

SUN	MON	TUES	WED	THURS	FRI	SAT
	<b>1</b> (9:30am) Snohomish County Housing Stability (10:30am) Trivia (11:30am) <b>Speaker:</b> Cassie Franklin, Mayor of Everett (1pm) Bingo	<b>2</b> (9am) Chaplain Skip Gipson	<b>3</b> (11am) Schack Art Class (12:30pm) <b>Workshop:</b> Kidney Health Eating and Cooking Demo	<b>4</b> (10:30am) <b>Tech Help CANCELLED</b> (1pm) Current Discussion (1pm) Family Caregiver Support Program	<b>5</b> (11:30am) <b>Day Trip:</b> Cabbage Patch Restaurant	<b>6</b> (10am) Alzheimer's Support Group (11am) Brain Injury Support Group
<b>7</b>	<b>8</b> (11:30am) <b>Speaker:</b> Harmony Weinberg, Everett Public Schools	<b>9</b> (9am) Chaplain Skip Gipson (11:30am) Project Linus	<b>10</b> (10am) SHIBA (11am) Schack Art Class (4pm) <b>Day Trip:</b> Lights of Christmas at Warm Beach	<b>11</b> (9am) Holiday Gift Making Class	<b>12</b>	<b>13</b> (9am) <b>Wintertide Festival</b> (10am) Alzheimer's Support Group (10am) Craft Group
<b>14</b>	<b>15</b> (10:30am) Trivia (11:30am) <b>Speaker:</b> Robert Goetz, Everett Police Department (1pm) Bingo	<b>16</b> (1:30pm) Cooking Class: Holiday Appetizers and Cocktail	<b>17</b> (11am) <b>Day Trip:</b> Bakery Crawl (11:30am) <b>Workshop:</b> Skin Cancer: What You Need To Know (1pm) Genealogy Club (1pm) Reiki Massage	<b>18</b> (10:30am) Tech Help (12pm) Cookies, Cards and Cozies (11:30am) <b>Day Trip:</b> Bowling (1pm) Current Discussion	<b>19</b> (9:30am) <b>Line Dance Classes CANCELLED</b>	<b>20</b> (10am) Mental Health Access
<b>21</b>	<b>22</b> (12:30pm) Memory Cafe	<b>23</b> (9am) Chaplain Skip Gipson	<b>24</b> <b>HOLIDAY</b>	<b>25</b> <b>HOLIDAY</b>	<b>26</b> <b>HOLIDAY</b>	<b>27</b> <b>HOLIDAY</b>
<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b> <b>HOLIDAY</b>	<b>1</b> <b>HOLIDAY</b>		

# 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>(9:30am)</b> Line Dancing	<b>(9am)</b> Table Tennis
	<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> Fitness Zone Circuit Orientation <b>(NEW)</b>	<b>(10am)</b> Clogging Advanced Beginner to Intermediate
	<b>(9:30am)</b> Everett Library	<b>(9:30am)</b> Cribbage	<b>(9:30am)</b> Fitness Zone Circuit Orientation <b>(NEW)</b>	<b>(9:30am)</b> Forever Fit	<b>(9:30am)</b> Talk Time	
	<b>(9:30am)</b> Forever Fit	<b>(9:30am)</b> Forever Fit	<b>(9:30am)</b> Forever Fit	<b>(10:30am)</b> Chair Yoga	<b>(10:00am)</b> Clothing Closet	
	<b>(9:30am)</b> Clogging Intro	<b>(10am)</b> Black Elders	<b>(9:30)</b> PUD Outreach	<b>(10:30am)</b> Knit & Crochet	<b>(11:30am)</b> Lunch	
	<b>(10am)</b> Clogging Advanced Beginner to Intermediate	<b>(10:30am)</b> Knit & Crochet	<b>(10:30am)</b> Duplicate Bridge	<b>(11:30am)</b> Lunch		
	<b>(10:30am)</b> Strength & Stretch	<b>(10am)</b> Meaningful Day	<b>(10:30am)</b> Strength & Stretch	<b>(12pm)</b> Party Bridge		
	<b>(11:30am)</b> Lunch	<b>(10am)</b> Sip & Sweets	<b>(10:30am)</b> Strength & Stretch	<b>(1pm)</b> Woodcarving		
		<b>(10:30am)</b> Chair Yoga	<b>(11am)</b> Clothing Closet	<b>(1pm)</b> Hula Dancing		
		<b>(11am)</b> Al-Anon	<b>(11:30am)</b> Lunch	<b>(2:15pm)</b> Gentle Karate		
		<b>(11:30)</b> Lunch	<b>(1:00pm)</b> Journaling			
		<b>(12pm)</b> Ceramics				
		<b>(12pm)</b> Friendship Circle				
		<b>(1pm)</b> AA				
		<b>(2:15pm)</b> Gentle Karate				