


FEBRUARY 2018

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|-----------|---|--|--|---|--|-------------------------------------|
| | | | | 1 10:00 Fishing Club | 2 | 3 8:00 Pancake Breakfast |
| 4 | 5 9:00 Jewelry Cleaning & Repair | 6 10:00 Women's Coffee Hour (Mill Creek) 1:30 Newcomers' Orientation | 7 8:30 Men's Club 10:00 Do You Have Your House In Order? (Mill Creek) 10:00 Caregivers' Support Group 11:30 Piano Workshop 12:00 Eyeglasses Adjustments 4:30 Reverse Mortgage (Mill Creek) | 8 9:00 Revocable Living Trusts vs Wills 10:00 Living Sustainably In A Changing Environment—Speaker: A Virtual Tour of The Salish Sea | 9 11:15 Men's Coffee Hour (Mill Creek) | 10 |
| 11 | 12 10:00 Antiques Club 11:00 More Water? (Kenmore) 1:00 Raising Bertie-Film Screening in Honor of Black History Month 1:30 Mill Creek Steering Committee (Mill Creek) | 13 9:00 AARP Smart Drive Course 11:45 Winter Lunch Special—Mardi Gras 1:00 Self Defense for Seniors | 14 10:00 What You Need to Know about Stroke (Mill Creek) 10:00 Diabetes/Pre-diabetes 11:30 Winter Lunch Special—Valentine's Day 1:00 Kenmore Committee (Kenmore) 2:00 Kenmore's Birthday Party (Kenmore) | 15 8:30 <i>Finance Committee</i> 11:45 Birthday Lunch 1:00 Untangling the Senior Housing Maze (Kenmore) | 16 10:00 Book Club 11:45 Winter Lunch Special—Chinese New Year 2:00 Medicare...What You Need To Know (Mill Creek) | 17 8:00 Pancake Breakfast |
| 18 | 19  | 20 9:00 AARP Smart Drive Course 10:00 Parkinson's Support Group 10:00 Women's Coffee Hour (Mill Creek) 1:00 Outsmart the Scammers | 21 11:30 Piano Workshop 6:30 Adult Children of Aging Parent Support Group | 22 10:00 Living Sustainably In A Changing Environment—Movie: Symphony of the Soil 12:00 <i>Outreach Committee</i> | 23 11:15 Men's Coffee Hour (Mill Creek) | 24 |
| 25 | 26 12:00 Stamp Club 1:00 Money Smart for Older Adults—Identity Theft/ Medical Identity Theft & Scams Targeting Veterans (Mill Creek) | 27 1:00 Methods for Relaxation 5:30 <i>Board Meeting</i> | 28 | | | |

RECURRING WEEKLY (BOTHELL ONLY)

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|--|---|---|---|--|--|
| 12:45 Pinochle 2:00 Coffee & Conversation 1:00 Ping Pong | 8:00 Open Art Studio (no class Feb 19) 8:15 Enhance Fitness (no class Feb 19) 9:30 Enhance Fit. Adv. (no class Feb 19) 9:30 German Conversational (no class Feb 19) 11:00 Zumba Gold (no class Feb 19) 11:30 Happiness Workshop (no class Feb 19) 11:45 Community Dining (no lunch Feb 19) 12:00 Gateway to Modern Board Games (no class Feb 19) 12:30 Pickleball (no games Feb 19) 1:00 Astronomy (no class Feb 19) 1:00 Everyone Can Write (Jan 22-Mar 26, no class Feb 19) 1:30 Senior Songsters (no class Feb 19) | 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 10:00 Wii Bowling & Wii Golf (H&W) 11:45 Community Dining 12:00 Pickleball (Beg. & Novice) 12:00 Rock Steady Boxing (H&W) 12:30 Wii Bowling & Wii Golf (H&W) 1:00 Basic Art & Mixed Media 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 10:30 Tell Your Own Story (until Feb 21) 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 (1st & 3rd week) 2:30 Guitar, Anyone? 2:30 Ballroom Dance Lessons (2nd, 4th, 5th week) 3:00 Ballroom Dance Lessons (1st and 3rd week) 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. (no class Feb 22) 10:00 Line Dancing Adv. Beg. 10:00 Wii Bowling & Wii Golf (H&W) 10:00 Pain Free Posture Alignment Therapy 11:00 Line Dancing Inter. 11:00 Colored Pencil/Drawing 11:00 Yoga Seated 11:00 Meditation Practice 11:45 Community Dining 12:00 Rock Steady Boxing H&W) 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 Adventures In World History Moorish Spain (until Mar 1) 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 12:00 Pickleball 1:00 Poetry Group 1:00 Poker 1:30 Tai Chi | 9:00 Pickleball (when available) 1:00 Bingo |