

Active Older Adults (AOA)

https://apm.activecommunities.com/seattle/mca/Activity_Search?IsAdvanced=True&ddSortBy=Date&ActivityCategoryID=18&ActivityDepartmentID=98&ActivityInstructorID=58&maxAge=100&NumberOfItemsPerPage=50&IsSearch=true



September 2018

Subject to Change, Call to Confirm

S	M	T	W	T	F	S
						1
See Cheri for Tickets and Information about Issaquah Theater Collette Travel: Sneak Peak: Italy in 2020 Germany in 2020 (see the Passion Play)	Collette Travel Register Now!! Grand Canyon March 8 to March 15 2019 Australia & New Zealand April 16 th to May 3 rd	COFFEE GROUP EVERY TUES 11:30 SENIOR TABLE	KNIT GROUP EVERY WED 10 AM - 12 PM			
2	3	4	5	6	7	8
Walk For Life At Your Pace M/W/F 8-9:30 AM Enter SkyBridge #4 Bellevue Square Mall	Labor Day Y closed Parkinson's Support Group 1 st Monday 2:30 – 4:00	Walk: St Edwards 3 miles, back before lunch 9:45 AM Y van free for mbr/\$6 non-mbrs	Crystal Mountain Gondola 8:00 – 4:00 Members \$22 Bring cash for lunch or bring your own lunch Stop at Wapiti Woolies on the way back for ice cream	Book Club: 1:30 PM The Invention of Wings by Sue Monk Kidd, author the Secret Life of Bees Hike: Melakwa Lake 8.5 miles, 2400' elevation gain		
9	10	11	12	13	14	15
	1 PM Game Time is On – Dominoes	Walk: Redmond Watershed 4 to 5 miles, return before lunch 9:45 AM Y van free for mbr/\$6 non-mbrs		Hike: Mt SI		
16	17	18	19	20	21	22
	The Wheel in Seattle plus Wings over Washington Transit Travel, must be able to walk in Seattle Wheel: \$12-14; Wings: \$15-17	Hike: Lincoln Park 4 miles, back before lunch 9:45 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
30 Issaquah Theater Howard Barnes Meet at Y at noon See Cheri for tickets	Shared Adventures Meeting 10:30 – 12:00 1 PM Game Time is On – Dominoes Bridge 1:00 to 3:00	Walk: Juanita to Kirkland 5 miles, some hills, back before lunch 9:45 AM Y van free for mbr/\$6 non-mbrs TuttaBella Alzheimer's Café 3:00 – 5:00 Crossroads				

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

Last updated 9/10/2018 4:54 PM

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October 2018

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S	M	T	W	T	F	S
	1	2	3	4	5	6
<p>Walk For Life At Your Pace M/W/F 8-9:30 AM Enter SkyBridge #4 Bellevue Square Mall</p> <p>See Cheri for Tickets and Information about Issaquah Theater</p>	<p>SENIOR TABLE</p> <p>COFFEE GROUP EVERY TUES 11:30</p> <p>KNIT GROUP EVERY WED 10 AM - 12 PM</p>	<p>SENIOR TABLE</p> <p>Walk: Alki Walk at your own pace for as long as you want. Lunch at Cactus or other restaurants in area 9:45 AM Y van free for mbr/\$6 non-mbrs</p> <p>2 PM: Honoring Choices Create your own Health Care Directive</p>		<p>Book Club: 1:30 PM Boys In the Boat by Daniel James Brown. Nonfiction book about the UW rowing team during the 1936 Berlin Olympics</p>		
7	8	9	10	11	12	13
	<p>Parkinson's Support Group 1st Monday 2:30 – 4:00</p> <p>1 PM Game Time is On – Dominoes</p>	<p>Walk: Cedar River Walk to see the salmon swim upstream! 4 to 5 miles, flat Return before lunch 9:45 AM Y van free for mbr/\$6 non-mbrs</p> <p>1:30 PM: Travel with the Y: Heritage of America Informational Meeting</p>				
14	15	16	17	18	19	20
		<p>Walk: Burke Gilman Trail Walk at your own pace for as long as you want. Lunch out 9:45 AM Y van free for mbr/\$6 non-mbrs</p>	<p>Nordic Museum in Ballard 9:45 AM – 2:30 PM 12 – 15 at door Registration Fee \$5 Lunch at Log Spot in Ballard</p>			
21	22	23	24	25	26	27
<p>Shared Adventures Meeting 10:30 – 12:00</p> <p>1 PM Game Time is On – Dominoes</p> <p>Bridge 1:00 to 3:00</p>		<p>Hike: Coal Creek 6 miles, 400' elevation gain Snack/lunch on trail 9:45 AM Y van free for mbr/\$6 non-mbrs</p> <p>TuttaBella Alzheimer's Café 3:00 – 5:00 Crossroads</p>			<p>Meet & Greet Lunch at Crossroads 11:45-1:00</p>	
28	29	30	31			
		<p>Walk: East Lake Sammamish Adaptable Walk from Whole Foods in Redmond on paved trail, flat, lunch at Whole Foods in Redmond 9:45 AM Y van free for mbr/\$6 non-mbrs</p> <p>2 PM: Honoring Choices Create your own Health Care Directive, Finish the Document</p>	<p>Halloween</p>			

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November 2017

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S	M	T	W	T	F	S			
<p>Walk For Life At Your Pace M/W/F 8-9:30 AM Enter SkyBridge #4 Bellevue Square Mall</p>	<p>See Cheri for Tickets and Information about Issaquah Theater</p>	<p>COFFEE GROUP EVERY TUES 11:30</p>	<p>KNIT GROUP EVERY WED 10 AM - 12 PM</p>	<p>1 MOHA! Special Exhibit: World War I and its Affect on Washington Meet at 9:30 AM Book Club: 1:30 PM Singing with the Top Down by Debra Williamson</p>	<p>2</p>	<p>3</p>			
4	<p>SENIOR TABLE Parkinson's Support Group 1st Monday 2:30 – 4:00 Coffee with Cops 10:30 AM to 11:30 AM</p>	5	<p>SENIOR TABLE Walk: Lake Union: The Short Version About 4 miles Lunch at Ivars 9:45 AM Y van free for mbr/\$6 non- mbrs</p>	6	7	8	9	10	
11	<p>1 PM Game Time is On – Dominoes</p>	12	<p>Walk: Green Lake Walk at your own pace for as long as you want. Green Lake is 3 miles around. Lunch at bakery 9:45 AM Y van free for mbr/\$6 non- mbrs</p>	13	<p>Get Ready for the Holidays Shopping and Lunch at Southcenter Mall 9:45 AM to 2:30 PM</p>	14	15	16	17
18	19	<p>No Hike</p>	20	21	<p>Thanksgiving</p>	22	23	24	
25	<p>Shared Adventures Meeting 10:30 – 12:00 Bridge 1:00 – 3:00 1 PM Game Time is On – Dominoes</p>	26	<p>Walk: Marymoor Dog Park Around 5 miles, lunch at Whole Foods in Redmond 9:45 AM Y van free for mbr/\$6 non- mbrs TuttaBella Alzheimer's Café 3:00 – 5:00 Crossroads</p>	27	28	29	30		

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December 2018

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S	M	T	W	T	F	S
						1
Walk For Life At Your Pace M/W/F 8-9:30 AM Enter SkyBridge #4 Bellevue Square Mall	See Cheri for Tickets and Information about Issaquah Theater	COFFEE GROUP EVERY TUES 11:30	KNIT GROUP EVERY WED 10 AM - 12 PM			
2	3	4	5	6	7	8
	SENIOR TABLE Parkinson's Support Group 1 st Monday 2:30 – 4:00	SENIOR TABLE Walk: Clocks & Gingerbread Houses & Teddybears Around 3 miles, hilly, Lunch in Seattle 9:45 AM Y van free for mbr/\$6 non- mbrs		Get Ready for the Holidays: Shopping and Lunch at Northgate Mall 9:45 AM to 2:30 PM		
9	10	11	12	13	14	15
	Create decorations for birds for walk on Tuesday 10:30 AM 1 PM Game Time is On – Dominoes	Hike: Kirkland Watershed – Feed the Birds Traditional annual walk, decorate the trees. Less than 3 miles 9:45 AM Y van free for mbr/\$6 non- mbrs	Annual Holiday Party \$16.50 Bring unwrapped hat, gloves, scarf, or socks for donation to Kirkland Teen Union Building (KTUB)			
16	17	18	19	20	21	22
	Shared Adventures Meeting 10:30 – 12:00	Walk: Woodland Park Zoo Walk at your own pace, as much as you want. Lunch at the zoo 9:45 AM Y van free for mbr/\$6 non- mbrs			Meet & Greet Lunch at Crossroads 11:45-1:00	
23 30	24 31	25	26	27	28	29
Christmas Eve New Year's Eve	Christmas No Walk/hike					

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January 2019

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S	M	T	W	T	F	S
		1	2	3	4	5
<p>Coffee with the Cops TBD</p> <p>Walk For Life At Your Pace M/W/F 8-9:30 AM Enter SkyBridge #4 Bellevue Square Mall</p>	<p>See Cheri for Tickets and Information about Issaquah Theater</p>	<p>COFFEE GROUP EVERY TUES 11:30</p> <p>New Year's Day</p> <p>No walk/hike</p>	<p>KNIT GROUP EVERY WED 10 AM - 12 PM</p>			
6	7	8	9	10	11	12
	<p>SENIOR TABLE</p> <p>Parkinson's Support Group 1st Monday 2:30 – 4:00</p>	<p>SENIOR TABLE</p> <p>Walk: Discovery Park 2.8 miles, flat Lunch at Chinooks for that tasty bread!! 9 AM Y van free for mbr/\$6 non-mbrs</p>				
13	14	15	16	17	18	19
		<p>Walk: Luther Burbank Park on Mercer Island 5 miles, pretty flat Lunch at the Roanoke 9 AM Y van free for mbr/\$6 non-mbrs</p>				
20	21	22	23	24	25	26
	<p>Bridge 1:00 – 3:00</p>	<p>Walk: Seward Park 3 to 4 miles, mostly flat 9 AM Y van free for mbr/\$6 non-mbrs</p> <p>TuttaBella Alzheimer's Café 3:00 – 5:00 Crossroads</p>			<p>Meet & Greet Lunch at Crossroads 11:45 – 1:00 pm</p>	
27	28	29	30	31		
	<p>Shared Adventures Meeting 10:30 – 12:00</p>	<p>Walk: Kirkland Watershed 4 – 5 miles, hilly, return to Y before lunch 9 AM Y van free for mbr/\$6 non-mbrs</p>				

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February 2019

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S	M	T	W	T	F	S
					1	2
Walk For Life At Your Pace M/W/F 8-9:30 AM Enter SkyBridge #4 Bellevue Square Mall	See Cheri for Tickets and Information about Issaquah Theater	COFFEE GROUP EVERY TUES 11:30	KNIT GROUP EVERY WED 10 AM - 12 PM			
3	4	5	6	7	8	9
Issaquah Theater I do! I do! Meet at Y at noon See Cheri for tickets	SENIOR TABLE Parkinson's Support Group 1 st Monday 2:30 – 4:00	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	23
		Walk: 9 AM Y van free for mbr/\$6 non-mbrs			Meet & Greet Lunch at Crossroads 11:45 – 1:00 pm	
24	25	26	27	28		
	Shared Adventures Meeting 10:30 – 12:00 Bridge 1:00 – 3:00	Walk: 9 AM Y van free for mbr/\$6 non-mbrs TuttaBella Alzheimer's Café 3:00 – 5:00 Crossroads				

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March 2019

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S	M	T	W	T	F	S
					1	2
Walk For Life At Your Pace M/W/F 8-9:30 AM Enter SkyBridge #4 Bellevue Square Mall	See Cheri for Tickets and Information about Issaquah Theater	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 st Monday 2:30 – 4:00	SENIOR TABLE Walk: 9 AM Y van free for mbr/\$6 non-mbrs			Collette Travel: Grand Canyon March 8 to March 15th	
10	11	12	13	14	15	16
	1 PM Game Time in On – Dominoes	Walk: 9 AM Y van free for mbr/\$6 non-mbrs				
17	18	19	20	21	22	23
		Walk: 9 AM Y van free for mbr/\$6 non-mbrs			Meet & Greet Lunch at Crossroads 11:45 – 1:00 pm	
24	25	26	27	28	29	30
31 Issaquah Theater Curious Incident of Dog Meet at Y at noon See Cheri for tickets	Shared Adventures Meeting 10:30 – 12:00 Bridge 1:00 – 3:00	Walk: Y van free for mbr/\$6 non-mbrs TuttaBella Alzheimer's Café 3:00 – 5:00 Crossroads				

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April 2019

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S	M	T	W	T	F	S	
		1	2	3	4	5	6
	SENIOR TABLE	COFFEE GROUP EVERY TUES 11:30 SENIOR TABLE Walk: Y van free for mbr/\$6 non-mbrs	KNIT GROUP EVERY WED 10 AM – 12 PM				
7		8	9	10	11	12	13
See Cheri for Tickets and Information about Issaquah Theater	Parkinson's Support Group 1 st Monday 2:30 – 4:00 1 PM Game Time is On – Dominoes	Walk: 9 AM Y van free for mbr/\$6 non-mbrs					
14	15	16	17	18	19	20	
		Walk: 9 AM Y van free for mbr/\$6 non-mbrs Collette Travel Australia and New Zealand Back on May 3rd					
21	22	23	24	25	26	27	
	Shared Adventures Meeting 10:30 – 12:00 Bridge 1:00 – 3:00 1 PM Game Time is On – Dominoes	Walk: 9 AM Y van free for mbr/\$6 non-mbrs TuttaBella Alzheimer's Café 3:00 – 5:00 Crossroads			Meet & Greet Lunch at Crossroads 11:45 – 1:00 pm		
28	29	30					
		Walk: 9 AM Y van free for mbr/\$6 non-mbrs					

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May 2019

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S	M	T	W	T	F	S	
				1	2	3	4
<p style="font-size: small; color: purple;">Walk For Life At Your Pace M/W/F 8-9:30 AM Enter SkyBridge #4 Bellevue Square Mall</p>	<p style="font-size: small; color: purple;">See Cheri for Tickets and Information about Issaquah Theater</p>	<p style="font-size: small; color: purple;">COFFEE GROUP EVERY TUES 11:30</p> <p style="font-size: small; color: red;">Walk: 9 AM Y van free for mbr/\$6 non-mbrs</p>	<p style="font-size: small; color: purple;">KNIT GROUP EVERY WED 10 AM – 12 PM</p>				
5	6	7	8	9	10	11	
	<p style="font-size: small; color: purple;">SENIOR TABLE</p> <p style="font-size: small; color: purple;">Parkinson's Support Group 1st Monday 2:30-4:00</p>	<p style="font-size: small; color: purple;">SENIOR TABLE</p> <p style="font-size: small; color: red;">Walk: 9 AM Y van free for mbr/\$6 non-mbrs</p>		<p style="font-size: small; color: blue;">Health Lecture: 2:00 – 3 PM</p>			
12	13	14	15	16	17	18	
	<p style="font-size: small; color: purple;">1 PM Game Time is On – Dominoes</p>	<p style="font-size: small; color: red;">Walk: 9 AM Y van free for mbr/\$6 non-mbrs</p>		<p style="font-size: small; color: blue;">Diabetes Lecture: 4:00 – 5:30 PM</p>			
19	20	21	22	23	24	25	
	<p style="font-size: small; color: purple;">Shared Adventures Meeting 10:30 – 12:00</p>	<p style="font-size: small; color: red;">Walk: 8 AM Y van free for mbr/\$6 non-mbrs</p> <p style="font-size: small; color: purple;">TuttaBella Alzheimer's Café 3:00 – 5:00 Crossroads</p>		<p style="font-size: small; color: blue;">Dementia Lecture: 2:00 – 3:30 PM</p>	<p style="font-size: small; color: purple;">Meet & Greet Lunch at Crossroads 11:45-1:00</p>		
26	27	28	29	30	31		
<p style="font-size: small; color: purple;">Issaquah Theater Million Dollar Quartet Meet at Y at noon See Cheri for tickets</p>	<p style="font-size: small; color: purple;">Memorial Day</p>	<p style="font-size: small; color: red;">Walk: 9 AM Y van free for mbr/\$6 non-mbrs</p>					

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June 2019

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S	M	T	W	T	F	S
			KNIT GROUP EVERY WED 10 AM - 12 PM			1
Village Theater Season Tickets – call Cheri if interested		COFFEE GROUP EVERY TUES 11:30				
Walk For Life At Your Pace M/W/F 8-9:30 AM Enter SkyBridge #4 Bellevue Square Mall						
2	3	4	5	6	7	8
	SENIOR TABLE Parkinson's Support Group 1 st Monday 2:30 – 4:00	SENIOR TABLE Walk: 8:30 Y van free for mbr/\$6 non-mbrs				
9	10	11	12	13	14	15
	1 PM Game Time is On – Dominoes	Walk: 9 AM Y van free for mbr/\$6 non-mbrs				
16	17	18	19	20	21	22
		Walk: 9 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
	Shared Adventures Meeting 10:30 – 12:00	Hike: 8:30 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				

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July 2019

Subject to Change, Call to Confirm

S	M	T	W	T	F	S
	1	2	3	4	5	6
KNIT GROUP EVERY WED 10 AM - 12 PM Meeting at Crossroads near JoAnns for the summer	Village Theater Season Tickets – call Cheri if interested	COFFEE GROUP EVERY TUES 11:30 Hike: 9:00 AM Y van free for mbr/\$6 non-mbrs	4 th of July			
7	8	9	10	11	12	13
Walk For Life At Your Pace M/W/F 8-9:30 AM Enter SkyBridge #4 Bellevue Square Mall	Parkinson's Support Group 1 st Monday 2:30 – 4:00 1 PM Game Time is On – Dominoes	Walk: 9 AM Y van free for mbr/\$6 non-mbrs				
14	15	16	17	18	19	20
		Hike: 8:30 Y van free for mbr/\$6 non-mbrs Flower Arranging 1:15 PM \$10 or no donation				
21	22	23	24	25	26	27
	1 PM Game Time is On – Dominoes Bridge 1:00 to 3:00 Snohomish Antiques 9 AM leave time	Hike: 9 AM Y van free for mbr/\$6 non-mbrs TuttaBella Alzheimer's Café 3:00 – 5:00 Crossroads			Meet & Greet Lunch at Crossroads 11:45-1:00	
28	29	30	31			
	No Shared Adventures Meeting	Hike: 8:30 Y van free for mbr/\$6 non-mbrs				

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August 2018

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S	M	T	W	T	F	S
				1	2	3
COFFEE GROUP EVERY TUES 11:30 KNIT GROUP EVERY WED 10 AM - 12 PM Meeting at Crossroads near JoAnns for the summer	Village Theater Season Tickets - call Cheri if interested					
4	5	6	7	8	9	10
Walk For Life At Your Pace M/W/F 8-9:30 AM Enter SkyBridge #4 Bellevue Square Mall	SENIOR TABLE Parkinson's Support Group 1 st Monday 2:30 - 4:00	SENIOR TABLE Hike: 8:00 Y van free for mbr/\$6 non-mbrs				
11	12	13	14	15	16	17
	1 PM Game Time is On - Dominoes	Walk: 9 AM Y van free for mbr/\$6 non-mbrs				
18	19	20	21	22	23	24
		Walk: 9 AM AM Y van free for mbr/\$6 non-mbrs			Meet & Greet Lunch at Crossroads 11:45-1:00	
25	26	27	28	29	30	31
	Shared Adventures Meeting 10:30 - 12:00 1 PM Game Time is On - Dominoes Bridge 1:00 to 3:00	Hike: 8:30 AM Y van free for mbr/\$6 non-mbrs TuttaBella Alzheimer's Café 3:00 - 5:00 Crossroads				