



October 2017

Subject to Change, Call to Confirm

S	M	T	W	T	F	S
1 Issaquah Theater Into the Woods \$60/ticket Meet at Y at noon	2 SENIOR TABLE COFFEE GROUP EVERY TUES 11:30 KNIT GROUP EVERY WED 10 AM - 12 PM	3 SENIOR TABLE Hike: St Edwards @3 miles, hike thru woods, hilly 9AM \$6 mbr/12 non-mbrs	4 Coffee with Cops 10:30 AM to 11:30 AM	5 Dementia Series: Keys to Dementia: Understanding the Basics 2:00- 3:30 PM	6 Pike Place Market Transit Travel Walking Activity 9 AM	7
8 Parkinson's Support Group 1 st Monday 2:30 – 4:00	9	10 SENIOR TABLE Walk: Cedar River 5 miles, mostly flat See the Salmon go upstream, back around noon 9AM \$6 mbr/12 non-mbrs	11	12 Health Topics: Understanding Strokes 2:00 – 3:00 PM	13	14
15 Olympia Capitol Tour plus Lunch at Out meet at Y at 9 AM	16	17 Walk: Woodland Park Zoo Walk on your own, meet for lunch at cafeteria 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 Shared Adventures Meeting 10:30 – 12:00	23	24 Walk: Yesler Swamp & Laurelhurst Stair Walk 9AM \$6 mbr/12 non-mbrs TuttaBella Alzheimer's Café 3:00 – 5:00 Crossroads	25 Knit Sale 8 am to 8 PM	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 Halloween Walk: Microsoft Trail 5 miles, flat and gentle hills 9 AM \$6 mbr/12 non-mbrs				



November 2017

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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 Coffee with Cops 10:30 AM to 11:30 AM	6	7	8	9	10	11
		Walk: Coal Creek 3 miles, hilly 9AM \$6 mbr/12 non-mbrs			Health Class GERD 2:00 – 3:00 PM	Wing Museum with historic hotel tour Transit Travel Meet at Y at 9 AM \$11.95 senior entry	
12	13	14	15	16	17	18	
	Shared Adventures Planning Meeting for Collette Travel 10:30 AM	Walk: Botanical Gardens & Kelsey Creek, 3 miles, some small hills 9AM \$6 mbr/12 non-mbrs AARP: Homefit 2 – 3 PM		Diabetes Series Reducing Stress During the Holidays 4:00 – 5:30 PM			
19	20	21	22	23	24	25	
		No Hike TuttaBella Alzheimer's Café 3:00 – 5:00 Crossroads		Thanksgiving			
26	27	28	29	30			
Issaquah Theater Disney Newsies \$60/ticket Meet at Y at noon	Shared Adventures Meeting 10:30 – 12:00	Walk: Discovery Park 3+ miles, flat with gentle hill 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	4 SENIOR TABLE Parkinson's Support Group 1 st Monday 2:30 – 4:00 Coffee with Cops 10:30 AM to 11:30 AM	5 SENIOR TABLE Walk: Bellevue Parks and Art 5 miles, pretty flat 9AM \$6 mbr/12 non-mbrs	6 Senior Christmas Party 11:00 AM	7	8	9
10	11	12 Hike: Christmas for the Birds: Kirkland Watershed, decorate the trees for the birds, 3 miles, hilly 9AM \$6 mbr/12 non-mbrs	13 Knit Sale 8 AM to 8 PM	14	15	16
17	18 Shared Adventures Meeting 10:30 – 12:00	19 Walk: Downtown Seattle Clock Tour & Gingerbread Houses Walk around downtown @3 miles Transit Travel 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
24 Christmas Eve 31 New Year's Eve	25 Christmas	26 No Walk/hike	27	28	29	30



January 2018

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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 No walk/hike	3 KNIT GROUP EVERY WED 10 AM - 12 PM	4	5	6
7	8 SENIOR TABLE Tentative Planning Meeting with all those interested in Collette Travel 10:30	9 SENIOR TABLE Walk: Mercer Parks 5 miles 9 AM \$6 mbr/12 non-mbrs	10	11	12	13
14	15	16 Walk: Lincoln Park 9 AM \$6 mbr/12 non-mbrs	17	18	19	20
21	22 Shared Adventures Meeting 10:30 – 12:00	23 Walk: Marymoor Dog Park 5.4 miles, mostly flat, eat at Whole Foods 9 AM \$6 mbr/12 non-mbrs	24	25	26 Meet & Greet Lunch at Crossroads 11:45 – 1:00 pm	27
28	29	30 Walk: Lake Union: Short Version @4 miles, lunch at Ivars on Lake Union 9 AM \$6 mbr/12 non-mbrs TuttaBella Alzheimer's Café 3:00 – 5:00 Crossroads	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 The Gin Game \$60/ticket Meet at Y at noon	5 SENIOR TABLE Parkinson's Support Group 1st 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 String \$60/ticket Meet at Y at noon	2	3 COFFEE GROUP EVERY TUES 11:30	4 KNIT GROUP EVERY WED 10 AM – 12 PM	5	6	7
8 SENIOR TABLE Parkinson's Support Group 1 st Monday 2:30 – 4:00	9	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

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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	7 Parkinson's Support Group 1st Monday 2:30-4:00	8 Walk: 9 AM \$6 mbr/12 non-mbrs	9	10	11	12
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 Hairspray \$60/ticket Meet at Y at noon	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	29	30	



July 2018

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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 TuttaBella Alzheimer's Café 3:00 – 5:00 Crossroads				



August 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 Meeting at Crossroads near JoAnns for the summer		Hike: 8:30 \$6 mbr/12 non-mbrs	1	2	3	4	
5	SENIOR TABLE Parkinson's Support Group 1 st Monday 2:30 – 4:00	6 SENIOR TABLE Hike: 8:30 \$6 mbr/12 non-mbrs	7	8	9	10	11
12	13	14 Hike: 8:30 \$6 mbr/12 non-mbrs	15	16	17	18	
19	20	21 Hike: 8:30 AM \$6 Members/12 nonmbr TuttaBella Alzheimer's Café 3:00 – 5:00 Crossroads	22	23	24 Meet & Greet Lunch at Crossroads 11:45-1:00	25	
26	27 Shared Adventures Meeting 10:30 – 12:00	28 Walk: 8:30 AM \$6 Members/12 nonmbr	29	30	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	Labor Day Y closed Parkinson's Support Group 1 st Monday 2:30 – 4:00	3	4	5	6	7	8
		Walk: 8:30 \$6 mbr/12 non-mbrs					
9	10	11	12	13	14	15	
		Hike: 8:30 AM \$10 Members/12 nonmbr					
16	17	18	19	20	21	22	
		Hike: 8:30 AM \$6 Members/12 nonmbr			Meet & Greet Lunch at Crossroads 11:45-1:00		
23	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					