


SEPTEMBER 2017

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2 8:00 Pancake Breakfast
3	4 HOLIDAY 	5 10:00 Women's Coffee Hour (Mill Creek) 1:00 Tai Chi for Back Pain (Mill Creek) 1:30 Newcomers' Orientation	6 8:30 Men's Breakfast 10:00 Caregivers' Support Group 11:30 Piano Workshop	7 10:30 Caregivers' Support Group (Mill Creek)	8 11:15 Men's Coffee Hour (Mill Creek)	9
10	11 10:00 Antiques Club	12 12:45 Pet First Aid 1:00 Reverse Mortgage (Mill Creek)	13 10:00 Do You Have Your House In Order? (Mill Creek) 10:00 Financial Literacy Workshop (Mill Creek)	14 9:30 Vulnerable Adult Statue	15 9:00 Senior Healthy Living Fair ALL CLASSES ARE CANCELLED	16 8:00 Pancake Breakfast
17	18 11:00 Autumn Nutrition (Kenmore)	19 10:00 Women's Coffee Hour (Mill Creek) 10:00 Parkinson's Support Group 1:00 Focus on Fixed Income	20 11:00 WA Connection—Your Link To Services 11:30 Piano Workshop 6:30 Adult Children of Aging Parent Support Group	21 10:30 Caregivers' Support Group (Mill Creek)	22 10:00 Legal Clinic (Mill Creek)	23
24	25	26 12:45 Proper Posture	27 10:00 All Things Squash	28 1:00 Adventures In World History Vienna 1900	29	30

RECURRING WEEKLY (BOTHELL ONLY)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
12:45 Pinochle 2:00 Coffee & Conversation 1:00 Ping Pong	7:15 Hiking 8:15 Enhance Fitness (No Class Sept 4 and 15) 9:30 Enhance Fit. Adv. (No Class Sept 4 and 15) 9:30 German Conversation (No Class Sept 4) 10:00 Plein Air 11:00 Zumba Gold (No Class Sept 4 and 15) 11:45 Community Dining Lunch Program 12:30 Pickleball (No games Sept 4 and 15) 1:00 Astronomy 1:00 Everyone Can Write 1:30 Senior Songsters	8:30 Senior Strength 9:00 Foot Care 9:00 Walking Group 9:30 Woodcarving 9:30 Knit Wits 9:30 Golf Club 9:30 Pickleball (Adv.&Inter.) 10:00 Variety Band 11:45 Community Dining Lunch Program 12:00 Pickleball (Beg. & Novice) 1:00 Pie Day 1:00 Basic Art & Mixed Media 1:00 Bocce Ball 1:00 Qigong 2:30 Yoga for Parkinson's 2:30 Genealogy Intermediate	8:15 Enhance Fitness 9:30 Enhance Fit. Adv. 9:30 Mah Jongg 10:00 Ceramics 10:30 Tell Your Own Story 11:00 Zumba Gold 11:45 Community Dining Lunch 12:00 Bridge 12:45 Double Deck Pinochle 12:30 Oil And Acrylic Painting 12:45 Double Deck Pinochle 1:00 Sharing & Caring 1:00 Ballroom Dance (1st and 3rd week) 2:30 Guitar Group 2:30 Ballroom Dance Lessons (2nd, 4th, 5th week; No class Aug 9) 3:00 Ballroom Dance Lessons (1st and 3rd week) 5:30 Pickleball 6:30 Driftwood	8:30 Driftwood 8:30 Senior Strength 8:30 Yoga 9:00 Craft Group 9:00 Walking Group 9:00 Foot Care 10:00 Environmental Group (2nd & 4th week) 11:00 Colored Pencil 11:00 Seated Yoga 11:45 Community Dining Lunch Program 12:30 Hand & Foot 12:30 Pickleball (Adv. & Inter.) 12:30 Quilt Group 12:45 Pinochle 1:00 Current Issues 2:30 Pickleball (Beg. & Novice)	8:15 Enhance Fitness (No Class Sept 4 and 15) 9:00 Watercolor (No class Sept 15) 9:30 Enhance Fitness Adv. (No Class Sept 4 and 15) 10:30 Cribbage (No cards Sept 15) 11:00 CODA 11:00 Zumba Gold (No Class Sept 4 and 15) 11:30 Duplicate Bridge (No cards Sept 15) 11:45 Community Dining Lunch Program 12:00 Pickleball 1:00 Poetry Group (No class Sept 15) 1:00 Poker (No cards Sept 15) 1:30 Tai Chi (No class Sept 15) 2:30 Pickleball (No games Sept 4 and 15)	9:00 Pickleball 1:00 Bingo