


JULY 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 9:00 Jewelry Club (Bothell)	3 10:00 Women's Coffee Hour (Mill Creek)	4 HOLIDAY 	5 10:00 Fishing Club (Bothell) 10:30 Caregivers Support Group (Mill Creek)	6	7 8:00 Pancake Breakfast (Bothell)
8	9 9:30 Women's Coffee Hour (PeterKirk) 1:30 Mill Creek Committee (Mill Creek)	10 9:00 AARP Smart Driver Course (Bothell) 1:00 Five Wishes (Bothell)	11 10:00 Diabetes/Pre-diabetes Group (Bothell) 1:00 Kenmore Committee (Kenmore)	12 9:30 Guns in the Estate & WA State Law Requirements (Bothell) 10:15 Living Sustainably In a Changing Environment (Bothell)	13 11:15 Men's Coffee Hour (Mill Creek) 1:00 Healthy Living-Smart & Healthy Shopping (Kenmore)	14
15	16 11:00 Yoga for Seniors (Kenmore) 12:00 Stamp Club (Bothell) 1:00 Advanced Planning: What Do You Really Need If You Get Sick? (PeterKirk)	17 9:00 AARP Driver Smart Driver Course (Bothell) 1:00 Growing Older, Eating Better (Mill Creek) 1:00 Retirement By Design Seminar (Bothell) 1:30 Newcomers' Orientation (Bothell)	18 10:00 From Heartache to An Open Heart (Bothell) 11:30 Piano Workshop (Bothell) 6:30 Adult Children of Aging Parent Support Group (Bothell)	19 10:30 Caregivers Support Group (Mill Creek) 5:30 Finance Committee (Bothell)	20 10:00 Book Club-The Stars are Fire (Bothell)	21 8:00 Pancake Breakfast (Bothell)
22	23 1:30 Ransacked Attic Sale Cashier Meeting (Bothell)	24 2:00 90th Birthday Party (Bothell) 5:30 Board Meeting (Bothell)	25 1:00 Living Well with Diabetes Pre-diabetes (Health & Wellness)	26 9:00 Reverse Mortgages (Kenmore) 10:15 Living Sustainably In a Changing Environment (Bothell) 12:00 Outreach Committee (Bothell) 1:30 Ransacked Attic Sale Security Meeting (Bothell)	27 11:15 Book Club-Buddha in The Attic (Mill Creek) 11:15 Men's Coffee Hour (Mill Creek) 1:00 Healthy Living-Cardiovascular Disease (Kenmore)	28
29	30	31				

RECURRING WEEKLY (BOTHELL ONLY)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
12:45 Pinochle 1:30 Coffee & Conversation 1:00 Table Tennis	7:15 Hiking 8:00 Open Art Studio 8:15 Enhance Fitness 9:30 Enhance Fit. Adv. 9:30 German Conversational 10:00 Brushes with Adventure: NSC's Plein Air Group 10:30 Rock Steady Boxing (H&W) 11:00 Zumba Gold 11:45 Community Dining 12:30 Pickleball 1:00 Astronomy 1:00 Tabletop Gameplay	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 Wii Bowling & Wii Golf (H&W) 11:45 Community Dining 12:30 Wii Bowling & Wii Golf (H&W) 1:00 Genealogy & Family History—Beginning 1:00 Pickleball (Beg. & Novice) 1:00 Basic Art & Mixed Media 1:00 Bocce Ball 1:00 Qigong 2:00 Qigong Advanced 2:30 Yoga for Parkinson's 2:30 Genealogy & Family History—Intermediate 6:00 Yoga-Hatha (H&W) 6:30 Bollywood Fitness	8:15 Enhance Fitness (no class July 4) 9:30 Enhance Fit. Adv. (no class July 4) 9:30 MahJongg (Riverside Landing) 10:30 Rock Steady Boxing (H&W) 11:00 Zumba Gold (no class July 4) 11:45 Community Dining 12:00 Bridge (no game July 4) 12:30 Oil And Acrylic Painting (no class July 4) 12:30 Quilt Group (no class July 4) 12:45 Double Deck Pinochle (no game July 4) 1:00 Sharing & Caring (no class July 4) 1:00 Ballroom Dance (no dance July 4) 2:30 Guitar, Anyone? (no class July 4) 3:00 Ballroom Dance Lessons (no class July 4) 5:30 Pickleball (no game July 4) 6:30 Driftwood Sculpture (no class July 4)	8:30 Driftwood Sculpture 8:30 Senior Strength 8:30 Yoga 9:00 Creative Needle & Craft 9:00 Walking Group 10:00 Wii Bowling & Wii Golf (H&W) 11:00 Colored Pencil/Drawing 11:00 Yoga Seated 11:45 Community Dining 12:30 Hand & Foot 12:30 Wii Bowling & Wii Golf (H&W) 12:30 Pickleball (Adv. & Inter.) 12:45 Pinochle 1:00 Current Issues Discussion 2:30 Genealogy & Family History—Intermediate 2:30 Pickleball (Beg. & Novice) 6:30 Zumba	8:15 Enhance Fitness 9:00 Watercolor Media 9:30 Enhance Fit. Adv. 10:30 Cribbage 10:30 Rock Steady Boxing (H&W) 11:00 CODA 11:00 Zumba Gold 11:30 Duplicate Bridge 11:45 Community Dining 12:15 Pickleball 1:00 Poetry Group 1:00 Poker 1:30 Tai Chi 2:45 Pickleball	9:00 Pickleball (when available) 1:00 Bingo