May 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.	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) 9:30a 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 (no class 5/6) 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. 5:00p Sound Bath	9:00a Table Tennis 1:00p Cribbage For more information go to: biseniorcenter.org/newsletter

Non-weekly Classes, Events, and Series

				1 9:30a Tai Chi Chih Classes (End Series) 2:30p New Member Get Together	2
Trips 5/12 Silverdale Shopper 5/14 Port Townsend Trip - $25 Opens 5/4 for registration	**Tech Support** Call for an appointment 206-842-1616				
4 2:15p Silver Tech (register in advance) 4:30p Tai Chi Gong Intermed (Series)	5 11:15a Let's Talk History 1:00p Art Workshop 4:30p Tai Chi-Advanced (Series)	6 9:30a Canasta Card Game 9:30a Writing Group 11:00 IVC overview 12:15p HRB Overview 1:00p Adventures in Travel	7 11:30 Weight Loss Support Group 12:00p Pop Up Chair Zumba 5:00p **Asian Arts Festival Languages**	8 9:00a **Mindfulness Based Stress Reduction** 3:00p Mark Pearson performance 6:00p Movie Night	9 10:00a Queer Elder Family Group 11:00a Scrap Metal Sorting 2:00p Readers Theater Performance
11 9:30a Alzheimers/Dementia Support Group for Caregivers 10:00a Pop-Up Clown Class 4:30p Tai Chi Intermed (End Series)	12 11:15a Forgotten Artifacts 1:00p BIMA Community Art 4:30p Tai Chi-Advanced (End Series)	13 7:30a Footcare 11:45a Rhythmic Drumming 1:30p Visually Impaired Persons 7:00p Photo Club	14 4:15p **Piano Performance/Loren Coble** 5:00p **Asian Arts Festival Languages**	15 9:00a **Mindfulness Based Stress Reduction** 11:00a Women of BISCC	16
18 9:30a Intro to Hula	19 11:00a Coffee w/Officer Zach 11:30a Potluck & Brown Bag Lunch 1:00p Art Workshop 1:00p Waterfront Book Group	20 7:30a Footcare 9:30a Canasta Card Game 10:00a Chair massage (appointments) 7:00p Photo Club Workshop	21 5:00p **Asian Arts Festival Languages**	22 9:00a **Mindfulness Based Stress Reduction** 6:00p Movie Night	23 11:00a Scrap Metal Sorting
25 Closed for Memorial Day	26 1:00p BAC Community Art	27 7:30a Footcare	28	29 9:00a **Mindfulness Based Stress Reduction**	30

May 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 3:00p Poetry Memoir Class	

Non-weekly Classes, Events, and Series

				1	2
4	5	6 10:00a Zoom Into Music	7	8	9
11	12	13 12:00p Prostate Cancer Group	14 10:00a NYT Book Group	15	16
18	19 1:00p Waterfront Book Group	20 10:00a Zoom Into Music	21	22	23
25 Closed for Memorial Day	26	27	28 10:00a NYT Book Group	29	30