

December 2021 Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 >Social Worker Consultations 9:00 Kajsa's Class 9:30 Rainbow Fitness 10:00 Enhance Fitness 11:00 Daily Balance 12:00 Massage Therapy 12:00 Community Dining 1:30 Pinochle 3:00 Memoir Writing 4:30 Happy Hour 5:00 Dinner 6:30 Bingo	2 >Social Worker Consultations >Legal Consultations 10:00 Current Events 11:00 Daily Balance 12:00 Community Dining 1:00 Chair Yoga	5 9:00 Kajsa's Class 10:00 Enhance Fitness 11:00 Daily Balance 11:00 Heartfulness Meditation 12:30 Bridge
6 >Social Worker Consultations 9:00 Kajsa's Class 9:30 Rainbow Fitness 10:00 Diabetes Support 10:00 Enhance Fitness 11:00 Daily Balance 12:00 Community Dining 12:30 Bridge 12:00 Red Hats Meeting	7 > Bastyr > SEAMAR > Vet Advocate 9:30 Qigong 10:00 Massage Therapy 10:00 Water Color and Drawing 10:00 French 11:00 Daily Balance 12:00 Community Dining 1:00 Chair Yoga 1:30 Bastyr 2:00 Seattle Rep	8 >Beer Tastomg At Grpwer Guys >Social Worker Consultations >Foot Care 9:00 Men's Breakfast Group 9:00 Kajsa's Class 9:30 Rainbow Fitness 10:00 Enhance Fitness 11:00 Daily Balance 12:00 Massage Therapy 12:00 Vet Social Hour 12:00 Community Dining 1:30 Pinochle 3:00 Memoir Writing 4:30 Happy Hour 5:00 Dinner 6:30 Bingo	9	10 >Lunch at Beach House Bar & Grill > Medicare Open Enrollment 9:00 Kajsa's Class 10:00 Enhance Fitness 11:00 Daily Balance 11:00 Heartfulness Meditation 12:30 Bridge
13 >Social Worker Consultations 9:00 Kajsa's Class 10:00 Enhance Fitness 10:30 Low Vision Support Grp 11:00 Daily Balance 12:00 Community Dining 12:30 Bridge	14 > Bastyr > SEAMAR 9:30 Qigong 10:00 Massage Therapy 10:00 Water Color and Drawing 10:00 French 11:00 Daily Balance 12:00 Community Dining 1:00 Chair Yoga 1:30 Bastyr 2:00 Seattle Rep	15 >Social Worker Consultations >Medicare, Senior Rights, Insurance 9:00 Foot Care 9:30 Rainbow Fitness 9:00 Kajsa's Class 11:00 Daily Balance 10:00 Enhance Fitness 12:00 Massage Therapy 12:00 Community Dining 12:00 Vet Social Hour 1:30 Pinochle 3:00 Memoir Writing 4:30 Happy Hour 5:00 Dinner 6:30 Bingo	16 >Social Worker Consultations >Legal Consultations 10:00 Current Events 11:00 Daily Balance 12:00 Community Dining 1:00 Chair Yoga 1:00 Holiday Party	17 9:00 Kajsa's Class 10:00 Enhance Fitness 11:00 Daily Balance 10:00 Rummage Sale 11:00 Heartfulness Meditation 12:30 Bridge
20 >Social Worker Consultations >Dental Hygiene 9:00 Kajsa's Class 9:30 Rainbow Fitness 10:00 History Book Group 10:00 Enhance Fitness 11:00 Daily Balance 11:30 Parkinson's Support 12:00 Community Dining 12:00 Holiday Party 1:30 Bridge 3:00 Medicine Circle	21 > Bastyr > SEAMAR >Vet Advocate 9:30 Qigong 9:30 Rainbow Fitness 10:00 Massage Therapy 10:00 Water Color and Drawing 11:00 Daily Balance 10:00 French 12:00 Community Dining 1:00 Chair Yoga 1:30 Bastyr 2:00 Seattle Rep	22 > Contemporar Theartre - "Christmas Carol" >Social Worker Consultations >Medicare/Senior Rights 9:00 Kajsa's Class 9:30 Rainbow Fitness 10:00 Enhance Fitness 11:00 Daily Balance 11:00 Bible Study 12:00 Massage Therapy 12:00 Holiday Lunch 1:30 Pinochle 3:00 Memoir Writing 4:30 Happy Hour 5:00 Dinner 6:30 Bingo	23 >Social Worker Consultations >Legal Consultations 10:00 Current Events 11:00 Daily Balance 12:00 Community Dining 1:00 Chair Yoga	24 >Social Worker Consultations >Legal Consultations 10:00 Current Events 11:00 Daily Balance 12:00 Community Dining 1:00 Chair Yoga
27 >Social Worker Consultations 16 9:00 Kajsa's Class 10:00 Enhance Fitness 11:00 Daily Balance 12:00 Community Dining 1:30 Bridge	28 > Bastyr > SEAMAR 9:30 Qigong 10:00 Massage Therapy 10:00 Water Color and Drawing 10:00 French 11:00 Daily Balance 12:00 Community Dining 1:30 Bastyr 1:00 Chair Yoga 1:30 Bastyr 2:00 Seattle Rep	29 >Social Worker Consultations >Medicare/Senior Rights 9:00 Kajsa's Class 9:30 Rainbow Fitness 10:00 Enhance Fitness 11:00 Daily Balance 11:00 Bible Study 12:00 Massage Therapy 12:00 Community Dining 1:30 Pinochle 3:00 Memoir Writing 4:30 Happy Hour 5:00 Dinner 6:30 Bingo	30 >Social Worker Consultations >Legal Consultations 10:00 Current Events 11:00 Daily Balance 12:00 Community Dining 1:00 Chair Yoga 1:00 New Year's Party	31 Happy New Year