

Buchanan Area Senior Center—September 2023 Calendar

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

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Grandkids Day County Fair</p> <p>Saturday, September 16 11:00 am—2:00 pm Call 695-7119 to register</p>	<p>Flu Clinic</p> <p>Tuesday, September 12 10:00 am—1:00 pm Call 695-7119 to schedule your appointment</p>	<p>Dance Party</p> <p>Friday, September 29 1:00—3:00 pm Bring a snack to share Call 695-7119 to register</p>	<p>Warm Hearts Warm Hands</p> <p>Help crochet Buchanan Pre-schoolers Mittens! See page 10 for more information.</p>	<p>9:00 Powerbeats with Missy 10:00 Chair Fitness with Lizz 1:00 Fiber Friends</p>
<p>WE WILL BE CLOSED ON LABOR DAY</p>	<p>9:00 Osteo Fit with Missy 1:00 Pinochle 1:00 Quilting & Sewing—Make an Apron 5:30 Powerbeats with Missy</p>	<p>9:00 Coffee Chat 9:00 Fasting Blood Sugar Testing 10:15 Chair Fitness with CeCe 1:00 Singing! The Many Benefits! 1:00 Hand & Foot 6:00 Pinochle 6:00 Euchre</p>	<p>9:00 6 Pillars of Brain Health 11:00 Chair Yoga 1:00 Mah Jongg 1:00 Game Day</p>	<p>8:30 Field Trip 9:00 Powerbeats with Missy 10:00 Chair Fitness with Lizz 1:00 Fiber Friends 1:00 Movie Matinee: Persuasion (2022)</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>9:00 Osteo Fit with Missy 1:00 Pinochle 5:30 Powerbeats with Missy</p>	<p>8:30 Walk Day 10:15 Chair Fitness with CeCe 1:00 Hand & Foot 1:30 Matter of Balance 6:00 Pinochle 6:00 Euchre</p>	<p>9:00 Foot Clinic 10:00 Blood Pressure Check 11:00 Chair Yoga 1:00 Caregiver Shenanigans Podcast 1:00 Mah Jongg 1:00 Game Day 1:00 Monthly CSFP Commodities 3:00 Board Meeting 3:00 Board Meeting</p>	<p>9:00 Fishing Day 9:00 Powerbeats with Missy 10:00 Chair Fitness with Lizz 1:00 Fiber Friends</p>
<p>10:00 Chair Fitness with Linda 10:00 Skip-Bo 10:00 Flu Clinic 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>9:00 Osteo Fit with Missy 1:00 Pinochle 1:00 Quilting & Sewing—Make an Apron 2:00 Hearing Aid Check 5:30 Powerbeats with Missy</p>	<p>10:15 Chair Fitness with CeCe 12:30 Root Beer Floats 1:30 Matter of Balance 1:00 Hand & Foot 6:00 Pinochle 6:00 Euchre</p>	<p>9:30 Eyeglass Repair 10:30 Book Club 9:30 Bee Crafty, LLC 11:00 Chair Yoga 1:00 Mah Jongg 1:00 Game Day 2:00 Flags History</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: Big Eyes</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>8:30 Progressive Lunch 9:00 Osteo Fit with Missy 1:00 Pinochle 1:00 Quilting & Sewing—Make an Apron 5:30 Powerbeats with Missy</p>	<p>10:15 Chair Fitness with CeCe 1:00 Birthday Bingo 1:00 Hand & Foot 1:30 Matter of Balance 6:00 Pinochle 6:00 Euchre</p>	<p>9:00 Self-Help Resource Center 10:00 Blood Pressure Check 11:00 Chair Yoga 1:00 Mah Jongg 1:00 Game Day 1:00 Meals in Minutes</p>	<p>9:00 Powerbeats with Missy 10:00 Chair Fitness with Lizz 1:00 Dance Party</p>