

OCTOBER 2017

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 9:00 Jewelry Cleaning and Repair	3	4 8:30 Men's Breakfast 10:00 Do You Have Your House in Order? (Mill Creek) 10:00 Caregivers' Support Group 1:00 Embrace Your Space (Mill Creek)	5 10:00 Fishing Club 10:30 Computer Class Preview and Overview 1:45 Death and Dying: Is There More You'd Like To Know? (Mill Creek)	6 1:30 Discover Your Wisdom	7 8:00 Pancake Breakfast
8	9 10:00 Antiques Club 1:30 <i>Mill Creek Committee (Mill Creek)</i>	10 12:45 Proper Posture	11 10:00 Do You Have Your Affairs In Order? (Mill Creek) 10:00 Diabetes/Pre-diabetes Group 1:00 <i>Kenmore Committee (Kenmore)</i>	12 9:30 Guns in The Estate 10:00 Living Sustainably 1:45 Death and Dying: Is There More You'd Like To Know? (Mill Creek) 3:00 Reverse Mortgages (Mill Creek)	13 1:30 Discover Your Wisdom	14
15 <i>2:00 Bluegrass Concert</i>	16 10:30 Burn Fat Hormone Leptin Cooking Class (Mill Creek) 11:00 Introduction to QiGong (Kenmore) 12:00 Stamp Club	17 10:00 Parkinson's Support Group 1:00 Stocks: The Nuts & Bolts 5:00 <i>Board Meeting</i>	18 2:00 Newcomers' Orientation 6:30 Adult Children of Aging Parent Support Group	19 <i>8:30 Finance Meeting</i>	20 10:00 Book Club 1:00 Medicare Open Enrollment (Kenmore) 1:30 Discover Your Wisdom 2:00 Medicare...What You Need To Know (Mill Creek)	21 8:00 Pancake Breakfast
22	23	24 12:45 Seasonal Affective Disorder: Are You Feeling Sad? 1:00 Cannabis Education-Information & Medicinal Uses	25 10:00 Assistive Technology for Successful Aging	26 10:00 Living Sustainably 12:00 <i>Outreach Committee</i>	27 10:00 The Veterinarian Is In (Mill Creek) 1:30 Discover Your Wisdom	28
29	30	31				

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 9:30 Enhance Fit. Adv. 9:30 German Conversation 10:00 Plein Air 11:00 Zumba Gold 11:30 Happiness Workshop 11:45 Community Dining Lunch Program 12:30 Pickleball 1:00 Astronomy 1:30 Senior Songsters	8:30 Senior Strength 9:00 Foot Care 9:00 Walking Group 9:30 Woodcarving 9:30 Knit Wits 9:30 Golf Club 9:30 Pickleball (Adv.&Inter.) 10:00 Variety Band 11:45 Community Dining Lunch Program 12:00 Pickleball (Beg. & Novice) 12:30 Everyone Can Write 1:00 Pie Day 1:00 Basic Art & Mixed Media 1:00 Qigong 1:00 Genealogy Beg. 2:00 Qigong Advanced 2:30 Yoga for Parkinson's 2:30 Genealogy Intermediate	8:15 Enhance Fitness 9:30 Enhance Fit. Adv. 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 12:30 Quilt Group 12:45 Double Deck Pinochle 1:00 Sharing & Caring 1:00 Ballroom Dance (1st and 3rd week) 2:30 Guitar, Anyone? 2:30 Ballroom Dance Lessons (2nd, 4th, 5th week; No class Aug 9) 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 Create Needle & Craft Group 9:00 Walking Group 9:00 Foot Care 9:30 Line Dancing Beginners 10:00 Line Dancing Adv. Beg. 11:00 Line Dancing Intermediate 11:00 Colored Pencil 11:00 Seated Yoga 11:45 Community Dining Lunch Program 12:30 Hand & Foot 12:30 Pickleball (Adv. &I nter.) 12:45 Pinochle 1:00 Current Issues 1:00 Adventures in World History Vienna 1900 2:30 Pickleball (Beg. & Novice)	8:15 Enhance Fitness 9:00 Watercolor 9:30 Enhance Fitness Adv. 10:30 Cribbage 11:00 CODA 11:00 Zumba Gold 11:30 Duplicate Bridge 11:45 Community Dining Lunch Program 12:00 Pickleball 1:00 Poetry Group 1:00 Poker 1:30 Tai Chi 2:30 Pickleball	9:00 Pickleball 1:00 Bingo