

SEPTEMBER ACTIVITIES AND EVENTS!

(Green Dolphin in BACK)

BEGINNING DRUMMING

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

\$4 Members; \$6 Non-Members

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

THE GREAT CREATE WORKSHOP WITH LOCAL ARTIST JOLYN GC

Wednesday, September 11, 1:30-3:30PM

\$5 members; \$7 non-members

MATERIALS SUPPLIED (& Bring Your Own)

BALANCE ASSESSMENTS WITH CASCADE DIZZINESS & BALANCE

Monday, September 16, 10:00am – 12:00pm in the Dining Hall

In celebration of Balance Awareness Week, Kaela Pauly, Physical Therapist for Cascade Dizziness & Balance, will offer balance assessments and recommendations

FREE

SNOQUALIMIE CASINO & NORTH BEND OUTLET MALL

Monday, September 16, departs CASC 10:30am

\$12 members; \$15 non-members

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, September 5 and 19 – Sign Up at the Front Desk

CENTRAL AREA SENIOR CENTER MEMBERSHIP MEETING

Wednesday, September 18, 1:15-2:30pm in the Dining Hall

Lots of Exciting News to share and to celebrate!

GREEN DOLPHIN RETURNS WITH BATTLE OF THE DJ'S

Friday, September 20, 6:00pm-9:00pm

Mr. Cliff and RLJ Ronnie will Battle it out for the Title of Best CASC DJ

Old School Funk, Soul, Rhythm and Blues

\$20 Members (advance purchase only) \$25 Non-members and at the Door;

\$15 Lifetime Members

MUCKLESHOOT CASINO & SUPER MALL SHOPPING

Monday, September 23, departs CASC 10:30AM

\$12 members; \$15 non-members

TEA & COOKIES WITH 'THE RAGING GRANNIES'

Wednesday, September 25, 1:30pm -3:30pm

Grassroots Activism at its finest – share tea, cookies and conversation and a special performance by Seattle's Raging Grannies

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

Thursday, September 26, 11:45 – 1:00PM

\$5 Community Dining; Celebration and Joy FREE

LAST CHANCE WEDNESDAY RED WIND CASINO TRIP

Wednesday, Oct 2, departs CASC 10:30AM

\$17 members; \$20 non-members

BACK BY POPULAR DEMAND –

AARP SMART DRIVING COURSE in the Dining Hall

Wednesday, October 2, 1:00am-3:00pm (with lunch break)

Wednesday, October 9, 1:00am-3:00pm (with lunch break)

\$15 for AARP members; \$20 for Non-AARP members