

MARCH 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div style="border: 2px solid black; padding: 5px; margin-bottom: 10px;"> <p>*Pre-Registration Required Legend: (subject to change)</p> <p>M (Millennium) 1-2-3 HR-Health Room L-Lobby H-Hearth R-Rotary CB-Coffee Bar CR-Conference Room OS-Off Site P-Pool Room LGB-Les Gove Bldg C-Computer Resource GYM-Parks Gym CC-Community Center LR- Lions Room</p> </div>	<p>Check Senior Activity Center or Parks, Arts & Recreation brochures for evening classes.</p>		<p>1</p> <p>8:10-9:10Silver Sneakers Circuit (CC) 9:30-11:30.....Senior Volleyball (Gym) 9:30-10:30.....ORCA Card (L) 10-12Spanish Study Group (LR) 10-11Sail (M1) 12:45-3:30.....Pinochle Party (L & R) 1-2Social security & more (LR) 2-4Line Dancing (M2-3) 5-9Extended Hours 5:30-9Bunco (L)</p>	<p>2</p> <p>8:30-3:30 * Hike: Lord Hill 10-3 * Massage (HR) 10-3Respite (LR) 10-12:30Contract Bridge (R) 10-12Computer Tutor (C) 1-2Stroke Support (R) 1-4:30Scrabble (L) 2:15-3:15 * Silver Sneakers Classic (M 1-2)</p>
<p>5</p> <p>9-4 * Footcare (HR) 9-4 * Income Tax (R) 9-11Zentangle (LR) 10-2Mah Jongg (L) 10-11:30Karaoke (M1) 12-1:30Pickleball (Gym) 1-4:30Scrabble (L) 1:30-3:30Computer Tutor (C) 2-4 * Grief Support Group (LR) 2:15-3:15 * Silver Sneakers Classic (M 1-2) 5-9Extended Hours 5:45-9Pinochle Party (L) 6-9Straight Pool (P)</p>	<p>6</p> <p>8:10-9:10Silver Sneakers Circuit (CC) 9-10Wellness Meeting (CR) 9:30-11:30.....Canasta (L) 9:30-11:30.....Senior Volleyball (Gym) 10-3:30 * Massage (HR) 10-11Sail (M1) 10-12Book Club (LR) 12-2Computer Tutor (C) 12:45-3:30.....Pinochle Party (L & R) 12:45-2:30.....Bingo (LR) 1-1:30Senior vs Staff Pool tournament 2-4:30Table Tennis (M2-3) 5-9Extended Hours 5:30-8:45Mexican Train Dominoes (L) 6-8Ukulele Group (M1)</p>	<p>7</p> <p>9-12 * Acrylic (LR) 9:30-3Pantry Set up (M1) 10:15-11Gameshow (R) 12-1:30Pickleball (Gym) 1-3Scotch Double Pool Tournament (P) 1-3Veterans Meeting (CR) 1-3:30Movie: The Sense of an Ending (R) 2:15-3:15 * Silver Sneakers Classic (M 1-2) 4:30-7:30 * Paola's Kent 4:30-6:30Movie : The Sense of an Ending(R) 5-9Extended Hours 5:30-8:45Mexican Train Dominoes (L)</p>	<p>8</p> <p>8:10-9:10Silver Sneakers Circuit (CC) 9-1Food Pantry (M1) 9:30-11:30.....Senior Volleyball (Gym) 10-12Spanish Study Group (CR) 10-11Coffee Hour w/ Councilmembers (R) 10-11Sail (LR) 12:45-3:30.....Pinochle Party (L & R) 1-2US citizen test (LR) 2-4Line Dancing (M2-3) 5-9Extended Hours</p>	<p>9</p> <p>9-3:30 * Hike: Tolmie & Nisqually 9-12Food Pantry (M1) 10-3 * Massage (HR) 10-3Respite (LR) 10-12:30Contract Bridge (R) 10-12Computer Tutor (C) 1-2Stroke Support (R) 1-4:30Scrabble (L) 2:15-3:15 * Silver Sneakers Classic (M 1-2) 3-10:30 * Ensign Symphony</p>
<p>12</p> <p>9-4 * Footcare (HR) 9-4 * Income Tax (R) 9-11Zentangle (LR) 10-2Mah Jongg (L) 10-11:30Karaoke (M1) 12-1:30Pickleball (Gym) 1-4:30Scrabble (L) 1:30-3:30Computer Tutor (C) 2-4 * Grief Support Group (LR) 2:15-3:15 * Silver Sneakers Classic (M 1-2) 4:45-5:30 * Senior Dinner (M2-3) 5-9Extended Hours 5:45-9Pinochle Party (L) 6-9Straight Pool (P)</p>	<p>13</p> <p>8:10-9:10Silver Sneakers Circuit (CC) 9:30-2:30 * Walk: Greenlake 9:30-11:30.....Canasta (L) 9:30-11:30.....Senior Volleyball (Gym) 10-3:30 * Massage (HR) 10-11Bible Study (CR) 10-11Sail (M1) 12-2Computer Tutor (C) 12:45-3:30.....Pinochle Party (L & R) 2-4:30Table Tennis (M2-3) 5-9Extended Hours 5:30-8:45Mexican Train Dominoes (L) 6-8Ukulele Group (M1)</p>	<p>14</p> <p>9-12 * Acrylic (LR) 10:30-12Music by Country Fever (M1-2) 12-1:30Pickleball (Gym) 12:45-3:45 * Pool Tournament (P) 1-3Veterans Meeting (CR) 1-3:30Movie : Gifted(R) 2:15-3:15 * Silver Sneakers Classic (M 1-2) 4:30-6:30Movie: Gifted (R) 5-9Extended Hours 5:30-8:45Mexican Train Dominoes (L)</p>	<p>15</p> <p>8:10-9:10Silver Sneakers Circuit (CC) 8:30-4:30 * Dental Services (HR) 8:30-4:30 * Seattle Church Tour 9:30-11:30.....Senior Volleyball (Gym) 10-12Spanish Study Group (LR) 10-11Sail (M1) 11:30-12:30Birthday/Anniversary Celebration (M 2-3) 12:45-3:30.....Pinochle Party (L & R) 1-2Essential Oils (LR) 2-4Line Dancing (M2-3) 5-9Extended Hours</p>	<p>16</p> <p>8:30-4:30 * Dental Services (HR) 10-3Respite (LR) 10-12:30Contract Bridge (R) 10-12Computer Tutor (C) 10-11:30Knife Sharpening 11:30-1 * St. Patricks Day Lunch (M1-3) 1-2Stroke Support (R) 1-4:30Scrabble (L) 2:15-3:15 * Silver Sneakers Classic (M 1-2)</p>
<p>19</p> <p>9-4 * Footcare (HR) 9-4 * Income Tax (R) 9-11Zentangle (LR) 10-2Mah Jongg (L) 10-11:30Karaoke (M1) 12-1:30Pickleball (Gym) 1-4:30Scrabble (L) 1:30-3:30Computer Tutor (C) 2-4 * Grief Support Group (LR) 2-4 * Grief Support Group (LR) 2:15-3:15 * Silver Sneakers Classic (M 1-2) 5-9Extended Hours 5:45-9Pinochle Party (L) 6-9Straight Pool (P)</p>	<p>20</p> <p>8:10-9:10Silver Sneakers Circuit (CC) 9:30-11:30.....NO Canasta (L) 9:30-11:30.....Senior Volleyball (Gym) 10-3:30 * Massage (HR) 10-11:30Advisory Council (LR) 10-11NO Sail (M1) 12-2Computer Tutor (C) 12:45-3:30.....NO Pinochle Party (L & R) 12:45-2:30.....NO Bingo (LR) 2-4:30NO Table Tennis (M2-3) 5-9Extended Hours 5:30-8:45NO Mexican Train Dominoes (L) 6-8Ukulele Group (LR)</p>	<p>21</p> <p>9-12:45 * Estate Planning (CR) 9-12 * Acrylic (LR) 10:30-11:30NO Music (M2) 11:30-1:30 * Vinifera 12-1:30Pickleball (Gym) 12:45-3:45 * Pool Tournament (P) 1-3 * Watercolor (LR) 1-3Veterans Meeting (CR) 1-3:30NO Movie (R) 2:15-3:15 * Silver Sneakers Classic (CCEC) 4:30-6:30NO Movie (R) 5-9Extended Hours 5:30-8:45NO Mexican Train Dominoes (L)</p>	<p>22</p> <p>8:10-9:10Silver Sneakers Circuit (CC) 9:30-11:30.....Senior Volleyball (Gym) 10-12Spanish Study Group (LR) 10-11NO Sail (M1) 12:45-3:30.....NO Pinochle Party (L & R) 1-2Iphone Talk (LR) 2-4Line Dancing (LGB) 5-9Extended Hours</p>	<p>23</p> <p>9-5Rummage Sale 10-3 * Massage (HR) 10-3Respite (LR) 10-12:30NO Contract Bridge (R) 10-12Computer Tutor (C) 1-2NO Stroke Support (R) 1-4:30NO Scrabble (L) 2:15-3:15 * Silver Sneakers Classic (CCEC)</p>
<p>26</p> <p>8:30-12:30 * Drivers Safety (LR) 9-4 * Footcare (HR) 9-4 * Income Tax (R) 9-11Zentangle (LR) 10-2Mah Jongg (L) 10-11:30Karaoke (M1) 10:15-3:15 * Wings Over WA & Seattle Great Wheel 11-12Blood Pressure Clinic (L) 12-1:30Pickleball (Gym) 1-2:30Office Volunteer Meeting (CR) 1-4:30Scrabble (L) 1:30-3:30Computer Tutor (C) 2-4 * Grief Support Group (LR) 5-9Extended Hours 5:45-9Pinochle Party (L) 6-9Straight Pool (P)</p>	<p>27</p> <p>8:10-9:10Silver Sneakers Circuit (CC) 8:30-12:30 * Drivers Safety (LR) 9:30-2:30 * Walk: Snoqualmie Valley 9:30-11:30.....Canasta (L) 9:30-11:30.....Senior Volleyball (Gym) 10-3:30 * Massage (HR) 10-12 * Painting w/ a Twist 10-11Sail (M1) 10-10:30Bible Study (CR) 12-2Computer Tutor (C) 12:45-3:30.....Pinochle Party (L & R) 2-4:30Table Tennis (M2-3) 5-9Extended Hours 5:30-8:45Mexican Train Dominoes (L) 6-8Ukulele Group (M1)</p>	<p>28</p> <p>10:30-12Music by Country Fever (M1-2) 12-1:30Pickleball (Gym) 12:45-3:45 * Pool Tournament (P) 1-3 * Watercolor (LR) 1-3Veterans Meeting (CR) 1-3:30Movie: Arsenic and Old Lace (R) 2:15-3:15 * Silver Sneakers Classic (M 1-2) 4:30-6:30Movie: Arsenic and Old Lace (R) 5-9Extended Hours 5:30-8:45Mexican Train Dominoes (L)</p>	<p>29</p> <p>8:10-9:10Silver Sneakers Circuit (CC) 9-10Host/Hostess/Barista Meeting (M1) 9:30-11:30.....Senior Volleyball (Gym) 10-12Spanish Study Group (LR) 10-11Sail (M1) 11:30-1 * Easter Lunch (M1-3) 12:45-3:30.....Pinochle Party (L & R) 2-4Line Dancing (M2-3) 5-9Extended Hours</p>	<p>30</p> <p>9-3:30 * Hike: Foothills Trail 10-3Respite (LR) 10-12:30Contract Bridge (R) 10-12Computer Tutor (C) 1-2Stroke Support (R) 1-4:30Scrabble (L) 2:15-3:15 * Silver Sneakers Classic (M 1-2)</p>

APRIL 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY														
<p>8:30-Registration Opens 2</p> <p>9-4* Footcare (HR)</p> <p>9-4* Income Tax (R)</p> <p>9-11Zentangle (LR)</p> <p>9:30-11:30.....Karaoke (M1)</p> <p>10-2.....Mah Jongg (L)</p> <p>12-1:30.....Pickleball (Gym)</p> <p>1-4:30Scrabble (L)</p> <p>1:30-3:30Computer Tutor (C)</p> <p>2:15-3:15* Silver Sneakers Classic (M 1-2)</p> <p>3-4Stroke Support Group (R)</p> <p>5-9Extended Hours</p> <p>5:45-9Pinochle Party (L)</p> <p>6-9Straight Pool (P)</p>	<p>8:10-9:10Silver Sneakers Circuit (CC) 3</p> <p>9-10.....Wellness Meeting (CR)</p> <p>9:30-11:30.....Canasta (L)</p> <p>9:30-11:30.....Senior Volleyball (Gym)</p> <p>10-3:30.....* Massage (HR)</p> <p>10-11Sail (M1)</p> <p>10-12Book Club (LR)</p> <p>12-2.....Computer Tutor (C)</p> <p>12:45-3:30.....Pinochle Party (L & R)</p> <p>12:45-2:30.....Bingo (LR)</p> <p>2-4:30Table Tennis (M2-3)</p> <p>5-9Extended Hours</p> <p>5:30-8:45Mexican Train Dominoes (L)</p> <p>6-8Ukulele Group (M1)</p>	<p>9:30-3Pantry Set up (M1) 4</p> <p>10:15-11Gameshow (R)</p> <p>12-1:30.....Pickleball (Gym)</p> <p>1-3* Watercolor (LR)</p> <p>1-3Scotch Double Pool Tournament (P)</p> <p>1-3Veterans Meeting (CR)</p> <p>1-3:30Movie: The Zookeeper's Wife (R)</p> <p>2:15-3:15* Silver Sneakers Classic (M 1-2)</p> <p>4:30-6:30Movie: The Zookeeper's Wife (R)</p> <p>5-9Extended Hours</p> <p>5:30-8:45Mexican Train Dominoes (L)</p> <p>6:30-8:30* Watercolor (LR)</p>	<p>8:10-9:10Silver Sneakers Circuit (CC) 5</p> <p>9-1Food Pantry (M1)</p> <p>9:30-11:30.....Senior Volleyball (Gym)</p> <p>9:30-10:30.....ORCA Card (L)</p> <p>10-12Hopelink (L)</p> <p>10-11Sail (M1)</p> <p>10-10:30Coffee with a Cop (L)</p> <p>12:45-3:30.....Pinochle Party (L & R)</p> <p>1-2Housing Options (LR)</p> <p>2-4Line Dancing (M2-3)</p> <p>4-8* Restaurant Week Dinner</p> <p>5-9Extended Hours</p> <p>5:30-9Bunco (L)</p>	<p>9-3:30* Hike: Arboretum 6</p> <p>9-12.....Food Pantry (M1)</p> <p>10-3.....* Massage (HR)</p> <p>10-3.....Respite (LR)</p> <p>10-12:30Contract Bridge (R)</p> <p>10-12Computer Tutor (C)</p> <p>1-4:30Scrabble (L)</p> <p>2:15-3:15* Silver Sneakers Classic (M 1-2)</p>														
<p>9-4* Footcare (HR) 9</p> <p>9-4* Income Tax (R)</p> <p>9-11Zentangle (LR)</p> <p>9:30-11:30.....Karaoke (M1)</p> <p>10-2.....Mah Jongg (L)</p> <p>12-1:30.....Pickleball (Gym)</p> <p>1-4:30Scrabble (L)</p> <p>1:30-3:30Computer Tutor (C)</p> <p>2-3:15* Pots and Plans (LR)</p> <p>2:15-3:15* Silver Sneakers Classic (M 1-2)</p> <p>3-4Stroke Support Group (R)</p> <p>4:45-5:30* Senior Dinner (M2-3)</p> <p>5-9Extended Hours</p> <p>5:45-9Pinochle Party (L)</p> <p>6-9Straight Pool (P)</p>	<p>8:10-9:10Silver Sneakers Circuit (CC) 10</p> <p>9:30-2:30* Walk: Nisqually Delta</p> <p>9:30-11:30.....Canasta (L)</p> <p>9:30-11:30.....Senior Volleyball (Gym)</p> <p>10-3:30.....* Massage (HR)</p> <p>10-11Bible Study (CR)</p> <p>10-11Sail (M1)</p> <p>12-2.....Computer Tutor (C)</p> <p>12:45-3:30.....Pinochle Party (L & R)</p> <p>2-4:30Table Tennis (M2-3)</p> <p>2:30-3* San Antonio (LR)</p> <p>5-9Extended Hours</p> <p>5:30-8:45Mexican Train Dominoes (L)</p> <p>6-8Ukulele Group (M1)</p>	<p>9-12.....* Acrylic (Lr) 11</p> <p>9-12.....Watch Battery Replacement (L)</p> <p>10:30-12Music by Country Fever (M1-2)</p> <p>11-2.....* Restaurant Week Lunch</p> <p>12-1:30.....Pickleball (Gym)</p> <p>12:45-3:45.....* Pool Tournament (P)</p> <p>1-3* Watercolor (LR)</p> <p>1-3Veterans Meeting (CR)</p> <p>1-3:30Movie: A Quiet Passion (R)</p> <p>2:15-3:15* Silver Sneakers Classic (M 1-2)</p> <p>4:30-6:30Movie: A Quiet Passion (R)</p> <p>5-9Extended Hours</p> <p>5:30-8:45Mexican Train Dominoes (L)</p> <p>6:30-8:30* Watercolor (LR)</p>	<p>8-5:30* Crab Cruise 12</p> <p>8:10-9:10Silver Sneakers Circuit (CC)</p> <p>9:30-11:30.....Senior Volleyball (Gym)</p> <p>10-11Coffee Hour w/ Councilmembers (R)</p> <p>10-11Sail (M1)</p> <p>12:45-3:30.....Pinochle Party (L & R)</p> <p>1-2Money Matters (LR)</p> <p>2-4Line Dancing (M2-3)</p> <p>5-9Extended Hours</p>	<p>10-3.....* Massage (HR) 13</p> <p>10-3.....Respite (LR)</p> <p>10-12:30Contract Bridge (R)</p> <p>10-12Computer Tutor (C)</p> <p>1-4:30Scrabble (L)</p> <p>2:15-3:15* Silver Sneakers Classic (M 1-2)</p>														
<p>9-4* Footcare (HR) 16</p> <p>9-11Zentangle (LR)</p> <p>9:30-11:30.....Karaoke (M1)</p> <p>10-2.....Mah Jongg (L)</p> <p>12-1:30.....Pickleball (Gym)</p> <p>1-4:30Scrabble (L)</p> <p>1:30-3:30Computer Tutor (C)</p> <p>2-3:15* Pots and Plans (LR)</p> <p>2:15-3:15* Silver Sneakers Classic (M 1-2)</p> <p>3-4Stroke Support Group (R)</p> <p>5-9Extended Hours</p> <p>5:45-9Pinochle Party (L)</p> <p>6-9Straight Pool (P)</p>	<p>8:10-9:10Silver Sneakers Circuit (CC) 17</p> <p>9:30-11:30.....Canasta (L)</p> <p>9:30-11:30.....Senior Volleyball (Gym)</p> <p>10-3:30.....* Massage (HR)</p> <p>10-11:30Advisory Council (LR)</p> <p>10-11Sail (M1)</p> <p>12-2.....Computer Tutor (C)</p> <p>12:45-3:30.....Pinochle Party (L & R)</p> <p>12:45-2:30.....Bingo (LR)</p> <p>2-4:30Table Tennis (M2-3)</p> <p>5-9Extended Hours</p> <p>5:30-8:45Mexican Train Dominoes (L)</p> <p>6-8Ukulele Group (M1)</p>	<p>9-12:45.....* Estate Planning (CR) 18</p> <p>9-12.....* Acrylic (Lr)</p> <p>9:15-4*Plants, Flowers & more</p> <p>10:30-11:303 Shade of Gray (M2)</p> <p>12-1:30.....Pickleball (Gym)</p> <p>12:45-3:45.....* Pool Tournament (P)</p> <p>1-3* Watercolor (LR)</p> <p>1-3Veterans Meeting (CR)</p> <p>1-3:30Movie: Live by Night (R)</p> <p>2:15-3:15* Silver Sneakers Classic (M 1-2)</p> <p>4:30-6:30Movie: Live by Night (R)</p> <p>5-9Extended Hours</p> <p>5:30-8:45Mexican Train Dominoes (L)</p> <p>6:30-8:30* Watercolor (LR)</p>	<p>8:10-9:10Silver Sneakers Circuit (CC) 19</p> <p>8:30-4:30* Dental Services (HR)</p> <p>9:30-11:30.....Senior Volleyball (Gym)</p> <p>10-11Sail (M1)</p> <p>11:30-12:30Birthday/Anniversary Celebration (M 2-3)</p> <p>12:45-3:30.....Pinochle Party (L & R)</p> <p>1-1:45Iphones (LR)</p> <p>1:45-2:30Android Phone (LR)</p> <p>2-4Line Dancing (M2-3)</p> <p>5-9Extended Hours</p>	<p>8:30-4:30* Dental Services (HR) 20</p> <p>9-3:30* Hike Cougar Mt.</p> <p>9-3:30* Hike: Green River Natural Area</p> <p>10-3.....Respite (LR)</p> <p>10-12:30Contract Bridge (R)</p> <p>10-12Computer Tutor (C)</p> <p>1-4:30Scrabble (L)</p> <p>2:15-3:15* Silver Sneakers Classic (M 1-2)</p>														
<p>8:15-12:15.....* Drivers Safety (LR) 23</p> <p>9-4* Footcare (HR)</p> <p>9:30-11:30.....Karaoke (M1)</p> <p>10-2.....Mah Jongg (L)</p> <p>11-12Blood Pressure Clinic (L)</p> <p>12-1:30.....Pickleball (Gym)</p> <p>1-4:30Scrabble (L)</p> <p>1:30-3:30Computer Tutor (C)</p> <p>2-3:15* Pots and Plans (LR)</p> <p>2:15-3:15* Silver Sneakers Classic (M 1-2)</p> <p>3-4Stroke Support Group (R)</p> <p>5-9Extended Hours</p> <p>5:45-9Pinochle Party (L)</p> <p>6-9Straight Pool (P)</p>	<p>8:10-9:10Silver Sneakers Circuit (CC) 24</p> <p>8:15-12:15.....* Drivers Safety (LR)</p> <p>9:30-2:30* Walk: Buckley Trail</p> <p>9:30-11:30.....Canasta (L)</p> <p>9:30-11:30.....Senior Volleyball (Gym)</p> <p>10-3:30.....* Massage (HR)</p> <p>10-12* Painting w/ a Twist</p> <p>10-11Sail (M1)</p> <p>10-10:30Bible Study (CR)</p> <p>12-2.....Computer Tutor (C)</p> <p>12:45-3:30.....Pinochle Party (L & R)</p> <p>2-4:30Table Tennis (M2-3)</p> <p>2-4Ballroom Dancing (M1)</p> <p>5-9Extended Hours</p> <p>5:30-8:45Mexican Train Dominoes (L)</p> <p>6-8Ukulele Group (M1)</p>	<p>9-12.....* Acrylic (Lr) 25</p> <p>9-12.....Watch Battery (L)</p> <p>9:15-4*Plants, Flowers & more</p> <p>10:30-12Music by Country Fever (M1-2)</p> <p>12-1:30.....Pickleball (Gym)</p> <p>12:45-3:45.....* Pool Tournament (P)</p> <p>1-3* Watercolor (LR)</p> <p>1-3Veterans Meeting (CR)</p> <p>1-3:30Movie: West Side Story (R)</p> <p>2:15-3:15* Silver Sneakers Classic (M 1-2)</p> <p>4:30-6:30Movie (R)</p> <p>5-9Extended Hours</p> <p>5:30-8:45Mexican Train Dominoes (L)</p> <p>6:30-8:30* Watercolor (LR)</p>	<p>8:10-9:10Silver Sneakers Circuit (CC) 26</p> <p>9:30-11:30.....Senior Volleyball (Gym)</p> <p>10-11Sail (M1)</p> <p>12:45-3:30.....Pinochle Party (L & R)</p> <p>2-4Line Dancing (M2-3)</p> <p>5-9Extended Hours</p>	<p>9-3:30* Hike: Green River Natural Area 27</p> <p>10-3.....* Massage (HR)</p> <p>10-3.....Respite (LR)</p> <p>10-12:30Contract Bridge (R)</p> <p>10-12Computer Tutor (C)</p> <p>1-2Arthritis (R)</p> <p>1-4:30Scrabble (L)</p> <p>2:15-3:15* Silver Sneakers Classic (M 1-2)</p>														
<p>9-4* Footcare (HR) 30</p> <p>9-11Zentangle (LR)</p> <p>9:30-11:30.....Karaoke (M1)</p> <p>10-2.....Mah Jongg (L)</p> <p>10:30-3:30.....* IFly</p> <p>12-1:30.....Pickleball (Gym)</p> <p>1-2:30Office Volunteer Meeting (CR)</p> <p>1-4:30Scrabble (L)</p> <p>1:30-3:30Computer Tutor (C)</p> <p>2-3:15* Pots and Plans (LR)</p> <p>2:15-3:15* Silver Sneakers Classic (M 1-2)</p> <p>3-4Stroke Support Group (R)</p> <p>5-9Extended Hours</p> <p>5:45-9Pinochle Party (L)</p> <p>6-9Straight Pool (P)</p>			<div style="border: 2px solid black; padding: 5px;"> <p align="center">*Pre-Registration Required</p> <p align="center">Legend: (subject to change)</p> <table border="0"> <tr> <td>M (Millennium) 1-2-3</td> <td>HR-Health Room</td> </tr> <tr> <td>L-Lobby</td> <td>H-Hearth</td> </tr> <tr> <td>R-Rotary</td> <td>CB-Coffee Bar</td> </tr> <tr> <td>CR-Conference Room</td> <td>OS-Off Site</td> </tr> <tr> <td>P-Pool Room</td> <td>LGB-Les Gove Bldg</td> </tr> <tr> <td>C-Computer Resource</td> <td>GYM-Parks Gym</td> </tr> <tr> <td>CC-Community Center</td> <td>LR- Lions Room</td> </tr> </table> </div>	M (Millennium) 1-2-3	HR-Health Room	L-Lobby	H-Hearth	R-Rotary	CB-Coffee Bar	CR-Conference Room	OS-Off Site	P-Pool Room	LGB-Les Gove Bldg	C-Computer Resource	GYM-Parks Gym	CC-Community Center	LR- Lions Room	<p align="center">Check Senior Activity Center or Parks, Arts & Recreation brochures for evening classes.</p>
M (Millennium) 1-2-3	HR-Health Room																	
L-Lobby	H-Hearth																	
R-Rotary	CB-Coffee Bar																	
CR-Conference Room	OS-Off Site																	
P-Pool Room	LGB-Les Gove Bldg																	
C-Computer Resource	GYM-Parks Gym																	
CC-Community Center	LR- Lions Room																	

MAY 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div style="border: 2px solid black; padding: 5px; margin-bottom: 10px;"> <p>*Pre-Registration Required Legend: (subject to change)</p> <p>M (Millennium) 1-2-3 HR-Health Room L-Lobby H-Hearth R-Rotary CB-Coffee Bar CR-Conference Room OS-Off Site P-Pool Room LGB-Les Gove Bldg C-Computer Resource GYM-Parks Gym CC-Community Center LR-Lions Room</p> </div>	<p>8:10-9:10Silver Sneakers Circuit (CC) 1 9-10.....Wellness Meeting (CR) 9:30-11:30.....Canasta (L) 9:30-11:30.....Senior Volleyball (Gym) 10-3:30.....* Massage (HR) 10-11Sail (M1) 10-12Book Club (LR) 12-2.....Computer Tutor (C) 12:45-3:30.....Pinochle Party (L & R) 12:45-2:30.....Bingo (LR) 2-4:30Table Tennis (M2-3) 5-9Extended Hours 5:30-8:45Mexican Train Dominoes (L) 6-8.....Ukulele Group (M1)</p>	<p>9-12.....* Acrylic (Lr) 2 9:30-3Pantry Set up (M1) 10:15-11Gameshow (R) 12-1:30.....Pickleball (Gym) 1-3Scotch Double Pool Tournament (P) 1-3Veterans Meeting (CR) 1-3:30Movie: Going in Style (R) 2:15-3:15* Silver Sneakers Classic (M 1-2) 4:30-7:30* Red Lobster 4:30-6:30Movie: Going in Style (R) 5-9Extended Hours 5:30-8:45Mexican Train Dominoes (L)</p>	<p>8:10-9:10Silver Sneakers Circuit (CC) 3 9-1Food Pantry (M1) 9:30-11:30.....Senior Volleyball (Gym) 9:30-10:30.....ORCA Card (L) 10-11Sail (LR) 12:45-3:30.....Pinochle Party (L & R) 12:45.....* Senior Golf (AGC) 1-2.....Medication Management (LR) 2-4Line Dancing (M2-3) 5-9Extended Hours 5:30-9Bunco (L)</p>	<p>8:30-4* Hike: Wallace Falls 4 9-12.....Food Pantry (M1) 10-3.....* Massage (HR) 10-3.....Respite (LR) 10-12:30Contract Bridge (R) 10-12Computer Tutor (C) 1-4:30Scrabble (L) 2:15-3:15* Silver Sneakers Classic (M 1-2)</p>
<p>9-4* Footcare (HR) 7 9-11.....Zentangle (LR) 9:30-11:30.....Karaoke (M1) 10-2.....Mah Jongg (L) 12-1:30.....Pickleball (Gym) 1-4:30Scrabble (L) 1:30-3:30Computer Tutor (C) 2-3:15* Pots and Plans (LR) 2:15-3:15* Silver Sneakers Classic (M 1-2) 3-4Stroke Support Group (R) 5-9Extended Hours 5:45-9Pinochle Party (L) 6-9Straight Pool (P)</p>	<p>8:10-9:10Silver Sneakers Circuit (CC) 8 9:30-2:30* Walk: Arboretum 9:30-11:30.....Canasta (L) 9:30-11:30.....Senior Volleyball (Gym) 10-3:30.....* Massage (HR) 10-11Bible Study (CR) 10-11Sail (M1) 12-2.....Computer Tutor (C) 12:45-3:30.....Pinochle Party (L & R) 2-4:30Table Tennis (M2-3) 5-9Extended Hours 5:30-8:45Mexican Train Dominoes (L) 6-8.....Ukulele Group (M1)</p>	<p>9-12.....* Acrylic (Lr) 9 9-12.....Watch Battery Replacement (L) 10:30-12Music by Country Fever (M1-2) 12-1:30.....Pickleball (Gym) 12:45-3:45* Pool Tournament (P) 1-3* Watercolor (LR) 1-3Veterans Meeting (CR) 1-3:30Movie: Fantastic Beasts and Where to Find Them (R) 2:15-3:15* Silver Sneakers Classic (M 1-2) 4:30-6:30Movie: Fantastic Beasts and Where to Find Them (R) 5-9Extended Hours 5:30-8:45Mexican Train Dominoes (L) 6:30-8:30* Watercolor</p>	<p>8:10-9:10Silver Sneakers Circuit (CC) 10 9-3:30* Volunteer Park & Japanese Garden 9:30-11:30.....Senior Volleyball (Gym) 10-11Coffee Hour w/ Councilmembers (R) 10-11Sail (M1) 12:45-3:30.....Pinochle Party (L & R) 12:45.....* Senior Golf (AGC) 1-2Makers Room (LR) 2-4Line Dancing (M2-3) 5-9Extended Hours</p>	<p>10-3.....* Massage (HR) 11 10-3.....Respite (LR) 10-12:30Contract Bridge (R) 10-12Computer Tutor (C) 11:30-1* Mothers Day Lunch (M1-3) 1-4:30Scrabble (L) 2:15-3:15* Silver Sneakers Classic (M 1-2) 4-10:30.....* Ensign Symphony</p>
<p>9-4* Footcare (HR) 14 9-11.....Zentangle (LR) 9:30-11:30.....Karaoke (M1) 10-2.....Mah Jongg (L) 12-1:30.....Pickleball (Gym) 1-4:30Scrabble (L) 1:30-3:30Computer Tutor (C) 2:15-3:15* Silver Sneakers Classic (M 1-2) 3-4Stroke Support Group (R) 4:45-5:30* Senior Dinner (M2-3) 5-9Extended Hours 5:45-9Pinochle Party (L) 6-9Straight Pool (P)</p>	<p>8:10-9:10Silver Sneakers Circuit (CC) 15 9:30-11:30.....Canasta (L) 9:30-11:30.....Senior Volleyball (Gym) 10-3:30.....* Massage (HR) 10-11:30Advisory Council (LR) 10-11Sail (M1) 12-2.....Computer Tutor (C) 12:45-3:30.....Pinochle Party (L & R) 12:45-2:30.....Bingo (LR) 2-4:30Table Tennis (M2-3) 5-9Extended Hours 5:30-8:45Mexican Train Dominoes (L) 6-8.....Ukulele Group (M1)</p>	<p>9-12:45.....* Estate Planning (CR) 16 9-12.....* Acrylic (Lr) 10:30-11:303 Shade of Gray (M2) 10:45-5.....* Mariners Game 12-1:30.....Pickleball (Gym) 12:45-3:45* Pool Tournament (P) 1-3* Watercolor (LR) 1-3Veterans Meeting (CR) 1-3:30Movie: The Circle (R) 2:15-3:15* Silver Sneakers Classic (M 1-2) 4:30-6:30Movie: The Circle (R) 5-9Extended Hours 5:30-8:45Mexican Train Dominoes (L) 6:30-8:30* Watercolor</p>	<p>8:10-9:10Silver Sneakers Circuit (CC) 17 8:30-4:30* Dental Services (HR) 9:30-11:30.....Senior Volleyball (Gym) 10-11Sail (M1) 11:30-2.....* Bai Tong 11:30-12:30Birthday/Anniversary Celebration (M 2-3) 12:45-3:30.....Pinochle Party (L & R) 12:45.....* Senior Golf (AGC) 1-1:45Iphones (LR) 1:45-2:30Android Phone (LR) 2-4Line Dancing (M2-3) 5-9Extended Hours</p>	<p>8:30-4:30* Dental Services (HR) 18 10-3.....Respite (LR) 10-12:30Contract Bridge (R) 10-12Computer Tutor (C) 10-11:30Knife Sharpening 11-2.....* Celebration of Aging (M1-3) 1-4:30Scrabble (L) 2:15-3:15* Silver Sneakers Classic (M 1-2)</p>
<p>8:15-12:15.....* Drivers Safety (LR) 21 9-4* Footcare (HR) 9:30-11:30.....Karaoke (M1) 10-2.....Mah Jongg (L) 11-11:30Blood Pressure Clinic (L) 12-1:30.....Pickleball (Gym) 1-4:30Scrabble (L) 1:30-3:30Computer Tutor (C) 2-3:15* Pots and Plans (LR) 2:15-3:15* Silver Sneakers Classic (M 1-2) 3-4Stroke Support Group (R) 5-9Extended Hours 5:45-9Pinochle Party (L) 6-9Straight Pool (P)</p>	<p>8:10-9:10Silver Sneakers Circuit (CC) 22 8:15-12:15.....* Drivers Safety (LR) 9:30-2:30* Walk: Golden Gardens/ Locks 9:30-11:30.....Canasta (L) 9:30-11:30.....Senior Volleyball (Gym) 10-3:30.....* Massage (HR) 10-12* Painting w/ a Twist 10-11Sail (M1) 10-10:30Bible Study (CR) 12-2.....Computer Tutor (C) 12:45-3:30.....Pinochle Party (L & R) 2-4:30Table Tennis (M2-3) 5-9Extended Hours 5:30-8:45Mexican Train Dominoes (L) 6-8.....Ukulele Group (M1)</p>	<p>9-12.....* Acrylic (Lr) 23 9-12.....Watch Battery (L) 10:30-12Music by Country Fever (M1-2) 12-1:30.....Pickleball (Gym) 12:45-3:45* Pool Tournament (P) 1-3* Watercolor (LR) 1-3Veterans Meeting (CR) 1-3:30Movie: Born in China (R) 2:15-3:15* Silver Sneakers Classic (M 1-2) 4:30-6:30Movie: Born in China (R) 5-9Extended Hours 5:30-8:45Mexican Train Dominoes (L) 6:30-8:30* Watercolor</p>	<p>8:10-9:10Silver Sneakers Circuit (CC) 24 9:30-11:30.....Senior Volleyball (Gym) 10-11Sail (M1) 12:45-3:30.....Pinochle Party (L & R) 12:45.....* Senior Golf (AGC) 1-2Crime Prevention (LR) 2-4Line Dancing (M2-3) 5-9Extended Hours</p>	<p>9-3:30* Hike: Cougar Mt. Coal Creek 25 10-3.....* Massage (HR) 10-3.....Respite (LR) 10-12:30Contract Bridge (R) 10-12Computer Tutor (C) 1-4:30Scrabble (L) 2:15-3:15* Silver Sneakers Classic (M 1-2)</p>
<p>28</p>	<p>29 8:10-9:10Silver Sneakers Circuit (CC) 9:30-11:30.....Canasta (L) 9:30-11:30.....Senior Volleyball (Gym) 10-3:30.....* Massage (HR) 10-11Sail (M1) 12-2.....Computer Tutor (C) 12:45-3:30.....Pinochle Party (L & R) 2-4:30Table Tennis (M2-3) 5-9Extended Hours 5:30-8:45Mexican Train Dominoes (L) 6-8.....Ukulele Group (M1)</p>	<p>30 9-12.....* Acrylic (Lr) 12-1:30.....Pickleball (Gym) 1-3* Watercolor (LR) 1-3Veterans Meeting (CR) 1-3:30Movie: Driving Miss Daisy (R) 2:15-3:15* Silver Sneakers Classic (M 1-2) 4:30-6:30Movie: Driving Miss Daisy (R) 5-9Extended Hours 5:30-8:45Mexican Train Dominoes (L) 6:30-8:30* Watercolor</p>	<p>31 6-6:30* San Juan Island 8:10-9:10Silver Sneakers Circuit (CC) 9:30-11:30.....Senior Volleyball (Gym) 10-11Sail (M1) 12:45-3:30.....Pinochle Party (L & R) 12:45.....* Senior Golf (AGC) 2-4Line Dancing (M2-3) 5-9Extended Hours</p>	<p>Check Senior Activity Center or Parks, Arts & Recreation brochures for evening classes.</p>

JUNE 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div style="border: 2px solid black; padding: 5px; margin-bottom: 10px;"> <p>*Pre-Registration Required Legend: (subject to change)</p> <p>M (Millennium) 1-2-3 HR-Health Room L-Lobby H-Hearth R-Rotary CB-Coffee Bar CR-Conference Room OS-Off Site P-Pool Room LGB-Les Gove Bldg C-Computer Resource GYM-Parks Gym CC-Community Center LR- Lions Room</p> </div>	<p>Check Senior Activity Center or Parks, Arts & Recreation brochures for evening classes.</p>			<p>1</p> <p>8:30-4* Hike: Port Gamble 10-3* Massage (HR) 10-3Respite (LR) 10-12:30Contract Bridge (R) 10-12Computer Tutor (C) 1-4:30Scrabble (L) 2:15-3:15* Silver Sneakers Classic (M 1-2)</p>
<p>4</p> <p>9-4* Footcare (HR) 9-11Zentangle (LR) 9:30-11:30Karaoke (M1) 10-2Mah Jongg (L) 12-1:30Pickleball (Gym) 1-4:30Scrabble (L) 1:30-3:30Computer Tutor (C) 1:30* Early Memory Loss Group (LR) 2:15-3:15* Silver Sneakers Classic (M 1-2) 3-4Stroke Support Group (R) 5-9Extended Hours 5:45-9Pinochle Party (L) 6-9Straight Pool (P)</p>	<p>5</p> <p>8:10-9:10Silver Sneakers Circuit (CC) 9-10Wellness Meeting (CR) 9:30-11:30Canasta (L) 9:30-11:30Senior Volleyball (Gym) 10-3:30* Massage (HR) 10-11Sail (M1) 10-12Book Club (LR) 12-2Computer Tutor (C) 12:45-3:30Pinochle Party (L & R) 12:45-2:30Bingo (LR) 2-4:30Table Tennis (M2-3) 5-9Extended Hours 5:30-8:45Mexican Train Dominoes (L) 6-8Ukulele Group (M1)</p>	<p>6</p> <p>9-12* Acrylic (Lr) 9:30-3Pantry Set up (M1) 10:15-11Gameshow (R) 12-1:30Pickleball (Gym) 1-3* Watercolor (LR) 1-3Scotch Double Pool Tournament (P) 1-3Veterans Meeting (CR) 1-3:30Movie: Gold (R) 2:15-3:15* Silver Sneakers Classic (M 1-2) 4:15-7:45* Coho Cafe 4:30-6:30Movie: Gold (R) 5-9Extended Hours 5:30-8:45Mexican Train Dominoes (L) 6:30-8:30* Watercolor</p>	<p>7</p> <p>8:10-9:10Silver Sneakers Circuit (CC) 9-1Food Pantry (M1) 9:30-11:30Senior Volleyball (Gym) 9:30-10:30ORCA Card (L) 10-12Hopelink (L) 10-11Sail (LR) 10:30-11:30*Beginning Spanish (R) 12:45-3:30Pinochle Party (L & R) 12:45* Senior Golf (AGC) 1-2RSVP Opportunities (LR) 2-4Line Dancing (M2-3) 5-9Extended Hours 5:30-9Bunco (L)</p>	<p>8</p> <p>9-3:30* Hike Magnolia Stairway Hike 9-12Food Pantry (M1) 10-3* Massage (HR) 10-3Respite (LR) 10-12:30Contract Bridge (R) 10-12Computer Tutor (C) 1-4:30Scrabble (L) 2:15-3:15* Silver Sneakers Classic (M 1-2)</p>
<p>11</p> <p>9-4* Footcare (HR) 9-11Zentangle (LR) 9:30-11:30Karaoke (M1) 10-2Mah Jongg (L) 12-1:30Pickleball (Gym) 1-4:30Scrabble (L) 1:30-3:30Computer Tutor (C) 1:30* Early Memory Loss Group (LR) 2:15-3:15* Silver Sneakers Classic (M 1-2) 3-4Stroke Support Group (R) 4:45-5:30* Senior Dinner (M2-3) 5-9Extended Hours 5:45-9Pinochle Party (L) 6-9Straight Pool (P)</p>	<p>12</p> <p>8:10-9:10Silver Sneakers Circuit (CC) 9:30-2:30* Walk: Myrtle Edwards 9:30-11:30Canasta (L) 9:30-11:30Senior Volleyball (Gym) 10-3:30* Massage (HR) 10-11Bible Study (CR) 10-11Sail (M1) 12-2Computer Tutor (C) 12:45-3:30Pinochle Party (L & R) 2-4:30Table Tennis (M2-3) 5-9Extended Hours 5:30-8:45Mexican Train Dominoes (L) 6-8Ukulele Group (M1)</p>	<p>13</p> <p>9-12* Acrylic (Lr) 9-12Watch Battery Replacement (L) 10:30-12Music by Country Fever (M1-2) 12-1:30Pickleball (Gym) 12:45-3:45* Pool Tournament (P) 1-3* Watercolor (LR) 1-3Veterans Meeting (CR) 1-3:30Movie: Voice from the Stone (R) 2:15-3:15* Silver Sneakers Classic (M 1-2) 4:30-6:30Movie: Voice from the Stone (R) 5-9Extended Hours 5:30-8:45Mexican Train Dominoes (L) 6:30-8:30* Watercolor</p>	<p>14</p> <p>8:10-9:10Silver Sneakers Circuit (CC) 9:30-11:30Senior Volleyball (Gym) 10-11Coffee Hour w/ Councilmembers (R) 10-11Sail (M1) 10:30-11:30*Beginning Spanish (LR) 12:45-3:30Pinochle Party (L & R) 12:45* Senior Golf (AGC) 1-2Hands only CPR (LR) 2-4Line Dancing (M2-3) 4-10:30* Les Mis 5-9Extended Hours</p>	<p>15</p> <p>8:30-4:30* Dental Services (HR) 9:30-3* Saltwater State Park 10-3Respite (LR) 10-12:30Contract Bridge (R) 10-12Computer Tutor (C) 11:30-1* Fathers Day BBQ (M1-3) 1-4:30Scrabble (L) 2:15-3:15* Silver Sneakers Classic (M 1-2)</p>
<p>18</p> <p>8:30-8:30* Rafting 9-4* Footcare (HR) 9-11Zentangle (LR) 9:30-11:30Karaoke (M1) 10-2Mah Jongg (L) 12-1:30Pickleball (Gym) 1-4:30Scrabble (L) 1:30-3:30Computer Tutor (C) 1:30* Early Memory Loss Group (LR) 2:15-3:15* Silver Sneakers Classic (M 1-2) 3-4Stroke Support Group (R) 5-9Extended Hours 5:45-9Pinochle Party (L) 6-9Straight Pool (P)</p>	<p>19</p> <p>8:10-9:10Silver Sneakers Circuit (CC) 9:30-11:30Canasta (L) 9:30-11:30Senior Volleyball (Gym) 10-3:30* Massage (HR) 10-11:30Advisory Council (LR) 10-11Sail (M1) 12-2Computer Tutor (C) 12:45-3:30Pinochle Party (L & R) 12:45-2:30Bingo (LR) 2-4:30Table Tennis (M2-3) 5-9Extended Hours 5:30-8:45Mexican Train Dominoes (L) 6-8Ukulele Group (M1)</p>	<p>20</p> <p>9-12:45* Estate Planning (CR) 10:30-11:303 Shade of Gray (M2) 11:30-2* Grand Central Bakery 12-1:30Pickleball (Gym) 12:30-4* Watercolor workshop (LR) 12:45-3:45* Pool Tournament (P) 1-3Veterans Meeting (CR) 1-3:30Movie: Queen of the Desert (R) 2:15-3:15* Silver Sneakers Classic (M 1-2) 4:30-6:30Movie: Queen of the Desert (R) 5-9Extended Hours 5:30-8:45Mexican Train Dominoes (L)</p>	<p>21</p> <p>8:10-9:10Silver Sneakers Circuit (CC) 8:30-4:30* Dental Services (HR) 9:30-11:30Senior Volleyball (Gym) 10-11Sail (M1) 10:30-11:30*Beginning Spanish (LR) 11:30-12:30Birthday/Anniversary Celebration (M 2-3) 12:45-3:30Pinochle Party (L & R) 12:45* Senior Golf (AGC) 1-1:45Iphones (LR) 1:45-2:30Android Phone (LR) 2-4Line Dancing (M2-3) 5-9Extended Hours</p>	<p>22</p> <p>10-3* Massage (HR) 10-3Respite (LR) 10-12:30Contract Bridge (R) 10-12Computer Tutor (C) 1-4:30Scrabble (L) 2:15-3:15* Silver Sneakers Classic (M 1-2)</p>
<p>25</p> <p>8:15-12:15* Drivers Safety (LR) 9-4* Footcare (HR) 9:30-11:30Karaoke (M1) 10-2Mah Jongg (L) 11-12Blood Pressure Clinic (L) 1-2:30Office Volunteer Meeting (CR) 1-4:30Scrabble (L) 1:30-3:30Computer Tutor (C) 1:30* Early Memory Loss Group (LR) 2:15-3:15* Silver Sneakers Classic (M 1-2) 3-4Stroke Support Group (R) 5-9Extended Hours 5:45-9Pinochle Party (L) 6-9Straight Pool (P)</p>	<p>26</p> <p>8:10-9:10Silver Sneakers Circuit (CC) 8:15-12:15* Drivers Safety (LR) 9:30-2:30* Walk: Theler Wetlands 9:30-11:30Canasta (L) 10-3:30* Massage (HR) 10-12* Painting w/ a Twist 10-11Sail (M1) 10-10:30Bible Study (CR) 12-2Computer Tutor (C) 12:45-3:30Pinochle Party (L & R) 2-4:30Table Tennis (M2-3) 5-9Extended Hours 5:30-8:45Mexican Train Dominoes (L) 6-8Ukulele Group (M1)</p>	<p>27</p> <p>9-12Watch Battery (L) 9:45-3:15* Rainiers Baseball 10:30-12Music by Country Fever (M1-2) 12:45-3:45* Pool Tournament (P) 1-3Veterans Meeting (CR) 1-3:30Movie: The Adventures of Robin Hood (R) 2:15-3:15* Silver Sneakers Classic (M 1-2) 4:30-6:30Movie: The Adventures of Robin Hood (R) 5-9Extended Hours 5:30-8:45Mexican Train Dominoes (L)</p>	<p>28</p> <p>8:10-9:10Silver Sneakers Circuit (CC) 9-10Host/Hostess/Barista Meeting (M1) 10-11Sail (M1) 10:30-11:30*Beginning Spanish (LR) 12:45-3:30Pinochle Party (L & R) 12:45* Senior Golf (AGC) 1-2Disaster Preparedness (LR) 2-4Line Dancing (M2-3) 5-9Extended Hours</p>	<p>29</p> <p>9-3:30* Hike: Middle Fork Snoqualmie 10-3Respite (LR) 10-12:30Contract Bridge (R) 10-12Computer Tutor (C) 1-4:30Scrabble (L) 2:15-3:15* Silver Sneakers Classic (M 1-2)</p>