

AUGUST 2018 EVENTS CALENDAR

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
	WEEKLY GROCERY SHOPPING Mondays at 1:15 Call (970) 920-5432 for more info		1 9:15 Navigating Dementia Basalt Regional Library 9:30 Pilates 11:00 AIM 12:00 Birthday Lunch 7:00 Alz. Support Grp	2 8:45 Yoga 10:00 Balance Class 12:00 Lunch 5:00 Deeksha Meditation	3 9:30 Pilates 12:00 Lunch 1:00 Iceland w/Dr. Coffey	4 2:00-4:00 Ice Cream Social at AHS 3:00-5:00 "Pre-Tech" class
5 1:00-3:00 Knitting Group. For information call Kathryn (970) 925-4249	6 9:00 Tai Chi/Qigong 10:00 Tai Chi/Qigong 11:00 AIM 12:00 Lunch 1:00 Music Festival Trio	7 8:45 Yoga 10:00 Balance Class 2:00 Alpine Legal consultations Sign up 920-5432	8 9:30 Pilates 11:00 AIM 12:00 Lunch	9 8:45 Yoga 10:00 Balance Class 12:00 Lunch 11:00-1:00 Food Pantry at CMC 255 Sage Way	10 9:30 Pilates 12:00 Lunch 1:00 CPR & AED	11 3:00-5:00 "Pre-Tech" computer class at CMC For info call Gina (970) 424-9767
12 1:00-3:00 Lit Out Loud at the Library 1:00-3:00 Knitting Group	13 9 & 10:00 Tai Chi/Qigong 11:00 AIM 12:00 Lunch 12:45 Book Bike visit 1:00 Tech Help w/ Aspen Science Center	14 8:45 Yoga 10:00 Balance Class 8:00-2:30 Twin Lakes/ Interlaken Boat Tour trip	15 9:30 Pilates 11:00 AIM 12:00 Lunch 1:00-3:00 Senior Services Council	16 8:45 Yoga 10:00 Balance Class 12:00 Lunch 10:30-12:30 Economic Assistance & VSO 11:00-1:00 Lift Up 12:45-2:00 Massage	17 9:00-4:00 Smiles for Seniors at HS. Call Kelly to sign up 309-2064 9:30 Pilates 12:00 Lunch 1:00 Scribble with Liz	18 3:00-5:00 "Pre-Tech" computer class at CMC
19 1:00-3:00 Knitting Group	20 9:00-4:00 Medicare 1:1 appts with TJ Dufresne 9:00 Tai Chi/Qigong 10:00 Tai Chi/Qigong 11:00 AIM 12:00 Lunch	21 8:45 Yoga 10:00 Balance Class	22 9:30 Pilates 11:00 AIM 12:00 Lunch	23 8:45 Yoga 10:00 Balance 10:45-12:00 Aspen Institute Nostalgic Walk 12:00 Lunch	24 9:30 Pilates 12:00 Lunch 1:00 Five Wishes video & discussion	25 3:00-5:00 "Pre-Tech" computer class at CMC
26 1:00-3:00 Knitting Group	27 9:00 Tai Chi/Qigong 10:00 Tai Chi/Qigong 11:00 AIM 12:00 Lunch	28 8:45 Yoga 10:00 Balance Class 12:00-2:00 Vets Coffee at the Library 4:00-6:00 What to do for a Healthy Brain-Pitkin County Library	29 9:30 Pilates 10:45 Book Club 11:00 AIM 12:00 Lunch	30 8:45 Yoga 10:00 Balance Class 12:00 Lunch 1:00 2017-2018 Supreme Court w/Liz Seigel	31 9:30 Pilates 12:00 Lunch 1:00 Friday Flick: Lucky	