

# Active Older Adults (AOA)

[https://apm.activecommunities.com/seattleymca/Activity\\_Search?IsAdvanced=True&ddSortBy=Date&ActivityCategoryID=18&ActivityDepartmentID=98&ActivityInstructorID=58&maxAge=100&NumberOfItemsPerPage=50&IsSearch=true](https://apm.activecommunities.com/seattleymca/Activity_Search?IsAdvanced=True&ddSortBy=Date&ActivityCategoryID=18&ActivityDepartmentID=98&ActivityInstructorID=58&maxAge=100&NumberOfItemsPerPage=50&IsSearch=true)



## June 2018

Subject to Change, Call to Confirm

S	M	T	W	T	F	S
					1	2
Village Theater Season Tickets – call Cheri if interested  Collette Travel to Mackinac Island September 21 <sup>st</sup> Get brochure at front desk		COFFEE GROUP EVERY TUES 11:30	KNIT GROUP EVERY WED 10 AM - 12 PM			
3	4	5	6	7	8	9
	SENIOR TABLE  Parkinson's Support Group 1 <sup>st</sup> Monday 2:30 – 4:00	SENIOR TABLE  Walk: Coulon Park (adaptable) 1 to 3 miles; lunch there 8:30 Y van free for mbr/\$6 non-mbrs		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	Kubota Gardens in South Seattle Meet at Y at 9 AM	
10	11	12	13	14	15	16
	1 PM Game Time is On – Dominoes	Walk: Fremont Park 3.2 miles, back before lunch 9 AM Y van free for mbr/\$6 non-mbrs	Bloedel Gardens 7:45 AM \$25 – 30 per person			Biospheres 8:50 AM
17	18	19	20	21	22	23
		Walk: Arboretum/Foster Island 3 miles, Lunch at Ram 9 AM Y van free for mbr/\$6 non-mbrs		Diabetes Lecture: Vision Issues 4:00 – 5:30 PM  Hike: Annette Lake 7.5 miles, 1800" feet gain, 8:00 AM	Meet & Greet Lunch at Crossroads 11:45-1:00	
24	25	26	27	28	29	30
	Shared Adventures Meeting 10:30 – 12:00  1 PM Game Time is On – Dominoes	Hike: Wallace Falls 4.2 miles, lunch on trail 8:30 Y van free for mbr/\$6 non-mbrs  TuttaBella Alzheimer's Café 3:00 – 5:00 Crossroads		Dementia Lecture Late Stage – Part 2 2:00 – 3:30 PM		

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## 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 Village Theater Season Tickets – call Cheri if interested Collette Travel to Mackinac Island September 21 <sup>st</sup> Get brochure at front desk	3 COFFEE GROUP EVERY TUES 11:30 4 <sup>th</sup> of July Hike: Lodge Lake Moderate 4 miles round trip, lunch on trail 8:30 AM Y van free for mbr/\$6 non-mbrs	4	5	6	7
8 Sedentary Souza Band Meet at 1 PM	9 Parkinson's Support Group 1 <sup>st</sup> Monday 2:30 – 4:00 1 PM Game Time is On – Dominoes	10 Walk: Yesler Swamp Adaptable, flat, 1 to 3 miles 9 AM Y van free for mbr/\$6 non-mbrs	11	12	13	14
15	16	17 Hike: Denny Creek or Barclay Lake Lunch on trail 8:00 Y van free for mbr/\$6 non-mbrs Flower Arranging 1:15 PM \$10 or no donation	18 Electric Boat Lake Union \$20 per person based on 10 people participating	19 Hike: Snow Lake 8 miles, 1700 feet gain, 8:00 AM	20	21
22	23 1 PM Game Time is On – Dominoes Bridge 1:00 to 3:00 Snohomish Antiques 9 AM leave time	24 Hike: Coal Creek 3 miles, back before lunch 9 AM Y van free for mbr/\$6 non-mbrs TuttaBella Alzheimer's Café 3:00 – 5:00 Crossroads	25	26 Hike: Tolmie Peak MRNP 7.5 miles, 1100 feet gain, 7:00 AM	27 Meet & Greet Lunch at Crossroads 11:45-1:00	28
29	30 No Shared Adventures Meeting	31 Hike: Bullitt Fireplace 5.3 miles; lunch at the fireplace 8:30 Y van free for mbr/\$6 non-mbrs				