

| SUN | MON | TUES | WED | THURS | FRI | SAT |
|-----|--|---|---|---|--|---|
| | (10:30am) Trivia Time (11:30am) Speaker: Daan de Jong, Snohomish County Human Services (12:30pm) Memory Cafe (1pm) Bingo \$ | | (12:30pm) Healthy Living Program: Fraud Prevention | (10:30am) Tech Help (8:45am) Day Trip \$ Hibulb Cultural Center - 2 Shoes (1pm) Current Discussion (1pm) Family Caregiver Support Program | | (10am) Alzheimer's Support Group (10am) Brain Injury Support Group |
| 7 | (11:30am) Speaker: Bret Yeardon, Deputy Chief, Everett Police Department | (9am) Chaplain Skip Gipson (11:30am) Project Linus | (10am) SHIBA (11:45am) Monthly Birthday Celebration | (1:30pm) New Member Orientation | (10am) Day Trip \$ Historic Snohomish Antiques and Shopping - 2 Shoes | (10am) Alzheimer's Support Group (10am) Craft Group |
| 14 | (10:30am) Trivia Time | | (12pm) Reiki Massage \$ (1pm) Genealogy Club | (10:30am) Tech Help (11am) Day Trip \$ Bowling - 3 Shoes (1pm) Book Club (1pm) Current Discussion | CENTER CLOSED | (9am) Mental Health Access |
| 21 | (11:30am) Speaker: Representative Julio Cortes, 38 th Legislative District (12:30pm) Memory Cafe | (9am) Chaplain Skip Gipson | (10am) SHIBA (11am) Red, White & Blue BBQ (1pm) Bingo \$ (1pm) Journaling Cancelled | (1pm) Craft Club \$ | (11am) Day Trip \$ Maltby Cafe - 1 Shoes | (10am) Together in Grief (10am) Craft Group |
| 28 | (10am) Digital Confidence Cancelled | (1:30pm) Cooking Class: \$ Crispy Chicken Shawarma | | | | * 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) New to Line Dancing \$ | (10am) Clogging Advanced Beginner to Intermediate |
| | (9:30am) Forever Fit* | (9:30am) Cribbage | (9:30am) Forever Fit* | (9:30am) Forever Fit* | (9:30am) Talk Time | (11am) Clogging Beginner |
| | (9:30am) Clogging Beginner | (9:30am) Forever Fit* | (10:30am) Duplicate Bridge | (10:30am) Functional Fitness* | (10:00am) Clothing Closet | |
| | (10:15am) Clogging Advanced Beginner | (10am) Black Elders | (10:30am) Strength & Stretch* | (10:30am) Knit & Crochet | (10:45am) Beginner Line Dancing \$ | |
| | (10:45am) Clogging Easy Intermediate | (10am) Sip & Sweets | (11am) Clothing Closet | (11:30am) Lunch | (11:30am) Lunch | |
| | (10am) Digital Confidence 101 | (10:30am) Functional Fitness* | (11:30am) Lunch | (12pm) Party Bridge | | |
| | (10:30am) Strength & Stretch* | (10:30am) Knit & Crochet | (1pm) Journaling | (1pm) Hula Dancing | | |
| | (11:30am) Lunch | (11am) Al-Anon | (1:30pm) Community Yoga (NEW) | (1pm) Tai Chi* | | |
| | | (11:30am) Lunch | | (1pm) Woodcarving | | |
| | | (12pm) Ceramics | | (2:15pm) Gentle Karate | | |
| | | (12pm) Friendship Circle | | | | |
| | | (1pm) AA | | | | |
| | | (1:30pm) Grief Support Group (NEW) | | | | |
| | | (2:15pm) Gentle Karate | | | | |
| | | | | | | * All Access Membership \$ Cost Associated |