

SEPTEMBER Calendar of Events, Classes, Etc.

MONDAY	TUESDAY	WEDNESDAY 1	THURSDAY 2	FRIDAY 3
<div style="background-color: #800040; color: white; padding: 5px; margin-bottom: 10px;"> Dinner: "A Night in Spain" </div> <div style="text-align: center;"> <h2 style="margin: 0;">October 14</h2>  <p style="margin: 5px 0;">Bring your friends and family!</p> <p style="font-size: 1.2em; font-weight: bold; margin: 0;">\$12.00</p>  </div>		Pool / Computer / Craft Rooms Open Enhance Fitness 8:45 / 10:45 / 3:30 9:00 Pinochle 10:00 Knitters Group 12:30 Red Hat Mtg 12:30 Chair Massage 1:15 Falun Dafa 5:00 Dinner 6:00 Movie / 6:30 Bingo	Pool / Computer / Craft Rooms Open All Day- Social Worker All Day- Foot Care 9:30 Gentle Yoga 11:00 Laughter Yoga 12:30 Book Club 1:00 Computer Class 1:30 Line Dancing 2:00 Caregivers Alz. Group	Bastyr Clinic Pool / Computer / Craft Rooms Open Dental Program Enhance Fitness 8:45 / 10:45 / 3:30 9:30 Spanish I 10:15 Spanish II 12:30 Bible Study 1:00 Wii Fitness/Sports Sat—Locks Concert 1:30
6	7	8	9	10
<h2 style="margin: 0;">Closed for Labor Day</h2> 	Pool / Computer / Craft Rooms Open 9:00 Pinochle 9:30 Cribbage 10:00 Art Group 10:30 Current Events 12:00 Financial Asst. 1:00 Drilling Sea Glass & Shells 1:00 Hollywood Movie 2:00 Piano Lessons 7—9pm Market Street Singers	Pool / Computer / Craft Rooms Open Enhance Fitness 8:45 / 10:45 / 3:30 9:00 Pinochle 10:00 Knitters Group 10:00 Sing w/ Piano 12:30 Chair Massage 1:15 Falun Dafa 5:00 Dinner 6:00 Movie / 6:30 Bingo	Pool / Computer / Craft Rooms Open All Day- Social Worker All Day- Foot Care 9:30 Gentle Yoga 11:00 Laughter Yoga 12:30 Presentation: Nutrition & Food Safety 1:00 Computer Class 1:30 Line Dancing	Bastyr Clinic Pool / Computer / Craft Rooms Open Enhance Fitness 8:45 / 10:45 / 3:30 9:30 Spanish I 10:15 Spanish II 12:30 Bible Study 1:00 Wii Fitness/Sports
13	14	15	16	17
Pool / Computer / Craft Rooms Open All Day- Social Worker Enhance Fitness 8:45 / 10:45 / 3:30 10:00 Quilters Group 10:30 Low Vision Group 12:30 Workshop: Cross-Cultural Communication 12:30 Bridge Game 1:30 Tai Chi Class	Pool / Computer / Craft Rooms Open 9:00 Pinochle 9:30 Cribbage 10:00 Art Group 10:00 Acting Class 1:00 Hollywood Movie 1:00 Tea & Facial 2:00 Piano Lessons 4:30 Dine Out: India Bistro 7—9pm Market Street Singers	Pool / Computer / Craft Rooms Open Enhance Fitness 8:45 / 10:45 / 3:30 9:00 Pinochle 10:00 Knitters Group 9:00 Sr Rights Asst 11:00 Nurse Carolyn 12:30 Chair Massage 1:15 Falun Dafa 5:00 Dinner 6:00 Movie / 6:30 Bingo	Snoqualmie Casino	12:30 Grandparents Day Party Bastyr Clinic Pool / Computer / Craft Rooms Open Dental Program Enhance Fitness 8:45 / 10:45 / 3:30 9:30 Spanish I 10:15 Spanish II 12:30 Bible Study 1:00 Wii Fitness/Sports
20	21	22	23	24
Trip—Puyallup Fair			Clearwater Casino	
Pool / Computer / Craft Rooms Open All Day- Social Worker Enhance Fitness 8:45 / 10:45 / 3:30 10:00 Quilters Group 11:00 Community Issues Group 12:30 Bridge Game 12:30 Caregiver Group 1:00 Life-Amaze...Group 1:30 Tai Chi Class	Pool/Computer/ Craft Rooms Open 9:00 Pinochle 9:30 Cribbage 10:00 Art Group 10:30 Current Events 1:00 Hollywood Movie 2:00 Piano Lessons 7—9pm Market Street Singers	Pool / Computer / Craft Rooms Open Enhance Fitness 8:45 / 10:45 / 3:30 9:00 Pinochle 10:00 Knitters Group 11:00 Nurse Carolyn 12:30 Chair Massage 1:15 Falun Dafa 5:00 Dinner 6:00 Movie / 6:30 Bingo	Pool / Computer / Craft Rooms Open All Day- Social Worker All Day- Foot Care 9:30 Gentle Yoga 11:00 Laughter Yoga 1:30 Line Dancing	Bastyr Clinic Pool / Computer / Craft Rooms Open Enhance Fitness 8:45 / 10:45 / 3:30 9:30 Spanish I 10:15 Spanish II 12:30 Bible Study 1:00 Wii Fitness/Sports 12:00 Members Only Lunch
27	28	29	30	
Pool / Computer / Craft Rooms Open All Day- Social Worker Enhance Fitness 8:45 / 10:45 / 3:30 9:00 Flu Clinic 10:00 Quilters Group 12:30 Bridge Game 1:30 Tai Chi Class	Pool/Computer/ Craft Rooms Open 9:00 Pinochle 9:30 Cribbage 10:00 Art Group 1:00 Hollywood Movie 2:00 Piano Lessons 5:00 Board Meeting 7—9pm Market Street Singers	Pool / Computer / Craft Rooms Open Enhance Fitness 8:45 / 10:45 / 3:30 9:00 Pinochle 10:00 Knitters Group 9:00 Sr Rights Asst 11:00 Nurse Carolyn 12:30 Pres: Dr. Green 12:30 Chair Massage 1:15 Falun Dafa 5:00 Dinner 6:00 Movie / 6:30 Bingo	Pool / Computer / Craft Rooms Open All Day- Social Worker All Day- Foot Care 9:30 Gentle Yoga 11:00 Laughter Yoga 1:00 Computer Class 1:30 Line Dancing 4:00 Caregivers Alz. Group 5:30 Wine, Chocolate & Art	FRAGRANCE-FREE COURTESY Please refrain from the use of any men's or women's fragrant personal care products while participating at Ballard NW Senior Center and our trips. Your chemically sensitive co-participants will thank you!