

SUN	MON	TUES	WED	THURS	FRI	SAT
		1	2 (9:30pm) Forever Fit Class Cancelled (10:30am) Strength & Stretch Cancelled	3 (10:30am) Tech Help (1pm) Current Discussion (1pm) Family Caregiver Support Program (1pm) Tai Chi	4 (12pm) Day Trip \$ Woodinville Whiskey Tour - 3 Shoes	5 (10am) Alzheimer's Support Group (10am) Brain Injury Support Group
6	7 CLOSED	8 (9am) Chaplain Skip Gipson	9 (10am) SHIBA (12:30pm) Lifelong Learning: Death with Dignity Presentation	10 (1:30pm) New Member Orientation (1pm) Tai Chi	11 (10am) Wellness Class: Gratitude, Meaning & Purpose (NEW) (9:30am) Day Trip \$ Snohomish Mini Golf & Lunch - 3 Shoes	12 (10am) Alzheimer's Support Group (10am) Craft Group
13	14 (11:45am) Speaker Series: Edwin Feller, Candidate for US Representative Congressional District 2 (12:15pm) Good Life, Good Death Cafe - The 3 Phases of End-of Life Care	15 (10:30am) Day Trip \$ Skagit Valley Co-Op & Lunch in Mount Vernon - 2 Shoes	16 (12pm) Reiki Massage \$ (11:45am) Monthly Birthday Celebration (1pm) Genealogy Club	17 (10:30am) Tech Help (1pm) Book Club (1pm) Current Discussion (1pm) Tai Chi	18	19 (9am) Mental Health Access
20	21 (10:30am) Trivia Time (11:45am) Speaker Series: Jason Cummings, Candidate for Snohomish County Prosecutor (1pm) Bingo \$	22 (9am) Chaplain Skip Gipson (2pm) Memoir Class (NEW)	23 (10am) SHIBA	24 <u>Spirit Day: Sports Theme</u> (11am) Day Trip \$ Beijing Chinese Restaurant - 1 Shoe (10:30am) Tech Help (1pm) Craft Club \$	25	26 (10am) Together in Grief (10am) Craft Group
27	28 (12:30pm) Memory Cafe (11:30am) Project Linus (11:45am) Speaker Series: Duncan Clauson, Snohomish County Elections	29 (1:30pm) Cooking Class: \$ One Pot Mexican Chicken & Rice (2pm) Memoir Class	30 (9:30pm) Forever Fit Class Cancelled (10:30am) Strength & Stretch Cancelled			* All Access Membership \$ Cost Associated



WEEKLY ACTIVITIES

SUN	MON	TUES	WED	THURS	FRI	SAT
	(8:30am) Billiards*	(8:30am) Billiards*	(8:30am) Billiards*	(8:30am) Billiards*	(8:30am) Billiards*	(8:30am) Billiards*
	(8:30am) Chair Yoga*	(8:30am) Barre Class*	(8:30am) Chair Yoga*	(8:30am) Barre Class*	(8:30am) Friday Yoga*	(9am) Table Tennis*
	(9am) Table Tennis*	(9:30am) Hand & Foot	(9am) Table Tennis*	(9:30am) Hand & Foot	(9:30am) Beginner Line Dancing \$	(10am) Clogging Advanced Beginner to Intermediate
	(9:30am) Clogging Beginner	(9:30am) Cribbage	(9:30am) Forever Fit*	(9:30am) Forever Fit*	(9:30am) Talk Time	(11am) Clogging Beginner
	(10:15am) Clogging Advanced Beginner	(9:30am) Forever Fit*	(10:00am) Clothing Closet	(9:30am) Old Friends Club (NEW)	(10:00am) Clothing Closet	
	(10:45am) Clogging Easy Intermediate	(9:30am) Old Friends Club (NEW)	(10:30am) Duplicate Bridge	(10:30am) Functional Fitness*	(11:30am) Lunch	
	(9:30am) Digital Confidence 101	(10am) Black Elders	(10:30am) Strength & Stretch*	(10:30am) Knit & Crochet		
	(10:30am) Strength & Stretch*	(10am) Meaningful Day	(11:30am) Lunch	(11:30am) Lunch		
	(11:30am) Lunch	(10:30am) Functional Fitness*	(1:00pm) Journaling	(12pm) Party Bridge		
		(10:30am) Knit & Crochet		(1pm) Hula Dancing		
		(11am) AI-Anon		(1pm) Woodcarving		
		(11:30am) Lunch		(2:15pm) Gentle Karate		
		(12pm) Ceramics				
		(12pm) Friendship Circle				
		(1pm) AA				
		(2:15pm) Gentle Karate				
						* All Access Membership \$ Cost Associated