

APRIL 2026 EVENTS CALENDAR

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
<p>* RSVP for these programs at (970) 920-5432</p>	<p>Breakfast: Monday-Friday 8:30-10:00 a.m. Lunch: Monday-Friday 12:00-12:30 p.m. RSVP required for lunches at (970) 429-6161</p>	<p>MidValley Family Practice provides an onsite medical nurse on Fridays 9:30-12:30 and a mental health specialist on Fridays 9:30 a.m.-1:30 p.m.</p>	<p>1 8:30-10:00 Breakfast 10:00 Counselor Consults* 10:15 Yoga 12:00 Lunch</p>	<p>2 8:30-10:00 Breakfast 10:00 Balance Class 10:00 Mahjong & Muffins 11:00 Qigong 12:00 Lunch</p>	<p>3 8:30-10:00 Breakfast 9:15 Yoga 12:00 Lunch 12:45 Public Health Community Assessments 1:30 Bridge for All Levels</p>	4
<p>5 2:00-4:00 Knitters & Yarn Crafts</p>	<p>6 8:30-10:00 Breakfast 10:15 Yoga 12:00 Lunch 1:30 Foot Care*</p>	<p>7 8:30-10:00 Breakfast 10:00 Balance Class 12:00 Lunch 1:00 The Power of Perspective*</p>	<p>8 8:30-10:00 Breakfast 10:00 Counselor Consults* 10:15 Yoga 12:00 Lunch 1:00 Artificial Intelligence Workshop with Mark Goodman*</p>	<p>9 8:30-10:00 Breakfast 10:00 Balance Class 10:00 Mahjong & Muffins 11:00 Qigong 12:00 Lunch 1:15 Hotel Jerome Tour*</p>	<p>10 8:30-10:00 Breakfast 9:15 Yoga 12:00 Lunch 1:00 History's Mysteries with Christi 1:30 Bridge for All Levels</p>	11
<p>12 2:00-4:00 Knitters & Yarn Crafts</p>	<p>13 8:30-10:00 Breakfast 10:15 Yoga 10:15 HS Tech Connect 12:00 Lunch 2:00 Alpine Legal Services* 5:00 Care Partner Support Group</p>	<p>14 8:30-10:00 Breakfast 10:00 Balance Class 12:00 Lunch Redstone Senior Day*: Art Class with Sarah Uhl 1:00 Showtime Tuesday: Keeping Mum</p>	<p>15 8:30-10:00 Breakfast 10:00 Counselor Consults* 10:15 Yoga 12:00 Lunch 12:45 Massage with Joanne Johnson* 1:00 Senior Services Council</p>	<p>16 8:30-10:00 Breakfast 10:00 Balance Class 10:00 Mahjong & Muffins 11:00 Qigong 12:00 Lunch 12:45 Financial Planning & Empowerment 1:30 Active Art @ AAM</p>	<p>17 8:30-10:00 Breakfast 9:15 Yoga 12:00 Lunch 1:30 Foot Care* 1:30 Bridge for All Levels</p>	18
<p>19 2:00-4:00 Knitters & Yarn Crafts</p>	<p>20 8:30-10:00 Breakfast 10:15 Yoga 12:00 Lunch 12:45 Music with Bradman</p>	<p>21 8:30-10:00 Breakfast 9:00-11:00 Chat with a Gerontologist* 10:00 Balance Class 12:00 Lunch 1:00 ACES Presents: Migratory Birds</p>	<p>22 8:30-10:00 Breakfast 10:00 Counselor Consults* 10:15 Yoga 12:00 Lunch 1:00 Active Art at the Senior Center</p>	<p>23 8:30-10:00 Breakfast 10:00 Balance Class 10:00 Mahjong & Muffins 11:00 Qigong 12:00 Lunch 1:30 Sound Healing Meditation</p>	<p>24 8:30-10:00 Breakfast 9:15 Yoga 12:00 Lunch 12:30 Ask a Librarian 1:30 Bridge for All Levels</p>	25
<p>26 2:00-4:00 Knitters & Yarn Crafts</p>	<p>27 8:30-10:00 Breakfast 10:15 Yoga 12:00 Lunch 1:00 Mindfulness with Jennifer Drake</p>	<p>28 8:30-10:00 Breakfast 9:00 Chat w/ a Gerontologist* 10:00 Balance Class 12:00 Lunch Redstone Senior Day*: Beavers! with Sheehan Meagher</p>	<p>29 8:30-10:00 Breakfast 10:00 Counselor Consults* 10:30 Book Club 10:15 Yoga 12:00 Lunch 1:00 Religious Traditions: Chinese Traditions</p>	<p>30 8:30-10:00 Breakfast 10:00 Balance Class 10:00 Mahjong & Muffins 11:00 Qigong 12:00 Lunch 1:30 Foot Care*</p>		