



Buchanan Area Senior Center—November 2023 Calendar

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

Monday	Tuesday	Wednesday	Thursday	Friday
		<p>1</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 6:00 Euchre</p>	<p>2</p> <p>11:00 Chair Yoga 1:00 Mah Jongg 1:00 Game Day</p>	<p>3</p> <p>9:00 Powerbeats with Missy 10:00 Chair Fitness with Lizz 1:00 Fiber Friends 1:00 Giving Thanks to Our Veterans</p>
<p>6</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 4 of 6 1:00 Euchre 1:00 Mah Jongg 2:00 Qigong Exercise</p>	<p>7</p> <p>9:00 Osteo Fit with Missy 1:00 Pinochle 1:00 Quilting & Sewing—Hanging Kitchen Towel 5:30 Powerbeats with Missy</p>	<p>8</p> <p>10:15 Chair Fitness with CeCe 1:00 Hand & Foot 1:30 Fitness Room Orientation 6:00 Pinochle 6:00 Euchre</p>	<p>9</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>10</p> <p>9:00 Powerbeats with Missy 10:00 Chair Fitness with Lizz 1:00 Fiber Friends 1:00 Movie Matinee: Rescued by Ruby</p>
<p>13</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 5 of 6 1:00 Euchre 1:00 Mah Jongg 1:00 2nd Pick-Up Monthly CSFP Commodities 2:00 Qigong Exercise</p>	<p>14</p> <p>9:00 Osteo Fit with Missy 10:30 Honor Flights for Veterans 1:00 Pinochle 1:00 Quilting & Sewing—Hanging Kitchen Towel 2:00 Hearing Aid Check 5:30 Powerbeats with Missy</p>	<p>15</p> <p>10:15 Chair Fitness with CeCe 12:30 Root Beer Floats 1:00 Quarterly TEFAP Commodities 1:00 Hand & Foot 2:00 GrandPad Training 6:00 Pinochle 6:00 Euchre</p>	<p>16</p> <p>9:00 Craft: Folded Star 9:30 Eyeglass Repair 10:30 Book Club 11:00 Chair Yoga 1:00 Mah Jongg 1:00 Game Day</p>	<p>17</p> <p>9:00 Powerbeats with Missy 10:00 Chair Fitness with Lizz 11:30 Lunch Bunch 1:00 Fiber Friends</p>
<p>20</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 6 of 6 1:00 2nd Pick-Up Quarterly TEFAP Commodities 1:00 Euchre 1:00 Mah Jongg 2:00 Qigong Exercise</p>	<p>21</p> <p>9:00 Osteo Fit with Missy 1:00 Pinochle 1:00 Quilting & Sewing—Hanging Kitchen Towel 5:30 Powerbeats with Missy</p>	<p>22</p> <p>10:15 Chair Fitness with CeCe 1:00 Birthday Bingo 1:00 Hand & Foot 6:00 Pinochle 6:00 Euchre</p>	<p>23</p> 	<p>24</p> <p>BASC is open 10:00—2:00 pm</p> <p>GAME DAY!!!</p> <p>Join us for lunch and Play games!</p> <p>Registration Required! Call 695-7119 to RSVP!</p>
<p>27</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 1:00 Euchre 1:00 Mah Jongg 2:00 Qigong Exercise</p>	<p>28</p> <p>9:00 Osteo Fit with Missy 1:00 Pinochle 1:00 Quilting & Sewing 2:00 Conversations with Friends 5:30 Powerbeats with Missy</p>	<p>29</p> <p>10:15 Chair Fitness with CeCe 1:00 Hand & Foot 6:00 Pinochle 6:00 Euchre</p>	<p>30</p> <p>11:00 Chair Yoga 1:00 Mah Jongg 1:00 Game Day</p>	