

MARCH 2022 EVENTS CALENDAR

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
	WEEKLY GROCERY SHOPPING Mondays at 1:15 Call (970) 384-4897 for transportation info	1 10:00 Balance Class	2 12:00 Lunch 1:00 History's Mysteries 7:00 Alzheimer's Support Group	3	4 9:00 Tone & Stretch 10:00 Aspen Art Museum Tour—RSVP (970) 920-5432 10:15 Yoga 12:00 Lunch 1:30 Brush Up Your Bridge	5
6 2:30-4:30 Knitters & Yarn Crafters	7 10:00 Qigong 12:00 Lunch	8 Redstone Senior Day: A Little Help 10:00 Balance Class	9 12:00 Lunch 1:00 Seniors at Play	10	11 9:00 Tone & Stretch 10:15 Yoga 11:15 Guided Meditation with Lisa Goddard 12:00 Lunch 1:30 Brush Up Your Bridge	12
13 2:30-4:30 Knitters & Yarn Crafters	14 10:00 Qigong 12:00 Lunch 1:00 Roaring Fork Storytellers	15 10:00 Balance Class	16 12:00 St. Patrick's Lunch with Dan Sheridan 1:00 Senior Services Council	17 9:00 Senior Day on Aspen Mountain. Reservations required (970) 920-5432	18 9:00 Tone & Stretch 10:15 Yoga 12:00 Lunch 1:00 Slideshow of Poland with Mallorie Ostrowitz 1:30 Brush Up Your Bridge	19
20 2:30-4:30 Knitters & Yarn Crafters	21 10:00 Qigong 12:00 Lunch 12:30 Ukulele Jazz Music	22 Redstone Senior Day: History's Mysteries 10:00 Balance Class	23 12:00 Lunch 12:45 RSVP Volunteer Program	24 12:45 Massage with Cheryl Frymire	25 9:00 Tone & Stretch 10:15 Yoga 12:00 Lunch 1:00 Friday Flick: The Father 1:30 Brush Up Your Bridge	26
27 2:30-4:30 Knitters & Yarn Crafters	28 10:00 Qigong 12:00 Lunch 12:45 Phone Tech Help RSVP (970) 920-5432	29 10:00 Balance Class	30 10:45 Book Club 12:00 Lunch	31		