

Buchanan Area Senior Center—June 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>
<p>2</p> <p>10:00 Chair Fitness with Linda 11:00 Adv Walk Days 1:00 Euchre 1:00 Mah Jongg</p>	<p>3</p> <p>9:00 Walk Day 10:00 Osteo-Fit 1:00 Pinochle 1:00 Quilting & Sewing Class/Project 5:30 Matter of Balance Class is Full</p>	<p>4</p> <p>9:00 Coffee Chat 9:00 Fasting Blood Sugar Testing 10:15 Chair Fitness with CeCe 1:00 Hand & Foot 6:00 Pinochle</p>	<p>5</p> <p>11:00 Chair Yoga 1:00 Mah Jongg 1:00 Game Day 5:30 Powerbeats with Missy</p>	<p>6</p> <p>9:00 Powerbeats with Lizz 10:00 Chair Fitness with Lizz 1:00 Fiber Friends</p>
<p>9</p> <p>10:00 Chair Fitness with Linda 11:00 Adv Walk Days 11:00 Blood Pressure Check 1:00 Euchre 1:00 Mah Jongg</p>	<p>10</p> <p>10:00 Osteo-Fit 10:30 Adult Cases Overview 1:00 Pinochle 1:00 Quilting & Sewing Class/Project 5:30 Matter of Balance Class is Full</p>	<p>11</p> <p>10:15 Chair Fitness with CeCe 1:00 Hand & Foot 2:00 Food Safety & Cooking Demo 6:00 Pinochle</p>	<p>12</p> <p>9:00 Foot Clinic 11:00 Chair Yoga 1:00 Mah Jongg 1:00 Game Day 1:00 Monthly CSFP Commodities 3:00 Board Meeting 5:30 Powerbeats with Missy 6:00 LGBTQ+ Social Gathering</p>	<p>13</p> <p>9:00 Powerbeats with Lizz 10:00 Chair Fitness with Lizz 1:00 Fiber Friends 1:00 Movie Matinee: Our Souls at Night</p>
<p>16</p> <p>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</p>	<p>17</p> <p>10:00 Osteo-Fit 10:30 Back to Africa 1:00 Pinochle 1:00 Quilting & Sewing Class/Project 2:00 Hearing Aid Check 5:30 Matter of Balance Class is Full</p>	<p>18</p> <p>10:15 Chair Fitness with CeCe 12:30 Root Beer Floats 1:00 Creative Writing 1:00 Hand & Foot 6:00 Pinochle</p>	<p>19</p> <p>9:30 Eyeglass Repair 10:30 Book Club 11:00 Chair Yoga 12:30 Craft 1:00 Mah Jongg 1:00 Game Day 5:30 Powerbeats with Missy 6:30 Navigating the Right Insurance Products for Retirement</p>	<p>20</p> <p>9:00 Powerbeats with Lizz 10:00 Chair Fitness with Lizz 1:00 Fiber Friends 1:00 The Many Health Benefits of Singing</p>
<p>23</p> <p>10:00 Chair Fitness with Linda 11:00 Adv Walk Days 1:00 Euchre 1:00 Mah Jongg</p>	<p>24</p> <p>10:00 Osteo-Fit 12:30 Sing! Rehearsal 1:00 Pinochle 1:00 Quilting & Sewing Class/Project 2:00 Hypertension 5:30 Matter of Balance Class is Full</p>	<p>25</p> <p>10:15 Chair Fitness with CeCe 12:30 Sing! Rehearsal 1:00 Hand & Foot 1:00 Birthday Bingo 6:00 Pinochle</p>	<p>26</p> <p>11:00 Chair Yoga 12:30 Sing! Rehearsal 1:00 Mah Jongg 1:00 Game Day 2:00 Savvy Caregiver 5:30 Powerbeats with Missy 6:30 Investment Planning for Retirement</p>	<p>27</p> <p>9:00 Powerbeats with Lizz 10:00 Chair Fitness with Lizz 11:30 Lunch Bunch 1:00 Fiber Friends 1:00 Movie Matinee: The Room Next Door 6:00 Sing! Concert</p>
<p>30</p> <p>10:00 Chair Fitness with Linda 11:00 Adv Walk Days 12:30 Ice Cream Social 1:00 Euchre 1:00 Mah Jongg</p>	<p>1st Day of Summer June 20</p> 	<p>National Candy Month</p> 	<p>National Accordion Month</p> 	<p>Juneteenth Day June 19</p> 