

Active Older Adults (AOA)

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



March 2019

Subject to Change, Call to Confirm

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>		1	2				
3	<p>SENIOR TABLE</p>	4	<p>SENIOR TABLE</p> <p>Walk: Botanical Gardens/Kelsey Creek, about 4 miles, pretty flat 9 AM Y van free for mbr/\$6 non-mbrs</p>	5	6	<p>Skiing: Crystal Springs or JW Trail 4 miles, 400" elevation gain 9 AM</p> <p>Book Club: 1:30 PM Lilac Girls by Martha Hall Kelly</p>	7	8	9	
10	<p>1 PM Game Time is On – Mexican Train Dominoes</p>	11	<p>Walk: Queen Anne 3.0 miles 9 AM Y van free for mbr/\$6 non-mbrs</p>	12	<p>Olympia Legislature Visit and Lunch 8:15 AM</p> <p>Caregiver Support Group for Memory Loss 1:30 – 3:30 Call Ruth 206-232-2537</p>	13	<p>Alz.Assoc: Healthy Living for the Brain & Body 2:00 – 3:30 PM</p>	14	15	16
17		18	<p>Walk: Mercer Slough 3 miles See skunk cabbage in full bloom, loop trail 9 AM Y van free for mbr/\$6 non-mbrs</p> <p>Honoring Choices: Creating your Advanced Directives, Session 1 2 – 3:30 PM</p>	19	20	<p>Diabetes: New Year, New Me (Nutrition) 4:00 – 5:30 PM</p>	21	22	<p>Meet & Greet Lunch at Crossroads 11:45 – 1:00 pm</p>	23
24	<p>Shared Adventures Meeting 10:30 – 12:00</p>	25	<p>Walk: UW Campus Cherry Blossoms RAM for lunch, 3 miles, steps up 325, down 273 9 AM Y van free for mbr/\$6 non-mbrs</p> <p>TuttaBella Alzheimer's Café 3:00 – 5:00 Crossroads</p> <p>A Caregiver's Compass 10 AM – 12 PM</p>	26	27	28	29	30	<p>31</p> <p>Issaquah Theater Curious Incident of Dog Meet at Y at noon See Cheri for tickets</p>	

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

Last updated 3/5/2019 1:06 PM