



## January 2026

Special Event	Educational	Meeting
Administration	✓	Sign Up
Social Services		
Cards & Games		
Health & Wellness		
Arts & Crafts		
Fitness		

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p><b>CASC Hours of Operation</b></p> <p>Monday: 8:30AM-5:00PM</p> <p>Tuesday: 8:30AM-5:00PM</p> <p>Wednesday: 8:30AM-5:00PM</p> <p>Thursday: 8:30AM-10:00PM</p> <p>Friday: 8:30AM-5:00PM</p>	<p><b>Want Lunch or Need Groceries?</b></p> <p>Please call us at 206-726-4926 to Request</p>	<p><b>the central</b></p> <p>CASC will be closed, January 19th in honor of Martin Luther King Jr.</p>			
	<p>4</p> <p>9:15 <span style="color: blue;">■</span> African Dance</p> <p>9:30 <span style="color: green;">■</span> Enhance Fitness (Des Moines) <span style="color: grey;">bus</span></p> <p>11:00 <span style="color: maroon;">■</span> Mary Henry Bridge</p> <p><del>12:15 <span style="color: blue;">■</span> African Drumming</del></p> <p><span style="color: red;">2:30 <span style="color: red;">■</span> Learn to Knit</span> ✓</p> <p>2:30 <span style="color: maroon;">■</span> Table Game Night</p> <p>2:45 <span style="color: green;">■</span> Enhance Fitness</p>	<p>5</p> <p>10:00 <span style="color: orange;">■</span> Beginning Bridge</p> <p>10:05 <span style="color: green;">■</span> Sliders Line Dancing</p> <p>11:30 <span style="color: blue;">■</span> Social Bridge</p> <p>1:00 <span style="color: maroon;">■</span> Central Bingo</p>	<p>6</p> <p>9:00 <span style="color: green;">■</span> Enhance Fitness</p> <p>10:30 <span style="color: green;">■</span> Walking Group</p> <p>1:00 <span style="color: red;">■</span> Quilting Class</p> <p>1:00 <span style="color: orange;">■</span> Unassisted Computer Lab ✓</p> <p>2:30 <span style="color: blue;">■</span> Book Club! ✓</p>	<p>7</p> <p>12:00 <span style="color: blue;">■</span> Medicaid/Medicare ✓</p> <p>1:00 <span style="color: maroon;">■</span> Bid Whist</p> <p>5:30 <span style="color: orange;">■</span> Beginning Bridge</p> <p>6:00 <span style="color: maroon;">■</span> LeEtta King Bridge</p>	<p>8</p> <p>9:00 <span style="color: green;">■</span> Enhance Fitness</p> <p>10:30 <span style="color: green;">■</span> Sliders Line Dancing</p> <p><b>12:00 <span style="color: blue;">■</span> Current Events Discussion</b></p>	<p>9</p> <p>10:00 <span style="color: maroon;">■</span> Bridge</p>
	<p>11</p> <p>9:15 <span style="color: blue;">■</span> African Dance</p> <p>9:30 <span style="color: green;">■</span> Enhance Fitness (Des Moines) <span style="color: grey;">bus</span></p> <p>11:00 <span style="color: maroon;">■</span> Mary Henry Bridge</p> <p><del>12:15 <span style="color: blue;">■</span> African Drumming</del></p> <p><span style="color: red;">2:30 <span style="color: red;">■</span> Learn to Knit</span> ✓</p> <p>2:30 <span style="color: maroon;">■</span> Table Game Night</p> <p>2:45 <span style="color: green;">■</span> Enhance Fitness</p>	<p>12</p> <p>9:00 <span style="color: blue;">■</span> POCAAN Mobile Medical Clinic ✓</p> <p>10:00 <span style="color: orange;">■</span> Beginning Bridge</p> <p>10:05 <span style="color: green;">■</span> Sliders Line Dancing</p> <p>11:30 <span style="color: blue;">■</span> Social Bridge</p> <p>1:00 <span style="color: maroon;">■</span> Central Bingo</p>	<p>13</p> <p>9:00 <span style="color: green;">■</span> Enhance Fitness</p> <p>10:30 <span style="color: green;">■</span> Walking Group</p> <p>1:00 <span style="color: red;">■</span> Quilting Class</p> <p>1:00 <span style="color: orange;">■</span> Unassisted Computer Lab ✓</p> <p>1:00 <span style="color: maroon;">■</span> Whiz Posse Brain Pleasers</p>	<p>14</p> <p>9:00 <span style="color: orange;">■</span> UW Interns</p> <p>12:00 <span style="color: blue;">■</span> Medicaid/Medicare ✓</p> <p>1:00 <span style="color: maroon;">■</span> Bid Whist</p> <p>5:30 <span style="color: orange;">■</span> Beginning Bridge</p> <p>6:00 <span style="color: maroon;">■</span> LeEtta King Bridge</p> <p>7:00 <span style="color: blue;">■</span> The Compassionate Friends</p>	<p>15</p> <p><b>No Green Dolphin</b></p> <p>9:00 <span style="color: green;">■</span> Enhance Fitness</p> <p>10:30 <span style="color: green;">■</span> Sliders Line Dancing</p> <p><b>12:00 <span style="color: blue;">■</span> Current Events Discussion</b></p>	<p>16</p> <p><b>9:00 <span style="color: blue;">■</span> Links</b></p>
	<p>18</p> <p><b>MEMBERSHIP MEETING</b></p> <p>JANUARY 21ST, 2026 AT 1:15PM</p> <p></p> <p><i>I have a dream</i></p> <p><i>Closed on Martin Luther King Day</i></p>	<p>19</p> <p>10:00 <span style="color: orange;">■</span> Beginning Bridge</p> <p>10:05 <span style="color: green;">■</span> Sliders Line Dancing</p> <p>11:30 <span style="color: blue;">■</span> Social Bridge</p> <p>1:00 <span style="color: maroon;">■</span> Central Bingo</p>	<p>20</p> <p>9:00 <span style="color: green;">■</span> Enhance Fitness</p> <p>10:30 <span style="color: green;">■</span> Walking Group</p> <p>1:00 <span style="color: red;">■</span> Quilting Class</p> <p>1:00 <span style="color: orange;">■</span> Unassisted Computer Lab ✓</p> <p><b>1:15 <span style="color: red;">■</span> Membership Meeting</b> ☕</p>	<p>21</p> <p>9:00 <span style="color: orange;">■</span> UW Interns</p> <p><b>11:30 <span style="color: maroon;">■</span> Members' Birthday Lunch RSVP</b> ✓</p> <p>12:00 <span style="color: blue;">■</span> Medicaid/Medicare ✓</p> <p>1:00 <span maroon;"="" style:="">■</span> Bid Whist</p> <p>5:30 <span style="color: orange;">■</span> Beginning Bridge</p> <p>6:00 <span style="color: maroon;">■</span> LeEtta King Bridge</p>	<p>22</p> <p>9:00 <span style="color: green;">■</span> Enhance Fitness</p> <p>10:30 <span style="color: green;">■</span> Sliders Line Dancing</p> <p><b>12:00 <span style="color: blue;">■</span> Current Events Discussion</b></p>	<p>23</p> <p>10:00 <span style="color: maroon;">■</span> Bridge</p>
	<p>25</p> <p><b>BOARD MEETING</b></p> <p>27 JANUARY 2026   1:30PM</p>	<p>26</p> <p><b>Closed! Annual Board, Staff &amp; Volunteer Retreat</b></p> <p>10 AM – 5 PM.</p>	<p>27</p> <p>10:00 <span style="color: orange;">■</span> Beginning Bridge</p> <p>10:05 <span style="color: green;">■</span> Sliders Line Dancing</p> <p>11:30 <span style="color: blue;">■</span> Social Bridge</p> <p>1:00 <span style="color: maroon;">■</span> Central Bingo</p> <p><b>1:30 <span style="color: red;">■</span> Board Meeting</b> ☕</p>	<p>28</p> <p>9:00 <span style="color: orange;">■</span> UW Interns</p> <p>10:30 <span style="color: green;">■</span> Walking Group</p> <p>1:00 <span style="color: red;">■</span> Quilting Class</p> <p>1:00 <span style="color: orange;">■</span> Unassisted Computer Lab ✓</p> <p>1:00 <span style="color: maroon;">■</span> Whiz Posse, Sip &amp; Paint Class, Special Guest, Emily Billow, SPL</p>	<p>29</p> <p>9:00 <span style="color: green;">■</span> Enhance Fitness</p> <p>10:30 <span style="color: green;">■</span> Sliders Line Dancing</p> <p><b>12:00 <span style="color: blue;">■</span> Current Events Discussion</b></p>	<p>30</p> <p><b>King County VSHSL</b></p> <p>Veterans, Seniors, &amp; Human Services Levy</p>