


April 2018 Activities Calendar -- Pitkin County Senior Services 0275 Castle Creek Rd Aspen, CO 81611 920-5432

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
1	2	3	4	5	6	7	
3-5 p.m. Knitting Group for info: Kathryn 925-4249	9 & 10:00 Tai Chi/Qigong 11:00 AIM 12:00 Lunch	8:45 Yoga 10:00 Balance class 1:00 Total Brain Health 2:00 Alpine Legal sign up 920-5432	9:30 Pilates 11:00 AIM 12:00 Birthday Lunch 1:00-4:00 Foot Care Clinic 920-5432 7:00 Alzheimer's Support	8:45 Yoga 10:00 Balance Class 12:00 Lunch 12:45 Tips for Energy Efficiency at Home	9:30 Pilates 12:00 Lunch 1:30 Active Art Aspen Art Museum 3:30 ARCdance Performance	3:00-5:00 "Pre-Tech" computer class @ CMC Call Gina (970)424-9767	
8	9	10	11	12	13	14	
3-5 p.m. Knitting	9 & 10:00 Tai Chi/Qigong 11:00 AIM 12:00 Lunch	8:45 Yoga 10:00 Balance class 1:00 Total Brain Health	9:30 Pilates 11:00 AIM 12:45 Adult Protection & Care Navigation 12:45-2:00 Massages 2:30 Tech Help	8:45 Yoga 10:00 Balance Class 11-1 Food Pantry at USFS Ranger Station 12:00 Lunch 12:45 Cook Fast, Eat Slow	9:30 Pilates 9 - 4 Smiles for Seniors 309-2064 12:00 Lunch 1:00 ACT Film "Jesus Christ Superstar"	3:00-5:00 "Pre-Tech" computer class @ CMC	
15	16	17	18	19	20	21	
3:00 Lit Out Loud Library 3-5 p.m. Knitting	9 & 10:00 Tai Chi/Qigong 11:00 AIM 12:00 Lunch 1:00-3:00 Hand and Foot Massage sign up 920-5432	8:45 Yoga 10:00 Balance class 1:00 Total Brain Health	9:30 Pilates 11:00 AIM 12:00 Lunch 1:00-3:00 Senior Services Council	8:45 Yoga 10:00 Balance Class 10:30-1:00 Pitco Econ Assist at Senior Center 11-1 Lift Up 12:00 Lunch	9:30 Pilates 12:00 Lunch	3:00-5:00 "Pre-Tech" computer class @ CMC	
22	23	24	25	26	27	28	
3-5 p.m. Knitting	9 & 10:00 Tai Chi/Qigong 11:00 AIM 12:00 Lunch 10-4 Medicare 1:1 appts. sign up 920-5432 12:45 John Hatanaka	8:45 Yoga 10:00 Balance class 12:00-2:00 Vets Coffee & Donuts at Pitco Library	9:30 Pilates 10:45 Book Club 11:00 AIM 12:00 Lunch	8:45 Yoga/10:00 Balance 12:00 Lunch 1:00 Religious Traditions: Judiasm 5:00 Deeksha Meditation	9:30 Pilates 11:00 Live Wire Choir 12:00 Lunch 12:45 Newsletter Mailing Volunteers Wanted	3:00-5:00 "Pre-Tech" computer class @ CMC	
29	30						
3-5 p.m. Knitting Group	9 & 10:00 Tai Chi/Qigong 11:00 AIM 12:00 Lunch	Weekly Grocery Shopping: Mondays at 1:15 Call 920-5432 for more info				Starting Tues., May 1 Total Brain Health 6-week series info & sign up 920-5432 space limited	