 10 am Northshore Neighbors Meeting, Rm 203	7 1-2pm Caregivers Support Group (H & W)  3:30 Open Mic Dining Rm	8 10 am, RM 202 Lecture: Finding Your Energy Simple Ways to Fight Fatigue Call 425-544-0050 <b>10 am Finding Info online Learning</b> <b>Lab, H &amp; W</b> 1:30 CEO Coffee Chat	9	10 <b>RENTAL 4:30- Midnight</b>
11	12 9 – 10:30 Veterans Breakfast 11:15 – 12:55 Special Fly Fishing/Casting Class, multipurpose Rm  12:30 -3:30 Jewelry Club, Rm 103	13 <b>10 am Learning Lab, Intro to</b> <b>AI, H &amp; W</b>	14 10 am Antiques Club Rm 202 10 -11:30 am Diabetes Program Rm 205 10 am Lecture Wait & See NEW DAYS, RM 203 10 am Estate Planning H & W, Learning Lab 1:30 Financial Discussion Dining Room <b>4:00 Happy Hour, Live Music Uncle</b> <b>Barnaby</b>	15 10 am New Member Orientation Bothell RM 203  <b>10 am Intro to Chatting w/AI,</b> <b>Learning Lab H &amp; W</b>  <b>12:30 Lecture Winter Wellness &amp;</b> <b>Fall Prevention RM 202</b>	16 9-1 SHIBA Appointments, 2 <sup>nd</sup> floor	17
18	19 <b>NSC CLOSED</b>	20 10:30 -12 Indian American Comm program 202/203 1-2:30 IACS Program  <b>4 pm NSC Meet Up at</b> <b>Chantanee Thai</b>	21 10 From Heartache to Open Heart - Rm 203  <b>1 pm Preparedness Kit, Chateau</b> <b>Bothell, Learning Lab H &amp; W</b>	22 <b>9:30 Quil Ceda Casino</b> 10 am Arthritis & Diet Connection, RM 202	23	24
25	26 <b>11 am Wellness Checks</b>	27 1 pm Understanding the Value & Benefits of Self Compassions <b>11:30-1:30 Modern Phone</b> <b>Options, Lumen Rm 202</b>	28 1:30 Financial Discussion Dining Room	29 11:30-1:30 Modern Phone Options, Lumen Rm 202, must Register by Jan 10 <sup>th</sup> for Box Lunch	30	31

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>RECURRING WEEKLY</p>	<p>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 9:30 -noon Living Better w/Diabetes Rm 203</p> <p>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 2<sup>nd</sup> Floor Desk</p> <p>Wellness Nurse Appointments</p>	<p>8:30-9:30 Circuit Training &amp; Balance H&amp;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 &amp; Balance MP 9:30-11 Knit Wits Rm 103 9:45-10:45 Circuit Training &amp; Balance H&amp; W (beginner students only) 10-10:45 Spin Class H&amp;W 10-11 Feldenkrais Method H&amp;W 10-12 Variety Show &amp; Band Rm 205 10-12 Mahjong Lounge 10-12:30 Colored Pencil - Beginning Rm 104 10-2 W.I.S.D.O.M. H&amp;W 10:30-11:20 Tai Chi -Beginner Studio 11-12 Circuit Training &amp; Balance H&amp;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 2<sup>nd</sup> Floor Desk <i>Community Resource Specialist Consultation Appointments 9 - 4</i></p>	<p>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 &amp; 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 &amp; 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 <b>3:30 Financial Markets, Dining Rm4-</b> 6 pm Mahjong, Lounge 4-6 BINGO Rm 202/203 4-7 Happy Hour in the Coffee Bar 4:30-5:30 Essentrics Studio</p> <p>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</p>	<p>8:30-9:30 Circuit Training &amp; Balance H&amp;W 8:30-9:45 Yoga -Breathe &amp; Balance Studio 8:30-10:30 Driftwood Sculpture Rm 104 9-1 pm Hair Salon,Tootsies Parlor 9:30-10:30 Strength &amp; Balance MP 9:30 Crafting w/Acrylic Paint Rm 103- NEW 9:45-10:45 Circuit Training &amp; Balance H&amp;W (beginner students only) 10-2 W.I.S.D.O.M. H&amp;W 10:30-11 :30 Tai Chi Simplified Beginner Class Studio 11-12 Circuit Training &amp; Balance H&amp;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 &amp; Foot lounge 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) 2-4 Beginner Pickleball Open Play MP <i>Community Resource Specialist Consultation Appointments 9 - 4</i></p>	<p>8:30-9:30 Enhance Fitness (MP) 9:30-10:15 Mat Pilates Studio 9-1 pm Hair Salon,Tootsies Parlor</p> <p>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</p> <p>1-4 Employment Matching See 2<sup>nd</sup> Floor Desk</p> <p><i>Community Resource Specialist 8:45 – 1:45 Consultation Appointments</i></p>	<p>Food Pantry 9-12</p> <p>Pickleball 12- 4 pm</p>