



April 2021 Activities Calendar



Monday	Tuesday	Wednesday	Thursday	Friday
Registration information can be found in the newsletter or at www.snovalleysenior.org . If you have questions about participating in these programs, please email kiraa@soundgenerations.org or call 425-333-4152			1 <u>11:00</u> Brain Fitness on Zoom <u>Noon-12:30</u> Lunch Pick-Up & Delivery <u>4:00</u> Chai & Chat RIC open from Noon-4pm	2 No Bastyr Appointments <u>Noon-12:30</u> Lunch Pick-Up & Delivery <u>5:00</u> Virtual Fondue Class RIC open from Noon-4pm
5 <u>10:00</u> Move it Mondays w/ Chelsey on FB Live <u>Noon-12:30</u> Lunch Pick-Up & Delivery	6 <u>8:45</u> Functional Yoga w/ Jennifer online <u>9:30-2:00</u> Virtual Health Fair Classes <u>Noon-12:30</u> Free Lunch Pick-Up & Delivery (reserve in advance) <u>4:00</u> Chai & Chat	7 <u>Noon-12:30</u> Lunch Pick-Up & Delivery <u>12:30</u> Financial Services <u>2:00</u> Encompass Kinship Group on Zoom RIC open from Noon-4pm	8 <u>11:00</u> Brain Fitness on Zoom <u>Noon-12:30</u> Lunch Pick-Up & Delivery <u>4:00</u> Chai & Chat RIC open from Noon-4pm	9 <u>8:30</u> Virtual/ in-person Bastyr Appointments <u>8:30</u> Reflexology Appointments <u>Noon-12:30</u> Lunch Pick-Up & Delivery RIC open from Noon-4pm
12 <u>8:15</u> Healthy Smiles <u>9:00</u> Pet Food Available <u>10:00</u> Move it Mondays w/ Chelsey on FB Live <u>Noon-12:30</u> Lunch Pick-Up & Delivery <u>1:30</u> Legal Advisor Appointments in-person	13 <u>8:15</u> Healthy Smiles <u>8:45</u> Functional Yoga w/ Jennifer online <u>9:00</u> Cont. Café on Zoom <u>10:00</u> Pots and Plans <u>Noon-12:30</u> Lunch Pick-Up & Delivery <u>1:00</u> Virtual Drop-in Singing Group! <u>4:00</u> Chai & Chat	14 <u>Noon-12:30</u> Lunch Pick-Up & Delivery <u>2:00</u> Encompass Kinship Group Meetings RIC open from Noon-4pm	15 <u>11:00</u> Brain Fitness on Zoom <u>Noon-12:30</u> Lunch Pick-Up & Delivery <u>4:00</u> Chai & Chat RIC open from Noon-4pm	16 <u>8:30</u> Virtual/ in-person Bastyr Appointments <u>Noon-12:30</u> Birthday Lunch Pick-Up & Delivery <u>7:00</u> Virtual Trivia w/ Sylvia O'Stayformore! RIC open from Noon-4pm
19 <u>10:00</u> Move it Mondays w/ Chelsey on FB Live <u>Noon-12:30</u> Lunch Pick-Up & Delivery	20 <u>8:45</u> Functional Yoga w/ Jennifer online <u>10:00</u> Pots and Plans <u>Noon-12:30</u> Lunch Pick-Up & Delivery <u>2:00</u> Racial Equity Book Club <u>4:00</u> Chai & Chat Give Big Early Giving is OPEN!	21 <u>10:00</u> Armchair Travel to Italy on Zoom <u>Noon-12:30</u> Lunch Pick-Up & Delivery <u>1:30</u> Make New Friends Across the Miles <u>2:00</u> Encompass Kinship Group Meetings <u>3:00</u> Volunteer Appreciation Party on Zoom RIC open from Noon-4pm	22 <u>11:00</u> Brain Fitness on Zoom <u>Noon-12:30</u> Lunch Pick-Up & Delivery <u>4:00</u> Chai & Chat RIC open from Noon-4pm	23 <u>8:30</u> Virtual/ in-person Bastyr Appointments <u>8:30</u> Reflexology Appointments <u>Noon-12:30</u> Lunch Pick-Up & Delivery Plant Sale Basket Order Deadline RIC open from Noon-4pm
26 <u>10:00</u> Move it Mondays w/ Chelsey on FB Live <u>Noon-12:30</u> Lunch Pick-Up & Delivery <u>1:00</u> Book Club on Zoom	27 <u>8:45</u> Functional Yoga w/ Jennifer online <u>9:00</u> Continental Café on Zoom <u>10:00</u> Pots and Plans <u>Noon-12:30</u> Lunch Pick-Up & Delivery <u>4:00</u> Chai & Chat	28 <u>10:00am</u> Digestive Health with Tina Fogall <u>Noon-12:30</u> Lunch Pick-Up & Delivery <u>2:00</u> Encompass Kinship Group Meetings RIC open from Noon-4pm	29 <u>11:00</u> Brain Fitness on Zoom <u>Noon-12:30</u> Lunch Pick-Up & Delivery <u>4:00</u> Chai & Chat 6:30 First Picks Party RIC open from Noon-4pm	30 <u>8:30</u> Virtual/ in-person Bastyr Appointments <u>Noon-12:30</u> Lunch Pick-Up & Delivery 9am-3pm Annual Plant Sale today and Saturday! RIC open from Noon-4pm