

# Buchanan Area Senior Center—April 2024 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>1</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>2</p> <p>9:00 Osteo Fit with Missy 1:00 Pinochle 1:00 Quilting &amp; Sewing 1:00 Spring Basket Class 1 of 2 5:30 Powerbeats with Missy</p>	<p>3</p> <p>9:00 Coffee Chat 9:00 Fasting Blood Sugar Testing 10:15 Chair Fitness with CeCe 1:00 Hand &amp; Foot 6:00 Pinochle 6:00 Euchre</p>	<p>4</p> <p>11:00 Chair Yoga 1:00 pm Mah Jongg 1:00 Game Day</p>	<p>5</p> <p>9:00 Powerbeats with Missy 10:00 Chair Fitness with Lizz 1:00 Fiber Friends</p>
<p>8</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</p> <p>9:00 Osteo Fit with Missy 10:30 Register of Deeds 1:00 Pinochle 1:00 Quilting &amp; Sewing 1:00 Spring Basket Class 2 of 2 5:30 Powerbeats with Missy</p>	<p>10</p> <p>10:15 Chair Fitness with CeCe 1:00 Hand &amp; Foot 6:00 Pinochle 6:00 Euchre 2:00 Conversations with Judi Jason</p>	<p>11</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 6:00 LGBTQ+ Social Gathering 6:30 What is Kinship Care?</p>	<p>12</p> <p>9:00 Powerbeats with Missy 10:00 Chair Fitness with Lizz 1:00 Fiber Friends 1:00 Movie Matinee:</p>
<p>15</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 1:00 2nd Pick-Up Monthly CSFP Commodities 2:00 Qigong Exercise</p>	<p>16</p> <p>9:00 Osteo Fit with Missy 1:00 Pinochle 1:00 Quilting &amp; Sewing 1:00 Spring Basket Class 1 of 2 2:00 Hearing Aid Check 5:30 Powerbeats with Missy</p>	<p>17</p> <p>10:15 Chair Fitness with CeCe 12:30 Root Beer Floats 1:00 Hand &amp; Foot 6:00 Pinochle 6:00 Euchre 2:00 Volunteering at the BASC</p>	<p>18</p> <p>9:30 Eyeglass Repair 10:30 Book Club 11:00 Chair Yoga 1:00 pm Mah Jongg 1:00 Game Day</p>	<p>19</p> <p>9:00 Powerbeats with Missy 10:00 Chair Fitness with Lizz 1:00 Fiber Friends 1:00 Basic Embroidery Stitching</p>
<p>22</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>23</p> <p>9:00 Osteo Fit with Missy 1:00 Pinochle 1:00 Quilting &amp; Sewing 1:00 Spring Basket Class 2 of 2 5:30 Powerbeats with Missy</p>	<p>24</p> <p>10:15 Chair Fitness with CeCe 1:00 Hand &amp; Foot 1:00 Birthday Bingo 6:00 Pinochle 6:00 Euchre</p>	<p>25</p> <p>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 Navigating Nutrition with (Pre) Diabetes 4:00 Taco Night Fundraiser</p>	<p>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:</p>
<p>29</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>30</p> <p>9:00 Osteo Fit with Missy 10:00 Walk Day 1:00 Pinochle 1:00 Quilting &amp; Sewing 5:30 Powerbeats with Missy</p>	<p>Spring Fling Parth with the Redbud Ramblers</p> <p>Sunday, May 5 2:00—4:00 pm Registration Required Call 695-7119 to register</p> 	<p>Michigan LGBTQ+ Civil Rights Forum</p> <p>Saturday, April 6 11:00—12:30 pm Registration Required Call 695-7119 to reserve your seat</p> 	<p>Old Fashioned Plow Day &amp; Pancake Breakfast with Diana</p> <p>Saturday, April 20 More info on page 10</p> 