August 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 10:30a Tai Chi Chih Practice (BIR) 11:30a Chair Zumba 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

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3 2:30p Tech Help w/Deb (by appointment)	4 **National Night Out** - 4 pm 1:00p Party Bridge - CANCELED 1:00p Art Workshop - CANCELED 2:45p Intermediate Yoga - CANCELED 4:30p Line Dancing-CANCELED	5 9:30a Canasta Card Game 9:30a Writing Group 11:00a IVC Overview- CANCELED 12:15p HRB Overview-CANCELED 1:00p Adventures in Travel-CANCELED	6 11:30a Weight Loss Support Group 11:45a Line Dancing-CANCELED (BIR) 2:00p Bard Read-CANCELED	7 2:30p New Member Get Together 10:30 Line Dancing-CANCELED (BIR)	8 10:00a Queer Elder Family Group 11:00a Scrap Metal Sorting
10 9:30a Alzheimers/Dementia Support CANCELED	11 11:00a Tech Help w/Deb (by appointment) 1:00p Community Art/Open Workshop	12 7:30a Footcare 11:45a Rhythmic Drumming 1:30p Visually Impaired Persons 7:00p Photo Club	13	14 6:00p Movie Night	15
17 9:30a Intro to Hula 2:30p Tech Help w/Deb (by appointment)	18 11:30a Potluck & Brown Bag Lunch 1:00p Waterfront Book Group 1:00p Art Workshop	19 7:30a Footcare 9:30a Canasta Card Game 1:00p Chair Massage (by appointment) 4:00p BCF Planned Giving Event 7:00p Photo Club Workshop	20	21 11:00a Women of BISCC	22 11:00a Scrap Metal Sorting
24 11:30a Healing from Grief 3:00p Pop up - AI for Dummies	25 11:00a Tech Help w/Deb (by appointment) 1:00p BAC Community Arts	26 7:30a Footcare	27 10:30a Zumba Gold-CANCELED	28 6:00p Movie Night	29 5:00p The Edge Improv Fundraiser
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August 2026 - on Zoom

Activities that Recur Weekly

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:00a French Book Group 10:00a Spanish Conversation 1:00p Manderine Chinese 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 returns in the Fall	

Non-weekly Classes, Events, and Series

3	4	5 10:00a Zoom Into Music	6 10:00a NYT Book Group	7	8
10	11	12 12:00p Prostate Cancer Group	13	14	15
17	18 1:00p Waterfront Book Group	19 10:00a Zoom Into Music	20 10:00a NYT Book Group	21	22
24	25	26	27	28	29