

Monday	Tuesday	Wednesday	Thursday	Friday
2 8 & 9:30 EnhanceFitness 8:00 Table Tennis 8:30 Continental Café 10:45 Wii Bowling 1:00 Artist Open Studio 4:00 Yoga Mat Class	3 9:00 Gentle Chair Yoga 12:00 FREE LUNCH! 1:00 Drop-in singing group 1:00 Scrabble & Upwords Free Bread Delivery 10% off at Re-in-Carnation 6:30pm Zumba	4 8:00 Table Tennis 8 & 9:30 EnhanceFitness 8:30 Continental Café 9:15 Blood Pressure Checks 10:45 Wii Bowling 11:00-1:00 Anticoag Clinic 12:45 Financial Advisor	5 9:00 Gentle Chair Yoga 10:30 Fit Over 50! 11:00 Brain Fitness Class 11:00 Crochet & Knit Grp 12:30 Tech Time 1:00 Grief Support Group 1:00 Rummy Cube 1:00 Volunteer Session 6:30 Zumba 8:00 Couples Tango	6 8 & 9:30 EnhanceFitness 8:30 Continental Café 8:30 Bastyr Naturopath 9:00 AARP Safe Driving Class 9:00 Take a Hike 10:00 Bridge 12:45 Dominoes
9 8 & 9:30 EnhanceFitness 8:00 Table Tennis 8:30 Continental Café 10:45 Wii Bowling 1:00 Artist Open Studio 1:30 Legal Advisor 2:00 Pet Food Arrives 4:00 Yoga Mat Class	10 9:00 Gentle Chair Yoga 9:30 Monroe Shopping Trip 10:30 Long Term Care Planning 1:00 Scrabble & Upwords Free Bread Delivery 10% off at Re-in-Carnation 6:30 Zumba	11 8:00 Table Tennis 8 & 9:30 EnhanceFitness 8:30 Continental Café 9:15 Blood Pressure Check 10:45 Wii Bowling 11:00-1:00 Anticoag Clinic 1:00 Becoming Washington w/ KCLS 7:00 Tolt Historical Society Meeting	12 8:00 Dental Clinic 9:00 Gentle Chair Yoga 9:30 Columbia Tower Trip 10:30 Fit Over 50! 11:00 Brain Fitness Class 11:00 Crochet & Knit Grp 1:00 Caregiver Support 6:30 Zumba 8:00 Couples Tango	13 8 & 9:30 EnhanceFitness 8:00 Table Tennis 8:30 Continental Café 8:30 Bastyr Naturopath 10:00 Bridge 10:45 Wii Bowling 12:00 Reflexology 12:45 Dominoes
16 8 & 9:30 EnhanceFitness 8:00 Table Tennis 8:30 Continental Café 10:45 Wii Bowling 1:00 Artist Open Studio 1:00 Soap Making Class 4:00 Yoga Mat Class	17 9:00 Gentle Chair Yoga 1:00 Drop-in singing group 1:00 Scrabble & Upwords Free Bread Delivery 10% off at Re-in-Carnation 5:00 Potluck Dinner & Movie! 6:30 Zumba 	18 8 & 9:30 EnhanceFitness 8:00 Table Tennis 8:30 Continental Café 9:15 Blood Pressure Checks 10:45 Wii Bowling 11:00-1:00 Anticoag Clinic 1:00 Quilting Group 1:00 Painting Class	19 9:00 Gentle Chair Yoga 10:30 Fit Over 50! 11:00 Brain Fitness Class 11:00 Crochet & Knit Grp 12:30 Tech Time 1:00 Afternoon Bunco 1:00 Grief Support Group 6:30 Zumba 8:00 Couples Tango	20 8:00 Table Tennis 8 & 9:30 EnhanceFitness 8:30 Continental Café 8:30 Bastyr Naturopath 9:00 Take a Hike 10:00 Bridge 10:45 Wii Bowling Noon: Birthday Lunch! 12:45 Dominoes Catpooza Rainbow Bingo at 6:30pm!
23 8 & 9:30 EnhanceFitness 8:00 Table Tennis 8:30 Continental Café 10:45 Wii Bowling 1:00 Artist Open Studio 4:00 Yoga Mat Class	24 9:00 Gentle Chair Yoga 10:30 Art of the Baltics 1:00 Scrabble & Upwords Free Bread Delivery 10% off at Re-in-Carnation 4:30 Tolado Shakers Trip 6:30 Zumba	25 8 & 9:30 EnhanceFitness 8:00 Table Tennis 8:30 Continental Café 9:15 Blood Pressure Checks 10:00 Volunteer Session 10:45 Wii Bowling 11:00-1:00 Anticoag Clinic	26 8:30 Bainbridge Island Trip 9:00 Gentle Chair Yoga 10:30 Fit Over 50! 11:00 Brain Fitness Class 11:00 Crochet & Knit Grp 1:00 Caregiver Support 6:30 Zumba 8:00 Couples Tango	27 8:00 Table Tennis 8 & 9:30 EnhanceFitness 8:30 Continental Café 8:30 Bastyr Naturopath 10:00 Bridge 10:45 Wii Bowling 12:00 Reflexology 12:45 Dominoes Spring Dinner & Dessert Auction: Saturday @ 6pm!
30 8 & 9:30 EnhanceFitness 8:00 Table Tennis 8:30 Continental Café 10:45 Wii Bowling 1:00 Artist Open Studio 1:00 Book Club 4:00 Yoga Mat Class	31 9:00 Gentle Chair Yoga 10:30 Kinship Group 1:00 Scrabble & Upwords Free Bread Delivery 10% off at Re-in-Carnation 6:30 Zumba	2020 Can Madness! The Sno-Valley Senior Center is competing against 31 other local organizations/ businesses to contribute canned goods to Hopelink! Bring your canned food donations to Program Coordinator, Kira Avery's, office upstairs!		