

SUN	MON	TUES	WED	THURS	FRI	SAT
						(10am) Alzheimer's Support Group (10am) Brain Injury Support Group
2 (10:30am) Trivia Time (1pm) Bingo \$	3 (10:30am) Trivia Time (1pm) Bingo \$	4	5	6 (10:30am) Tech Help Cancelled (1pm) Current Discussion (1pm) Family Caregiver Support Program	7 (9am) Day Trip \$ Edgewater Beach to Lighthouse - 3 Shoes	8 (10am) Alzheimer's Support Group
9 (12:15pm) Good Life, Good Death Cafe (NEW)	10 (12:15pm) Good Life, Good Death Cafe (NEW)	11 (9am) Chaplain Skip Gipson (11:30am) Project Linus	12 (10am) SHIBA	13 (1:30pm) New Member Orientation (9am) Day Trip \$ MOHAI Freedom Plane National Tour - 2 Shoe	14 (10am) Wellness Class: Grief and Healthy Coping Strategies (NEW)	15 (9am) Mental Health Access
16 (10:30am) Trivia Time (1pm) Bingo \$	17 (10:30am) Trivia Time (1pm) Bingo \$	18	19 (12pm) Reiki Massage \$ (11:45am) Monthly Birthday Celebration (1pm) Genealogy Club	20 (10:30am) Tech Help (1pm) Book Club (1pm) Current Discussion	21	22 (10am) Together in Grief
23 (12:30pm) Memory Cafe	24 (12:30pm) Memory Cafe	25 (9am) Chaplain Skip Gipson (1:30pm) Cooking Class: \$ Zucchini Pasta	26 (10am) SHIBA	27 (9am) Day Trip \$ IMAX Movie & Lunch at Seattle Center - 3 Shoes (10:30am) Tech Help	28	29
30 (10am) Day Trip \$ Evergreen State Fair - 1 Shoe	31 (10am) Day Trip \$ Evergreen State Fair - 1 Shoe					* All Access Membership \$ Cost Associated



WEEKLY ACTIVITIES

SUN	MON	TUES	WED	THURS	FRI	SAT
	(8:30am) Billiards* (8:30am) Chair Yoga* (9am) Table Tennis* (9:30am) Forever Fit* (9:30am) Clogging Beginner (10:15am) Clogging Advanced Beginner (10:45am) Clogging Easy Intermediate (9:30am) Digital Confidence 101 (10:30am) Strength & Stretch* (11:30am) Lunch	(8:30am) Billiards* (8:30am) Barre Class* (9:30am) Hand & Foot (9:30am) Cribbage (9:30am) Forever Fit* (9:30am) Old Friends Club (10am) Black Elders (10am) Meaningful Day (10:30am) Functional Fitness* (10:30am) Knit & Crochet (11am) Al-Anon (11:30am) Lunch (12pm) Ceramics (12pm) Friendship Circle (1pm) AA (2:15pm) Gentle Karate	(8:30am) Billiards* (8:30am) Chair Yoga* (9am) Table Tennis* (9:30am) Forever Fit* (10:30am) Duplicate Bridge (10:30am) Strength & Stretch* (11:30am) Lunch	(8:30am) Billiards* (8:30am) Barre Class* (9:30am) Hand & Foot (9:30am) Forever Fit* (9:30am) Old Friends Club (10:30am) Functional Fitness* (10:30am) Knit & Crochet (11:30am) Lunch (12pm) Party Bridge (1pm) Hula Dancing (1pm) Tai Chi* (1pm) Woodcarving (2:15pm) Gentle Karate	(8:30am) Billiards* (8:30am) Friday Yoga* (9:30am) New to Line Dancing \$ (9:30am) Talk Time (10:45am) Beginner Line Dancing \$ (11:30am) Lunch	(8:30am) Billiards* (9am) Table Tennis* (10am) Clogging Advanced Beginner to Intermediate (11am) Clogging Beginner
* All Access Membership \$ Cost Associated						