



March 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 <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	2 <u>9:00</u> Functional Yoga w/ Jennifer online <u>Noon-12:30</u> Lunch Pick-Up & Delivery <u>4:00</u> Chai & Chat	3 <u>Noon-12:30</u> Lunch Pick-Up & Delivery <u>12:45</u> Financial Services <u>2:00</u> Encompass Kinship Group on Zoom	4 <u>11:00</u> Brain Fitness on Zoom <u>Noon-12:30</u> Lunch Pick-Up & Delivery <u>4:00</u> Chai & Chat	5 <u>8:30</u> Virtual/ in-person Bastyr Appointments <u>Noon-12:30</u> Lunch Pick-Up & Delivery <u>12:30</u> Re-in-Carnation Open until 4:00pm!
8 <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>1:00</u> 1-on-1 Zoom Help <u>1:30</u> Legal Advisor Appointments in-person	9 <u>9:00</u> Continental Café on Zoom <u>9:00</u> Functional Yoga w/ Jennifer online <u>Noon-12:30</u> Lunch Pick-Up & Delivery <u>4:00</u> Chai & Chat	10 <u>10:00</u> Virtual Fraud Prevention w/ WeSpeak-Medicare <u>Noon-12:30</u> Lunch Pick-Up & Delivery <u>2:00</u> Encompass Kinship Group on Zoom	11 <u>11:00</u> Brain Fitness on Zoom <u>Noon-12:30</u> Lunch Pick-Up & Delivery <u>4:00</u> Chai & Chat	12 <u>8:30</u> Virtual/ in-person Bastyr Appointments <u>8:30</u> Reflexology Appointments <u>Noon-12:30</u> Lunch Pick-Up & Delivery <u>12:30</u> Re-in-Carnation Open until 4:00pm!
15 <u>10:00</u> Move it Mondays w/ Chelsey on FB Live <u>Noon-12:30</u> Lunch Pick-Up & Delivery	16 <u>9:00</u> Functional Yoga w/ Jennifer online <u>Noon-12:30</u> Lunch Pick-Up & Delivery <u>1:00</u> Virtual Drop-in Singing Group! <u>4:00</u> Chai & Chat	17 <u>10:00</u> Armchair Tour of Ireland on Zoom <u>Noon-12:30</u> St. Patricks Day Lunch Pick-Up & Delivery <u>1:30</u> Make New Friends Across the Miles <u>2:00</u> Encompass Kinship Group Meetings	18 <u>11:00</u> Brain Fitness on Zoom <u>Noon-12:30</u> Lunch Pick-Up & Delivery <u>4:00</u> Chai & Chat	19 <u>8:30</u> Virtual/ in-person Bastyr Appointments <u>Noon-12:30</u> Birthday Lunch Pick-Up & Delivery <u>12:30</u> Re-in-Carnation Open until 4:00pm!
22 <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> 1-on-1 Zoom Help	23 <u>9:00</u> Continental Café on Zoom <u>9:00</u> Functional Yoga w/ Jennifer online <u>Noon-12:30</u> Lunch Pick-Up & Delivery <u>4:00</u> Chai & Chat	24 <u>Noon-12:30</u> Lunch Pick-Up & Delivery <u>2:00</u> Encompass Kinship Group Meetings	25 <u>11:00</u> Brain Fitness on Zoom <u>Noon-12:30</u> Lunch Pick-Up & Delivery <u>4:00</u> Chai & Chat	26 <u>8:30</u> Virtual/ in-person Bastyr Appointments <u>8:30</u> Reflexology Appointments <u>Noon-12:30</u> Lunch Pick-Up & Delivery <u>12:30</u> Re-in-Carnation Open until 4:00pm!
29 <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	30 <u>9:00</u> Functional Yoga w/ Jennifer online <u>Noon-12:30</u> Lunch Pick-Up & Delivery <u>4:00</u> Chai & Chat	31 <u>Noon-12:30</u> Lunch Pick-Up & Delivery <u>2:00</u> Encompass Kinship Group Meetings		