

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|-----------------|--|---|--|---|--|
| Every week | Pool Room (all day) Computer Room (all day) Quilter's Group 10am—12pm (Craft Room) Bridge 12:30pm (Board Room) EnhanceFitness 8:45, 10:45, or 3:30 Social Worker Scott 10am – 4pm Tai Chi Class 1:30pm | Pool Room (all day) Computer Room (all day) Pinochle 9am—11:30am (Dining Room) Cribbage 9:30—11:30am (Nurse's Station) Art Group 10:00am – 12pm Hollywood Movies 1:00pm Piano Lessons 2pm—4pm Market Street Singers 7—9 pm | Pool Room (all day) Computer Room (all day) Pinochle 9am—11:30am (Dining Room) Knitting Group 10am (Craft Room) EnhanceFitness 8:45, 10:45, or 3:30 Dinner 5:00pm Bingo 6:30pm Movie 6:00pm Chair Massage 12:30-2pm Falun Dafa Class 1:15pm | Pool Room (all day) Computer Room (all day) Social Worker Scott 10am – 4pm Gentle Yoga 9:30-10:45am Laughter Yoga 11-11:50am Line Dancing 1:30-3pm (All Above Exercise Room) Foot Care (by Appt.) (nurse Rm.) | Bastyr Clinic 9am-12pm (by Appt.) Computer Room(all day) Caregiver Advocate 9:30—2:30pm Bible Study Group 12:30pm EnhanceFitness 8:45, 10:45 or 3:30 Spanish Class I 9:30am Spanish Class II 10:15am Beg. Spanish 11am (Scott's Room) Wii Fitness Class 1 –2pm (Board Room) |
| 1 st | Legal Consultations w/ Clif 10am – 12pm (by Appt) (Board Room) Life: A Maze or Amazing 12:45 pm | Acting Group 10am(Scott Rm) | Red Hat Mtg 12:30pm | Book Club 12:30pm (Scott Rm) Computer Class 1:00pm Caregivers - Memory Loss / Alzheimer's Group 2:00pm (Scott's Room) | Third Graders Visit 9:30am (Not in the Summer) Dental Care |
| 2 nd | Caregivers Group 12:30pm—2:00pm Low Vision Support Grp 10:30am—Noon(Board Room) | Current Events 10:30am (Board Rm) Financial Asst. 12 – 2p(w/ Kyle by Appt.) (Scott's Rm) | | Computer Class 1:00pm | |
| 3 rd | Life: A Maze or Amazing 12:45pm Discussion Group: Local 11am (Board Room) | Dine Out 4:30pm Acting Group 10am(Scott Rm) | Senior Rights and Assistance 9 am – 12 pm w/ Jerry by Appt (Nurse office) Nurse Carolyn 11am—1pm | Caregivers - Memory Loss / Alzheimer's Group 2:00pm (Scott's Room) Birthday Lunch Computer Class 1:00pm | Dental Care |
| 4 th | Caregivers Group 12:30pm—2:00pm | Current Events 10:30am (Board Room) Board Meetings 5pm (Last Tuesday of Mo.) | Nurse Carolyn 11am—1pm | Computer Class 1:00pm | |

CLASS COSTS:

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| Enhanced Fitness | \$5.00 / Class |
| Tai Chi | \$10.00 / Class |
| Gentle Yoga | \$5.00 / Class |
| Foot Care | \$20.00 Mem. / \$25.00 Non |
| Bridge | \$1.00 |
| Pinochle | \$1.00 |
| Computer Class | \$5.00 per class |
| Spanish Class | \$1.00 / Class |
| Line Dancing | \$3.00 / Class |
| Dental | Varies |
| Piano | \$10.00 / 1/2 hr class |

FREE – HEALTH / WELL-NESS / FITNESS

LAUGHTER YOGA
MEMORY LOSS ALZHEIMER'S WELLNESS
PERSONAL COACHING / ENHANCEMENT
MATTER OF BALANCE CLASS (SERIES)
LIVING WELL CLASS (SERIES)
CAREGIVER'S CLASS (FAMILY)
Wii FITNESS CLASS

FREE – CLUBS / GROUPS

KNITTING CLUB
CURRENT EVENTS GROUP
BIBLE STUDY GROUP
BOOK CLUB
QUILTERS GROUP
Wii SPORTS & FITNESS
CRIBBAGE
PINOCHLE
BINGO
RED HAT CLUB
VET'S COFFEE TIME
FALUN DAFA

LOW VISION GROUP
DISCUSSION GROUP

Wed. Dinner \$7.00
Movie \$2.00
(Suggested Donation)

CLUBS / GROUPS / CLASSES
FITNESS / HEALTH
SOCIAL SERVICES
PROFESSION ASSISTANCE
HEALTH