



March 2025

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

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

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| | <p>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</p> | <p>Want Lunch or Need Groceries? Please call us at 206-726-4926 to Request.</p> | <p>All Events Are Subject to Change</p> | <p>Women's History Month March 1 to March 31, 2025</p> | <p>TAX ON SITE SERVICES CASC with Mozell Washington throughout March Services Include: • Tax Counseling & Tax Consulting • Individual Taxes Appointment Required Sliding, Low-Cost Fee Determined by Individual Tax Needs RSVP at the Front Desk or by Calling CASC 206-726-4926 500 30th Ave South Seattle, WA 98144</p> | <p>We offer FREE Medical, Chronic Disease Management, & Mental Health Care</p> <p>2nd Thursday of the month 9:00 AM-2:00 PM</p> <p>206-726-4926 500 30th Avenue South Seattle WA, 98144 www.casrcenter.org</p> |
| <p>C.T. Thompson Friday, March 21st, 2025 RSVP at 206.726.4926</p> | <p>9:15 Dancing & Grooving Drumming 9:30 Enhance Fitness (Des Moines) 11:00 Mary Henry Bridge 2:30 Table Game Night 2:45 Enhance Fitness</p> | <p>10:00 Beginning Bridge 10:05 Sliders Line Dancing 11:30 Social Bridge</p> | <p>9:00 Enhance Fitness 10:30 Walking Group 1:00 Unassisted Computer Lab ✓ 2:00 Quilting Class 2:30 Book Club! ✓</p> | <p>9:15 Dancing & Grooving Drumming 10:45 Forms to prepare for end of life ✓ 12:00 Medicaid/Medicare ✓ 1:00 Bid Whist 5:30 Beginning Bridge 6:00 Le Etta King Bridge</p> | <p>9:00 Enhance Fitness 10:00 CMCH Health Screenings 10:30 Sliders Line Dancing 12:00 Current Events Discussion</p> | <p>9:00 Bridge</p> |
| <p>Board Meeting 25 March 2025 1:30PM</p> | <p>9:15 Dancing & Grooving Drumming 9:30 Enhance Fitness (Des Moines) 11:00 Mary Henry Bridge 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>9:00 POCAAN Mobile Medical Clinic ✓ 9:15 Dancing & Grooving Drumming 12:00 Medicaid/Medicare ✓ 1:00 Bid Whist 5:30 Beginning Bridge 6:00 Le Etta King Bridge</p> | <p>9:00 Enhance Fitness 10:30 Sliders Line Dancing 12:00 Current Events Discussion</p> | <p>9:00 Links</p> |
| <p>Happy St. Patrick's Day Monday, March 17, 2025</p> | <p>9:15 Dancing & Grooving Drumming 9:30 Enhance Fitness (Des Moines) 11:00 Mary Henry Bridge 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 ✓ 1:15 Membership Meeting 2:00 Quilting Class</p> | <p>9:15 Dancing & Grooving Drumming 12:00 Medicaid/Medicare ✓ 1:00 Bid Whist 5:30 Beginning Bridge 6:00 Le Etta King Bridge</p> | <p>9:00 Enhance Fitness 10:30 Sliders Line Dancing 12:00 Current Events Discussion 6:00 Green Dolphin Featring C.T. Thompson Cost: \$25, \$30, \$35, RSVP at 206.726.4926 ✓</p> | <p>12:00 Bridge</p> |
| <p>REFER A FRIEND</p> | <p>9:15 Dancing & Grooving Drumming 9:30 Enhance Fitness (Des Moines) 11:00 Mary Henry Bridge 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 Board Meeting </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 & Grooving Drumming 11:30 Birthday Lunch RSVP ✓ 12:00 Medicaid/Medicare ✓ 1:00 Bid Whist 5:30 Beginning Bridge 6:00 Le Etta King Bridge</p> | <p>9:00 Enhance Fitness 10:30 Sliders Line Dancing 12:00 Current Events Discussion</p> | <p>American Friends Retreat, 9 AM</p> |
| <p>March Members' Birthday Lunch Thursday, March 27th, 2025</p> | <p>9:15 Dancing & Grooving Drumming 9:30 Enhance Fitness (Des Moines) 11:00 Mary Henry Bridge 2:30 Table Game Night 2:45 Enhance Fitness</p> | <p>1:00 Central Bingo 1:30 Board Meeting </p> | <p>1:30 Midweek Matinee 2:00 Quilting Class</p> | <p>5:30 Beginning Bridge 6:00 Le Etta King Bridge</p> | <p>King County Veterans, Seniors & Human Services Levy</p> | |