

Active Older Adults (AOA)



January 2018

Subject to Change, Call to Confirm

S	M	T	W	T	F	S
Coffee with the Cops TBD	New Year's Day	<p style="text-align: center;">1</p> <p style="text-align: center;">2</p> <p>COFFEE GROUP EVERY TUES 11:30</p> <p>No walk/hike</p> <p>9:00 – 11:00 Free Captions on Phones</p>	<p style="text-align: center;">3</p> <p>KNIT GROUP EVERY WED 10 AM - 12 PM</p>	<p style="text-align: center;">4</p>	<p style="text-align: center;">5</p>	<p style="text-align: center;">6</p>
<p style="text-align: center;">7</p>	<p style="text-align: center;">8</p> <p>SENIOR TABLE</p> <p>Parkinson's Support Group 1st Monday 2:30 – 4:00</p>	<p style="text-align: center;">9</p> <p>SENIOR TABLE</p> <p>Walk: Mercer Parks 5 miles 9 AM Y van free for mbr/\$6 non-mbrs</p>	<p style="text-align: center;">10</p>	<p style="text-align: center;">11</p> <p>Gold Creek Snow Shoe No fee transportation NO SHOWS \$12</p>	<p style="text-align: center;">12</p>	<p style="text-align: center;">13</p>
<p style="text-align: center;">14</p>	<p style="text-align: center;">15</p>	<p style="text-align: center;">16</p> <p>Walk: Lincoln Park 9 AM Y van free for mbr/\$6 non-mbrs</p>	<p style="text-align: center;">17</p>	<p style="text-align: center;">18</p> <p>ABC's of Diabetes: Importance of Foot care 4-5:30 Must register</p>	<p style="text-align: center;">19</p>	<p style="text-align: center;">20</p>
<p style="text-align: center;">21</p> <p>Shared Adventures Meeting 10:30 – 12:00</p> <p>Bridge 1:00 – 3:00</p>	<p style="text-align: center;">22</p>	<p style="text-align: center;">23</p> <p>Walk: Marymoor Dog Park 5.4 miles, mostly flat, eat at Whole Foods 9 AM Y van free for mbr/\$6 non-mbrs</p> <p>TuttaBella Alzheimer's Café 3:00 – 5:00 Crossroads</p>	<p style="text-align: center;">24</p>	<p style="text-align: center;">25</p> <p>Chrystal Springs Cross Country No fee transportation NO SHOWS \$12</p> <p>Dementia Series: Middle Stage I 2-3:30 Must register</p>	<p style="text-align: center;">26</p> <p>Meet & Greet Lunch at Crossroads 11:45 – 1:00 pm</p>	<p style="text-align: center;">27</p>
<p style="text-align: center;">28</p>	<p style="text-align: center;">29</p> <p>Collette Travel Informational Meeting on Trips being planned 10:30 AM</p>	<p style="text-align: center;">30</p> <p>Walk: Lake Union: Short Version @4 miles, lunch at Ivars on Lake Union 9 AM Y van free for mbr/\$6 non-mbrs</p>	<p style="text-align: center;">31</p>			

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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 BAM (Bellevue Art Museum) 10:30 AM Take Public Bus Free admission	3
4 Issaquah Theater The Gin Game \$60/ticket Meet at Y at noon	5 SENIOR TABLE Parkinson's Support Group 1 st Monday 2:30 – 4:00 AARP Fraud Workshop 10:30 AM	6 SENIOR TABLE Walk 9 AM Y van free for mbr/\$6 non-mbrs	7	8 White River Snow Shoe No fee transportation NO SHOWS \$12	9	10
11 Seattle Aquarium Meet at Y at 9 AM Free entry to Aquarium with Gold Card	12	13 Walk: 9 AM Y van free for mbr/\$6 non-mbrs	14	15 Cabin Basin Cross Country No fee transportation NO SHOWS \$12 ABC's of Diabetes: Impacts on the Heart 4-5:30 Must Register	16	17
18	19	20 Walk: 9 AM Y van free for mbr/\$6 non-mbrs	21	22 Preserving your Vision Dr Van Gelder 10:00-11:30 Dementia Series: Middle Stage II 2-3:30 Must Register	23 Meet & Greet Lunch at Crossroads 11:45 – 1:00 pm	24
25 Shared Adventures Meeting 10:30 – 12:00 Bridge 1:00 – 3:00	26	27 Walk: 9 AM Y van free for mbr/\$6 non-mbrs TuttaBella Alzheimer's Café 3:00 – 5:00 Crossroads	28			

Active Older Adults (AOA)



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	Commonwealth or Gold Creek Snow Shoe No fee transportation NO SHOWS \$12	1	2	3
4	SENIOR TABLE Parkinson's Support Group 1 st Monday 2:30 – 4:00	5 SENIOR TABLE Walk: 9 AM Y van free for mbr/\$6 non-mbrs	6	7	8	9	10
11	12	13 Walk: 9 AM Y van free for mbr/\$6 non-mbrs	14	15 ABC's of Diabetes: Kidney Disease 4-5:30 Must register	16	17	
18	19 Shared Adventures Meeting 10:30 – 12:00	20 Walk: 9 AM Y van free for mbr/\$6 non-mbrs	21	22 Dementia Series: Middle Stage III 2-3:30 Must Register	23 Meet & Greet Lunch at Crossroads 11:45 – 1:00 pm	24	
25	26 Bridge 1:00 – 3:00	27 Walk: Y van free for mbr/\$6 non-mbrs TuttaBella Alzheimer's Café 3:00 – 5:00 Crossroads	28	29	30	31	

Active Older Adults (AOA)



April 2018

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S	M	T	W	T	F	S
1 Issaquah Theater String \$60/ticket Meet at Y at noon	2 SENIOR TABLE	3 COFFEE GROUP EVERY TUES 11:30 SENIOR TABLE Y van free for mbr/\$6 non-mbrs	4 KNIT GROUP EVERY WED 10 AM – 12 PM	5	6	7
8	9 Parkinson's Support Group 1 st Monday 2:30 – 4:00	10 Walk: 9 AM Y van free for mbr/\$6 non-mbrs	11	12	13	14
15	16	17 Walk: 9 AM Y van free for mbr/\$6 non-mbrs	18	19 Diabetes Lecture Series Nutrition/Wt Management 4:00 – 5:30 PM Must Register	20	21
22	23 Bridge 1:00 – 3:00	24 Walk: 9 AM Y van free for mbr/\$6 non-mbrs TuttaBella Alzheimer's Café 3:00 – 5:00 Crossroads	25	26 Dementia Series: Safe Return 2:00 – 3:30 PM Must Register	27 Meet & Greet Lunch at Crossroads 11:45 – 1:00 pm	28
29	30 Shared Adventures Meeting 10:30 – 12:00					

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May 2018

Subject to Change, Call to Confirm

S	M	T	W	T	F	S
		1 COFFEE GROUP EVERY TUES 11:30 Walk: 9 AM Y van free for mbr/\$6 non-mbrs	2 KNIT GROUP EVERY WED 10 AM - 12 PM	3	4	5
6 SENIOR TABLE Parkinson's Support Group 1st Monday 2:30-4:00	7 SENIOR TABLE	8 Walk: 9 AM Y van free for mbr/\$6 non-mbrs	9	10 Health Lecture: 2:00 – 3 PM Must Register	11	12
13	14	15 Walk: 9 AM Y van free for mbr/\$6 non-mbrs	16	17 Diabetes Lecture: Traveling with Diabetes 4:00 – 5:30 PM Must Register	18	19
20 Shared Adventures Meeting 10:30 – 12:00	21	22 Walk: 9 AM Y van free for mbr/\$6 non-mbrs TuttaBella Alzheimer's Café 3:00 – 5:00 Crossroads	23	24 Dementia Lecture: Late Stage – Part 1 2:00 – 3:30 PM Must Register	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 Y van free for mbr/\$6 non-mbrs	30	31		

Active Older Adults (AOA)



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 Y van free for mbr/\$6 non-mbrs	5	6	7	8	9
10		11 Hike: 8:30 Y van free for mbr/\$6 non-mbrs	12	13	14	15	16
17		18 Hike: 8:00 Y van free for mbr/\$6 non-mbrs	19	20	21 Diabetes Lecture: Vision Issues 4:00 – 5:30 PM Must Register	22 Meet & Greet Lunch at Crossroads 11:45-1:00	23
24	Shared Adventures Meeting 10:30 – 12:00	25 Walk: 8: Y van free for mbr/\$6 non-mbrs TuttaBella Alzheimer's Café 3:00 – 5:00 Crossroads	26	27	28 Dementia Lecture Late Stage – Part 2 2:00 – 3:30 PM Must Register	29	30

Active Older Adults (AOA)



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 Walk: Y van free for mbr/\$6 non-mbrs	4 4 th of July	5	6	7
8	9 Parkinson's Support Group 1 st Monday 2:30 – 4:00	10 Walk: Y van free for mbr/\$6 non-mbrs	11	12	13	14
15	16	17 Walk: 8:30 Y van free for mbr/\$6 non-mbrs	18	19	20	21
22	23	24 Hike: 8:30 Y van free for mbr/\$6 non-mbrs TuttaBella Alzheimer's Café 3:00 – 5:00 Crossroads	25	26	27 Meet & Greet Lunch at Crossroads 11:45-1:00	28
29	30 No Shared Adventures Meeting	31 Hike: 8:30 Y van free for mbr/\$6 non-mbrs				

Active Older Adults (AOA)



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			1	2	3	4
5	6 SENIOR TABLE Parkinson's Support Group 1 st Monday 2:30 – 4:00	7 SENIOR TABLE Hike: 8:30 Y van free for mbr/\$6 non-mbrs	8	9	10	11
12	13	14 Hike: 8:30 Y van free for mbr/\$6 non-mbrs	15	16	17	18
19	20	21 Hike: 8:30 AM Y van free for mbr/\$6 non-mbrs	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 Y van free for mbr/\$6 non-mbrs TuttaBella Alzheimer's Café 3:00 – 5:00 Crossroads	29	30	31	

Active Older Adults (AOA)



September 2018

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 AM Y van free for mbr/\$6 non- mbrs					
9	10	11	12	13	14	15	
		Hike: 8:30 AM Y van free for mbr/\$6 non- mbrs					
16	17	18	19	20	21	22	
		Hike: 8:30 AM Y van free for mbr/\$6 non- mbrs			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 Y van free for mbr/\$6 non- mbrs TuttaBella Alzheimer's Café 3:00 – 5:00 Crossroads					

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October 2018

Subject to Change, Call to Confirm

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

Active Older Adults (AOA)



November 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: 9 AM Y van free for mbr/\$6 non-mbrs	6	7	8	9	10
11	12	13 Walk: 9 AM Y van free for mbr/\$6 non-mbrs	14	15	16	17	
18	19	20 No Hike	21	22 Thanksgiving	23	24	
25	26 Shared Adventures Meeting 10:30 – 12:00 Bridge 1:00 – 3:00	27 Walk: 9 AM Y van free for mbr/\$6 non-mbrs TuttaBella Alzheimer's Café 3:00 – 5:00 Crossroads	28	29	30		

Active Older Adults (AOA)



December 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: 9 AM Y van free for mbr/\$6 non-mbrs	5	6	7	8
9	10 Create decorations for birds for walk on Tuesday 10:30 AM	11 Hike: 10AM Y van free for mbr/\$6 non-mbrs	12	13	14	15
16	17 Shared Adventures Meeting 10:30 – 12:00	18 Walk: 9 AM Y van free for mbr/\$6 non-mbrs	19	20	21 Meet & Greet Lunch at Crossroads 11:45-1:00	22
23 Christmas Eve	24	25 Christmas	26	27	28	29
30 New Year's Eve	31 No Walk/hike					