

Buchanan Area Senior Center - June 2022 Calendar

Exercise / Health / Cards & Games / Educational & Informative & Special Programs / Other Programs

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
<p style="text-align: center; color: red;">Community Shredding Event Saturday, June 18 9:00 am—Noon</p> 	<p style="text-align: center; color: red;">Community Blood Drive Saturday, June 18 9:00 am—Noon</p> 	<p style="text-align: right;">1</p> <p>9:00 Fasting Blood Sugar Testing 9:00 Coffee Chat 10:15 Chair Exercise with CC 1:00 Hand & Foot 6:00 Pinochle</p>	<p style="text-align: right;">2</p> <p>10:00 Chair Yoga with Ulrike 1:00 Mah Jongg 1:00 Game Day</p>	<p style="text-align: right;">3</p> <p>9:00 Powerbeats with Missy 10:00 Chair Exercise with Lizz 11:00 People Inspiring People 1:00 Fiber Friends 2:00 BHS Centennial Celebration</p>
<p style="text-align: right;">6</p> <p>10:00 Chair Exercise with Linda 11:00 Zumba Low-Impact with CC 1:00 Euchre 1:00 Mah Jongg 2:00 Qigong Exercise</p>	<p style="text-align: right;">7</p> <p>9:00 Osteo Fit with Missy 10:30 Fraud Prevention 1:00 Pinochle 1:00 Quilting & Sewing 6:30 LGBTQ+ Social Gathering</p>	<p style="text-align: right;">8</p> <p>10:15 Chair Exercise with CC 1:00 Hand & Foot 6:00 Pinochle 1:30 Craft Class</p>	<p style="text-align: right;">9</p> <p>10:00 Chair Yoga with Ulrike 11:00 Blood Pressure Check 1:00 Mah Jongg 1:00 Game Day 3:00 Board Meeting</p>	<p style="text-align: right;">10</p> <p>9:00 Powerbeats with Missy 10:00 Chair Exercise with Lizz 1:00 Fiber Friends 1:00 Movie Matinee: Bombshell</p>
<p style="text-align: right;">13</p> <p>10:00 Chair Exercise with Linda 11:00 Zumba Low-Impact with CC 1:00 Euchre 1:00 Mah Jongg 2:00 Qigong Exercise</p>	<p style="text-align: right;">14</p> <p>9:00 Osteo Fit with Missy 10:30 Conversations with Friends Ft. Buchanan Main Street 1:00 Pinochle 1:00 Quilting & Sewing</p>	<p style="text-align: right;">15</p> <p>10:15 Chair Exercise with CC 12:30 Root Beer Floats 1:00 Hand & Foot 2:00 GrandPad Training 6:00 Pinochle</p>	<p style="text-align: right;">16</p> <p>9:00 Progressive Lunch 9:00 Foot Clinic 9:30 Eyeglass Repair 10:00 Chair Yoga with Ulrike 10:30 Book Club 1:00 Monthly CSFP Commodities 1:00 Mah Jongg 1:00 Game Day</p>	<p style="text-align: right;">17</p> <p>9:00 Powerbeats with Missy 10:00 Chair Exercise with Lizz 1:00 Fiber Friends</p>
<p style="text-align: right;">20</p> <p>10:00 Chair Exercise with Linda 11:00 Zumba Low-Impact with CC 1:00 Euchre 1:00 Mah Jongg 2:00 Qigong Exercise</p>	<p style="text-align: right;">21</p> <p>9:00 Osteo Fit with Missy 9:30 Walk Day 1:00 Pinochle 1:00 Quilting & Sewing 2:00 Hearing Aid Check</p>	<p style="text-align: right;">22</p> <p>10:15 Chair Exercise with CC 1:00 Birthday Bingo 1:00 Hand & Foot 6:00 Pinochle</p>	<p style="text-align: right;">23</p> <p>10:00 Chair Yoga with Ulrike 11:00 Blood Pressure Check 1:00 Mah Jongg 1:00 Game Day 4:00 Joann's Retirement Party</p>	<p style="text-align: right;">24</p> <p>9:00 Powerbeats with Missy 10:00 Chair Exercise with Lizz 11:30 Lunch Bunch 1:00 Fiber Friends 1:00 Movie Matinee: The War with Grandpa</p>
<p style="text-align: right;">27</p> <p>10:00 Chair Exercise with Linda 11:00 Zumba Low-Impact with CC 12:30 Ice Cream Social 1:00 Euchre 1:00 Mah Jongg 2:00 Qigong Exercise</p>	<p style="text-align: right;">28</p> <p>9:00 Osteo Fit with Missy 1:00 Pinochle 1:00 Quilting & Sewing 6:00 Rightsizing Your Life</p>	<p style="text-align: right;">29</p> <p>10:15 Chair Exercise with CC 1:00 Hand & Foot 6:00 Pinochle</p>	<p style="text-align: right;">30</p> <p>10:00 Chair Yoga with Ulrike 1:00 Mah Jongg 1:00 Game Day</p>	<p style="text-align: center; color: purple;"> Field Trip: Tour of the Eden Springs Park Saturday, June 25 10:00 am at the BASC </p> 