

NOVEMBER 2017

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 8:30 Northshore Men's Club 10:00 Caregivers' Support Group 11:30 Piano Workshop 1:00 Cannabis Education Seminar (Mill Creek)	2 10:30 Caregivers' Support Group (Mill Creek)	3 9:00 Holiday Marketplace 1:00 Medicare Open Enrollment	4 8:00 Pancake Breakfast 9:00 Holiday Marketplace
5	6 9:00 Jewelry Cleaning & Repair	7 10:00 Women's Coffee Hour (Mill Creek) 1:30 Newcomers' Orientation	8 10:00 Diabetes/Pre-Diabetes 1:00 Kenmore Committee (Kenmore)	9 9:30 Durable Power of Attorney 10:00 Fishing Club 10:00 Living Sustainably	10 HOLIDAY 	11
12	13 10:00 Antiques Club 1:00 Chicken Soup For The Brain 1:30 Mill Creek Committee (Mill Creek)	14 10:00 AARP Smart Driver 10:00 Five Wishes Advance Care (Mill Creek) 12:45 Meditation for Holiday Stress 4:00 Reverse Mortgages (Mill Creek)	15 10:00 Sustainable Seasonal Sides 10:00 Do You Have Your House In Order? (Mill Creek) 6:30 Adult Children of Aging Parent Support Group	16 8:30 Finance Meeting 10:30 Caregivers' Support Group (Mill Creek) 1:00 Adventures In World History Vienna 1900	17 10:00 Book Club 10:00 The Veterinarian Is In (Mill Creek)	18 8:00 Pancake Breakfast
19	20 11:00 Healthy & Festival Desserts (Kenmore) 12:00 Stamp Club 1:00 Chicken Soup For The Brain	21 10:00 AARP Smart Driver 10:00 Parkinson's Support Group 10:00 Women's Coffee Hour (Mill Creek) 1:00 Health Care & Your Retirement Seminar 5:00 Board Meeting	22	23 HOLIDAY 	24 HOLIDAY 	25
26	27 1:00 Chicken Soup For The Brain	28 8:30 Diabetes and Cholesterol Screening	29	30		

RECURRING WEEKLY (BOTHELL ONLY)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
12:45 Pinochle 2:00 Coffee & Conversation 1:00 Ping Pong	8:15 Enhance Fitness (no class Nov 3, 10, 24) 9:30 Enhance Fit. Adv. (no class Nov 3, 10, 24) 9:30 German Conversational 11:00 Zumba Gold 11:30 Happiness Workshop 11:45 Community Dining Lunch 12:30 Pickleball 1:00 Astronomy 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 Variety Band 10:00 Wii Bowling & Wii Golf 11:45 Community Dining Lunch 12:00 Pickleball (Beg. & Novice) 12:00 Rock Steady Boxing 12:30 Everyone Can Write 1:00 Pie Day 1:00 Basic Art & Mixed Media 1:00 Qigong 1:00 Genealogy Beg. 2:00 Qigiong Advanced 2:30 Yoga for Parkinson's 2:30 Genealogy Intermediate 6:00 Yoga-Hatha	8:15 Enhance Fitness (no class Nov 3, 10, 24) 9:30 Enhance Fit. Adv. (no class Nov 3, 10, 24) 9:30 Mah Jongg 10:00 Ceramics 10:00 Visual Art Journaling 10:30 Tell Your Own Story 11:00 Zumba Gold 11:30 Piano Workshop (1st & 3rd) 11:45 Community Dining Lunch 12:00 Bridge 12:30 Oil And Acrylic Painting (no class Nov 1) 12:30 Quilt Group (no meeting Nov 22) 12:45 Double Deck Pinochle 1:00 Sharing & Caring 1:00 Managing Chronic Pain 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 (no class Nov23) 8:30 Senior Strength (no class Nov 23) 8:30 Yoga (no class Nov 23) 9:00 Create Needle & Craft Group (no class Nov 23) 9:00 Walking Group 9:30 Line Dancing Beginners 10:00 Line Dancing Adv. Beg. (no class Nov 23) 10:00 Wii Bowling & Wii Golf 11:00 Line Dance Intermediate (no class Nov 23) 11:00 Colored Pencil (no class Nov 2 and 23) 11:00 Seated Yoga (no class Nov 23) 11:45 Community Dining Lunch 12:00 Rock Steady Boxing 12:30 Hand & Foot (no Nov 23) 12:30 Pickleball (Adv. & Inter.) (no games on Nov 2, 23) 12:45 Pinochle (no Nov 23) 1:00 Current Issues (no Nov 2) 1:00 Adventures in World History Vienna 1900 (until Nov 16) 2:30 Pickleball (Beg. & Novice) (no games on Nov 2, 23)	8:15 Enhance Fitness (no class Nov 3, 10, 24) 9:00 Watercolor (no class Nov 3, 10, 24) 9:30 Enhance Fitness Adv. (no class Nov 3, 10, 24) 10:30 Cribbage (no cards Nov 3, 10, 24) 11:00 CODA 11:00 Zumba Gold (no class Nov 3,10,24) 11:30 Duplicate Bridge (no cards Nov 10, 24) 11:45 Community Dining Lunch 12:00 Pickleball (no class Nov 3, 10, 24) 1:00 Poetry Group (no class Nov 10, 24) 1:00 Poker (no cards Nov 10, 24) 1:30 Tai Chi (no class Nov 3, 10, 24) 2:30 Pickleball (no class Nov 3, 10, 24)	9:00 Pickleball 1:00 Bingo