



Mon	Tue	Wed	Thu	Fri	
12	13	14	15	16	
8:00a (allday) Mammovan (Location - SE Side of Parking Lot) 8:30a (allday) Ping Pong/Table Tennis (GR)	8:30a (allday) Ping Pong/Table Tennis (GR) 8:30a (allday) Pool/Billiards (GR)  <b>8:30a</b> Pinochle (MP3) <b>9a</b> Bridge - Party (MP4)  <b>9:30a</b> Aches and Pains? Meet with Physical Therapist Grace (Clinic) <b>10a</b> Tuesday Gentle Yoga (MP1&2) <b>11:30a</b> Homage / EWC Community Lunch (BR) <b>12:15p</b> Mah Jongg - American (MP3)  <b>12:30p</b> Sound Healing/Reiki Combination (Clinic Rooms) <b>1p</b> Sound Singers Choir (MP1&2) <b>2p</b> Memory Cafe: Early Stage with Caregivers (CRA)	8:00a (allday) Footcare (The Studio) 8:30a (allday) Ping Pong/Table Tennis (GR)  <b>8:30a</b> Pinochle (MP3) <b>9a</b> DROP IN Prenatal Yoga  <b>9:30a</b> Friendship Quilters (MP4) <b>9:45a</b> Functional Fitness at EWC (MP 1&2)  <b>9:45a</b> Functional Fitness on Zoom  <b>10a</b> Current Events Discussion Morning Group (CRB) <b>10:30a</b> No Fear Drawing (MP3) <b>10:45a</b> Forever Fit at EWC (MP 1&2)	8:00a (allday) Footcare (The Studio) 8:30a (allday) Ping Pong/Table Tennis (GR)  <b>8:30a</b> Pinochle (MP3) <b>8:30a</b> Woodcarving (MP4)  <b>9a</b> Thursday Gentle Yoga (MP1&2)  <b>10a</b> German Club (CRB) <b>10:30a</b> No Fear Watercolor - Intermediate (MP3)  <b>11:30a</b> Homage / EWC Community Lunch (BR) <b>12p</b> Live Music with Ruben Barron (BR)  <b>12:45p</b> Senior Swingers Orchestra (MP1&2) <b>1p</b> Perfect Posture & Healthy Back Workshop (CRB)	8:30a (allday) Pool/Billiards (GR)  <b>9a</b> Nourish & Thrive: Your Personalized Nutrition Session (CR 2) <b>9a</b> DROP IN Prenatal Yoga <b>9a</b> Prenatal Yoga (MP3)  <b>9:45a</b> Functional Fitness at EWC (MP 1&2)  <b>9:45a</b> Functional Fitness on Zoom <b>10a</b> DROP IN Baby and Me  <b>10a</b> Secrets of Graceful Aging and Mindful Meditation (CRB) <b>10:30a</b> No Fear Watercolor - Beginning (MP3) <b>10:30a</b> Baby & Me Yoga (MP4) <b>10:45a</b> Forever Fit at EWC (MP 1&2)	
8:30a Live Music with Lito Castro (BR)  <b>11:30a</b> Live Music with Jack Roy-Feczko (BR) <b>11:30a</b> Homage / EWC Community Lunch (BR) <b>12p</b> Rolling Crone Singers (MP3)  <b>12p</b> Driftwood Sculpture (MP4) <b>12p</b> Music Wellness and Connection for Seniors (CRB) <b>1p</b> Bingo (MP1&2)  <b>4p</b> Acoustic Guitar Group (MP3) <b>4:15p</b> Jazercise (MP1&2)	4:15p Jazercise (MP1&2)  <b>6p</b> Line Dancing 6pm - Evening Beginner+ (MP1&2)	10:45a Forever Fit on Zoom  <b>11a</b> Live Music with Nick Baker (BR)  <b>11:30a</b> Homage / EWC Community Lunch (BR) <b>12:30p</b> Current Events Discussion Afternoon Group (CRB) <b>1p</b> Edmonds Ukulele Aikanes (MP1&2) <b>2p</b> Alzheimer's/Dementia Caregivers Support Group (MP3) <b>2:30p</b> Improving Movement with the Feldenkrais Method - Group Series (MP4) <b>4:15p</b> Jazercise (MP1&2) <b>4:15p</b> Line Dancing 4:15pm - Beginner (MP3) <b>4:30p</b> Good Work Writing Group (Zoom) <b>6p</b> STRUM (MP1&2)	1p MOVEMENT FOR LIFE/DANCE FOR ANY BODY (MP4)  <b>1:30p</b> Bastyr Clinic (Clinic Rooms)  <b>1:30p</b> No Fear Torn Paper Mosaics (MP3)  <b>4p</b> Mind-Body Medicine Skills Group (MP4)  <b>4:15p</b> Jazercise (MP1&2) <b>6:30p</b> DROP IN Evening Yoga  <b>6:30p</b> Evening Yoga (MP1&2)	<b>10:45a</b> Forever Fit on Zoom  <b>11:30a</b> Live Music with Danny Lambino (BR)  <b>11:30a</b> Homage / EWC Community Lunch (BR)  <b>12p</b> Ping Pong/Table Tennis (TS)  <b>1p</b> Rug Braiding (CRB) <b>1:15p</b> Line Dancing 1:15pm - Beginner (MP3) <b>2:30p</b> Line Dancing 2:30pm - Intermediate (MP3)	
<b>MLK DAY SPECIAL PROGRAM</b>  <b>9:30am-12pm</b>	19	20	21	22	23

Mon	Tue	Wed	Thu	Fri
19		20	21	22
		<p>12:30p Current Events Discussion Afternoon Group (CRB)</p> <p>1p Mah Jongg - Chinese (MP3)</p> <p>1p Edmonds Ukulele Aikanes (MP1&amp;2)</p> <p>2:30p Improving Movement with the Feldenkrais Method - Group Series (MP4)</p> <p>4:15p Jazercise (MP1&amp;2)</p> <p>4:15p Line Dancing 4:15pm - Beginner (MP3)</p> <p>4:30p Good Work Writing Group (Zoom)</p> <p>6p STRUM (MP1&amp;2)</p>	<p>4p Ukrainian Cut Paper Art (MP3)</p> <p>4:15p Jazercise (MP1&amp;2)</p> <p>6:30p DROP IN Evening Yoga</p> <p>6:30p Evening Yoga (MP1&amp;2)</p>	23
26		27	28	29
<p>8:00a (allday) Bloodworks NW (The Studio)</p> <p>8:30a (allday) Ping Pong/Table Tennis (GR)</p> <p>8:30a (allday) Pool/Billiards (GR)</p> <p>9a Inside Health Institute Clinic (Clinic Rooms)</p> <p>9a DROP IN Prenatal Yoga</p> <p>9a Prenatal Yoga (MP3)</p> <p>9a Toddler Play Group (MP4)</p> <p>9:30a Ageless Strength: Balance Flexibility &amp; Power (MP 1&amp;2)</p> <p>10a DROP IN Baby and Me</p> <p>10:30a Baby &amp; Me Yoga (MP4)</p> <p>10:45a Gentle Chair Yoga: Strength Flexibility &amp; Relaxation for All Abilities (MP 1&amp;2)</p> <p>11:30a Live Music with Lito Castro (BR)</p> <p>11:30a Live Music with Jack Roy-Feczko (BR)</p> <p>11:30a Homage / EWC Community Lunch (BR)</p> <p>12p Rolling Crone Singers (MP3)</p> <p>12p Driftwood Sculpture (MP4)</p> <p>12p Music Wellness and Connection for Seniors (CRB)</p> <p>1p Legal Services (Clinic Rm 1 &amp; 3)</p> <p>1p SUPER Bingo sponsored by Rosewood Courte (MP1&amp;2)</p> <p>4p Acoustic Guitar Group (MP3)</p> <p>4:15p Jazercise (MP1&amp;2)</p> <p>6:30p Starry Night Sound Bath (MP3)</p>	<p>8:30a (allday) Ping Pong/Table Tennis (GR)</p> <p>8:30a (allday) Pool/Billiards (GR)</p> <p>8:30a Pinochle (MP3)</p> <p>9a AARP Driver Refresher (CRA)</p> <p>9a Bridge - Party (MP4)</p> <p>10a Tuesday Gentle Yoga (MP1&amp;2)</p> <p>11:30a Homage / EWC Community Lunch (BR)</p> <p>12:15p Mah Jongg - American (MP3)</p> <p>12:30p Sound Healing/Reiki Combination (Clinic Rooms)</p> <p>1p Sound Singers Choir (MP1&amp;2)</p> <p>1p Fuel Your Body Balance Your Health: Nutrition for Diabetes &amp; Hypertension (CRB)</p> <p>4:15p Jazercise (MP1&amp;2)</p> <p>6p Line Dancing 6pm - Evening Beginner+ (MP1&amp;2)</p>	<p>8:30a (allday) Ping Pong/Table Tennis (GR)</p> <p>8:30a (allday) Pool/Billiards (GR)</p> <p>8:30a AARP Driver Refresher (CRA)</p> <p>9a DROP IN Prenatal Yoga</p> <p>9a Prenatal Yoga (MP3)</p> <p>9:30a Friendship Quilters (MP4)</p> <p>9:45a Functional Fitness at EWC (MP 1&amp;2)</p> <p>10a Current Events Discussion Morning Group (CRB)</p> <p>10:45a Forever Fit at EWC (MP 1&amp;2)</p> <p>10:45a Forever Fit on Zoom</p> <p>11a Live Music with Nick Baker (BR)</p> <p>11:30a Homage / EWC Community Lunch (BR)</p> <p>12:30p Current Events Discussion Afternoon Group (CRB)</p> <p>1p Edmonds Ukulele Aikanes (MP1&amp;2)</p> <p>2:30p Improving Movement with the Feldenkrais Method - Group Series (MP4)</p> <p>4:15p Jazercise (MP1&amp;2)</p> <p>4:15p Line Dancing 4:15pm - Beginner (MP3)</p> <p>4:30p Good Work Writing Group (Zoom)</p> <p>6p STRUM (MP1&amp;2)</p>	<p>8:30a (allday) Ping Pong/Table Tennis (GR)</p> <p>8:30a (allday) Pool/Billiards (GR)</p> <p>8:30a Woodcarving (MP4)</p> <p>9a Thursday Gentle Yoga (MP1&amp;2)</p> <p>10a German Club (CRB)</p> <p>11:30a Homage / EWC Community Lunch (BR)</p> <p>12p Live Music with Ruben Barron (BR)</p> <p>12:45p Senior Swingers Orchestra (MP1&amp;2)</p> <p>1p Outsmarting Scams for Seniors (CRB)</p> <p>1p MOVEMENT FOR LIFE/DANCE FOR ANY BODY (MP4)</p> <p>1:30p Bastyr Clinic (Clinic Rooms)</p> <p>4p Mind-Body Medicine Skills Group (MP4)</p> <p>4p Ukrainian Folk Painting (MP3)</p> <p>4:15p Jazercise (MP1&amp;2)</p> <p>6:30p Author Talk I Love Being Abroad (BR)</p> <p>6:30p DROP IN Evening Yoga</p> <p>6:30p Evening Yoga (MP1&amp;2)</p>	30