




JULY 2018

NORTHSHORE ADULT DAY HEALTH & WELLNESS CENTER (425) 488-4821



Mon	Tue	Wed	Thu	Fri
<p>2 10:00 Coffee Social/Fine motor 10:30 Balance exercise 11:00 Reminiscing w/Bruce 11:00 Upper body Exercise 11:15 Body conditioning 11:45 Power walk/Current events 1:15 Bowling</p>	<p>3 10:00 Coffee Social/Fine motor 10:30 Balance exercise 11:00 Upper body Exercise 11:15 Body conditioning 11:45 Power walk/Current events 1:15 Patriotic Singalong</p>	<p>4 CLOSED <i>happy 4th of JULY!</i></p>	<p>5 10:00 Coffee Social/Fine motor 10:30 Balance exercise 11:00 Upper body Exercise 11:15 Body conditioning 11:45 Power walk/Current events 1:15 Games</p>	<p>6 10:00 Coffee Social/Fine motor 10:30 Balance exercise 11:00 Upper body Exercise 11:15 Body conditioning 11:45 Power walk/Current events 1:15 B.I.N.G.O.</p>
<p>9 10:00 Coffee Social/Fine motor 10:30 Balance exercise 11:00 Reminiscing w/Bruce 11:00 Upper body Exercise 11:15 Body conditioning 11:45 Power walk/Current events 1:15 Guitar w/David A.</p>	<p>10 10:00 Coffee Social/Fine motor 10:30 Balance exercise 11:00 Upper body Exercise 11:15 Body conditioning 11:45 Power walk/Current events 1:15 Name that Tune Karaoke</p>	<p>11 10:00 Coffee Social/Fine motor 10:00 Art group 10:30 Balance exercise 11:00 Upper body Exercise 11:15 Body conditioning 11:45 Power walk/Current events 1:15 Music Therapy w/ John A.</p>	<p>12 10:00 Coffee Social/Fine motor 10:30 Balance exercise 11:00 Upper body Exercise 11:15 Body conditioning 11:45 Power walk/Current events 1:15 Music w/Shannon</p>	<p>13 10:00 Coffee Social/Fine motor 10:30 Balance exercise 11:00 Upper body Exercise 11:15 Body conditioning 11:45 Power walk/Current events 1:15 Saxophone w/Bill B.</p>
<p>16 10:00 Coffee Social/Fine motor 10:30 Balance exercise 11:00 Reminiscing w/Bruce 11:00 Upper body Exercise 11:15 Body conditioning 11:45 Power walk/Current events 1:15 Active Games</p>	<p>17 10:00 Coffee Social/Fine motor 10:30 Balance exercise 11:00 Upper body Exercise 11:15 Body conditioning 11:45 Power walk/Current events 1:30 Groovin w/Gregg G.</p>	<p>18 10:00 Coffee Social/Fine motor 10:00 Art group 10:30 Balance exercise 11:00 Upper body Exercise 11:15 Body conditioning 11:45 Power walk/Current events 1:15 Accordion w/David A.</p>	<p>19 10:00 Coffee Social/Fine motor 10:30 Balance exercise 11:00 Upper body Exercise 11:15 Body conditioning 11:45 Power walk/Current events 1:15 Piano w/RoseMarie</p>	<p>20 10:00 Coffee Social/Fine motor 10:30 Balance exercise 11:00 Upper body Exercise 11:15 Body conditioning 11:45 Power walk/Current events 1:15 Guitar w/Dave H.</p>
<p>23 10:00 Coffee Social/Fine motor 10:30 Balance exercise 11:00 Reminiscing w/Bruce 11:00 Upper body Exercise 11:15 Body conditioning 11:45 Power walk/Current events 1:15 Music Bingo</p>	<p>24 10:00 Coffee Social/Fine motor 10:30 Balance exercise 11:00 Upper body Exercise 11:15 Body conditioning 11:45 Power walk/Current events 1:30 Rockin w/Jon</p>	<p>25 10:00 Coffee Social/Fine motor 10:00 Art group 10:30 Balance exercise 11:00 Upper body Exercise 11:15 Body conditioning 11:45 Power walk/Current events 1:15 Music w/Shannon</p>	<p>26 10:00 Coffee Social/Fine motor 10:30 Balance exercise 11:00 Upper body Exercise 11:15 Body conditioning 11:45 Power walk/Currents events 1:15 Variety w/Ted Y.</p>	<p>27 10:00 Coffee Social/Fine motor 10:30 Balance exercise 11:00 Upper body Exercise 11:15 Body conditioning 11:45 Power walk/Current events 1:15 Singalong w/Kathy S.</p>
<p>30 10:00 Coffee Social/Fine motor 10:30 Balance exercise 11:00 Reminiscing w/Bruce 11:00 Upper body Exercise 11:15 Body conditioning 11:45 Power walk/Current events 1:15 Music Therapy w/John A.</p>	<p>31 10:00 Coffee Social/Fine motor 10:30 Balance exercise 11:00 Upper body Exercise 11:15 Body conditioning 11:45 Power walk/Current events 1:15 Comedy Hour</p>	<p>*All activities subject to change *Monthly fire drills</p>  <p>The USDA prohibits discrimination in all its programs, and activities on the basis of race, color, national origins gender, age or disability</p>		
<p>PROGRAM DAYS & HOURS Monday-Friday 10-3:00pm</p>				