

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>Center is CLOSED for Labor Day</p>	<p>3</p> <p>9:00 Gentle Chair Yoga 1:00 Drop in singing group 1:00 Scrabble & Upwords 1:00 Walk with Ease Free Bread Delivery 10% off at Re-in-Carnation NO Zumba</p>	<p>4</p> <p>8:00 Table Tennis 8 & 9:30 EnhanceFitness 8:30 Continental Café 9:00 Massage 9:15 Blood Pressure Checks 10:45 Wii Bowling 11:00-1:00 Anticoag Clinic 12:45 Financial Services 1:00 Creative Writing 4:30 Vincent School-house Concert Trip</p>	<p>5</p> <p>9:00 Footcare 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 Walk with Ease NO Zumba 8:00 Couples Tango</p>	<p>6</p> <p>8:00 Table Tennis 8 & 9:30 EnhanceFitness 8:30 Continental Café 9:00 Bastyr 10:00 Bridge 10:45 Wii Bowling 12:45 Dominoes 1:00 Walk with Ease</p>
<p>9</p> <p>8:00 Table Tennis 8 & 9:30 EnhanceFitness 8:30 Continental Café 9:00 Massage 10:45 Wii Bowling 1:00 Artist Open Studio 1:30 Legal Advisor Pet food Arrives 4:00 Yoga Mat Class</p>	<p>10</p> <p>9:00 Gentle Chair Yoga 9:30 Monroe Shopping Trip 10:00 SHIBA Counseling 1:00 Scrabble & Upwords 1:00 Volunteer Session Free Bread Delivery 10% off at Re-in-Carnation 6:30 Zumba</p>	<p>11</p> <p>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 1:00 Creative Writing</p>	<p>12</p> <p>8:00 Dental Clinic 9:00 Gentle Chair Yoga 10:30 Fit Over 50! 11:00 Brain Fitness Class 11:00 Crochet & Knit Grp 1:00 Caregiver Support 1:00 Afternoon Bunco! 6:30 Zumba 8:00 Couples Tango</p>	<p>13</p> <p>8:00 Table Tennis 8 & 9:30 EnhanceFitness 8:30 Continental Café 9:00 Bastyr Naturopath 9:00 Take a Hike! 9:30 Microsoft Tech Help 10:00 Bridge 10:45 Wii Bowling 12:30 Reflexology 12:45 Dominoes 6:30pm FanFest Rainbow Bingo!</p>
<p>16</p> <p>8:00 Table Tennis 8 & 9:30 EnhanceFitness 8:30 Continental Café 9:00 Massage 10:45 Wii Bowling 1:00 Artist Open Studio 1:00 Gardeners Soap Making Class 4:00 Yoga Mat Class</p>	<p>17</p> <p>9:00 Gentle Chair Yoga 10:30 Stretch Your Grocery Dollars 1:00 Drop in singing group 1:00 Scrabble & Upwords Free Bread Delivery 10% off at Re-in-Carnation 5:00 Potluck Dinner & Movie NO Zumba</p>	<p>18</p> <p>8:00 Table Tennis 8 & 9:30 EnhanceFitness 8:30 Continental Café 9:15 Blood Pressure Checks TBA Tolt Museum Tour 10:45 Wii Bowling 11:00-1:00 Anticoag Clinic 1:00 Creative Writing Last day for Early Bird Auction Tickets!</p>	<p>19</p> <p>9:00 Footcare 9:00 Gentle Chair Yoga 10:30 Fit Over 50! 11:00 Brain Fitness Class 11:00 Crochet & Knit Grp 12:30 Tech Time 6:30 Zumba 8:00 Couples Tango</p>	<p>20</p> <p>8:00 Table Tennis 8 & 9:30 EnhanceFitness 8:30 Continental Café 9:00 Bastyr Naturopath 10:00 Bridge 10:45 Wii Bowling Noon: Birthday Lunch 12:45 Dominoes</p>
<p>23</p> <p>8 & 9:30 FREE Enhance-Fitness 8:30 Continental Café 1:00 Artist Open Studio 4:00 FREE Yoga Mat Class</p> <p>Fall Prevention Event! FREE lunch at noon!</p>	<p>24</p> <p>9:00 FREE Gentle Chair Yoga 10:30 Kinship Group 1:00 Scrabble & Upwords Free Bread Delivery 10% off at Re-in-Carnation 6:30 FREE Zumba</p>	<p>25</p> <p>8:00 Table Tennis 8 & 9:30 EnhanceFitness 8:30 Continental Café 9:15 Blood Pressure Checks 10:00 Volunteer Session 10:45 Wii Bowling 11:00-1:00 Anticoag Clinic 1:00 Creative Writing 1:00 Fall Painting Class</p>	<p>26</p> <p>9:00 Gentle Chair Yoga 10:30 FREE Fit Over 50! 11:00 Brain Fitness Class 11:00 Crochet & Knit Grp 1:00 Caregiver Support 1:00 Columbia Winery 1:00 Advanced Directives 6:30 Zumba 8:00 Couples Tango</p>	<p>27</p> <p>8:00 Table Tennis 8 & 9:30 EnhanceFitness 8:30 Continental Café NO Bastyr Naturopath 9:00 Take a Hike! 9:30 Microsoft Tech Help 10:00 Bridge 10:30 Hopelink Outreach 10:45 Wii Bowling 12:30 Reflexology 12:45 Dominoes</p>
<p>30</p> <p>8:00 Table Tennis 8 & 9:30 EnhanceFitness 8:30 Continental Café 10:45 Wii Bowling 1:00 Artist Open Studio 1:00 Book Club 4:00 Yoga Mat Class</p>	<p>Celebrate National Senior Center Month with us on Monday, September 23! Learn about one of the keys to aging well at the 2019 Falls Prevention Awareness Day and Open House from 8am-2pm! At this event you can try all of our exercise classes, attend various seminars and demonstrations, and lunch, all for FREE!</p>			