



May 2025

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
May	CASC Hours of Operation 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	Want Lunch or Need Groceries? Please call us at 206-726-4926 to Request.	All Events Are Subject to Change	12:00 Medicaid/Medicare ✓ 1:00 Bid Whist 5:30 Beginning Bridge 6:00 Le Etta King Bridge	9:00 Enhance Fitness 10:00 CMCH Health Screenings 10:30 Sliders Line Dancing 12:00 Current Events Discussion	
JOIN US JOIN US Membership Meeting WEDNESDAY, MAY 21, AT 1:15PM 500 30th Ave South Seattle WA 98144	9:15 African Dance 9:30 Enhance Fitness (Des Moines) ☺ 11:00 Mary Henry Bridge 12:15 African Drumming 2:30 Learn to Knit ✓ 2:30 Table Game Night 2:45 Enhance Fitness	10:00 Beginning Bridge 10:05 Sliders Line Dancing 11:30 Social Bridge 1:00 Central Bingo	9:00 Enhance Fitness 10:30 Walking Group 1:00 Unassisted Computer Lab ✓ 2:00 Quilting Class 2:30 Book Club! ✓	9:00 POCAAN Mobile Medical Clinic ✓ 12:00 Medicaid/Medicare ✓ 1:00 Bid Whist 5:30 Beginning Bridge 6:00 Le Etta King Bridge	9:00 Enhance Fitness 10:30 Sliders Line Dancing 12:00 Current Events Discussion 2:00 Mother's Day Celebration	10:00 Bridge
Sunday, May 11, 2025 Mother's Day	9:15 African Dance 9:30 Enhance Fitness (Des Moines) ☺ 11:00 Mary Henry Bridge 12:15 African Drumming 2:30 Learn to Knit ✓ 2:30 Table Game Night 2:45 Enhance Fitness	10:00 Beginning Bridge 10:05 Sliders Line Dancing 11:30 Social Bridge 1:00 Central Bingo	9:00 Enhance Fitness 10:30 Walking Group 1:00 Unassisted Computer Lab ✓ 1:00 Whiz Posse 2:00 No Quilting Class	12:00 Medicaid/Medicare ✓ 1:00 Bid Whist 5:30 Beginning Bridge 6:00 Le Etta King Bridge	9:00 Enhance Fitness 10:30 Sliders Line Dancing 12:00 Current Events Discussion 6:00 No Green Dolphin	9:00 Links
May Birthday Celebration HAPPY BIRTHDAY THURSDAY MAY 22 HAPPY BIRTHDAY	9:15 African Dance 9:30 Enhance Fitness (Des Moines) ☺ 11:00 Mary Henry Bridge 12:15 African Drumming 2:30 Learn to Knit ✓ 2:30 Table Game Night 2:45 Enhance Fitness	10:00 Beginning Bridge 10:05 Sliders Line Dancing 11:30 Social Bridge 1:00 Central Bingo	9:00 Enhance Fitness 10:30 Walking Group 1:00 Unassisted Computer Lab ✓ 1:15 Membership Meeting ☺ 2:00 Quilting Class	11:30 Members' Birthday Lunch RSVP ✓ 12:00 Medicaid/Medicare ✓ 1:00 Bid Whist Beginning 5:30 Bridge 5:00 Casino & Concert Trip 6:00 Le Etta King Bridge	9:00 Enhance Fitness 10:30 Sliders Line Dancing 12:00 Current Events Discussion	10:00 Bridge
Board Meeting TUESDAY, MAY 27, AT 1:30PM 500 30th Ave South Seattle WA 98144 206-726-4926	WE WILL BE CLOSED FOR MEMORIAL DAY HONORING ALL WHO SERVED	10:00 Beginning Bridge 10:05 Sliders Line Dancing 11:30 Social Bridge 1:00 Central Bingo 1:30 Board Meeting ☺	9:00 Enhance Fitness 10:30 Walking Group 1:00 Unassisted Computer Lab ✓ 2:00 Quilting Class	12:00 Medicaid/Medicare ✓ 1:00 Bid Whist 5:30 Beginning Bridge 6:00 Le Etta King Bridge	9:00 Enhance Fitness 10:30 Sliders Line Dancing 12:00 Current Events Discussion	