

# JULY 2023 EVENTS CALENDAR

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
						1
2 1:00-3:00 Knitters & Yarn Crafters @ Library	3 Senior Services Closed for Independence Day	4 10:00 Elks Lodge Breakfast & Parade  Senior Services Closed for Independence Day	5 10:15 Yoga @ ARC 12:00 Lunch @ HHS	6 10:00 Qigong @ ARC 10:00 Water Aerobics @ ARC 12:00 Lunch @ HHS	7 12:00 Lunch @ HHS 1:30 Brush Up Your Bridge @ HHS	8
9 1:00-3:00 Knitters & Yarn Crafters @ Library	10 10:15 Yoga @ ARC 12:00 Lunch @ HHS	11 10:00 Balance Class @ AVH conference room Redstone Senior Day: Riparian Plant Walk with Sheehan Meagher	12 10:15 Yoga @ ARC 12:00 Lunch @ HHS 12:45 Massage with Joanne Johnson @ HHS	13 10:00 Qigong @ ARC 10:00 Water Aerobics @ ARC 12:00 Lunch @ HHS 1:30 History's Mysteries @ Library	14 12:00 Lunch @ HHS 1:00 Wellness Talk w/Dr. Chamberlin @ AVH 1:30 Brush Up Your Bridge @ HHS	15
16 1:00-3:00 Knitters & Yarn Crafters @ Library	17 10:15 Yoga @ ARC 12:00 Lunch @ HHS	18 10:00 Balance Class @ AVH conference room	19 10:15 Yoga @ ARC 10:00 Motherlode Mercantile 12:00 Lunch @ HHS 1:00 Senior Services Council @ HHS 2:00 "Fresh Conversation" on Summer Health, via Zoom	20 10:00 Water Aerobics @ ARC 10:00 Qigong @ ARC 12:00 Lunch @ HHS	21 12:00 Lunch @ HHS 1:00 Sound Healing Meditation @ Library 1:30 Brush Up Your Bridge @ HHS	22
23 1:00-3:00 Knitters & Yarn Crafters @ Library	24 10:15 Yoga @ ARC 12:00 Lunch @ HHS 12:00 Book Bike @ HHS 1:00 Seniors At Play @ HHS	25 10:00 Balance Class @ AVH conference room Redstone Senior Day: Preparing for Emergencies with Pablo Herr (Carbondale Fire)	26 10:15 Yoga @ ARC 10:00 Book Club @ Library 12:00 Lunch @ HHS 6:00 Tatvamasī Meditation @ Library	27 10:00 Water Aerobics @ ARC 10:00 Qigong @ ARC 12:00 Lunch @ HHS	28 12:00 Lunch @ HHS 1:00 Maroon Creek Plant Walk @ ARC 1:30 Brush Up Your Bridge @ HHS	29
30 1-3 Knit	31 10:15 Yoga @ ARC 12:00 Lunch @ HHS					