

NOVEMBER 2018 EVENTS CALENDAR

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
	WEEKLY GROCERY SHOPPING Mondays at 1:15 Call (970) 920-5432 for more info			1 8:45 Yoga 10:00 Balance Class 12:00 Lunch 1:00 Diabetes Education 5:00 Deeksha Meditation 5:30 "Hard Rock Mining" at Pitkin County Library	2 8:00-11:00 Senior Health Fair at AVH 9:30 Pilates 12:00 Lunch	3 3:00-5:00 "Pre-Tech" computer class at CMC For info call Gina (970) 424-9767
4 3:00-5:00 Knitting Group. For information call Kathryn (970) 925- 4249	5 9:00 Tai Chi/Qigong 10:00 Tai Chi/Qigong 11:00 AIM 12:00 Lunch 1:00 Carla Wheeler, Mountain Rescue	6 8:45 Yoga 10:00 Balance Class 2:00 Alpine Legal 1:1 consultations Sign up 920-5432	7 9:30 Pilates 11:00 AIM 12:00 Birthday Lunch 7:00 Alzheimer's Support Group	8 8:45 Yoga 10:00 Balance Class 11:00-1:00 Food Pantry at Forest Service or CMC 12:00 Lunch 1:00 Diabetes Education Group	9 9:30 Pilates 12:00 Lunch	10 3:00-5:00 "Pre-Tech" computer class at CMC
11 3:00-5:00 Knitting Group	12 Senior Center closed for Veterans Day	13 8:45 Yoga 10:00 Balance Class	14 10-4:00 Medicare 1:1 appts with TJ Dufresne 920-5432 9:30 Pilates 11:00 AIM 12:00 Lunch 1:00 Sr Services Council 2:30 Circle of Friends Tech	15 8:45 Yoga/1:00 Balance 12:00 Lunch 12:00 Fraud-wise @ Pitco Library RSVP 303-894-2878 10:30-12:30 Economic Assistance & VSO 1:00 Diabetes Education	16 9:00-4:00 Smiles for Seniors at HS 309-2064 9:30 Pilates 12:00 Lunch	17 3:00-5:00 "Pre-Tech" computer class at CMC
18 3:00 Lit Out Loud at the Library 3:00-5:00 Knitting Group	19 9:00 Tai Chi/Qigong 10:00 Tai Chi/Qigong 11:00 AIM 12:00 Lunch 1:00 Healing from GMOs	20 8:45 Yoga 10:00 Balance Class	21 Fitness Classes Cancelled 12:00 Thanksgiving Lunch w/Dwight Ferren Remember to sign up 429-6161 by 11/19	22 Senior Center closed for Thanksgiving Holiday	23 Senior Center closed for Thanksgiving Holiday	24 3:00-5:00 "Pre-Tech" class at CMC
25 3:00-5:00 Knitting Group	26 9:00 Tai Chi/Qigong 10:00 Tai Chi/Qigong 11:00 AIM 12:00 Lunch 1:00 Monday Movie: Everest	27 8:45 Yoga 10:00 Balance Class 12:00-2:00 Vets Coffee at the Library	28 9:30 Pilates 11:00 AIM	29 8:45 Yoga 10:00 Balance Class 12:00 Lunch	30 9:30 Pilates 12:00 Lunch 1:30 Active Art at AAM	