

January 2018 Activities Calendar -- Pitkin County Senior Services 0275 Castle Creek Rd Aspen, CO 81611 920-5432

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3 HIGHLANDS	4 SNOWMASS	5	6 ASPEN
 Senior Center Closed for New Year's Day		8:45 Yoga 10:00 Balance class	9:30 Pilates 11:00 AIM 12:00 Birthday Lunch 7:00 Alzheimer's Support	8:45 Yoga 10:00 Balance Class 12:00 Lunch	9:30 Pilates 10:45 Tai Chi for Health 12:00 Lunch 1:30 Active Art Aspen Art Museum	3:00-5:00 "Pre-Tech" computer class @ CMC
7	8 HIGHLANDS	9	10 HIGHLANDS	11 SNOWMASS	12	13 ASPEN
3-5 p.m. Knitting Group	9 & 10:00 Tai Chi/Qigong 11:00 AIM 12:00 Lunch	8:45 Yoga 10:00 Balance class 2:00 Alpine Legal sign up 920-5432	9:30 Pilates 11:00 AIM 12:00 Lunch 12:45-2:00 Massage 2:30 2nd Wed. Friends Tech Assistance	8:45 Yoga 10:00 Balance Class 11-1 Food Pantry at USFS Ranger Station 12:00 Lunch	9:30 Pilates 10:45 Tai Chi for Health 12:00 Lunch "You Oughta Be In Pictures" photo deadline	3:00-5:00 "Pre-Tech" computer class @ CMC
14	15 HIGHLANDS	16	17 HIGHLANDS	18 SNOWMASS	19	20 ASPEN
12-2 Wintersköl Bingo at Library 3-5 p.m. Knitting	Senior Center Closed for Martin Luther King, Jr. Day	8:45 Yoga 10:00 Balance class	9:30 Pilates 11:00 AIM 12:00 Lunch 1:00-3:00 Senior Services Council	8:45 Yoga 10:00 Balance Class 12:00 Lunch 12:45 Shingles vaccine info w/ Community Health	9:30 Pilates 10:45 Tai Chi for Health 12:00 Lunch 1:00 Friday Flick: "Particle Fever"	3:00-5:00 "Pre-Tech" computer class @ CMC
21	22 HIGHLANDS	23	24 HIGHLANDS	25 SNOWMASS	26	27 ASPEN
3:00 Lit Out Loud Library 3-5 p.m. Knitting	9 & 10:00 Tai Chi/Qigong 11:00 AIM 12:00 Lunch 12:45 Harmony Sisters	8:45 Yoga 10:00 Balance class 12:00-2:00 Vets Coffee & Donuts at Pitco Library	9:30 Pilates 11:00 AIM 12:00 Lunch	8:45 Yoga 10:00 Balance Class 12:00 Lunch 5:00 Deeksha Meditation	9:30 Pilates 10:45 Tai Chi for Health 12:00 Lunch 12:45 Newsletter Mailing Volunteers Wanted	3:00-5:00 "Pre-Tech" computer class @ CMC
28	29 HIGHLANDS	30	31 HIGHLANDS			
3-5 p.m. Knitting Group	9 & 10:00 Tai Chi/Qigong 10:00-4:00 Medicare 1:1 w/ TJ Dufresne 11:00 AIM 12:00 Lunch	8:45 Yoga 10:00 Balance class	9:30 Pilates 10:45 Book Club 11:00 AIM 12:00 Lunch 12:45 "You Oughta Be In Pictures" awards	Weekly Grocery Shopping: Mondays at 1:15 Call 920-5432 for more info		