

MAY 2022 EVENTS CALENDAR

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
<p>1</p> <p>2:30-4:30 Knitters & Yarn Crafters</p>	<p>2</p> <p>10:00 Qigong 12:00 Lunch 12:00 Book Bike</p>	<p>3</p> <p>10:00 Balance Class</p>	<p>4</p> <p>10:15 Yoga 12:00 Lunch</p> <p>7:00 Alzheimer's Support Group</p>	<p>5</p> <p>12:00 Lunch 12:30 Mezcla Dance</p>	<p>6</p> <p>9:00 Tone & Stretch 10:15 Yoga 12:00 Lunch Bridge canceled</p>	<p>7</p>
<p>8</p> <p>2:30-4:30 Knitters & Yarn Crafters</p>	<p>9</p> <p>10:00 Qigong 12:00 Lunch 1:00 Ukelele Hawaiiana 2:00 Alpine Legal</p>	<p>10</p> <p>10:00 Balance Class Redstone Senior Day: Game Day</p>	<p>11</p> <p>10:15 Yoga 12:00 Lunch 1:00 History's Mysteries with Christi 1:30 Game Day Afternoon</p>	<p>12</p> <p>12:00 Lunch</p>	<p>13</p> <p>9:00 Tone & Stretch 10:15 Yoga 12:00 Lunch 1:00 Friday Flick: Nomadland 1:30 Brush Up Your Bridge</p>	<p>14</p>
<p>15</p> <p>2:30-4:30 Knitters & Yarn Crafters</p>	<p>16</p> <p>10:00 Qigong 12:00 Lunch</p>	<p>17</p> <p>10:00 Balance Class</p>	<p>18</p> <p>10:15 Yoga 12:00 Lunch 1:00 Senior Council 1:30 Game Day Afternoon</p>	<p>19</p> <p>12:00 Lunch 12:45 Massage with Cheryl Frymire</p>	<p>20</p> <p>9:00 Tone & Stretch 10:15 Yoga 12:00 Lunch 12:45 Neurobics & Brain Games 1:30 Brush Up Your Bridge</p>	<p>21</p> <p>1:00 Games & Pizza party at the Library</p>
<p>22</p> <p>2:30-4:30 Knitters & Yarn Crafters</p>	<p>23</p> <p>10:00 Qigong 12:00 Lunch</p>	<p>24</p> <p>10:00 Balance Class Redstone Senior Day: Dessert Buffet and Guest Speaker (TBD)</p>	<p>25</p> <p>10:15 Yoga 12:00 Lunch 12:45 Bingo with the Cops 1:30 Game Day Afternoon</p>	<p>26</p> <p>12:00 Lunch 1:00 Lisa Goddard Healing Sound Meditation</p>	<p>27</p> <p>9:00 Tone & Stretch 10:15 Yoga 12:00 Lunch 1:00 Religious Traditions 1:30 Brush Up Your Bridge</p>	<p>28</p>
<p>29</p> <p>2:30-4:30 Knitters & Yarn Crafters</p>	<p>30</p> <p>Senior Center Closed for Memorial Day Weekend</p>	<p>31</p> <p>9:00—3:15 Adventures in Mountain Art 10:00 Balance Class</p>			<p>WEEKLY GROCERY SHOPPING Mondays at 1:15 Call (970) 384-4897 for transportation info</p>	