

NSC Mill Creek- August 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
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!				[Saturday] 1 11-1p BINGO \$
3 10-11a Enhance Fitness \$ 12:30-3p Pinochle (single deck) PC 1-2:30p Music for Fun	4 9a-3p NSC Social Services 10-10:45a Breath & Balance Yoga \$ *10a-11a Fraud Crime Prevention 10a-11:30a Solo Aging Workshop 12-2p American Mahjong PC 1-3p BINGO \$ 3:15-4p Computer Help \$	5 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	6 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 \$	7 10:30-11:15a Line Dancing \$ 12-2p Rock Painting
10 10-11a Enhance Fitness \$ 12-1p Meatless Monday 12:30-3p Pinochle (single deck) PC 1-2:30p Music for Fun	11 9a-3p NSC Social Services 10-10:45a Breath & Balance Yoga \$ 12-2p American Mahjong PC 1-3p BINGO \$ 3:15-4p Computer Help \$	12 9:45a-1p Senior Shop Bus Route 10-11a Enhance Fitness \$ 10a-12p Watercolor \$ 12:30-3p Pinochle (dbl deck) PC 1-3p Karaoke	13 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 *1:30-2:30p Tai Chi \$	14 10a-12p Men's Coffee 10:30-11:15a Line Dancing \$
17 10-11a Enhance Fitness \$ 12:30-3p Pinochle (single deck) PC 1-3p Music for Fun	18 9a-3p NSC Social Services 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 \$	19 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	20 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 \$	21 10:30-11:15a Line Dancing \$ 1-3p Chess PC
24/31 10-11a Enhance Fitness \$ 10a-12p Mon. Morning Movie (Aug. 24) 12:30-3p Pinochle (single deck) PC 1-3p Music for Fun	25 9a-3p NSC Social Services *10a-12p Funeral Options in WA 10-10:45a Breath & Balance Yoga \$ 12-2p American Mahjong PC 1-3p BINGO \$ 3:15-4p Computer Help \$	26 9:45a-1p Senior Shop Bus Route 10-11a Enhance Fitness \$ 10a-12p Watercolor \$ 12:30-3p Pinochle (dbl deck) PC 1-3p Karaoke	27 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 \$	28 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)

NSC Mill Creek

PROGRAM SCHEDULE & DETAILS

Monday	Tuesday	Wednesday	Thursday	Friday
Enhance Fitness (Mon & Wed) 10am-11am Members: \$30 per month Non-Members: \$60 per month Monday Morning Movie (4th Mon) 10am-12:00pm FREE Meatless Monday (2nd Mon) 12pm-1pm FREE Bring a plant-based dish to share. Pinochle (single deck) 12:30pm-3pm Punch Card for 8 Visits (Members: \$20 / Non-Members: \$40) Music for Fun 1pm-2:30pm FREE	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. Breath & Balance YOGA 10am-10:45am Members: \$32 per month Non-Members: \$64 per month Fraud Crime Prevention (August 4th) 10-11am FREE Funeral Options in Washington: What You Need to Know (August 25th) 10a-12p FREE TED Talk Tuesday (3rd Tues) 11:30am-12:30pm FREE American Mahjong 12pm-2pm Punch Card for 8 Visits (Members: \$20 / Non-Members: \$40) BINGO 1pm-3pm Members & Non-Members: \$5 per packet Computer Help 3:15pm-4pm BY APPT ONLY* Members: \$10 for 30 min. \$20 for 60 min. Non-Members: \$40 for 60 min.	Senior Shop Bus Route 9:45am-1pm FREE Call 425-286-1026 to schedule Medicare Counseling with SHIBA (1st & 3rd Wed) 9am-12pm FREE Walk-in appointments welcomed. Enhance Fitness (Mon & Wed) 10am-11am Members: \$30 per month Non-Members: \$60 per month Watercolor 10am-12pm Members: \$35 per month Non-Members: \$70 per month Pinochle (double deck) 12:30pm-3pm Punch Card for 8 Visits (Members: \$20 / Non-Members: \$40) Karaoke 1pm-3pm FREE	NSC Social Services and Private Consultation w/ Georgia Rigler, MSW (Tues & Thur) <i>see Tues for details</i> Crochet Club 9:30-11am FREE Walking Group 10am-11am FREE Wear comfortable shoes and prep for the weather. (Meet in MC Foyer) Seated & Standing Yoga 10am-11am Members: \$32 per month Non-Members: \$64 per month Homage Resource Advisor (2nd Thurs) 10am-1pm FREE Walk-in appointments welcomed. Cardio Drumming 11:15am-12pm Members: \$32 per month Non-Members: \$64 per month Women's Coffee 11am-1pm FREE Brunch (2nd Thurs) Brianna's Café will be ordered for brunch, so bring your credit card and appetite! Book Club (4th Thurs) 12pm-1pm FREE Tai Chi 1:30pm-2:30pm Members: \$32 per month Non-Members: \$64 per month <i>*At North Creek Presbyterian Church</i>	Foot Care Clinic (4th Fri) 9:30am-3:15pm Members & Non-Members: \$45 *BY APPT ONLY* (call for appointment or schedule w/ front desk) Men's Coffee Group (2nd & 4th Fri) 10am-12pm FREE Line Dancing 10:30am-11:15am Members: \$32 per month Non-Members: \$64 per month Rock Painting (2nd Fri) 12pm-2pm FREE Chess (3rd Fri) 1-3pm Punch Card for 8 visits Saturday BINGO (1st Sat Only) 11am-1pm \$5 per packet