

Buchanan Area Senior Center—July 2024 Calendar

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

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| <p>1 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 9:00 Osteo Fit with Missy 1:00 Pinochle 1:00 Quilting & Sewing 1:00 Q&S Project 5:00 Powerbeats with Missy 6:30 My Legacy Series Page 6</p> | <p>3 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>4 </p> | <p>5 9:00 Powerbeats with Missy 10:00 Chair Fitness with Lizz 1:00 Fiber Friends</p> |
| <p>8 9:00 Progressive Lunch 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 9:00 Osteo Fit with Missy 1:00 Pinochle 1:00 Quilting & Sewing 1:00 Q&S Project 5:00 Powerbeats with Missy 6:30 My Legacy Series Page 6</p> | <p>10 10:15 Chair Fitness with CeCe 1:00 Hand & Foot 1:30 Matter of Balance 6:00 Pinochle 6:00 Euchre</p> | <p>11 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</p> | <p>12 9:00 Powerbeats with Missy 10:00 Chair Fitness with Lizz 1:00 Fiber Friends 1:00 Movie Matinee: Sister Act 2</p> |
| <p>15 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 9:00 Osteo Fit with Missy 9:30 Family Movie 1:00 Pinochle 1:00 Quilting & Sewing 1:00 Q&S Project 2:00 Hearing Aid Check 5:00 Powerbeats with Missy 6:30 My Legacy Series Page 6</p> | <p>17 10:15 Chair Fitness with CeCe 12:30 Root Beer Floats 1:00 Blooming in Miniature-Cancelled 1:00 Hand & Foot 6:00 Pinochle 6:00 Euchre</p> | <p>18 9:00 Walk Day 9:30 Eyeglass Repair 10:30 Book Club 11:00 Chair Yoga 1:00 pm Mah Jongg 1:00 Game Day</p> | <p>19 9:00 Powerbeats with Missy 10:00 Chair Fitness with Lizz 1:00 Fiber Friends 1:00 Living With Alzheimer's/Class for Caregivers</p> |
| <p>22 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 9:00 Osteo Fit with Missy 1:00 Pinochle 1:00 Quilting & Sewing 1:00 Q&S Project 1:00 Smart Phone Film Making 5:30 Powerbeats with Missy</p> | <p>24 10:15 Chair Fitness with CeCe 12:05 South Bend Cubs Baseball Game Registration Closed 1:00 Hand & Foot 1:00 Birthday Bingo 1:00 Smart Phone Film Making 6:00 Pinochle 6:00 Euchre</p> | <p>25 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 Smart Phone Film Making</p> | <p>26 9:00 Powerbeats with Missy 10:00 Chair Fitness with Lizz 11:30 Lunch Bunch 1:00 Fiber Friends 1:00 Movie Matinee: Trouble with the Curve</p> |
| <p>29 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 9:00 Osteo Fit with Missy 1:00 Pinochle 1:00 Quilting & Sewing 1:00 Q&S Project 5:30 Powerbeats with Missy</p> | <p>31 10:15 Chair Fitness with CeCe 1:00 Hand & Foot 6:00 Pinochle 6:00 Euchre 1:00 Tie-Dye T-Shirt 2:00 Tie-Dye T-Shirt</p> | <p>Community Shredding Event Saturday, July 27, 9:00 am—12:00 pm Location: United Federal Credit Union 808 E. Front St. Buchanan, MI</p> | <p>Community Blood Drive Saturday, July 27, 9:00 am—12:00 pm Location: United Federal Credit Union 808 E. Front St. Buchanan, MI</p> |