

## Daily Drop-In Activities

### Mondays

Senior Workout	9 a.m.
Bridge	9 a.m.
Art: Judy Priest	10 a.m.
Spanish Class	10 a.m.
Knitting & Crocheting	10:30 a.m.
Senior-size OFF IN AUGUST- BACK AFTER LABOR DAY	
Gentle Yoga & Chair Exercise	12:30-1:30 p.m.
Computer Clinic	1-2 p.m.
Yoga	2-3:45 p.m.

### Tuesdays

Crafts	10 a.m.
Cribbage	10 a.m.-12 noon
SHIBA Health Ins. Advice	10 a.m.-12 noon
Dominoes/Mexican Train	1 p.m.
Ping Pong	1-3 p.m.
Middle Eastern Dancers	7-9 p.m.
2nd & 4th Tues.-Wii	10:30 a.m.-12 noon
2nd & 4th Tues.-Potluck	11:30 a.m.
2nd & 4th Tues.-BUNCO	1 p.m.

### Wednesdays

Senior Workout	9 a.m.
Glee Club	ON HIATUS UNTIL SEPTEMBER
Senior-size OFF IN AUG - BACK AFTER LABOR DAY	
Bridge	1 p.m.

### Thursdays

Open Sew	9 a.m.-3 p.m.
PAN	10-12 noon
Bingo	12:30 p.m.
Scrabble	1 p.m.
Stretch Yoga	1-2:30 p.m.
Stretch Yoga	3-4:45 p.m.

### Fridays

Senior Workout	9 a.m.
Senior-size OFF IN AUG - BACK AFTER LABOR DAY	
Pinochle	12:30 p.m.
Sing-a-Long at Facilities, see p.9	2:30 p.m.
Bingo	6 p.m.

### Saturdays

2nd & 4th Sats.-Bridge	6:30 p.m.
Bring your own partner.	

### Sundays

3rd Sunday - GAME DAY	1-3p.m.
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For further information about any activity, call the Senior Center office at 683-6806.

## ACTIVITY CONTACTS

ACTIVITY	CONTACT PERSON	PHONE
Art Classes	Judy Priest	683-5660
Bingo (Thursday)	Pat Stone	582-1351
Bingo (Friday)	Anne Penn	683-3914
Bridge (Monday)	Jim Martin	681-6078
Bridge (Wednesday)	Russ Weber	683-8664
Bridge (Saturday night)	Eleanor McIntyre	683-2948
Bunco	Senior Center	683-6806
Computer Classes	Dick Wenger Verna Sarnecki	452-4275 683-6806
Convalescent Home sing-a-longs (Senior Singers)	Ines Cole	683-8738
Crafts, Knitting & Crochet	Judy Lange	683-4969
Diabetes Support Group	Susan Sorenson	681-0977
Dominoes	Joyce Coney	582-9304
Foot Care Tues. & Wed.	Glory Ingalls	683-6806
Hula Dancing	Mahina Lazzaro	809-3390
Karate	Mark Jones	640-9158
Massage, Tues.	James Jeffko	683-6806
Middle Eastern Dancers	Lydia Samperi	683-9059
PAN	Bobbie Dahm	582-9873
Ping Pong	Helga duBellier	681-7434
Pinochle	Roscoe Babington	582-3130
Scrabble	Bobbie Dahm	582-9873
Senior-Size	Jan Boyungs	683-6806
Senior Workout	Senior Center	683-6806
SHIBA	Marjorie Stewart	452-3221
Sign Language	Gerilee Gustason	E-mail: gerileeg@aol.com
Trips & Tours	Michelle Rhodes	683-5883
Yoga (All Classes)	Leslie Menia	681-0332

# AUGUST 2010

Seminars, Special Events, Activity Changes,  
New Classes, and Reminders

SUN	MON	TUE	WED	THU	FRI	SAT
1 Senior Singles - call Bobbie - new plans	2 Daily Drop-In Activities Spanish Class 10-noon	3 Daily Drop-In Activities	4 Daily Drop-In Activities Members Only Sale 4 - 6pm	5 Daily Drop-In Activities <b>BENEFIT SALE</b>	6 Daily Drop-In Activities <b>SALE 9am to 4pm</b>	7
8 <b>SEATTLE MARINERS VS KANSAS CITY ROYALS</b> See page 3	9 Daily Drop-In Activities Spanish Class 10-noon	10 Daily Drop-In Activities <b>10:30 am -Wii</b> <b>11:30 am—POTLUCK</b> <b>1 pm BUNCO</b>	11 Daily Drop-In Activities	12 Daily Drop-In Activities <i>1:30pm Board Meeting</i>	13 Daily Drop-In Activities	14 6:30pm Bridge bring your Partner
15 <b>1pm - 3pm GAME DAY Main Room</b> Applebee's - Coupon pg 7 Newsletter Deadline	16 Daily Drop-In Activities <b>Argosy Cruise to Tillicum Village</b> See page 3 Spanish Class 10-noon	17 Daily Drop-In Activities	18 Daily Drop-In Activities	19 Daily Drop-In Activities Bingo \$25 Prize See page 13	20 Daily Drop-In Activities	21
22	23 Daily Drop-In Activities Spanish Class 10-noon	24 Daily Drop-In Activities <b>ALOHA LUAU</b> 5 pm Dinner	25 Daily Drop-In Activities 	26 Daily Drop-In Activities	27 Daily Drop-In Activities	28 6:30pm Bridge bring your Partner
29	30 Daily Drop-In Activities Spanish Class 10-noon 	31 Daily Drop-In Activities <b>10:30 am -Wii</b> <b>11:30 am—POTLUCK</b> <b>1 pm BUNCO</b> <b>NOTE DAY CHANGE this month only</b>				<b>DIABETES SUPPORT GROUP MEETING</b> Wednesday, August 4th 10:00 am

*Coming Events*  
September National Senior Center Month  
Labor Day September 6th Office Closed  
National Grandparents Day September 12th  
SSAC OPEN HOUSE September 21st  
First Day of Autumn September 23rd