November 2026 - In Person Activities

Activities that Recur Weekly

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:00a Whole Body Workout 9:00a Petanque in the Park 10:05a Slow Flow Yoga 11:00a Games 11:30a Table Tennis 11:30a American Style Mahjongg 1:30p S.A.I.L. 4:30p Tai Chi Gong Intermediate (Series) **Zoom** 9:00a French Book Group 10:00a Spanish Conversation 1:00p Manderine Chinese 1:30p Something to Talk About	8:30a Open Chess 9:00a Gentle Stretching 9:00a Petanque in the Park 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 (Preregister) 1:30p S.A.I.L 2:45p Intermediate Yoga 3:30p Chair Zumba 4:30p Line Dancing-Basic Steps	9:00a Whole Body Workout 9:00a Petanque in the Park 10:05a Slow Flow Yoga 10:30a Tai Chi Chih Practice (BIR) 1:00p Cribbage 1:30p Italian Conversation 1:30p S.A.I.L. 3:00p Gentle Yoga 4:15p Tai Chi Advanced (Series) 4:30p Line Dancing (Intermediate) **Zoom** 1:30p Something to Talk About 3:00p German Conversation	8:30a Open Chess 9:00a Gentle Stretching 9:00a Mindful Meditation - **Zoom** 9:00a Petanque in the Park 10:30a Zumba Gold 11:45a Line Dancing-High Beg (BIR) 1:00p A Stitchin Time 1:00p Pinochle 1:30p S.A.I.L. 2:00p Bard Read/Will Film 2:45p Intermediate Yoga 7:00p Table Tennis	9:00a Qi Gong 9:00a Petanque in the Park 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 1:30p S.A.I.L. **Zoom** 1:30p Something to Talk About 3:00p Poetry Memoir Class	9:00a Table Tennis 1:00p Cribbage For more information go to: biseniorcenter.org/newsletter

Non-weekly Classes, Events, and Series

2	3	4	5	6	7
9:30a Mindfulness Stress Reduction 11:30a Get Ready for Medicare Overview 1:45p Readers Theater 2:30p Tech Help w/Deb (by appointment)	12:00p Threshold Choir Song Respite 1:00p Art Workshop 4:30p **Line Dance Basic Steps - Canceled**	9:30a Canasta Card Game 9:30a Writing Group 10:00a Zoom Into Music - **Zoom** 11:15a The US Constitution (Series) 12:15p HRB Overview 1:00p Adventures in Travel		10:00a Pop-up Chair Yoga 12:30p Falling Together (series) 2:30p New Member Get Together	10:00a Silver Tech (waitlist) 1:30p Parkinson's Education Day
9	**10**	**11**	**12**	**13**	**14**
9:30a Mindfulness Stress Reduction 9:30a Alzheimers/Dimentia Support/Caregivers 12:00p Life Talks: Presented by Virginia Mason 2:45p Readers Theater	10:00a Collette Travel Presentation 11:00a Film: Honor Thy Mother 11:00a Tech Help w/Deb (by appointment) 1:00p BIMA Community Art 4:30p **Line Dance Basic Steps - Canceled**	7:30a Footcare 11:15a The US Constitution (Series) 11:45a Rhythmic Drumming 12:00p Prostate Cancer Group-**Zoom** 1:30p Visually Impaired Persons-**Zoom** 7:00p Photo Club	11:15a Parkinsons Peer Support Group 12:00p Sound Bath 10:00a NYT Book Group - **Zoom** 4:30p Wildlife: Bears & Cougars	12:30p Falling Together (series) 3:00p Readers Theater Performance 6:00p Movie Night	10:00a Queer Elder Family Group 11:00a Scrap Metal Sorting
16	**17**	**18**	**19**	**20**	**21**
9:15a Pop-up Card Making Class 12:00p Life Talks: Presented by Virginia Mason 2:30p Movie Matenee & Discussion 3;45p Silver Tech (waitlist)	11:30a Potluck & Brown Bag Lunch 1:00p Waterfront Book Group & **Zoom** 1:00p Art Workshop	7:30a Footcare 9:30a Canasta Card Game 11:15a The US Constitution (Series) 1:00p Chair Massage (by appointment) 7:00p Photo Club Workshop		11:00a Women of BISCC 12:30p Falling Together (series) 4:00p Chive Mind - Improv	
23	**24**	**25**	**26**	**27**	**28**
9:15a Pop-up Card Making Class 12:00p Life Talks: Presented by Virginia Mason	11:00a Tech Help w/Deb (by appointment) 1:00p BAC Community Art	7:30a Footcare 11:15a The US Constitution (end series)	**Closed for Thanksgiving**	**Closed for Thanksgiving**	11:00a Scrap Metal Sorting
30					
9:15a Pop-up Card Making Class 12:00p Life Talks: Presented by Virginia Mason					