

The Ballard NW Senior Center is still closed on Fridays. Since most classes are virtual, some classes are scheduled on Fridays

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Social Worker Consultations - by appt. only 9:00—10:00 am Kajsa's Fitness Class (Virtual) 10:00—11:00 am Diabetes Support Group (Virtual) 12:00—1:00 pm Lunch—donation.	2 9:30—10:30 am Virtual Qi Gong for Health Class 12:00—1:00 pm Lunch—donation. 1:00 —5:00 pm Bastyr Naturopathic Service - by appt. only	3 Social Worker Consultations - by appt. only 10:00—1:00 pm AARP Tax Program. By appt only 12:00—1:00 pm Lunch—donation.	4 12:00—1:00 pm Lunch—donation.	5
8 11:30—1:00 pm Happy Aging & Mental Health Support 12:00—1:00 pm Lunch—donation. 2:00—3:00 pm Current Events (Virtual)	9 12:00—1:00 pm Lunch—donation. 1:00—1:45 pm Chair Yoga for Parkinson's (Virtual) 1:00 —5:00 pm Bastyr Naturopathic Service - by appt. only	10 9:00—4:00 pm Foot Care 10:00—1:00 pm AARP Tax Program - By appt. only 10:00—1:00 pm AARP Tax Program. By appt only 12:00—1:00 pm Lunch—donation. 1:00—2:00 pm Musical Theater w/Seattle Rep (Virtual) 3:00—4:00 pm Memoir Writing (Virtual)	11 Financial Services— by appt. only 12:00—1:00 pm Lunch—donation.	12 10:00-11:00—Welcome Spring Poetry (Virtual) 11:00—12:00 pm—Heartfulness Meditation (Virtual) 3:00—4:00 pm Memoir Writing (Virtual) 1:00—1:45 pm Chair Yoga for Parkinson's (Virtual)
15 Enhance Fitness—TBA (Virtual) 11:30—1:00 pm Parkinson's Support Group (Virtual) 10:00—1:00 pm AARP Tax Program. By appt only 12:00—1:00 pm Lunch—donation. 2:00—3:00 pm Current Events (Virtual)	16 12:00—1:00 pm Lunch—donation. 1:00—1:45 pm Chair Yoga for Parkinson's (Virtual) 1:00 —5:00 pm Bastyr Naturopathic Service - by appt. only	17 Enhance Fitness—TBA—(Virtual) 10:00—1:00 pm AARP Tax Program. By appt only 12:00—1:00 pm Lunch—donation. 3:00—4:00 pm Memoir Writing (Virtual) 7:00—8:00 pm Irish Folk Concert with Cavort Celtic Band (Virtual)	18 12:00—1:00 pm Lunch—donation.	19 Enhance Fitness—TBA (Virtual) 10:00-11:00 am Spring Watercolor Class (Virtual) 11:00—12:00 pm—Heartfulness Meditation (Virtual) 1:00—1:45 pm Chair Yoga for Parkinson's (Virtual)
22 10:0-11:30 am History Book Club (Virtual) 11:30—1:00 pm Happy Aging & Mental Health Support (Virtual) 12:00—1:00 pm Lunch—donation. 2:00—3:00 pm Current Events (Virtual)	23 11:00—12:00 pm Let's Go to France with Janice Van Cleve (Virtual) 11:30—1:30 pm Happy Aging & Mental Health Support Group (Virtual) 12:00—1:00 pm Lunch—donation. 1:00—1:45 pm Chair Yoga for Parkinson's (Virtual) 1:00 —5:00 pm Bastyr Naturopathic Service - by appt. only	24 10:00—1:00 pm AARP Tax Program. By appt only 12:00—1:00 pm Lunch—donation. 3:00—4:00 pm Memoir Writing (Virtual)	25 12:00—1:00 pm Lunch—donation. 12:30 - 1:30 pm ABLE: Aging Ballard Lesbian Exchange (Virtual)	26 10:00-11:00 am Welcome Spring- Poetry Class (Virtual) 11:00—12:00 pm—Heartfulness Meditation (Virtual) 1:00—1:45 pm Chair Yoga for Parkinson's (Virtual)
29 12:00—1:00 pm Lunch—donation. 1:30—2:30 pm Lori's Learn and Cook Class (Virtual) 2:00—3:00 pm Current Events (Virtual)	30 12:00—1:00 pm Lunch—donation. 1:00—1:45 pm Chair Yoga for Parkinson's (Virtual) 1:00 —5:00 pm Bastyr Naturopathic Service - by appt. only	31 10:00—1:00 pm AARP Tax Program. By appt only 12:00—1:00 pm Lunch—donation. 3:00—4:00 pm Memoir Writing (Virtual)		