

Buchanan Area Senior Center—January 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>
<p style="text-align: center;">1</p> <p style="text-align: center;">BASC Euchre Tourney Saturday, January 11 1:00 pm 695-7119 Registration Required Call 695-7119</p>	<p style="text-align: center;">2</p> <p style="text-align: center;">National Penguin Day January 20</p> 	<p style="text-align: center;">3</p>  <p style="text-align: center; font-size: small;">Happy New Year To All</p>	<p style="text-align: center;">4</p> <p>9:00 Fasting Blood Sugar Testing 11:00 Chair Yoga 1:00 Mah Jongg 1:00 Game Day</p>	<p style="text-align: center;">5</p> <p>9:00 Powerbeats with Missy 10:00 Chair Fitness with Lizz 1:00 Fiber Friends</p>
<p style="text-align: center;">6</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 style="text-align: center;">7</p> <p>9:00 Osteo Fit with Missy 1:00 Pinochle 1:00 Quilting & Sewing 5:30 Powerbeats with Missy</p>	<p style="text-align: center;">8</p> <p>10:15 Chair Fitness with CeCe 1:00 Hand & Foot 6:00 Pinochle 6:00 Euchre</p>	<p style="text-align: center;">9</p> <p>11:00 Chair Yoga 1:00 Mah Jongg 1:00 Game Day 3:00 Board Meeting 6:00 LGBTQ+ Social Gathering</p>	<p style="text-align: center;">10</p> <p>9:00 Powerbeats with Missy 10:00 Chair Fitness with Lizz 1:00 Fiber Friends 1:00 Movie Matinee: Whiplash</p>
<p style="text-align: center;">13</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 style="text-align: center;">14</p> <p>9:00 Osteo Fit with Missy 10:30 VA Assistance 1:00 Pinochle 1:00 Quilting & Sewing 2:00 Hearing Aid Check 5:30 Powerbeats with Missy</p>	<p style="text-align: center;">15</p> <p>10:15 Chair Fitness with CeCe 12:30 Root Beer Floats 1:00 Hand & Foot 6:00 Pinochle 6:00 Euchre</p>	<p style="text-align: center;">16</p> <p>9:00 Foot Clinic 9:30 Eyeglass Repair 10:30 Book Club 11:00 Chair Yoga 1:00 pm Mah Jongg 1:00 Game Day</p>	<p style="text-align: center;">17</p> <p>9:00 Powerbeats with Missy 10:00 Chair Fitness with Lizz 1:00 Fiber Friends</p>
<p style="text-align: center;">20</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 style="text-align: center;">21</p> <p>9:00 Osteo Fit with Missy 10:30 Conversations with Tony Houser 1:00 Pinochle 1:00 Quilting & Sewing 5:30 Powerbeats with Missy</p>	<p style="text-align: center;">22</p> <p>10:15 Chair Fitness with CeCe 1:00 Hand & Foot 1:00 Birthday Bingo 6:00 Pinochle 6:00 Euchre</p>	<p style="text-align: center;">23</p> <p>11:00 Chair Yoga 1:00 pm Mah Jongg 1:00 Game Day 1:00 Tax Filing Presentation</p>	<p style="text-align: center;">24</p> <p>9:00 Powerbeats with Missy 10:00 Chair Fitness with Lizz 11:30 Lunch Bunch 1:00 Fiber Friends 1:00 Movie Matinee: It Ends With Us</p>
<p style="text-align: center;">27</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 style="text-align: center;">28</p> <p>9:00 Osteo Fit with Missy 1:00 Pinochle 1:00 Quilting & Sewing 3:00 Cell Phone Assistance 5:30 Powerbeats with Missy</p>	<p style="text-align: center;">29</p> <p>10:15 Chair Fitness with CeCe 1:00 Advanced Care Planning 1:00 Hand & Foot 6:00 Pinochle 6:00 Euchre</p>	<p style="text-align: center;">30</p> <p>11:00 Chair Yoga 1:00 Mah Jongg 1:00 Game Day 2:00 Garden Club Meeting</p>	<p style="text-align: center;">31</p> <p>9:00 Powerbeats with Missy 10:00 Chair Fitness with Lizz 1:00 Fiber Friends</p>