

# OCTOBER 2018 EVENTS CALENDAR

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
	<b>1</b> 9:00 Tai Chi/Qigong 10:00 Tai Chi/Qigong 11:00 AIM 12:00 Lunch	<b>2</b> 8:45 Yoga 10:00 Balance Class <b>2:00 Alpine Legal 1:1 consultations Sign up 920-5432</b>	<b>3</b> 9:30 Pilates 11:00 AIM 12:00 Birthday Lunch  <b>7:00 Alzheimer's Support Group</b>	<b>4</b> 8:45 Yoga 10:00 Balance Class 12:00 Lunch <b>1:00 Sing Along with Rich</b>  <b>5:00 Deeksha Meditation</b>	<b>5</b> 9:30 Pilates <b>12:00 Oktoberfest Lunch 12:30 Music by The Heartlanders</b>	<b>6</b> 3:00-5:00 "Pre-Tech" computer class at CMC For info call Gina (970) 424-9767
<b>7</b> 3:00-5:00 Knitting Group. For information call Kathryn (970) 925- 4249	<b>8</b> 9:00 Tai Chi/Qigong 10:00 Tai Chi/Qigong 11:00 AIM 12:00 Lunch <b>12:45-2:00 Massage 12:45 Book Bike visit</b>	<b>9</b> 8:45 Yoga 10:00 Balance Class <b>11:30 Yoga in Redstone 12:30 Lunch in Redstone 1:00 Program</b>	<b>10</b> 9:30 Pilates 11:00 AIM 12:00 Lunch <b>1:00 The Gut Microbiome with Sandy Holmes 2:30 Circle of Friends Tech Help</b>	<b>11</b> 8:45 Yoga 10:00 Balance Class <b>11:00-1:00 Food Pantry at Forest Service or CMC</b> 12:00 Lunch <b>1:00 Diabetes Education - sign up 920-5432</b>	<b>12</b> 9:30 Pilates 12:00 Lunch <b>1:00 200 Years of Frankenstein with Dr. Mark Coffey</b>	<b>13</b>          3:00-5:00 "Pre-Tech" computer class at CMC
<b>14</b>      3:00-5:00 Knitting Group	<b>15</b> <b>9:00</b> 10:00 Tai Chi/Qigong 11:00 AIM 12:00 Lunch <b>12:45 Post Op recovery tips w/ Heather Craven</b>	<b>16</b> 8:45 Yoga 10:00 Balance Class	<b>17</b> 9:30 Pilates 11:00 AIM 12:00 Lunch <b>1:00 Senior Services Council</b>	<b>18</b> 8:45 Yoga 10:00 Balance Class 12:00 Lunch <b>1:00 Diabetes Education</b>	<b>19</b> <b>9:00-3:30 Senior Law Day at Basalt Middle School 9:00-4:00 Smiles for Seniors at HS. 9:30 Pilates 12:00 Lunch</b>	<b>20</b>      3:00-5:00 "Pre-Tech" computer class at CMC
<b>21</b> <b>3:00 Lit Out Loud at the Library</b>  3:00-5:00 Knitting Group	<b>22</b> 9:00 Tai Chi/Qigong 10:00 Tai Chi/Qigong 11:00 AIM 12:00 Lunch <b>12:45 Pseudo Bulbar Affect info</b>	<b>23</b> 8:45 Yoga 10:00 Balance Class <b>12:00-2:00 Vets Coffee at the Library</b>	<b>24</b> <b>9:00-4:00 Medicare 1:1 appts with TJ Dufresne</b> 9:30 Pilates 11:00 AIM 12:00 Lunch <b>1:00 Foot Care Clinic</b>	<b>25</b> 8:45 Yoga/10:00 Balance 12:00 Lunch <b>10:30-12:30 Economic Assistance &amp; VSO 11:00-1:00 Lift Up 1:00 Diabetes Education</b>	<b>26</b> 9:30 Pilates 12:00 Lunch <b>1:00 Ageism &amp; Discrimination 1:30 Active Art at AAM</b>	<b>27</b>      3:00-5:00 "Pre-Tech" class
<b>28</b>      3:00-5:00 Knitting Group	<b>29</b> 9:00 Tai Chi/Qigong 10:00 Tai Chi/Qigong 11:00 AIM 12:00 Lunch	<b>30</b> <b>9:00-2:00 Senior Spooktacular in Redstone (for Crystal Valley Residents)</b> 8:45 Yoga 10:00 Balance Class	<b>31</b> 9:30 Pilates <b>10:45 Book Club</b> 11:00 AIM <b>12:00 Halloween Lunch &amp; Costume Party</b>	<b>WEEKLY GROCERY SHOPPING</b> Mondays at 1:15 Call (970) 920-5432 for more info		<b>Coming November 2 8:00-11:00 AM SENIOR HEALTH FAIR at AVH See page 2 for details</b>