

EDMONDS WATERFRONT CENTER

ACTIVITY CALENDAR

OCTOBER 2025

Mon 29	Tue 30	Wed 1	Thu 2	Fri 3
		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) 9:30a Friendship Quilters (MP4) 9:45a Functional Fitness at EWC (MP 1&2) 9:45a Functional Fitness on Zoom 10a Current Events Discussion (CRB) 10a EWC Public Tour (Lobby) 10:30a No Fear Drawing (MP3) 10:45a Forever Fit at EWC (MP 1&2) 10:45a Forever Fit on Zoom 11:30a Homage / EWC Community Lunch (BR) 1p Mah Jongg - Chinese (MP3) 1p Edmonds Ukulele Aikanes (MP1&2) 2:30p Drop-In Feldenkreis 2:30p Improving Movement with the Feldenkrais Method - Group Series (MP4) 4:15p Jazzercise (MP1&2) 4:15p Line Dancing 4:15pm - Beginner (MP3) 4:30p Good Work Writing Group (Zoom) 6p STRUM (MP1&2)	8:00a (allday) Footcare (The Studio) 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) 11:30a Homage / EWC Community Lunch (BR) 12p Live Music with Ruben Barron (BR) 12:45p Senior Swingers Orchestra (MP1&2) 1p MOVEMENT FOR LIFE/DANCE FOR ANY BODY (MP4) 1p Do I need a Will or a Trust? Is the right person my Power of Attorney? How can I avoid probate? (CRB) 1:30p Bastyr Clinic 1:30p No Fear Torn Paper Mosaics (MP3) 4:15p Jazzercise (MP1&2) 6p DROP IN Evening Yoga 6p Evening Yoga (MP1&2) 6:30p Chuseok Korean Harvest Moon Festival (BR)	8:30a (allday) Pool/Billiards (GR) 8:30a Community Breakfast (BR) 9:45a Functional Fitness at EWC (MP 1&2) 9:45a Functional Fitness 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 Forever Fit at EWC (MP 1&2) 10:45a Forever Fit on Zoom 11:30a Live Music by Mark Ellis Trio (BR) 11:30a Homage / EWC Community Lunch (BR) 12p Ping Pong/Table Tennis (TS) 1p Rug Braiding (CRB) 1:15p Line Dancing 1:15pm - Beginner (MP3) 2:30p Line Dancing 2:30pm - Intermediate (MP3) 6:45p TRIP - Good Day Sunshine/Sgt Peppers at KPC
6 8:30a (allday) Ping Pong/Table Tennis (GR) 8:30a (allday) Pool/Billiards (GR) 9a Toddler Play Group (MP4) 9:30a Ageless Strength: Balance Flexibility & Power (MP 1&2) 10a SVNA COVID-19/Flu Clinic (Studio) 10:45a Gentle Chair Yoga: Strength Flexibility & Relaxation for All Abilities (MP 1&2) 11:30a Live Music with Jan on Piano (BR) 11:30a Homage / EWC Community Lunch (BR) 12p Driftwood Sculpture (MP4) 12p Rolling Crone Singers (MP3) 12p Music Wellness and Connection for Seniors (CRA) 1p Bingo (MP1&2) 1:30p Living & Coping with Chronic Loss (CRB) 4p Acoustic Guitar Group (MP3) 4:15p Jazzercise (MP1&2)	7 8:30a (allday) Ping Pong/Table Tennis (GR) 8:30a (allday) Pool/Billiards (GR) 8a Homage Counseling (Clinic) 8:30a Pinochle (MP3) 8:45a Bridge - Party (MP4) 9:30a Tuesday Walkers 10a Tuesday Gentle Yoga (MP1&2) 11:30a Live Music with Jack Roy-Feczko (BR) 11:30a Homage / EWC Community Lunch (TS) 12:15p Mah Jongg - American (MP3) 12:30p Sound Healing/Reiki Combination 1p Boosting Brain Health: Enhancing Cognitive Wellness & Emotional Balance (CRB) 1p Dancing & Live Music at Ballinger (LBC) 1p Sound Singers Choir (MP1&2) 1:30p American Film History (MP4)	8 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) 9:30a Friendship Quilters (MP4) 9:45a Functional Fitness at EWC (MP 1&2) 9:45a Functional Fitness on Zoom 10a Current Events Discussion (CRB) 10a Member Orientation & Coffee Chat (CRA) 10:30a No Fear Drawing (MP3) 10:45a Forever Fit at EWC (MP 1&2) 10:45a Forever Fit on Zoom 11:30a Live Music with Nick Baker (BR) 11:30a Homage / EWC Community Lunch (BR) 1p Edmonds Ukulele Aikanes (MP1&2) 2p Alzheimer's/Dementia Caregivers Support Group (MP3)	9 7:00a (allday) HIKE - Goose Rock 8:00a (allday) Footcare (The Studio) 8:30a (allday) Ping Pong/Table Tennis (GR) 8:30a (allday) Pool/Billiards (GR) 8:30a Woodcarving (MP4) 9a Thursday Gentle Yoga (MP1&2) 9:30a Live Music with Rebecca on Piano (BR) 10a German Club (CRB) 10:30a No Fear Watercolor - Intermediate (MP3) 10:30a Tai Chi - Beginner (MP1&2) 11:30a Homage / EWC Community Lunch (BR) 12p Live Music with Bob Antolin (BR) 12p Auxiliary to the VFW (CRB) 12:45p Senior Swingers Orchestra (MP1&2) 1p MOVEMENT FOR LIFE/DANCE FOR ANY BODY (MP4) 1:30p Bastyr Clinic	10 8:30a (allday) Pool/Billiards (GR) 9:30a Prescription Drug Assistance Network (Clinic) 9:45a Functional Fitness at EWC (MP 1&2) 9:45a Functional Fitness 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 Forever Fit at EWC (MP 1&2) 10:45a Forever Fit on Zoom 11:30a Live Music by Mark Ellis Trio (BR) 11:30a Homage / EWC Community Lunch (BR) 12p Ping Pong/Table Tennis (TS) 1p Rug Braiding (CRB) 1p The Cozy Fall Feast: Heart-Healthy Recipes to Warm the Soul Cooking Demo (MP 1&2) 1:15p Line Dancing 1:15pm - Beginner (MP3)

Mon	Tue	Wed	Thu	Fri
6	7	8	9	10
		2:30p Drop-In Feldenkreis 2:30p Improving Movement with the Feldenkrais Method - Group Series (MP4) 4:15p Jazzercise (MP1&2) 4:15p Line Dancing 4:15pm - Beginner (MP3) 4:30p Good Work Writing Group (Zoom) 6p STRUM (MP1&2)	1:30p 5 Little Known Secrets to Making Dementia Caregiving Easier (CRB) 1:30p No Fear Torn Paper Mosaics (MP3) 4:15p Jazzercise (MP1&2) 6p DROP IN Evening Yoga 6p Evening Yoga (MP1&2) 6:30p EWC Environmental Series Secrets of the Harbor Porpoise (BR)	2:30p Line Dancing 2:30pm - Intermediate (MP3)
13	14	15	16	17
8:30a (allday) Ping Pong/Table Tennis (GR) 8:30a (allday) Pool/Billiards (GR) 9a Toddler Play Group (MP4) 9:30a Ageless Strength: Balance Flexibility & Power (MP 1&2) 10a Financial Services (Clinic Room 1) 10:45a Gentle Chair Yoga: Strength Flexibility & Relaxation for All Abilities (MP 1&2) 11:30a Live Music with Lito Castro (BR) 11:30a Homage / EWC Community Lunch (BR) 12p Driftwood Sculpture (MP4) 12p Rolling Crone Singers (MP3) 12p Music Wellness and Connection for Seniors (CRA) 1p Bingo (MP1&2) 1:30p Living & Coping with Chronic Loss (CRB) 3:30p Indigenous Walking Tour (BR) 4p Acoustic Guitar Group (MP3) 4:15p Jazzercise (MP1&2) 6p Teen Cooking Class - Spicy Tofu Salad & Granola Cups (MP1&2)	8:30a (allday) Ping Pong/Table Tennis (GR) 8:30a (allday) Pool/Billiards (GR) 8:30a Pinochle (MP3) 8:45a Bridge - Party (MP4) 9:30a Aches and Pains? Meet with Physical Therapist Grace (Clinic) 9:30a Tuesday Walkers 10a Tuesday Gentle Yoga (MP1&2) 11:30a Live Music with Jack Roy-Feczko (BR) 11:30a Homage / EWC Community Lunch (BR) 12:15p Mah Jongg - American (MP3) 12:30p Sound Healing/Reiki Combination 1p Dancing & Live Music at Ballinger (LBC) 1p Sound Singers Choir (MP1&2) 1:30p American Film History (MP4) 1:30p AARP - Vigilance Against Cyber Crime (CRB) 2p Memory Cafe: Early Stage with Caregivers (CRA) 3:30p Great Decisions 2025 (CRB) 4:15p Jazzercise (MP1&2) 6p Line Dancing 6pm - Evening Beginner+ (MP1&2)	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) 9:30a Friendship Quilters (MP4) 9:45a Functional Fitness at EWC (MP 1&2) 9:45a Functional Fitness on Zoom 10a Current Events Discussion (CRB) 10:30a No Fear Drawing (MP3) 10:45a Forever Fit at EWC (MP 1&2) 10:45a Forever Fit on Zoom 11:30a Live Music with Nick Baker (BR) 11:30a Homage / EWC Community Lunch (BR) 12p Monthly Birthday Celebration (BR) 1p Mah Jongg - Chinese (MP3) 1p Edmonds Ukulele Aikanes (MP1&2) 1p Get Empowered: Embrace Your Mental Well-Being (CRB) 2:30p Drop-In Feldenkreis 2:30p Improving Movement with the Feldenkrais Method - Group Series (MP4) 4:15p Jazzercise (MP1&2) 4:15p Line Dancing 4:15pm - Beginner (MP3) 4:30p Good Work Writing Group (Zoom) 6p STRUM (MP1&2)	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) 11:30a Homage / EWC Community Lunch (BR) 12p Live Music with Ruben Barron (BR) 12:45p Senior Swingers Orchestra (MP1&2) 1p Dealing with Dementia - Rosalynn Carter Institute (CRB) 1p MOVEMENT FOR LIFE/DANCE FOR ANY BODY (MP4) 1:30p Bastyr Clinic 1:30p No Fear Torn Paper Mosaics (MP3) 4:15p Jazzercise (MP1&2) 6p DROP IN Evening Yoga 6p Evening Yoga (MP1&2) 6:30p Candidate Conversations (BR)	8:30a (allday) Pool/Billiards (GR) 9a Nourish & Thrive: Your Personalized Nutrition Session (CR 2) 9:30a EWC Pride Circle (CRA) 9:45a Functional Fitness at EWC (MP 1&2) 9:45a Functional Fitness 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 Forever Fit at EWC (MP 1&2) 10:45a Forever Fit on Zoom 11:30a Live Music with Danny Lambino (BR) 11:30a Homage / EWC Community Lunch (BR) 12p Ping Pong/Table Tennis (TS) 1p Bone Health Essentials: Managing Low Bone Density (CMB) 1p Rug Braiding (MP4) 1:15p Line Dancing 1:15pm - Beginner (MP3) 2:30p Line Dancing 2:30pm - Intermediate (MP3)
20	21	22	23	24
8:00a (allday) Footcare (The Studio) 8:30a (allday) Ping Pong/Table Tennis (GR) 8:30a (allday) Pool/Billiards (GR) 9a Toddler Play Group (MP4) 9:30a Ageless Strength: Balance Flexibility & Power (MP 1&2) 10:45a Gentle Chair Yoga: Strength Flexibility & Relaxation for All Abilities (MP 1&2)	8:30a (allday) Ping Pong/Table Tennis (GR) 8:30a (allday) Pool/Billiards (GR) 8a Homage Counseling (Clinic) 8:30a Pinochle (MP3) 8:45a Bridge - Party (MP4) 9:30a Tuesday Walkers	8:00a (allday) SHIBA Open Enrollment Event 8:30a (allday) Ping Pong/Table Tennis (GR) 8:30a (allday) Pool/Billiards (GR) 8:30a Live Music with Frank Salerno (BR) 9:30a Friendship Quilters (MP4) 9:45a Functional Fitness at EWC (MP 1&2)	7:00a (allday) HIKE - Icicle Gorge 8:30a (allday) Ping Pong/Table Tennis (GR) 8:30a (allday) Pool/Billiards (GR) 8:30a Woodcarving (MP4) 9a Thursday Gentle Yoga (MP1&2) 9:30a Live Music with Rebecca on Piano (BR)	8:30a (allday) Pool/Billiards (GR) 9:30a Prescription Drug Assistance Network (Clinic) 9:45a Functional Fitness at EWC (MP 1&2) 9:45a Functional Fitness on Zoom 10a DROP IN Baby and Me 10a Secrets of Graceful Aging and Mindful Meditation (CRB)

Mon	Tue	Wed	Thu	Fri
20	21	22	23	24
11:30a Live Music with Jan on Piano (BR)	10a Tuesday Gentle Yoga (MP1&2)	9:45a Functional Fitness on Zoom	10a German Club (CRB)	10:30a No Fear Watercolor - Beginning (MP3)
11:30a Homage / EWC Community Lunch (BR)	11:30a Live Music with Jack Roy-Feczko (BR)	10a Current Events Discussion (CRB)	10:30a No Fear Watercolor - Intermediate (MP3)	10:30a Baby & Me Yoga (MP4)
12p Driftwood Sculpture (MP4)	11:30a Homage / EWC Community Lunch (BR)	10:30a No Fear Drawing (MP3)	10:30a Tai Chi - Beginner (MP1&2)	10:45a Forever Fit at EWC (MP 1&2)
12p Rolling Crone Singers (MP3)	12:15p Mah Jongg - American (MP3)	10:45a Forever Fit at EWC (MP 1&2)	11:30a Homage / EWC Community Lunch (BR)	10:45a Forever Fit on Zoom
12p Music Wellness and Connection for Seniors (CRA)	1p Dancing & Live Music at Ballinger (LBC)	10:45a Forever Fit on Zoom	12p Live Music with Bob Antolin (BR)	11:30a Live Music with Danny Lambino (BR)
1p Bingo (MP1&2)	1p Reiki Healing - Mini Session (Clinic)	11:30a Live Music with Nick Baker (BR)	12:45p Senior Swingers Orchestra (MP1&2)	11:30a Homage / EWC Community Lunch (BR)
1:30p Living & Coping with Chronic Loss (CRB)	1p Sound Singers Choir (MP1&2)	11:30a Homage / EWC Community Lunch (BR)	1p MOVEMENT FOR LIFE/DANCE FOR ANY BODY (MP4)	12p Ping Pong/Table Tennis (TS)
4p Acoustic Guitar Group (MP3)	1p Open Enrollment Prescription Assistance Workshop (CRB)	1p Edmonds Ukulele Aikanes (MP1&2)	1:30p Bastyr Clinic	1p Rug Braiding (CRB)
4:15p Jazzercise (MP1&2)	1:30p American Film History (MP4)	1p Get Empowered: Embrace Your Mental Well-Being (CRB)	1:30p No Fear Torn Paper Mosaics (MP3)	1p Bringing Comfort to the Table: Savory Cornbread Muffins & Creamy Leek Soup Cooking Demo (MP1&2)
6:30p Sound Bath By Candlelight (MP3)	3:30p Great Decisions 2025 (CRB)	2:30p Alzheimer's/Dementia Caregivers Support Group (MP3)	1:30p Intergenerational Book Group (Zoom)	1:15p Line Dancing 1:15pm - Beginner (MP3)
	4:15p Jazzercise (MP1&2)	2:30p Drop-In Feldenkreis	4:15p Jazzercise (MP1&2)	2:30p Line Dancing 2:30pm - Intermediate (MP3)
	6p Line Dancing 6pm - Evening Beginner+ (MP1&2)	2:30p Improving Movement with the Feldenkrais Method - Group Series (MP4)	5p Oktoberfest Dinner (BR)	
		4:15p Jazzercise (MP1&2)	6p DROP IN Evening Yoga	
		4:15p Line Dancing 4:15pm - Beginner (MP3)	6p Evening Yoga (MP1&2)	
		4:30p Good Work Writing Group (Zoom)		
		6p STRUM (MP1&2)		
27	28	29	30	31
8:00a (allday) Bloodworks NW (The Studio)	8:30a (allday) Ping Pong/Table Tennis (GR)	8:30a (allday) Ping Pong/Table Tennis (GR)	8:30a (allday) Ping Pong/Table Tennis (GR)	8:30a (allday) Pool/Billiards (GR)
8:30a (allday) Ping Pong/Table Tennis (GR)	8:30a (allday) Pool/Billiards (GR)	8:30a (allday) Pool/Billiards (GR)	8:30a (allday) Pool/Billiards (GR)	9:45a Functional Fitness at EWC (MP 1&2)
8:30a (allday) Pool/Billiards (GR)	8:30a Pinochle (MP3)	8:30a Live Music with Frank Salerno (BR)	8:30a Woodcarving (MP4)	9:45a Functional Fitness on Zoom
9a Toddler Play Group (MP4)	8:45a Bridge - Party (MP4)	9:30a Friendship Quilters (MP4)	9a Thursday Gentle Yoga (MP1&2)	10a DROP IN Baby and Me
9:30a Ageless Strength: Balance Flexibility & Power (MP 1&2)	9:30a Tuesday Walkers	9:45a Functional Fitness at EWC (MP 1&2)	10a German Club (CRB)	10a Secrets of Graceful Aging and Mindful Meditation (CRB)
10a SVNA COVID-19/Flu Clinic (Clinic Rooms)	10a Cascade Orchestra Quintet Rehearsal (TS)	9:45a Functional Fitness on Zoom	10:30a No Fear Watercolor - Intermediate (MP3)	10:30a No Fear Watercolor - Beginning (MP3)
10:45a Gentle Chair Yoga: Strength Flexibility & Relaxation for All Abilities (MP 1&2)	10a Tuesday Gentle Yoga (MP1&2)	10a Current Events Discussion (CRB)	10:30a Tai Chi - Beginner (MP1&2)	10:30a Baby & Me Yoga (MP4)
11:30a Live Music with Lito Castro (BR)	11:30a Live Music with Jack Roy-Feczko (BR)	10:30a No Fear Drawing (MP3)	11:30a Homage / EWC Community Lunch (BR)	10:45a Forever Fit at EWC (MP 1&2)
11:30a Homage / EWC Community Lunch (BR)	11:30a Homage / EWC Community Lunch (BR)	10:45a Forever Fit at EWC (MP 1&2)	12p Live Music with Ruben Barron (BR)	10:45a Forever Fit on Zoom
12p Driftwood Sculpture (MP4)	12:15p Mah Jongg - American (MP3)	10:45a Forever Fit on Zoom	12:45p Senior Swingers Orchestra (MP1&2)	11:30a Live Music with Danny Lambino (BR)
12p Rolling Crone Singers (MP3)	12:30p Sound Healing/Reiki Combination	11:30a Live Music with Nick Baker (BR)	1p Coping Skills for People with Hearing Loss & their Family (CRB)	11:30a Homage / EWC Community Lunch (BR)
12p Music Wellness and Connection for Seniors (CRA)	1p Dancing & Live Music at Ballinger (LBC)	11:30a Homage / EWC Community Lunch (BR)	1p MOVEMENT FOR LIFE/DANCE FOR ANY BODY (MP4)	12p Ping Pong/Table Tennis (TS)
1p Legal Services (Clinic Rm 3)	1p Sound Singers Choir (MP1&2)	1p Edmonds Ukulele Aikanes (MP1&2)	1:30p Bastyr Clinic	1p Rug Braiding (CRB)
1p SUPER Bingo sponsored by Rosewood Courte (MP1&2)	1:30p American Film History (MP4)	1p Get Empowered: Embrace Your Mental Well-Being (CRB)	1:30p No Fear Torn Paper Mosaics (MP3)	1:15p Line Dancing 1:15pm - Beginner (MP3)
1:30p Living & Coping with Chronic Loss (CRB)	3:30p Great Decisions 2025 (CRB)	2:30p Drop-In Feldenkreis	4:15p Jazzercise (MP1&2)	2:30p Line Dancing 2:30pm - Intermediate (MP3)
4p Acoustic Guitar Group (MP3)	4:15p Jazzercise (MP1&2)	4:15p Jazzercise (MP1&2)	6p DROP IN Evening Yoga	
4:15p Jazzercise (MP1&2)	6p Line Dancing 6pm - Evening Beginner+ (MP1&2)	4:15p Line Dancing 4:15pm - Beginner (MP3)	6p Evening Yoga (MP1&2)	
		4:30p Good Work Writing Group (Zoom)	6:30p Trick or Treat Trivia! (BR)	
6p Teen Cooking Class - Black Bean Chili Pumpkin Spice Muffins (MP1&2)		6p STRUM (MP1&2)		