



January 2026

- Special Event

Administration

Social Services

Health & Wellness

Fitness
- Educational

Social

Cards & Games

Arts & Crafts

Outing
- Meeting

Sign Up

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>1</div> <div></div>	<div>2</div> <div>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</div>	<div>3</div> <div>Want Lunch or Need Groceries? Please call us at 206-726-4926 to Request</div>	<div>4</div> <div>CASC will be closed, January 19th in honor of Martin Luther King Jr.</div>	<div>5</div> <div></div>	<div>6</div> <div></div>	<div>7</div> <div></div>
<div>8</div> <div></div>	<div>9</div> <div>9:15  African Dance 9:30  Enhance Fitness (Des Moines)  11:00  Mary Henry Bridge <del>12:15  African Drumming</del> 2:30  <b>Learn to Knit</b> ✓ 2:30  Table Game Night 2:45  Enhance Fitness</div>	<div>10</div> <div>10:00  Beginning Bridge 10:05  Sliders Line Dancing 11:30  Social Bridge 1:00  Central Bingo</div>	<div>11</div> <div>9:00  Enhance Fitness 10:30  Walking Group 1:00  Quilting Class 1:00  Unassisted Computer Lab ✓ 2:30  Book Club! ✓</div>	<div>12</div> <div>12:00  Medicaid/Medicare ✓ 1:00  Bid Whist 5:30  Beginning Bridge 6:00  LeEtta King Bridge</div>	<div>13</div> <div>9:00  Enhance Fitness 10:30  Sliders Line Dancing 12:00  <b>Current Events Discussion</b></div>	<div>14</div> <div>10:00  Bridge</div>
<div>15</div> <div></div>	<div>16</div> <div>9:15  African Dance 9:30  Enhance Fitness (Des Moines)  11:00  Mary Henry Bridge <del>12:15  African Drumming</del> 2:30  <b>Learn to Knit</b> ✓ 2:30  Table Game Night 2:45  Enhance Fitness</div>	<div>17</div> <div>9:00  POCAAN Mobile Medical Clinic ✓ 10:00  Beginning Bridge 10:05  Sliders Line Dancing 11:30  Social Bridge 1:00  Central Bingo</div>	<div>18</div> <div>9:00  Enhance Fitness 10:30  Walking Group 1:00  Quilting Class 1:00  Unassisted Computer Lab ✓ 1:00  Whiz Posse Brain Pleasers</div>	<div>19</div> <div>9:00  UW Interns 12:00  Medicaid/Medicare ✓ 1:00  Bid Whist 5:30  Beginning Bridge 6:00  LeEtta King Bridge 7:00  The Compassionate Friends</div>	<div>20</div> <div>No Green Dolphin 9:00  Enhance Fitness 10:30  Sliders Line Dancing 12:00  <b>Current Events Discussion</b></div>	<div>21</div> <div>9:00  <b>Links</b></div>
<div>22</div> <div></div>	<div>23</div> <div></div>	<div>24</div> <div>10:00  Beginning Bridge 10:05  Sliders Line Dancing 11:30  Social Bridge 1:00  Central Bingo</div>	<div>25</div> <div>9:00  Enhance Fitness 10:30  Walking Group 1:00  Quilting Class 1:00  Unassisted Computer Lab ✓ 1:15  <b>Membership Meeting</b> </div>	<div>26</div> <div>9:00  UW Interns 11:30  <b>Members' Birthday Lunch RSVP</b> ✓ 12:00  Medicaid/Medicare ✓ 1:00  Bid Whist 5:30  Beginning Bridge 6:00  LeEtta King Bridge</div>	<div>27</div> <div>9:00  Enhance Fitness 10:30  Sliders Line Dancing 12:00  <b>Current Events Discussion</b></div>	<div>28</div> <div>10:00  Bridge</div>
<div>29</div> <div></div>	<div>30</div> <div></div>	<div>31</div> <div>10:00  Beginning Bridge 10:05  Sliders Line Dancing 11:30  Social Bridge 1:00  Central Bingo 1:30  <b>Board Meeting</b> </div>	<div>32</div> <div>9:00  Enhance Fitness 10:30  Walking Group 1:00  Quilting Class 1:00  Unassisted Computer Lab ✓ 1:00  Whiz Posse, Sip &amp; Paint Class, Special Guest, Emily Billow, SPL</div>	<div>33</div> <div>9:00  UW Interns 12:00  Medicaid/Medicare ✓ 1:00  Bid Whist 5:30  Beginning Bridge 6:00  LeEtta King Bridge</div>	<div>34</div> <div>9:00  Enhance Fitness 10:30  Sliders Line Dancing 12:00  <b>Current Events Discussion</b></div>	<div>35</div> <div></div>