

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<p><b>Weekly Grocery Shopping:</b> Mondays at 1:15 Call 920-5432 for more info</p>			<p><b>1 SNOWMASS</b> 8:45 Yoga 10:00 Balance Class 12:00 Lunch <b>1:00 Significant Relationships with Bo Persiko</b></p>	<p><b>2</b> 9:30 Pilates 12:00 Lunch <b>1:30 Active Art Aspen Art Museum</b></p>	<p><b>3 ASPEN</b> 3:00-5:00 "Pre-Tech" computer class @ CMC Call Gina (970)424-9767</p>
<b>4</b>	<b>5 HIGHLANDS</b>	<b>6</b>	<b>7 HIGHLANDS</b>	<b>8 SNOWMASS</b>	<b>9</b>	<b>10 ASPEN</b>
3-5 p.m. Knitting Group for info: Kathryn 925-4249	9 & 10:00 Tai Chi/Qigong 11:00 AIM 12:00 Lunch <b>1:00 Monday Movie "You Can't Take it With You" ACT ~1993</b>	8:45 Yoga 10:00 Balance class <b>1:00 Total Brain Health 1st session</b> <b>2:00 Alpine Legal sign up 920-5432</b>	9:30 Pilates 11:00 AIM <b>12:00 Birthday Lunch</b>  <b>7:00 Alzheimer's Support</b>	8:45 Yoga 10:00 Balance Class <b>11-1 Food Pantry at USFS Ranger Station</b> 12:00 Lunch <b>1:00 Significant Relationships</b>	9:30 Pilates 12:00 Lunch <b>1:00 Hearing Loss w/Dr. Stakiw</b>	3:00-5:00 "Pre-Tech" computer class @ CMC
<b>11</b>	<b>12 HIGHLANDS</b>	<b>13</b>	<b>14 HIGHLANDS</b>	<b>15 SNOWMASS</b>	<b>16</b>	<b>17 ASPEN</b>
3-5 p.m. Knitting	9 & 10:00 Tai Chi/Qigong 11:00 AIM 12:00 Lunch <b>1:00 France Slideshow w/ Mallorie Osterwitz</b>	8:45 Yoga 10:00 Balance class <b>1:00 Total Brain Health</b>	9:30 Pilates 11:00 AIM 12:00 Lunch <b>12:45 Aspen Fire</b> 1:00-2:30 Massage <b>2:30 Tech Help</b>	8:45 Yoga 10:00 Balance Class 12:00 Lunch <b>1:00 Jewelry Design w/Lynn Dunlop</b>	9:30 Pilates  <b>12:00 St. Patrick's Day Lunch and Music</b>	3:00-5:00 "Pre-Tech" computer class @ CMC
<b>18</b>	<b>19 HIGHLANDS</b>	<b>20</b>	<b>21 HIGHLANDS</b>	<b>22 SNOWMASS</b>	<b>23</b>	<b>24 ASPEN</b>
<b>3:00 Lit Out Loud Library</b> 3-5 p.m. Knitting	9 & 10:00 Tai Chi/Qigong 11:00 AIM 12:00 Lunch <b>Medicare 1:1 appts. w/TJ Dufresne Sign up 920-5432</b>	8:45 Yoga 10:00 Balance class <b>1:00 Total Brain Health</b>	9:30 Pilates 11:00 AIM 12:00 Lunch <b>1:00-3:00 Senior Services Council</b>	8:45 Yoga/10:00 Balance <b>9:00 Breakfast at Mt. Chalet RSVP 920-5432</b> 12:00 Lunch <b>1:00 Religious Traditions: Christianity</b>	9:30 Pilates 12:00 Lunch <b>1:00 Sing for the Health of it w/ Julie Paxton</b>	3:00-5:00 "Pre-Tech" computer class @ CMC
<b>25</b>	<b>26 HIGHLANDS</b>	<b>27</b>	<b>28 HIGHLANDS</b>	<b>29 SNOWMASS</b>	<b>30</b>	<b>31 ASPEN</b>
3-5 p.m. Knitting Group	9 & 10:00 Tai Chi/Qigong 11:00 AIM 12:00 Lunch <b>12:45 Newsletter Mailing Volunteers Wanted</b>	8:45 Yoga 10:00 Balance class <b>12:00-2:00 Vets Coffee &amp; Donuts at Pitco Library</b> 1:00 Ttl Brain Health	9:30 Pilates <b>10:45 Book Club</b> 11:00 AIM 12:00 Lunch <b>1:00 MindSprings Health Lindsay May</b>	8:45 Yoga 10:00 Balance Class 12:00 Lunch <b>12:30 Harmony Sisters: Barb Cyr &amp; Susan Anderson</b> <b>5:00 Deeksha Meditation</b>	9:30 Pilates 12:00 Lunch	<b>12:00 Elks Lodge Easter Luncheon</b> 3:00-5:00 "Pre-Tech" computer class