

NSC Mill Creek- February 2026 Calendar



Monday	Tuesday	Wednesday	Thursday	Friday
<div>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!</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. 12-2 pm Mahjong PC 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 12-2 pm Mahjong PC 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)

4111 133rd St SE Suite A, Mill Creek, Washington 98012
Telephone: 425-948-7170

NSC Mill Creek

PROGRAM SCHEDULE & DETAILS

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

ENHANCE@WELLNESS and **PEARLS** For more information, contact:
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 Georgia Rigler, MSW, LICSW, 425-286-1047; georgiar@mynorthshore.org
 Cassidy Stout, MSW 425-286-1072; cassidys@mynorthshore.org