

Buchanan Area Senior Center—May 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>Spring Fling Party with the Redbud Ramblers Sunday, May 5 2:00– 4:00 pm</p> 		<p style="text-align: right;">1</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 6:00 Euchre</p>	<p style="text-align: right;">2</p> <p>11:00 Chair Yoga 1:00 pm Mah Jongg 1:00 Game Day</p>	<p style="text-align: right;">3</p> <p>9:00 Powerbeats with Missy 10:00 Chair Fitness with Lizz 1:00 Fiber Friends 2:00 Shipwrecks on the Great Lakes</p>
<p style="text-align: right;">6</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 style="text-align: right;">7</p> <p>9:00 Osteo Fit with Missy 10:30 Fire Safety 1:00 Pinochle 1:00 Quilting & Sewing 1:00 Q&S Project 5:30 Powerbeats with Missy</p>	<p style="text-align: right;">8</p> <p>10:15 Chair Fitness with CeCe 1:00 Hand & Foot 1:30 Fitness Room Orientation 6:00 Pinochle 6:00 Euchre</p>	<p style="text-align: right;">9</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</p>	<p style="text-align: right;">10</p> <p>9:00 Powerbeats with Missy 10:00 Chair Fitness with Lizz 1:00 Fiber Friends 1:00 Movie Matinee: Secretariat</p> <p>Senior Expo 10:00 am–3:00 pm Mendel Center</p>
<p style="text-align: right;">13</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 style="text-align: right;">14</p> <p>9:00 Osteo Fit with Missy 1:00 Pinochle 1:00 Quilting & Sewing 1:00 Q&S Project 3:00 The Art of Herbal Tea 5:30 Powerbeats with Missy</p>	<p style="text-align: right;">15</p> <p>10:15 Chair Fitness with CeCe 12:30 Root Beer Floats 1:00 Quarterly TEFAP Commodities 1:00 Hand & Foot 1:30 Matter of Balance 6:00 Pinochle 6:00 Euchre</p>	<p style="text-align: right;">16</p> <p>8:45 Field Trip 9:30 Eyeglass Repair 10:30 Book Club 11:00 Chair Yoga 1:00 pm Mah Jongg 1:00 Game Day</p>	<p style="text-align: right;">17</p> <p>9:00 Powerbeats with Missy 10:00 Chair Fitness with Lizz 1:00 Fiber Friends 2:00 Preventing Auto-Immune Conditions</p>
<p style="text-align: right;">20</p> <p>10:00 Chair Fitness with Linda 10:00 Skip-Bo 11:00 Dancing to the Oldies with CeCe 1:00 2nd Pick-Up Quarterly TEFAP Commodities 1:00 Euchre 1:00 Mah Jongg 2:00 Qigong Exercise</p>	<p style="text-align: right;">21</p> <p>9:00 Osteo Fit with Missy 1:00 Pinochle 1:00 Quilting & Sewing 1:00 Q&S Project 2:00 Hearing Aid Check 5:30 Powerbeats with Missy</p>	<p style="text-align: right;">22</p> <p>10:15 Chair Fitness with CeCe 1:00 Hand & Foot 1:00 Birthday Bingo 1:30 Matter of Balance 6:00 Pinochle 6:00 Euchre</p>	<p style="text-align: right;">23</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</p>	<p style="text-align: right;">24</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: Priscilla</p>
<p style="text-align: right;">27</p> 	<p style="text-align: right;">28</p> <p>9:00 Osteo Fit with Missy 10:00 Walk Day 12:30 Ice Cream Social 1:00 Pinochle 1:00 Quilting & Sewing 1:00 Q&S Project 5:30 Powerbeats with Missy</p>	<p style="text-align: right;">29</p> <p>10:15 Chair Fitness with CeCe 1:00 Hand & Foot 1:30 Matter of Balance 6:00 Pinochle 6:00 Euchre</p>	<p style="text-align: right;">30</p> <p>9:00 Walk Day 11:00 Chair Yoga 1:00 pm Mah Jongg 1:00 Game Day 6:00 Sip & Paint</p>	<p style="text-align: right;">31</p> <p>9:00 Powerbeats with Missy 10:00 Chair Fitness with Lizz 1:00 Fiber Friends</p>