

Buchanan Area Senior Center - October 2022 Calendar

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

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
<p>10:00 Chair Fitness with Linda</p> <p>11:00 Zumba Low-Impact with CeCe</p> <p>1:00 Euchre</p> <p>1:00 Mah Jongg</p> <p>2:00 Qigong Exercise</p>	<p>9:00 Osteo Fit with Missy</p> <p>1:00 Pinochle</p> <p>1:00 Quilting & Sewing</p> <p>Aging Mastery Program</p>	<p>9:00 Fasting Blood Sgar Testing</p> <p>9:00 Coffee Chat</p> <p>12:00 AARP Driver Safety Class</p> <p>10:15 Chair Fitness with CeCe</p> <p>1:00 Hand & Foot Cards</p> <p>6:00 Pinochle</p> <p>6:00 Euchre</p>	<p>11:00 Chair Yoga with Ulrike</p> <p>12:00 AARP Driver Safety Class</p> <p>1:00 Mah Jongg</p> <p>1:00 Game Day</p>	<p>9:00 Powerbeats with Missy</p> <p>10:00 Chair Fitness with Lizz</p> <p>1:00 Fiber Friends</p>
10	11	12	13	14
<p>10:00 Chair Fitness with Linda</p> <p>11:00 Zumba Low-Impact with CeCe</p> <p>1:00 Euchre</p> <p>1:00 Mah Jongg</p> <p>2:00 Qigong Exercise</p>	<p>9:00 Osteo Fit with Missy</p> <p>1:00 Pinochle</p> <p>1:00 Quilting & Sewing</p> <p>2:30 Veteran Outreach</p> <p>Aging Mastery Program</p>	<p>10:15 Chair Fitness with CeCe</p> <p>1:00 Paint a Snowman on a Wine Bottle</p> <p>1:00 Hand & Foot Cards</p> <p>6:00 Pinochle</p> <p>6:00 Euchre</p>	<p>9:00 Foot Clinic</p> <p>11:00 Chair Yoga with Ulrike</p> <p>11:30 Blood Pressure Check</p> <p>1:00 Mah Jongg</p> <p>1:00 Game Day</p> <p>1:00 Monthly CSFP Commodities</p> <p>3:00 Board Meeting</p>	<p>9:00 Powerbeats with Missy</p> <p>10:00 Chair Fitness with Lizz</p> <p>1:00 Fiber Friends</p> <p>1:00 Movie Matinee: Field of Dreams</p>
17	18	19	20	21
<p>10:00 Chair Fitness with Linda</p> <p>11:00 Zumba Low-Impact with CeCe</p> <p>1:00 Euchre</p> <p>1:00 Mah Jongg</p> <p>1:00 2nd Pick-Up</p> <p>Monthly CSFP Commodities</p> <p>2:00 Qigong Exercise</p>	<p>9:00—3:00 Board Elections</p> <p>9:00 Osteo Fit with Missy</p> <p>1:00 Pinochle</p> <p>1:00 Quilting & Sewing</p> <p>2:00 Hearing Aid Check</p> <p>Aging Mastery Program</p>	<p>10:15 Chair Fitness with CeCe</p> <p>12:30 Root Beer Floats</p> <p>1:00 Hand & Foot Cards</p> <p>6:00 Pinochle</p> <p>6:00 Euchre</p>	<p>9:30 Eyeglass Repair</p> <p>10:30 Book Club</p> <p>11:00 Chair Yoga with Ulrike</p> <p>12:30 Grandpad raining</p> <p>1:00 Mah Jongg</p> <p>1:00 Game Day</p> <p>2:00 Annual Meeting</p> <p>2:00—4:00 Office Closed & no programs</p>	<p>9:00 Powerbeats with Missy</p> <p>10:00 Chair Fitness with Lizz</p> <p>1:00 Fiber Friends</p>
24	25	26	27	28
<p>10:00 Chair Fitness with Linda</p> <p>11:00 Ruby's 100th Birthday Party</p> <p>11:00 Zumba Low-Impact with CeCe</p> <p>1:00 Euchre</p> <p>1:00 Mah Jongg</p> <p>2:00 Qigong Exercise</p>	<p>9:00 Osteo Fit with Missy</p> <p>1:00 Pinochle</p> <p>1:00 Quilting & Sewing</p> <p>2:00 Berrien County Cancer Service</p> <p>Aging Mastery Program</p>	<p>10:15 Chair Fitness with CeCe</p> <p>1:00 Birthday Bingo</p> <p>1:00 Hand & Foot Cards</p> <p>6:00 Pinochle</p> <p>6:00 Euchre</p>	<p>11:00 Chair Yoga with Ulrike</p> <p>11:30 Blood Pressure Check</p> <p>1:00 First Aid, CPR & AED Training</p> <p>1:00 Mah Jongg</p> <p>1:00 Game Day</p>	<p>9:00 Powerbeats with Missy</p> <p>10:00 Chair Fitness with Lizz</p> <p>11:30 Lunch Bunch</p> <p>1:00 Fiber Friends</p> <p>1:00 Movie Matinee: Marry Me</p>
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<p>10:00 Chair Fitness with Linda</p> <p>1:00 Halloween Party</p>	<p>November 1st 2:00 pm The House of David Baseball Teams Call 6957119 to reserve your seat in the dug out</p>	<p>First Aid, CPR, AED Training Thursday, October 27 1:00—3:00 pm Call 695-7119 to reserve your seat</p>	<p>Veteran Outreach Tuesday, October 11 2:30 pm</p>	<p>Halloween Party Monday, October 31 1:00—3:00 pm Call 695-7119 to reserve your space</p>