



# OCTOBER 2017



**NORTHSHORE ADULT DAY HEALTH  
& WELLNESS CENTER**  
(425) 488-4821  
**MONDAY-FRIDAY 10:00 - 3:00 pm**

Mon	Tue	Wed	Thu	Fri
2 10:00 Coffee social/Fine motor 11:00 Dowels 11:00 Reminiscing w/Bruce 11:15 Body conditioning 11:45 Current events 1:30 Flamingo races	3 10:00 Coffee social/Fine motor 11:00 Dowels 11:15 Body conditioning 11:45 Current events 1:30 Poker w/Tom 1:30 The Classmates	4 10:00 Coffee social/Fine motor 10:00 Art group 11:00 Dowels 11:15 Body conditioning 11:45 Current events 1:30 Seasonal craft	5 10:00 Coffee social/Fine motor 11:00 Dowels 11:15 Body conditioning 11:45 Current events 1:30 Sing along w/Kathy S.	6 10:00 Coffee social/Fine motor 11:00 Dowels 11:15 Body conditioning 11:45 Current events 1:30 Bowling
9 10:00 Coffee social/Fine motor 11:00 Dowels 11:00 Reminiscing w/Bruce 11:15 Body conditioning 11:45 Current events 1:30 Music Therapy w/John A.	10 10:00 Coffee social/Fine motor 11:00 Dowels 11:15 Body conditioning 11:45 Current events 1:30 Poker w/Tom 1:30 Country w/Loren	11 10:00 Coffee social/Fine motor 10:00 Art group 11:00 Dowels 11:15 Body conditioning 11:45 Current events 1:30 Bingo	12 10:00 Coffee social/Fine motor 11:00 Dowels 11:15 Body conditioning 11:45 Current events 1:30 Steel guitar w/Harold	13 10:00 Coffee social/Fine motor 11:00 Dowels 11:15 Body conditioning 11:45 Current events 1:30 Guitar w/Dave H
16 10:00 Coffee social/Fine motor 11:00 Dowels 11:00 Reminiscing w/Bruce 11:15 Body conditioning 11:45 Current events 1:30 Groovin with Gregg	17 10:00 Coffee social/Fine motor 11:00 Bothell Historical society 11:15 Body conditioning 11:45 Current events 1:30 Poker w/Tom 1:30 Accordion w/David L.	18 10:00 Coffee social/Fine motor 10:00 Art group 11:00 Dowels 11:15 Body conditioning 11:45 Current events 1:30 Saxophone w/Bill B.	19 10:00 Coffee social/Fine motor 11:00 Dowels 11:15 Body conditioning 11:45 Current events 1:30 Variety w/Ted Y.	20 10:00 Coffee social/Fine motor 11:00 Dowels 11:15 Body conditioning 11:45 Current events 1:30 Singalong w/Kathy
23 10:00 Coffee social/Fine motor 11:00 Dowels 11:00 Reminiscing w/Bruce 11:15 Body conditioning 11:45 Current events 1:30 Sound of music Karaoke	24 10:00 Coffee social/Fine motor 11:00 Dowels 11:15 Body conditioning 11:45 Current events 1:30 Poker w/Tom 1:30 Piano w/Rosemarie	25 10:00 Coffee social/Fine motor 10:00 Art group 11:00 Dowels 11:15 Body conditioning 11:45 Current events 1:30 Rockin w/Jon	26 10:00 Coffee social/Fine motor 11:00 Dowels 11:15 Body conditioning 11:45 Current events 1:30 Music Therapy w/John A.	27 10:00 Coffee social/Fine motor 11:00 Dowels 11:15 Body conditioning 11:45 Current events 1:30 Halloween Bingo
30 10:00 Coffee social/Fine motor 11:00 Dowels 11:00 Reminiscing w/Bruce 11:15 Body conditioning 11:45 Current events 1:30 Arts & Crafts	31 10:00 Coffee social/Fine motor 11:00 Dowels 11:15 Body conditioning 11:45 Current events 1:30 Poker w/Tom 1:30 Guitar w/David A.	 <p><b>WEAR YOUR COSTUMES 10/31</b></p>		
<p><b>ALL ACTIVITIES SUBJECT TO CHANGE</b></p>				
<p><b>Monthly fire Drill</b></p>				