

NOVEMBER 2022 EVENTS CALENDAR

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
		1 10:00 Balance Class 4:30 Medicare Basics and Open Enrollment Info @ Library	2 10:15 Yoga 10:30-12:30 Economic Assist. 12:00 Lunch 1:30 Game Day Afternoon	3 12:00 Lunch	4 9:00 Tone & Stretch 10:15 Yoga 12:00 Lunch 1:30 Brush Up Your Bridge 7:00 ACT: Mary Poppins	5
6 2:30-4:30 Knitters & Yarn Crafters	7 10:00 Qigong 12:00 Lunch 12:45 Foot Care	8 10:00 Balance Class	9 10:15 Yoga 12:00 Lunch 1:30 Game Day Afternoon	10 12:00 Lunch 1:30 History's Mysteries with Christi Couch	11 Senior Center Closed for Veterans Day	12
13 2:30-4:30 Knitters & Yarn Crafters	14 10:00 Qigong 12:00 Lunch 2:00 Alpine Legal	15 10:00 Balance Class Redstone Senior Day 1:30 Aspen Art Museum	16 10:15 Yoga 12:00 Lunch 1:00 Senior Council 1:30 Game Day Afternoon	17 12:00 Lunch 12:45 Fraud Prevention with APD	18 9:00 Tone & Stretch 10:15 Yoga 12:00 Lunch 1:00 Fall Centerpieces 1:30 Brush Up Your Bridge	19
20 2:30-4:30 Knitters & Yarn Crafters	21 10:00 Qigong 12:00 Lunch 1:00 Keeping Your Brain Alive	22 10:00 Balance Class	23 10:15 Yoga 12:00 Thanksgiving Lunch with Frank Todaro 1:30 Game Day Afternoon	24 Senior Center Closed for Thanksgiving	25 Senior Center Closed for Thanksgiving	26
27 2:30-4:30 Knitters & Yarn Crafters	28 10:00 Qigong 12:45 Foot Care	29 Redstone Senior Day Senior Center Closed for Staff Training	30 10:15 Yoga 12:00 Lunch 12:45 Massage with Joanne Johnson 1:30 Game Day Afternoon			