

Buchanan Area Senior Center - May 2023 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: right; margin-right: 10px;">1</p> <p>10:00 Chair Fitness with Linda 11:00 Dancing to the Oldies with CeCe 1:00 Euchre 1:00 Mah Jongg 2:00 Qigong Exercise</p>	<p style="text-align: right; margin-right: 10px;">2</p> <p>9:00 Osteo Fit with Missy 1:00 Pinochle 1:00 Quilting & Sewing</p>	<p style="text-align: right; margin-right: 10px;">3</p> <p>9:00 Coffee Chat 9:00 Fasting Blood Sugar 10:15 Chair Fitness with CeCe 1:00 Hand & Foot 6:00 Pinochle 6:00 Euchre</p>	<p style="text-align: right; margin-right: 10px;">4</p> <p>11:00 Chair Yoga with Ulrike 1:00 Mah Jongg 1:00 Game Day 1:00 Conversations with Friends</p>	<p style="text-align: right; margin-right: 10px;">5</p> <p>9:00 Powerbeats with Missy 10:00 Chair Fitness with Lizz 1:00 Fiber Friends</p>
<p style="text-align: right; margin-right: 10px;">8</p> <p>10:00 Chair Fitness with Linda 11:00 Dancing to the Oldies with CeCe 1:00 Euchre 1:00 Mah Jongg 2:00 Qigong Exercise</p>	<p style="text-align: right; margin-right: 10px;">9</p> <p>9:00 Osteo Fit with Missy 10:30 Senior Safety Tips 1:00 Pinochle 1:00 Quilting & Sewing 2:00 Advanced Care Planning Presentation</p>	<p style="text-align: right; margin-right: 10px;">10</p> <p>10:15 Chair Fitness with CeCe 1:00 Hand & Foot 1:00 Paint a Rock 6:00 Pinochle 6:00 Euchre</p>	<p style="text-align: right; margin-right: 10px;">11</p> <p>9:00 Foot Clinic 11:00 Chair Yoga with Ulrike 11:30 Blood Pressure Check 1:00 Mah Jongg 1:00 Game Day 3:00 Board Meeting 1:00 Monthly CSFP Commodities</p>	<p style="text-align: right; margin-right: 10px;">12</p> <p>9:00 Powerbeats with Missy 10:00 Chair Fitness with Lizz 1:00 Fiber Friends 1:00 Movie Matinee: Home Again</p> <p>Senior Expo 10:00—3:00 Mendal Center at Lake Michigan College 2755 E. Napier Ave. Benton Harbor</p>
<p style="text-align: right; margin-right: 10px;">15</p> <p>9:15 Civil Rights Heritage Center 10:00 Chair Fitness with Linda 11:00 Dancing to the Oldies with CeCe 1:00 Euchre 1:00 Mah Jongg 1:00 2nd Pick-Up Monthly CSFP Commodities 2:00 Qigong Exercise</p>	<p style="text-align: right; margin-right: 10px;">16</p> <p>9:00 Osteo Fit with Missy 1:00 Pinochle 1:00 Quilting & Sewing 2:00 Hearing Aid Check</p>	<p style="text-align: right; margin-right: 10px;">17</p> <p>10:15 Chair Fitness with CeCe 12:30 Root Beer Floats 1:00 Quarterly TEFAP Commodities 1:00 Hand & Foot 6:00 Pinochle 6:00 Euchre</p>	<p style="text-align: right; margin-right: 10px;">18</p> <p>9:30 Eyeglass Repair 10:30 Book Club 11:00 Chair Yoga with Ulrike 1:00 Mah Jongg 1:00 Game Day</p>	<p style="text-align: right; margin-right: 10px;">19</p> <p>9:00 Powerbeats with Missy 10:00 Chair Fitness with Lizz 1:00 Fiber Friends</p>
<p style="text-align: right; margin-right: 10px;">22</p> <p>10:00 Chair Fitness with Linda 11:00 Dancing to the Oldies with CeCe 12:30 Ice Cream Social 1:00 2nd Pick-Up Quarterly TEFAP Commodities 1:00 Euchre 1:00 Mah Jongg 2:00 Qigong Exercise</p>	<p style="text-align: right; margin-right: 10px;">23</p> <p>9:00 Osteo Fit with Missy 10:00 Advanced Care Planning Workshop/ Assistance 1:00 Pinochle 1:00 Quilting & Sewing</p>	<p style="text-align: right; margin-right: 10px;">24</p> <p>10:15 Chair Fitness with CeCe 1:00 Birthday Bingo 1:00 Hand & Foot 6:00 Pinochle 6:00 Euchre</p>	<p style="text-align: right; margin-right: 10px;">25</p> <p>11:00 Chair Yoga with Ulrike 11:30 Blood Pressure Check 1:00 Mah Jongg 1:00 Game Day 1:00 Healthier Cooking with Chef Mottl</p>	<p style="text-align: right; margin-right: 10px;">26</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: Elvis</p>
<div style="border: 1px solid black; padding: 5px; text-align: center; background-color: #003366; color: white;"> <p>OFFICE <i>Closed</i> for MEMORIAL DAY</p> </div>	<p style="text-align: right; margin-right: 10px;">30</p> <p>9:00 Walk Day 9:00 Osteo Fit with Missy 1:00 Pinochle 1:00 Quilting & Sewing</p>	<p style="text-align: right; margin-right: 10px;">31</p> <p>10:15 Chair Fitness with CeCe 1:00 Hand & Foot 6:00 Pinochle 6:00 Euchre</p>	<p style="text-align: center; color: magenta;">Happy Mother's Day Sunday, May 14</p> 	