

# MARCH 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				<b>1</b> 10:00 Fishing Club	<b>2</b> 11:00 Great Blue Heron (Kenmore)	<b>3</b> 8:00 Pancake Breakfast
<b>4</b>	<b>5</b> 9:00 Jewelry Cleaning & Repair	<b>6</b> 10:00 Women's Coffee Hour (Mill Creek)	<b>7</b> 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 1:30 Reverse Mortgage (Mill Creek)	<b>8</b> 9:30 Distressed Property Options 10:00 Living Sustainably In A Changing Environment	<b>9</b> 11:15 Men's Coffee Hour (Mill Creek) 5:00 Aloha! Hawaiian Luau Dinner	<b>10</b>
<b>11</b>	<b>12</b> 10:00 Antiques Club 1:30 Mill Creek Steering Committee (Mill Creek)	<b>13</b> 9:00 AARP Smart Drive Course 1:00 Laughter Yoga 2:00 Variety Band Show	<b>14</b> 10:00 Diabetes/Pre-diabetes 1:00 Kenmore Committee (Kenmore)	<b>15</b> 8:30 Finance Committee	<b>16</b> 10:00 Book Club (Hillbilly Elegy) 2:00 Medicare...What You Need To Know (Mill Creek)	<b>17</b> 8:00 Pancake Breakfast
<b>18</b>	<b>19</b> 11:00 Self Defense for Seniors (Kenmore) 12:00 Stamp Club 1:00 Money Smart for Older Adults (Mill Creek)	<b>20</b> 9:00 AARP Smart Drive Course 10:00 Parkinson's Support Group 10:00 Women's Coffee Hour (Mill Creek) 1:00 Put Your Retirement Plan to Work 1:30 Newcomers' Orientation	<b>21</b> 10:00 Cannabis Education Seminar (Mill Creek) 10:00 First Aid (Mill Creek) 10:00 Is Your Will or Trust Set Up to Reflect Your Needs & Wishes (Mill Creek) 11:30 Piano Workshop 6:30 Adult Children of Aging Parent Support Group	<b>22</b> 10:00 Living Sustainably In A Changing Environment— Speaker: Challenges of Young Farmers 12:00 Outreach Committee	<b>23</b> 11:15 Men's Coffee Hour (Mill Creek)	<b>24</b>
<b>25</b>	<b>26</b> 1:00 Bunco (Mill Creek)	<b>27</b> 1:00 Arthritis & Diet Connection 5:30 Board Meeting	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>

# 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 8:15 Enhance Fitness 9:30 Enhance Fit. Adv. 9:30 German Conversational 10:00 What Can I Eat? Community-based Program for Adults With Type 2 Diabetes 11:00 Zumba Gold 11:30 Happiness Workshop 11:45 Community Dining 12:00 Gateway to Modern Board Games 12:30 Pickleball 1:00 Astronomy 1:00 Everyone Can Write (Jan 22-Mar 26) 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 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 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 Mar 22 and 29) 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 2:30 Pickleball	9:00 Pickleball (when available) 1:00 Bingo