SNOHOMISH SENIOR CENTER PROGRAMS

Program	Day	Time	Fee/Cost	Description
Alzheimer's Support Group	2nd Thursday	7:00 pm-8:30 pm	Free	Alzheimer's caregivers meet and offer encouragement along with a facilitator.
Balance Class	2nd, 3rd & 4th Friday	1:30 pm-2:30 pm	MEMBERS: Free Guests: $5	Learn to develop your motor skills and reflexes with stabilizing and strengthening balance activities.
Bible Study Group	Tuesday	2:00 pm-3:00 pm	Free	Participants meet for Bible reading and discussion.
Bingo	Tuesday	1:30 pm-3:30 pm	$6 min buy in	Weekly afternoon bingo. Bingo card sales end at 1:20 to begin promplty.
Bingo Bash	1st Saturday	5:30 pm-8:00 pm	$8 min buy in	Once a month Saturday evening bingo, fundraising event, open to the public.
Book Club	2nd & 4th	10:00 am-11:00 am	Free	Particpants read a book and meet to discuss themes and ideas.
Bridge - Duplicate	Tuesday	12:30 pm-3:45 pm	Donation	Card game
Bridge - Party	Monday & Friday	12:30 pm-3:45 pm	Donation	Card game
Bunco	2nd & 4th Friday	1:00 pm-3:00 pm	Free	Dice Game
Caregiver Support Group	Thursday (2nd & 4th)	9:00 am-10:00 am	Free	Caregiver's meet and offer support along with a faciliator.
Chair Yoga	Wednesday	3:00 pm-3:45 pm	MEMBERS: Free GUESTS: $5	Gentle yoga done while seated in a chair.
Clay Sculpting	Thursday	12:00 pm-2:30 pm	Donation	Create your own project from beginning sculpting to fired and glazed in a few weeks - Clay provided by Bruning Pottery
Clay Sculpting (Beginners)	Thursday	2:30-4:00pm	Donation	This class is designed for those who are brand new to clay sculpting.
Coloring Group	1st & 3rd Monday	10:00 am-11:30am	Free	Bring your own materials for a casual morning of coloring and conversation.
Community Breakfast	1st Saturday	8:30 am-10:30am	$7	Once a month Saturday morning breakfast, fundraising event, open to the public.
Creative Crafters	Wednesday	9:30 am-11:00 am	Free	Participants meet to work on their own projects such as knitting or crochet and enjoy conversation
Creative Writing	Friday	10:00 am-11:30 am	Free	Participants gather weekly to read their individual writings to the group
Cribbage	Tuesday	10:00 am-11:30 am	Free	Card game
Diamond Painting	Monday	1:00 pm-2:30pm	Free	Create intricate, dazzling artwork. Diamond painting kits are sold at craft stores and online. Bring your own project/ supplies to work on.
Foot Clinic	1st, 3rd & 4th Friday	9:00 am-2:30 pm	$40 - Members Only	Foot care including nail trim, callous reduction, infection prevention & education to maintain healthy feet
Gardening Group	Varies	Varies	Free	Members take care of gardening needs around our center.
Grief Support Living with Change	2nd & 4th Wednesday	1:00 pm-2:30pm	Free - Members Only	Members meet to share and offer support to each other after suffering loss.
Happy Hour	Last Thursday	4:00 pm-6:00pm	$20	Members and guests gather for conversation, dancing, light appetizers and beverages
Line Dancing	1st, 2nd & 3rd Thursday	2:00 pm-2:45pm	MEMBERS: Free GUESTS: $5	Fitness Class
Library	Monday - Friday	Varies	Free	Books and puzzles are available to borrow by the honor system.
Lunch	Monday - Friday	11:45am-12:30 pm	MEMBERS: Free GUESTS: $5 (Senior Service Days: $5 suggested donation ages 60+, $9 fee for all others)	Menu is available in the newsletter and online. Reservations must be made, at the latest by 2pm, the business day prior, but note that reservations will be cutoff once we have reached capacity, which is often several days sooner.
Mah Jongg	Monday	12:00 pm-3:45 pm	donation	Tile-based game. Lessons are available by appointment for new players.
Massage	Thursday	8:40 am - 12:00 pm	$20 - Members Only	15 Minute Chair Massage

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Meditation	1st Friday	3:00-3:45pm	Free	Guided Loving Kindess meditation class, led by Arunkumar Manickam. Secular, non-religious, no prior meditation experience needed.
Mexican Train	Monday	1:00 pm-3:45pm	Free	Domino Game
Membership Meeting	4th Wednesday	1:00 pm-2:00 pm	NA	Monthly meeting to stay informed about the center
Movement to Music	Monday & Wednesday	9:00 am-10:00 am	MEMBERS: Free GUESTS: $5	Fitness Class with lively music and dance moves.
Movie & Ice Cream Social	3rd Friday	1:00 pm-3:00 pm	FREE	Enjoy a bowl of ice cream and a featured movie, sponsored by Medicare Options 4 U.
Open Games	Wednesday	12:30 pm-3:45 pm	Free	Free game play for our members, such as scrabble and chess. A selection of board and card games is available.
Ping Pong	Tuesday & Friday	4:00-6:30 pm (Tue) 9:00-11:00 am(Fri)	Free	Members engage in camaraderie and an engaging game of ping pong
Pinochle - Deck & Half	Tuesday & Thursday	12:30 pm-3:45 pm	$3 donation (to play)	Card game
Poker	Wednesday	9:00 am-12:00 pm	Donation	Card game
Quilting Group	2nd & 4th Monday	1:00 pm-3:00 pm	Free	Members work on individual and group quilting projects
Resilient Living	1st & 3rd Wednesday	1:00pm-2:30 pm	Free	Co-facilitated, members gather to discuss and share their ideas on moving forward on a path of resiliency after loss.
Seahawks Watch Parties	Usually Sundays	(Game time varies)	Free	Members gather to enjoy the football game and tailgate snacks
Senior Fitness	Tuesday & Thursday	9:30 am-10:30 am	MEMBERS: Free Guests: $5	Fitness Class including a warm up, cardio and strength training. All fitness levels welcome.
Senior Fitness Express	Tuesday & Thursday	8:40 am-9:15 am	MEMBERS: Free Guests: $5	An abbreviated version of Senior Fitness. Please pick Senior Fitness or Express to allow for more participants. It is not intended as an add on for a longer workout.
Senior Stretch	Wednesday	10:15-11:00am	MEMBERS: Free Guests: $5	Fitness Class to increase your stretch, strength and stability.
Sound Bath	2nd & 4th Friday	3:00 pm-3:45 pm	MEMBERS: Free Guests: $5	Experience the benefits of energetic synchronization for the whole body with sound and vibration created by tibetan bowls and drums
Tai Chi	1st, 2nd & 3rd Wednesdays	1:30pm-2:30pm	MEMBERS: Free Guests: $5	Meditative, gentle, low-impact exercise using slow, flowing movements and deep breathing.
Trips	Varies-See Calendar	Varies	Depends on trip	Members enjoy local trips. Details can be found in the newsletter each month.
Walking Group	Monday	10:15-11:15 am	MEMBERS: Free Guests: $5	Fitness - Outdoor walking group, walks along Centennial Trail
Watercolor	Thursday	9:00 am - 11:30 am	Donation	Members create individual paintings together as a group - bring your own supplies
Woodcarving	Tuesday	9:00 am - 12:00 pm	Free	Members bring their woodworking projects to work on