

Classes at a Glance

To get updates on the status of the class or classes you are interested in, please feel free to call us at 206-365-1536

EXERCISE

EnhanceFitness	MWF*	10:00-11:00AM
Enhance Fitness	TTh	1:15-2:15PM
Level 1 EnhanceFitness	TTH	10:30-11:15AM
Fall Prevention Ex.	WF*	11:15-12:15PM
Tai Chi	T F	10:45-11:45AM
Gentle Yoga	F	9:30-10:30PM
Keep Your Balance. Keep Moving	see page 10	

DANCING

Beg. Clog Dancing	M	10:00-10:45
Cont. Clog Dancing	M	10:45-11:45
Line Dance	T	1:15-2:30PM
Beginning Line Dance	T	2:45-3:45PM
Hula	Th	1:30-2:30PM

GAMES

Mah Jongg**	M	9:30-12:30PM
Duplicate Bridge	W	12:00-4:00PM
Table Tennis	MWThF	2:30-4:15PM
Scrabble Club	Th	12:30-4:00PM
Pinochle	Th	12:30-3:30PM
Hartu	Th	1:00-4:00PM

EDUCATION/LANGUAGES

Computers & Digital Cameras	M	2:00-4:00PM
Book Club	2nd T	1:00-2:00PM
Spanish Conversation	M	10:00-11:30AM
What's Up/ New	3rd T	10:30-11:30AM
French	Th	10:00-11:30AM
Current Events	Th	1:00-2:30PM
Write About Your Life	T	10:00-noon

THE ARTS

Drawing & Watercolor	W	1:30-3:00PM
Acrylic Painting	Th	9:30-11:30AM
Senior Singers	Th	10:00-11:15AM

LIFE SKILLS & SUPPORT GROUPS

Life's Transitions	T	1:00-2:30PM
Diabetes Group	3rd T	10:00-11:00AM
Parkinson's Group	4th T	12:30-2:00PM
Caregivers Group	2nd Th	12:30-1:30PM
Stroke Group	2nd T	11:00-12:00PM
Clutter Control	1st W	11:00-12:00PM

CRAFTS

Knitting	M	12:00-2:00PM
Quilting	T	12:00-3:00PM
Driftwood Sculpture	T	1:00-3:00PM

Friday Afternoon Movies 1st Fridays 1:30-4:00pm see page 24 for more information.

EVENING CLASS

Hawaiian Hula M 6:00-7:00PM

CAN DO Low Impact Exercise Class

T & Th 5:30-6:30PM

SIGN UP for Exercise Class tickets, most classes, and events at the Senior Center's Front Desk.

For further information call the Center at 206-365-1536 or see us on-line at

www.shorelinelfseniorcenter.org

E-mail: shorelinesc@soundgenerations.org

**Mah Jongg meets at Third Place Commons in Lake Forest Park, 17171 Bothell Way NE.

* Limited spaces available; must talk to the instructor before attending the class.

Revised 2/17/17