

Buchanan Area Senior Center—May 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>
		National Buttermilk Biscuit Day, May 14 	11:00 Chair Yoga 1:00 Mah Jongg 1:00 Game Day	9:00 Powerbeats with Lizz 10:00 Chair Fitness with Lizz 1:00 Fiber Friends
10:00 Chair Fitness with Linda 11:00 Adv Walk Days 1:00 Euchre 1:00 Mah Jongg Papa Vino's Dinner Fundraiser see page 3	10:00 Osteo-Fit 11:30 Papa Vino's Luncheon 1:00 Pinochle 1:00 Quilting & Sewing Class/Project 5:30 Matter of Balance Class is Full Papa Vino's Dinner Fundraiser see page 3	9:00 Coffee Chat 9:00 Fasting Blood Sugar Testing 10:15 Chair Fitness with CeCe 1:00 Hand & Foot 2:00 Self-Care/Stress Management 6:00 Pinochle Papa Vino's Dinner Fundraiser see page 3	9:00 Foot Clinic 11:00 Chair Yoga 1:00 Mah Jongg 1:00 Game Day 3:00 Board Meeting 5:30 Powerbeats with Missy 6:00 LGBTQ+ Social Gathering Papa Vino's Dinner Fundraiser see page 3	9:00 Powerbeats with Lizz 10:00 Chair Fitness with Lizz 1:00 Fiber Friends 1:00 Movie Matinee: The Last Rifleman Senior Expo See page 6 for more information
10:00 Chair Fitness with Linda 11:00 Adv Walk Days 1:00 Blood Pressure Check 1:00 Euchre 1:00 Mah Jongg 2:00 Craft	10:00 Osteo-Fit 1:00 Pinochle 1:00 Quilting & Sewing Class/Project 1:00 Mental Health Awareness Seminar 2:00 Hearing Aid Check 5:30 Matter of Balance Class is Full	10:15 Chair Fitness with CeCe 1:00 Hand & Foot 2:00 Clutter Hoarding & Home Safety 6:00 Pinochle	9:30 Eyeglass Repair 10:30 Book Club 11:00 Chair Yoga 1:00 pm Mah Jongg 1:00 Game Day 1:00 Monthly CSFP Commodities 5:30 Powerbeats with Missy	9:00 Powerbeats with Lizz 10:00 Chair Fitness with Lizz 1:00 Fiber Friends
10:00 Chair Fitness with Linda 11:00 Adv Walk Days 1:00 Euchre 1:00 Mah Jongg 1:00 2nd Pick-Up Monthly CSFP Commodities	10:00 Osteo-Fit 1:00 Pinochle 1:00 Quilting & Sewing Class/Project 5:30 Matter of Balance Class is Full	10:15 Chair Fitness with CeCe 12:30 Root Beer Floats 1:00 Hand & Foot 1:00 Quarterly TEFAP Commodities 6:00 Pinochle	11:00 Chair Yoga 1:00 pm Mah Jongg 1:00 Game Day 5:30 Powerbeats with Missy	9:00 Powerbeats with Lizz 10:00 Chair Fitness with Lizz 11:30 Lunch Bunch 1:00 Fiber Friends 1:00 Movie Matinee: A Beautiful Life
The BASC is closed on Memorial Day 	10:00 Osteo-Fit 12:30 Ice Cream Social 1:00 Pinochle 1:00 Quilting & Sewing Class/Project 1:00 2nd Pick-Up Quarterly TEFAP Commodities 5:30 Matter of Balance Class is Full	10:15 Chair Fitness with CeCe 1:00 Hand & Foot 1:00 Birthday Bingo 6:00 Pinochle	11:00 Chair Yoga 1:00 pm Mah Jongg 1:00 Game Day 5:30 Powerbeats with Missy	9:00 Trip 9:00 Powerbeats with Lizz 10:00 Chair Fitness with Lizz 1:00 Fiber Friends