

Mon 28	Tue 29	Wed 30	Thu 31	Fri 1	
<h1>EDMONDS WATERFRONT CENTER ACTIVITY CALENDAR SEPTEMBER 2023</h1>				<p>8:30a (allday) Pool/Billiards (Game Room) 8:30a Community Breakfast (BR) 9a Prenatal and Beginning Yoga (MP3) 9:30a One Hour Fitness with Susan at EWC (MP1&2) 9:30a One Hour Fitness with Susan on Zoom 10:30a No Fear Watercolor - Beginning (MP3) 10:30a Baby & Me Yoga (MP4) 10:45a Soft Exercise with Susan at EWC (MP1&2) 10:45a Soft Exercise with Susan on Zoom 11a Senior Cafe (BR) 11:30a Lito Castro - Music in the Bistro 12p Ping Pong (The Studio) 1p Writer's Round Table (Zoom) 1:15p Line Dancing - Beginner (MP3) 1:30p Friday Dance at Ballinger (LBC at MLT) 2:30p Line Dancing - Intermediate (MP3)</p>	
<h2>CLOSED FOR HOLIDAY</h2>	<p style="text-align: center;">4</p> <p>8:30a (allday) Ping Pong/Table Tennis (Game Room) 8:30a (allday) Pool/Billiards (Game Room) 8:30a Pinochle (MP3) 9a Bridge - Party (MP4) 9a Trip Sign Ups (2nd Floor Reception) 9:30a Tuesday Walkers 10a Tuesday Gentle Yoga (MP1&2) 11a Senior Cafe (BR) 12p Jack Roy-Feczko - Music in the Bistro 12:30p Mah Jongg - American (MP4) 1p Sound Singers Choir (MP1&2) 1:30p American Film History (MP3)</p>	<p style="text-align: center;">5</p> <p>7:00a (allday) Footcare (The Studio) 8:30a (allday) Ping Pong/Table Tennis (Game Room) 8:30a (allday) Pool/Billiards (Game Room) 9a Prenatal and Beginning Yoga (MP3) 9:30a Friendship Quilters (MP4) 9:30a One Hour Fitness with Susan at EWC (MP1&2) 9:30a One Hour Fitness with Susan on Zoom 10a Tech Help - 1 on 1 (CL) 10a Current Events Discussion (CRB) 10a Tours 10:30a No Fear Drawing (MP3) 10:45a Soft Exercise with Susan at EWC (MP1&2) 10:45a Soft Exercise with Susan on Zoom 11a Senior Cafe (BR) 11:45a Nick Baker - Music in the Bistro 1p Feldenkrais Method of Movement - Private Sessions (Clinic) 1p Mah Jongg - Chinese (MP3) 1p Edmonds Ukulele Aikanes (MP1&2) 2p Line Dancing - Easy/Intermediate (Ballinger)</p>	<p style="text-align: center;">6</p> <p>7:00a (allday) Footcare (The Studio) 8:00a (allday) Bastyr Clinic (Clinic Rooms) 8:30a (allday) Ping Pong/Table Tennis (Game Room) 8:30a (allday) Pool/Billiards (Game Room) 8:30a Woodcarvers (MP4) 9a Thursday Gentle Yoga (MP1&2) 10a German Club (CRB) 10:30a No Fear Watercolor - Intermediate (MP3) 10:30a Tai Chi - Beginner (MP1&2) 11a Senior Cafe (BR) 1p Senior Swingers Orchestra (MP1&2) 1p MOVEMENT FOR LIFE/DANCE FOR ANY BODY (MP4) 1:30p No Fear Torn Paper Mosaics (MP3)</p>	<p style="text-align: center;">7</p> <p>8:30a (allday) Pool/Billiards (Game Room) 9a Prenatal and Beginning Yoga (MP3) 9:30a Prescription Drug Assistance Network (Clinic) 9:30a One Hour Fitness with Susan at EWC (MP1&2) 9:30a One Hour Fitness with Susan on Zoom 10:30a No Fear Watercolor - Beginning (MP3) 10:30a Baby & Me Yoga (MP4) 10:45a Soft Exercise with Susan at EWC (MP1&2) 10:45a Soft Exercise with Susan on Zoom 11a Senior Cafe (BR) 11:30a Lito Castro - Music in the Bistro 12p Ping Pong (The Studio) 1p Writer's Round Table (Zoom) 1:15p Line Dancing - Beginner (MP3) 1:30p Friday Dance at Ballinger (LBC at MLT) 2:30p Line Dancing - Intermediate (MP3)</p>	<p style="text-align: center;">8</p>

Mon	Tue	Wed	Thu	Fri
11	12	13	14	15
<p>8:00a (allday) Mammovan (Location - outside SE side of parking lot)</p> <p>8:30a (allday) Ping Pong/Table Tennis (Game Room)</p> <p>8:30a (allday) Pool/Billiards (Game Room)</p> <p>9a Prenatal and Beginning Yoga (MP3)</p> <p>9:30a One Hour Fitness with Susan at EWC (MP1&2)</p> <p>9:30a One Hour Fitness with Susan on Zoom</p> <p>10a Financial Services (Clinic Room 1)</p> <p>10:30a Baby & Me Yoga (MP4)</p> <p>10:45a Soft Exercise with Susan at EWC (MP1&2)</p> <p>10:45a Soft Exercise with Susan on Zoom</p> <p>11a Senior Cafe (BR)</p> <p>11a Wave - Music in the Bistro</p> <p>11:30a Bridge - Duplicate (LBC at MLT)</p> <p>12p Driftwood Sculpture (MP4)</p> <p>12p Rolling Crone Singers (MP3)</p> <p>12p Music Wellness and Connection for Seniors (CRA)</p> <p>1p Bingo (MP1&2)</p>	<p>8:30a (allday) Ping Pong/Table Tennis (Game Room)</p> <p>8:30a (allday) Pool/Billiards (Game Room)</p> <p>8:30a Pinochle (MP3)</p> <p>9a Bridge - Party (MP4)</p> <p>9:30a Aches and Pains? Meet with Physical Therapist Grace (Clinic)</p> <p>9:30a Tuesday Walkers</p> <p>10a Tuesday Gentle Yoga (MP1&2)</p> <p>11a Senior Cafe (BR)</p> <p>12p Jack Roy-Feczko - Music in the Bistro</p> <p>12:30p Mah Jongg - American (MP4)</p> <p>1p Sound Singers Choir (MP1&2)</p> <p>1:30p American Film History (MP3)</p> <p>2p Early-Onset Alzheimer's Memory Cafe (CRA)</p>	<p>7:00a (allday) Footcare (The Studio)</p> <p>8:30a (allday) Ping Pong/Table Tennis (Game Room)</p> <p>8:30a (allday) Pool/Billiards (Game Room)</p> <p>9a Prenatal and Beginning Yoga (MP3)</p> <p>9:30a Friendship Quilters (MP4)</p> <p>9:30a One Hour Fitness with Susan at EWC (MP1&2)</p> <p>9:30a One Hour Fitness with Susan on Zoom</p> <p>10a Tech Help - 1 on 1 (CL)</p> <p>10a Current Events Discussion (CRB)</p> <p>10a Tours</p> <p>10:30a No Fear Drawing (MP3)</p> <p>10:45a TRIP - Mariners Senior Day</p> <p>10:45a Soft Exercise with Susan at EWC (MP1&2)</p> <p>10:45a Soft Exercise with Susan on Zoom</p> <p>11a Senior Cafe (BR)</p> <p>11:45a Nick Baker - Music in the Bistro</p> <p>1p Edmonds Ukulele Aikanes (MP1&2)</p> <p>1p Living Better in Retirement (CRB)</p> <p>2p Alzheimer's/Dementia Caregivers Support Group (MP3)</p> <p>2p Line Dancing - Easy/Intermediate (Ballinger)</p>	<p>7:00a (allday) Footcare (The Studio)</p> <p>7:00a (allday) HIKE - Lake Valhalla (Stevens Pass)</p> <p>8:00a (allday) Bastyr Clinic (Clinic Rooms)</p> <p>8:30a (allday) Ping Pong/Table Tennis (Game Room)</p> <p>8:30a (allday) Pool/Billiards (Game Room)</p> <p>8:30a Woodcarvers (MP4)</p> <p>9a Thursday Gentle Yoga (MP1&2)</p> <p>10a German Club (CRB)</p> <p>10:30a No Fear Watercolor - Intermediate (MP3)</p> <p>10:30a Tai Chi - Beginner (MP1&2)</p> <p>11a Senior Cafe (BR)</p> <p>12p Mark Ellis Trio - Music in the Bistro</p> <p>1p Senior Swingers Orchestra (MP1&2)</p> <p>1p MOVEMENT FOR LIFE/DANCE FOR ANY BODY (MP4)</p> <p>1:30p No Fear Torn Paper Mosaics (MP3)</p> <p>6:30p Author Talk - Paddle Pilgrim Adventures (BR)</p>	<p>8:30a (allday) Pool/Billiards (Game Room)</p> <p>9a Prenatal and Beginning Yoga (MP3)</p> <p>9:30a One Hour Fitness with Susan at EWC (MP1&2)</p> <p>9:30a One Hour Fitness with Susan on Zoom</p> <p>10:30a No Fear Watercolor - Beginning (MP3)</p> <p>10:30a Baby & Me Yoga (MP4)</p> <p>10:45a Soft Exercise with Susan at EWC (MP1&2)</p> <p>10:45a Soft Exercise with Susan on Zoom</p> <p>11a Senior Cafe (BR)</p> <p>11a Taste of Italy Spaghetti Lunch Fundraiser (BR)</p> <p>11:30a Lito Castro - Music in the Bistro</p> <p>12p Ping Pong (The Studio)</p> <p>1p Paper Arts: Stamps & Heat Embossing (MP4)</p> <p>1p Writer's Round Table (Zoom)</p> <p>1:15p Line Dancing - Beginner (MP3)</p> <p>1:30p Friday Dance at Ballinger (LBC at MLT)</p> <p>1:30p Savor the Tastes of Mexico Cooking Demo</p> <p>2:30p Line Dancing - Intermediate (MP3)</p>
18	19	20	21	22
<p>8:30a (allday) Ping Pong/Table Tennis (Game Room)</p> <p>8:30a (allday) Pool/Billiards (Game Room)</p> <p>9a Prenatal and Beginning Yoga (MP3)</p> <p>9:30a One Hour Fitness with Susan at EWC (MP1&2)</p> <p>9:30a One Hour Fitness with Susan on Zoom</p> <p>10:30a Baby & Me Yoga (MP4)</p> <p>10:30a Foundations of a Mindful Life (MP3)</p> <p>10:45a Soft Exercise with Susan at EWC (MP1&2)</p> <p>10:45a Soft Exercise with Susan on Zoom</p> <p>11a Senior Cafe (BR)</p> <p>11a Wave - Music in the Bistro</p>	<p>8:30a (allday) Ping Pong/Table Tennis (Game Room)</p> <p>8:30a (allday) Pool/Billiards (Game Room)</p> <p>8:30a Pinochle (MP3)</p> <p>9a Bridge - Party (MP4)</p> <p>9:30a Tuesday Walkers</p> <p>10a Tuesday Gentle Yoga (MP1&2)</p> <p>11a Senior Cafe (BR)</p> <p>12p Jack Roy-Feczko - Music in the Bistro</p> <p>12:30p Mah Jongg - American (MP4)</p> <p>1p Free Reiki Healing (Clinic)</p> <p>1p Sound Singers Choir (MP1&2)</p>	<p>8:30a (allday) Ping Pong/Table Tennis (Game Room)</p> <p>8:30a (allday) Pool/Billiards (Game Room)</p> <p>9a Prenatal and Beginning Yoga (MP3)</p> <p>9:30a Friendship Quilters (MP4)</p> <p>9:30a One Hour Fitness with Susan at EWC (MP1&2)</p> <p>9:30a One Hour Fitness with Susan on Zoom</p> <p>10a Tech Help - 1 on 1 (CL)</p> <p>10a Current Events Discussion (CRB)</p> <p>10a Tours</p> <p>10:30a No Fear Drawing (MP3)</p> <p>10:45a Soft Exercise with Susan at EWC (MP1&2)</p>	<p>8:00a (allday) Bastyr Clinic (Clinic Rooms)</p> <p>8:30a (allday) Ping Pong/Table Tennis (Game Room)</p> <p>8:30a (allday) Pool/Billiards (Game Room)</p> <p>8:30a Woodcarvers (MP4)</p> <p>9a Thursday Gentle Yoga (MP1&2)</p> <p>10a TRIP - Climate Pledge Arena Tour</p> <p>10a German Club (CRB)</p> <p>10:30a No Fear Watercolor - Intermediate (MP3)</p> <p>10:30a Tai Chi - Beginner (MP1&2)</p> <p>11a Senior Cafe (BR)</p> <p>1p Aging Mastery Program (CRB)</p>	<p>8:30a (allday) Pool/Billiards (Game Room)</p> <p>9a Prenatal and Beginning Yoga (MP3)</p> <p>9:30a Prescription Drug Assistance Network (Clinic)</p> <p>9:30a One Hour Fitness with Susan at EWC (MP1&2)</p> <p>9:30a One Hour Fitness with Susan on Zoom</p> <p>10a Secrets of Graceful Aging (CRB)</p> <p>10:30a No Fear Watercolor - Beginning (MP3)</p> <p>10:30a Baby & Me Yoga (MP4)</p> <p>10:45a Soft Exercise with Susan at EWC (MP1&2)</p> <p>10:45a Soft Exercise with Susan on Zoom</p> <p>11a Senior Cafe (BR)</p>

Mon	Tue	Wed	Thu	Fri
18	19	20	21	22
11:30a Bridge - Duplicate (LBC at MLT) 12p Driftwood Sculpture (MP4) 12p Rolling Crone Singers (MP3) 12p Music Wellness and Connection for Seniors (CRA) 1p Bingo (MP1&2)	1p Travel Preparedness and Q&A (CRB) 1:30p American Film History (MP3)	10:45a Soft Exercise with Susan on Zoom 11a Senior Cafe (BR) 11:45a Nick Baker - Music in the Bistro 1p Mah Jongg - Chinese (MP3) 1p Edmonds Ukulele Aikanes (MP1&2) 1p Living Better in Retirement (CRB) 2p Line Dancing - Easy/Intermediate (Ballinger) 2p Senior Stroll with Our Local Fire Fighters (CRA)	1p Senior Swingers Orchestra (MP1&2) 1p MOVEMENT FOR LIFE/DANCE FOR ANY BODY (MP4) 1:30p No Fear Torn Paper Mosaics (MP3)	11:30a Lito Castro - Music in the Bistro 12p Ping Pong (The Studio) 1p Verdant - Fruit and Vegetable Cooking Demo (Private) 1p Writer's Round Table (Zoom) 1:15p Line Dancing - Beginner (MP3) 1:30p Friday Dance at Ballinger (LBC at MLT) 2:30p Line Dancing - Intermediate (MP3)
25	26	27	28	29
8:00a (allday) Floss Boss Dental Clinic - south Parking Lot 8:30a (allday) Ping Pong/Table Tennis (Game Room) 8:30a (allday) Pool/Billiards (Game Room) 9a Prenatal and Beginning Yoga (MP3) 9:30a One Hour Fitness with Susan at EWC (MP1&2) 9:30a One Hour Fitness with Susan on Zoom 10:30a Baby & Me Yoga (MP4) 10:30a Foundations of a Mindful Life (MP3) 10:45a Soft Exercise with Susan at EWC (MP1&2) 10:45a Soft Exercise with Susan on Zoom 11a Senior Cafe (BR) 11a Wave - Music in the Bistro 11:30a Bridge - Duplicate (LBC at MLT) 12p Driftwood Sculpture (MP4) 12p Rolling Crone Singers (MP3) 12p Music Wellness and Connection for Seniors (CRA) 1p Legal Services (Clinic Rm 3) 1p Super Bingo - Sponsored by Rosewood Courte (MP1&2)	10:00a (allday) TRIP - Angel of the Winds Casino 8:30a (allday) Ping Pong/Table Tennis (Game Room) 8:30a (allday) Pool/Billiards (Game Room) 8:30a (allday) Pool/Billiards (Game Room) 8:30a Pinochle (MP3) 9a Bridge - Party (MP4) 9:30a Tuesday Walkers 10a CRI - Creative Retirement Institute (CRB) 10a Tuesday Gentle Yoga (MP1&2) 11a Senior Cafe (BR) 11a SMART 911 sign-up (emergency phone system with Snohomish County 911) 12p Jack Roy-Feczko - Music in the Bistro 12:30p Mah Jongg - American (MP4)	8:30a (allday) Ping Pong/Table Tennis (Game Room) 8:30a (allday) Pool/Billiards (Game Room) 9a Prenatal and Beginning Yoga (MP3) 9:30a Friendship Quilters (MP4) 9:30a One Hour Fitness with Susan at EWC (MP1&2) 9:30a One Hour Fitness with Susan on Zoom 10a Tech Help - 1 on 1 (CL) 10a Current Events Discussion (CRB) 10a Tours 10:30a No Fear Drawing (MP3) 10:45a Soft Exercise with Susan at EWC (MP1&2) 10:45a Soft Exercise with Susan on Zoom 11a Senior Cafe (BR) 11:45a Nick Baker - Music in the Bistro 1p Feldenkrais Method of Movement - Private Sessions (Clinic) 1p Edmonds Ukulele Aikanes (MP1&2) 2p Line Dancing - Easy/Intermediate (Ballinger)	6:00a (allday) HIKE - Bagley Lake/Chain Lakes (Mt Baker) 8:00a (allday) Bastyr Clinic (Clinic Rooms) 8:30a (allday) Ping Pong/Table Tennis (Game Room) 8:30a (allday) Pool/Billiards (Game Room) 8:30a Woodcarvers (MP4) 9a Thursday Gentle Yoga (MP1&2) 10a German Club (CRB) 10:30a No Fear Watercolor - Intermediate (MP3) 10:30a Tai Chi - Beginner (MP1&2) 11a Senior Cafe (BR) 12p David Johnson - Music in the Bistro 1p Aging Mastery Program (CRB) 1p Senior Swingers Orchestra (MP1&2) 1p MOVEMENT FOR LIFE/DANCE FOR ANY BODY (MP4) 1:30p No Fear Torn Paper Mosaics (MP3)	8:30a (allday) Pool/Billiards (Game Room) 9a Prenatal and Beginning Yoga (MP3) 9:30a One Hour Fitness with Susan at EWC (MP1&2) 9:30a One Hour Fitness with Susan on Zoom 10a Secrets of Graceful Aging (CRB) 10:30a No Fear Watercolor - Beginning (MP3) 10:30a Baby & Me Yoga (MP4) 10:45a Soft Exercise with Susan at EWC (MP1&2) 10:45a Soft Exercise with Susan on Zoom 11a Senior Cafe (BR) 11:30a Lito Castro - Music in the Bistro 12p Ping Pong (The Studio) 1p Writer's Round Table (Zoom) 1:15p Line Dancing - Beginner (MP3) 1:30p Friday Dance at Ballinger (LBC at MLT) 2:30p Line Dancing - Intermediate (MP3) 4p Chuseok