

# Buchanan Area Senior Center—August 2024 Calendar

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

<p><b>Meatball w/Rice Casserole</b> <b>BASC Fundraiser</b></p> <p><b>Thursday, August 29</b> <b>4:00—6:00 pm</b></p> <p>See page 6 for more information</p>	<p>Vinyl Record Day is August 12!</p> 	<p><b>“This morning, the sun endures past dawn. I realized that it is August: The summer’s last stand.”</b></p> <p>~Sara Baume</p>	<p><b>11:00 Chair Yoga</b> <b>1:00 Mah Jongg</b> <b>1:00 Game Day</b></p>	<p><b>9:00 Powerbeats with Missy</b> <b>10:00 Chair Fitness with Lizz</b> <b>1:00 Fiber Friends</b></p>
<p><b>10:00 Chair Fitness with Linda</b> <b>10:00 Skip-Bo</b> <b>11:00 Dancing to the Oldies with CeCe</b> <b>1:00 Euchre</b> <b>1:00 Mah Jongg</b> <b>2:00 Qigong Exercise</b></p>	<p><b>9:00 Osteo Fit with Missy</b> <b>12:00 Senior Picnic</b> <b>5:30 Powerbeats with Missy</b></p>	<p><b>9:00 Coffee Chat</b> <b>9:00 Fasting Blood Sugar Testing</b> <b>9:30 Casino Day</b> <b>10:15 Chair Fitness with CeCe</b> <b>1:00 Hand &amp; Foot</b> <b>1:30 Matter of Balance</b> <b>6:00 Pinochle</b> <b>6:00 Euchre</b></p>	<p><b>9:30 Staying Home Safely</b> <b>10:00—10:30 Blood Pressure Check</b> <b>10:30 Fireside Chats</b> <b>11:00 Chair Yoga</b> <b>1:00 Mah Jongg</b> <b>1:00 Game Day</b> <b>3:00 Board Meeting</b> <b>6:00 LGBTQ+ Social Gathering</b></p>	<p><b>9:00 Powerbeats with Missy</b> <b>10:00 Chair Fitness with Lizz</b> <b>1:00 Fiber Friends</b> <b>1:00 Movie Matinee: Unfrosted</b></p>
<p><b>10:00 Chair Fitness with Linda</b> <b>10:00 Skip-Bo</b> <b>11:00 Dancing to the Oldies with CeCe</b> <b>1:00 Euchre</b> <b>1:00 Mah Jongg</b> <b>2:00 Qigong Exercise</b></p>	<p><b>9:00 Osteo Fit with Missy</b> <b>1:00 Pinochle</b> <b>1:00 Quilting &amp; Sewing</b> <b>1:00 Q&amp;S Project</b> <b>1:00 Sing!</b> <b>2:00 Hearing Aid Check</b> <b>5:30 Powerbeats with Missy</b></p>	<p><b>10:15 Chair Fitness with CeCe</b> <b>1:00 Hand &amp; Foot</b> <b>1:00 Sing!</b> <b>1:30 Matter of Balance</b> <b>6:00 Pinochle</b> <b>6:00 Euchre</b></p>	<p><b>9:00 Foot Clinic</b> <b>9:30 Eyeglass Repair</b> <b>10:30 Book Club</b> <b>11:00 Chair Yoga</b> <b>1:00 pm Mah Jongg</b> <b>1:00 Game Day</b> <b>1:00 Sing!</b> <b>1:00 Monthly CSFP Commodities</b> <b>6:00 Sing! Concert</b></p>	<p><b>9:00 Powerbeats with Missy</b> <b>9:30 Field Trip</b> <b>10:00 Chair Fitness with Lizz</b> <b>1:00 Fiber Friends</b></p>
<p><b>10:00 Chair Fitness with Linda</b> <b>10:00 Skip-Bo</b> <b>11:00 Dancing to the Oldies with CeCe</b> <b>1:00 Euchre</b> <b>1:00 Mah Jongg</b> <b>1:00 2nd Pick-Up</b> <b>Monthly CSFP Commodities</b> <b>2:00 Qigong Exercise</b></p>	<p><b>9:00 Osteo Fit with Missy</b> <b>1:00 Pinochle</b> <b>1:00 Quilting &amp; Sewing</b> <b>1:00 Q&amp;S Project</b> <b>2:00 Samba Basics</b> <b>5:30 Powerbeats with Missy</b></p>	<p><b>10:15 Chair Fitness with CeCe</b> <b>12:30 Root Beer Floats</b> <b>1:00 Hand &amp; Foot</b> <b>1:00 Pick-Up</b> <b>Quarterly TEFAP Commodities</b> <b>1:30 Matter of Balance</b> <b>6:00 Pinochle</b> <b>6:00 Euchre</b></p>	<p><b>9:30 CARES Medical ID Bracelet</b> <b>10:00—10:30 Blood Pressure Check</b> <b>10:30 Fireside Chats</b> <b>11:00 Chair Yoga</b> <b>1:00 Mah Jongg</b> <b>1:00 Game Day</b> <b>1:00 Memory Rescue</b></p>	<p><b>9:00 Powerbeats with Missy</b> <b>10:00 Chair Fitness with Lizz</b> <b>11:30 Lunch Bunch</b> <b>1:00 Fiber Friends</b> <b>1:00 Movie Matinee: The Long Game</b></p>
<p><b>10:00 Chair Fitness with Linda</b> <b>10:00 Skip-Bo</b> <b>11:00 Dancing to the Oldies with CeCe</b> <b>12:30 Ice Cream Social</b> <b>1:00 Euchre</b> <b>1:00 Mah Jongg</b> <b>1:00 2nd Pick-Up</b> <b>Quarterly TEFAP Commodities</b> <b>2:00 Qigong Exercise</b></p>	<p><b>9:00 Osteo Fit with Missy</b> <b>10:30 Smartphone Basics</b> <b>1:00 Pinochle</b> <b>1:00 Quilting &amp; Sewing</b> <b>1:00 Q&amp;S Project</b> <b>5:30 Powerbeats with Missy</b></p>	<p><b>10:15 Chair Fitness with CeCe</b> <b>1:00 Hand &amp; Foot</b> <b>1:00 Birthday Bingo</b> <b>1:30 Matter of Balance</b> <b>6:00 Pinochle</b> <b>6:00 Euchre</b></p>	<p><b>9:30 Herb of the Year, Yarrow!</b> <b>11:00 Chair Yoga</b> <b>1:00 Mah Jongg</b> <b>1:00 Game Day</b> <b>1:00 Memory Rescue</b> <b>4:00 Meatball w/Rice BASC Fundraiser</b></p>	<p><b>9:00 Powerbeats with Missy</b> <b>10:00 Chair Fitness with Lizz</b> <b>1:00 Fiber Friends</b> <b>1:00 Dollar Store Dining</b></p>