

APRIL 2022 EVENTS CALENDAR

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
	WEEKLY GROCERY SHOPPING Mondays at 1:15 Call (970) 384-4897 for transportation info				1 9:00 Tone & Stretch 10:15 Yoga 12:00 Lunch 1:30 Brush Up Your Bridge	2
3 2:30-4:30 Knitters & Yarn Crafters	4 10:00 Qigong 12:00 Lunch 12:45 A Little Help	5 10:00 Balance Class	6 10:15 Yoga 12:00 Lunch 1:00 History's Mysteries with Christi 1:30 Game Day Afternoon 7:00 Alzheimer's Support Group	7	8 9:00 Tone & Stretch 10:15 Yoga 12:00 Lunch 12:45 Neurobics & Brain Games 1:30 Brush Up Your Bridge	9
10 2:30-4:30 Knitters & Yarn Crafters	11 10:00 Qigong 12:00 Lunch 1:00 Guided Meditation with Lisa Goddard 2:00 Alpine Legal	12 Redstone Senior Day: Senior Services Input Session 10:00 Balance Class	13 9:00 Breakfast at the Mountain Chalet 10:15 Yoga 12:00 Lunch 1:00 Seniors at Play 1:30 Game Day Afternoon	14	15 9:00 Tone & Stretch 10:15 Yoga 12:00 Lunch 1:00 Friday Flick: O Brother, Where Art Thou? 1:30 Brush Up Your Bridge	16 11:30 Elks Easter Lunch
17 2:30-4:30 Knitters & Yarn Crafters	18 10:00 Qigong 12:00 Lunch 1:00 Death Café Information	19 10:00 Balance Class	20 10:15 Yoga 12:00 Lunch 12:45 Massage with Cheryl Frymire 1:00 Senior Council 1:30 Game Day Afternoon	21	22 9:00 Tone & Stretch 10:15 Yoga 12:00 Lunch 1:30 Brush Up Your Bridge	23
24 2:30-4:30 Knitters & Yarn Crafters	25 10:00 Qigong 12:00 Lunch	26 Redstone Senior Day: Kindred Spirits 10:00 Balance Class	27 10:15 Yoga 10:45 Book Club 12:00 Lunch 12:30 Shaefer Welch 1:30 Game Day Afternoon	28	29 9:00 Tone & Stretch cancelled 10:15 Yoga 12:00 Lunch 1:00 Know Your Local Trees 1:30 Brush Up Your Bridge	30