

MARCH 2024 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>9:15 Tone & Stretch 10:15 Yoga /12:00 Lunch 1:00 Emotional Health 1:30 Brush Up Your Bridge</p>	<p>2</p>
<p>3</p> <p>2:30-4:30 Knitters & Yarn Craft</p>	<p>4</p> <p>10:00 Water Aerobics @ ARC 10:15 Yoga 12:00 Lunch 1:00 Medicare 101 @ SC 5:00 Medicare 101 @ Library</p>	<p>5</p> <p>10:00 Water Aerobics @ ARC 10:00 Balance Class 11:00 XC Ski Aspen Golf Course*</p>	<p>6</p> <p>10:15 Yoga 10:30-12:30 Economic Assistance 12:00 Lunch 1:00 Joan of Art*</p>	<p>7</p> <p>10:00 Qigong 12:00 Lunch 1:30 History's Mysteries</p>	<p>8</p> <p>9:15 Tone & Stretch 10:15 Yoga 12:00 Lunch 12:45 Adam Lazaro VSO 1:30 Brush Up Your Bridge</p>	<p>9</p>
<p>10</p> <p>2:30-4:30 Knitters & Yarn Craft</p>	<p>11</p> <p>10:00 Water Aerobics @ ARC 10:15 Yoga 12:00 Lunch 2:00 Alpine Legal*</p>	<p>12</p> <p>9:00-11:00 Chat with a Gerontologist Redstone Senior Day: History's Mysteries* 10:00 Water Aerobics @ ARC 10:00 Balance Class 5-8 pm Power of Perspective @ Pitco Library*</p>	<p>13</p> <p>10:15 Yoga 12:00 Lunch 12:45 Massage with Joanne Johnson*</p>	<p>14</p> <p>10:00 Qigong 9:00-4:00 Smiles for Seniors (970) 920-5420 12:00 Lunch 1:00 Ecuador & Galapagos Slideshow</p>	<p>15</p> <p>9:15 Tone & Stretch 10:15 Yoga 12:00 St. Patrick's Lunch with Kindred Spirits 1:30 Brush Up Your Bridge</p>	<p>16</p>
<p>17</p> <p>2:30-4:30 Knitters & Yarn Craft</p>	<p>18</p> <p>10:00 Water Aerobics @ ARC 10:15 Yoga 12:00 Lunch 1:00 Panama Slideshow</p>	<p>19</p> <p>10:00 Balance Class 10:00 Water Aerobics @ ARC 12:00 Game Day: Light Lunch served*</p>	<p>20</p> <p>10:15 Yoga 12:00 Lunch 1:00 Senior Services Council</p>	<p>21</p> <p>10:00 Qigong 12:00 Lunch 1:30 Active Art @ AAM* 2-5 p.m. Power of Perspective @ Senior Center*</p>	<p>22</p> <p>9:15 Tone & Stretch 10:15 Yoga 12:00 Lunch 1:00 Intro to Enameling 1:30 Brush Up Your Bridge</p>	<p>23</p>
<p>24</p> <p>2:30-4:30 Knitters & Yarn Craft</p>	<p>25</p> <p>10:00 Water Aerobics @ ARC 10:15 Yoga 12:00 Lunch 1:30-4:00 Foot Care*</p>	<p>26</p> <p>9:00-11:00 Chat with a Gerontologist Redstone Senior Day: Keep Your Brain Alive* 10:00 Water Aerobics @ ARC 10:00 Balance Class 11:00 Elks Easter Lunch*</p>	<p>27</p> <p>10:15 Yoga 10:30 Book Club 12:00 Lunch 1:00 Active Art @ Senior Center*</p>	<p>28</p> <p>10:00 Qigong 12:00 Lunch</p>	<p>29</p> <p>9:15 Tone & Stretch 10:15 Yoga 12:00 Lunch 12:45 Pitco Library Info 1:30 Brush Up Your Bridge</p>	<p>30</p>
<p>31</p> <p>No Knit</p>						