

OPEN M-F 9am-3pm

425-489-0707  
6910 NE 170<sup>th</sup> St.  
Kenmore, 98028

# Kenmore Senior Center

## Class & Activities Calendar



# JULY 2025

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
<i>Misc:** See back</i> <i>Enhanced Wellness</i> <i>Family Caregiving</i> <i>Nature Walking E-bird</i> <i>Pearls</i> <i>Personal Consultations</i> <i>Pickleball Open Play 9a-3p daily</i>	Pickleball skills & drills 9a-11a Red Raspberry Book Club 10a-12p Driftwood Sculpture* 10a-12p Backgammon Learn & Play 11a-3p Guitar Connection* 12:30-3P Hopelink Mobile Food Market 1-2	Men's Conversation Café* 11a-12p Qi Gong* 11a-12:15p Bridge 11a-3p Beading & Jewelry Repair 1p-3p	Start Fitness 9:30a-10:30a (offsite) Mat Pilates 9:30-10:30a Crafting with Acrylics 9:30a-11a Belly Dancing 11a-12p Chair Pilates 11a-11:45a Watercolor 12p-3p Crafting club* 12:30p-3p	<b>CLOSED</b> 
7	8	9	10	11
START Fitness 9:30-10:30a Tone Up 10:30-11:30a Bridge 11a-3p Cardio Drumming - 11:30a-12:30p Mixed Media – 12-3p Draw/Sketch 1-3p	Pickleball skills & drills 9a-11a Driftwood Sculpture 10a-12p Backgammon Learn & Play 11a-3p Guitar Connection* 12:30-3P	Men's Conversation Café* 11a-12p Qi Gong* 11a-12:15p Bridge 11a-3p KSC Food Pantry 12:30p-2p (2 <sup>nd</sup> & 4 <sup>th</sup> Wed) Beading & Jewelry Repair 1p-3p	Start Fitness 9:30a-10:30a (offsite) Mat Pilates 9:30-10:30a Crafting with Acrylics 9:30a-11a Belly Dancing 11a-12p Chair Pilates 11a-11:45a Watercolor 12p-3p Crafting club* 12:30p-3p	Sewing * 10a-12p Hand & Foot 12p-3p Pinochle 12p-3p Christmas in July – 1p-3p
14	15	16	17	18
START Fitness 9:30-10:30a Tone Up –10:30-11:30a Bridge –11a-3p Book Cub 1p-230p Cardio Drumming - 11:30a-12:30p Mixed Media – 12-3p Draw/Sketch 1-3p	Pickleball skills & drills 9a-11a Driftwood Sculpture 10a-12p SHIBA Medicare 9a-12p Backgammon Learn & Play 11a-3p Guitar Connection* 12:30-3P Hopelink Mobile Food Market 1-2	Men's Conversation Café* 11a-12p Qi Gong* 11a-12:15p Bridge 11a-3p Master Gardener Workshop 1p-3p Beading & Jewelry Repair 1p-3p Rock Painting 1p-3p	Pickleball skills & drills 9a-11a Start Fitness 9:30a-10:30a (offsite) Mat Pilates 9:30-10:30a Crafting with Acrylics 9:30a-11a Belly Dancing 11a-12p Chair Pilates 11a-11:45a Watercolor 12p-3p Crafting club* 12:30p-3p	Sewing * 10a-12p Pinochle 12p-3p Hand & Foot 12p-3p Christmas in July – 1p-3p
21	22	23	24	25
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28	29	30	31	
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\*\*\*\* Asterisk – see other side for more info

**Additional Information:**

<b>Enhanced Wellness</b>	<b>Free</b>	<b>By appointment</b>
<b>Family Caregiving</b>	<b>Free</b>	<b>By appointment</b>
<b>Nature Walking/E-bird</b>	<b>Free</b>	<b>Self-Guided - Tuesday – 10a-11a</b>
<b>Pearls, Depression Management</b>	<b>Free</b>	<b>By appointment</b>
<b>Personal Consultations</b>	<b>Free</b>	<b>By appointment</b>
<b>Qi Gong</b>	<b>Free</b>	<b>Wednesday – 11a-12:15p</b>
<b>Men’s Conversation Café</b>	<b>Free</b>	<b>Call in - Wednesdays – 11a-12p</b>
<b>Crafting Club</b>	<b>Free</b>	<b>Self-Directed – Thursday 12:30p-3p</b>
<b>Guitar Connection</b>	<b>Free</b>	<b>Tuesday 12:30-3p</b>