

# Buchanan Area Senior Center - March 2023 Calendar

Fitness / 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;"><b>3 Meals Under \$30</b></p> <p style="text-align: center;">Wednesday, March 29 2:00–3:30 pm \$15/person or \$25/2 people</p> <p style="text-align: center;">Call 695-7119 to register for the class.</p>	<p style="text-align: center;"><b>Simplify Your Home by Decluttering</b></p> <p style="text-align: center;">Tuesday, March 7 1:30 pm</p> <p style="text-align: center;">Call 695-7119 to reserve your seat</p>	<p style="text-align: right;">1</p> <p>9:00 Coffee Chat 9:00 Fasting Blood Sugar 10:15 Chair Fitness with CeCe 1:00 Hand &amp; Foot 6:00 Pinochle 6:00 Euchre</p>	<p style="text-align: right;">2</p> <p>11:00 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 Fitness with Lizz 1:00 Fiber Friends 11:15 Fitness Equip- ment Orientation</p>
<p style="text-align: right;">6</p> <p>10:00 Chair Fitness with Linda 11:00 Dancing to the Oldies with CeCe 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 1:00 Pinochle 1:00 Quilting &amp; Sewing 1:30 Simplify Your Home by Decluttering</p>	<p style="text-align: right;">8</p> <p>10:15 Chair Fitness with CeCe 1:00 Grand Pad Training 1:00 Hand &amp; Foot 6:00 Pinochle 6:00 Euchre</p>	<p style="text-align: right;">9</p> <p>9:00 Foot Clinic 11:00 Chair Yoga with Ulrike 11:30 Blood Pressure Check 1:00 Monthly CSFP Commodities 1:00–1:30 Board Meeting</p> <p style="color: red;">Afternoon Classes Cancelled</p>	<p style="text-align: right;">10</p> <p>9:00 Powerbeats with Missy 10:00 Chair Fitness with Lizz 1:00 Fiber Friends 1:00 Movie Matinee: Gambit</p>
<p style="text-align: right;">13</p> <p>10:00 Chair Fitness with Linda 11:00 Dancing to the Oldies with CeCe 1:00 Euchre 1:00 Mah Jongg 1:00 2nd Pick-Up Monthly CSFP Commodities 2:00 Qigong Exercise</p>	<p style="text-align: right;">14</p> <p>9:00 Osteo Fit with Missy 11:30 Lunch &amp; Billiards at the Tavern 1:00 Pinochle 1:00 Quilting &amp; Sewing 2:00 Hearing Aid Check</p>	<p style="text-align: right;">15</p> <p>10:15 Chair Fitness with CeCe 12:30 Root Beer Floats 1:00 Hand &amp; Foot 6:00 Pinochle 6:00 Euchre</p>	<p style="text-align: right;">16</p> <p>9:30 Eyeglass Repair 10:30 Book Club Meet &amp; Greet 11:00 Chair Yoga with Ulrike 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 Fitness with Lizz 1:00 Fiber Friends 1:00 St. Patrick's Day Social</p>
<p style="text-align: right;">20</p> <p>10:00 Chair Fitness with Linda 11:00 Dancing to the Oldies with CeCe 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 10:00 French Seam Pillowcases 1:00 Pinochle 1:00 Quilting &amp; Sewing</p>	<p style="text-align: right;">22</p> <p>10:15 Chair Fitness with CeCe 1:00 Birthday Bingo 1:00 Hand &amp; Foot 6:00 Pinochle 6:00 Euchre</p>	<p style="text-align: right;">23</p> <p>11:00 Chair Yoga with Ulrike 11:30 Blood Pressure Check 1:00 Mah Jongg 1:00 Game Day 1:00 Dementia Care &amp; Understanding</p>	<p style="text-align: right;">24</p> <p>9:00 Powerbeats with Missy 10:00 Chair Fitness with Lizz 11:30 Lunch Bunch 1:00 Fiber Friends 1:00 Movie Matinee: Tickets to Paradise</p>
<p style="text-align: right;">27</p> <p>10:00 Chair Fitness with Linda 11:00 Dancing to the Oldies with CeCe 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 &amp; Sewing</p>	<p style="text-align: right;">29</p> <p>10:15 Chair Fitness with CeCe 1:00 Hand &amp; Foot 2:00 3 Meals Under \$30 6:00 Pinochle 6:00 Euchre</p>	<p style="text-align: right;">30</p> <p>11:00 Chair Yoga with Ulrike 1:00 Mah Jongg 1:00 Game Day</p>	<p style="text-align: right;">31</p> <p>9:00 Powerbeats with Missy 10:00 Chair Fitness with Lizz 1:00 Fiber Friends</p>