

Buchanan Area Senior Center - May 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;">2</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;">3</p> <p>9:00 Osteo Fit with Missy 1:00 Pinochle 1:00 Quilting & Sewing</p>	<p style="text-align: right;">4</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;">5</p> <p>10:00 Chair Yoga with Ulrike 1:00 Mah Jongg 1:00 Game Day</p>	<p style="text-align: right;">6</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;">9</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;">10</p> <p>10:00 CarFit 1:00 Pinochle 1:00 Quilting & Sewing</p>	<p style="text-align: right;">11</p> <p>9:30 Field Trip - Museums 10:15 Chair Exercise with CC 1:00 Hand & Foot 6:00 Pinochle</p>	<p style="text-align: right;">12</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 style="text-align: right;">13</p> <p>9:00 Powerbeats with Missy 10:00 Chair Exercise with Lizz 1:00 Fiber Friends 1:00 Movie Matinee: Fried Green Tomatoes</p>
<p style="text-align: right;">16</p> <p>10:00 Chair Exercise with Linda 10:00 LGBTQ+ Social 11:00 Zumba Low-Impact with CC 1:00 Euchre 1:00 Mah Jongg 2:00 Qigong Exercise</p>	<p style="text-align: right;">17</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;">18</p> <p>10:15 Chair Exercise with CC 12:30 Root Beer Floats 1:00 Hand & Foot 1:00 Quarterly TEFAP Commodities 6:00 Pinochle</p>	<p style="text-align: right;">19</p> <p>9:30 Eyeglass Repair 10:00 Chair Yoga with Ulrike 10:30 Book Club 1:00 Mah Jongg 1:00 Game Day 2:00 Art/Craft Spring Basket</p>	<p style="text-align: right;">20</p> <p>9:00 Powerbeats with Missy 10:00 Chair Exercise with Lizz 1:00 Fiber Friends</p>
<p style="text-align: right;">23</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;">24</p> <p>9:00 Osteo Fit with Missy 1:00 Pinochle 1:00 Quilting & Sewing 3:00 Conversation with Friends Ft. Sabine Wheatley</p>	<p style="text-align: right;">25</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;">26</p> <p>10:00 Chair Yoga with Ulrike 11:00 Blood Pressure Check 1:00 Mah Jongg 1:00 Game Day 2:00 Be Red Cross Ready—House Fire</p>	<p style="text-align: right;">27</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: News of the World</p>
<p style="text-align: right;">30</p> <p style="color: red; font-weight: bold;">Closed</p> <div style="text-align: center;">  <p style="font-size: 2em; font-family: cursive;">Memorial</p> <p style="font-weight: bold;">DAY</p> </div>	<p style="text-align: right;">31</p> <p>9:00 Osteo Fit with Missy 1:00 Pinochle 1:00 Quilting & Sewing</p>	<p style="text-align: center;">Ageism Forum One Buchanan Saturday, May 14 2:00—4:00 pm at the Buchanan Area Senior Center</p> <div style="text-align: center;">  </div>	<p style="text-align: center;">CarFit Tuesday, May 10 Call 695-7119 to schedule your appointment time.</p> <div style="text-align: center;">  </div>	<p style="text-align: center;">Be Red Cross Ready House Fire Thursday, May 26 2:00 pm</p> <div style="text-align: center;">  </div>