

# MAY 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		<b>1</b> 10:00 Women's Coffee Hour (Mill Creek)	<b>2</b> 8:30 Northshore Senior Men's Club (Bothell) 10:00 Caregivers Support Group (Bothell) 11:30 Piano Workshop (Bothell)	<b>3</b> 10:00 Fishing Club (Bothell) 10:30 Caregivers Support Group (Mill Creek) 11:00 Rhododendron Walk & Brown Bag Lunch (Kenmore)	<b>4</b> <b>9:00 Craft and Jewelry Sale (Bothell)</b> <b>12:30 Fine Art Show (Bothell)</b>	<b>5</b> 8:00 Pancake Breakfast (Bothell) <b>8:30 Craft and Jewelry Sale (Bothell)</b> <b>9:00 Fine Art Show (Bothell)</b>
<b>6</b>	<b>7</b> 9:00 Jewelry Cleaning & Repair (Bothell)	<b>8</b> 8:30 Cholesterol & Diabetes Screening (Bothell) 9:00 AARP Smart Driver Course (Bothell) 10:00 Self Defense for Seniors (Mill Creek)	<b>9</b> 10:00 Do You Have Your House In Order? (Mill Creek) 10:00 Diabetes/Pre-diabetes Group (Bothell) 10:30 Reverse Mortgage (Mill Creek) 1:00 Kenmore Committee (Kenmore) 1:00 Health Care Directives & Power of Attorney Q&A (Kenmore)	<b>10</b> 9:30 Living Wills (Bothell) 10:00 Living Sustainably In A Changing Environment (Bothell) <b>11:00 Grand Opening of New Mill Creek Senior Center (Mill Creek)</b>	<b>11</b> 11:15 Men's Coffee Hour (Mill Creek)	<b>12</b>
<b>13</b>	<b>14</b> 9:30 Women's Coffee Hour (PeterKirk) 10:00 Antiques Club (Bothell) 1:00 Assistive Technology for Successful Aging (PeterKirk) 1:30 Mill Creek Steering Committee (Mill Creek)	<b>15</b> 9:00 AARP Smart Driver Course (Bothell) 10:00 Parkinson's Support Group (Bothell) 10:00 Women's Coffee Hour (Mill Creek) 1:30 Newcomer's Orientation (Bothell)	<b>16</b> 11:30 Piano Workshop (Bothell) 1:00 Wills in Washington (Kenmore) 6:30 Adult Children of Aging Parent Support Group	<b>17</b> 10:30 Caregivers Support Group (Mill Creek) 5:30 Finance Committee (Bothell)	<b>18</b> 10:00 Book Club—The Royal Nanny (Bothell) 11:00 Ikebana Flower Arranging (Kenmore)	<b>19</b> 8:00 Pancake Breakfast (Bothell)
<b>20</b>	<b>21</b> 11:00 Laughter Yoga for Seniors (Kenmore) <b>11:45 Spring Lunch Specials—Strawberries &amp; Cream Day (Bothell)</b> 12:00 Stamp Club (Bothell) 1:00 Money Smart for Older Adults (Mill Creek)	<b>22</b> 10:00 Script Your Family's Future: Why You Need An Estate Plan Seminar (Bothell) 1:00 Growing Older—Eating Better (Bothell) 5:30 Board Meeting (Bothell)	<b>23</b> 10:00 Casual Uncluttering (Kenmore)	<b>24</b> 10:00 Living Sustainably In A Changing Environment (Bothell) 12:00 Outreach Committee (Health & Wellness)	<b>25</b> 11:15 Book Club—Crow Planet (Mill Creek) 11:15 Men's Coffee Hour (Mill Creek)	<b>26</b>
<b>27</b>	<b>28 HOLIDAY</b> 	<b>29</b>	<b>30</b>	<b>31</b>		

# 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 1:30 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 Qigong 2:00 Qigong Advanced 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 Matter of Balance (Health & Wellness, Apr 25-Jun 13) 1:00 Ballroom Dance 2:30 Guitar, Anyone? 3:00 Ballroom Dance Lessons 5:30 Pickleball 6:30 Driftwood Sculpture	8:30 Driftwood Sculpture 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