

NOVEMBER 2023 EVENTS CALENDAR

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
			1 10:30 Yoga @ ARC 12:00 Lunch @ HHS 1:00 Active Art @ HHS	2 10:00 Qigong @ ARC 10:00 Water Aerobics @ ARC 12:00 Lunch @ HHS	3 10:30 Yoga @ ARC 12:00 Lunch @ HHS 1:30 Brush Up Your Bridge @ HHS	4
5 2:30-4:30 Knitters & Yarn Crafters @ Library	6 10:30 Yoga @ ARC 12:00 Lunch @ HHS 1:00 Zentagle Art w/ Joan Tidwell @HHS	7 10:00 Balance Class @ AVH conference room	8 10:30 Yoga @ ARC 12:00 Lunch @ HHS 12:45 Massage with Joanne Johnson @ HHS 1:00 Senior Services Council @ HHS 6:00 Tatvamasi Meditation @ Library	9 10:00 Qigong @ ARC 10:00 Water Aerobics @ ARC 12:00 Lunch @ HHS	10 10:30 Yoga @ ARC Senior Center Closed for Veterans Day	11
12 2:30-4:30 Knitters & Yarn Crafters @ Library	13 10:30 Yoga @ ARC Senior Services closed for move back to Senior Center	14 Redstone Senior Day: Favorite Desserts 9:00-11:00 Chat with a Gerontologist @ SC 10:00 Balance Class @ AVH conference room	15 Senior Center reopens 10:15 Yoga @ Senior Center 12:00 Lunch @ Senior Center 1:00 Fresh Conversations: Fiber—What It Is & How It Can Benefit You via Zoom (see p.8)	16 10:00 Qigong @ Senior Ctr 10:00 Water Aerobics @ ARC 9:00-4:00 Smiles for Seniors—970-920-5420 12:00 Lunch @ SC 1:30 Active Art @ AAM	17 10:15 Yoga @ Senior Center 12:00 Lunch @ Senior Center 1:30 Brush Up Your Bridge canceled	18
19 2:30-4:30 Knitters & Yarn Crafters @ SC	20 10:15 Yoga @ Senior Center 12:00 Lunch @ Senior Center	21 10:00 Balance Class @ Senior Center	22 10:15 Yoga @ Senior Center 12:00 Thanksgiving Luncheon with Frank Todaro @ Senior Center 6:00 Tatvamasi Meditation @ Library	23 Senior Center Closed for Thanksgiving Holiday	24 Senior Center Closed for Thanksgiving Holiday	25
26 2:30-4:30 Knitters & Yarn Crafters @ SC	27 10:15 Yoga @ Senior Center 12:00 Lunch @ Senior Center 1:00 Dr. Jenn Drake: Pain Management	28 Redstone Senior Day: HCHOTV (Hospice) 9:00-11:00 Chat with a Gerontologist @ SC 10:00 Balance Class @ Senior Center	29 10:15 Yoga @ Senior Center 12:00 Lunch @ Senior Center 1:00 Keep Your Brain Alive	30 10:00 Qigong @ Senior Ctr 10:00 Water Aerobics @ ARC 12:00 Lunch @ SC 2:00 Sound Healing Meditation @ Senior Center		