NSC Bothell
November 2026
Activities Calendar:
Nov 2nd – 15th

Food & Entertainment:

Monday - Friday

12-12:30 pm Community Dining - Reservation 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

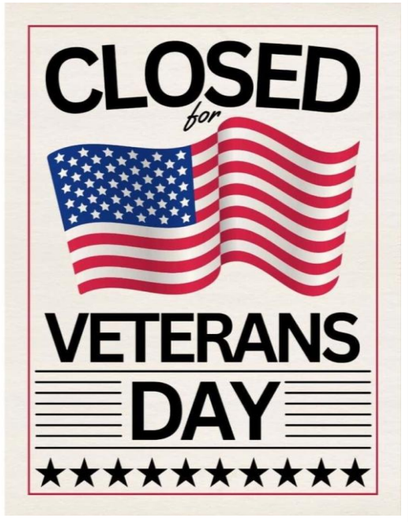
9 am-Noon Food Pantry

Calendar Legend:

FC = Fitness Center
H&W = Health & Wellness Center
MP = Multipurpose Room
S = Studio
Blue = Special Events
Green = Free Lectures/Wellness

For class duration, fees, and registration details, see the Fall 2026 Catalog.

Northshore Senior Center

Monday	Tuesday	Wednesday	Thursday	Friday/Sat/Sun
2 8:30 am Yoga Chair & Mat (S) 8:30 am Enhance Fitness (MP) 9:30 am Living Well With Diabetes (Rm 203) 9:30 am Ceramics Open Stu. (Rm 103) 9:30 am German Conv. (Rm 205) 10 am Aerobics (MP) 10 am Watercolor (Rm 104) 10 am JFS Russian Lang. (Rm 202) 11:30 am Otago (MP) 12 pm Pinochle (Rm 203) 1 pm French Conv. Group (Rm 103) 1 pm Astronomy (Rm 205) 1 pm Music Mondays w/JFS (Rm 202) 1 pm Pickleball Open Play (MP) 1:30 pm Conversation Cafe (Rm 104) 2 pm Chair Pilates (S) 2:30 pm Ceramics Mastery (Rm 103) 2:30 pm Self-Publish a Book with Confidence (Rm 104)	**3** 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 Mahjong (Lounge) 10 am Variety Show & Band (Rm 205) 10 am Tai Chi Int (S) 10 am Learn Tech. (H&W Learn Hub) 10 am IACS (Rm 202) 11 am Functional Fitness (FC) 11 am Tai Chi Beg (S) 11 am Feldenkrais Method (H&W) 11:15 am Line Dancing (MP) 11:30 Russian 101 (Rm 103) 12:30 pm Tai Chi Basics & Fund (MP) 12:30 pm Personal Training (FC) 1 pm Mindfulness (Rm 203) 1 pm Qigong Level 2 (S) 1 pm Spanish Conversation (Rm 103) 1 pm Voice in Motion (Rm 104) 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 (MP)	**4** 8:30 am Yoga Chair and Mat (S) 8:30 am Enhance Fitness (MP) 9 am Jewelry Sale (Lobby) 9:15 am Watercolor (Rm 104) 9:30 am Mat Pilates (S) 9:30 am Ceramics Beg. (Rm 103) 9:30 am Feldenkrais 1:1 (Rm 205) 10 am Aerobics (MP) 10 am Cycling Club Golden Gears 10:45 am Pilates Beginner (S) 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) 1 pm Legacy Society (202) 1 pm Table Tennis (MP) 1 pm Creative Writing (Rm 203) 1:30 pm Meditation for Starters (S) 2:30 pm Guitar Club (Rm 205) 3:30 pm Ballroom Dance (MP) 3:30 pm Open Mic (Dining) 4 pm Mahjong (Lounge) 4 pm Bingo (Rm 202/203) 5:30 pm Ceramics Int. (Rm 103) 5:30 pm Pickleball Open Play (MP) 6 pm Driftwood Sculpture (Rm 104)	**5** 8:30 am Functional Fitness (FC) 8:30 am Yoga-Balance & Bounce (S) 8:30 am Driftwood Sculpture (Rm 104) 9 am Jewelry Sale (Lobby) 9 am Acrylic Art (Rm 103) 9:30 am Strength & Balance (MP) 9:45 am Functional Fitness (FC) 10 am A Matter of Balance (Rm 203) 10 am Fishing Club (Rm 202) 10am Tai Chi Inter Beg.- (S) 11 am Tai Chi Beg. (S) 11 am Functional Fitness (FC) 11 am Colored Pencil (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) 12:45 pm Our Island Earth (Rm 205) 1 pm Challenging Family Sit. (Rm 103) 1:30 pm CEO Coffee Chat (Varies) 2 pm Ageless Together (205) 2 pm Pickleball Beg. Open Play (MP) 2:30 pm Driftwood Sculpture (Rm 104)	**6** 8:30 am Beg Watercolor (Rm 104) 8:30 am Enhance Fitness (MP) 9:30 am Mat Pilates (S) 9:30 am Mahjong (Rm 202) 10 am Cardio Drumming (MP) 10:30 am Cribbage (Rm 203) 10:45 am Pilates Beginner (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 Dot Painting (Rm 103) 1 pm Pickleball Open Play (MP) **7** 9 am Pancake Breakfast (Dining) 9 am Tech Help (Front Lobby) 9am Better Breathing Workshop (S) 10 am Ceramics Bootcamp (Rm 103) 10 am Pickleball Open Play (MP) 12:30 pm Bingo (Rm 202/203) **8** 2:30 pm Modern Square Dancing (MP)
9 8:30 am Yoga Chair & Mat (S) 8:30 am Enhance Fitness (MP) 9:30 am Living Well With Diabetes (Rm 203) 9 am Veterans Breakfast (Dining) 9:30 am Ceramics Open Stu. (Rm 103) 9:30 am German Conv. (Rm 205) 10 am Aerobics (MP) 10 am Watercolor (Rm 104) 10 am JFS Russian Lang. (Rm 202) 11:30 am Otago (MP) 11:45 am Jewelry Club (Rm 103) 12 pm Pinochle (Rm 203) 1 pm Astronomy (Rm 205) 1 pm Music Mondays w/JFS (Rm 202) 1 pm Pickleball Open Play (MP) 1:30 pm Conversation Cafe (Rm 104) 2 pm Chair Pilates (S) 2:30 pm Ceramics Mastery (Rm 103) 2:30 pm Self-Publish a Book with Confidence (Rm 104)	**10** 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 Mahjong (Lounge) 10 am Variety Show & Band (Rm 205) 10 am Tai Chi Int (S) 10 am Learn Tech. (H&W Learn Hub) 11 am Functional Fitness (FC) 11 am Tai Chi Beg (S) 11 am Feldenkrais Method (H&W) 11:15 am Line Dancing (MP) 11:30 Russian 101 (Rm 103) 12:30 pm Tai Chi Basics & Fund (MP) 12:30 pm Personal Training (FC) 1 pm Mindfulness (Rm 203) 1 pm Diwali (MP) 1 pm Qigong Level 2 (S) 1 pm Spanish Conversation (Rm 103) 1 pm Voice in Motion (Rm 104) 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 (MP)	**11** 	**12** 8:30 am Functional Fitness (FC) 8:30 am Yoga-Balance & Bounce (S) 8:30 am Driftwood Sculpture (Rm 104) 9 am Acrylic Art (Rm 103) 9:30 am Photography Club (Rm 205) 9:30 am Strength & Balance (MP) 9:45 am Functional Fitness (FC) 10 am Know the Risks (Rm 202) 10 am Tai Chi Inter Beg.- (S) 11 am Tai Chi Beg. (S) 11 am Functional Fitness (FC) 11 am Colored Pencil (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) 12:45 pm Our Island Earth (Rm 205) 1 pm Challenging Family Sit. (Rm 103) 1:30 pm CEO Coffee Chat (Varies) 2 pm Ageless Together (205) 2 pm Pickleball Beg. Open Play (MP) 2:30 pm Driftwood Sculpture (Rm 104)	**13** 8:30 am Beg Watercolor (Rm 104) 8:30 am Enhance Fitness (MP) 9:30 am Mat Pilates (S) 9:30 am Mahjong (Rm 202) 10 am Cardio Drumming (MP) 10:30 am Cribbage (Rm 203) 10:45 am Pilates Beginner (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 Dot Painting (Rm 103) 1 pm Pickleball Open Play (MP) **14** 10 am Pickleball Open Play (MP) **15** 2:30 pm Modern Square Dancing (MP)

NSC Bothell
November 2026
Activities Calendar:
Nov 16th-30th

Food & Entertainment:

Monday - Friday

12-12:30 pm Community Dining - Reservation 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-Noon Food Pantry

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H&W = Health & Wellness Center
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For more details, including class duration and registration, see the Fall Catalog.

Northshore Senior Center

Monday	Tuesday	Wednesday	Thursday	Friday/Sat/Sun
16 8:30 am Yoga Chair & Mat (S) 8:30 am Enhance Fitness (MP) 9 am Veterans Breakfast (Dining) 9:30 am Ceramics Open Stu. (Rm 103) 9:30 am German Conv. (Rm 205) 9:30 am Living Well With Diabetes (Rm 203) 10 am Aerobics (MP) 10 am Watercolor (Rm 104) 10 am JFS Russian Lang. (Rm 202) 12 pm Pinochle (Rm 203) 1 pm Astronomy (Rm 205) 1 pm French Conv. Group (Rm 103) 1 pm Pickleball Open Play (MP) 1:30 pm Conversation Cafe (Rm 104) 2 pm Chair Pilates (S) 2:30 pm Ceramics Mastery (Rm 103) 2:30 pm Self-Publish a Book with Confidence (Rm 104)	**17** 8:30 am Functional Fitness (FC) 9 am Walking Group 9am Holiday Craft Sale (Lobby) 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 Mahjong (Lounge) 10 am Variety Show & Band (Rm 205) 10 am Tai Chi Int (S) 10 am Learn Tech. (H&W Learn Hub) 10 am IACS (Rm 202) 11 am Functional Fitness (FC) 11 am Tai Chi Beg (S) 11 am Feldenkrais Method (H&W) 11:15 am Line Dancing (MP) 11:30 Russian 101 (Rm 103) 12:30 pm Tai Chi Basics & Fund (MP) 12:30 pm Personal Training (FC) 1:00 pm BYO-Book Group (Rm 205) 1 pm Mindfulness (Rm 203) 1 pm Qigong Level 2 (S) 1 pm Spanish Conversation (Rm 103) 1 pm Voice in Motion (Rm 104) 2 pm Pickleball 1 (MP) 2:30 pm Qigong Level 1 (S) 3:30 pm Pickleball 2 (MP)	**18** 8:30 am Yoga Chair and Mat (S) 8:30 am Enhance Fitness (MP) 9am Holiday Craft Sale (Lobby) 9:15 am Watercolor (Rm 104) 9:30 am Feldenkrais 1:1 (Rm 205) 9:30 am Mat Pilates (S) 9:30 am Ceramics Beg. (Rm 103) 10 am Aerobics (MP) 10 am Antiques Club (Rm 202) 10 am Cycling Club Golden Gears 10:45 am Pilates Beginner (S) 12:30 pm Acrylics & More (Rm 104) 12:30 pm Quilt Club (Rm 103) 1 pm Sharing & Caring (Rm 205) 1 pm Caregivers Support (H&W Conf.) 1 pm Bocce/Cornhole Social (MP) 1 pm Table Tennis (MP) 1 pm Creative Writing (Rm 203) 1:30 pm Meditation for Starters (S) 2:30 pm Guitar Club (Rm 205) 3:30 pm Ballroom Dance (MP) 3:30 pm Open Mic (Dining) 4 pm Mahjong (Lounge) 4 pm Bingo (Rm 202/203) 5:30 pm Ceramics Int. (Rm 103) 5:30 pm Pickleball Open Play (MP) 6 pm Driftwood Sculpture (Rm 104)	**19** 8:30 am Functional Fitness (FC) 8:30 am Yoga-Balance & Bounce (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 Matter of Balance (Rm 203) 10 am Tai Chi Inter Beg.- (S) 10 am Trivia (Rm 205) 10:30 am Grandparent Safety (Rm 202) 11 am Tai Chi Beg. (S) 11 am Functional Fitness (FC) 11 am Colored Pencil (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) 12:45 pm Our Island Earth (Rm 205) 1 pm Challenging Family Sit. (Rm 103) 1:30 pm CEO Coffee Chat (Varies) 2 pm Ageless Together (205) 2 pm Pickleball Beg. Open Play (MP) 2:30 pm Driftwood Sculpture (Rm 104)	**20** 8:30 am Beg Watercolor (Rm 104) 8:30 am Enhance Fitness (MP) 9:30 am Mat Pilates (S) 9:30 am Mahjong (Rm 202) 10 am Cardio Drumming (MP) 10 am Travel Club (Rm 205) 10:30 am Cribbage (Rm 203) 10:45 am Pilates Beginner (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 Dot Painting (Rm 103) 1 pm Pickleball Open Play (MP) --- **21** 10 am Pickleball Open Play (MP) --- **22** 2:30 pm Modern Square Dancing (MP)
23/30 8:30 am Yoga Chair & Mat (S) 8:30 am Enhance Fitness (MP) 9:30 am Ceramics Open Stu. (Rm 103) 9:30 am German Conv. (Rm 205) 9:30 am Living Well With Diabetes (Rm 203) 10 am Aerobics (MP) 10 am Watercolor (Rm 104) 10 am JFS Russian Lang. (Rm 202) 11:30 am Otago (MP) 12 pm Pinochle (Rm 203) 1 pm Astronomy (Rm 205) 1 pm Pickleball Open Play (MP) 1:30 pm Conversation Cafe (Rm 104) 2 pm Chair Pilates (S) 2:30 pm Ceramics Mastery (Rm 103) 2:30 pm Self-Publish a Book with Confidence (Rm 104)	**24** 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 Mahjong (Lounge) 10 am Variety Show & Band (Rm 205) 10 am Tai Chi Int (S) 11 am Functional Fitness (FC) 11 am Tai Chi Beg (S) 11 am Feldenkrais Method (H&W) 11:15 am Line Dancing (MP) 11:30 Russian 101 (Rm 103) 12:30 pm Tai Chi Basics & Fund (MP) 12:30 pm Personal Training (FC) 1 pm Mindfulness (Rm 203) 1 pm Qigong Level 2 (S) 1 pm Spanish Conversation (Rm 103) 1 pm Voice in Motion (Rm 104) 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 (MP)	**25** 8:30 am Yoga Chair and Mat (S) 8:30 am Enhance Fitness (MP) 9:15 am Watercolor (Rm 104) 9:30 am Mat Pilates (S) 9:30 am Ceramics Beg. (Rm 103) 9:30 am Feldenkrais 1:1 10 am Aerobics (MP) 10 am Cycling Club Golden Gears 10:45 am Pilates Beginner (S) 11 am Caregiver Support (Virtual) 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) 1 pm Table Tennis (MP) 1 pm Creative Writing (Rm 203) 1:30 pm Meditation for Starters (S) 2:30 pm Guitar Club (Rm 205) 3:30 pm Ballroom Dance (MP) 3:30 pm Open Mic (Dining) 4 pm Mahjong (Lounge) 4 pm Bingo (Rm 202/203) 5:30 pm Ceramics Int. (Rm 103) 5:30 pm Pickleball Open Play (MP) 6 pm Driftwood Sculpture (Rm 104)		