

FEBRUARY 2024 EVENTS CALENDAR

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
				1 10:00 Qigong 12:00 Lunch	2 9:15 Tone & Stretch 10:15 Yoga 12:00 Lunch 1:30 Brush Up Your Bridge	3
4 2:30-4:30 Knitters & Yarn Crafters	5 10:00 Water Aerobics @ ARC 10:15 Yoga 12:00 Lunch 1:00 Joan of Art*	6 10:00 Water Aerobics @ ARC 10:00 Balance Class 11:00 XC Ski Aspen Golf Course*	7 10:15 Yoga 10:30-12:30 Economic Assistance 12:00 Lunch 1:30 Wheeler Opera House Tour*	8 10:00 Qigong 12:00 Lunch 1:30 History's Mysteries	9 9:15 Tone & Stretch 10:15 Yoga 12:00 Lunch 1:00 Keep Your Brain Alive* 1:30 Brush Up Your Bridge	10
11 2:30-4:30 Knitters & Yarn Crafters	12 10:00 Water Aerobics @ ARC 10:15 Yoga 12:00 Lunch 12:45 Organ Donation Bingo 2:00 Alpine Legal*	13 Redstone Senior Day: Valentine's with Shaefer Welch 10:00 Water Aerobics @ ARC 10:00 Balance Class	14 10:15 Yoga 12:00 Valentine's Lunch with David Dyer 12:45 Massage with Joanne Johnson*	15 8:30 Senior Day on Aspen Mountain 10:00 Qigong 9:00-4:00 Smiles for Seniors 12:00 Lunch 1:30 Active Art @ AAM*	16 9:15 Tone & Stretch 10:15 Yoga 12:00 Lunch 1:30 Brush Up Your Bridge	17
18 2:30-4:30 Knitters & Yarn Crafters	19 Senior Services closed for Presidents Day	20 10:00 Balance Class 10:00 Water Aerobics @ ARC	21 10:15 Yoga 12:00 Lunch 1:00 Senior Services Council	22 10:00 Qigong 12:00 Lunch 12:45 Oral Health	23 9:15 Tone & Stretch 10:15 Yoga 12:45 Library Apps & Info 1:30 Brush Up Your Bridge	24
25 2:30-4:30 Knitting Canceled	26 10:00 Water Aerobics @ ARC 10:15 Yoga 12:00 Lunch 1:30-4:00 Foot Care*	27 Redstone Senior Day: Property Tax Relief & Other Resources 10:00 Water Aerobics @ ARC 10:00 Balance Class	28 10:15 Yoga 10:30 Book Club 12:00 Lunch 1:00 Active Art @ Senior Center*	29 10:00 Qigong 12:00 Lunch 12:45 Vintage Programs 2:00 Sound Healing Meditation	*RSVP for these programs at (970) 920-5432	