

FEBRUARY 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 10:00 Balance Class	2 9:00 BodyXcellence Zoom 12:00 Lunch 1:00 History's Mysteries 7:00 Alzheimer's Support Group	3 10:00 Qigong	4 9:00 Pilates Stretch 10:00 Aspen Art Museum Tour 10:15 Yoga 12:00 Lunch 1:30 Brush Up Your Bridge	5
6 2:30-4:30 Knitters & Yarn Crafters	7 9:00 BodyXcellence Zoom 12:00 Lunch 12:45 Aspen Hope Center with Michelle Muething	8 Redstone Senior Day: Tom & Julie Paxton 10:00 Balance Class	9 9:00 BodyXcellence Zoom 12:00 Lunch	10 10:00 Qigong	11 9:00 Pilates Stretch 10:15 Yoga 12:00 Lunch 1:00 Lea Novgrad Art Class 1:30 Brush Up Your Bridge	12
13 2:30-4:30 Knitters & Yarn Crafters	14 9:00 BodyXcellence Zoom 12:00 Lunch 12:45 Massage with Joanne Johnson 12:45 Nutrition for Older Adults—with AVH dietitian	15 10:00 Balance Class	16 9:00 BodyXcellence Zoom 12:00 Lunch 1:00 Senior Services Council 1:00 XC Ski Lesson at Aspen Golf Course	17 10:00 Qigong	18 9:00 Pilates Stretch 10:15 Yoga 12:00 Lunch 12:45 What About My Will? 1:30 Brush Up Your Bridge	19
20 2:30-4:30 Knitters & Yarn Crafters	21 Senior Center Closed for Presidents Day	22 Redstone Senior Day Alpine Legal 10:00 Balance Class	23 9:00 BodyXcellence Zoom 10:45 Book Club 12:00 Lunch 12:30 Guitar music with Shaefer Welch	24 10:00 Qigong	25 9:00 Pilates Stretch 10:00 Decade by Decade Tour at Wheeler/Stallard 10:15 Yoga 12:00 Lunch 1:30 Brush Up Your Bridge	26
27 2:30-4:30 Knitters & Yarn	28 9:00 BodyXcellence Zoom 12:00 Lunch 12:45 Phone Tech Help					