

**NSC Bothell May
2026 Activities
Calendar:
May 4-15**

Food & Entertainment:

Monday – Friday
12-12:30 pm Community Dining
-- Sign-up Required

Tuesday/ Thursday
11 am -2 Soup in Coffee Bar

Wednesday
12 pm Pie Day -- Coffee Bar
4pm -7pm Happy Hour -- Coffee Bar

Tuesday/Saturday
9-12 Food Pantry

Calendar Legend:

FC = Fitness Center
H&W = Health & Wellness Center
MP = Multipurpose Room
S = Studio

Blue = Special Events
Green = Free Lectures

For more details, such as
class/activity duration, please see
Spring Catalog.

No activities on Sundays



Monday	Tuesday	Wednesday	Thursday	Friday/Saturday
<p>4 8:30 am Enhance Fitness (MP) 9:30 am Ceramics Open Studio (Rm 103) 9:30 am German Conversational (Rm 205) 10 am Senior Aerobics (MP) 10 am Watercolor (Rm 104) 11:30 am Otago (MP) 10 am – 2:30 Russian Language (Rm 202) 12 pm Pinochle (Rm 203) 1 pm French Conversation (Rm 103) 1 pm JFS Music Mondays (Rm 202) 1 pm Astronomy Club (Rm 205) 1 pm Pickleball Open Play (MP) 1:30 pm Conversation Café (Rm 104) 2 pm Chair Pilates (S) 2:30 pm Ceramics Mastery (Rm 103)</p>	<p>5 8 am Day Trip: Port of Tacoma 8:30 am Functional Fitness (FC) 9 am Walking Group 9:30 am Strength & Balance (MP) 9:30 am Knit Wits (Rm 103) 9:45 am Functional Fitness (FC) 10 am Color Pencil Beg/Int (Rm 104) 10 am – 2:30pm IACP (Rm 202/203) 10 am Spin Class (FC) 10 am Variety Band (Rm 205) 10 am Mahjong (Lounge) 10 am Colored Pencil Beg.- (Rm 104) 10:30 am Tai Chi -Beg. (S) 11 am Feldenkrais (H&W Conf.) 11 am Functional Fitness (FC) 11:15 am Line Dancing (MP) 11:30 am Tai Chi – Int. (S) 1 pm Mindfulness (varies) 1 pm Qigong (S) 1 pm Spanish Conversation (Rm 103) 1:30 pm Learning Technology Series: Chatting with AI (H&W) 2 pm Pickleball I (MP) 2 pm Men’s Social Group 2:30 pm Qigong (S) 3:30 pm Pickleball 2 Int (MP)</p>	<p>6 8:30 am Enhance Fitness (MP) 9:15 am Watercolor (R 104) 9:30 am Mat Pilates (Studio) 9:30 am Ceramics Low Fire-Beg. (R 103) 10 am Senior Aerobics (MP) 10 am Cycling Club Golden Gears 10:45 am Mat Pilates Beg. (S) 11:30 am Otago (MP) 12 pm Tai Chi Basics (S) 12:30 pm Acrylics & More (Rm 104) 12:30 pm Quilt Club (Rm I03) 1 pm Sharing & Caring (Rm 205) 1 pm Cornhole Social (MP Stage) 1 pm Table Tennis (MP) 1 pm Creative Writing Group (Rm 203) 2:30 pm Guitar Club (Rm 205) 3:30 pm Ballroom Dance (MP) 3:30 pm Open Mic (Dining) 3:30 pm Multimedia Pen & Ink (Rm 103) 4 pm Mahjong (Lounge) 4 pm Bingo (Rm 202/203) 4:30 pm Essentrics (S) 5:30 pm Ceramics Low Fire– Int (Rm 103) 5:30 pm Pickleball- Open (MP) 6 pm Driftwood Sculpture (Rm 104)</p>	<p>7 8:30 am Functional Fitness (FC) 8:30 am Yoga-Breath/Balance (S) 8:30 am Driftwood Sculpture (Rm 104) 9 am Acrylic Art (Rm 103) 9:30 am Strength & Balance (MP) 9:45 am Functional Fitness (FC) 10:am Day Trip: Nordic Heritage Museum 10 am Fishing Club 10:30 am Tai Chi Beginner (S) 11 am Functional Fitness (FC) 11 am Color Pencil/Drawing (Rm 104) 11:30 am Tai Chi Practice (Studio) 11:30 am Drum Circle (Rm 103) 11:30 am Pickleball 2 Round Robin (MP) 12:15 pm Weightlifting 101 (FC) 12:30 pm Hand & Foot (Lounge) 1 pm Alzheimer Association: Managing Money (Rm 202) 1:15 pm Ageless Together (Dining Room) 1:30 pm Learning Technology Series: Google Maps (H&W) 1:30 pm CEO Coffee Chat (Varies) 2 pm Pickleball Beg. Open Play (MP) 2:30 pm Driftwood Sculpture (Rm 104)</p>	<p>8 8:30 am Enhance Fitness (MP) 8:30 am Watercolor Beg (Rm 104) 9:30 am Mat Pilates (Studio) 9:30 am Mahjong (Rm 202) 10 am Cardio Drumming (MP) 10 am Writing for Memoir (Rm 103) 10:30 am Cribbage (Rm 203:) 10:45 am Mat Pilates Beg.(S) 11 am Women’s Writing (Rm 205) 11:30 am Watercolor (Rm 104) 12 pm :Pinochle(Rm 203) 12 pm Zumba Gold (MP) 1 pm Pickleball Open Play (MP) 2 pm Soft Pastels (Rm 103)</p> <hr/> <p>9 10:30 am Pickleball Int. (MP) 11 am Cooking Class with Chef Sant (H&W)</p>
<p>11 8:30 am Enhance Fitness (MP) 9 am Veterans Breakfast 9:30 am Ceramics Open Studio (Rm 103) 9:30 am German Conversation (Rm 205) 10 am Senior Aerobics (MP) 10 am Watercolor (Rm 104) 11:30 am Otago (MP) 10 am JFS Russian Language (Rm 202) 12 pm Pinochle (Rm 203) 1 pm Astronomy Club (Rm 205) 1 pm Pickleball Open Play (MP) 1:30 pm Conversation Café (Rm 104) 2 pm Chair Pilates (S) 2:30 pm Ceramics Mastery (Rm 103)</p>	<p>12 8:30 am Functional Fitness (FC) 9 am Walking Group 9:30 am Strength & Balance (MP) 9:30 am Knit Wits (Rm 103) 9:45 am Functional Fitness (FC) 10 am Colored Pencil Beg/Int (Rm 104) 10 am Spin Class (FC) 11 am Feldenkrais (H&W Conf.) 10 am Variety Band (Rm 205) 10 am Mahjong (Lounge) 10 am Colored Pencil Beg. (Rm 104) 10:30 am Tai Chi -Beg. (S) 11 am -12 Functional Fitness (FC) 11:15 am Line Dancing (MP) 11:30 am Tai Chi – Int. (S) 11:45 am Jewelry Club (rm 103) 1 pm Mindfulness (Rm 203) 1 pm Book Club(Rm 205) 1 pm Qigong (S) 1 pm Impactful Empathy (Rm 202) 1 pm Spanish Conversation (Rm 103) 1:30 pm Learning Technology Series: Smartphone Camera Uses (H&W) 2 pm Pickleball I (MP) 2:30 pm Qigong (S) 3:30 pm Pickleball 2 Int (MP)</p>	<p>13 8:30 am Enhance Fitness (MP) 9:15 Watercolor (R 104) 9:30 am Mat Pilates (Studio) 9:30 am Ceramics Low Fire -Beg. (R 103) 10 am Senior Aerobics (MP) 10 am Cycling Club Golden Gears 10 am Antiques Club 10:45 am Mat Pilates Beg. (S) 11:30 am Otago (MP) 12 pm Tai Chi Basics (S) 12:30 pm Acrylics & More (Rm 104) 12:30 pm Quilt Club (Rm I03) 1 pm Sharing & Caring (Rm 205) 1 pm Cornhole Social (MP Stage) 1 pm Table Tennis (MP) 1 pm Creative Writing Group (Rm 203) 1:30 pm Financial Markets Discussion (Dining) 2:30 pm Guitar Club (Rm 205) 3:30 pm Ballroom Dance (MP) 3:30 pm Multimedia Pen & Ink (Rm 103) 4 pm Mahjong (Lounge) 4 pm Bingo (Rm 202/203) 4-7 pm Live Music with Uncle Barnaby (CB) 4:30 pm Essentrics (S) 5:30 pm Ceramics Low Fire– Int (Rm 103) 5:30 pm Pickleball- Open (MP) 6 pm Driftwood Sculpture (Rm 104)</p>	<p>14 8:30 am Functional Fitness (FC) 8:30 am Yoga-Breath/Balance (S) 8:30 am Driftwood Sculpture (Rm 104) 9 am Acrylic Art (Rm 103) 9:30 am Strength & Balance (MP) 9:45 am Functional Fitness (FC) 10:30 am Tai Chi Beginner (S) 11 am Functional Fitness (FC) 11 am Hospice 101: Demystifying Hospice Care (Rm 202) 11 am -2 Color Pencil/Drawing (Rm 104) 11:30 am Tai Chi Practice (Studio) 11:30 am Drum Circle (Rm 103) 11:30 am Pickleball 2 Round Robin (MP) 12:15 pm Weightlifting 101 (FC) 12:30 pm Hand & Foot (Lounge) 1:15 pm Ageless Together (Dining Room) 1:30 pm Learning Technology Series: My Chart (H&W) 1:30 pm CEO Coffee Chat (Varies) 2 pm Pickleball Beg. Open Play (MP) 2:30 pm Driftwood Sculpture (Rm 104)</p>	<p>15 8:30 am Enhance Fitness (MP) 8:30 am Watercolor Beg (Rm 104) 9:30 am Mat Pilates (Studio) 9:30 am Mahjong (Rm 202) 10 am Cardio Drumming (MP) 10 am Travel Club (Rm 205) 10 am Writing for Memoir (Rm 103) 10:30 am Cribbage (Rm 203:) 10:45 am Mat Pilates Beg.(S) 11 am Women’s Writing (Rm 205) 11:30 am Watercolor (Rm 104) 12 pm :Pinochle(Rm 203) 12 pm Zumba Gold (MP) 1 pm Pickleball Open Play (MP) 2 pm Soft Pastels (Rm 103)</p> <hr/> <p>16 10:30 am Pickleball Int. (MP)</p>

	Monday	Tuesday	Wednesday	Thursday	Friday/Saturday
<p>NSC Bothell May 2026 Activities Calendar: May 18 - 31</p> <p>Food & Entertainment: Monday – Friday 12-12:30 pm Community Dining -- <i>Sign-up Required</i></p> <p>Tuesday/ Thursday 11 am -2 Soup in Coffee Bar</p> <p>Wednesday 12 pm Pie Day -- Coffee Bar 4pm -7pm Happy Hour -- Coffee Bar</p> <p>Tuesday/Saturday 9-12 Food Pantry</p>	<p>18</p> <p>8:30 am Enhance Fitness (MP) 9:30 am Ceramics Open Studio (Rm 103) 9:30 am German Conversational (Rm 205) 10 am Senior Aerobics (MP) 10 am Watercolor (Rm 104) 10 am – 2:30 pm JFS Russian Language (Rm 202) 11:30 am Otago (MP) 12 pm Pinochle (Rm 203) 1 pm French Conversation (Rm 103) 1 pm Astronomy Club (Rm 205) 1 pm Pickleball Open Play (MP) 1:30 pm Conversation Café (Rm 104) 2 pm Chair Pilates (S) 2:30 pm Ceramics Mastery (Rm 103)</p>	<p>19</p> <p>8:30 am Functional Fitness (FC) 9 am Walking Group 9:30 am Strength & Balance (MP) 9:30 am Knit Wits (Rm 103) 9:45 am Functional Fitness (FC) 10 am Color Pencil Beg/Int (Rm 104) 10 am – 2:30 pm Indian American Comm program (Rm 202/203) 10 am Spin Class (FC) 10 am Variety Band (Rm 205) 10 am Mahjong (Lounge) 10 am Colored Pencil Beg.- (Rm 104) 10:30 am Tai Chi -Beg. (S) 11 am Feldenkrais (H&W Conf.) 11 am Functional Fitness (FC) 11:15 am Line Dancing (MP) 11:30 am Tai Chi – Int. (S) 1 pm Mindfulness (varies) 1 pm Qigong (S) 1 pm Spanish Conversation (Rm 103) 1 pm Building Resilience (Rm 203) 2 pm Pickleball 1 (MP) 2 pm Men’s Social Group 2:30 pm Qigong (S) 3:30 pm Pickleball 2 Int (MP)</p>	<p>20</p> <p>8:30 am Enhance Fitness (MP) 9 am – 2 pm Jewelry Sale (Lobby) 9:15 Watercolor (R 104) 9:30 am Mat Pilates (Studio) 9:30 am Ceramics Low Fire -Beg. (R 103) 10 am Senior Aerobics (MP) 10 am Cycling Club Golden Gears 10:30 am Bone Health/Osteoporosis (Rm 202) 10:45 Mat Pilates Beg. (S) 11:30 am Otago (MP) 12 Tai Chi Basics (S) 12:30 pm Acrylics & More (Rm 104) 12:30 pm Quilt Club (Rm 103) 1 pm Sharing & Caring (Rm 205) 1 pm Cornhole Social (MP Stage) 1 pm Table Tennis (MP) 1 pm Creative Writing Group (Rm 203) 2:30 pm Guitar Club (Rm 205) 3:30 pm Ballroom Dance (MP) 3:30 pm Multimedia Pen & Ink Rm 103) 4 pm Mahjong (Lounge) 4 pm Bingo (Rm 202/203) 4 – 6:30 pm Karaoke (Dining) 4:30 pm Essentrics (S) 5:30 pm Ceramics Low Fire– Int (Rm 103) 5:30 pm Pickleball- Open (MP) 6-8:30 pm Driftwood Sculpture (Rm 104)</p>	<p>21</p> <p>8:30 am Functional Fitness (FC) 8:30 am Yoga-Breath/Balance (S) 8:30 am Driftwood Sculpture (Rm 104) 9 am – 2 pm Jewelry Sale (Lobby) 9 am Acrylic Art (Rm 103) 9:30 am Strength & Balance (MP) 9:45 am Functional Fitness (FC) 10 am Trivia (Rm 205) 10:30 am Tai Chi Beginner (S) 11 am Functional Fitness (FC) 11 am -2 Color Pencil/Drawing (Rm 104) 11:30 am Tai Chi Practice (Studio) 11:30 am Drum Circle (Rm 103) 11:30 am Pickleball 2 Round Robin (MP) 12:15 pm Weightlifting 101 (FC) 12:30 pm Hand & Foot (Lounge) 1:15 pm Ageless Together (Dining) 1:30 pm CEO Coffee Chat (Varies) 2 pm Pickleball Beg. Open Play (MP) 2:30 pm Driftwood Sculpture (Rm 104)</p>	<p>22</p> <p>8:30 am Enhance Fitness (MP) 8:30 am Watercolor Beg (Rm 104) 9:30 am Mat Pilates (Studio) 9:30 am Mahjong (Rm 202) 10 am Cardio Drumming (MP) 10 am Writing for Memoir (Rm 103) 10:30 am Cribbage (Rm 203:) 10:45 am Mat Pilates Beg.(S) 11 am Women’s Writing (Rm 205) 11:30 am Watercolor (Rm 104) 12 pm :Pinochle(Rm 203) 12 pm Zumba Gold (MP) 1 pm Pickleball Open Play (MP) 2 pm Soft Pastels (Rm 103)</p> <hr/> <p>23</p> <p>10:30 am Pickleball Int. (MP)</p>
<p>Calendar Legend: FC = Fitness Center H&W = Health & Wellness Center MP = Multipurpose Room S = Studio</p> <p>Blue = Special Events Green = Free Lectures</p> <p>For more details, such as class/activity duration, please see Spring Catalog.</p> <p>No activities on Sundays</p>	<p>25</p> <p>CLOSED FOR MEMORIAL DAY</p>	<p>26</p> <p>8:30 am Functional Fitness (FC) 9-10 am Walking Group 9:30 am Strength & Balance (MP) 9:30 am Knit Wits (Rm 103) 9:45 am Functional Fitness (FC) 10 am Colored Pencil Beg/Int (Rm 104) 10 am Spin Class (FC) 11 am Feldenkrais (H&W Conf.) 10 am Variety Band (Rm 205) 10 am Mahjong (Lounge) 10 am Colored Pencil Beg.- (Rm 104) 10:30 am Tai Chi -Beg. (S) 11 am Functional Fitness (FC) 11:15 am Line Dancing (MP) 11:30 am Tai Chi – Int. (S) 1 pm Mindfulness (Rm 203) 1 pm Book Club (Rm 205) 1 pm Qigong (S) 1 pm Spanish Conversation (Rm 103) 2 -3:30 pm Pickleball 1 (MP) 2 pm Variety Show & Band Performance (Dining) 2:30 pm Qigong (S) 3:30 pm Pickleball 2 Int (MP)</p>	<p>27</p> <p>8:30 am Enhance Fitness (MP) 9:15 Watercolor (R 104) 9:30 am Mat Pilates (Studio) 9:30 am Ceramics Low Fire -Beg. (R 103) 10 am Senior Aerobics (MP) 10 am Cycling Club Golden Gears 10:45 Mat Pilates Beg. (S) 11:30 am Otago (MP) 12 Tai Chi Basics (S) 12:30 pm Acrylics & More (Rm 104) 12:30 pm Quilt Club (Rm 103) 1 pm Sharing & Caring (Rm 205) 1 pm Cornhole Social (MP Stage) 1 pm Table Tennis (MP) 1 pm Creative Writing Group (Rm 203) 1:30 pm Financial Markets Discussion (Dining) 2:30 pm Guitar Club (Rm 205) 3:30 pm Ballroom Dance (MP) 3:30 pm Multimedia Pen & Ink Rm 103) 4 pm Mahjong (Lounge) 4 pm Bingo (Rm 202/203) 4:30 pm Essentrics (S) 5:30 pm Ceramics Low Fire– Int (Rm 103) 5:30 pm Pickleball- Open (MP) 6-8:30 pm Driftwood Sculpture (Rm 104)</p>	<p>28</p> <p>8:30 am Functional Fitness (FC) 8:30 am Yoga-Breath/Balance (S) 8:30 am Driftwood Sculpture (Rm 104) 9 am Acrylic Art (Rm 103) 9:30 am – 2:30 Day Trip Quil Ceda Casino 9:30 am Strength & Balance (MP) 9:45 am Functional Fitness (FC) 10:30 am Tai Chi Beginner (S) 11 am Functional Fitness (FC) 11 am -2 Color Pencil/Drawing (Rm 104) 11:30 am Tai Chi Practice (Studio) 11:30 am Drum Circle (Rm 103) 11:30 am Pickleball 2 Round Robin (MP) 12:15 pm Weightlifting 101 (FC) 12:30 pm Hand & Foot (Lounge) 12:45 – 5 pm Day Trip: Village Theater 1:15 pm Ageless Together (Dining) 1:30 pm CEO Coffee Chat (Varies) 2 pm Pickleball Beg. Open Play (MP) 2:30 pm Driftwood Sculpture (Rm 104)</p>	<p>29</p> <p>8:30 am Enhance Fitness (MP) 8:30 am Watercolor Beg (Rm 104) 9:30 am Mat Pilates (Studio) 9:30 am Mahjong (Rm 202) 10 am Cardio Drumming (MP) 10 am Writing for Memoir (Rm 103) 10:30 am Cribbage (Rm 203:) 10:45 am Mat Pilates Beg.(S) 11 am Women’s Writing (Rm 205) 11:30 am Watercolor (Rm 104) 12 pm :Pinochle(Rm 203) 12 pm Zumba Gold (MP) 1 pm Pickleball Open Play (MP) 2 pm Soft Pastels (Rm 103)</p> <hr/> <p>30</p> <p>10:30 am Pickleball Int. (MP)</p>