

NSC Mill Creek- February 2026 Calendar



Monday	Tuesday	Wednesday	Thursday	Friday
<div style="border: 1px solid black; padding: 5px;"> <p>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!</p> </div>				
2 10-11a Enhance Fitness \$ 12:30-3p Pinochle (single deck) PC 1-3p Music for Fun	3 9a-3p NSC Social Services 10a-10:45a Yoga- Seated/Standing 1-3p Crochet 1-3p BINGO \$ 3-4p Computer Help \$	4 9:30a-12p SHIBA Medicare Advisor 10-11a Enhance Fitness \$ 10a-12p Watercolor \$ 12:30-3p Pinochle (dbl deck) PC 1-3p Karaoke	5 9a-3p NSC Social Services 10-11a Walking w/ eBird 10a-10:45a Yoga- Seated/Standing 10a-1p Homage Resource Advisor 11-11:45a Cardio Drumming \$ 11a-1p Women's Coffee BRUNCH *1:30-2:30p Tai Chi \$	6 12-2p Art for Fun \$
9 10-11a Enhance Fitness \$ 12-1p Meatless Monday 12:30-3p Pinochle (single deck) PC 1-3p Music for Fun	10 9a-3p NSC Social Services 10a-10:45a Yoga- Seated/Standing 1-3p Crochet 1-3p BINGO \$ 3-4p Computer Help \$	11 10-11a Enhance Fitness \$ 10a-12p Watercolor \$ 12:30-3p Pinochle (dbl deck) PC 1-3p Karaoke	12 9a-3p NSC Social Services 10-11a Walking w/ eBird 10a-10:45a Yoga- Seated/Standing 11-11:45a Cardio Drumming \$ 11a-1p Women's Coffee *1:30-2:30p Tai Chi \$	13 10a-12p Men's Coffee 12-2p Rock Painting (Art for Fun)
16 Presidents Day – All locations closed	17 9a-3p NSC Social Services 10a-10:45a Yoga- Seated/Standing 11:30a-12:30p TED Talk Tues. 1-3p Crochet 1-3p BINGO \$ 3-4p Computer Help \$	18 9:30a-12p SHIBA Medicare Advisor 10-11a Enhance Fitness \$ 10a-12p Watercolor \$ 12:30-3p Pinochle (dbl deck) PC 1-3p Karaoke	19 9a-3p NSC Social Services 10-11a Walking w/ eBird 10a-10:45a Yoga- Seated/Standing 11-11:45a Cardio Drumming \$ 11a-1p Women's Coffee 12-1p Book Club *1:30-2:30p Tai Chi \$	20 10:30a-12p Impactful Empathy 12-2p Art for Fun \$ 1-3p Chess Club PC
23 9:30-1p Foot Care Clinic \$ 10-11a Enhance Fitness \$ 10a-12p Movies on Monday Morning 12:30-3p Pinochle (single deck) PC 1-3p Music for Fun	24 9a-3p NSC Social Services 10a-10:45a Yoga- Seated/Standing 1-3p Crochet 1-3p BINGO \$ 3-4p Computer Help \$	25 10-11a Enhance Fitness \$ 10a-12p Watercolor \$ 12:30-3p Pinochle (dbl deck) PC 1-3p Karaoke	26 9a-3p NSC Social Services 10-11a Walking w/ eBird 10a-10:45a Yoga- Seated/Standing 11a-1p Women's Coffee *1:30-2:30p Tai Chi \$	27 10a-12p Men's Coffee

*Tai Chi meets at North Creek Presbyterian Church - 621 164th St SE, Mill Creek 98012 (please pre-register)

Monday	Tuesday	Wednesday	Thursday	Friday
Foot Care Clinic (4th Mon) 9:30pm-1pm Members & Non-Members: \$45 *BY APPT ONLY* (call for appointment)	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.	Medicare Counseling with SHIBA (1 st & 3 rd Wed) 9am-12pm FREE Walk-in appointments welcomed.	NSC Social Services and Private Consultation w/ Georgia Rigler, MSW (Tues & Thur) <i>see Tues for details</i>	Men's Coffee Group (2 nd & 4 th Fri) 10am-12pm FREE
Enhance Fitness (Mon & Wed) 10am-11am Members: \$30 per month Non-Members: \$60 per month	Enhance Fitness (Mon & Wed) 10am-11am Members: \$30 per month Non-Members: \$60 per month	Enhance Fitness (Mon & Wed) 10am-11am Members: \$30 per month Non-Members: \$60 per month	Walking with eBird 10am-11am FREE Wear comfortable shoes and prep for the weather. (Meet in MC Foyer)	Line Dancing 10:30am-11:15am *Will resume March 2026*
Movies on Monday Morning (4th Mon) 10am-12:00pm FREE	Watercolor 10am-12pm Members: \$35 per month Non-Members: \$70 per month	Watercolor 10am-12pm Members: \$35 per month Non-Members: \$70 per month	Homage Resource Advisor (2nd Thurs) 10am-1pm FREE Walk-in appointments welcomed.	Impactful Empathy (3 rd Fri) Ubuntu Philosophy 10:30am-12pm FREE
Meatless Monday (2nd Mon) 12pm-1pm FREE Bring a plant-based dish to share.	Crochet 1pm-3pm FREE	Pinochle (double deck) 12:30pm-3pm Punch Card for 8 Visits (Members: \$20 / Non-Members: \$40)	Cardio Drumming 11am-11:45am Members: \$32 per month Non-Members: \$64 per month	Art for Fun (1 st & 3 rd Fri) 12pm-2pm Members: \$5 per month Non-Members: \$10 per month
Pinochle (single deck) 12:30pm-3pm Punch Card for 8 Visits (Members: \$20 / Non-Members: \$40)	BINGO 1pm-3pm \$5 per packet	Karaoke 1pm-3pm FREE	Women's Coffee 11am-1pm FREE Brunch (2 nd Thurs) Brianna's Café will be ordered for brunch, so bring your credit card and appetite!	Rock Painting (2 nd Fri) 12pm-2pm FREE
Music for Fun 1pm-3pm FREE	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)	Lending Library	Book Club (4 th Thurs) 12pm-1pm FREE	Chess Club (3 rd Fri) 1pm-3pm Punch Card for 8 Visits (Members: \$20 / Non-Members: \$40)
	Yoga-Seated/Standing 10am-10:45am Members: \$43 per month Non-Members: \$86 per month		Tai Chi-Intermediate 1:30pm-2:30pm Members: \$32 per month Non-Members: \$64 per month *At North Creek Presbyterian Church	Cozy Classics-Singin' in the Rain (Jan. 23) 12:30pm-2:30pm Free
			Yoga-Seated/Standing 10am-10:45am Members: \$43 per month Non-Members: \$86 per month	

ENHANCE®WELLNESS and PEARLS For more information, contact:

Lydia Barnsley,LPN, 425-286-1029; lydiab@mynorthshore.org
Georgia Rigler, MSW, LICSW, 425-286-1047; georgiar@mynorthshore.org
Cassidy Stout, MSW 425-286-1072; cassidys@mynorthshore.org