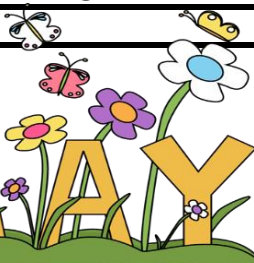



May 2018 Activities Calendar -- Pitkin County Senior Services 0275 Castle Creek Rd Aspen, CO 81611 920-5432

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4	5
		8:45 Yoga 10:00 Balance class 2:00 Alpine Legal sign up 920-5432	9:30 Pilates 11:00 AIM 12:00 Birthday Lunch 1:00 Dementia Prevention w/ Dr. Brooke Allen 7:00 Alzheimer's Support	8:45 Yoga 10:00 Balance Class 12:00 Lunch	9:30 Pilates 11:00 Live Wire Choir 12:00 Cinco de Mayo Party w/ Dwight Ferren 1:30 Active Art Aspen Art Museum	3:00-5:00 "Pre-Tech" computer class @ CMC Call Gina (970)424-9767
6	7	8	9	10	11	12
3-5 p.m. Knitting Group for info: Kathryn 925-4249	9 & 10:00 Tai Chi/Qigong 11:00 AIM 12:00 Lunch	8:45 Yoga 10:00 Balance class 11:00 Senior Center closes for spring cleaning afternoon	9:30 Pilates 11:00 AIM 12:45-2:00 Massages sign up 920-5432 2:30-4:00 Tech Help sign up 920-5432	8:45 Yoga 10:00 Balance Class 11-1 Food Pantry at CMC 255 Sage Way 12:00 Lunch	9:30 Pilates 11:00 Live Wire Choir 12:00 Lunch 1:00 Financial Literacy w/ Dan McCaslin	3:00-5:00 "Pre-Tech" computer class @ CMC
13	14	15	16	17	18	19
3:00 Lit Out Loud Library 3-5 p.m. Knitting	9 & 10:00 Tai Chi/Qigong 11:00 AIM 12:00 Lunch 10-4 Medicare appts. sign up 920-5432 12:45 Bookmobile	8:45 Yoga 10:00 Balance class 1:00 Total Brain Health series begins. Call 920-5432 to sign up	9:30 Pilates 11:00 AIM 12:00 Lunch 1:00-3:00 Senior Services Council	8:45 Yoga 10:00 Balance Class 10:30-12:30 Pitco Econ Asst & VSO at Senior Center 11-1 Lift Up 12:00 Lunch	9:30 Pilates 11:00 Live Wire Choir 12:00 Lunch 1:00-3:00 Friday Film: ACT's "Mame"	3:00-5:00 "Pre-Tech" computer class @ CMC
20	21	22	23	24	25	26
8:45 Breakfast RSVP 920-5432 3-5 p.m. Knitting	9 & 10:00 Tai Chi/Qigong 11:00 AIM 12:00 Lunch 1:00 50 Years of Desert Solitaire w/ Dr. Mark Coffey	8:45 Yoga 10:00 Balance class 12:00-2:00 Vets Coffee & Donuts at Pitco Library 1:00 TBH	9:30 Pilates 11:00 AIM 12:00 Lunch	8:45 Yoga 10:00 Balance Class 12:00 Lunch 12:45 Technology Scams w/ Mark Fetterhoff	9 - 4 Smiles for Seniors 309-2064 9:30 Pilates/11 Choir 12:00 Lunch 12:45 Newsletter Mailing Volunteers Wanted	3:00-5:00 "Pre-Tech" computer class @ CMC
27	28	29	30	31		
3-5 p.m. Knitting Group	Senior Center Closed for Memorial Day	8:45 Yoga 10:00 Balance class 1:00 TBH	9:30 Pilates 10:45 Book Club 11:00 AIM 12:00 Lunch	8:45 Yoga 10:00 Balance Class 12:00 Lunch 1:00 Religious Traditions: Hinduism 5:00 Deeksha Meditation	Weekly Grocery Shopping: Mondays at 1:15 Call 920-5432 for more info	