



February 2021

Activities Calendar



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

Monday	Tuesday	Wednesday	Thursday	Friday
1 10:00 Move it Mondays w/ Chelsey on FB Live Noon-12:30 Lunch Pick-Up & Delivery	2 9:00 Gentle Chair Yoga online Noon-12:30 Lunch Pick-Up & Delivery 4:00 Chai & Chat	3 Noon-12:30 Lunch Pick-Up & Delivery 12:45 Financial Services 2:00 Encompass Kinship Group on Zoom	4 9:30 Memoir Writing Class 11:00 Brain Fitness on Zoom Noon-12:30 Lunch Pick-Up & Delivery 1:00 COVID Vaccine Clinic (FULL) 4:00 Chai & Chat	5 8:30 Virtual/ in-person Bastyr Appointments Noon-12:30 Lunch Pick-Up & Delivery 12:30 Re-in-Carnation Open until 4:00pm! RIC Open Saturdays from Noon-4pm!
8 8:15 Healthy Smiles 9:00 Pet Food Available 10:00 Move it Mondays w/ Chelsey on FB Live Noon-12:30 Lunch Pick-Up & Delivery 1:00 1-on-1 Zoom Help 1:30 Legal Advisor Appointments in-person	9 9:00 Continental Café on Zoom 9:00 Gentle Chair Yoga online Noon-12:30 Lunch Pick-Up & Delivery 4:00 Chai & Chat	10 Noon-12:30 Lunch Pick-Up & Delivery 2:00 Encompass Kinship Group on Zoom	11 9:30 Memoir Writing Class 11:00 Brain Fitness on Zoom Noon-12:30 Lunch Pick-Up & Delivery 1:00 Living Longer, Living Smarter w/ AARP 4:00 Chai & Chat 5:30pm Virtual Donor Appreciation Event	12 8:30 Virtual/ in-person Bastyr Appointments 8:30 Reflexology Appointments Noon-12:30 Lunch Pick-Up & Delivery 12:30 Re-in-Carnation Open until 4:00pm!
15 Center Closed for Presidents Day	16 9:00 Gentle Chair Yoga online Noon-12:30 Lunch Pick-Up & Delivery 1:00 Virtual Drop-in Singing Group! 4:00 Chai & Chat	17 Noon-12:30 Lunch Pick-Up & Delivery 1:30 Make New Friends Across the Miles 2:00 Encompass Kinship Group Meetings	18 9:30 Memoir Writing Class 11:00 Brain Fitness on Zoom Noon-12:30 Lunch Pick-Up & Delivery 1:00 Living Longer, Living Smarter w/ AARP 4:00 Chai & Chat	19 8:30 Virtual/ in-person Bastyr Appointments Noon-12:30 Birthday Lunch Pick-Up & Delivery 12:30 Re-in-Carnation Open until 4:00pm! Virtual Trivia w/ Sylvia O'Stayformore at 7pm!
22 10:00 Move it Mondays w/ Chelsey on FB Live Noon-12:30 Lunch Pick-Up & Delivery 1:00 Book Club on Zoom 1:00 1-on-1 Zoom Help	23 9:00 Continental Café on Zoom 9:00 Gentle Chair Yoga online Noon-12:30 Lunch Pick-Up & Delivery 4:00 Chai & Chat	24 10:00 What you need to know about strokes Noon-12:30 Lunch Pick-Up & Delivery 2:00 Encompass Kinship Group Meetings	25 9:30 Memoir Writing Class 11:00 Brain Fitness on Zoom Noon-12:30 Lunch Pick-Up & Delivery 4:00 Chai & Chat	26 8:30 Virtual/ in-person Bastyr Appointments 8:30 Reflexology Appointments Noon-12:30 Lunch Pick-Up & Delivery 12:30 Re-in-Carnation Open until 4:00pm!