

EDMONDS WATERFRONT CENTER APRIL 2024 ACTIVITY CALENDAR

Mon 1	Tue 2	Wed 3	Thu 4	Fri 5
<p>8:30a (allday) AARP TaxAide (TS) 8:30a (allday) Ping Pong/Table Tennis (GR) 8:30a (allday) Pool/Billiards (GR) 9a DROP IN Prenatal and Beginning Yoga</p> <p>9a Prenatal and Beginning Yoga (MP3)</p> <p>9:30a One Hour Fitness with Susan at EWC (MP1&2) 9:30a One Hour Fitness with Susan on Zoom 10a DROP IN Baby and Me</p> <p>10:30a Baby & Me Yoga (MP4)</p> <p>10:45a Soft Exercise with Susan at EWC (MP1&2) 10:45a Soft Exercise with Susan on Zoom</p> <p>11a Senior Cafe (BR)</p> <p>11:30a Bridge - Duplicate (Ballinger) 11:30a Live Music with Edgar Catalano (BR) 12p Driftwood Sculpture (MP4) 12p Rolling Crone Singers (MP3) 12p Music Wellness and Connection for Seniors (CRA) 1p Bingo (MP1&2) 1p Rug Braiding (CRB) 3:15p DROP IN Family Yoga</p> <p>3:15p Family Yoga (MP3)</p>	<p>8:30a (allday) AARP TaxAide (TS) 8:30a (allday) Ping Pong/Table Tennis (GR) 8:30a (allday) Pool/Billiards (GR) 9:30a (allday) TRIP - Emerald Queen Casino 8a Homage Counseling (Clinic)</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>11:30a Live Music with Jack Roy-Feczko (BR) 12:30p Mah Jongg - American (MP4)</p> <p>12:30p Reiki Healing (Fee) 1p Aging Mastery Program (CRB)</p> <p>1p Dancing & Live Music at Ballinger (LBC) 1p Sound Singers Choir (MP1&2) 1:30p American Film History (MP3)</p>	<p>8:00a (allday) Footcare (The Studio) 8:30a (allday) Ping Pong/Table Tennis (GR) 8:30a (allday) Pool/Billiards (GR) 8:30a Live Music with Frank Salerno (BR)</p> <p>9a Tech Help - 1 on 1 (CRA)</p> <p>9a DROP IN Prenatal and Beginning Yoga</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) 9:30a One Hour Fitness with Susan on Zoom 10a Current Events Discussion (CRB)</p> <p>10a EWC Public Tour (Lobby)</p> <p>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 Live Music with Nick Baker (BR)</p> <p>1p Mah Jongg - Chinese (MP3) 1p Edmonds Ukulele Aikanes (MP1&2) 2p Line Dancing - Easy/Intermediate (Ballinger) 2:30p Improving Movement with the Feldenkrais Method - Group Series (MP4) 4:30p ANCIENT GAMES FOR MODERN FUN (Zoom)</p>	<p>8:00a (allday) Footcare (The Studio) 8:30a (allday) Ping Pong/Table Tennis (GR) 8:30a (allday) Pool/Billiards (GR) 8:30a Woodcarving (MP4)</p> <p>9a Thursday Gentle Yoga (MP1&2)</p> <p>10a German Club (CRB)</p> <p>10:30a No Fear Watercolor - Intermediate (MP3) 10:30a Tai Chi - Beginner (MP1&2)</p> <p>11a Senior Cafe (BR)</p> <p>12p Live Music with Ruben Barron (BR)</p> <p>1p Senior Swingers Orchestra (MP1&2)</p> <p>1p MOVEMENT FOR LIFE/DANCE FOR ANY BODY (MP4) 1:30p Bastyr Clinic (Clinic Rooms) 1:30p No Fear Portraits (MP3)</p>	<p>8:30a (allday) Pool/Billiards (GR) 8:30a Community Breakfast (BR) 9a DROP IN Prenatal and Beginning Yoga 9a Prenatal and Beginning Yoga (MP3)</p> <p>9:30a One Hour Fitness with Susan at EWC (MP1&2) 9:30a One Hour Fitness with Susan on Zoom 10a DROP IN Baby and Me</p> <p>10a SECRETS OF GRACEFUL AGING and *Mindful Meditation (CRB) 10:30a No Fear Watercolor - Beginning (MP3) 10:30a Baby & Me Yoga (MP4)</p> <p>10:45a Soft Exercise with Susan at EWC (MP1&2) 10:45a Soft Exercise with Susan on Zoom</p> <p>11a Senior Cafe (BR) 11:30a Live Music with Danny Lambino (BR) 12p Ping Pong/Table Tennis (TS) 1p Writer's Round Table (Zoom) 1:15p Line Dancing - Beginner (MP3)</p> <p>2:30p Line Dancing - Intermediate (MP3)</p>
<p>8:30a (allday) AARP TaxAide (TS)</p> <p>8:30a (allday) Ping Pong/Table Tennis (GR)</p> <p>8:30a (allday) Pool/Billiards (GR) 9a DROP IN Prenatal and Beginning Yoga 9a Prenatal and Beginning Yoga (MP3)</p> <p>9:30a One Hour Fitness with Susan at EWC (MP1&2) 9:30a One Hour Fitness with Susan on Zoom 10a DROP IN Baby and Me</p> <p>10a Financial Services (Clinic Room 1)</p> <p>10a Birds of Edmonds (CRB)</p> <p>10:30a Baby & Me Yoga (MP4) 10:45a Soft Exercise with Susan at EWC (MP1&2) 10:45a Soft Exercise with Susan on Zoom</p> <p>11a Senior Cafe (BR)</p>	<p>8:30a (allday) AARP TaxAide (TS)</p> <p>8:30a (allday) Ping Pong/Table Tennis (GR)</p> <p>8:30a (allday) Pool/Billiards (GR) 8a Homage Counseling (Clinic) 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>11:30a Live Music with Jack Roy-Feczko (BR) 12:30p Mah Jongg - American (MP4) 12:30p Reiki Healing (Fee)</p> <p>1p Aging Mastery Program (CRB)</p> <p>1p Dancing & Live Music at Ballinger (LBC)</p>	<p>8:00a (allday) Footcare (The Studio)</p> <p>8:30a (allday) Ping Pong/Table Tennis (GR)</p> <p>8:30a (allday) Pool/Billiards (GR) 8:30a Live Music with Frank Salerno (BR) 9a Tech Help - 1 on 1 (CRA)</p> <p>9a DROP IN Prenatal and Beginning Yoga</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) 9:30a One Hour Fitness with Susan on Zoom 10a Current Events Discussion (CRB) 10:30a No Fear Drawing (MP3)</p> <p>10:45a Soft Exercise with Susan at EWC (MP1&2) 10:45a Soft Exercise with Susan on Zoom</p>	<p>7:00a (allday) SNOWSHOE - Heather Meadows Area (Mt Baker) 8:00a (allday) Footcare (The Studio)</p> <p>8:30a (allday) Ping Pong/Table Tennis (GR) 8:30a (allday) Pool/Billiards (GR) 8:30a Woodcarving (MP4)</p> <p>9a Thursday Gentle Yoga (MP1&2)</p> <p>10a German Club (CRB)</p> <p>10:30a No Fear Watercolor - Intermediate (MP3) 10:30a Tai Chi - Beginner (MP1&2)</p> <p>11a Senior Cafe (BR)</p> <p>12p Live Music by Mark Ellis Trio (BR) 1p Senior Swingers Orchestra (MP1&2)</p> <p>1p MOVEMENT FOR LIFE/DANCE FOR ANY BODY (MP4) 1:30p Bastyr Clinic (Clinic Rooms)</p>	<p>8:30a (allday) Pool/Billiards (GR)</p> <p>9:00a (allday) TRIP - Tulip Town & Salmon BBQ 9a DROP IN Prenatal and Beginning Yoga 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 10a DROP IN Baby and Me</p> <p>10a SECRETS OF GRACEFUL AGING and *Mindful Meditation (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</p> <p>11a Senior Cafe (BR)</p>

Mon	Tue	Wed	Thu	Fri
8	9	10	11	12
11:30a Bridge - Duplicate (Ballinger) 11:30a Live Music with Edgar Catalano (BR) 12p Driftwood Sculpture (MP4) 12p Rolling Crone Singers (MP3) 12p Music Wellness and Connection for Seniors (CRA) 1p Bingo (MP1&2) 1p Rug Braiding (CRB) 3:15p DROP IN Family Yoga 3:15p Family Yoga (MP3)	1p Sound Singers Choir (MP1&2) 1:30p American Film History (MP3) 2p Early-Onset Alzheimer's Memory Cafe (CRA)	11a Senior Cafe (BR) 11:45a Live Music with Nick Baker (BR) 1p Edmonds Ukulele Aikanes (MP1&2) 2p Alzheimer's/Dementia Caregivers Support Group (MP3) 2p Line Dancing - Easy/Intermediate (Ballinger) 2:30p Improving Movement with the Feldenkrais Method - Group Series (MP4) 4:30p ANCIENT GAMES FOR MODERN FUN (Zoom)	1:30p No Fear Portraits (MP3) 1:30p Assistance with Prescription Medication Cost (CRB) 6p Robin Ullman (External Meeting) CRB	11:30a Live Music with Danny Lambino (BR) 12p Ping Pong/Table Tennis (TS) 1p Paint a Wooden Butterfly (MP4) 1p Writer's Round Table (Zoom) 1:15p Line Dancing - Beginner (MP3) 2:30p Line Dancing - Intermediate (MP3)
15	16	17	18	19
8:30a (allday) AARP TaxAide (TS) 8:30a (allday) Ping Pong/Table Tennis (GR) 8:30a (allday) Pool/Billiards (GR) 9a DROP IN Prenatal and Beginning Yoga 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 DROP IN Baby and Me 10a Birds of Edmonds (CRB) 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 Bridge - Duplicate (Ballinger) 11:30a Live Music with Edgar Catalano (BR) 12p Driftwood Sculpture (MP4) 12p Rolling Crone Singers (MP3) 12p Music Wellness and Connection for Seniors (CRA) 1p Bingo (MP1&2) 1p Rug Braiding (CRB) 3:15p DROP IN Family Yoga 3:15p Family Yoga (MP3)	8:30a (allday) Ping Pong/Table Tennis (GR) 8:30a (allday) Pool/Billiards (GR) 8a Homage Counseling (Clinic) 8:30a Pinochle (MP3) 9a Bridge - Party (MP4) 9:30a Tuesday Walkers 9:45a CT Ride Along Presentation (CRA) 10a COMMTRANS - Swift Orange Line to Ash Way P&R 10a Tuesday Gentle Yoga (MP1&2) 11a Senior Cafe (BR) 11:30a Live Music with Jack Roy-Feczko (BR) 12:30p Mah Jongg - American (MP4) 1p Free Reiki Healing (Clinic) 1p Aging Mastery Program (CRB) 1p Dancing & Live Music at Ballinger (LBC) 1p Sound Singers Choir (MP1&2) 1:30p American Film History (MP3)	8:30a (allday) Ping Pong/Table Tennis (GR) 8:30a (allday) Pool/Billiards (GR) 8:30a Live Music with Frank Salerno (BR) 9a DROP IN Prenatal and Beginning Yoga 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 Current Events Discussion (CRB) 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 Live Music with Nick Baker (BR) 1p Mah Jongg - Chinese (MP3) 1p Edmonds Ukulele Aikanes (MP1&2) 1:30p Help to Apply for Property Tax Exemption (CRA) 2p Line Dancing - Easy/Intermediate (Ballinger) 2:30p Improving Movement with the Feldenkrais Method - Group Series (MP4) 4:30p ANCIENT GAMES FOR MODERN FUN (Zoom)	8:30a (allday) Ping Pong/Table Tennis (GR) 8:30a (allday) Pool/Billiards (GR) 8:30a Woodcarving (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 Live Music with Ruben Barron (BR) 1p Senior Swingers Orchestra (MP1&2) 1p Beyond Google: Finding Evaluating and Using Health Information (CRB) 1p MOVEMENT FOR LIFE/DANCE FOR ANY BODY (MP4) 1:30p Bastyr Clinic (Clinic Rooms) 1:30p Help to Apply for Property Tax Exemption (CRA) 1:30p No Fear Portraits (MP3) 6p Robin Ullman (External Meeting) CRB	8:30a (allday) Pool/Billiards (GR) 9a DROP IN Prenatal and Beginning Yoga 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 DROP IN Baby and Me 10a SECRETS OF GRACEFUL AGING and *Mindful Meditation (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 Live Music with Danny Lambino (BR) 12p Ping Pong/Table Tennis (TS) 12p Acoustic Ukulele Lesson with Hannah Liz (CRB) 1p Writer's Round Table (Zoom) 1:15p Line Dancing - Beginner (MP3) 1:30p Korean Cuisine Delight (MP1) 2:30p Line Dancing - Intermediate (MP3)
22	23	24	25	26
8:30a (allday) Ping Pong/Table Tennis (GR) 8:30a (allday) Pool/Billiards (GR) 9a DROP IN Prenatal and Beginning Yoga 9a Prenatal and Beginning Yoga (MP3) 9:30a One Hour Fitness with Susan at EWC (MP1&2)	8:30a (allday) Ping Pong/Table Tennis (GR) 8:30a (allday) Pool/Billiards (GR) 8a Homage Counseling (Clinic) 8:30a Pinochle (MP3) 9a Bridge - Party (MP4)	8:30a (allday) Ping Pong/Table Tennis (GR) 8:30a (allday) Pool/Billiards (GR) 8:30a Live Music with Frank Salerno (BR) 9a Tech Help - 1 on 1 (CRA) 9a DROP IN Prenatal and Beginning Yoga	8:00a (allday) HIKE - Lake Padden Loops (Bellingham) 8:30a (allday) Ping Pong/Table Tennis (GR) 8:30a (allday) Pool/Billiards (GR) 8:30a Woodcarving (MP4) 9a Thursday Gentle Yoga (MP1&2)	9a DROP IN Prenatal and Beginning Yoga 10a DROP IN Baby and Me 11a Senior Cafe (BR) 11:30a Live Music with Danny Lambino (TS) 1p Writer's Round Table (Zoom)

Mon	Tue	Wed	Thu	Fri
22	23	24	25	26
<p>9:30a One Hour Fitness with Susan on Zoom 10a DROP IN Baby and Me</p> <p>10a Birds of Edmonds (CRB)</p> <p>10:30a Baby & Me Yoga (MP4)</p> <p>10:45a Soft Exercise with Susan at EWC (MP1&2) 10:45a Soft Exercise with Susan on Zoom 11a Senior Cafe (BR)</p> <p>11:30a Bridge - Duplicate (Ballinger) 11:30a Live Music with Edgar Catalano (BR) 12p Driftwood Sculpture (MP4) 12p Rolling Crone Singers (MP3) 12p Music Wellness and Connection for Seniors (CRA) 1p Legal Services (Clinic Rm 3)</p> <p>1p Bingo (MP1&2)</p> <p>1p Rug Braiding (CRB) 3:15p DROP IN Family Yoga 3:15p Family Yoga (MP3)</p>	<p>9:30a Tuesday Walkers</p> <p>10a Tuesday Gentle Yoga (MP1&2)</p> <p>11a Senior Cafe (BR)</p> <p>11:30a Live Music with Jack Roy-Feczko (BR) 12:30p Mah Jongg - American (MP4)</p> <p>12:30p Reiki Healing (Fee) 1p Aging Mastery Program (CRB)</p> <p>1p Dancing & Live Music at Ballinger (LBC) 1p Sound Singers Choir (MP1&2)</p> <p>1:30p American Film History (MP3)</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) 9:30a One Hour Fitness with Susan on Zoom 10a Current Events Discussion (CRB)</p> <p>10:30a No Fear Drawing (MP3) 10:45a Soft Exercise with Susan at EWC (MP1&2)</p> <p>10:45a Soft Exercise with Susan on Zoom 11a Senior Cafe (BR)</p> <p>11:45a Live Music with Nick Baker (BR) 1p Edmonds Ukulele Aikanes (MP1&2) 2p Line Dancing - Easy/Intermediate (Ballinger) 2:30p Alzheimer's/Dementia Caregivers Support Group (MP3) 2:30p Improving Movement with the Feldenkrais Method - Group Series (MP4) 4:30p ANCIENT GAMES FOR MODERN FUN (Zoom)</p>	<p>10a German Club (CRB)</p> <p>10:30a No Fear Watercolor - Intermediate (MP3) 10:30a Tai Chi - Beginner (MP1&2)</p> <p>11a Senior Cafe (BR)</p> <p>11:30a TRIP - Disney's Aladdin at the Paramount 12p Live Music with David Johnson (BR) 1p Mood Food and Attitude: A workshop on Diet and Lifestyle Strategies to Improve Mental Health (CRB) 1p Senior Swingers Orchestra (MP1&2) 1p MOVEMENT FOR LIFE/DANCE FOR ANY BODY (MP4) 1:30p Bastyr Clinic (Clinic Rooms) 1:30p No Fear Portraits (MP3) 1:30p Intergenerational Book Group (Zoom)</p>	<h1 style="margin: 0;">HEALTHY LIVING FAIR</h1> <h2 style="margin: 0;">10am - 2pm</h2>
29	30	1	2	3
<p>8:00a (allday) Bloodworks NW (The Studio) 8:30a (allday) Ping Pong/Table Tennis (GR) 8:30a (allday) Pool/Billiards (GR) 9a DROP IN Prenatal and Beginning Yoga 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 DROP IN Baby and Me</p> <p>10:30a Baby & Me Yoga (MP4) 10:45a Soft Exercise with Susan at EWC (MP1&2) 10:45a Soft Exercise with Susan on Zoom</p> <p>11a Senior Cafe (BR) 11:30a Bridge - Duplicate (Ballinger) 11:30a Live Music with Edgar Catalano (BR) 12p Driftwood Sculpture (MP4) 12p Rolling Crone Singers (MP3) 12p Music Wellness and Connection for Seniors (CRA) 1p Rug Braiding (CRB) 1p Super Bingo sponsored by Rosewood Courte (MP1&2) 3:15p DROP IN Family Yoga 3:15p Family Yoga (MP3)</p>	<p>8:00a (allday) Bloodworks NW (The Studio) 8:30a (allday) Ping Pong/Table Tennis (GR) 8:30a (allday) Pool/Billiards (GR) 8a Homage Counseling (Clinic) 8:30a Pinochle (MP3) 9a Bridge - Party (MP4)</p> <p>9:30a Tuesday Walkers</p> <p>10a CRI - Creative Retirement Institute (CRB) 10a Tuesday Gentle Yoga (MP1&2) 11a Senior Cafe (BR)</p> <p>11:30a Live Music with Jack Roy-Feczko (BR) 12:30p Mah Jongg - American (MP4) 1p Aging Mastery Program (CRB) 1p Dancing & Live Music at Ballinger (LBC)</p> <p>1p Sound Singers Choir (MP1&2) 1:30p American Film History (MP3)</p>			