

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 Cancelled (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 (1pm) Journaling	27 (9am) Day Trip \$ IMAX Movie & Lunch at Seattle Center - 3 Shoes	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) 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 \$ (No July or August Classes)	(10am) Clogging Advanced Beginner to Intermediate
	(9:30am) Forever Fit*	(9:30am) Cribbage	(9:30am) Forever Fit* (Video for Class)	(9:30am) Forever Fit*		(11am) Clogging Beginner
	(9:30am) Clogging Beginner	(9:30am) Forever Fit*	(10:30am) Duplicate Bridge	(9:30am) Old Friends Club Coming In September!	(9:30am) Talk Time	
	(10:15am) Clogging Advanced Beginner	(9:30am) Old Friends Club Coming in September!	(10:30am) Strength & Stretch*	(10:30am) Functional Fitness*	(10:45am) Beginner Line Dancing \$ (No July or August Classes)	
	(10:45am) Clogging Easy Intermediate	(10am) Black Elders	(Video for Class)	(10:30am) Knit & Crochet	(11:30am) Lunch	
	(10am) Digital Confidence 101	(10am) Meaningful Day	(11:30am) Lunch	(11:30am) Lunch		
	(10:30am) Strength & Stretch*	(10:30am) Functional Fitness*		(12pm) Party Bridge		
	(11:30am) Lunch	(10:30am) Knit & Crochet		(1pm) Hula Dancing		
	(11am) Al-Anon		(1pm) Tai Chi*			
	(11:30am) Lunch		(1pm) Woodcarving			
	(12pm) Ceramics		(2:15pm) Gentle Karate			
	(12pm) Friendship Circle					
	(1pm) AA					
	(2:15pm) Gentle Karate					
						* All Access Membership \$ Cost Associated