



October 2026

- Special Event

Green Dolphin

Administration

Social Services

Health & Wellness

Fitness

Educational

Social

Cards & Games

Arts & Crafts

Meeting

Sign Up

Tickets

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div> <div>October Birthday Luncheon</div> <div>Thursday, Oct 22, 2026</div> </div>	<div> <div>BECOME A MEMBER at the central</div> </div>	<div> <div>the central</div> <div>CASC Hours of Operation</div> <div>Monday 8:30 am - 5:00 pm</div> <div>Tuesday 8:30 am - 5:00 pm</div> <div>Wednesday 8:30 am - 5:00 pm</div> <div>Thursday 8:30 am - 10:00 pm</div> <div>Friday 8:30 am - 5:00 pm</div> </div>	<div> <div>Connect w/The Central on Facebook</div> </div>	<div> <div>9:00 UW School of Nursing</div> <div>1:00 Bid Whist</div> <div>5:30 Beginning Bridge</div> <div>6:00 LeEtta King Bridge</div> </div>	<div> <div>10:00 CMCH Health Screenings</div> <div>10:30 Sliders Line Dancing</div> <div>12:00 Current Events Discussion</div> <div>1:30 A Matter of Balance✓</div> </div>	<div> <div>A MATTER OF BALANCE</div> <div>MANAGING CONCERNS ABOUT FALLS</div> <div>An 8-Week Series</div> <div>FRIDAYS SEPTEMBER 4 - OCTOBER 23 1:30 - 3:30 PM</div> <div>REGISTRATION REQUIRED</div> </div>
<div> <div>OCTOBER MOVIES</div> <div>Friday, October 9 1:30 pm</div> <div>BEST ENEMIES</div> <div>LAUNDROMAT</div> <div>Friday, October 23 1:30 pm</div> </div>	<div> <div>9:15 African Dance</div> <div>11:00 Mary Henry Bridge</div> <div>12:15 African Drumming</div> <div>2:30 Learn to Knit✓</div> <div>2:30 Table Game Night</div> </div>	<div> <div>10:00 Beginning Bridge</div> <div>10:05 Sliders Line Dancing</div> <div>11:30 Social Bridge</div> <div>1:00 Central Bingo</div> </div>	<div> <div>1:00 Quilting Class</div> <div>1:00 Unassisted Computer Lab✓</div> <div>2:30 Book Club!✓</div> </div>	<div> <div>9:00 UW School of Nursing</div> <div>1:00 Bid Whist</div> <div>5:30 Beginning Bridge</div> <div>6:00 LeEtta King Bridge</div> </div>	<div> <div>10:30 Sliders Line Dancing</div> <div>12:00 Current Events Discussion</div> <div>1:30 A Matter of Balance✓</div> <div>1:30 Movie: The Best of Enemies</div> </div>	<div> <div>10:00 Bridge</div> </div>
<div> <div>GREEN DOLPHIN STREET LOUNGE</div> <div>Friday, October 16 6:00-9:00 PM</div> <div>SAM CHAMBLISS</div> </div>	<div> <div>Columbus Day</div> <div>9:15 African Dance</div> <div>11:00 Mary Henry Bridge</div> <div>12:15 African Drumming</div> <div>2:30 Learn to Knit✓</div> <div>2:30 Table Game Night</div> </div>	<div> <div>10:00 Beginning Bridge</div> <div>10:05 Sliders Line Dancing</div> <div>11:30 Social Bridge</div> <div>1:00 Central Bingo</div> <div>1:30 Board Meeting★</div> <div>Date Changed this month only</div> </div>	<div> <div>1:00 Quilting Class</div> <div>1:00 Unassisted Computer Lab✓</div> <div>1:00 Whiz Posse Brain Pleasers</div> </div>	<div> <div>9:00 UW School of Nursing</div> <div>10:30 Waste Management Workshop</div> <div>1:00 Bid Whist</div> <div>5:30 Beginning Bridge</div> <div>6:00 LeEtta King Bridge</div> <div>7:00 The Compassionate Friends</div> </div>	<div> <div>10:30 Sliders Line Dancing</div> <div>12:00 Current Events Discussion</div> <div>1:30 A Matter of Balance✓</div> <div>6:00 Green Dolphin w/Sam Chambliss</div> </div>	<div> <div>9:00 Links</div> </div>
<div> <div>MEMBERSHIP MEETING</div> <div>Wednesday, October 21, 2026 1:15 PM</div> <div>CENTRAL AREA SENIOR CENTER DINING HALL</div> </div>	<div> <div>9:15 African Dance</div> <div>11:00 Mary Henry Bridge</div> <div>12:15 African Drumming</div> <div>2:30 Learn to Knit✓</div> <div>2:30 Table Game Night</div> </div>	<div> <div>10:00 Beginning Bridge</div> <div>10:05 Sliders Line Dancing</div> <div>11:30 Social Bridge</div> <div>1:00 Central Bingo</div> </div>	<div> <div>1:00 Unassisted Computer Lab✓</div> <div>1:15 Membership Meeting★</div> </div>	<div> <div>9:00 UW School of Nursing</div> <div>11:30 Birthday Celebration Luncheon\$</div> <div>1:00 Bid Whist</div> <div>5:30 Beginning Bridge</div> <div>6:00 LeEtta King Bridge</div> </div>	<div> <div>10:30 Sliders Line Dancing</div> <div>12:00 Current Events Discussion</div> <div>1:30 A Matter of Balance✓</div> <div>1:30 Movie: The Laundromat</div> </div>	<div> <div>10:00 Bridge</div> </div>
<div> <div>Central Area Senior Center</div> <div>MONTHLY BOARD MEETING</div> <div>Tuesday, October 13, 2026 starts at 1:30 PM</div> </div>	<div> <div>9:15 African Dance</div> <div>11:00 Mary Henry Bridge</div> <div>12:15 African Drumming</div> <div>2:30 Learn to Knit✓</div> <div>2:30 Table Game Night</div> </div>	<div> <div>10:00 Beginning Bridge</div> <div>10:05 Sliders Line Dancing</div> <div>11:30 Social Bridge</div> <div>1:00 Central Bingo</div> <div>1:30 Board Meeting★</div> </div>	<div> <div>1:00 Quilting Class</div> <div>1:00 Unassisted Computer Lab✓</div> <div>1:00 Whiz Posse Brain Pleasers</div> </div>	<div> <div>9:00 UW School of Nursing</div> <div>1:00 Bid Whist</div> <div>5:30 Beginning Bridge</div> <div>6:00 LeEtta King Bridge</div> </div>	<div> <div>10:30 Sliders Line Dancing</div> <div>12:00 Current Events Discussion</div> <div>1:00 Halloween Party</div> </div>	<div> <div>YOU ARE INVITED TO HALLOWEEN Party</div> <div>Friday, October 30 1:00 - 4:00 PM</div> <div>the central</div> <div>500 30TH AVES. SEATTLE, 98144</div> </div>

Revised October 1, 2026

SAVE THE DATE

Annual Meeting

Vote for New Board Members & on Membership Fees Increase

Wednesday, November 18, 2026 | 1:15 PM