

SUN	MON	TUES	WED	THURS	FRI	SAT
						(10am) Alzheimer's Support Group (11am) Brain Injury Support Group 1
2	(9:30am) Snohomish County Housing Stability (10:30am) Trivia (1pm) Bingo 3	(9am) Chaplain Skip Gipson (12pm) Friendship Circle 4	(10am) SHIBA (12:30) Workshop: Dementia 101 5	(10:30am) Tech Helps (11:30am) Veteran's Lunch Celebration (1pm) Current Discussion (1pm) Family Caregiver Support Program 6	(10am) Clothing Closet Cancelled (6:15pm) Day Trip: Everett SilverTips vs Prince George Cougars Hockey 7	(10am) Alzheimer's Support Group (10am) Craft Group 8
9	(11:30am) Speaker: JeShawna Alley Schmidt - Alzheimer's Association 10	HOLIDAY 11	(11am) Schack Art Class (1pm) Reiki Massage 12	(9:45am) Day Trip: Amazon Distribution Center in Arlington (10:30am) Tech Help (1pm) Current Discussion 13	14	(10am) Mental Health Access 15
16	(10:30am) Trivia (11:00am) Day Trip: Seattle Premium Outlet Mall (11:30am) Speaker: Jason Cummings - Snohomish Co. Prosecuting Attorney (12:30pm) Memory Cafe (1pm) Bingo 17	(9am) Chaplain Skip Gipson (10:30am) Light Rail Presentation 18	(10am) Mental Health Access (10am) SHIBA (12:30pm) Workshop: Fall Prevention with Otago (1pm) Genealogy Club 19	(10am) Mental Health—Homage (11:30am) Day Trip: Bowling (12pm) Healthy Lifestyle 20	(11am) Day Trip: Anthony's Woodfire Grill 21	(10am) Together in Grief Support Group (10am) Craft Group 22
23 Firefighters Thanksgiving Feast 30	(11:30am) Speaker: Katie McDougall - Hospice of the Northwest 24	(1:30pm) Cooking Class — Vegetarian Quiche & Quiche Lorraine 25	(11am) Schack Art Class 26	HOLIDAY 27	HOLIDAY 28	29

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	(9:30am) 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	(10:00am) Clothing Closet	
	(9:30am) Forever Fit	(9:30am) Forever Fit	(9:30am) Forever Fit	(10:30am) Chair Yoga	(11:30am) Lunch	
	(9:30am) Clogging Intro	(10am) Black Elders	(9:30) PUD Outreach	(10:30am) Knit & Crochet		
	(10am) Clogging Advanced Beginner to Intermediate	(10:30am) Knit & Crochet	(10:30am) Duplicate Bridge	(11:30am) Lunch		
	(10:30am) Strength & Stretch	(10am) Meaningful Day	(10:30am) Strength & Stretch	(12pm) Party Bridge		
	(11:30am) Lunch	(10am) Sip & Sweets	(10:30am) Strength & Stretch	(1pm) Woodcarving		
		(10:30am) Chair Yoga	(11am) Clothing Closet	(1pm) Hula Dancing		
		(11am) Al-Anon	(11:30am) Lunch	(2:15pm) Gentle Karate		
		(11:30) Lunch	(1:00pm) Journaling			
		(12pm) Ceramics				
		(12pm) Friendship Circle				
		(1pm) AA				
		(2:15pm) Gentle Karate				