

APRIL 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 9:00 Jewelry Cleaning & Repair (Bothell) 10:30 Cooking Mediterranean & Paleo 2 (Mill Creek) 1:00 Cannabis Education (PeterKirk)	3 10:00 Women's Coffee Hour (Mill Creek) 1:30 Newcomer's Orientation (Bothell)	4 8:30 Northshore Senior Men's Club (Bothell) 10:00 Caregivers Support Group (Bothell) 11:30 Piano Workshop (Bothell) 12:00 Eyeglass Adjustments (Bothell)	5 10:00 Fishing Club (Bothell) 10:30 Caregivers Support Group (Mill Creek)	6	7 8:00 Pancake Breakfast (Bothell)
8	9 9:30 Women's Coffee Hour (PeterKirk) 10:00 Antiques Club (Bothell)	10 9:00 AARP Smart Driver Course (Bothell) 10:00 Do You Have Your House In Order? (Mill Creek) 1:00 Power of Storytelling (Bothell) 7:30 Boeing Employee Concert Band Spring Concert (Bothell)	11 10:00 Diabetes/Pre-diabetes Group (Bothell) 10:30 Reverse Mortgage: The Cinderella of Retirement Planning? (Mill Creek)	12 9:30 Durable Power of Attorney (Bothell) 10:00 Living Sustainably in a Changing Environment (Bothell)	13 11:15 Men's Coffee Hour (Mill Creek)	14
15	16 10:00 Caregivers Support Group (PeterKirk) 11:00 Delicious Healthy Snacks (Kenmore) 11:45 Spring Lunch Special: National Baked Ham with Pineapple Day (Bothell) 12:00 Stamp Club (Bothell)	17 9:00 AARP Smart Driver Course (Bothell) 10:00 Investment Basics (Mill Creek) 10:00 Parkinson's Support Group 10:00 Women's Coffee Hour (Mill Creek) 1:00 Introduction to Qigong (Mill Creek)	18 11:30 Piano Workshop (Bothell) 6:30 Adults Children of Aging Parent Support Group (Bothell)	19 10:30 Caregivers Support Group (Mill Creek) 11:45 Happy Birthday Lunch (Bothell) 3:00 Volunteer Appreciation Happy Hour (Bothell)	20 10:00 Book Club (Hidden Figures) (Bothell)	21 8:00 Pancake Breakfast (Bothell)
22	23 9:30 Women's Coffee Hour (PeterKirk) 10:30 What Causes Inflammation Part III (Mill Creek)	24 10:00 Rules of the Road Seminar (Bothell) 1:00 Caregiver Burnout: Is Your Flame About to Fizzle?(Bothell) 1:00 Meditation Made Easy (Bothell)	25 1:00 Matter of Balance (Health & Wellness)	26 10:00 Living Sustainably In a Changing Environment - Speaker: Killer Whales (Bothell)	27 11:15 Book Club (Cleopatra, Mill Creek) 11:15 Men's Coffee Hour (Mill Creek)	28
29	30 10:30 What Causes Inflammation Part III (Mill Creek) 1:00 Money Smart for Older Adults (Mill Creek)					

RECURRING WEEKLY (BOTHELL ONLY)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
12:45 Pinochle 1:30 Coffee & Conversation 1:00 Table Tennis	8:00 Open Art Studio 8:15 Enhance Fitness 9:30 Enhance Fit. Adv. 9:30 German Conversational 10:00 Brushes with Adventure: NSC's Plein Air Group 11:00 Zumba Gold 11:45 Community Dining 12:30 Pickleball 1:00 Astronomy 1:00 Tabletop Gameplay 1:00 Everyone Can Write (April 2-June 25) 1:00 Northshore Storytelling Group (Apr 2-Jun 4) 1:30 Senior Songsters	8:30 Senior Strength 9:00 Walking Group 9:30 Woodcarving 9:30 Knit-Wits 9:30 Golf Club 9:30 Pickleball (Adv.&Inter.) 10:00 Northshore Variety Show and Band (rehearsals) 10:00 Wii Bowling & Wii Golf (H&W) 11:45 Community Dining 12:30 Wii Bowling & Wii Golf (H&W) 1:00 Pickleball (Beg. & Novice) 1:00 Basic Art & Mixed Media 1:00 Bocce Ball 1:00 Genealogy Beginning 1:00 Qigong 2:00 Qigong Advanced 2:30 Genealogy Intermediate 2:30 Yoga for Parkinson's 6:00 Yoga-Hatha (H&W)	8:15 Enhance Fitness 9:30 Enhance Fit. Adv. 9:30 Mah Jongg (Riverside Landing) 10:00 Ceramics 10:00 Art Journaling for Women 11:00 Zumba Gold 11:45 Community Dining 12:00 Bridge 12:30 Oil And Acrylic Painting 12:30 Quilt Group 12:45 Double Deck Pinochle 1:00 Sharing & Caring 1:00 Ballroom Dance 2:30 Guitar, Anyone? 3:00 Ballroom Dance Lessons 5:30 Pickleball 6:30 Driftwood	8:30 Driftwood 8:30 Senior Strength 8:30 Yoga 9:00 Creative Needle & Craft 9:00 Walking Group 9:30 Line Dancing Beg. (class on April 5 & 12 only) 10:00 Line Dancing Adv. Beg. 10:00 Wii Bowling & Wii Golf (H&W) 11:00 Line Dancing Inter. 11:00 Colored Pencil/Drawing 11:00 Yoga Seated 11:45 Community Dining 12:30 Hand & Foot 12:30 Wii Bowling & Wii Golf (H&W) 12:30 Pickleball (Adv. & Inter.) 12:45 Pinochle 1:00 Current Issues 1:00 Portraying the Self (Mar 29-May 17) 2:30 Pickleball (Beg. & Novice)	8:15 Enhance Fitness 9:00 Watercolor Media 9:30 Enhance Fit. Adv. 10:30 Cribbage 11:00 CODA 11:00 Zumba Gold 11:30 Duplicate Bridge 11:45 Community Dining 1:00 Poetry Group 1:00 Poker 1:30 Tai Chi	9:00 Pickleball (when available) 1:00 Bingo