

Mon	Tue	Wed	Thu	Fri
<p style="text-align: center;">EDMONDS WATERFRONT CENTER NOVEMBER 2022 ACTIVITY CALENDAR</p>	<p style="text-align: right;">1</p> <p>8:00a SHIBA Advisors - By Appointment Only 8:00a Seattle Visiting Nurses Booster Clinic 8:30a Ping Pong (Game Room) 8:30a Pool/Billiards (Game Room) 8:30a Pinochle (MP3) 9:00a Bridge - Party (MP4) 9:00a Trip Sign Ups (2nd Floor Reception) 9:30a Tuesday Walkers 9:30a Facilities Committee Meeting (CRA) 10:00a Gentle Yoga 11:00a Senior Dining Program (Banquet Room) 12:00p Jack Roy-Feczko - Music in the Bistro 12:30p Mah Jongg - American (MP4) 12:30p Music to Support Emotional and Cognitive Health 1:00p American Film History (MP3) 1:00p Sound Singers Choir (MP1&2)</p>	<p style="text-align: right;">2</p> <p>8:00a Footcare (The Studio) 8:00a SHIBA Advisors - By Appointment Only 8:30a Ping Pong (Game Room) 8:30a Pool/Billiards (Game Room) 9:00a Prenatal Yoga 9:30a One Hour Fitness with Susan (MP1&2) 10:00a Current Events Discussion (CRB) 10:00a EWC Public Tour (Lobby) 10:45a Soft Exercise with Susan - (MP1&2) 11:00a Senior Dining Program (Banquet Room) 11:45a Nick Baker - Music in the Bistro 1:00p Feldenkrais Method of Movement - Private Sessions (Clinic) 1:00p Friendship Quilters (MP4) 1:00p Mahjong - Chinese (MP3) 1:00p Edmonds Ukulele Aikanes (MP1&2)</p>	<p style="text-align: right;">3</p> <p>8:00a Footcare (The Studio) 8:00a SHIBA Advisors - By Appointment Only 8:00a Bastyr Clinic (Clinic Rooms) 8:30a Ping Pong (Game Room) 8:30a Pool/Billiards (Game Room) 8:30a Woodcarvers (MP4) 10:00a German Club (CRB) 10:30a No Fear Watercolor - Intermediate (MP3) -CANCELLED- 10:30a Tai Chi - Beginner (MP1&2) *FULL* 11:00a Senior Dining Program (Banquet Room) 12:00p Ruben Barron - Music in the Bistro 1:00p Bastyr Clinic (Clinic Rooms) 1:00p Creativity & Aging: A 4-Part Discussion Series (CRB) *FULL* 1:00p Senior Swingers Orchestra (MP1&2) 1:00p Parkinson's Dance & Movement for Any Body (MP4) 1:00p Membership Committee (Zoom) 1:30p No Fear Portraits (MP3) -CANCELLED- 1:30p Building Monitor Meet</p>	<p style="text-align: right;">4</p> <p>8:00a SHIBA Advisors - By Appointment Only 8:30a Pool/Billiards (Game Room) 8:30a Community Breakfast (BR) 9:00a Prenatal Yoga 9:30a Mindful Breath & Movement 9:30a One Hour Fitness with Susan (MP1&2) 10:30a No Fear Watercolor - Beginning (MP3) -CANCELLED- 10:45a Soft Exercise with Susan - (MP1&2) 11:00a Senior Dining Program (Banquet Room) 11:30a Lito Castro - Music in the Bistro 11:30a Genealogy 2 - Continuing CANCELLED 12:00p Ping Pong (The Studio) 1:15p Line Dancing - Beginner (MP3) *FULL* 1:30p Genealogy 1 - Beginning CANCELLED 2:30p Line Dancing - Intermediate (MP3)</p>
<p style="text-align: right;">7</p> <p>8:00a SHIBA Advisors - By Appointment Only 8:30a Ping Pong (Game Room) 8:30a Pool/Billiards (Game Room)</p>	<p style="text-align: right;">8</p> <p>8:00a SHIBA Advisors - By Appointment Only 8:30a Ping Pong (Game Room) 8:30a Pool/Billiards (Game Room)</p>	<p style="text-align: right;">9</p> <p>8:00a Footcare (The Studio) 8:00a SHIBA Advisors - By Appointment Only 8:30a Ping Pong (Game Room)</p>	<p style="text-align: right;">10</p> <p>7:00a Hike - Hertz Trail/Whatcom Lake (Bellingham) 8:00a SHIBA Advisors - By Appointment Only 8:00a Bastyr Clinic (Clinic Rooms)</p>	<p style="text-align: right;">11</p> <p>--Veterans Day-- 8:00a SHIBA Advisors - By Appointment Only -CANCELLED- 8:30a Pool/Billiards (Game Room) -CANCELLED- 9:00a Prenatal Yoga -CANCELLED-</p>

Mon	Tue	Wed	Thu	Fri
7	8	9	10	11
9:00a Prenatal Yoga 9:30a Mindful Breath & Movement 9:30a One Hour Fitness with Susan (MP1&2) 10:00a Weekly Writers Group (CRB) 10:30a S&R Program Committee Meeting (CRA) 10:45a Soft Exercise with Susan - (MP1&2) 11:00a Senior Dining Program (Banquet Room) 11:30a Bridge - Duplicate (The Studio) 12:00p Driftwood Sculpture (MP4) 12:00p Rolling Crone Singers (MP3) 1:00p Ballroom Dance & Social (BR South) 1:00p Bingo (MP1&2)	8:30a Pinochle (MP3) 9:00a Bridge - Party (MP4) 9:30a Tuesday Walkers 10:00a Gentle Yoga 11:00a Senior Dining Program (Banquet Room) 12:00p Jack Roy-Feczko - Music in the Bistro 12:30p Mah Jongg - American (MP4) 12:30p Music to Support Emotional and Cognitive Health 1:00p American Film History (MP3) 1:00p Sound Singers Choir (MP1&2) 2:00p Early-Onset Alzheimer's Memory Cafe 5:30p Alzheimer's/Dementia Caregivers Support Group (CRB)	8:30a Pool/Billiards (Game Room) 9:00a Prenatal Yoga 9:30a One Hour Fitness with Susan (MP1&2) 10:00a Current Events Discussion (CRB) 10:00a Tech Help - eBooks Internet Searches & More (CRA) 10:00a EWC Public Tour (Lobby) 10:45a Soft Exercise with Susan - (MP1&2) 11:00a Senior Dining Program (Banquet Room) 11:45a Nick Baker - Music in the Bistro 1:00p Friendship Quilters (MP4) 1:00p How to Live Forever: The Enduring Power of Connecting the Generations (CRB) -CANCELLED- 1:00p Edmonds Ukulele Aikanes (MP1&2) 2:00p Alzheimer's/Dementia Caregivers Support Group (MP3)	8:30a Ping Pong (Game Room) 8:30a Pool/Billiards (Game Room) 8:30a Woodcarvers (MP4) 10:00a German Club (CRB) 10:30a Tai Chi - Beginner (MP1&2) *FULL* 11:00a Senior Dining Program (Banquet Room) 12:00p Mark Ellis Trio - Music in the Bistro 12:00p Auxiliary to the VFW (CRB) 1:00p Bastyr Clinic (Clinic Rooms) 1:00p Senior Swingers Orchestra (MP1&2) 1:00p Parkinson's Dance & Movement for Any Body (MP4) 1:30p No Fear Portraits (MP3) -CANCELLED- 2:00p Blood Pressure Basics	9:30a Prescription Drug Assistance Network (Clinic Room) -CANCELLED- 9:30a Mindful Breath & Movement -CANCELLED- 9:30a One Hour Fitness with Susan (MP1&2) -CANCELLED- 10:45a Soft Exercise with Susan - (MP1&2) -CANCELLED- 11:00a Senior Dining Program (Banquet Room) -CANCELLED- 11:30a Lito Castro - Music in the Bistro -CANCELLED- 11:30a Genealogy 2 - Continuing (CRB) -CANCELLED- 12:00p Ping Pong (The Studio) -CANCELLED- 1:15p Line Dancing - Beginner (MP3) -CANCELLED- 1:30p Genealogy 1 - Beginning (CRB) -CANCELLED- 2:30p Line Dancing - Intermediate (MP3) -CANCELLED-
14	15	16	17	18
8:00a Mammovan (Location - outside SE side of parking lot) 8:00a SHIBA Advisors - By Appointment Only 8:30a Ping Pong (Game Room) 8:30a Pool/Billiards (Game Room) 8:30a Pinochle (MP3) 9:00a Prenatal Yoga 9:30a Health and Wellness Committee 9:30a Mindful Breath & Movement	8:00a SHIBA Advisors - By Appointment Only 8:30a Ping Pong (Game Room) 8:30a Pool/Billiards (Game Room) 8:30a Pinochle (MP3) 9:00a Bridge - Party (MP4) 9:30a Tuesday Walkers 10:00a Gentle Yoga	8:00a SHIBA Advisors - By Appointment Only 8:30a Ping Pong (Game Room) 8:30a Pool/Billiards (Game Room) 9:00a AARP Driver Refresher (Comm Rm A) 9:00a Prenatal Yoga 9:30a One Hour Fitness with Susan (MP1&2) 10:00a Current Events Discussion (CRB)	8:00a SHIBA Advisors - By Appointment Only 8:00a Bastyr Clinic (Clinic Rooms) 8:30a Ping Pong (Game Room) 8:30a Pool/Billiards (Game Room) 8:30a Woodcarvers (MP4) 9:00a AARP Driver Refresher (Comm Rm A) 10:00a German Club (CRB)	8:00a SHIBA Advisors - By Appointment Only 8:30a Pool/Billiards (Game Room) 9:00a Prenatal Yoga 9:30a Mindful Breath & Movement 9:30a One Hour Fitness with Susan (MP1&2) 10:30a No Fear Watercolor - Beginning (MP3) *FULL* 10:45a Soft Exercise with Susan - (MP1&2)

Mon	Tue	Wed	Thu	Fri
14	15	16	17	18
9:30a One Hour Fitness with Susan (MP1&2) 10:00a Financial Services (Clinic Room 1) *FULL* 10:00a Weekly Writers Group (CRB) 10:45a Soft Exercise with Susan - (MP1&2) 11:00a Senior Dining Program (Banquet Room) 11:30a Bridge - Duplicate (The Studio) 12:00p Driftwood Sculpture (MP4) 12:00p Rolling Crone Singers (MP3) 1:00p Ballroom Dance & Social (BR South) 1:00p Bingo (MP1&2)	10:15a Trip - Chihuly Garden & Glass and Space Needle 11:00a Senior Dining Program (Banquet Room) 12:00p Jack Roy-Feczko - Music in the Bistro 12:30p Mah Jongg - American (MP4) 12:30p Music to Support Emotional and Cognitive Health 1:00p American Film History (MP3) 1:00p Sound Singers Choir (MP1&2) 1:00p Sexual Health for Seniors 7:00p Who Owns the United States' Classified Information? (EWC Community Event) BR	10:00a EWC Public Tour (Lobby) 10:30a No Fear Drawing (MP3) *FULL* 10:45a Soft Exercise with Susan - (MP1&2) 11:00a Senior Dining Program (Banquet Room) 11:45a Nick Baker - Music in the Bistro 1:00p Friendship Quilters (MP4) 1:00p Mahjong - Chinese (MP3) 1:00p Handmade Greeting Cards (CRB) 1:00p Edmonds Ukulele Aikanes (MP1&2)	10:30a No Fear Watercolor - Intermediate (MP3) 10:30a Tai Chi - Beginner (MP1&2) *FULL* 11:00a Senior Dining Program (Banquet Room) 1:00p Bastyr Clinic (Clinic Rooms) 1:00p Senior Swingers Orchestra (MP1&2) 1:00p Parkinson's Dance & Movement for Any Body (MP4) 1:00p N/C Friends of the Edmonds Library (Meeting) CRB 1:30p No Fear Portraits (MP3)	11:00a Senior Dining Program (Banquet Room) -CANCELLED- 11:00a Special Holiday Lunch - Thanksgiving 11:30a Lito Castro - Music in the Bistro 11:30a Genealogy 2 - Continuing (CRB) -CANCELLED- 12:00p Ping Pong (The Studio) 1:15p Line Dancing - Beginner (MP3) *FULL* 1:30p Genealogy 1 - Beginning (CRB) -CANCELLED- 2:00p Holiday Wellness - A Gift of Self-Love 2:30p Line Dancing - Intermediate (MP3)
21	22	23	--Thanksgiving Day--	24
8:00a SHIBA Advisors - By Appointment Only 8:30a Ping Pong (Game Room) 8:30a Pool/Billiards (Game Room) 9:00a Prenatal Yoga 9:30a Mindful Breath & Movement 9:30a One Hour Fitness with Susan (MP1&2) 10:00a Weekly Writers Group (CRB) 10:45a Soft Exercise with Susan - (MP1&2) 11:00a Senior Dining Program (Banquet Room) 11:30a Bridge - Duplicate (The Studio) 12:00p Driftwood Sculpture (MP4)	8:00a SHIBA Advisors - By Appointment Only 8:30a Ping Pong (Game Room) 8:30a Pool/Billiards (Game Room) 8:30a Pinochle (MP3) 9:00a Bridge - Party (MP4) 9:30a Tuesday Walkers 10:00a Gentle Yoga 11:00a Senior Dining Program (Banquet Room) 12:00p Jack Roy-Feczko - Music in the Bistro 12:30p Mah Jongg - American (MP4) 12:30p Music to Support Emotional and Cognitive Health	8:00a SHIBA Advisors - By Appointment Only 8:30a Ping Pong (Game Room) 8:30a Pool/Billiards (Game Room) 9:00a Prenatal Yoga 9:30a One Hour Fitness with Susan (MP1&2) 10:00a Feldenkrais Method of Movement - Private Sessions (Clinic) 10:00a Current Events Discussion (CRB) 10:00a Tech Help - eBooks Internet Searches & More (CRA) 10:00a EWC Public Tour (Lobby) 10:30a No Fear Drawing (MP3) -CANCELLED- 10:45a Soft Exercise with Susan - (MP1&2)	--Thanksgiving Day--	25
			--Thanksgiving Day--	--Thanksgiving Friday--
			8:00a SHIBA Advisors - By Appointment Only -CANCELLED- 8:00a Bastyr Clinic (Clinic Rooms) 8:30a Ping Pong (Game Room) -CANCELLED- 8:30a Pool/Billiards (Game Room) -CANCELLED- 8:30a Woodcarvers (MP4) -CANCELLED- 10:00a German Club (CRB) -CANCELLED- 10:30a No Fear Watercolor - Intermediate (MP3) -CANCELLED- 10:30a Tai Chi - Beginner (MP1&2) -CANCELLED- 11:00a Senior Dining Program (Banquet Room) -CANCELLED- 11:30a Joanne Davis - Music in the Bistro -CANCELLED- 1:00p Bastyr Clinic (Clinic Rooms) -CANCELLED-	8:00a SHIBA Advisors - By Appointment Only -CANCELLED- 8:30a Pool/Billiards (Game Room) -CANCELLED- 9:00a Prenatal Yoga -CANCELLED- 9:30a Prescription Drug Assistance Network (Clinic Room) -CANCELLED- 9:30a Mindful Breath & Movement -CANCELLED- 9:30a One Hour Fitness with Susan (MP1&2) -CANCELLED- 10:30a No Fear Watercolor - Beginning (MP3) -CANCELLED- 10:45a Soft Exercise with Susan - (MP1&2) -CANCELLED- 11:00a Senior Dining Program (Banquet Room) -CANCELLED- 11:30a Lito Castro - Music in the Bistro -CANCELLED- 11:30a Genealogy 2 - Continuing (CRB) -CANCELLED-

Mon	Tue	Wed	Thu	Fri
21	22	23	24	25
12:00p Rolling Crone Singers (MP3) 1:00p Ballroom Dance & Social (BR South) 1:00p Bingo (MP1&2)	1:00p American Film History (MP3) 1:00p Sound Singers Choir (MP1&2)	11:00a Senior Dining Program (Banquet Room) 11:45a Nick Baker - Music in the Bistro 1:00p Friendship Quilters (MP4) 1:00p Edmonds Ukulele Aikanes (MP1&2)	1:00p Senior Swingers Orchestra (MP1&2) -CANCELLED- 1:00p Parkinson's Dance & Movement for Any Body (MP4) -CANCELLED- 1:30p No Fear Portraits (MP3) -CANCELLED- 1:30p Intergenerational Book Group (Zoom) -CANCELLED-	12:00p Ping Pong (The Studio) -CANCELLED- 1:30p Genealogy 1 - Beginning (CRB) -CANCELLED-
28	29	30		
8:00a SHIBA Advisors - By Appointment Only 8:30a Ping Pong (Game Room) 8:30a Pool/Billiards (Game Room) 9:00a Prenatal Yoga 9:30a Mindful Breath & Movement 9:30a One Hour Fitness with Susan (MP1&2) 10:00a Weekly Writers Group (CRB) 10:45a Soft Exercise with Susan - (MP1&2) 11:00a Senior Dining Program (Banquet Room) 11:30a Bridge - Duplicate (The Studio) 12:00p Driftwood Sculpture (MP4) 12:00p Rolling Crone Singers (MP3) 1:00p Legal Services (Clinic Rm 3) 1:00p Ballroom Dance & Social (BR South) 1:00p Super Bingo - sponsored by Rosewood Courte Memory Care (MP1&2)	8:00a SHIBA Advisors - By Appointment Only 8:00a SHIBA Open Enrollment 8:30a Ping Pong (Game Room) 8:30a Pool/Billiards (Game Room) 8:30a Pinochle (MP3) 9:00a Bridge - Party (MP4) 9:30a Tuesday Walkers 10:00a Gentle Yoga 11:00a Senior Dining Program (Banquet Room) 12:00p Jack Roy-Feczko - Music in the Bistro 12:30p Mah Jongg - American (MP4) 12:30p Music to Support Emotional and Cognitive Health 1:00p American Film History (MP3) 1:00p Sound Singers Choir (MP1&2) 1:00p 10 Warning Signs of Alzheimer's Disease	8:00a Footcare (The Studio) 8:00a SHIBA Advisors - By Appointment Only 8:30a Ping Pong (Game Room) 8:30a Pool/Billiards (Game Room) 9:00a Prenatal Yoga 9:30a One Hour Fitness with Susan (MP1&2) 10:00a Current Events Discussion (CRB) 10:00a EWC Public Tour (Lobby) 10:30a No Fear Drawing (MP3) *FULL* 10:45a Soft Exercise with Susan - (MP1&2) 11:00a Senior Dining Program (Banquet Room) 11:45a Nick Baker - Music in the Bistro 1:00p Friendship Quilters (MP4) 1:00p Edmonds Ukulele Aikanes (MP1&2)		