






Buchanan Area Senior Center—November 2024 Calendar

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

<p>Time Changes on November 3</p> 	<p>Medicare Open Enrollment Through December 7</p> 	<p>November is Caregivers Appreciation Month</p> 	<p>Saturday, November 2 Book Lovers Day</p> 	<p>1</p> <p>9:00 Powerbeats with Missy 10:00 Chair Fitness with Lizz 1:00 Fiber Friends</p>
<p>4</p> <p>10:00 Chair Fitness with Linda 11:00 Dancing to the Oldies with CeCe 1:00 Euchre 1:00 Mah Jongg</p>	<p>5</p> <p>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>6</p> <p>9:00 Coffee Chat 9:00 Fasting Blood Sugar Testing 10:15 Chair Fitness with CeCe 1:00 Hand & Foot 2:00 Fitness Room Orientation 6:00 Pinochle 6:00 Euchre</p>	<p>7</p> <p>11:00 Chair Yoga 1:00 Mah Jongg 1:00 Game Day 1:00 AARP TaxAide Volunteer Open House 6:00 Storytelling Event</p>	<p>8</p> <p>9:00 Powerbeats with Missy 10:00 Chair Fitness with Lizz 1:00 Fiber Friends 1:00 Movie Matinee: World's Fastest Indian</p>
<p>11</p> <p>10:00 Chair Fitness with Linda 11:00 Dancing to the Oldies with CeCe 1:00 Euchre 1:00 Mah Jongg</p> <p><u>Veteran's Day</u></p>	<p>12</p> <p>9:00 Osteo Fit with Missy 10:00 Veteran's Seminar 1:00 Pinochle 2:00 Hearing Aid Check 1:00 Quilting & Sewing 1:00 Q&S Project 5:30 Powerbeats with Missy</p>	<p>13</p> <p>10:15 Chair Fitness with CeCe 1:00 Hand & Foot 1:00 Craft Class 6:00 Pinochle 6:00 Euchre</p>	<p>14</p> <p>9:00 Foot Clinic 11:00 Chair Yoga 1:00 pm Mah Jongg 1:00 Game Day 1:00 Monthly CSFP Commodities 3:00 Board Meeting 6:00 LGBTQ+ Social Gathering</p>	<p>15</p> <p>9:00 Powerbeats with Missy 10:00 Chair Fitness with Lizz 1:00 Fiber Friends</p>
<p>18</p> <p>10:00 Chair Fitness with Linda 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 Caregivers Community Conversations</p>	<p>19</p> <p>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>20</p> <p>10:15 Chair Fitness with CeCe 1:00 Hand & Foot 12:30 Root Beer Floats 1:00 Quarterly TEFAP Commodities 2:00 Exercise and Osteoarthritis 6:00 Pinochle 6:00 Euchre</p>	<p>21</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>22</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: Hillbilly Elegy</p>
<p>25</p> <p>10:00 Chair Fitness with Linda 11:00 Dancing to the Oldies with CeCe 12:30 Ice Cream Social 1:00 Euchre 1:00 Mah Jongg 1:00 2nd Pick-Up Quarterly TEFAP Commodities</p>	<p>26</p> <p>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>27</p> <p>10:15 Chair Fitness with CeCe 1:00 Hand & Foot 1:00 Birthday Bingo 6:00 Pinochle 6:00 Euchre</p>	<p>28</p> 	<p>29</p> <p>10:00 am—2:00 pm Game Day Registration Required</p>