

# Buchanan Area Senior Center—October 2023 Calendar

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

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>10:00 Chair Fitness with Linda 10:00 Skip-Bo 11:00 Dancing to the Oldies with CeCe 1:00 Euchre 1:00 Mah Jongg 2:00 Qigong Exercise</p>	<p>3</p> <p>9:00 Osteo Fit with Missy 1:00 Pinochle 1:00 Quilting &amp; Sewing—Make a pumpkin placemat 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 &amp; Foot 1:30 Matter of Balance 6:00 Pinochle 6:00 Euchre</p>	<p>5</p> <p>11:00 Chair Yoga 1:00 Mah Jongg 1:00 Game Day 1:00 Advance Planning Workshop</p>	<p>6</p> <p>9:00 Powerbeats with Missy 10:00 Chair Fitness with Lizz 1:00 Fiber Friends 1:00 I&amp;M Energy</p>
<p>9</p> <p>10:00 Chair Fitness with Linda 10:00 Skip-Bo 11:00 Dancing to the Oldies with CeCe 1:00 Euchre 1:00 Mah Jongg 2:00 Qigong Exercise</p>	<p>10</p> <p>9:00 Osteo Fit with Missy 10:30 Nursing Homes &amp; Assistant Living 1:00 Pinochle 1:00 Quilting &amp; Sewing—Make a pumpkin placemat 2:00 Hearing Aid Check 2:30 Veteran's Outreach 5:30 Powerbeats with Missy</p>	<p>11</p> <p>10:15 Chair Fitness with CeCe 1:00 Hand &amp; Foot 1:30 Matter of Balance 6:00 Pinochle 6:00 Euchre</p>	<p>12</p> <p>9:00 Foot Clinic 10:00—10:30 Blood Pressure Check 10:30 Fireside Chats 11:00 Chair Yoga 1:00 Mah Jongg 1:00 Game Day 1:00 Monthly CSFP Commodities 3:00 Board Meeting</p>	<p>13</p> <p>9:00 Powerbeats with Missy 10:00 Chair Fitness with Lizz 1:00 Fiber Friends 1:00 Movie Matinee: The Young Victoria</p>
<p>16</p> <p>10:00 Chair Fitness with Linda 10:00 Skip-Bo 11:00 Dancing to the Oldies with CeCe 12:30 Memory Rescue Day 1 of 3 1:00 Euchre 1:00 Mah Jongg 1:00 2nd Pick-Up Monthly CSFP Commodities 2:00 Qigong Exercise</p>	<p>17</p> <p>9:00 am—3:00 pm BASC Board Elections 9:00 Osteo Fit with Missy 1:00 Pinochle 1:00 Quilting &amp; Sewing—Make a pumpkin placemat 1:00 What You Need to Know About Knees 5:30 Powerbeats with Missy</p>	<p>18</p> <p>10:15 Chair Fitness with CeCe 12:30 Root Beer Floats 1:00 Hand &amp; Foot 1:30 Matter of Balance 6:00 Pinochle 6:00 Euchre</p>	<p>19</p> <p>9:30 Eyeglass Repair 10:30 Book Club 11:00 Chair Yoga 11:00 am—1:30 pm Mah Jongg 2:00 Annual Board Meeting No Afternoon Programs</p>	<p>20</p> <p>9:00 Powerbeats with Missy 10:00 Chair Fitness with Lizz 10:00 Field Trip 1:00 Fiber Friends</p>
<p>23</p> <p>10:00 Chair Fitness with Linda 10:00 Skip-Bo 11:00 Dancing to the Oldies with CeCe 12:30 Memory Rescue Day 1 of 2 1:00 Euchre 1:00 Mah Jongg 2:00 Qigong Exercise</p>	<p>24</p> <p>9:00 Osteo Fit with Missy 1:00 Pinochle 1:00 Quilting &amp; Sewing—Make a pumpkin placemat 3:00 Cell Phone &amp; Tablet Assistance 5:30 Powerbeats with Missy</p>	<p>25</p> <p>10:15 Chair Fitness with CeCe 1:00 Birthday Bingo 1:00 Hand &amp; Foot 1:30 Matter of Balance 6:00 Pinochle 6:00 Euchre</p>	<p>26</p> <p>11:00 Chair Yoga 10:00—10:30 Blood Pressure Check 10:30 Fireside Chats 1:00 Mah Jongg 1:00 Game Day 4:00 Russell Stephen Memorial Sunroom Dedication</p>	<p>27</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: Killers</p>
<p>30</p> <p>10:00 Chair Fitness with Linda 10:00 Skip-Bo 11:00 Dancing to the Oldies with CeCe 12:30 Ice Cream Social 12:30 Memory Rescue Day 1 of 3 1:00 Euchre 1:00 Mah Jongg 2:00 Qigong Exercise</p>	<p>31</p> <p>9:00 Osteo Fit with Missy 1:00 Halloween Party 5:30 Powerbeats with Missy</p>	<p>Tin Shop Play Sunday, October 8 4:00 pm Must have registered.</p>	<p>Halloween Party Tuesday, October 31 1:00—3:00 pm Call 695-7119 to reserve your seat.</p>	<p>Assistance with your cell phone and tablet. Tuesday, October 24 3:00—4:00 pm Call 695-7119 to register</p>