

MAY 2024 EVENTS CALENDAR

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
	<p>*RSVP for these programs at (970) 920-5432</p> <p>RSVP for Senior Center lunches at (970) 429-6161</p>		<p>1</p> <p>10:15 Yoga 11:00 Counselor Consults* 12:00 Lunch 12:45 Recycle, Compost or Trash?</p>	<p>2</p> <p>10:00 Balance Class 11:00 Qigong 12:00 Lunch 12:45 A Minute of History</p>	<p>3</p> <p>9:15 Tone & Stretch 10:15 Yoga 12:00 Lunch 1:00 Wheeler/Stallard Tour* 1:30 Brush Up Your Bridge</p>	4
<p>5</p> <p>2:30-4:30 Knitters & Yarn Craft</p>	<p>6</p> <p>10:30-12:30 Economic Assistance 10:00 Water Aerobics @ ARC 10:15 Yoga 12:00 Lunch</p>	<p>7</p> <p>10:00 Water Aerobics @ ARC 10:00 Balance Class</p> <p>5:00 Last Chapter: Basalt</p>	<p>8</p> <p>9:00-11:00 Chat with a Gerontologist* 10:15 Yoga 11:00 Counselor Consults* 12:00 Lunch 12:45 Massage* 1:00 Awake, Alive & Aware</p>	<p>9</p> <p>10:00 Balance Class Qigong Canceled 12:00 Lunch</p> <p>5:00 Last Chapter: Aspen</p>	<p>10</p> <p>9:15 Tone & Stretch 10:15 Yoga 12:00 Lunch 1:30 Brush Up Your Bridge</p>	11
<p>12</p> <p>2:30-4:30 Knitters & Yarn Craft</p>	<p>13</p> <p>10:00 Water Aerobics @ ARC 10:15 Yoga 12:00 Lunch 1:30 Foot Care* 2:00 Alpine Legal*</p>	<p>14</p> <p>10:00 Water Aerobics @ ARC 10:00 Balance Class Redstone Senior Day: Volunteer Recognition Celebration* 5:00 Last Chapter: Basalt</p>	<p>15</p> <p>10:15 Yoga 11:00 Counselor Consults* 12:00 Lunch 1:00 Senior Services Council</p>	<p>16</p> <p>10:00 Balance Class Qigong canceled 9:00-4:00 Smiles for Srs* 12:00 Lunch 1:30 Active Art @ AAM* 5:00 Last Chapter: Aspen</p>	<p>17</p> <p>9:15 Tone & Stretch 10:15 Yoga 12:00 Lunch 12:45 Hospice of the Valley 1:30 Brush Up Your Bridge</p>	18
<p>19</p> <p>2:30-4:30 Knitters & Yarn Craft</p>	<p>20</p> <p>10:00 Water Aerobics @ ARC 10:15 Yoga 12:00 Lunch 1:00 Working With Weeds</p>	<p>21</p> <p>10:00 Balance Class 10:00 Water Aerobics @ ARC 10:15 WindWalkers*</p> <p>5:00 Last Chapter: Basalt</p>	<p>22</p> <p>10:15 Yoga 11:00 Counselor Consults* 12:00 Lunch 1:00 Active Art @ Senior Center*</p>	<p>23</p> <p>10:00 Balance Class 11:00 Qigong 12:00 Lunch</p> <p>5:00 Last Chapter: Aspen</p>	<p>24</p> <p>9:15 Tone & Stretch 10:15 Yoga 11:00 Celebrate Connections: Basalt Library* 12:00 Lunch</p>	25
<p>26</p> <p>2:30-4:30 Knitters & Yarn Craft</p>	<p>27</p> <p>Senior Center closed for Memorial Day</p>	<p>28</p> <p>9:00-11:00 Chat with a Gerontologist* Redstone Senior Day: Awake, Alive & Aware* 10:00 Water Aerobics @ ARC 10:00 Balance Class 5:00 Last Chapter: Basalt</p>	<p>29</p> <p>10:15 Yoga 10:30 Book Club 11:00 Counselor Consults* 12:00 Lunch</p>	<p>30</p> <p>10:00 Balance Class 11:00 Qigong 12:00 Lunch 2:00 Sound Healing Meditation 5:00 Last Chapter: Aspen</p>	<p>31</p> <p>9:15 Tone & Stretch 10:15 Yoga 12:00 Lunch 12:45 Library Resources 1:30 Brush Up Your Bridge</p>	