

APRIL 2024 EVENTS CALENDAR

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
	1 Senior Center closed for César Chávez Day	2 10:00 Water Aerobics @ ARC 10:00 Balance Class	3 10:15 Yoga 11:00 Counselor Consults 12:00 Lunch 1:00 Artificial Intelligence Seminar*	4 10:00 Balance Class 12:00 Lunch 2:00 Sound Healing Meditation	5 9:15 Tone & Stretch 10:15 Yoga 12:00 Lunch 1:00 Bingo with the Cops 1:30 Brush Up Your Bridge	6
7 2:30-4:30 Knitters & Yarn Craft	8 10:30-12:30 Economic Assistance 10:00 Water Aerobics @ ARC 10:15 Yoga 12:00 Lunch 12:30 Eclipse Viewing 12:45 Mark Goodman Music 2:00 Alpine Legal*	9 9:00-11:00 Chat with a Gerontologist 10:00 Water Aerobics @ ARC 10:00 Balance Class Redstone Senior Day: Know your Trees with Sheehan Meagher*	10 10:15 Yoga 11:00 Counselor Consults 12:00 Lunch 12:45 Massage with Joanne Johnson*	11 10:00 Balance Class 12:00 Lunch 1:30 History's Mysteries	12 9:15 Tone & Stretch 10:15 Yoga 12:00 Lunch 1:00 Knee Arthritis Management / Dr. Pevny 1:30 Brush Up Your Bridge	13
14 2:30-4:30 Knitters & Yarn Craft	15 10:00 Water Aerobics @ ARC 10:15 Yoga 12:00 Lunch 1:00 Know your Trees with Sheehan Meagher	16 10:00 Water Aerobics @ ARC 10:00 Balance Class	17 10:15 Yoga 11:00 Counselor Consults 12:00 Lunch 1:00 Senior Services Council	18 10:00 Balance Class 9:00-4:00 Smiles for Seniors (970) 920-5420 12:00 Lunch 1:30 Active Art @ AAM*	19 9:15 Tone & Stretch 10:15 Yoga 1:30 Brush Up Your Bridge	20
21 2:30-4:30 Knitters & Yarn Craft	22 10:00 Water Aerobics @ ARC 10:15 Yoga 12:00 Lunch 1:00 Active Art @ Senior Center*	23 9:00-11:00 Chat with a Gerontologist 10:00 Balance Class 10:00 Water Aerobics @ ARC	24 10:15 Yoga 10:30 Book Club 11:00 Counselor Consults 12:00 Lunch	25 10:00 Balance Class 12:00 Lunch 1:00 Falls Prevention with Dr. Jenn Drake	26 9:15 Tone & Stretch 10:15 Yoga 12:00 Lunch 12:45 Library Resources 1:00 Joan of Art*	27
28 2:30-4:30 Knitters & Yarn Craft	29 10:00 Water Aerobics @ ARC 10:15 Yoga 12:00 Lunch 1:30-4:00 Foot Care*	30 Redstone Senior Day: Dental Care & Oral Health 10:00 Water Aerobics @ ARC 10:00 Balance Class			*RSVP for these programs at (970) 920-5432 RSVP for Senior Center lunches at (970) 429-6161	