



MAY NEWSLETTER

UPCOMING PROGRAMS

3rd Annual P.A.L Playdate with Look, Listen, & Learn!

- Look, Listen + Learn TV invites you to celebrate the friendship of its two beloved co-hosts, Possum and Auntie Lena, collectively known as P.A.L. Inspired by the early learning segments from the television series.
 - Saturday, May 17th 2:00-5:00pm
 - Children & Families welcome!
 - FREE!



Kung Fu Staff Class with Golden Sun Athletics!

- Join Sifu Ricky Thatsanavongsa for an introduction to the traditional Chinese staff. This class is designed for senior adults and emphasizes gentle movement, proper alignment, and functional mobility- drawing from classical Kung Fu principles in a supportive, friendly environment. Staff required for the participation of the classes.
 - Beginning May 6th
 - Tuesdays, 12:30-1:30pm
 - Seniors
 - \$20.00/class and rental/equipment fee



SCHEDULE UPDATES

Please note the following changes to our schedule:

Early closure: Fri. May 16th, 6:00pm
Closure: Sat. May 24th-Mon. May 26th

HealthPoint is here for your medical, dental, & behavioral health needs. Give them a call at 425-400-1899!

HealthPoint Hours:

Monday & Tuesday 10 am- 7pm
Wednesday- Friday 8 am-5 pm



Check out our website to see a full list of upcoming programs and our seasonal, digital magazines!

SCAN ME!

