

# DECEMBER 2023 EVENTS CALENDAR

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
					<b>1</b> 9:15 Tone & Stretch 10:15 Yoga 12:00 Lunch <b>1:00 Decorate the Tree</b> 1:30 Brush Up Your Bridge	<b>2</b>
<b>3</b> 2:30-4:30 Knitters & Yarn Crafters	<b>4</b> 10:15 Yoga 12:00 Lunch <b>12:45 Foot &amp; Toenail Health w/Greg Wolf, RN</b>	<b>5</b> 10:00 Balance Class	<b>6</b> 10:15 Yoga <b>10:30 Book Club</b> 12:00 Lunch <b>1:00 Joan of Art: Holiday “Wreath”- Making</b>	<b>7</b> Qigong canceled <b>10:00 Water Aerobics @ ARC</b> 12:00 Lunch <b>3:00-6:00 Grand Reopening Party</b>	<b>8</b> 9:15 Tone & Stretch 10:15 Yoga 12:00 Lunch <b>12:45 Dr. John Hughes</b> 1:30 Brush Up Your Bridge	<b>9</b>
<b>10</b> 2:30-4:30 Knitters & Yarn Crafters	<b>11</b> 10:15 Yoga 12:00 Lunch <b>4:00 Eagle’s Rise Holiday Lights Tour</b>	<b>12</b> <b>Redstone Senior Day: Dickens Carolers Julie &amp; Tom Paxton</b> <b>9:00-11:00 Chat with a Gerontologist</b> 10:00 Balance Class	<b>13</b> 10:15 Yoga 12:00 Lunch <b>12:45 Massage with Joanne Johnson</b>  <b>6:00 Tatvamasi Meditation via Zoom</b>	<b>14</b> 10:00 Qigong <b>10:00 Water Aerobics @ ARC</b> <b>9:00-4:00 Smiles for Seniors—970-920-5420</b> 12:00 Lunch	<b>15</b> 9:15 Tone & Stretch 10:15 Yoga 12:00 Lunch <b>1:00 Trade Your Treasures</b> 1:30 Brush Up Your Bridge	<b>16</b>
<b>17</b> 2:30-4:30 Knitters & Yarn Crafters	<b>18</b> 10:15 Yoga 12:00 Lunch	<b>19</b> 10:00 Balance Class <b>11:00 Holiday Lunch @ Elks Lodge</b>	<b>20</b> 10:15 Yoga 12:00 Lunch	<b>21</b> 10:00 Qigong <b>10:00 Water Aerobics @ ARC</b> 12:00 Lunch <b>1:30 Active Art @ AAM</b>	<b>22</b> 9:15 Tone & Stretch Yoga canceled <b>12:00 Christmas Lunch with Dickens Carolers Tom &amp; Julie Paxton</b> 1:30 Brush Up Your Bridge	<b>23</b>
<b>24/31</b> 2:30-4:30 Knitting Canceled	<b>25</b> <b>Senior Center closed for Christmas</b>	<b>26</b> <b>9:00-11:00 Chat with a Gerontologist</b>  10:00 Balance Class	<b>27</b> 10:15 Yoga 12:00 Lunch <b>1:00 Active Art @ Senior Center</b>  <b>6:00 Tatvamasi Meditation via Zoom</b>	<b>28</b> 10:00 Qigong <b>10:00 Water Aerobics @ ARC</b> 12:00 Lunch	<b>29</b> 9:15 Tone & Stretch Yoga canceled <b>12:00 New Year’s Lunch with Magician Doc Eason</b> 1:30 Brush up your Bridge	<b>30</b>