

# Buchanan Area Senior Center - August 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>
1	2	3	4	5
<p>10:00 Chair Exercise with Linda 11:00 Zumba Low-Impact with CeCe 1:00 Euchre 1:00 Mah Jongg 2:00 Qigong Exercise</p>	<p>9:00 Osteo Fit with Missy 1:00 Pinochle 1:00 Quilting &amp; Sewing</p>	<p>9:00 Fasting Blood Sugar Testing 9:00 Coffee Chat—Scarecrow Charities 10:15 Chair Exercise with CC 1:00 Hand &amp; Foot 6:00 Pinochle</p>	<p>10:00 Chair Yoga with Ulrike 1:00 Mah Jongg 1:00 Game Day</p>	<p>9:00 Powerbeats with Missy 10:00 Chair Exercise with Lizz 11:00 People Inspiring People 1:00 Fiber Friends 2:00 Conversations with Friends</p>
8	9	10	11	12
<p>10:00 Chair Exercise with Linda 11:00 Zumba Low-Impact with CeCe 1:00 Euchre 1:00 Mah Jongg 2:00 Qigong Exercise</p>	<p>9:00 Osteo Fit with Missy 1:00 Pinochle 1:00 Quilting &amp; Sewing</p>	<p style="text-align: center;"><b>Hollywood Movies Senior Picnic</b> Wednesday, August 10 Doors open at 11:30 am Event begins at Noon Ticket Required!</p> <p style="text-align: center;">All other BASC programs are cancelled for the day.</p>	<p>9:00 Foot Clinic 10:00 Chair Yoga with Ulrike 11:00 Blood Pressure Check 1:00 Mah Jongg 1:00 Game Day 1:00 Monthly CSFP Commodities 3:00 Board Meeting</p>	<p>9:00 Powerbeats with Missy 9:30 Field Trip 10:00 Chair Exercise with Lizz 1:00 Fiber Friends 1:00 Movie Matinee: Dolphin Tale</p>
15	16	17	18	19
<p>10:00 Chair Exercise with Linda 11:00 Zumba Low-Impact with CeCe 1:00 Euchre 1:00 Mah Jongg 2:00 Qigong Exercise 7:00 Ballroom Dancing</p>	<p>9:00 Osteo Fit with Missy 9:00 Walk Day 1:00 Pinochle 1:00 Quilting &amp; Sewing 2:00 Hearing Aid Check</p>	<p>10:15 Chair Exercise with CC 12:30 Root Beer Floats 1:00 Hand &amp; Foot 1:00 TEFAP Commodities 6:00 Pinochle</p>	<p>10:00 Chair Yoga with Ulrike 10:30 Book Club 1:00 Mah Jongg 1:00 Game Day 1:00 Funeral Arrangements &amp; More Seminar</p>	<p>9:00 Powerbeats with Missy 10:00 Chair Exercise with Lizz 1:00 Fiber Friends 1:30 Craft—Fabric Pumpkins</p>
22	23	24	25	26
<p>10:00 Chair Exercise with Linda 11:00 Zumba Low-Impact with CeCe 1:00 Euchre 1:00 Mah Jongg 1:00 GrandPad Training 2:00 Qigong Exercise 7:00 Ballroom Dancing</p>	<p>9:00 Osteo Fit with Missy 1:00 Pinochle 1:00 Quilting &amp; Sewing 1:00 National Senior Citizen Celebration Day</p>	<p>10:15 Chair Exercise with CC 1:00 Birthday Bingo 1:00 Hand &amp; Foot 6:00 Pinochle</p>	<p>10:00 Chair Yoga with Ulrike 11:00 Blood Pressure Check 1:00 Mah Jongg 1:00 Game Day 1:00 How to Recognize a Stroke</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: Still Mine</p>
29	30	31		
<p>10:00 Chair Exercise with Linda 11:00 Zumba Low-Impact with CeCe 12:30 Ice Cream Social 1:00 Euchre 1:00 Mah Jongg 2:00 Qigong Exercise 7:00 Ballroom Dancing</p>	<p>9:00 Osteo Fit with Missy 1:00 Pinochle 1:00 Quilting &amp; Sewing</p>	<p>10:15 Chair Exercise with CC 1:00 Hand &amp; Foot 6:00 Pinochle</p>	<p style="text-align: center;"><b>Field Trip: The Heritage Museum and Cultural Center</b></p> <p style="text-align: center;">Thursday, September 1 See page 10 for registration information</p>	<p style="text-align: center;"><b>Funeral Arrangements &amp; More Seminar at the BASC</b></p> <p style="text-align: center;">Thursday, August 18 1:00—3:45 pm Registration Required</p>