

Buchanan Area Senior Center—September 2024 Calendar

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

 <p>2</p>	<p>3</p> <p><u>Program location varies for each program. Please refer to the newsletter for location.</u></p> <p>9:00 Osteo Fit 1:00 Pinochle 5:30 Powerbeats with Missy</p>	<p>4</p> <p>9:00 Coffee Chat 9:00 Fasting Blood Sugar Testing 10:15 Chair Fitness with CeCe 1:00 Hand & Foot 1:30 Matter of Balance 6:00 Pinochle</p>	<p>5</p> <p>11:00 Chair Yoga 1:00 Mah Jongg 1:00 Memory Rescue</p>	<p>6</p> <p>9:00 Walk Day 9:00 Powerbeats with Missy 10:00 Chair Fitness with Lizz 1:00 Fiber Friends</p>
<p>9</p> <p>10:00 Chair Fitness with Linda 11:00 Dancing to the Oldies with CeCe 1:00 Euchre 1:00 Mah Jongg</p>	<p>10</p> <p>9:00 Osteo Fit 1:00 Pinochle 5:30 Powerbeats with Missy</p>	<p>11</p> <p>9:00 Visit Inner Freedom 10:15 Chair Fitness with CeCe 1:00 Hand & Foot 6:00 Pinochle</p>	<p>12</p> <p>9:00 Foot Clinic 1:00 Monthly CSFP Commodities 3:00 Board Meeting 6:00 LGBTQ+ Social Gathering</p>	<p>13</p> <p>9:00 Powerbeats with Missy 10:00 Chair Fitness with Lizz 1:00 Fiber Friends</p>
<p>16</p> <p>10:00 Chair Fitness with Linda 11:00 Dancing to the Oldies with CeCe 1:00 Euchre 2:00 Voting FYI 2:30 Women's Rights in America History</p>	<p>17</p> <p>9:00 Osteo Fit 1:00 Pinochle 2:00 Hearing Aid Check 5:30 Powerbeats with Missy</p>	<p>18</p> <p>10:15 Chair Fitness with CeCe 12:30 Root Beer Floats 1:00 Hand & Foot 1:30 Matter of Balance 6:00 Pinochle</p>	<p>19</p> <p>9:30 Eyeglass Repair 10:30 Book Club 11:00 Chair Yoga 1:00 pm Mah Jongg</p>	<p>20</p> <p>9:00 Powerbeats with Missy 10:00 Chair Fitness with Lizz 1:00 Fiber Friends</p>
<p>23</p> <p>10:00 Chair Fitness with Linda 11:00 Dancing to the Oldies with CeCe 1:00 Euchre 1:00 Mah Jongg</p>	<p>24</p> <p>9:00 Osteo Fit 1:00 Pinochle 5:30 Powerbeats with Missy</p>	<p>25</p> <p>10:15 Chair Fitness with CeCe 1:00 Hand & Foot 1:30 Matter of Balance 6:00 Pinochle</p>	<p>26</p> <p>9:00 Field Trip 11:00 Chair Yoga 1:00 Mah Jongg</p>	<p>27</p> <p>9:00 Powerbeats with Missy 10:00 Chair Fitness with Lizz 11:30 Lunch Bunch 1:00 Fiber Friends</p>
<p>30</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</p>	<p>BASC Fitness Room is closed for the entire month of September.</p>	<p>Grandparents Day Sunday, September 8</p> 	<p>Johnny Appleseed Day Thursday, September 26</p> 	<p>Program location varies for each program. Please refer to the newsletter for location.</p>