

Buchanan Area Senior Center - November 2021 Calendar

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

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p>10:00 Line Dancing with Linda 11:15 Chair Exercise with Linda 1:00 Euchre 1:00 Mah Jongg</p>	<p>2</p> <p>9:00 Osteo Fit with Missy 11:00 GrandPad Orientation & Training 1:00 Pinochle 1:00 Quilting & Sewing</p>	<p>3</p> <p>9:00 Fasting Blood Sugar Testing 9:00 Coffee Chat 10:15 Chair Exercise with CC 1:00 Hand & Foot 6:00 Pinochle</p>	<p>4</p> <p>10:00 Chair Yoga with Ulrike 1:00 Mah Jongg 1:00 Cribbage 1:00 Tic 1:30 Tai Chi for Balance</p>	<p>5</p> <p>9:00 Powerbeats with Missy 10:00 Chair Exercise with Lizz 11:00 People Inspiring People 1:00 Fiber Friends 2:00 Conversations with Friends Ft. Herb Boyersmith</p>
<p>8</p> <p>10:00 Line Dancing with Linda 11:15 Chair Exercise with Linda 1:00 Euchre 1:00 Mah Jongg</p>	<p>9</p> <p>9:00 Osteo Fit with Missy 1:00 Pinochle 1:00 Quilting & Sewing</p> <p>Veteran Support Pinning Ceremony Call 695-7119 to reserve your time slot.</p>	<p>10</p> <p>10:15 Chair Exercise with CC 1:00 Hand & Foot 12:15 Cyber Seniors 6:00 Pinochle</p>	<p>11</p> <p>VETERANS DAY 9:00 Foot Clinic 10:00 Chair Yoga with Ulrike 11:00 Blood Pressure Check 1:00 Mah Jongg 1:00 Cribbage 1:00 Tic 1:00 Monthly CSFP Commodities 1:30 Tai Chi for Balance 3:00 Board Meeting</p>	<p>12</p> <p>9:00 Powerbeats with Missy 10:00 Chair Exercise with Lizz 1:00 Fiber Friends 1:00 Movie Matinee: Miracle on 34th Street</p>
<p>15</p> <p>10:00 Line Dancing with Linda 11:15 Chair Exercise with Linda 1:00 Euchre 1:00 Mah Jongg 1:00 Craft Class: Snowman Painting</p>	<p>16</p> <p>9:00 Osteo Fit with Missy 10:00 Fall Prevention 1:00 Pinochle 1:00 Quilting & Sewing 2:00 Hearing Aid Clinic</p>	<p>17</p> <p>10:15 Chair Exercise with CC 12:30 Root Beer Floats 1:00 Quarterly TEFAP Commodities 1:00 Hand & Foot 6:00 Pinochle</p>	<p>18</p> <p>9:30 Eyeglass Repair 10:00 Chair Yoga with Ulrike 10:30 Book Club 1:00 Mah Jongg 1:00 Cribbage 1:00 Tic 1:30 Tai Chi for Balance</p>	<p>19</p> <p>9:00 Field Trip: South Bend South Bend Chocolate Factory 9:00 Powerbeats with Missy 10:00 Chair Exercise with Lizz 11:30 Lunch Bunch 1:00 Fiber Friends</p>
<p>22</p> <p>10:00 Line Dancing with Linda 11:15 Chair Exercise with Linda 1:00 Euchre 1:00 Mah Jongg</p>	<p>23</p> <p>9:00 Osteo Fit with Missy 1:00 Pinochle 1:00 Quilting & Sewing</p>	<p>24</p> <p>10:15 Chair Exercise with CC 1:00 Hand & Foot 1:00 Birthday Bingo 6:00 Pinochle</p>	<p>25</p> 	<p>26</p> <p>Open for limited hours 10:00 am—2:00 pm</p> <p>Play Games and Cards Lunch provided</p> <p>Call 695-7119 to sign up and reserve your lunch</p>
<p>29</p> <p>10:00 Line Dancing with Linda 11:15 Chair Exercise with Linda 12:30 Ice Cream Social 1:00 Euchre 1:00 Mah Jongg</p>	<p>30</p> <p>9:00 Osteo Fit with Missy 1:00 Pinochle 1:00 Quilting & Sewing</p>	<p>Medicare Open Enrollment Oct. 15—Dec. 7 MMAP Counselors at the BASC Call to schedule your appointment</p> 	<p>Reserve your seat with the BASC for the Christmas play at the Tin Shop Theatre on Sun. Dec. 12.</p> <p>Call 695-7119 to reserve your seat by Nov. 19. \$10 See page 8 for more information.</p>	<p>Be an Ambassador for the BASC at Fernwood's Festival of Lights.</p> <p>Call 695-7119 to volunteer.</p> <p>See page 8 for more information.</p>

TIME CHANGE—NOVEMBER 7—TURN CLOCKS BACK ONE HOUR