

JANUARY 2024 EVENTS CALENDAR

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
	1 Senior Services closed for New Years Day	2 10:00 Balance Class	3 10:15 Yoga 12:00 Lunch	4 10:00 Qigong 10:00 Water Aerobics @ ARC 12:00 Lunch	5 9:15 Tone & Stretch 10:15 Yoga 12:00 Lunch 12:45 New Year, Baby! 1:30 Brush Up Your Bridge	6
7 2:30-4:30 Knitters & Yarn Crafters	8 10:15 Yoga 12:00 Lunch 2:00 Alpine Legal Services	9 Redstone Senior Day: Pablo Herr, Carbondale Fire 10:00 Balance Class 9:00-11:00 Chat with a Gerontologist	10 10:15 Yoga 10:30-12:30 Economic Assistance 12:00 Lunch 12:30 Learn about LEAP 12:45 Massage with Joanne Johnson 6:00 Tatvamasi Meditation via Zoom	11 10:00 Qigong 10:00 Water Aerobics @ ARC 12:00 Lunch 1:30 History's Mysteries	12 9:15 Tone & Stretch 10:15 Yoga 12:00 Lunch 12:45 Fraud Prevention with Aspen Police Dept. 1:30 Brush Up Your Bridge	13 12:00 Elks Lodge Winter-sköl Lunch
14 2:30-4:30 Knitters & Yarn Crafters	15 Senior Services closed for Martin Luther King Day	16 10:00 Balance Class	17 10:15 Yoga 12:00 Lunch 1:00 Senior Services Council	18 10:00 Qigong 10:00 Water Aerobics @ ARC 9:00—4:00 Smiles for Seniors 12:00 Lunch	19 9:15 Tone & Stretch 10:15 Yoga 12:00 Lunch 1:30 Brush Up Your Bridge	20
21 2:30-4:30 Knitters & Yarn Crafters	22 10:15 Yoga 12:00 Lunch 1:00 Religion & Science Fiction	23 Redstone Senior Day: Monique Rodriguez, Pitkin County Library 10:00 Balance Class 9:00-11:00 Chat with a Gerontologist	24 10:15 Yoga 12:00 Lunch 1:00 Active Art @ Senior Center 6:00 Tatvamasi Meditation via Zoom	25 10:00 Qigong 10:00 Water Aerobics @ ARC 12:00 Lunch	26 9:15 Tone & Stretch 10:15 Yoga 1:30 Brush Up Your Bridge	27
28 2:30-4:30 Knitting Canceled	29 10:15 Yoga 12:00 Lunch 1:30-4:00 Foot Care	30 10:00 Balance Class 1:00-4:00 Powers Art Center	31 10:15 Yoga 10:30 Book Club 12:00 Lunch 12:30 Music with Shaefer Welch			