

DECEMBER 2018 EVENTS CALENDAR

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
<p>2 3:00-5:00 Knitting Group. For information call Kathryn (970) 925-4249</p>	<p>3 9:00 Tai Chi/Qigong 10:00 Tai Chi/Qigong 10-4:00 Medicare 1:1 appts with TJ Dufresne 920-5432 11:00 AIM 12:00 Lunch</p>	<p>4 8:45 Yoga 10:00 Balance Class 2:00 Alpine Legal 1:1 consultations Sign up 920-5432</p>	<p>5 9:30 Pilates 11:00 AIM 12:00 Birthday Lunch 1:00 Christmas Tree 2:30 ARCdance 7:00 Alzheimer's Support Group</p>	<p>6 8:45 Yoga 10:00 Balance Class 12:00 Lunch 1:00 Yoga for Anxiety 5:00 Deeksha Meditation</p>	<p>7 9:30 Pilates 12:00 Lunch 1:00 Jewelry Design</p>	<p>1 3:00-5:00 "Pre-Tech"</p>
<p>9 3:00-5:00 Knitting Group</p>	<p>10 9:00 Tai Chi/Qigong 10:00 Tai Chi/Qigong 11:00 AIM 12:00 Lunch 12:45 Celtic Christmas Music</p>	<p>11 8:45 Yoga 10:00 Balance Class</p>	<p>12 9:30 Pilates 11:00 AIM 12:00 Lunch 12:45 Massage with Joanne Johnson 2:30 Circle of Friends Tech</p>	<p>13 8:45 Yoga 10:00 Balance Class 11:00-1:00 Food Pantry at Forest Service 12:00 Lunch</p>	<p>14 9:00-4:00 Smiles for Seniors at HS 309-2064 9:30 Pilates 12:00 Lunch 1:00 Regift Exchange</p>	<p>15 3:00-5:00 "Pre-Tech" computer class at CMC For info call Gina (970) 424-9767</p>
<p>16 3:00 Lit Out Loud at the Library 3:00-5:00 Knitting Group</p>	<p>17 9:00 Tai Chi/Qigong 10:00 Tai Chi/Qigong 11:00 AIM 12:00 Lunch 1:00 Fraud Prevention with Mark Anderson</p>	<p>18 8:45 Yoga 10:00 Balance Class</p>	<p>19 9:30 Pilates 11:00 AIM 12:00 Lunch 1:00 Senior Services Council</p>	<p>20 8:45 Yoga/1:00 Balance 12:00 Lunch 10:30-12:30 Economic Assistance 1:00 Holiday Movie: The Polar Express</p>	<p>21 Fitness Classes cancelled 12:00 Holiday Luncheon & Ugly Sweater Contest with Music by the Dickens Duo</p>	<p>22 12:00 Elks Xmas Lunch RSVP 920- 5432 3:00-5:00 "Pre-Tech" class at CMC</p>
<p>23 3:00-5:00 Knitting Group</p>	<p>24 Senior Center closed for Christmas Holiday</p>	<p>25 Senior Center closed for Christmas Holiday</p>	<p>26 9:30 Pilates 11:00 AIM 12:00 Lunch</p>	<p>27 8:45 Yoga 10:00 Balance Class 12:00 Lunch</p>	<p>28 9:30 Pilates 12:00 Lunch 1:30 Active Art at AAM</p>	<p>29 3:00-5:00 "Pre-Tech" computer class at CMC</p>
<p>30 3:00-5:00 Knitting Group</p>	<p>31 Fitness Classes cancelled 12:00 New Year's Lunch with Music by Frank Todaro</p>		<p>WEEKLY GROCERY SHOPPING Mondays at 1:15 Call (970) 920-5432 for more info</p>			