

Buchanan Area Senior Center - January 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: right;">3</p> <p>10:00 Line Dancing with Linda 11:15 Chair Exercise with Linda 1:00 Euchre 1:00 Mah Jongg 1:30 Qigong—DVD</p>	<p style="text-align: right;">4</p> <p>1:00 Pinochle 1:00 Quilting & Sewing</p>	<p style="text-align: right;">5</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;">6</p> <p>10:00 Chair Yoga with Ulrike 1:00 Field Trip: Buchanan Sweet Shop 1:00 Mah Jongg 1:00 Game Day 1:30 Tai Chi for Balance</p>	<p style="text-align: right;">7</p> <p>9:00 Powerbeats with Missy 10:00 Chair Exercise with Lizz 11:00 People Inspiring People 1:00 Fiber Friends</p>
<p style="text-align: right;">10</p> <p>10:00 Line Dancing with Linda 11:15 Chair Exercise with Linda 1:00 Euchre 1:00 Mah Jongg 1:30 Qigong—DVD</p>	<p style="text-align: right;">11</p> <p>11:00 Conversations With Friends Ft. Vergie Wolfe 1:00 Pinochle 1:00 Quilting & Sewing</p>	<p style="text-align: right;">12</p> <p>10:15 Chair Exercise with CC 1:00 Hand & Foot 6:00 Pinochle</p>	<p style="text-align: right;">13</p> <p>9:00 Foot Clinic 10:00 Chair Exercise with Ulrike 11:00 Blood Pressure Check 1:00 Mah Jongg 1:00 Game Day 1:00 Monthly CSFP Commodities 1:30 Tai Chi for Balance 3:00 Board Meeting</p>	<p style="text-align: right;">14</p> <p>9:00 Powerbeats with Missy 10:00 Chair Exercise with Lizz 1:00 Fiber Friends 1:00 Movie Matinee: Nifty Fifties</p>
<p style="text-align: right;">17</p> <p>10:00 Line Dancing with Linda 11:15 Chair Exercise with Linda 1:00 Euchre 1:00 Mah Jongg 1:30 Qigong—DVD</p>	<p style="text-align: right;">18</p> <p>9:00 Osteo Fit with Missy 1:00 Pinochle 1:00 Quilting & Sewing 2:00 Hearing Aid Check</p>	<p style="text-align: right;">19</p> <p>10:15 Chair Exercise with CC 12:30 Root Beer Floats 1:00 Hand & Foot 6:00 Pinochle</p>	<p style="text-align: right;">20</p> <p>9:30 Eyeglass Repair 10:00 Chair Yoga with Ulrike 10:30 Book Club 1:00 Mah Jongg 1:00 Game Day 1:30 Tai Chi for Balance</p>	<p style="text-align: right;">21</p> <p>9:00 Powerbeats with Missy 10:00 Chair Exercise with Lizz 1:00 Fiber Friends</p>
<p style="text-align: right;">24</p> <p>10:00 Line Dancing with Linda 11:15 Chair Exercise with Linda 1:00 Euchre 1:00 Mah Jongg 1:30 Qigong—DVD</p>	<p style="text-align: right;">25</p> <p>9:00 Osteo Fit with Missy 1:00 Pinochle 1:00 Quilting & Sewing</p>	<p style="text-align: right;">26</p> <p>10:15 Chair Exercise with CC 10:30 BASC Garden Club Meeting 1:00 Hand & Foot 1:00 Birthday Bingo 6:00 Pinochle</p>	<p style="text-align: right;">27</p> <p>10:00 Chair Yoga with Ulrike 11:00 Blood Pressure Check 1:00 Mah Jongg 1:00 Game Day 1:30 Tai Chi for Balance</p>	<p style="text-align: right;">28</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: Queen Bees</p>
<p style="text-align: right;">31</p> <p>10:00 Line Dancing with Linda 11:15 Chair Exercise with Linda 12:30 Ice Cream Social 1:00 Euchre 1:00 Mah Jongg 1:30 Qigong—DVD</p>	<p style="text-align: center;">Coffee Chat: State Representative Brad Paquette Wednesday, January 5 9:00 am</p>	<p style="text-align: center;">Conversations with Friends Ft. Vergie Wolfe Tuesday, January 11 11:00 am</p>	<p style="text-align: center;">Game Day at the BASC Every Thursdays 1:00—3:00 pm</p>	<p style="text-align: center;">Field Trip: Social at the Buchanan Sweet Shop Thursday, January 6 1:00 pm</p>