



August 2017

Subject to Change, Call to Confirm

S	M	T	W	T	F	S
COFFEE GROUP EVERY TUES 11:30 KNIT GROUP EVERY WED 10 AM - 12 PM Meeting at Crossroads near JoAnns for the summer		1 Hike: Naches Loop 5 miles, 700' gain 8:30 \$6 mbr/12 non-mbrs	2	3 Hike: Lk Eleanor to Grand Park 13 mi, overnight, 2000 gain 7:00 AM	4	5
6	7 SENIOR TABLE Parkinson's Support Group 1 st Monday 2:30 – 4:00	8 SENIOR TABLE Hike: Botanical Gardens & Kelsey Creek 1 - 3 miles adaptable, pretty flat 8:30 \$6 mbr/12 non-mbrs	9	10	11	12
13	14	15 Hike: Alki 1 to 5 miles adaptable 8:30 \$6 mbr/12 non-mbrs	16	17	18 Transit Travel – Public Bus Pioneer Square Tour \$5 Program fee Meet at 11 AM Bring lunch money & ORCA card/cash Must be able to walk 1-2 miles	19 Y Closed today thru Sunday Aug 27 th
20 Alki Lighthouse and Loghouse Tours plus Lunch Meet at Y at 12 PM. Must be able to walk a mile.	21	22 Hike: Seward Park 1 to 4 miles adaptable, flat, some hill 8:30 AM \$6 Members/12 nonmbr TuttaBella Alzheimer's Café 3:00 – 5:00 Crossroads	23	24 Hike: Sunrise MRNP Miles and gain vary, pick your hike 7:00 AM	25 Meet & Greet Lunch at Crossroads 11:45-1:00	26
27 Y closed until Monday, August 28th	28 Shared Adventures Meeting 10:30 – 12:00	29 Walk: Redmond Watershed 4.5 miles 8:30 AM \$6 Members/12 nonmbr	30 Transit Travel – Public Bus Smith Tower \$5 program fee Meet at 9 AM Bring lunch money & ORCA card/cash	31		



September 2017

Subject to Change, Call to Confirm

S	M	T	W	T	F	S	
		COFFEE GROUP EVERY TUES 11:30 SENIOR TABLE	KNIT GROUP EVERY WED 10 AM - 12 PM		1	2	
3	Labor Day Y closed Parkinson's Support Group 1 st Monday 2:30 – 4:00	4	5	6	7	8	9
		Hike: 8:30 \$6 mbr/12 non-mbrs		Mohai – Edible Seattle Free Entry plus \$10 for Edible Exhibit			
10	11	12	13	14	15	16	
Music Cities Tour with Collette Travel 9/10 to 9/17		Health Topic: Pelvic Core Fitness and More 2:00 – 3:00 PM Walk: 8:30 AM \$10 Members/12 nonmbr	AARP Class HomeFit 1 PM				
17	18	19	20	21	22	23	
Music Cities Tour with Collette Travel 9/10 to 9/17		Hike: 8:30 AM \$6 Members/12 nonmbr		Diabetes Series ABCs of Diabetes Care: Answering the Nutrition Questions 4:00 – 5:30 PM	Meet & Greet Lunch at Crossroads 11:45-1:00		
24	25	26	27	28	29	30	
	Shared Adventures Meeting 10:30 – 12:00	Walk: 8:30 AM \$6 Members/12 nonmbr TuttaBella Alzheimer's Café 3:00 – 5:00 Crossroads	Amazon Campus Tour Meet at 10 at Y Transit Travel?				



October 2017

Subject to Change, Call to Confirm

S	M	T	W	T	F	S
1 Issaquah Theater	2 SENIOR TABLE COFFEE GROUP EVERY TUES 11:30 KNIT GROUP EVERY WED 10 AM - 12 PM	3 SENIOR TABLE Walk: 9AM \$6 mbr/12 non-mbrs	4	5 Dementia Series: Keys to Dementia: Understanding the Basics 2:00- 3:30 PM	6 Pike Place Market Transit Travel 9 AM	7
8	9 Parkinson's Support Group 1 st Monday 2:30 – 4:00	10 SENIOR TABLE Walk: 9AM \$6 mbr/12 non-mbrs	11	12 Health Topics: Understanding Strokes 2:00 – 3:00 PM	13	14
15	16 Olympia Capitol Tour plus Lunch at 222 Market meet at Y at 9 AM	17 Walk: 9 AM \$6 mbr/12 non-mbrs	18	19 Diabetes Series ABCs of Diabetes Care: Current and Future Diabetes Treatments 4:00 – 5:30 PM	20	21
22	23 Shared Adventures Meeting 10:30 – 12:00	24 Walk: 9AM \$6 mbr/12 non-mbrs TuttaBella Alzheimer's Café 3:00 – 5:00 Crossroads	25	26 Dementia Series: Keys to Dementia: How to Communicate with a Person with Dementia 2:00- 3:30 PM	27 Meet & Greet Lunch at Crossroads 11:45-1:00	28
29	30	31				



November 2017

Subject to Change, Call to Confirm

S	M	T	W	T	F	S	
		COFFEE GROUP EVERY TUES 11:30 SENIOR TABLE	KNIT GROUP EVERY WED 10 AM - 12 PM	1	2	3	4
5	Parkinson's Support Group 1 st Monday 2:30 – 4:00	6	7	8	9	10	11
		Walk: 9AM \$6 mbr/12 non-mbrs			Health Class GERD 2:00 – 3:00 PM		
12		13	14	15	16	17	18
		Walk: 9AM \$6 mbr/12 non-mbrs			Diabetes Series Reducing Stress During the Holidays 4:00 – 5:30 PM		
19		20	21	22	23	24	25
		No Walk TuttaBella Alzheimer's Café 3:00 – 5:00 Crossroads			Thanksgiving		
26	Issaquah Theater Shared Adventures Meeting 10:30 – 12:00	27	28	29	30		
		Walk: 9 AM \$6 mbr/12 non-mbrs			Dementia Series: Keys to Dementia: Dealing with the Behaviors of Dementia 2:00- 3:30 PM		



December 2017

Subject to Change, Call to Confirm

S	M	T	W	T	F	S
		COFFEE GROUP EVERY TUES 11:30	KNIT GROUP EVERY WED 10 AM - 12 PM		1	2
3	SENIOR TABLE Parkinson's Support Group 1 st Monday 2:30 – 4:00	SENIOR TABLE Walk 9AM \$6 mbr/12 non-mbrs	6	7	8	9
10	11	12 Walk: 9AM \$6 mbr/12 non-mbrs	13	14	15	16
17	18 Shared Adventures Meeting 10:30 – 12:00	19 Walk: 9 AM \$6 mbr/12 non-mbrs TuttaBella Alzheimer's Café 3:00 – 5:00 Crossroads	20	21	22 Meet & Greet Lunch at Crossroads 11:45-1:00	23
Christmas Eve 24 31 New Year's Eve	Christmas 25	No Walk/hike 26	27	28	29	30



January 2018

Subject to Change, Call to Confirm

S	M	T	W	T	F	S
	1 New Year's Day Parkinson's Support Group 1 st Monday 2:30 – 4:00	2 COFFEE GROUP EVERY TUES 11:30 Walk: 9 AM \$6 mbr/12 non-mbrs	3 KNIT GROUP EVERY WED 10 AM - 12 PM	4	5	6
7	8 SENIOR TABLE	9 SENIOR TABLE Walk 9 AM \$6 mbr/12 non-mbrs	10	11	12	13
14	15	16 Walk: 9 AM \$6 mbr/12 non-mbrs	17	18	19	20
21	22 Shared Adventures Meeting 10:30 – 12:00	23 Walk: 9 AM \$6 mbr/12 non-mbrs	24	25	26 Meet & Greet Lunch at Crossroads 11:45 – 1:00 pm	27
28	29	30 TuttaBella Alzheimer's Café 3:00 – 5:00 Crossroads Walk: 9 AM \$6 mbr/12 non-mbrs	31			



February 2018

Subject to Change, Call to Confirm

S	M	T	W	T	F	S
		COFFEE GROUP EVERY TUES 11:30	KNIT GROUP EVERY WED 10 AM - 12 PM	1	2	3
4 Issaquah Theater	5 SENIOR TABLE Parkinson's Support Group 1 st Monday 2:30 – 4:00	6 SENIOR TABLE Walk 9 AM \$6 mbr/12 non-mbrs	7	8	9	10
11	12	13 Walk: 9 AM \$6 mbr/12 non-mbrs	14	15	16	17
18	19	20 Walk: 9 AM \$6 mbr/12 non-mbrs TuttaBella Alzheimer's Café 3:00 – 5:00 Crossroads	21	22	23 Meet & Greet Lunch at Crossroads 11:45 – 1:00 pm	24
25 Shared Adventures Meeting 10:30 – 12:00	26	27 Walk: 9 AM \$6 mbr/12 non-mbrs	28			



March 2018

Subject to Change, Call to Confirm

S	M	T	W	T	F	S	
		COFFEE GROUP EVERY TUES 11:30	KNIT GROUP EVERY WED 10 AM – 12 PM	1	2	3	
4	SENIOR TABLE Parkinson's Support Group 1 st Monday 2:30 – 4:00	5 SENIOR TABLE Walk: 9 AM \$6 mbr/12 non-mbrs	6	7	8	9	10
11	12	13 Walk: 9 AM \$6 mbr/12 non-mbrs	14	15	16	17	
18	19 Shared Adventures Meeting 10:30 – 12:00	20 Walk: 9 AM \$6 mbr/12 non-mbrs TuttaBella Alzheimer's Café 3:00 – 5:00 Crossroads	21	22	23 Meet & Greet Lunch at Crossroads 11:45 – 1:00 pm	24	
25	26	27 Walk: 9 AM \$6 mbr/12 non-mbrs	28	29	30	31	



April 2018

Subject to Change, Call to Confirm

S	M	T	W	T	F	S
1 Issaquah Theater	2	3 COFFEE GROUP EVERY TUES 11:30	4 KNIT GROUP EVERY WED 10 AM – 12 PM	5	6	7
8	9 SENIOR TABLE Parkinson's Support Group 1 st Monday 2:30 – 4:00	10 SENIOR TABLE Walk: 9 AM \$6 mbr/12 non-mbrs	11	12	13	14
15	16	17 Walk: 9 AM \$6 mbr/12 non-mbrs	18	19 Health Talk: 2:00 – 3:00 PM	20	21
22	23	24 Walk: 9 AM \$6 mbr/12 non-mbrs TuttaBella Alzheimer's Café 3:00 – 5:00 Crossroads	25	26 Diabetes Series: 4:00 – 5:30 PM	27 Meet & Greet Lunch at Crossroads 11:45 – 1:00 pm	28
29 Shared Adventures Meeting 10:30 – 12:00	30					



May 2018

Subject to Change, Call to Confirm

S	M	T	W	T	F	S
	SENIOR TABLE	1 SENIOR TABLE COFFEE GROUP EVERY TUES 11:30 Walk: 9 AM \$6	2 KNIT GROUP EVERY WED 10 AM - 12 PM	3	4	5
6	Parkinson's Support Group 1st Monday 2:30-4:00	7 Walk: 9 AM \$6 mbr/12 non-mbrs	8	9	10	11
13	14	15 Walk: 9 AM \$6 mbr/12 non-mbrs	16	17	18	19
20	21 Shared Adventures Meeting 10:30 – 12:00	22 Walk: 9 AM \$6 mbr/12 non-mbrs TuttaBella Alzheimer's Café 3:00 – 5:00 Crossroads	23	24	25 Meet & Greet Lunch at Crossroads 11:45-1:00	26
27 Issaquah Theater	28 Memorial Day	29 Walk: 8:30 \$6 mbr/12 non-mbrs	30	31		



June 2018

Subject to Change, Call to Confirm

S	M	T	W	T	F	S	
		COFFEE GROUP EVERY TUES 11:30	KNIT GROUP EVERY WED 10 AM - 12 PM		1	2	
3	SENIOR TABLE Parkinson's Support Group 1 st Monday 2:30 – 4:00	4 SENIOR TABLE Walk: 8:30 \$6 mbr/12 non-mbrs	5	6	7	8	9
10		11 Hike: 8:30 \$6 mbr/12 non-mbrs	12	13	14	15	16
17		18 Hike: 8:00 \$6 mbr/12 non-mbrs	19	20	21	22 Meet & Greet Lunch at Crossroads 11:45-1:00	23
24	25 Shared Adventures Meeting 10:30 – 12:00	26 Walk: 8:30 \$6 mbr/12 non-mbrs TuttaBella Alzheimer's Café 3:00 – 5:00 Crossroads	27	28 Hike: Snow Gem Lakes 8 mi, 1800 gain 7:30 AM	29	30	



July 2018

Subject to Change, Call to Confirm

S	M	T	W	T	F	S
1 KNIT GROUP EVERY WED 10 AM - 12 PM Meeting at Crossroads near JoAnns for the summer	2	3 COFFEE GROUP EVERY TUES 11:30	4 4 th of July	5	6	7
8	9 Parkinson's Support Group 1 st Monday 2:30 – 4:00	10	11	12	13	14
15	16	17 Walk: 8:30 \$6 mbr/12 non-mbrs	18	19	20	21
22	23	24 Hike: 8:30 \$6 mbr/12 non-mbrs	25	26	27 Meet & Greet Lunch at Crossroads 11:45-1:00	28
29	30 No Shared Adventures Meeting	31 Hike: 8:30 \$6 mbr/12 non-mbrs	26	27	28	29
	30 TuttaBella Alzheimer's Café 3:00 – 5:00 Crossroads					