


NSC Mill Creek- July 2026 Calendar

4111 133rd St SE Suite A, Mill Creek, Washington 98012

Telephone: 425-948-7170

Email: MillCreekSeniorCenter@mynorthshore.org



Monday	Tuesday	Wednesday	Thursday	Friday
<div style="border: 1px solid black; padding: 5px; width: fit-content; margin: auto;"> 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>		1	2	3
		9:45a-1p Senior Shop Bus Route 10-11a Enhance Fitness \$ 9:30a-12p Watercolor \$ 12:30-3p Pinochle (dbl deck) PC 1-3p Karaoke	9a-3p NSC Social Services 9:30-11a Crochet 10-11a Seated/Standing Yoga \$ 10-11a Walking Group 11:15a-12p Cardio Drumming \$ 11a-1p Women's Coffee *1:30-2:30p Tai Chi \$	 CLOSED [Saturday] 4 11-1p BINGO \$
6	7	8	9	10
10-11a Enhance Fitness \$ 12:30-3p Pinochle (single deck) PC 1-3p Music for Fun	9a-3p NSC Social Services 10-10:45a Breath & Balance Yoga \$ 10a-11:30a Solo Aging Workshop 12-2p American Mahjong PC 1-3p BINGO \$ 3:15-4p Computer Help \$	9:45a-1p Senior Shop Bus Route 9:30a-12p SHIBA Medicare Advisor 10-11a Enhance Fitness \$ 10a-12p Watercolor \$ 12:30-3p Pinochle (dbl deck) PC 1-3p Karaoke	9a-3p NSC Social Services 9:30-11a Crochet 10-11a Walking Group 10-11a Seated/Standing Yoga \$ 10a-1p Homage Resource Advisor 11:15a-12p Cardio Drumming \$ 11a-1p Women's Coffee BRUNCH *1:30-2:30p Tai Chi \$	10a-12p Men's Coffee 10:30-11:15a Line Dancing \$ 12-2p Rock Painting
13	14	15	16	17
10-11a Enhance Fitness \$ 12-1p Meatless Monday 12:30-3p Pinochle (single deck) PC 1-3p Music for Fun	9a-3p NSC Social Services 10-10:45a Breath & Balance Yoga \$ 11:30a-12:30p TED Talk Tues. 12-2p American Mahjong PC 1-3p BINGO \$ 3:15-4p Computer Help \$	9:45a-1p Senior Shop Bus Route 10-11a Enhance Fitness \$ 10a-12p Watercolor \$ 12:30-3p Pinochle (dbl deck) PC 1-3p Karaoke	9a-3p NSC Social Services 9:30-11a Crochet 10-11a Walking Group 10-11a Seated/Standing Yoga \$ 11:15a-12p Cardio Drumming \$ 11a-1p Women's Coffee *1:30-2:30p Tai Chi \$	9:30-4p Foot Care Clinic \$ 10:30-11:15a Line Dancing \$
20	21	22	23	24
10-11a Enhance Fitness \$ 12:30-3p Pinochle (single deck) PC 1-3p Music for Fun	9a-3p NSC Social Services *10-10:45a Travel Training 10a-11:30a Solo Aging Workshop 10-10:45a Breath & Balance Yoga \$ 11:30a-12:30p TED Talk Tues. 12-2p American Mahjong PC 1-3p BINGO \$ 3:15-4p Computer Help \$	9:45a-1p Senior Shop Bus Route 9:30a-12p SHIBA Medicare Advisor 10-11a Enhance Fitness \$ 10a-12p Watercolor \$ 12:30-3p Pinochle (dbl deck) PC 1-3p Karaoke	9a-3p NSC Social Services 9:30-11a Crochet 10-11a Walking Group 10-11a Seated/Standing Yoga \$ 11a-1p Women's Coffee 11:15a-12p Cardio Drumming \$ 12-1p Book Club *1:30-2:30p Tai Chi \$	9:30-4p Foot Care Clinic \$ 10a-12p Men's Coffee 10:30-11:15a Line Dancing \$
27	28	29	30	31
10-11a Enhance Fitness \$ *10-11:30a Cookie Decorating 10a-12p Mon. Morning Movie 12:30-3p Pinochle (single deck) PC 1-3p Music for Fun	9a-3p NSC Social Services *10-11a Birds of your Backyard 10-10:45a Breath & Balance Yoga \$ 12-2p American Mahjong PC 1-3p BINGO \$ 3:15-4p Computer Help \$	9:45a-1p Senior Shop Bus Route 10-11a Enhance Fitness \$ 10a-12p Watercolor \$ 12:30-3p Pinochle (dbl deck) PC 1-3p Karaoke	9a-3p NSC Social Services 9:30-11a Crochet 10-11a Walking Group 10-11a Seated/Standing Yoga \$ 11a-1p Women's Coffee 11:15a-12p Cardio Drumming \$ *1:30-2:30p Tai Chi \$	9:30-4p Foot Care Clinic \$ 10a-12p Men's Coffee 10:30-11:15a Line Dancing \$

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

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Enhance Fitness (Mon & Wed) 10am-11am Members: \$30 per month Non-Members: \$60 per month</p> <p>*Cookie Decorating (July 27th) 10am-11:30am Enjoy decorating 5-6 cookies, all supplies included. Hosted by: Amy Best Members: \$10 Non-Members: \$20</p> <p>Monday Morning Movie (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 for appointment.</p> <p>Breath & Balance YOGA 10am-10:45am Members: \$32 per month Non-Members: \$64 per month</p> <p>Solo Aging Workshop (July 2nd & 23rd) 10am-11:30am Pre-Registration Required w/ Georgia Rigler FREE</p> <p>TED Talk Tuesday (3rd Tues) 11:30am-12:30pm FREE</p> <p>*Travel Training w/ Community Transit (July 21st) 10am-2pm <i>see page 6 of catalog for details</i> FREE *pre-registration required*</p> <p>*Bird of your Backyard (July 28th) 10am-11am Learn about local birds around the area. Presentation by: Fred Benedetti FREE</p> <p>American Mahjong 12pm-2pm Punch Card for 8 Visits (Members: \$20 / Non-Members: \$40)</p> <p>BINGO 1pm-3pm Members & Non-Members: \$5 per packet</p> <p>Computer Help 3:15pm-4pm BY APPT ONLY* Members: \$10 for 30 min. \$20 for 60 min. Non-Members: \$40 for 60 min.</p>	<p>Senior Shop Bus Route 9:45am-1pm FREE Call 425-286-1026 to schedule</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>NSC Social Services and Private Consultation w/ Georgia Rigler, MSW (Tues & Thur) <i>see Tues for details</i></p> <p>Crochet Club 9:30-11am FREE</p> <p>Walking Group 10am-11am FREE Wear comfortable shoes and prep for the weather. (Meet in MC Foyer)</p> <p>Seated & Standing Yoga 10am-11am Members: \$32 per month Non-Members: \$64 per month</p> <p>Homage Resource Advisor (2nd Thurs) 10am-1pm FREE Walk-in appointments welcomed.</p> <p>Cardio Drumming 11:15am-12pm 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 1:30pm-2:30pm Members: \$32 per month Non-Members: \$64 per month *At North Creek Presbyterian Church</p>	<p>Foot Care Clinic (2nd, 3rd & 4th Fri) *EXTRA DAYS IN JULY* 9:30am-3:15pm Members & Non-Members: \$45 *BY APPT ONLY* (call for appointment or schedule w/ front desk)</p> <p>Men's Coffee Group (2nd & 4th Fri) 10am-12pm FREE</p> <p>Line Dancing 10:30am-11:15am Members: \$32 per month Non-Members: \$64 per month</p> <p>Rock Painting (2nd Fri) 12pm-2pm FREE</p> <p>Saturday BINGO (1st Sat Only) 11am-1pm \$5 per packet</p>