







Mon	Tue	Wed	Thu	Fri
<p align="center"><b>Northshore Adult Day Health &amp; Wellness Center</b></p> <p align="center"><b>Monday-Friday 10-3pm</b></p> <p align="center">All activities subject to change</p>			<p><u>1 Coffee social/Fine motor</u> 10:45 Balance program 11:00 Welcome Bothell Historic society 1:15 Sound of music w/Naomi</p>	<p><u>2Coffee social/Fine Motor</u> 10:45 Balance program 11:00 Upper body exercise 11;15 Body conditioning 11:45 Power walk/Current events 1:15 Sing Along</p>
<p>(425)488-4821</p> 				
<p><u>5 Coffee social/Fine Motor</u> 10:45 Balance program 11:00 Reminiscing w/Bruce 11:00 Upper body exercise 11:15 Body conditioning 11:45 Power walk/Current events 1:15 Music w/Connor</p>	<p><u>6Coffee social/Fine Motor</u> 10:45 Balance program 11:00 Upper body exercise 11:15 Body conditioning 11:45 Power walk/Current events 1:15 Guitar w/Josh</p>	<p><u>7Coffee social/Fine Motor</u> 10:45 Balance program 11:00 Art group 11:00 Upper body exercise 11:15 Body conditioning 11:45 Power walk/Current events 1:15 Favorites w/Shannon</p>	<p><u>8Coffee social/Fine motor</u> 10:45 Balance program 11:00 Upper body exercise 11:15 Body conditioning 11:45 Power walk/Current events 1:15 Guitar w/David H.</p>	<p><u>9Coffee social/Fine Motor</u> 10:45 Balance program 11:00 Upper body exercise 11:15 Body conditioning 11:45 Power walk/Current events 1:15 Favorites w/Shannon (Veteran's Day Trivia)</p>
<p>12 <b>CLOSED</b></p> 	<p><u>13Coffee social/Fine Motor</u> 10:45 Balance program 11:00 Upper body exercise 11:15 Body conditioning 11:45 Power walk/Current events 1:15 Piano w/Rosemarie</p>	<p><u>14Coffee social/Fine Motor</u> 10:45 Balance program 11:00 Art group 11:00 Upper body exercise 11:15 Body conditioning 11:45 Power walk/Current events 1:15 Saxophone w/Bill B.</p>	<p><u>15Coffee social/Fine motor</u> 10:45 Balance program 11:00 Upper body exercise 11:15 Body conditioning 11:45 Power walk/Current events 1:15 Music Therapy w/John A.</p>	<p><u>16Coffee social/Fine Motor</u> 10:45 Balance program 11:00 Upper body exercise 11:15 Body conditioning 11:45 Power walk/Current events 1:15 Singalong w/Kathy S.</p>
<p><u>19Coffee social/Fine Motor</u> 10:45 Balance program 11:00 Reminiscing w/Bruce 11:00 Upper body exercise 11:15 Body conditioning 11:45 Power walk/Current events 1:30 Guitar w/David A.</p>	<p><u>20Coffee social/Fine Motor</u> 10:45 Balance program 11:00 Upper body exercise 11:15 Body conditioning 11:45 Power walk/Current events 1:15 Accordion w/David L.</p>	<p><u>21Coffee social/Fine Motor</u> 10:45 Balance program 11:00 Art group 11:00 Upper body exercise 11:15 Body conditioning 11:45 Power walk/Current event 1:15 B.I.N.G.O. (Thanksgiving Trivia)</p>	<p align="center"><b>CLOSED</b> <b>November 22nd &amp; 23rd</b></p> 	
<p><u>26Coffee social/Fine Motor</u> 10:45 Balance program 11:00 Reminiscing w/Bruce 11:00 Upper body exercise 11:15 Body conditioning 11:45 Power walk/Current events 1:15 Tis the season w/Jennifer (Holiday Decorating)</p>	<p><u>27Coffee social/Fine Motor</u> 10:45 Balance program 11:00 Upper body exercise 11:15 Body conditioning 11:45 Power walk/Current events 1:30 Rockin w/Jon P.</p>	<p><u>28Coffee social/Fine Motor</u> 10:45 Balance program 11:00 Art group 11:00 Upper body exercise 11:15 Body conditioning 11:45 Power walk/Current events 1:15 Berd &amp; Lyle</p>	<p><u>29Coffee social/Fine motor</u> 10:45 Balance program 11:00 Upper body exercise 11:15 Body conditioning 11:45 Power walk/Current events 1:15 Favorites w/Shannon</p>	<p><u>30Coffee social/Fine Motor</u> 10:45 Balance program 11:00 Upper body exercise 11:15 Body conditioning 11:45 Power walk/Current events 1:15 Holiday Decorating</p>