

AUGUST ACTIVITIES AND EVENTS!

(No Green Dolphin in August)

DRUMMING FOR MEMORY; DRUMMING FOR FUN – STILL ROOM TO JOIN

Wednesdays, 10:00-11:00AM in the Solarium

\$4 Members; \$6 Non-Members

Everyone Welcome! And a Special Welcome to those experiencing memory loss!

PRESENTATION – “NUTRITION AND EXERCISE FOR CANCER PREVENTION”

Thursday, August 8, 10:00am – 12:00PM at Dr. Royster’s Health & Wellness class

Please join us for a guest speaker from Swedish cancer Institute for an informative presentation on ways to help prevent cancer!

LUNCHTIME PRESENTATION - CANCER MYTHS AND MISCONCEPTIONS

Thursday, August 8, 12:00 noon – 1:00pm in the Dining Hall

Swedish Cancer Institute will give a lunchtime presentation on the myths and Misconceptions surrounding cancer.

\$5 Community Dining

SHIBA HEALTH INSURANCE COUNSELING WITH JUDY ELLIS

Judy is a trained State Health Insurance Benefits Advisor, ready to help you navigate the Health Care Insurance System. Appointments every other Thursday.

Thursday, August 8 – Sign Up at the Front Desk

TULALIP CASINO & SHOPPING TRIP

Monday, August 12, departs CASC 10:30

\$12 members; \$15 non-members

ACRYLIC PAINTING WORKSHOP WITH LOCAL ARTIST JOLYN GC

Wednesday, August 14, 1:30-3:30PM

\$5 members; \$7 non-members

ALL MATERIALS SUPPLIED (& NEW CANVASSES FOR SALE)

MUCKLESHOOT CASINO & OUTLET MALL SHOPPING TRIP

Monday, August 19, departs CASC 10:30AM

\$12 members; \$15 non-members

CENTRAL AREA SENIOR CENTER MEMBERSHIP MEETING

Wednesday, August 21, 1:15-2:30PM in the Dining Hall

PRESENTATION – “HEARING, COGNITION AND QUALITY OF LIFE”

Thursday, August 22, 10:00am – 12:00PM at Dr. Royster’s Health & Wellness class. Please join us for guest speaker Shavani Patel, Doctor of Audiology give a presentation on hearing loss effects our lives. Followed by FREE hearing tests. Limited slots available, please call the front desk to reserve your spot.

SHIBA HEALTH INSURANCE COUNSELING WITH JUDY ELLIS

Judy is a trained State Health Insurance Benefits Advisor, ready to help you navigate the Heath Care Insurance System. Appointments every other Thursday. Thursday, August 22 – Sign Up at the Front Desk

AUGUST BIRTHDAY CELEBRATION – Lunch is on us for all August Born

Thursday, August 22, 11:45 – 1:00PM

Music by Mr. Cliff; Delicious Dish by Chef Anthony

\$5 Community Dining

LAST CHANCE WEDNESDAY RED WIND CASINO TRIP

Wednesday, August 28, departs CASC 10:30AM

\$17 members; \$20 non-members

**STAY TUNED FOR ADDITIONS, SURPRISES AND/OR
CHANGES**

