

Dancing
Music
Exercise
Current Events
Coffee Social

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



Mon	Tue	Wed	Thu	Fri
3 11:00 Current Events 11:30 Body Conditioning 1:30 Accordion w/Phillip Ages	4 11:00 Current Events 11:30 Body Conditioning 1:30 Bingo	5 11:00 Current Events 11:30 Body Conditioning 1:30 Sing Along	6 10:30 Water Exercise 11:30 Body Conditioning 1:30 Bowling	7 11:00 Current Events 11:30 Body Conditioning 1:30 Accordion w/Dave
10 11:00 Current Events 11:30 Body Conditioning 1:30 Keyboard w/Gary H.	11 11:00 Current Events 11:30 Body Conditioning 1:30 Karaoke	12 11:00 Current Events 11:30 Body Conditioning 1:30 Piano w/RoseMarie	13 10:30 Water Exercise 11:30 Body Conditioning 1:30 Blues Man Ray	14 11:00 Current Events 11:30 Body Conditioning 1:30 Guitar w/Dave H.
17 11:00 Current Events 11:30 Body Conditioning 1:30 Guitar w/ David A.	18 11:00 Karate Kids 11:30 Body Conditioning 1:30 Richard D.	19 11:00 Current Events 11:30 Body Conditioning 1:30 Outdoor Excitement	20 10:30 Water Exercise 11:30 Body Conditioning 1:30 Charlie Spring	21 11:00 Current Events 11:30 Body Conditioning 1:30 Piano w/Beth
24 11:00 Current Events 11:30 Body Conditioning 1:30 Sing along w/Kathy	25 11:00 Current Events 11:30 Body Conditioning 1:30 Singing w/Ann	26 11:00 Current Events 11:30 Body Conditioning 1:30 Beth's Tunes	27 10:30 Water Exercise 11:00 Participant Council 11:30 Body Conditioning 1:30 Bingo	28 11:00 Current Events 11:30 Body Conditioning 1:30 Piano w/Rose M.
31 11:00 Nurses Corner 11:30 Body Conditioning 1:30 Dancing w/Eddie Earl				