

JANUARY 2022 EVENTS CALENDAR

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
2	3 11:00 BodyXcellence Zoom 12:00 Lunch	4 10:00 Balance Class	5 11:00 BodyXcellence Zoom 12:00 Lunch 1:00 History's Mysteries	6 9:00 Sign up begins for Senior Day on Aspen Mountain (970) 920-5432 10:00 Qigong	7 9:00 Pilates Stretch 10:00 Aspen Art Museum Tour 10:15 Yoga 12:00 Lunch 1:30 Brush Up Your Bridge	1 8
9	10 9:00 BodyXcellence Zoom 12:00 Lunch	11 Redstone Senior Day 10:00 Balance Class	12 9:00 BodyXcellence Zoom 12:00 Lunch	13 10:00 Qigong	14 9:00 Pilates Stretch 10:15 Yoga 12:00 Lunch 1:30 Brush Up Your Bridge	15 11:30—12:30 Wintersköl Lunch at Elks RSVP (970) 920-5432
16	17 Senior Center Closed for Martin Luther King, Jr. Day	18 10:00 Balance Class	19 9:00 BodyXcellence Zoom 12:00 Lunch 1:00 Senior Services Council 1:00 XC Ski Lesson at Aspen Golf Course	20 10:00 Qigong	21 9:00 Pilates Stretch 10:00 Wheeler/Stallard Tour 10:15 Yoga 12:00 Lunch 12:45 What About My Will? 1:30 Brush Up Your Bridge	22
23 2:30-4:30 Knitters & Yarn Crafters	24 9:00 BodyXcellence Zoom 12:00 Lunch	25 Redstone Senior Day 10:00 Balance Class	26 9:00 BodyXcellence Zoom 10:45 Book Club 12:00 Lunch 12:30 Guitar music with Shaefer Welch	27 10:00 Qigong	28 9:00 Pilates Stretch 10:15 Yoga 12:00 Lunch 1:30 Brush Up Your Bridge	29
30	31 9:00 BodyXcellence Zoom 12:00 Lunch 12:45 Phone Tech Help				WEEKLY GROCERY SHOPPING Mondays at 1:15 Call (970) 384-4897 for transportation info	