

Monday	Tuesday	Wednesday	Thursday	Friday
10:00 Enhance Fitness 11:00 Daily Balance 12:00 Community Dining 12:00 Red Hats Meeting 12:30 Bridge 1:30 Shakespeare Sessions 1:30 Ping Pong	9:00 SeaMar 9:00 Pinochle 10:00 Watercolor Painting & Drawing 10:00 Massage Therapy 10:00 French *Digital Support Day* 11:00 Daily Balance 12:00 Community Dining 1:00 Chair Yoga 1:30 Fall & Fire Prevention Workshop 2:00 Chess Matches	9:00 Pinochle 10:00 Enhance Fitness *Wednesday afternoons 10:00 Italian Language Digital Support* 11:00 Daily Balance 11:00 Bible Study 12:00 Community Dining / 12:00 Massage 1:00 Seattle Rep / 1:00 Acrylic Painting 1:00 William's Walkers 4:30 Happy Hour 1:30 Ping Pong 5:00 Dinner 6:30 Bingo	10:00 Current Events 11:00 Daily Balance 11:00 Chair Yoga 12:00 Community Dining 1:00 Haircut Salon 1:00 Scrabble Games 1:15 Movie Matinee: <i>Some Like it Hot, 1959</i>	10:00 Enhance Fitness 10:30 Adult Coloring & Paper Craft 11:00 Daily Balance 12:00 Community Dining 12:30 Bridge 1:30 Fiber Arts Circle 1:30 Bead Works Group 1:30 Ping Pong <p style="text-align: center;">! 5-9pm Rainbow Bingo!</p>
10:00 Enhance Fitness 10:30 Low Vision Support 11:00 Daily Balance 12:00 Community Dining 12:30 Bridge 1:30 Diabetes Support 1:30 Shakespeare Sessions 1:30 Ping Pong	9:00 SeaMar 9:00 Pinochle 10:00 Watercolor Painting & Drawing 10:00 Massage Therapy 10:00 French *Digital Support Day* 11:00 Daily Balance 12:00 Community Dining 12:30 Cinco de Mayo Presentation 1:00 Chair Yoga 2:00 Chess Matches	9:00 Pinochle * Foot Care Day * 10:00 Enhance Fitness 10:00 Italian Language 11:00 Daily Balance 11:00 Bible Study 12:00 Community Dining / 12:00 Massage 1:00 Seattle Rep / 1:00 Acrylic Painting 1:00 William's Walkers 4:30 Happy Hour 1:30 Ping Pong 5:00 Dinner :00 Android Learning 6:30 Bingo	9:00 Women's Breakfast 10:00 Current Events 11:00 Daily Balance 11:00 Chair Yoga 12:00 Community Dining 1:00 Scrabble Games 1:15 Movie Matinee: <i>Three Identical Strangers, 2018</i> 3:30 Legal Consultation	10:00 Enhance Fitness 10:30 Adult Coloring & Paper Craft 11:00 Daily Balance 12:00 Community Dining 12:30 Bridge 1:30 Fiber Arts Circle 1:30 Bead Works Group 1:30 Ping Pong
10:00 Enhance Fitness 10:00 Creative Writing: Memoir Project 11:00 Daily Balance 11:30 Parkinson's Support 12:00 Community Dining 12:30 Bridge 1:30 Shakespeare Sessions 1:30 Ping Pong	9:00 SeaMar 9:00 Pinochle 10:00 Watercolor Painting & Drawing 10:00 French 11:00 Daily Balance *Digital Support Day* 12:00 Community Dining 1:00 Chair Yoga 1:30 Fiction/Lit Book Group 2:00 Chess Matches	9:00 Pinochle 10:00 Enhance Fitness 10:00 Italian Language 11:00 WeCare Talk: Battling the Aging Brain 11:00 Daily Balance / 11:00 Bible Study 12:00 Community Dining 12:00-2:00 WeCare Medicare Office Hours 1:00 Seattle Rep / 1:00 Acrylic Painting 1:00 William's Walkers 1:30 Ping Pong 3:00 Tech Talk: Master Your Passwords	9:00 Men's Breakfast 10:00 Current Events 11:00 Daily Balance 11:00 Chair Yoga 12:00 Community Dining 12:30 Travel Adventure: Egypt 1:00 Scrabble Games 1:45 Movie Matinee: <i>In the Last Days of the City, 2016</i>	* Foot Care Day * 10:00 Enhance Fitness 10:00 Chen-Style Taiji 10:30 Adult Coloring & Paper Craft 11:00 Daily Balance 12:00 Community Dining 12:30 Bridge 1:30 Fiber Arts Circle 1:30 Bead Works Group 1:30 Ping Pong
10:00 Enhance Fitness 10:00 Creative Writing: Memoir Project 10:30 History Book Group 11:00 Daily Balance 12:00 Community Dining 12:30 Bridge 1:30 Caregiver Support 1:30 Shakespeare Sessions 1:30 Ping Pong	9:00 SeaMar 9:00 Pinochle 10:00 Watercolor Painting & Drawing 10:00 French 11:00 Daily Balance *Digital Support Day* 12:00 Community Dining 1:00 Chair Yoga 2:00 Mother's Day Tea 2:00 Chess Matches	9:00 Pinochle * Foot Care Day * 10:00 Enhance Fitness 10:00 Italian Language 11:00 Daily Balance 11:00 Bible Study 12:00 Community Dining 1:00 Seattle Rep / 1:00 Acrylic Painting 1:00 William's Walkers 4:30 Happy Hour 1:30 Ping Pong 5:00 Dinner 3:00 iOS Learning 6:30 Bingo	10:00 Current Events 11:00 Daily Balance 11:00 Chair Yoga 12:00 Community Dining 12:30 ABLE Meeting 1:00 Haircut Salon 1:00 Scrabble Games 1:15 Movie Matinee: <i>Inside Llewyn Davis, 2013</i> 3:30 Legal Consultation	10:00 Enhance Fitness 10:30 Adult Coloring & Paper Craft 11:00 Daily Balance 12:00 Community Dining 12:30 Bridge 1:30 Fiber Arts Circle 1:30 Bead Works Group 1:30 Ping Pong
<div style="text-align: center;"> <h1>MEMORIAL DAY</h1> <p>Remember and Honor</p> <p>Ballard NW Senior Center is closed.</p> </div>	9:00 SeaMar 9:00 Pinochle 10:00 Watercolor Painting & Drawing 10:00 Massage Therapy 10:00 French *Digital Support Day* 11:00 Daily Balance 12:00 Community Dining 1:00 Chair Yoga 2:00 Chess Matches	9:00 Pinochle 10:00 Enhance Fitness 10:00 Italian Language 11:00 Daily Balance 11:00 Bible Study 12:00 Community Dining / 12:00 Massage 1:00 Seattle Rep / 1:00 Acrylic Painting 1:00 William's Walkers 4:30 Happy Hour 1:30 Ping Pong 5:00 Dinner 6:30 Bingo	 <h1 style="font-size: 4em; color: #8B4513;">May 2023</h1>	