

# OCTOBER 2023 EVENTS CALENDAR

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
<b>1</b> 2:30-4:30 Knitters & Yarn Crafters @ Library	<b>2</b> <b>Senior Center Closed</b> <b>Mother Cabrini Day</b>	<b>3</b> 10:00 Balance Class @ AVH conference room <b>10:00 WindWalkers visit</b>	<b>4</b> 10:30 Yoga @ ARC 12:00 Lunch @ HHS	<b>5</b> 10:00 Qigong @ ARC 10:00 Water Aerobics @ ARC 12:00 Lunch @ HHS <b>1:00 Medicare Open Enrollment info @ HHS</b>	<b>6</b> 10:30 Yoga @ ARC 12:00 Lunch @ HHS 1:30 Brush Up Your Bridge @ HHS	<b>7</b>
<b>8</b> 2:30-4:30 Knitters & Yarn Crafters @ Library	<b>9</b> 10:30 Yoga @ ARC 12:00 Lunch @ HHS <b>1:00 Active Art @ HHS</b>	<b>10</b> 10:00 Balance Class @ AVH conference room	<b>11</b> 10:30 Yoga @ ARC 12:00 Lunch @ HHS <b>12:45 Massage with Joanne Johnson @ HHS</b> <b>6:00 Tatvamasi Meditation @ Library</b>	<b>12</b> 10:00 Qigong @ ARC 10:00 Water Aerobics @ ARC 12:00 Lunch @ HHS <b>1:30 History's Mysteries @ Library</b>	<b>13</b> Yoga class canceled 12:00 Lunch @ HHS 1:30 Brush Up Your Bridge @ HHS	<b>14</b>
<b>15</b> 2:30-4:30 Knitters & Yarn Crafters @ Library	<b>16</b> 10:30 Yoga @ ARC 12:00 Lunch @ HHS <b>1:00 Watercolor Painting Intro @ HHS</b>	<b>17</b> <b>9:00-11:00 Chat with a Gerontologist @ HHS</b> <b>Redstone Senior Day: History's Mysteries</b> 10:00 Balance Class @ AVH conference room	<b>18</b> 10:30 Yoga @ ARC 12:00 Lunch @ HHS <b>1:00 Fresh Conversations: "Keeping Your Bones Healthy"</b> <b>1:00 Senior Services Council @ HHS</b>	<b>19</b> <b>9:00-4:00 Smiles for Seniors—to schedule, call 970-920-5420</b> 12:00 Lunch @ HHS	<b>20</b> 10:30 Yoga @ ARC 12:00 Lunch @ HHS <b>12:45 Music with Dan Sheridan</b> 1:30 Brush Up Your Bridge @ HHS	<b>21</b>
<b>22</b> 2:30-4:30 Knitters & Yarn Crafters @ Library	<b>23</b> 10:30 Yoga @ ARC 12:00 Lunch @ HHS	<b>24</b> 10:00 Balance Class @ AVH conference room	<b>25</b> <b>10:30 Book Club @ HHS</b> 10:30 Yoga @ ARC 12:00 Lunch @ HHS <b>2:30 Power of Perspective @ Library</b> <b>6:00 Tatvamasi Meditation @ Library</b>	<b>26</b> 10:00 Water Aerobics @ ARC 10:00 Qigong @ ARC 12:00 Lunch @ HHS	<b>27</b> 10:30 Yoga @ ARC 12:00 Lunch @ HHS <b>1:00 Sound Healing Meditation @ Library</b> 1:30 Brush Up Your Bridge @ HHS	<b>28</b>
<b>29</b> 2:30-4:30 Knitters & Yarn Crafters @ Library	<b>30</b> 10:30 Yoga @ ARC 12:00 Lunch @ HHS <b>Halloween Party</b>	<b>31</b> <b>Redstone Senior Day: Senior Spooktacular</b> <b>9:00-11:00 Chat with a Gerontologist @ HHS</b> 10:00 Balance Class @ AVH conference room				