November 2026

Monday	Tuesday	Wednesday	Thursday	Friday
2 8:00 / 9:00 / 10:10 Enhance Fitness 9:00 - 3:00 Tech Assistance (by Appt.) 10:30 Beginner/Intermediate Spanish Class 11:30 Beginner Spanish Class 12:00 Community Dining 12:00 Bridge 12:30 **Red Hat Meeting** 1:00 **Pat P Presents: *The Day the Sky went Black*** 1:30 Shakespeare Sessions 1:30 Ping Pong DentalWise Day	**3** 9:00 Sea Mar / 9:00 Pinochle 9:00 - 1:00 Tech Assistance (by Appt.) 10:00 Karenza / 10:00 Massage 10:00 Watercolor Painting & Drawing 11:00 Move, Stretch & Balance 12:00 Community Dining 1:00 **Día de Muertos Celebración** 1:00 Pencil Drawing & Portraiture 1:00 Chair Yoga / 2:00 Yoga - Mat Class 1:00 Reflexology 1:30 Community Acupuncture	**4** 8:00 / 9:00 / 10:10 Enhance Fitness 9:00 Pinochle 10:00 - 12:00 Medicare Optimized Table 10:00 **Diwali Diya Lantern Painting Craft** 10:30 Topics in US History 12:00 Community Dining / 12:00 Massage 1:00 Acrylic Painting / 1:00 Will's Walkers 1:30 Ping Pong / 1:30 *I Like to Sing* Musical Workshop 4:30 Happy Hour / 5:00 Dinner (RSVP) / 6:30 Bingo 6:00 Movie Night	**5** 9:00 - 11:00 Tech Assistance (by Appt.) 10:00 **Financial Services Consultation** 10:00 Current Events 10:00 Community Acupuncture / 11:00 Chair Yoga 12:00 Community Dining / 12:30 Scrabble Games 12:45 **Travel w/ Julie: *Scotland*** 1:00 Trivia for Wiseacres / 1:00 Haircut Salon 1:00 Memoir Writing Workshop 2:00 Tech Talk: ***Mobile Tickets for Concerts, Sports, etc.*** 3 :30 Hawaiian Hula Dance	**6** 8:00 / 9:00 / 10:10 Enhance Fitness 8:30 - 12:30 Medicare Assistance (by Appt.) 10:30 Qi Gong & Balance 10:30 Caregiver Support Group 12:00 Community Dining 12:00 Bridge 12:45 **Diwali Celebration** 1:30 **Bollywood Movie Matinee** 1:00 Reflexology 1:30 Fiber Arts & Bead Works Group1:30 Ping Pong
9 8:00 / 9:00 / 10:10 Enhance Fitness 9:00 - 3:00 Tech Assistance (by Appt.) 10:30 **Low Vision Support Group** 10:30 Beginner/Intermediate Spanish Class 11:30 Beginner Spanish Class 12:00 Community Dining 12:00 Bridge 1:00 **Talk: Emergency Preparation** 1:30 Shakespeare Sessions 1:30 Ping Pong	**10** 9:00 Sea Mar / 9:00 Pinochle 9:30 **Coffee with Matt & Rebekah** 10:00 - 1:00 Tech Assistance (by Appt.) 10:00 Karenza / 10:00 Massage 10:00 Watercolor Painting & Drawing 11:00 Move, Stretch & Balance / 12:00 Community Dining 1:00 **Talk: Home Energy Savings** 1:00 Pencil Drawing & Portraiture 1:00 Chair Yoga / 2:00 Yoga - Mat Class 1:00 Reflexology / 1:30 Community Acupuncture 2:00 **Fiction & Literature Book Group**	**11** HAPPY VETERANS DAY The Center is closed today.	**12** 9:00 **Women's Breakfast** (RSVP) 9:00 - 11:00 Tech Assistance (by Appt.) 10:00 Current Events 10:00 Community Acupuncture / 11:00 Chair Yoga 11:00 **Trip: 10th West Cafe, KEXP & Seattle Center** 12:00 Community Dining / 12:30 Scrabble Games 1:00 Trivia for Wiseacres / 1:00 Haircut Salon 1:00 Memoir Writing Workshop 2:00 Tech Talk: ***Preventing Viruses & Malware*** 3:30 Hawaiian Hula Dance	**13** 8:00 / 9:00 / 10:10 Enhance Fitness 8:30 - 12:30 **Medicare Assistance** (by Appt.) 10:30 Qi Gong & Balance 10:30 Caregiver Support Group 12:00 Community Dining 12:15 **Transit Trip: UW Planetarium** 12:00 Bridge / 1:00 Reflexology 1:15 Movie: ***Shadow of the Thin Man,*** 1941 1:30 Fiber Arts & Bead Works Group 1:30 Ping Pong
16 8:00 / 9:00 / 10:10 Enhance Fitness 9:00 - 3:00 Tech Assistance (by Appt.) 10:30 Beginner/Intermediate Spanish Class 11:30 Beginner Spanish Class 11:30 **Parkinson's Support Group** 12:00 Community Dining 12:00 Bridge 1:30 Shakespeare Sessions 1:30 Ping Pong Foot Care Day	**17** 9:00 Sea Mar / 9:00 Pinochle 9:00 - 1:00 Tech Assistance (by Appt.) 10:00 Karenza / 10:00 Massage 10:00 Watercolor Painting & Drawing 11:00 Move, Stretch & Balance 12:00 Community Dining 1:00 **Talk: Brain Health & Wellness** 1:00 Pencil Drawing & Portraiture 1:00 Chair Yoga / 2:00 Yoga - Mat Class 1:30 Community Acupuncture	**18** 8:00 / 9:00 / 10:10 Enhance Fitness 9:00 Pinochle / 10:30 Topics in US History 10:00 - 12:00 Medicare Optimized Table 12:00 **Community Dining November Birthday Lunch** 12:00 Massage 1:00 **Talk: SPU Side Sewer Assistance Program** 1:00 Acrylic Painting / 1:00 Will's Walkers 1:30 Ping Pong / 1:30 *I Like to Sing* Musical Workshop 4:30 Happy Hour / 5:00 Dinner (RSVP) / 6:30 Bingo 6:00 Movie Night	**19** Holiday Bazaar Set-up Day Limited programming today. 9:00 - 11:00 Tech Assistance 10:00 Community Acupuncture / 10:00 Current Events 12:00 Community Dining / 12:30 Scrabble Games 1:00 Haircut Salon / 1:00 Memoir Writing Wkshp 2:00 Tech Talk: ***Organizing Digital Photos***	Holiday BAZAAR FRIDAY 9-4 | SATURDAY 9-3
23 8:00 / 9:00 / 10:10 Enhance Fitness 9:00 - 3:00 Tech Assistance (by Appt.) 10:30 **History/Non-Fiction Book Group** 10:30 Beginner/Intermediate Spanish Class 11:30 Beginner Spanish Class 12:00 Community Dining 12:00 Bridge 1:30 Shakespeare Sessions 1:30 Ping Pong Sunday, 11/22 12:30pm **TRIP:** Driftwood Players ***A Christmas Carol: The Musical***	**24** 9:00 Sea Mar / 9:00 Pinochle 9:00 - 1:00 Tech Assistance (by Appt.) 10:00 Karenza / 10:00 Massage 10:00 Watercolor Painting & Drawing 11:00 Move, Stretch & Balance 12:00 **Community Dining** **Thanksgiving Lunch** (RSVP) 1:00 Pencil Drawing & Portraiture 1:00 Chair Yoga / 2:00 Yoga - Mat Class 1:30 Community Acupuncture	**25** 8:00 / 9:00 / 10:10 Enhance Fitness 9:00 Pinochle 10:00 - 12:00 Medicare Optimized Table 10:30 Topics in US History 12:00 Community Dining 12:00 Massage Foot Care Day	**26** Happy Thanksgiving Ballard Senior Center is closed Thursday and Friday.	**27**
30 8:00 / 9:00 / 10:10 Enhance Fitness 9:00 - 3:00 Tech Assistance (by Appt.) 10:00 **Transit Trip: Festival of Trees** 10:30 Beginner/Intermediate Spanish Class 11:30 Beginner Spanish Class 12:00 Community Dining 12:00 Bridge 1:30 Shakespeare Sessions 1:30 Ping Pong Foot Care Day				