

NSC March 2026 Special Events Calendar



(Flip or scroll to the next page for the Activities Calendar)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3 10 am Lecture AI-Disinformation, H & W Learning Center 2nd Floor 10:30 -12 Indian American Comm program 202/203 1-2:30 IACS Program	4 10 Wellness Check, Lobby 9am Jewelry Sale 1 pm Lecture Senior Living Solutions, Chateau Sponsor, H& W 3:30 Open Mic Dining Rm	5 9 am Jewelry Sale, Lobby 10 am AI Image Generator, H & W Learning Center 2nd Floor 10 Lecture: Mindercise For Memory Enhancement Rm 202	6 1:45 Tea with Eleanor, Dining room	7 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
8	9 9 – 10:30 Veterans Breakfast 11 am Wellness Checks 1 pm French Conversation, Rm 103 12:30 -3:30 Jewelry Club, Rm 103	10 10 am Lecture AI-Voice & Video, H & W Learning Center 2nd Floor 1 pm Book Club, RM 205	11 10 am Antiques Club Rm 202 10 -11:30 am Diabetes Program Rm 205 1-2pm Caregivers Support Group (H & W) 1 pm Lecture, Kidney Health Rm 202 1:30 Financial Discussion, Dining Room 4:00 Happy Hour, Live Music Uncle Barnaby, Dining Room	12 10 am Understanding Fraud & Scams, H & W Learning Lab, 2nd Floor 10 am Powerful Tools for Caregivers, RM 203	13 9-1 SHIBA Appointments, 2 nd floor	14
15	16	17 10:30 -12 Indian American Comm program 202/203 1-2:30 IACS Program	18 SPRING REGISTRATION DAY 10 From Heartache to Open Heart - Rm 203 12 Lecture-Muscles as Medicine, Rm 202 1:30 Financial Discussion Dining Room	19 10 Trivia, RM 205 10 am The 101s of Gender & Sexuality Rm 202	20 10 am Travel Club, RM 205	21 11 am Cooking Class, H & W Large Activity Room
22	23	24	25 10 Wellness Checks, Lobby 11:30 Otago Post Assessment 1:30 Financial Discussion, Dining Room	26 Evergreen Health Mobile Mammography MUST make appoint by calling 425-899-2831 9:30 Quil Ceda Casino	27 7am Check in Seattle-Trip to Victoria8:30	28 Return from Victoria
29	30	31 2pm Frame mat cutting Rm 104				

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<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 2nd Floor Desk</p> <p>Wellness Nurse Appointments</p>	<p>8:30-9:30 Functional Fitness Circuit 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 Functional Fitness Circuit H&W 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 Functional Fitness Circuit 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 <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 & 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 Rm 4- 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 & 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 1:00 CEO Coffee Chat 1:15-3 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 2nd Floor Desk</p> <p><i>Community Resource Specialist 8:45 – 1:45 Consultation Appointments</i></p>	<p>Food Pantry 9-12 Pickleball 12- 4 pm</p>