

SUN	MON	TUES	WED	THURS	FRI	SAT
				1 (10:30am) Tech Help (1pm) Current Discussion (1pm) Family Caregiver Support Program	2 <b>CENTER CLOSED</b>	3 <b>CENTER CLOSED</b> 4th of July Parade
5 (10:30am) Trivia Time (1pm) Bingo \$	6	7 (10am) SHIBA	8 (10am) SHIBA	9 (1:30pm) New Member Orientation	10 (10am) Day Trip \$ Arlington Street Fair - 1 Shoe	11 (10am) Alzheimer's Support Group (10am) Craft Group
12 (12:15pm) Good Life, Good Death Cafe (NEW)	13 (9am) Chaplain Skip Gipson (11:30am) Project Linus	14 (12pm) Reiki Massage \$ (11:45am) Monthly Birthday Celebration (1pm) Genealogy Club	15 (10:30am) Tech Help (1pm) Book Club (1pm) Current Discussion	16 (10am) Day Trip \$ Big 4 Ice Caves - 3 Shoes	17 (9am) Mental Health Access (10am) Clogging Cancelled	18
19 (10:30am) Trivia Time (1pm) Bingo \$	20	21 (10am) SHIBA (1pm) Journaling	22 (11am) Day Trip \$ Everett AquaSox - 2 Shoes	23 (11am) Day Trip \$ Bellevue Arts Festival - 2 Shoes	24 (10am) Together in Grief (10am) Craft Group	25
26 (12:30pm) Memory Cafe Cancelled	27 (9am) Chaplain Skip Gipson (1:30pm) Cooking Class: \$ Lemon Chicken Summer Soup	28	29	30	31	* All Access Membership \$ Cost Associated

# WEEKLY ACTIVITIES

SUN	MON	TUES	WED	THURS	FRI	SAT
	<b>(8:30am)</b> Billiards*	<b>(8:30am)</b> Billiards*	<b>(8:30am)</b> Billiards*	<b>(8:30am)</b> Billiards*	<b>(8:30am)</b> Billiards*	<b>(8:30am)</b> Billiards*
	<b>(8:30am)</b> Chair Yoga*	<b>(8:30am)</b> Barre Class*	<b>(8:30am)</b> Chair Yoga*	<b>(8:30am)</b> Barre Class*	<b>(8:30am)</b> Friday Yoga*	<b>(8:30am)</b> Community Yoga <b>(NEW)</b>
	<b>(9am)</b> Table Tennis*	<b>(9:30am)</b> Hand & Foot	<b>(9am)</b> Table Tennis*	<b>(9:30am)</b> Hand & Foot	<b>(9:30am)</b> New to Line Dancing \$ <b>(No July or August Classes)</b>	<b>(9am)</b> Table Tennis*
	<b>(9:30am)</b> Forever Fit*	<b>(9:30am)</b> Cribbage	<b>(9:30am)</b> Forever Fit* <b>(Video for Class)</b>	<b>(9:30am)</b> Forever Fit*	<b>(9:30am)</b> Talk Time	<b>(10am)</b> Clogging Advanced Beginner to Intermediate
	<b>(9:30am)</b> Clogging Beginner	<b>(9:30am)</b> Forever Fit*	<b>(10:30am)</b> Duplicate Bridge	<b>(10:30am)</b> Functional Fitness*	<b>(9:30am)</b> Talk Time	<b>(11am)</b> Clogging Beginner
	<b>(10:15am)</b> Clogging Advanced Beginner	<b>(10am)</b> Black Elders	<b>(10:30am)</b> Strength & Stretch* <b>(Video for Class)</b>	<b>(10:30am)</b> Knit & Crochet	<b>(10:45am)</b> Beginner Line Dancing \$ <b>(No July or August Classes)</b>	
	<b>(10:45am)</b> Clogging Easy Intermediate	<b>(10:30am)</b> Functional Fitness*	<b>(11:30am)</b> Lunch	<b>(11:30am)</b> Lunch	<b>(11:30am)</b> Lunch	
	<b>(10am)</b> Digital Confidence 101	<b>(10:30am)</b> Knit & Crochet	<b>(11:30am)</b> Lunch	<b>(12pm)</b> Party Bridge		
	<b>(10:30am)</b> Strength & Stretch*	<b>(11am)</b> Al-Anon	<b>(1pm)</b> Journaling	<b>(1pm)</b> Hula Dancing		
	<b>(11:30am)</b> Lunch	<b>(11:30am)</b> Lunch		<b>(1pm)</b> Tai Chi*		
		<b>(12pm)</b> Ceramics		<b>(1pm)</b> Woodcarving		
		<b>(12pm)</b> Friendship Circle		<b>(2:15pm)</b> Gentle Karate		
		<b>(1pm)</b> AA				
		<b>(2:15pm)</b> Gentle Karate				
						* All Access Membership \$ Cost Associated