

Buchanan Area Senior Center—September 2025 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>
<div>  </div> <p>1</p>	<p>2</p> <p>10:15 Osteo-Fit 1:00 Pinochle 1:00 Quilting & Sewing Class/Project 2:30 Qigong/Taiji 5:30 Powerbeats with Missy</p>	<p>3</p> <p>9:00 Coffee Chat 9:00 Fasting Blood Sugar Testing 10:15 Chair Fitness with CeCe 1:00 Hand & Foot 1:00 Shuffleboard 6:00 Pinochle</p>	<p>4</p> <p>11:00 Chair Yoga 1:00 Mah Jongg 1:00 Game Day</p>	<p>5</p> <p>9:00 Powerbeats with Lizz 10:00 Chair Fitness with Lizz 11:00 Shuffleboard—Women Play 1:00 Fiber Friends 1:00 Which Fork Do I Use?!!!</p>
<p>8</p> <p>10:00 Chair Fitness with Linda 11:00 Adv Walk Days 11:00 Blood Pressure Check 1:00 Euchre 1:00 Mah Jongg</p>	<p>9</p> <p>10:15 Osteo-Fit 1:00 Pinochle 1:00 Quilting & Sewing Class/Project 2:30 Qigong/Taiji 5:30 Powerbeats with Missy</p>	<p>10</p> <p>10:15 Chair Fitness with CeCe 1:00 Hand & Foot 1:00 Shuffleboard 1:00 Blacksmith Workshop 6:00 Pinochle</p>	<p>11</p> <p>9:00 Foot Clinic 11:00 Chair Yoga 1:00 Mah Jongg 1:00 Game Day 3:00 Board Meeting 6:00 LGBTQ+ Social Gathering 1:00 Monthly CSFP Commodities</p>	<p>12</p> <p>9:00 Powerbeats with Lizz 10:00 Chair Fitness with Lizz 11:00 Shuffleboard—Women Play 12:00 Bocce Ball and Lunch 1:00 Fiber Friends 1:00 Movie Matinee: The Notebook</p>
<p>15</p> <p>10:00 Chair Fitness with Linda 11:00 Adv Walk Days 1:00 Euchre 1:00 Mah Jongg 1:00 2nd Pick-Up Monthly CSFP Commodities</p>	<p>16</p> <p>10:15 Osteo-Fit 1:00 Pinochle 1:00 Quilting & Sewing Class/Project 2:00 Hearing Aid Check 2:30 Qigong/Taiji 5:30 Powerbeats with Missy</p>	<p>17</p> <p>10:15 Chair Fitness with CeCe 11:30 Celebrate the Senior Center 12:30 Root Beer Floats 1:00 Hand & Foot 1:00 Shuffleboard 6:00 Pinochle</p>	<p>18</p> <p>10:30 Book Club 9:30 Eyeglass Repair 11:00 Chair Yoga 1:00 Mah Jongg 1:00 Game Day 1:30 Geocaching</p>	<p>19</p> <p>9:00 Powerbeats with Lizz 10:00 Chair Fitness with Lizz 11:00 Shuffleboard—Women Play 1:00 Fiber Friends</p>
<p>22</p> <p>10:00 Chair Fitness with Linda 11:00 Adv Walk Days 1:00 Euchre 1:00 Mah Jongg 7:00 Sing! Rehearsal</p>	<p>23</p> <p>10:00 Flu Clinic 10:15 Osteo-Fit 1:00 Pinochle 2:30 Qigong/Taiji 5:30 Powerbeats with Missy 7:00 Sing! Rehearsal</p>	<p>24</p> <p>10:15 Chair Fitness with CeCe 1:00 Birthday Bingo 1:00 Hand & Foot 6:00 Pinochle 7:00 Sing! Rehearsal</p>	<p>25</p> <p>11:00 Chair Yoga 1:00 Mah Jongg 1:00 Game Day 2:00 Redbud Rx</p>	<p>26</p> <p>9:00 Powerbeats with Lizz 10:00 Chair Fitness with Lizz 11:00 Shuffleboard—Women Play 11:30 Lunch Bunch 1:00 Fiber Friends 1:00 Movie Matinee: His Three Daughters</p>
<p>29</p> <p>10:00 Chair Fitness with Linda 11:00 Adv Walk Days 12:30 Ice Cream Social 1:00 Euchre 1:00 Mah Jongg</p>	<p>30</p> <p>10:15 Osteo-Fit 11:30 AARP Smart Driver Course Day 1 1:00 Pinochle 1:00 Quilting & Sewing Class/Project 2:30 Qigong/Taiji 5:30 Powerbeats with Missy</p>	<p>1st day of Fall September 22</p> <div>  </div>	<p>Intergenerational Puzzle Competition</p> <p>Saturday, September 13</p> <p>See age 4 for more information</p>	<p>Sing! Intergenerational Concert</p> <p>Sunday, September 28 4:00—5:00 pm</p> <p>See page 6 for more information</p>