

SUN	MON	TUES	WED	THURS	FRI	SAT
			(12:30) Workshop: How to Save Money on Your Prescriptions (1pm) Genealogy Club (1pm) NEW Weekly Journaling Class Begins	(10:30am) Tech Helps (1pm) Current Discussion	Veterans Stand Down Event All activities CANCELLED (Except Lunch)	(10am) Alzheimer's Support Group (11am) Brain Injury Support Group
5	(9:30am) Snohomish County Housing Stability (10:30am) NEW Trivia (11:30am) Speaker: Roman Rewolinski-Everett School Board, Position 1 (1pm) Bingo	6 (9am) Chaplain Skip Gipson (10:30am) Day Trip: Sky Valley Center (12pm) Friendship Circle	8 (10am) Mental Health Access (10am) SHIBA (11am) Schack Art Class (11:30) Speaker: Paula Rhyne Everett City Council, District 2	9 (10am) Mental Health—Homage (12pm) Healthy Lifestyle	10 (9:30am) Day Trip: Big Gulch Trail Clothing Closet CANCELLED	11 (10am) Alzheimer's Support Group (10am) Craft Group
12	(11:30am) Speaker: Cassie Franklin-Mayor, City of Everett	13 (11:30am) Project Linus 11am) Day Trip: Exploring International Grocery Stores	14 (12:30pm) Workshop: Hospice 101 (1pm) Reiki Massage	15 (10:30am) Tech Help (11:30am) Day Trip: Bowling (1pm) Current Discussion	16 (11am) Day Trip: Shawn O'Donnell's Irish Pub	17 (10am) Mental Health Access (11am) Brain Injury Support Group
19	(11:30am) Speaker: Tom Clarke-Everett School Board, Position 3 (10:30am) NEW Trivia (1pm) Bingo	20 (9am) Chaplain Skip Gipson (10am) Day Trip: Thomas Family Farm in Snohomish	21 (10am) Mental Health Access (10am) SHIBA (11am) Schack Art Class (11:15am) Clothing Closet (12:00pm) Talent Show	22 (10am) Mental Health—Homage (12pm) Healthy Lifestyle	23 (10am) Mental Health—Homage (12pm) Healthy Lifestyle	24 (10am) Together in Grief Support Group (10am) Craft Group
26	(11:30am) Speaker: Jim Hirman-Everett School Board, Position 2 (12:30pm) Memory Cafe	27 (1:30pm) Cooking Class – One-Pot French Onion Pasta & Bloody Mary	28 (11am) Day Trip: Cascadia Art Museum (11:15am) Clothing Closet	29 (11am) Day Trip: Cascadia Art Museum (11:15am) Clothing Closet	30 (9am) SHIBA 2026 Open Enrollment Event (1pm) Halloween Bingo	31

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	(9:30) Line Dancing	(9am) Table Tennis
	(9am) Table Tennis	(9:30am) Hand & Foot	(9am) Table Tennis	(9:30am) Hand & Foot	(9:30am) Talk Time	(10am) Clogging Advanced Beginner to Intermediate
	(9:30am) Everett Library	(9:30am) Cribbage	(9:30am) Circuit Training	(9:30am) Forever Fit	(9:30am) Circuit Training	
	(9:30am) Forever Fit	(9:30am) Forever Fit	(9:30am) Forever Fit	(10:30am) Chair Yoga	(10:00am) Clothing Closet	
	(9:30am) Clogging Intro	(10am) Black Elders	(10:30am) Duplicate Bridge	(10:30am) Knit & Crochet	(10:45am) Line Dancing	
	(10am) Clogging Advanced Beginner to Easy Intermediate	(10:30am) Knit & Crochet	(10:30am) Strength & Stretch	(11:30am) Lunch	(11:30am) Lunch	
	(10:30am) Strength & Stretch	(10am) Sip & Sweets	(11:30am) Lunch	(1pm) Woodcarving		
	(11:30am) Lunch	(10:30am) Chair Yoga	(1:00pm) NEW Journaling Class	(1pm) Hula Dancing		
		(11am) Al-Anon	(1:30pm) Acupuncture	(2:15pm) Gentle Karate		
		(11:30) Lunch				
		(12pm) Ceramics				
		(12pm) Friendship Circle				
		(1pm) AA				
		(2:15pm) Gentle Karate				