

# July 2009 Activities

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<p>1 Coffee Time 8:00-9:00            Enhance Fitness 9:30-10:45            ADH 9:30-2:30            Massage 10:00-4:00  <b>No Burger Safari today</b>            Jewelry Open Studio 1:30</p>	<p>2 Coffee Time 8:00-9:00            ADH 9:30-2:30            Footcare 9:00-3:00</p>	<p>3 The Center is closed for the Holiday until we open at 5:00pm for our wonderful spaghetti dinner!            \$10 adults, \$5 kids</p>	<p>4 Shortcake!            Go on sale promptly at 10:00 until we sell out...and it wont take long!</p>
<p>6 Coffee Time 8:00-9:00            ADH 9:30-2:30            Reflexology 9:00-2:00  <b>Blood Pressure Checks 9:15</b>            Enhance Fitness 9:30-10:45  <b>Seminar: Reduce Your Property Taxes with PBRS 10:45</b></p>	<p>7 Coffee Time 8:00-9:00            Bingo 9:00-12:00            ADH 9:30-2:30  <b>Free Seminar: Breakfast Made Simple 11:00</b>            Acupuncture 1:00-4:00</p>	<p>8 Coffee Time 8:00-9:00            Quilting 9:00-12:00            Enhance Fitness 9:30-10:45            ADH 9:30-2:30            Massage 10:00-4:00            Burger Safari: Grand China Buffet 11:00            Jewelry Open Studio 1:30</p>	<p>9 Coffee Time            Casino Van: Red Winds or Shipwreck Beads 9:00            ADH 9:30-2:30            Quilting 9:00-12:00            Salon 12:30-2:30  <b>Class: Get a Web Site, Quick, Cheap and Easy 7:00</b></p>	<p>10 Coffee Time 8:00-9:00            Bingo 9:00-12:00            Enhance Fitness 9:30-10:45            Bridge 10:30-3:00            Bastyr Clinic 12:30-3:30 pm  <b>Painting in Place: Snoqualmie Point Park 9:30</b>  <b>Newsletter deadline</b></p>	11
<p>13 Coffee Time 8:00-9:00            ADH 9:30-2:30            Reflexology 9-2:00            Enhance Fitness 9:30-10:45  <b>Free Seminar: Take the Pain Out of Gardening 10:40</b>            Artist Open Studio 1:00-</p>	<p>14 Coffee Time 8:00-9:00            Bingo 9:00-12:00            Ways and Means 9:00            ADH 9:30-2:30            Meals on Wheels ordering 10:00            Scrabble and Upwords 1:00            Acupuncture 1:00-4:00</p>	<p>15 Coffee Time 8:00-9:00            ADH 9:30-2:30            Enhance Fitness 9:30-10:45            Massage 10:00-4:00            Burger Safari: Kens Truck Stop 11:00            Jewelry Open Studio 1:30</p>	<p>16 <b>Veterans Coffee Time 8:00-9:00</b>            ADH 9:30-2:30            Footcare 9:00-3:00  <b>Birthday Lunch 12:00</b>  <b>Seminar: How to Make Jam 1:30</b>            Caregivers Support 1:00-</p>	<p>17 Coffee Time 8:00-9:00            Bingo 9:00-12:00            Enhance Fitness 9:30-10:45            Bridge 10:30-3:00            Bastyr Clinic 12:30-3:30 pm  <b>Hike: Lake Alice to Sno Falls Outlook 1:30</b></p>	18 4th Annual Golf Tournament at Twin Rivers Golf Course
<p>20 Coffee Time 8:00-9:00            ADH 9:30-2:30            Reflexology 9:00-2:00            Enhance Fitness 9:30-10:45  <b>Free Seminar: Medicare 101 10:45</b>            Artist Open Studio 1:00-3:00</p>	<p>21 Coffee Time 8:00-9:00            Bingo 9:00-12:00            ADH 9:30-2:30            Charlene Somerville Sings 12:15            Acupuncture 1:00-4:00</p>	<p>22 Coffee Time 8:00-9:00            Quilting 9:00-12:00            Enhance Fitness 9:30-10:45            Massage 10:00-4:00            ADH 9:30-2:30            Burger Safari: The Rock Pizza 11:00            Jewelry Open Studio 1:30            Finance Committee 4:00            Board of Directors 5:00</p>	<p>23 Coffee Time 8:00-9:00            ADH 9:30-2:30  <b>Day Trip: Chehalis Veteran Museum 9:00 am</b>            Quilting 9:00-12:00</p>	<p>24 Coffee Time 8:00-9:00            Bingo 9:00-12:00  <b>No Enhance Fitness</b>            Bridge 10:30-3:00  <b>Painting in Place: Lake Joy 9:30</b>            Bastyr Clinic 12:30-3:30 pm</p>	25
<p>27 Coffee Time 8:00-9:00            ADH 9:30-2:30            Reflexology 9:00-2:00            Enhance Fitness 9:30-10:45            Artist Open Studio 1:00-3:00</p>	<p>28 Coffee Time 8:00-9:00            Bingo 9:00-12:00            ADH 9:30-2:30  <b>Tai Chi Review Class 9:30</b>            Meals on Wheels ordering 10:00            Scrabble and Upwords 1:00            Acupuncture 1:00-4:00            Scrabble and Upwords 1:00  <b>Burgers &amp; Pies at the</b></p>	<p>29 Coffee Time 8:00-9:00            ADH 9:30-2:30            Enhance Fitness 9:30-10:45            Massage 10:00-4:00            Burger Safari: Rockos 11:00            Jewelry Open Studio 1:30</p>	<p>30 Coffee Time 8:00-9:00            ADH 9:30-2:30</p>	<p>31 Coffee Time 8:00-9:00            Bingo 9:00-12:00            Enhance Fitness 9:30-10:45            Bridge 10:30-3:00            Bastyr Clinic 12:30-3:30 pm  <b>Hike: East Tokul 1:30</b></p>	August 1st Oklahoma at Sno Falls Theater!