

JANUARY 2025 EVENTS CALENDAR

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
		<p>*RSVP for these programs at (970) 920-5432</p> <p>RSVP for Senior Center lunches at (970) 429-6161</p>	<p>1</p> <p>Senior Services Closed for New Year's Day</p>	<p>2 8:30-10:00 Breakfast 10:00 Balance Class 11:00 Qigong 12:00 Lunch 12:45 Light the Last Candle</p>	<p>3 9:15 Tone & Stretch 10:15 Yoga 10:30 Water Aerobics @ ARC 12:00 Lunch 1:30 Bridge for Beginners & Beyond</p>	4
<p>5 2:30-4:30 Knitters & Yarn Crafts</p>	<p>6 10:30-12:30 Economic Assistance 10:15 Yoga 12:00 Lunch 1:00 Mobile Phone Photography 2:00 Alpine Legal*</p>	<p>7 8:30-10:00 Breakfast 9:00 Sign Ups for Senior Day on Aspen Mountain begin 10:00 Balance Class 10:30 Water Aerobics @ ARC</p>	<p>8 10:15 Yoga 10:00 Counselor Consults* 12:00 Lunch 12:45 Massage* 1:00 Senior Council</p>	<p>9 8:30-10:00 Breakfast 9:00-4:00 Smiles for Seniors* 10:00 Balance Class 11:00 Qigong 12:00 Lunch 1:30 Foot Care* 2:00 XC Ski Lesson at the Aspen Golf Course</p>	<p>10 9:15 Tone & Stretch 10:15 Yoga 10:30 Water Aerobics @ ARC 12:00 Lunch 12:45 Luau w/ Wade Waters 1:30 Bridge for Beginners & Beyond</p>	11
<p>12 2:30-4:30 Knitters & Yarn Crafts</p>	<p>13 10:15 Yoga 12:00 Lunch 12:45 Bingo with the Cops 2:00 Sound Healing Meditation</p>	<p>14 Senior Center Closed for Staff Retreat 10:30 Water Aerobics @ ARC Redstone Senior Day: Julie Paxton Breath Work*</p>	<p>15 10:15 Yoga 10:00 Counselor Consults* 10:30 Book Club 12:00 Lunch 5:00 Care Partner Support Group</p>	<p>16 8:30-10:00 Breakfast 10:00 Balance Class 11:00 Qigong 12:00 Lunch 1:15 Reiki Energy Healing 1:30 Active Art @ AAM*</p>	<p>17 9:15 Tone & Stretch 10:15 Yoga 10:30 Water Aerobics @ ARC 12:00 Lunch 1:30 Bridge for Beginners & Beyond</p>	18
<p>19 2:30-4:30 Knitters & Yarn Crafts</p>	<p>20 Senior Services Closed for Martin Luther King, Jr. Day</p>	<p>21 8:30-10:00 Breakfast 9:00-11:00 Chat with a Gerontologist* 10:00 Balance Class 10:30 Water Aerobics @ ARC 11:00 Breath Work with Julie Paxton</p>	<p>22 10:15 Yoga 10:00 Counselor Consults* 12:00 Lunch 12:45 Prevent Isolation</p>	<p>23 8:30-10:00 Breakfast 10:00 Balance Class 11:00 Qigong 12:00 Lunch 2:00 Sound Healing Meditation</p>	<p>24 9:15 Tone & Stretch 10:15 Yoga 10:30 Water Aerobics @ ARC 12:00 Lunch 1:30 Bridge for Beginners & Beyond</p>	25
<p>26 2:30-4:30 Knitters & Yarn Crafts</p>	<p>27 10:15 Yoga 12:00 Lunch</p>	<p>28 8:30-10:00 Breakfast 9:00-11:00 Chat with a Gerontologist* 10:00 Balance Class 10:30 Water Aerobics @ ARC</p>	<p>29 10:15 Yoga 10:00 Counselor Consults* 12:00 Lunch 1:00 Intro to Shamanism</p>	<p>30 8:30-10:00 Breakfast 10:00 Balance Class 11:00 Qigong 12:00 Lunch 1:00 Active Art @ SC*</p>	<p>31 9:15 Tone & Stretch 10:15 Yoga 10:30 Water Aerobics @ ARC 12:00 Lunch 12:45 Librarian Visit 1:30 Bridge for Beginners & Beyond</p>	