June 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 1:00p 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 (no class 6/3) 10:30a Tai Chi Chih Practice*(BIR) 11:30a Chair Zumba (starts 6/10) 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-High Beg (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	2	3	4	5	6
11:30a Pop-up Healing from Grief 4:30p Tai Chi Gong Intermed (New Series)	10:00a Travel Presentation 11:00a Mindful Self-Compassion (series) 1:00p Art Workshop 2:45p Threshold Choir Song Respit	9:30a Canasta Card Game 9:30a Writing Group 11:00 IVC overview 11:30 Falling Together (New Series) 12:15p HRB Overview 1:00p Adventures in Travel 4:30p Tai Chi-Advanced (New Series)	11:30 Weight Loss Support Group	2:30p New Member Get Together	
7 SUNDAY 1:00p Kids Concert Performance					
8	**9**	**10**	**11**	**12**	**13**
9:30a Alzheimers/Dementia Support Group for Caregivers 11:00a Scam Awareness Stay Safe 4:30p Tai Chi Gong Intermed (Series)	11:00a Mindful Self-Compassion (series) 1:00p Community Art	7:30a Footcare 11:45a Rhythmic Drumming 1:30p Visually Impaired Persons 4:30p Tai Chi-Advanced (Series) 7:00p Photo Club		6:00p Movie Night	10:00a Queer Elder Family Group 11:00a Scrap Metal Sorting
15	**16**	**17**	**18**	**19**	**20**
9:30a Intro to Hula 11:00a Scam Awareness Stay Safe 12:30p Declaration of Independence 4:30p Tai Chi Gong Intermed (Series)	11:00a Mindful Self-Compassion (series) 11:30a Potluck & Brown Bag Lunch 1:00p Waterfront Book Group 1:00p Art Workshop	7:30a Footcare 9:30a Canasta Card Game 11:30 Falling Together (Series) 4:30p Tai Chi-Advanced (Series) 7:00p Photo Club Workshop		Closed for Juneteenth	
22	**23**	**24**	**25**	**26**	**27**
11:00a Scam Awareness Stay Safe 12:30p Declaration of Independence 4:30p Tai Chi Gong Intermed (Series)	11:00a Mindful Self-Compassion (end series) 1:00p BAC Community Art	7:30a Footcare 11:30 Falling Together (Series) 4:30p Tai Chi-Advanced (Series)		6:00p Movie Night	11:00a Scrap Metal Sorting
29	**30**				
4:30p Tai Chi Gong Intermed (End Series)					

June 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 over until next Fall	

Non-weekly Classes, Events, and Series

1	2	3	4	5	6
		10:00a Zoom Into Music			
8	**9**	**10**	**11**	**12**	**13**
		12:00p Prostate Cancer Group	10:00a NYT Book Group		
15	**16**	**17**	**18**	**19**	**20**
		10:00a Zoom Into Music			
22	**23**	**24**	**25**	**26**	**27**
	1:00p Waterfront Book Group		10:00a NYT Book Group		
29	**30**				