

Active Older Adults (AOA)

https://apm.activecommunities.com/seattleymca/Activity_Search?IsAdvanced=True&ddlSortBy=Date&ActivityCategoryId=18&ActivityDepartmentID=98&ActivityInstructorID=58&maxAge=100&NumberOfItemsPerPage=50&IsSearch=true



May 2018

Subject to Change, Call to Confirm

S	M	T	W	T	F	S
		1 COFFEE GROUP EVERY TUES 11:30 Walk: Discovery Park Adaptable length, lunch after return to Y 9 AM Y van free for mbr/\$6 non-mbrs	2 KNIT GROUP EVERY WED 10 AM - 12 PM	3 Book Club 1:30 PM – 2:30 PM "All the Lights you cannot see" by Anthony Doerr	4	5
6	7 SENIOR TABLE Parkinson's Support Group 1st Monday 2:30-4:00	8 SENIOR TABLE Walk: Twin Falls 4.2 miles, 1300' gain, Bring lunch to eat on trail 9 AM Y van free for mbr/\$6 non-mbrs	9	10 Health Lecture: My Aching Feet with Dr. V. Prakash 2:00 – 3 PM Hike: Coal Creek Trail 6 miles, up to 800 feet gain, 9 AM	11	12
13	14 1 PM Game Time is On – Dominoes	15 Walk: Tradition Lake 3 miles lunch after return to Y 9 AM Y van free for mbr/\$6 non-mbrs	16 Bainbridge Island Japanese Memorial 7:45 AM sharp leaving Y	17 Diabetes Lecture: Traveling with Diabetes 4:00 – 5:30 PM	18	19
20	21 Shared Adventures Meeting 10:30 – 12:00	22 Walk: Ebey's Landing adaptable length, bring lunch to eat on trail 8 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 Hike: Middle Fork Snoqualmie River Up to 8 miles, 200 feet gain, 9 AM	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: Woodland Park Zoo Lunch at Zoo 9 AM Y van free for mbr/\$6 non-mbrs	30	31		

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June 2018

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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: Coulon Park (adaptable) 1 to 3 miles; lunch there 8:30 Y van free for mbr/\$6 non-mbrs	5	6	7 Book Club 1:30 PM – 2:30 PM "Me before You" Hike: Wallace Falls, Greg Ball 8.2 miles, 1500 feet gain 8:00 AM	8 Kubota Gardens in South Seattle Meet at Y at 9 AM	9
10	11 1 PM Game Time is On – Dominoes	12 Walk: Fremont Park 3.2 miles, back before lunch 8:30 Y van free for mbr/\$6 non-mbrs	13 Bloedel Gardens	14	15	16	
17	18	19 Walk: Arboretum/Foster Island 3 miles, Lunch at Ram 8:00 Y van free for mbr/\$6 non-mbrs	20	21 Diabetes Lecture: Vision Issues 4:00 – 5:30 PM Hike: Annette Lake 7.5 miles, 1800" feet gain, 8:00 AM	22 Meet & Greet Lunch at Crossroads 11:45-1:00	23	
24	25 Shared Adventures Meeting 10:30 – 12:00 1 PM Game Time is On – Dominoes	26 Hike: Wallace Falls 4.2 miles, lunch on trail 8: Y van free for mbr/\$6 non-mbrs TuttaBella Alzheimer's Café 3:00 – 5:00 Crossroads	27	28 Dementia Lecture Late Stage – Part 2 2:00 – 3:30 PM	29	30	

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July 2018

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S	M	T	W	T	F	S
1 <small>KNIT GROUP EVERY WED 10 AM - 12 PM Meeting at Crossroads near JoAnns for the summer</small>	2	3 <small>COFFEE GROUP EVERY TUES 11:30 Hike: Lodge Lake Moderate 4 miles round trip, lunch on trail 8:30 AM Y van free for mbr/\$6 non-mbrs</small>	4 <small>4th of July</small>	5	6	7
8 <small>Parkinson's Support Group 1st Monday 2:30 – 4:00 1 PM Game Time is On – Dominoes</small>	9	10 <small>Walk: Yesler Swamp Adaptable, flat, 1 to 3 miles 8:30 AM Y van free for mbr/\$6 non-mbrs</small>	11	12 <small>Hike: Snow Lake 8 miles, 1700 feet gain, 8:00 AM</small>	13	14
15	16	17 <small>Hike: Denny Creek or Barclay Lake Lunch on trail 8:30 Y van free for mbr/\$6 non-mbrs</small>	18 <small>Electric Boat Lake Union \$20 per person based on 10 people participating</small>	19	20	21
22 <small>1 PM Game Time is On – Dominoes Snohomish Antiques & Alpaca Farm 9 AM leave time</small>	23	24 <small>Hike: Coal Creek 3 miles, back before lunch 8:30 Y van free for mbr/\$6 non-mbrs TuttaBella Alzheimer's Café 3:00 – 5:00 Crossroads</small>	25	26 <small>Hike: Tolmie Peak MRNP 7.5 miles, 1100 feet gain, 7:00 AM</small>	27 <small>Meet & Greet Lunch at Crossroads 11:45-1:00</small>	28
29 <small>No Shared Adventures Meeting</small>	30	31 <small>Hike: Bullitt Fireplace 5.3 miles; lunch at the fireplace 8:30 Y van free for mbr/\$6 non-mbrs</small>				

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August 2018

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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	SENIOR TABLE Parkinson's Support Group 1 st Monday 2:30 – 4:00	7	8	9	10	11
		Hike: Naches Loop 8 AM, 5 miles 8:30 Y van free for mbr/\$6 non-mbrs		Hike: Summerland MRNP 10 miles, 2100 feet gain, 7:00 AM		
12	13	14	15	16	17	18
	1 PM Game Time is On – Dominoes	Walk: Bridle Trails 3 miles, back before lunch 8:30 Y van free for mbr/\$6 non-mbrs				
19	20	21	22	23	24	25
		Walk: Olmstead Stair Walk 4.2 miles, lunch out 8:30 AM Y van free for mbr/\$6 non-mbrs		Hike: Crystal Peak MRNP 8 miles, 3000 feet gain, 7:00 AM	Meet & Greet Lunch at Crossroads 11:45-1:00	
26	27	28	29	30	31	
	Shared Adventures Meeting 10:30 – 12:00 1 PM Game Time is On – Dominoes	Hike: Greenwater 4.9 miles, lunch on trail 8:30 AM Y van free for mbr/\$6 non-mbrs TuttaBella Alzheimer's Café 3:00 – 5:00 Crossroads				

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September 2018

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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	Labor Day Y closed Parkinson's Support Group 1 st Monday 2:30 – 4:00	3	4	5	6	7	8
		Walk: St Edwards 3 miles, back before lunch 8:30 AM Y van free for mbr/\$6 non- mbrs	Crystal Mountain Gondola				
9	10	11	12	13	14	15	
	1 PM Game Time is On – Dominoes	Hike: Talus Bridges 4-5 miles, lunch at Million Dollar View 8:30 AM Y van free for mbr/\$6 non- mbrs					
16	17	18	19	20	21	22	
		Hike: Lincoln Park 4 miles, back before lunch 8:30 AM Y van free for mbr/\$6 non- mbrs			Collette Travel: Mackinac Island Tour Meet & Greet Lunch at Crossroads 11:45-1:00		
23	24	25	26	27	28	29	
	Shared Adventures Meeting 10:30 – 12:00	Walk: Juanita to Kirkland 5 miles, some hills, back before lunch 8:30 AM Y van free for mbr/\$6 non- mbrs					
30	1 PM Game Time is On – Dominoes	TuttaBella Alzheimer's Café 3:00 – 5:00 Crossroads					

Legend: **Red**-walks/hikes; **blue**-health talks; **purple**-activities

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October 2018

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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 1 PM Game Time is On – Dominoes	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 Nordic Museum in Ballard	18	19	20
21	22 Shared Adventures Meeting 10:30 – 12:00 1 PM Game Time is On – Dominoes	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			

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November 2017

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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
14	1 PM Game Time is On – Dominoes	15	Walk: 9 AM Y van free for mbr/\$6 non-mbrs	16	17	18
19		20	No Hike	21	22	23
24				25	26	27
28	Shared Adventures Meeting 10:30 – 12:00 Bridge 1:00 – 3:00 1 PM Game Time is On – Dominoes	29	Walk: 9 AM Y van free for mbr/\$6 non-mbrs TuttaBella Alzheimer's Café 3:00 – 5:00 Crossroads	30	31	32

Legend: **Red**-walks/hikes; **blue**-health talks; **purple**-activities

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December 2018

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S	M	T	W	T	F	S	
		COFFEE GROUP EVERY TUES 11:30	KNIT GROUP EVERY WED 10 AM - 12 PM			1	
2	SENIOR TABLE Parkinson's Support Group 1 st Monday 2:30 – 4:00	3 SENIOR TABLE Walk: 9 AM Y van free for mbr/\$6 non-mbrs	4	5	6	7	8
9	Create decorations for birds for walk on Tuesday 10:30 AM 1 PM Game Time is On – Dominoes	10 Hike: 10AM Y van free for mbr/\$6 non-mbrs	11	12	13	14	15
16	Shared Adventures Meeting 10:30 – 12:00	17 Walk: 9 AM Y van free for mbr/\$6 non-mbrs	18	19	20	21 Meet & Greet Lunch at Crossroads 11:45-1:00	22
23 30	Christmas Eve New Year's Eve	24 Christmas 25 No Walk/hike	26	27	28	29	

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January 2019

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

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February 2019

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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		11 Walk: 9 AM Y van free for mbr/\$6 non-mbrs	12	13	14	15	16
17		18 Walk: 9 AM Y van free for mbr/\$6 non-mbrs	19	20	21	22 Meet & Greet Lunch at Crossroads 11:45 – 1:00 pm	23
24	25 Shared Adventures Meeting 10:30 – 12:00 Bridge 1:00 – 3:00	26 Walk: 9 AM Y van free for mbr/\$6 non-mbrs TuttaBella Alzheimer's Café 3:00 – 5:00 Crossroads	27	28			

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March 2019

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	11 1 PM Game Time in On – Dominoes	12 Walk: 9 AM Y van free for mbr/\$6 non-mbrs	13	14	15	16	
17	18	19 Walk: 9 AM Y van free for mbr/\$6 non-mbrs	20	21	22 Meet & Greet Lunch at Crossroads 11:45 – 1:00 pm	23	
24	25 Shared Adventures Meeting 10:30 – 12:00	26 Walk: Y van free for mbr/\$6 non-mbrs TuttaBella Alzheimer's Café 3:00 – 5:00 Crossroads	27	28	29	30	
31	Bridge 1:00 – 3:00						

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April 2019

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S	M	T	W	T	F	S
	1 SENIOR TABLE	2 COFFEE GROUP EVERY TUES 11:30 SENIOR TABLE Walk: Y van free for mbr/\$6 non-mbrs	3 KNIT GROUP EVERY WED 10 AM – 12 PM	4	5	6
7	8 Parkinson's Support Group 1 st Monday 2:30 – 4:00 1 PM Game Time is On – Dominoes	9 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 Bridge 1:00 – 3:00 1 PM Game Time is On – Dominoes	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 pm	27
28	29	30 Walk: 9 AM Y van free for mbr/\$6 non-mbrs				