

AUGUST 2023 EVENTS CALENDAR

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
		1 10:00 Balance Class @ AVH conference room 2:00 Watercolor Instruction at Library	2 10:30 Yoga @ ARC 12:00 Lunch @ HHS 12:45 Wildfire Preparation @ HHS	3 Marble excursion: Slow Groovin' & MARBLE/Marble 10:00 Qigong @ ARC 10:00 Water Aerobics @ ARC 12:00 Lunch @ HHS	4 10:30 Yoga @ ARC 12:00 Lunch @ HHS 12:30 Mark Goodman Guitar Music 1:30 Brush Up Your Bridge @ HHS	5
6 1:00-3:00 Knitters & Yarn Crafters @ Library	7 10:30 Yoga @ ARC 12:00 Lunch @ HHS 1:00 Beautify Your Meals @ Library	8 10:00 Balance Class @ AVH conference room	9 10:30 Yoga @ ARC 12:00 Lunch @ HHS 12:45 Massage with Joanne Johnson @ HHS	10 10:00 Qigong @ ARC 10:Water Aerobics @ ARC 12:00 Lunch @ HHS 1:30 History's Mysteries @ Library	11 10:30 Yoga @ ARC 12:00 Lunch @ HHS 1:00 Death Café @ Library 1:30 Brush Up Your Bridge @ HHS	12
13 1:00-3:00 Knitters & Yarn Crafters @ Library	14 10:30 Yoga @ ARC 12:00 Lunch @ HHS	15 11:00 Financial EKG @ Library 10:00 Balance Class @ AVH conference room	16 10:30 Yoga @ ARC 12:00 Lunch @ HHS 1:00 Senior Services Council @ HHS 2:00 "Fresh Conversation" on Fresh Herbs	17 10:00 Water Aerobics @ ARC 10:00 Qigong @ ARC 12:00 Lunch @ HHS	18 9:00-4:00 Smiles for Seniors 10:30 Yoga @ ARC 12:00 Lunch @ HHS 1:30 Brush Up Your Bridge 1:00 Maroon Creek Plant Walk @ ARC	19
20 1:00-3:00 Knitters & Yarn Crafters @ Library	21 10:30 Yoga @ ARC 12:00 Lunch @ HHS	22 10:00 Balance Class @ AVH conference room Redstone Senior Day: Sheehan Meagher 2:00 Watercolor Instruction at Library	23 10:30 Yoga @ ARC 12:00 Lunch @ HHS 6:00 Tatvamasi Meditation @ Library	24 10:00 Water Aerobics @ ARC 10:00 Qigong @ ARC 12:00 Lunch @ HHS 12:45 Food Safety at Home @HHS	25 10:30 Yoga @ ARC 12:00 Lunch @ HHS 1:00 Sound Healing Meditation @ Library 1:30 Brush Up Your Bridge @ HHS	26
27 1:00-3:00 Knitters & Yarn Crafters @ Library	28 10:30 Yoga @ ARC 12:00 Lunch @ HHS 12:00 Book Bike @ HHS	29 10:00 Balance Class @ AVH conference room	30 10:00 Book Club @ Library 10:30 Yoga @ ARC 12:00 Lunch @ HHS 1:30 Medicare Basics @ Library	31 10:00 Water Aerobics @ ARC 10:00 Qigong @ ARC 12:00 Lunch @ HHS 1:00 Maroon Bells Outing		