



# December 2024

Special Event	Educational	Outing
Social Services	Social	Sign Up
Health & Wellness	Cards & Games	
Fitness	Arts & Crafts	
Spiritual	Movie	

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

	<p>9:15  Dancing &amp; Grooving Drumming                  9:30  Enhance Fitness (Des Moines) 🗻                  11:00  Mary Henry Bridge                  12:15  Dancing &amp; Grooving Drumming                  2:30  Table Game Night                  2:45  Enhance Fitness</p>	<p>10:00  Beginning Bridge                  10:05  Sliders Line Dancing                  11:30  Social Bridge                  1:00  Central Bingo</p>	<p>9:00  Enhance Fitness                  10:30  Walking Group                  1:00  Unassisted Computer Lab ✓                  2:00  Quilting Class                  2:30  Book Club! ✓</p>	<p>9:15  Dancing &amp; Grooving Drumming                  12:00  Medicaid/Medicare ✓                  1:00  Bid Whist                  6:00  Le Etta King Bridge                  6:45  Beginning Bridge</p>	<p>9:00  Enhance Fitness                  10:00  <b>CMCH Health Screenings</b>                  10:30  Sliders Line Dancing                  12:00  <b>Current Events Discussion</b></p>	<p><b>Don't Miss the Deadline!</b>                  Last Day of Medicare Open Enrollment                  December 2024</p>
<p><b>Want Lunch or Need Groceries?</b>                  Please call us at 206-726-4926 to Request  <u>All Events Are Subject to Change</u></p>	<p>9:15  Dancing &amp; Grooving Drumming                  9:30  Enhance Fitness (Des Moines) 🗻                  11:00  Mary Henry Bridge                  12:15  Dancing &amp; Grooving Drumming                  2:30  Table Game Night                  2:45  Enhance Fitness</p>	<p>10:00  Beginning Bridge                  10:05  Sliders Line Dancing                  11:30  Social Bridge                  1:00  Central Bingo</p>	<p>9:00  Enhance Fitness                  10:30  Walking Group                  1:00  Unassisted Computer Lab ✓                  1:30  Midweek Matinee 🗻                  2:00  Quilting Class</p>	<p>9:00  <b>POCAAN Mobile Medical Clinic</b> ✓                  9:15  Dancing &amp; Grooving Drumming                  12:00  Medicaid/Medicare ✓                  1:00  Bid Whist                  6:00  Le Etta King Bridge                  6:45  Beginning Bridge</p>	<p>9:00  Enhance Fitness                  10:30  Sliders Line Dancing                  12:00  <b>Current Events Discussion</b></p>	<p><b>Cost of the Holiday Gala Special is \$225. That Includes the Admission and One Year of Membership.</b>                  5:30  <b>Holiday Gala Featuring Josephine Howell, Cost: \$135, \$160, \$185, RSVP at 206.726.4926</b></p>
<p><b>CASC Hours of Operation</b>                  Monday:8:30AM-5:00PM                  Tuesday:8:30AM-5:00PM                  Wednesday:8:30AM-5:00PM                  Thursday:8:30AM-10:00PM                  Friday:8:30AM-5:00PM</p>	<p>9:15  Dancing &amp; Grooving Drumming                  9:30  Enhance Fitness (Des Moines) 🗻                  11:00  Mary Henry Bridge                  12:15  Dancing &amp; Grooving Drumming                  2:30  Table Game Night                  2:45  Enhance Fitness</p>	<p>10:00  Beginning Bridge                  10:05  Sliders Line Dancing                  11:30  Social Bridge                  1:00  Central Bingo                  1:30  <b>Central Bingo Celebration</b></p>	<p>9:00  Enhance Fitness                  10:30  Walking Group                  1:00  Unassisted Computer Lab ✓                  2:00  Quilting Class</p>	<p>9:15  Dancing &amp; Grooving Drumming                  11:30  <b>Birthday Lunch RSVP</b> ✓                  12:00  Medicaid/Medicare ✓                  1:00  Bid Whist                  6:00  Le Etta King Bridge                  6:45  Beginning Bridge</p>	<p><b>No Green Dolphin</b>                  9:00  Enhance Fitness                  9:00  <b>Enhance Fitness Celebration</b>                  10:30  Sliders Line Dancing                  11:00  <b>Sliders Line Dancing Celebration</b>                  12:00  <b>Current Events Discussion</b></p>	<p>9:00 CASC will have workers on site December 21st - December 30th working on capital projects. The building will be off-limits. MacDonald Miller will be facilitating capital upgrades inside.                  9:00 <b>Links</b></p>
<p><b>SEATTLE'S CENTRAL DISTRICT: WALK &amp; REMEMBER!</b></p>	<p>The Central Area Senior Center will be closed for the remainder of December and will reopen on January 6th. No classes and lunch will be provided during that time.</p>	<p><b>CHRISTMAS EVE</b>                  central AREA SENIOR CENTER</p>	<p><b>Merry Christmas</b>                  May the peace and joy of Christmas be with you today and throughout the New Year.                  Merry Christmas!</p>			<p>12:00  Bridge</p>
		<p><b>New Year Eve</b>                  Cheers to the New Year! Wishing you blessings &amp; prosperity in years to come!</p>	<p><b>2025</b>                  HAPPY NEW YEAR!                  Wishing you a New Year bursting with fresh hope, overflowing joy, Peace, love and happiness!</p>			<p><b>REFER A FRIEND</b></p>