



<p>NSC Bothell July 2026 Activities Calendar: July 1-11</p> <p>Food & Entertainment:</p> <p><i>Monday – Friday</i> 12-12:30 pm Community Dining -- Sign-up required</p> <p><i>Tuesday/ Thursday</i> 11 am -2 Soup in Coffee Bar</p> <p><i>Wednesday</i> 12 pm Pie Day -- Coffee Bar 4pm -7pm Happy Hour -- Coffee Bar</p> <p><i>Tuesday/Saturday</i> 9-12 Food Pantry</p>	<p>Monday</p>	<p>Tuesday</p>	<p>Wednesday</p>	<p>Thursday</p>	<p>Friday/Saturday</p>
<p>Calendar Legend:</p> <p>FC = Fitness Center H&W = Health & Wellness Center MP = Multipurpose Room S = Studio</p> <p>Blue = Special Events</p> <p>For more details, such as class/activity duration, please see Summer Catalog.</p> <p>No activities on Sundays</p> 	<p>6</p> <p>7:30 am Hiking Group 8:30 am Seated & Standing Yoga (S) 8:30 am Enhance Fitness (MP) 9:30 am Ceramics Open Studio (Rm 103) 9:30 am German Conversation (Rm 205) 10 am Aerobics (MP) 10 am Watercolor (Rm 104) 10 am JFS 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>7</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 – 2:30pm IACS (Rm 202/203) 10 am Variety Show & Band (Rm 205) 10 am Mahjong (Lounge) 10 am Colored Pencil Beg.- (Rm 104) 11 am Feldenkrais (H&W Conf.) 11 am Functional Fitness (FC) 11:15 am Line Dancing (MP) 12:30 pm Personal Training Sessions (FC) 1 pm Mindfulness (varies) 1 pm Qigong Level 2 (S) 1 pm Spanish Conversation (Rm 103) 2 pm Pickleball 1 (MP) 2 pm Men’s Social Group (Rm 205) 2:30 pm Qigong Level 1 (S) 3:30 pm Pickleball 2 Int (MP)</p>	<p>8</p> <p>8:30 am Seated & Standing Yoga (S) 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 Aerobics (MP) 10 am Cycling Club Golden Gears 10 am Diabetes/Pre-Diabetes Group (Rom 205) 10:45 am Mat Pilates Beg. (S) 12:30 pm Acrylics & More (Rm 104) 12:30 pm Meditation for Starters (S) 12:30 pm Quilt Club (Rm 103) 1 pm Sharing & Caring (Rm 205) 1 pm Bocce/Cornhole Social (MP Stage) 1 pm Table Tennis (MP) 1 pm Creative Writing (Rm 203) 1:30 pm Financial Markets Discussion (Dining) 2:30 pm Guitar Club (Rm 205) 3:30 pm Ballroom Dance (MP) 4 pm Mahjong (Lounge) 4 pm Bingo (Rm 202/203) 5:30 pm Ceramics Low Fire– Int (Rm 103) 5:30 pm Pickleball- Open Play (MP) 6 pm Driftwood Sculpture (Rm 104)</p>	<p>9</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 Strength & Balance (MP) 9:45 am Functional Fitness (FC) 10 am Fishing Club 11 am Functional Fitness (FC) 11 am Color Pencil/Drawing (Rm 104) 11:30 am Drum Circle (Rm 103) 11:30 am Pickleball Round Robin (MP) 12:15 pm Weightlifting 101 (FC) 12:30 pm Hand & Foot (Lounge) 1 pm Challenging Family Situations Group (Rm 103) 1:15 pm Ageless Together (Dining Room) 1:30 pm CEO Coffee Chat (Varies) 2 pm Pickleball Beg. Open Play (MP) 2:30 pm Driftwood Sculpture (Rm 104)</p>	<p>3</p> <p>Center Closed in Observation of July 4th</p> <hr/> <p>4</p>  <p>10</p> <p>8:30 am Watercolor Beg (Rm 104) 9:30 am Mat Pilates (Studio) 9:30 am Mahjong (Rm 202) 10 am Memoir Writing(Rm 103) 10:30 am Cribbage (Rm 203:) 10:45 am Mat Pilates Beg.(S) 11 am Cardio Drumming (MP) NEW TIME 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)</p> <hr/> <p>11</p> <p>9 am Pickleball Beginner (MP) 10:30 am Pickleball Int. (MP)</p>

NSC Bothell June 2026 Activities Calendar: July 13 – 25

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>13 7:30 am Hiking Group 8:30 am Seated & Standing Yoga (S) 8:30 am Enhance Fitness (MP) 9 am Veterans Breakfast (Dining) 9:30 am Ceramics Open Studio (Rm 103) 9:30 am German Conversation (Rm 205) 10 am Aerobics (MP) 10 am Watercolor (Rm 104) 10 am JFS Russian Language (Rm 202) 11:45 Jewelry Club (Rm 103) 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>14 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 Variety Show & Band (Rm 205) 10 am Mahjong (Lounge) 10 am Colored Pencil Beg.- (Rm 104) 11 am Feldenkrais (H&W Conf.) 11 am Functional Fitness (FC) 11:15 am Line Dancing (MP) 12:30 pm Personal Training Sessions (FC) 1 pm Book Club 1 pm Mindfulness (varies) 1 pm Qigong Level 2 (S) 1 pm Spanish Conversation (Rm 103) 2 pm Pickleball I (MP) 2:30 pm Qigong Level 1 (S) 3:30 pm Pickleball 2 Int (MP)</p>	<p>15 8:30 am Seated & Standing Yoga (S) 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) 9:30 – 11:30 am Feldenkrais 1:1 Lessons (R 205) 10 am Aerobics (MP) 10 am Cycling Club Golden Gears 10 am Diabetes/Pre-Diabetes Group (Rm 205) 10 am Heartache to Open Heart (Rm 203) 10:45 am Mat Pilates Beg. (S) 12:30 pm Acrylics & More (Rm 104) 12:30 pm Meditation for Starters (S) 12:30 pm Quilt Club (Rm 103) 1 pm Sharing & Caring (Rm 205) 1 pm Bocce/Cornhole Social (MP Stage) 1 pm Table Tennis (MP) 1 pm Creative Writing (Rm 203) 2:30 pm Guitar Club (Rm 205) 3:30 pm Ballroom Dance (MP) 4 pm Mahjong (Lounge) 4 pm Bingo (Rm 202/203) 5:30 pm Ceramics Low Fire– Int (Rm 103) 5:30 pm Pickleball- Open Play (MP) 6 pm Driftwood Sculpture (Rm 104)</p>	<p>16 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 Fishing Club (Rm 202) 10 am Trivia (Rm 205) 11 am Functional Fitness (FC) 11 am Color Pencil/Drawing (Rm 104) 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 Challenging Family Situations Group (Rm 103) 1:15 pm Ageless Together (Dining Room) 1:30 pm CEO Coffee Chat (Varies) 2 pm Pickleball Beg. Open Play (MP) 2:30 pm Driftwood Sculpture (Rm 104)</p>	<p>17 8:30 am Watercolor Beg (Rm 104) 9:30 am Mat Pilates (Studio) 9:30 am Mahjong (Rm 202) 10 am Memoir Writing(Rm 103) 10 am Travel Club (Rm 205) 10:30 am Cribbage (Rm 203:) 10:45 am Mat Pilates Beg.(S) 11 am Cardio Drumming (MP) NEW TIME 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)</p> <hr/> <p>18 9 am Pickleball Beginner (MP) 10:30 am Pickleball Int. (MP)</p>
	<p>20 7:30 am Hiking Group 8:30 am Seated & Standing Yoga (S) 8:30 am Enhance Fitness (MP) 9:30 am Ceramics Open Studio (Rm 103) 9:30 am German Conversation (Rm 205) 10 am Aerobics (MP) 10 am Watercolor (Rm 104) 10 am JFS Russian Language (Rm 202) 11:30 am Otago (MP) (7/27) 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>21 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 – 2:30pm IACS (Rm 202/203) 11 am Feldenkrais (H&W Conf.) 10 am Variety Show & Band (Rm 205) 10 am Mahjong (Lounge) 10 am Colored Pencil Beg.- (Rm 104) 11 am Functional Fitness (FC) 11:15 am Line Dancing (MP) 1 pm Mindfulness (Rm 203) 1 pm Qigong Level 2 (S) 1 pm Spanish Conversation (Rm 103) 2 pm Men’s Social Group (Rm 205) 2 -3:30 pm Pickleball I (MP) 2:30 pm Qigong Level 1(S) 3:30 pm Pickleball 2 Int (MP)</p>	<p>22 8:30 am Seated & Standing Yoga (S) 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 Aerobics (MP) 10 am Cycling Club Golden Gears 10 am Diabetes/Pre-Diabetes Group (Rom 205) 10:45 am Mat Pilates Beg. (S) 11:30 am Otago (MP) 12:30 pm Acrylics & More (Rm 104) 12:30 pm Meditation for Starters (S) 12:30 pm Quilt Club (Rm 103) 1 pm Sharing & Caring (Rm 205) 1 pm Bocce/Cornhole Social (MP Stage) 1 pm Table Tennis (MP) 1 pm Creative Writing (Rm 203) 1:30 pm Financial Markets Discussion (Dining) 2:30 pm Guitar Club (Rm 205) 3:30 pm Ballroom Dance (MP) 4 pm Mahjong (Lounge) 4 pm Bingo (Rm 202/203) 5:30 pm Ceramics Low Fire– Int (Rm 103) 5:30 pm Pickleball- Open Play (MP) 6 pm Driftwood Sculpture (Rm 104)</p>	<p>23 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 Fishing Club 10 am: CORE (Fraud Protection) (Rm 202) 11 am Functional Fitness (FC) 11 am Color Pencil/Drawing (Rm 104) 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 Challenging Family Situations Group (Rm 103) 1:15 pm Ageless Together (Dining Room) 1:30 pm CEO Coffee Chat (Varies) 2 pm Pickleball Beg. Open Play (MP) 2:30 pm Driftwood Sculpture (Rm 104)</p>	<p>24 8:30 am Watercolor Beg (Rm 104) 9:30 am Mat Pilates (Studio) 9:30 am Mahjong (Rm 202) 10 am Memoir Writing(Rm 103) 10:30 am Cribbage (Rm 203:) 10:45 am Mat Pilates Beg.(S) 11 am Cardio Drumming (MP) NEW TIME 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)</p> <hr/> <p>25 9 am Pickleball Beginner (MP) 10:30 am Pickleball Int. (MP)</p>

NSC Bothell June 2026 Activities Calendar: July 27 – 31

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>27 7:30 am Hiking Group 8:30 am Seated & Standing Yoga (S) 8:30 am Enhance Fitness (MP) 9:30 am Ceramics Open Studio (Rm 103) 9:30 am German Conversation (Rm 205) 10 am Aerobics (MP) 10 am Watercolor (Rm 104) 10 am JFS Russian Language (Rm 202) 11:30 am Otago (MP) (7/27) 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>28 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) 11 am Feldenkrais (H&W Conf.) 10 am Variety Show & Band (Rm 205) 10 am Mahjong (Lounge) 10 am Colored Pencil Beg.- (Rm 104) 11 am Functional Fitness (FC) 11:15 am Line Dancing (MP) 1 pm Mindfulness (Rm 203) 1 pm Qigong Level 2 (S) 1 pm Spanish Conversation (Rm 103) 2 -3:30 pm Pickleball I (MP) 2:30 pm Qigong Level 1(S) 3:30 pm Pickleball 2 Int (MP)</p>	<p>29 8:30 am Seated & Standing Yoga (S) 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 Aerobics (MP) 10 am Cycling Club Golden Gears 10 am Diabetes/Pre-Diabetes Group (Rom 205) 10:45 am Mat Pilates Beg. (S) 11:30 am Otago (MP) 12:30 pm Acrylics & More (Rm 104) 12:30 pm Quilt Club (Rm 103) 1 pm Sharing & Caring (Rm 205) 1 pm Bocce/Cornhole Social (MP Stage) 1 pm Table Tennis (MP) 1 pm Creative Writing (Rm 203) 2:30 pm Guitar Club (Rm 205) 3:30 pm Ballroom Dance (MP) 4 pm Mahjong (Lounge) 4 pm Bingo (Rm 202/203) 5:30 pm Ceramics Low Fire- Int (Rm 103) 5:30 pm Pickleball- Open Play (MP) 6 pm Driftwood Sculpture (Rm 104)</p>	<p>30 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 Fishing Club 11 am Functional Fitness (FC) 11 am Color Pencil/Drawing (Rm 104) 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 Challenging Family Situations Group (Rm 103) 1:15 pm Ageless Together (Dining Room) 1:30 pm CEO Coffee Chat (Varies) 2 pm Pickleball Beg. Open Play (MP) 2:30 pm Driftwood Sculpture (Rm 104)</p>	<p>31 8:30 am Watercolor Beg (Rm 104) 9:30 am Mat Pilates {Studio) 9:30 am Mahjong (Rm 202) 10 am Memoir Writing(Rm 103) 10:30 am Cribbage (Rm 203:) 10:45 am Mat Pilates Beg.(S) 11 am Cardio Drumming (MP) NEW TIME 11 am Women's Writing (Rm 205) 11:30 am Watercolor (Rm 104) 11:30 am Sip & Savor: DeLille Cellars Wine Tasting 12 pm :Pinochle(Rm 203) 12 pm Zumba Gold (MP) 1 pm Pickleball Open Play (MP)</p>