

Monday

Tuesday

Wednesday

Thursday

Friday



# June 2024

<p><b>* Digital Support Day*</b> 3</p> <p>9:00 Enhance Fitness 10:15 Enhance Fitness 11:00 Daily Balance 12:00 Community Dining 12:30 <b>Red Hats Meeting</b> 12:30 Bridge 1:00 Pencil Drawing &amp; Portraiture 1:30 Shakespeare Sessions 1:30 Ping Pong</p>	<p>4</p> <p>9:00 Sea Mar 9:00 Pinochle 10:00 Watercolor Painting &amp; Drawing 10:00 French Language / 10:00 Massage 10:30 - 1:30 <b>Blood Pressure Clinic</b> 11:00 Daily Balance 12:00 Community Dining 1:00 Friendship &amp; Conversation Corner 1:00 Chair Yoga 2:00 Yoga - Mat Class</p>	<p>5</p> <p>9:00 Pinochle 9:00 &amp; 10:15 Enhance Fitness 10:30 Topics in US History 11:00 Daily Balance / 11:00 Bible Study 12:00 Community Dining / 12:00 Massage 1:00 Acrylic Painting / 1:00 Will's Walkers 1:30 Ping Pong 1:30 <b>Seattle Rep: Intro to Musical Theatre</b> 4:30 Happy Hour 5:00 Dinner 6:30 Bingo</p>	<p>6</p> <p>9:00 <b>Women's Breakfast (RSVP)</b> 10:00 <b>Financial Assistance w/Kylle</b> 10:00 Current Events 11:00 Daily Balance / 11:00 Chair Yoga 12:00 Community Dining 1:00 <b>Bollywood Dance</b> / 1:00 Scrabble Games 1:15 <b>Movie Matinee:</b> <i>The Adventures of Priscilla, Queen...(1994)</i> 2:00 <b>Tech Help Workshop</b> 3:30 Hawaiian Hula Dance</p>	<p>7</p> <p>9:00 &amp; 10:15 Enhance Fitness 10:00 Art Room - Open Studio 11:00 Daily Balance 12:00 Community Dining 12:30 Bridge 1:30 <b>Music &amp; Mindfulness</b> 1:30 Fiber Arts Circle 1:30 Bead Works Group 1:30 Ping Pong</p>
<p><b>* Digital Support Day*</b> 10</p> <p>9:00 &amp; 10:15 Enhance Fitness 10:30 <b>Low Vision Support</b> 11:00 Daily Balance 12:00 Community Dining 12:30 Bridge 1:00 <b>Diabetes Support</b> 1:00 Pencil Drawing &amp; Portraiture 1:30 Shakespeare Sessions 1:30 Ping Pong</p>	<p>11</p> <p>9:00 Sea Mar 9:00 Pinochle 10:00 Watercolor Painting &amp; Drawing 10:00 French Language 10:00 Massage Therapy 11:00 Daily Balance 12:00 Community Dining 1:00 Chair Yoga 2:00 Yoga - Mat Class 2:00 Fiction/Lit Book Group</p>	<p><b>*Footcare Day*</b> 12</p> <p>9:00 Pinochle 9:00 &amp; 10:15 Enhance Fitness 10:30 Topics in US History 11:00 Daily Balance / 11:00 Bible Study 12:00 Community Dining / 12:00 Massage 1:00 Acrylic Painting / 1:00 Will's Walkers 1:30 Ping Pong 1:30 <b>Seattle Rep: Intro to Musical Theatre</b> 4:30 Happy Hour 5:00 Dinner 6:30 Bingo</p>	<p>13</p> <p>10:00 Current Events 11:00 Daily Balance 11:00 Chair Yoga 12:00 Community Dining 1:00 <b>Bollywood Dance</b> 1:00 Scrabble Games 1:15 <b>Movie Matinee:</b> <i>Milk, 2008</i> 2:00 <b>Beer Tasting Extravaganza</b> 2:00 <b>Tech Help Workshop</b></p>	<p>14</p> <p>9:00 &amp; 10:15 Enhance Fitness 10:00 Art Room - Open Studio 10:30 <b>Caregivers Support</b> 11:00 Daily Balance 12:00 Community Dining 12:30 Bridge 12:45 <b>Sing-Along</b> 1:30 <b>Music &amp; Mindfulness</b> 1:30 Fiber Arts Circle &amp; Bead Works Group 1:30 Ping Pong</p>
<p><b>* Digital Support Day*</b> 17</p> <p>9:00 Enhance Fitness 10:15 Enhance Fitness 11:00 Daily Balance 11:30 <b>Parkinson's Support</b> 12:00 Community Dining 12:30 Bridge 1:00 Pencil Drawing &amp; Portraiture 1:30 Shakespeare Sessions 1:30 Ping Pong</p>	<p>18</p> <p>9:00 Sea Mar 9:00 Pinochle 10:00 Watercolor Painting &amp; Drawing 10:00 French Language / 10:00 Massage 11:00 Daily Balance 12:00 Community Dining 1:00 <b>Documentary Film:</b> <i>Juneteenth: Faith &amp; Freedom, 2022</i> 1:00 Friendship &amp; Conversation Corner 1:00 Chair Yoga / 2:00 Yoga - Mat Class</p>	<p>19</p> <p><b>JUNETEENTH</b>  BNWSC is closed in observation.</p>	<p>20</p> <p>9:00 <b>Women's Breakfast (RSVP)</b> 10:00 Current Events 11:00 Daily Balance / 11:00 Chair Yoga 12:00 Community Dining 1:00 <b>Bollywood Dance</b> 1:00 Scrabble Games 1:15 <b>Movie Matinee:</b> <i>Far From Heaven, 2002</i> 2:00 <b>Tech Help Workshop</b> 3:30 Hawaiian Hula Dance</p>	<p><b>*Footcare Day*</b> 21</p> <p>9:00 &amp; 10:15 Enhance Fitness 10:00 Art Room - Open Studio 11:00 Daily Balance 12:00 Community Dining / 12:30 Bridge 1:00 <b>Grief Support</b> 1:30 <b>Music &amp; Mindfulness</b> 1:30 Fiber Arts Circle &amp; Bead Works Group 1:30 Ping Pong  I-4 pm Make Music Day Celebration</p>
<p><b>*Dental Hygiene Day*</b> <b>*Digital Support*</b> 24</p> <p>9:00 Enhance Fitness 10:15 Enhance Fitness 10:30 <b>History Book Group</b> 11:00 Daily Balance 12:00 Community Dining 12:30 Bridge 1:00 Pencil Drawing &amp; Portraiture 1:30 Shakespeare Sessions 1:30 Ping Pong</p>	<p>25</p> <p>9:00 Sea Mar 9:00 Pinochle 10:00 Watercolor Painting &amp; Drawing 10:00 French Language / 10:00 Massage 11:00 Daily Balance 12:00 Community Dining 12:30 <b>Janice's Travel: Cruising down the Rhone River</b> 1:00 Chair Yoga / 2:00 Yoga - Mat Class 2:00 Fiction/Lit Book Group</p>	<p>26</p> <p>9:00 Pinochle 9:00 &amp; 10:15 Enhance Fitness 10:30 Topics in US History 11:00 Daily Balance / 11:00 Bible Study 12:00 <b>Community Dining Member's Birthday Lunch</b> 12:00 Massage 1:00 Acrylic Painting / 1:00 Will's Walkers 1:30 Ping Pong 1:30 <b>Seattle Rep: Intro to Musical Theatre</b> 4:30 Happy Hour 5:00 Dinner 6:30 Bingo</p>	<p>27</p> <p>9:00 <b>Men's Breakfast (RSVP)</b> 10:00 Current Events 12:00 Community Dining 12:45 <b>ABLE Meeting</b> 1:00 <b>Bollywood Dance</b> 1:00 Scrabble Games 1:15 <b>Movie Matinee:</b> <i>The Kids Are All Right, 2010</i> 2:00 <b>Tech Help Workshop</b></p>	<p>28</p> <p>9:00 &amp; 10:15 Enhance Fitness 10:00 Art Room - Open Studio 11:00 Daily Balance 12:00 Community Dining 12:30 Bridge 1:00 <b>UFO/UAP Update w/Anthony</b> 1:30 <b>Music &amp; Mindfulness</b> 1:30 Fiber Arts Circle &amp; Bead Works Group 1:30 Ping Pong</p>