April 2026 - In Person Activities

Activities that Recur Weekly

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:00a Whole Body Workout 10:05a Slow Flow Yoga 11:00a Games 11:30a Table Tennis 11:30a American Style Mahjongg 1:00p Petanque in the Park 1:30p S.A.I.L. 3:00p Gentle Afternoon Stretch	8:30a Open Chess 9:00a Gentle Stretching 9:30a Gentle Walkers 9:30a Intermediate Walkers 9:45a Chair Yoga 10:30a Zumba Gold 10:30a Line Dancing (BIR) 12:00p Evergreen Singers 12:30p Party Bridge 1:00p Petanque in the Park 1:30p S.A.I.L 2:45p Intermediate Yoga 4:30p Line Dancing-Basic Steps	9:00a Whole Body Workout 10:05a Slow Flow Yoga 10:30a Tai Chi Chih Practice*(BIR) 11:30a Gentle Walkers 1:00p Cribbage 1:00p Petanque in the Park 1:30p Italian Conversation 1:30p S.A.I.L. 3:00p Gentle Yoga 4:30p Line Dancing (Intermediate)	8:30a Open Chess 9:00a Gentle Stretching 9:00a Mindful Meditation 10:30a Zumba Gold 11:45a Line Dancing-Beginners (BIR) 1:00p A Stitchin Time 1:00p Petanque in the Park 1:00p Pinochle 1:30p S.A.I.L. 2:00p Bard Read 2:45p Intermediate Yoga 7:00p Table Tennis	9:00a Qi Gong 9:30a Liberation Laughter 9:30a Gentle Walkers 10:30 Line Dancing (BIR) 11:00a Sing A-Long 12:15p Nia Body Movement 1:00p BINGO 1:00p Chinese Syle Mah-jongg 1:00p Petanque in the Park 1:30p S.A.I.L.	9:00a Table Tennis 1:00p Cribbage For more information go to: biseniorcenter.org/newsletter

Non-weekly Classes, Events, and Series

		1 9:30a Canasta Card Game 9:30a Writing Group 11:00 IVC overview 11:30 Falling Together (Series) 12:15p HRB Overview 1:00p Adventures in Travel	2 11:30 Weight Loss Support Group	3 9:30a Tai Chi Chih Classes (Series) 2:30p New Member Get Together	4
6 1:45p Readers Theater 4:30p Tai Chi Intermed (Series)	7 1:00p Art Workshop 4:30p Tai Chi-Advanced (Series)	8 7:30a Footcare 11:45a Rhythmic Drumming 1:30p Visually Impaired Persons 7:00p Photo Club	9	10 9:30a Tai Chi Chih Classes (Series) 2:00p Queer Elder Family Group 6:00p Movie Night	11 10:00a Queer Elder Family Group 11:00a Scrap Metal Sorting
13 9:30a Alsheimers/Demensia Support Group for Caregivers 1:45p Readers Theater 4:30p Tai Chi Intermed (Series)	14 1:00p BIMA Community Art 4:30p Tai Chi-Advanced (Series)	15 7:30a Footcare 9:30a Canasta Card Game 11:30 Falling Together (Series) 7:00p Photo Club Workshop	16	17 9:30a Tai Chi Chih Classes (Series) 11:00a Women of BISCC	18
20 1:45p Readers Theater 4:30p Tai Chi Gong Interm (End Series)	21 11:30a Potluck & Brown Bag Lunch 1:00p Art Workshop 1:00p Waterfront Book Group 4:30p Tai Chi-Advanced (End Series)	22 7:30a Footcare 11:30 Falling Together (End Series)	23	24 9:30a Tai Chi Chih Classes (Series) 6:00p Movie Night	25 11:00a Scrap Metal Sorting
27 1:45p Readers Theater	28 1:00p BAC Community Arts	29	30	**EVENT - Sunday 4/19** **2:00 to 4:00 pm** **Climate Grief Café**	

April 2026 - on Zoom

Activities that Recur Weekly

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:00a French Book Group 10:00a Spanish Conversation 1:30p Something to Talk About		1:30p Something to Talk About 3:00p German Conversation	9:00a Mindful Meditation/Steve	1:30p Something to Talk About	

Non-weekly Classes, Events, and Series

		1 10:00a Zoom Into Music	2 10:00a NYT Book Group	3	4
6	7	8 12:00p Prostate Cancer Group	9	10	11
13	14	15 10:00a Zoom Into Music	16 10:00a NYT Book Group	17	18
20	21 1:00p Waterfront Book Group	22	23	24	25
27	28	29	30 10:00a NYT Book Group		