



September 2026

- Green Dolphin

Administration

Social Services

Health & Wellness

Fitness

Educational

Social

Cards & Games

Arts & Crafts

Meeting
- ✓ Sign Up

\$ Tickets

🎬 Movie

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
A MATTER OF BALANCE MANAGING CONCERNS ABOUT FALLS An 8-Week Series FRIDAYS SEPTEMBER 4 – OCTOBER 23 1:30 – 3:30 PM REGISTRATION REQUIRED	the central CASC Hours of Operation Monday 8:30 am - 5:00 pm Tuesday 8:30 am - 5:00 pm Wednesday 8:30 am - 5:00 pm Thursday 8:30 am - 10:00 pm Friday 8:30 am - 5:00 pm	1 10:00 Beginning Bridge 10:05 Sliders Line Dancing 11:30 Social Bridge 1:00 Central Bingo	2 9:00 Groove & Sweat Class 10:30 Walking Group 1:00 Quilting Class 1:00 Unassisted Computer Lab ✓ 2:30 Book Club! ✓	3 1:00 Bid Whist 5:30 Beginning Bridge 6:00 LeEtta King Bridge	4 9:00 Groove & Sweat Class 10:00 CMCH Health Screenings 10:30 Sliders Line Dancing 12:00 Current Events Discussion 1:30 A Matter of Balance ✓	5 JAZZ FESTIVAL Saturday, Sep 12, 2026 @ The Central Purchase Tickets & View Full Line up at jacksonstreetjazz.org
6 SEPTMBER MOVIES Friday, September 11 1:30 PM Friday, September 25 1:30 PM STRAW HOLIDAY IN THE WILD	7 CLOSED FOR LABOR DAY! HAPPY LABOR DAY MONDAY, SEPTEMBER 7 the central	8 10:00 Beginning Bridge 10:05 Sliders Line Dancing 11:30 Social Bridge 1:00 Central Bingo	9 9:00 Groove & Sweat Class 10:30 Walking Group 1:00 Quilting Class 1:00 Unassisted Computer Lab ✓ 1:00 Whiz Posse Brain Pleasers	10 1:00 Bid Whist 5:30 Beginning Bridge 6:00 LeEtta King Bridge	11 9:00 Groove & Sweat Class 10:30 Sliders Line Dancing 12:00 Current Events Discussion 1:30 A Matter of Balance ✓ 1:30 Movie: Straw 🎬	12 Jackson Street Jazz Festival (5-9 pm) 10:00 Bridge 5:00 Sheila Kay & Friends 7:00 John Pinetree & The Yellin' Degenerates
13 MEMBERSHIP MEETING Wednesday, September 16, 2026 1:15 PM CENTRAL AREA SENIOR CENTER DINING HALL	14 9:15 African Dance 11:00 Mary Henry Bridge 12:15 African Drumming 2:30 Learn to Knit ✓ 2:30 Table Game Night 3:00 Groove & Sweat Class	15 10:00 Beginning Bridge 10:05 Sliders Line Dancing 11:30 Social Bridge 1:00 Central Bingo	16 9:00 Groove & Sweat Class 10:30 Walking Group 1:00 Unassisted Computer Lab ✓ 1:15 Membership Meeting ☕	17 1:00 Bid Whist 5:30 Beginning Bridge 6:00 LeEtta King Bridge 7:00 The Compassionate Friends	18 9:00 Groove & Sweat Class 10:30 Sliders Line Dancing 12:00 Current Events Discussion 1:30 A Matter of Balance ✓	19 9:00 Links
20 Central Area Senior Center MONTHLY BOARD MEETING Tuesday, September 22, 2026 starts at 1:30 PM	21 9:15 African Dance 11:00 Mary Henry Bridge 12:15 African Drumming 2:30 Learn to Knit ✓ 2:30 Table Game Night 3:00 Groove & Sweat Class	22 10:00 Beginning Bridge 10:05 Sliders Line Dancing 11:30 Social Bridge 1:00 Central Bingo 1:30 Board Meeting ☕	23 9:00 Groove & Sweat Class 10:30 Walking Group 1:00 Quilting Class 1:00 Unassisted Computer Lab ✓	24 11:30 Birthday Celebration Luncheon\$ 1:00 Bid Whist 5:30 Beginning Bridge 6:00 LeEtta King Bridge	25 9:00 Groove & Sweat Class 10:30 Sliders Line Dancing 12:00 Current Events Discussion 1:30 A Matter of Balance ✓ 1:30 Movie: Holiday in the Wild 🎬	26 10:00 Bridge
27 BECOME A MEMBER at the central the central	28 9:15 African Dance 11:00 Mary Henry Bridge 12:15 African Drumming 2:30 Learn to Knit ✓ 2:30 Table Game Night 3:00 Groove & Sweat Class	29 10:00 Beginning Bridge 10:05 Sliders Line Dancing 11:30 Social Bridge 1:00 Central Bingo	30 9:00 Groove & Sweat Class 10:30 Walking Group 1:00 Quilting Class 1:00 Unassisted Computer Lab ✓	Remember to Register for the SEPTEMBER Birthday Luncheon Thursday, Sep 24, 2026	CASC SLIDERS CLASSES EVERY TUESDAY @ 10:05 AM EVERY FRIDAY @ 10:30 AM	King County VSHSL Veterans, Seniors, & Human Services Levy