



# November 2024

- Special Event
- Educational
- Movie
- Occupational
- Social
- Outing
- Health & Wellness
- Cards & Games
- Sign Up
- Fitness
- Arts & Crafts
- Meeting
- Spiritual

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<p><u>All Events Are Subject to Change</u></p>	<p><b>CASC Hours of Operation</b>                      Monday: 8:30AM-5:00PM                      Tuesday: 8:30AM-5:00PM                      Wednesday: 8:30AM-5:00PM                      Thursday: 8:30AM-10:00PM                      Friday: 8:30AM-5:00PM</p>	<p><b>Want Lunch or Need Groceries?</b>                      Please call us at 206-726-4926 to Request.</p>	<p>9:00  Enhance Fitness                      10:00  <b>CMCH Health Screenings</b>                      10:30  Sliders Line Dancing                      12:00  <b>Current Events Discussion</b></p>	<p style="font-size: small;">1</p> <p style="font-size: x-small; color: red;"><i>Holiday Gala</i></p> <p style="font-size: x-small;">2</p> <p style="font-size: large; font-weight: bold;">SAVE THE DATE</p> <p style="font-size: x-small;">SATURDAY, DECEMBER 14, 5:30PM--9PM</p>
	<p>9:15  Dancing &amp; Grooving Drumming                      9:30  Enhance Fitness (Des Moines)                       11:00  Mary Henry Bridge                      12:15  Dancing &amp; Grooving Drumming                      2:30  Table Game Night                      2:45  Enhance Fitness</p>	<p>10:00  Beginning Bridge                      10:05  Sliders Line Dancing                      11:30  Social Bridge                      1:00  Central Bingo                      2:00  <b>Let's talk Medicare 101</b></p>	<p>9:00  Enhance Fitness                      10:30  Walking Group                      1:00  Unassisted Computer Lab ✓                      1:30  Midweek Matinee                       2:00  Quilting Class                      2:30  Book Club! ✓</p>	<p>9:15  Dancing &amp; Grooving Drumming                      12:00  Medicaid/Medicare ✓                      1:00  Bid Whist                      6:00  Le Etta King Bridge                      6:45  Beginning Bridge</p>	<p>9:00  Enhance Fitness                      10:30  Sliders Line Dancing                      12:00  <b>Current Events Discussion</b></p>	<p style="font-size: small;">8</p> <p style="font-size: small;">9</p> <p>12:00  Bridge</p>
		<p>10:00  Beginning Bridge                      10:05  Sliders Line Dancing                      11:30  Social Bridge                      1:00  Central Bingo</p>	<p>9:00  Enhance Fitness                      10:30  Walking Group                      1:00  Unassisted Computer Lab ✓                      1:30  <b>Annual Meeting</b>                       2:00  Quilting Class</p>	<p>9:00  <b>POCAAN Mobile Medical Clinic</b> ✓                      9:15  Dancing &amp; Grooving Drumming                      12:00  Medicaid/Medicare ✓                      1:00  Bid Whist                      6:00  Le Etta King Bridge                      6:45  Beginning Bridge</p>	<p>15</p> <p>16</p> <p>No Green Dolphin</p> <p>9:00  Enhance Fitness                      10:30  Sliders Line Dancing                      12:00  <b>Current Events Discussion</b>                      1:00  <b>Social Worker Focus Group Discussion with Lunch</b></p>	<p>9:00  Links</p>
	<p>9:15  Dancing &amp; Grooving Drumming                      9:30  Enhance Fitness (Des Moines)                       11:00  Mary Henry Bridge                      12:15  Dancing &amp; Grooving Drumming                      2:30  Table Game Night                      2:45  Enhance Fitness</p>	<p>10:00  Beginning Bridge                      10:05  Sliders Line Dancing                      11:30  Social Bridge                      1:00  Central Bingo</p>	<p>9:00  Enhance Fitness                      10:30  Walking Group                      1:00  Unassisted Computer Lab ✓                      1:30  Midweek Matinee                       2:00  Quilting Class</p>	<p>9:15  Dancing &amp; Grooving Drumming                      11:30  <b>BirthDay lunch RSVP</b> ✓                      12:00  Medicaid/Medicare ✓                      1:00  Bid Whist                      6:00  Le Etta King Bridge                      6:45  Beginning Bridge</p>	<p>22</p> <p>23</p> <p>9:00  Enhance Fitness                      10:30  Sliders Line Dancing                      12:00  <b>Current Events Discussion</b></p>	<p>Volunteers Needed for Grocery Assembly and Delivery                      12:00  Bridge</p>
	<p>9:15  Dancing &amp; Grooving Drumming                      9:30  Enhance Fitness (Des Moines)                       11:00  Mary Henry Bridge                      12:15  Dancing &amp; Grooving Drumming                      2:30  Table Game Night                      2:45  Enhance Fitness</p>	<p>10:00  Beginning Bridge                      10:05  Sliders Line Dancing                      11:30  Social Bridge                      1:00  Central Bingo                      1:30  <b>Board Meeting</b> </p>	<p>9:00  Enhance Fitness                      10:30  Walking Group                      1:00  Unassisted Computer Lab ✓                      2:00  Quilting Class</p>	<p style="font-size: large; font-weight: bold;">WE WILL BE CLOSED FOR THANKSGIVING</p>	<p style="font-size: large; font-weight: bold;">GIVE THANKS in EVERYTHING</p>	<p style="font-size: large; font-weight: bold;">REFER A FRIEND</p>