

Monday

Tuesday

Wednesday

Thursday

Friday



<p><b>*Dental Hygiene Day* *Digital Support* 6</b>  <b>9:00 &amp; 10:15 Enhance Fitness</b>  <b>11:00 Daily Balance</b>  <b>12:00 Community Dining</b>  <b>12:30 Red Hats Meeting</b>  <b>12:30 All of Us Traits Bingo &amp; Info Session</b>  <b>12:30 Bridge</b>  <b>1:00 Pencil Drawing &amp; Portraiture</b>  <b>1:30 Shakespeare Sessions</b>  <b>1:30 Ping Pong</b></p>	<p><b>9:00 Sea Mar 7</b>  <b>9:00 Pinochle</b>  <b>10:00 Watercolor Painting &amp; Drawing</b>  <b>10:00 French Language / 10:00 Massage</b>  <b>11:00 Daily Balance</b>  <b>12:00 Community Dining</b>  <b>12:30 Cinco de Mayo Celebration (RSVP)</b>  <b>1:00 Music by Emy Tseng Bossa Nova Trio</b>  <b>1:00 Friendship &amp; Conversation Corner</b>  <b>1:00 Chair Yoga / 2:00 Yoga - Mat Class</b></p>	<p><b>9:00 Pinochle *Digital Support Day* 1</b>  <b>9:00 &amp; 10:15 Enhance Fitness</b>  <b>10:30 Topics in US History</b>  <b>11:00 Daily Balance / 11:00 Bible Study</b>  <b>12:00 Community Dining</b>  <b>12:00 Massage</b>  <b>1:00 Acrylic Painting / 1:00 Will's Walkers</b>  <b>1:30 Ping Pong</b>  <b>1:30 Seattle Rep: Intro to Musical Theatre</b>  <b>4:30 Happy Hour 5:00 Dinner 6:30 Bingo</b></p>	<p><b>10:00 Financial Assistance w/Kylle 2</b>  <b>10:00 Current Event</b>  <b>11:00 Daily Balance</b>  <b>11:00 Chair Yoga</b>  <b>12:00 Community Dining</b>  <b>1:00 Bollywood Dance</b>  <b>1:00 Scrabble Games</b>  <b>1:15 Movie Matinee:</b>  <i>The Joy Luck Club, 1993</i>  <b>3:30 Hawaiian Hula Dance</b></p>	<p><b>9:00 &amp; 10:15 Enhance Fitness 3</b>  <b>10:00 Art Room - Open Studio</b>  <b>11:00 Daily Balance</b>  <b>12:00 Community Dining</b>  <b>12:30 Bridge</b>  <b>1:30 Music &amp; Mindfulness</b>  <b>1:30 Fiber Arts &amp; Bead Works</b>  <b>1:30 Ping Pong</b></p> <p><b>Rainbow Bingo 6-9 pm</b></p>
<p><b>* Digital Support Day* 13</b>  <b>9:00 &amp; 10:15 Enhance Fitness</b>  <b>9:30 Trip: Wing Luke Museum</b>  <b>10:30 Low Vision Support</b>  <b>11:00 Daily Balance</b>  <b>12:00 Community Dining</b>  <b>12:30 Bridge</b>  <b>1:00 Diabetes Support</b>  <b>1:00 Pencil Drawing &amp; Portraiture</b>  <b>1:30 Shakespeare / 1:30 Ping Pong</b></p>	<p><b>9:00 Sea Mar 14</b>  <b>9:00 Pinochle</b>  <b>10:00 Watercolor Painting &amp; Drawing</b>  <b>10:00 French Language / 10:00 Massage</b>  <b>11:00 Daily Balance</b>  <b>12:00 Community Dining</b>  <b>1:00 HSDC Information Session: Hearing Loss, Strategies &amp; Healthcare</b>  <b>1:00 Chair Yoga / 2:00 Yoga - Mat Class</b>  <b>2:00 Fiction/Lit Book Group</b></p>	<p><b>9:00 Pinochle *Digital Support Day* 15</b>  <b>9:00 &amp; 10:15 Enhance Fitness</b>  <b>10:30 Topics in US History</b>  <b>11:00 Daily Balance / 11:00 Bible Study</b>  <b>12:00 Community Dining Member's Birthday Lunch</b>  <b>12:00 Massage</b>  <b>1:00 Acrylic Painting / 1:00 Will's Walkers</b>  <b>1:30 Seattle Rep: Intro to Musical Theatre</b>  <b>1:30 Ping Pong</b>  <b>4:30 Happy Hour 5:00 Dinner 6:30 Bingo</b></p>	<p><b>9:30 Trip: Nisqually Wildlife Refuge 16</b>  <b>10:00 Current Event</b>  <b>11:00 Daily Balance / 11:00 Chair Yoga</b>  <b>12:00 Community Dining</b>  <b>1:00 Scrabble Games</b>  <b>1:00 Bollywood Dance</b>  <b>2:00 Tech Help Wkshop</b>  <b>2:30 Spring Afternoon Tea (RSVP)</b>  <b>3:30 Hula Dance</b></p>	<p><b>*Footcare Day* 17</b>  <b>9:00 &amp; 10:15 Enhance Fitness</b>  <b>10:00 Art Room - Open Studio</b>  <b>11:00 Daily Balance</b>  <b>12:00 Community Dining</b>  <b>12:30 Bridge / 12:45 Sing-Along</b>  <b>1:00 Grief Support</b>  <b>1:30 Music &amp; Mindfulness</b>  <b>1:30 Fiber Arts Circle &amp; Bead Works Group</b>  <b>1:30 Ping Pong</b></p>
<p><b>* Digital Support Day* 20</b>  <b>9:00 &amp; 10:15 Enhance Fitness</b>  <b>10:30 History Book Group</b>  <b>11:00 Daily Balance</b>  <b>11:30 Parkinson's Support</b>  <b>12:00 Community Dining</b>  <b>12:30 Bridge</b>  <b>1:00 Pencil Drawing &amp; Portraiture</b>  <b>1:30 Shakespeare Sessions</b>  <b>1:30 Ping Pong</b></p>	<p><b>9:00 Sea Mar 21</b>  <b>9:00 Pinochle</b>  <b>10:00 Watercolor Painting &amp; Drawing</b>  <b>10:00 French Language / 10:00 Massage</b>  <b>11:00 Daily Balance</b>  <b>12:00 Community Dining</b>  <b>12:30 Travels w/Leslye: Gaudi in Barcelona</b>  <b>1:00 Friendship &amp; Conversation Corner</b>  <b>1:00 Chair Yoga</b>  <b>2:00 Yoga - Mat Class</b></p>	<p><b>*Footcare Day* *Digital Support* 22</b>  <b>9:00 Pinochle</b>  <b>9:00 &amp; 10:15 Enhance Fitness</b>  <b>10:00 Trip: Tulalip Casino &amp; Outlet Mall</b>  <b>10:30 Topics in US History</b>  <b>11:00 Daily Balance / 11:00 Bible Study</b>  <b>12:00 Community Dining / 12:00 Massage</b>  <b>1:00 Acrylic Painting / 1:00 Will's Walkers</b>  <b>1:30 Seattle Rep / 1:30 Ping Pong</b>  <b>4:30 Happy Hour 5:00 Dinner 6:30 Bingo</b></p>	<p><b>9:00 Women's Breakfast (RSVP) 23</b>  <b>10:00 Current Events</b>  <b>11:00 Daily Balance / 11:00 Chair Yoga</b>  <b>12:00 Community Dining</b>  <b>1:00 Bollywood Dance</b>  <b>1:00 Scrabble Games</b>  <b>1:15 Movie Matinee:</b>  <i>The Farewell, 2019</i>  <b>2:00 Tech Help Workshop</b></p>	<p><b>9:00 &amp; 10:15 Enhance Fitness 24</b>  <b>10:00 Art Room - Open Studio</b>  <b>11:00 Daily Balance</b>  <b>12:00 Community Dining</b>  <b>12:30 Bridge</b>  <b>1:30 Music &amp; Mindfulness</b>  <b>1:30 Fiber Arts Circle &amp; Bead Works Group</b>  <b>1:30 Ping Pong</b></p>
<p><b>27</b></p> <p><b>MEMORIAL DAY</b>  <b>Remember and Honor</b></p> <p>BNWSC is closed in observation.</p>	<p><b>9:00 Sea Mar 28</b>  <b>9:00 Pinochle</b>  <b>10:00 Watercolor Painting &amp; Drawing</b>  <b>10:00 French Language / 10:00 Massage</b>  <b>11:00 Daily Balance</b>  <b>12:00 Community Dining</b>  <b>12:30 Janice's Travel: Antigua, Guatemala</b>  <b>1:00 Chair Yoga / 2:00 Yoga - Mat Class</b>  <b>3:00-4:30 BNWSC Art Gallery Opening at Tenth West Café -Van departs at 2:45pm</b></p>	<p><b>9:00 Pinochle *Digital Support Day* 29</b>  <b>9:00 &amp; 10:15 Enhance Fitness</b>  <b>10:30 Topics in US History</b>  <b>11:00 Daily Balance / 11:00 Bible Study</b>  <b>12:00 Community Dining</b>  <b>12:00 Massage</b>  <b>1:00 Acrylic Painting / 1:00 Will's Walkers</b>  <b>1:30 Ping Pong</b>  <b>1:30 Seattle Rep: Intro to Musical Theatre</b>  <b>4:30 Happy Hour 5:00 Dinner 6:30 Bingo</b></p>	<p><b>9:00 Men's Breakfast (RSVP) 30</b>  <b>10:00 Current Events</b>  <b>11:00 Daily Balance / 11:00 Chair Yoga</b>  <b>12:00 Community Dining</b>  <b>12:45 ABLE Meeting</b>  <b>1:00 Bollywood Dance</b>  <b>1:00 Scrabble Games</b>  <b>1:15 Movie Matinee:</b>  <i>Past Lives, 2023</i>  <b>2:00 Tech Help Workshop</b></p>	<p><b>9:00 &amp; 10:15 Enhance Fitness 31</b>  <b>10:00 Art Room - Open Studio</b>  <b>11:00 Daily Balance</b>  <b>11:30 Trip: Bite of Greece</b>  <b>12:00 Community Dining</b>  <b>12:30 Bridge</b>  <b>1:00 UFO/UAP Update w/Anthony</b>  <b>1:30 Music &amp; Mindfulness</b>  <b>1:30 Fiber Arts Circle &amp; Bead Works Group</b>  <b>1:30 Ping Pong</b></p>