

NSC Bothell
August 2026
Activities
Calendar

August 1-15
Food & Entertainment

Monday–Friday
12–12:30 pm Community Dining
Sign-up required
Tuesday / Thursday
11 am–2 pm Soup in Coffee Bar
Wednesday
12 pm Pie Day -- Coffee Bar
4–7 pm Happy Hour -- Coffee Bar
Tuesday / Saturday
9 am–12 pm Food Pantry

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

Blue = Special Events

For class/activity duration and additional details, please see the Summer Catalog.

No activities on Sundays



Monday	Tuesday	Wednesday	Thursday	Friday/Saturday
3 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)	4 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–2:30 pm IACS (Rm 202/203) 10 am Variety Show & Band (Rm 205) 10 am Mahjong (Lounge) 10:30 am Tai Chi-Beginner 1 (S) 11 am Feldenkrais (H&W Conf.) 11 am Functional Fitness (FC) 11:15 am Line Dancing (MP) 11:30 am Tai Chi Intermediate (S) 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 I (MP) 2 pm Men’s Social Group (Rm 205) 2:30 pm Qigong Level 1 (S) 3:30 pm Pickleball 2 Int. (MP)	5 8:30 am Seated & Standing Yoga (S) 8:30 am Enhance Fitness (MP) 9:15 am Watercolor (Rm 104) 9:30 am Mat Pilates (Studio) 9:30 am Ceramics Low Fire Beg. (Rm 103) 9:30–11:30 am Feldenkrais 1:1 (Rm 205) 10 am Aerobics (MP) 10 am Cycling Club Golden Gears 10:45 am Mat Pilates Beg. (S) 12 pm Tai Chi-Basics & Fundamentals (202) 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) 3:30 pm Open Mic-Bothell (Dining) 4 pm Mahjong (Lounge) 4 pm Bingo (Rm 202/203) 4 pm Intergenerational Art Workshop (Dining) 5:30 pm Ceramics Low Fire Int. (Rm 103) 5:30 pm Pickleball Open Play (MP) 6 pm Driftwood Sculpture (Rm 104)	6 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 10:30 am Tai Chi-Beginner 2 (S) 10:45 am Day Trip: Senior Day at the Ballpark 11 am Functional Fitness (FC) 11 am Colored Pencil/Drawing (Rm 104) 11:30 am Drum Circle (Rm 103) 11:30 am Pickleball Round Robin (MP) 11:30 am Tai Chi-Practice (S) 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) 1:30 pm CEO Coffee Chat (Varies) 2 pm Pickleball Beg. Open Play (MP) 2:30 pm Driftwood Sculpture (Rm 104)	1 9 am Pickleball Beginner (MP) 9 am Pancake Breakfast (Dining) 10 am Ceramics Workshop-Slip Trail Decorating (Rm 103) 10:30 am Pickleball Int. (MP) 12:30 pm Bingo (Rm 202/203) 7 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) 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) 8 9 am Pickleball Beginner (MP) 9 am Pancake Breakfast (Dining)
10 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)	11 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 Variety Show & Band (Rm 205) 10 am Mahjong (Lounge) 10:30 am Tai Chi-Beginner 1 (S) 11 am Feldenkrais (H&W Conf.) 11 am Functional Fitness (FC) 11:15 am Line Dancing (MP) 11:30 am Tai Chi Intermediate (S) 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)	12 8:30 am Seated & Standing Yoga (S) 8:30 am Enhance Fitness (MP) 9:15 am Watercolor (Rm 104) 9:30 am Mat Pilates (Studio) 9:30 am Ceramics Low Fire Beg. (Rm 103) 9:30–11:30 am Feldenkrais 1:1 (Rm 205) 10 am Aerobics (MP) 10 am Cycling Club Golden Gears 10 am Diabetes/Pre-Diabetes Group (Rm 205) 10:45 am Mat Pilates Beg. (S) 12 pm Tai Chi-Basics & Fundamentals (202) 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 pm The Importance of Kidney Health (Rm 202) 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) 4 pm Karaoke Night at Bothell (Dining) 5:30 pm Ceramics Low Fire Int. (Rm 103) 5:30 pm Pickleball Open Play (MP) 5:30 pm Cookie Decorating Fun (Dining) 6 pm Driftwood Sculpture (Rm 104)	13 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 2 (S) 11 am Functional Fitness (FC) 11 am Colored Pencil/Drawing (Rm 104) 11:30 am Drum Circle (Rm 103) 11:30 am Pickleball 2 Round Robin (MP) 11:30 am Tai Chi-Practice (S) 12:15 pm Weightlifting 101 (FC) 12:30 pm Hand & Foot (Lounge) 1 pm Challenging Family Situations Group (Rm 103) 1 pm Get Your Ducks in a Row (Rm 202) 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)	14 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) 15 9 am Pickleball Beginner (MP) 10:30 am Pickleball Int. (MP)

August 19-31 Food & Entertainment <i>Monday–Friday</i> 12–12:30 pm Community Dining <i>Sign-up required</i> <i>Tuesday / Thursday</i> 11 am–2 pm Soup in Coffee Bar <i>Wednesday</i> 12 pm Pie Day -- Coffee Bar 4–7 pm Happy Hour -- Coffee Bar <i>Tuesday / Saturday</i> 9 am–12 pm Food Pantry	Monday	Tuesday	Wednesday	Thursday	Friday/Saturday
Calendar Legend FC = Fitness Center H&W = Health & Wellness Center MP = Multipurpose Room S = Studio Blue = Special Events Green = Free Lectures For class/activity duration and additional details, please see the Summer Catalog. No activities on Sundays 	17 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)	18 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) 10:30 am Tai Chi-Beginner 1 (S) 11 am Functional Fitness (FC) 11:15 am Line Dancing (MP) 11:30 am Tai Chi Intermediate (S) 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)	19 8:30 am Seated & Standing Yoga (S) 8:30 am Enhance Fitness (MP) 9:15 am Watercolor (Rm 104) 9:30 am Mat Pilates (Studio) 9:30 am Ceramics Low Fire Beg. (Rm 103) 9:30–11:30 am Feldenkrais 1:1 (Rm 205) 10 am Aerobics (MP) 10 am Cycling Club Golden Gears 10:45 am Mat Pilates Beg. (S) 12 pm Tai Chi-Basics & Fundamentals (202) 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)	20 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 Casino Trip - Tulalip Casino 9:30 am Strength & Balance (MP) 9:45 am Functional Fitness (FC) 10 am Trivia (Rm 205) 10:30 am Tai Chi-Beginner 2 (S) 10:30 am Dizziness: Causes & Treatments (Rm 203) 11 am Functional Fitness (FC) 11 am Colored Pencil/Drawing (Rm 104) 11:30 am Drum Circle (Rm 103) 11:30 am Pickleball 2 Round Robin (MP) 11:30 am Tai Chi-Practice (S) 12:15 pm Weightlifting 101 (FC) 12:30 pm Hand & Foot (Lounge) 1 pm Challenging Family Situations Group (Rm 103) 1 pm Get Your Ducks in a Row (Rm 202) 1 pm Ice Cream Social for National Senior Day 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)	21 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 Program Partners (Rm 205) 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) 22 9 am Pickleball Beginner (MP) 10:30 am Pickleball Int. (MP)
	24/31 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) (7/24) 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)	25 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 Variety Show & Band (Rm 205) 10 am Mahjong (Lounge) 10:30 am Tai Chi-Beginner 1 (S) 11 am Feldenkrais (H&W Conf.) 11 am Functional Fitness (FC) 11:15 am Line Dancing (MP) 11:30 am Tai Chi Intermediate (S) 1 pm Mindfulness (Rm 203) 1 pm Qigong Level 2 (S) 1 pm Spanish Conversation (Rm 103) 1 pm Senior Property Tax Exemption Program: King County (Rm 202) 2–3:30 pm Pickleball I (MP) 2:30 pm Qigong Level 1 (S) 3:30 pm Pickleball 2 Int. (MP)	26 8:30 am Seated & Standing Yoga (S) 8:30 am Enhance Fitness (MP) 9:15 am Watercolor (Rm 104) 9:30 am Mat Pilates (Studio) 9:30 am Ceramics Low Fire Beg. (Rm 103) 9:30–11:30 am Feldenkrais 1:1 (Rm 205) 10 am Aerobics (MP) 10 am Cycling Club Golden Gears 10:45 am Mat Pilates Beg. (S) 11 am Wellness Checks (Front Lobby) 12 pm Tai Chi-Basics & Fundamentals (202) 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)	27 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 2 (S) 11 am Functional Fitness (FC) 11 am Colored Pencil/Drawing (Rm 104) 11:30 am Drum Circle (Rm 103) 11:30 am Pickleball 2 Round Robin (MP) 11:30 am Tai Chi-Practice (S) 12:15 pm Weightlifting 101 (FC) 12:30 pm Hand & Foot (Lounge) 1 pm Challenging Family Situations Group (Rm 103) 1 pm Get Your Ducks in a Row (Rm 202) 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)	28 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) 29 9 am Pickleball Beginner (MP) 10:30 am Pickleball Int. (MP)