

SEPTEMBER 2024 EVENTS CALENDAR

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
1 2:30-4:30 Knit & Yarn	2 Senior Services Closed For Labor Day	3 10:00 Water Aerobics @ ARC 10:00 Balance Class	4 10:15 Yoga Counselor Consults canceled 12:00 Lunch 12:45 Schaefer Welch music	5 10:00 Balance Class 11:00 Qigong 12:00 Lunch 5:00 Cycle of Memory at Basalt Library	6 <u>Tone & Stretch canceled</u> 10:15 Yoga 12:00 Lunch 1:30 Brush Up Your Bridge	7
8 2:30-4:30 Knitters & Yarn Crafts	9 10:30-12:30 Econ. Asst. 10:00 Water Aerobics @ ARC 10:15 Yoga 12:00 Lunch 1:00 Keep It Straight! 2:00 Alpine Legal*	10 9:00-11:00 Chat with a Gerontologist* 10:00 Water Aerobics @ ARC 10:00 Balance Class Redstone Senior Day: Pre/Post Surgery Nutrition*	11 10:15 Yoga 10:00 Counselor Consults* 12:00 Lunch 12:45 Massage* 1:00 Retirement Resources* 1:00 Canasta	12 10:00 Balance Class 11:00 Qigong 12:00 Lunch	13 9:15 Tone & Stretch 10:15 Yoga 12:00 Lunch 1:00 Maroon Bells Outing* 1:30 Brush Up Your Bridge	14
15 2:30-4:30 Knitters & Yarn Crafts	16 10:00 Water Aerobics @ ARC 10:15 Yoga 12:00 Lunch 12:00 Book Bike	17 9:00-11:00 Chat with a Gerontologist* 10:00 Water Aerobics @ ARC 10:00 Balance Class 2:00 Farewell to Summer: Build a Banana Split*	18 10:15 Yoga 10:00 Counselor Consults* 12:00 Lunch 1:00 Canasta 1:00 Senior Council	19 9:00-4:00 Smiles for Srs* 10:00 Balance Class 11:00 Qigong 12:00 Lunch 1:30 Active Art @ AAM*	20 9:15 Tone & Stretch 10:15 Yoga 12:00 Lunch 1:30 Brush Up Your Bridge 1:00 Nutrition Talk 3:00 Cycle of Memory @ Pitkin County Library	21
22 2:30-4:30 Knitters & Yarn Crafts	23 10:00 Water Aerobics @ ARC 10:15 Yoga 12:00 Lunch 1:00 Beautiful Berries with Sheehan Meagher @ ARC	24 10:00 Balance Class 10:00 Water Aerobics @ ARC 10:00-1:00 Veterans Services @ HS Building Redstone Senior Day: Brain Exercises*	25 10:15 Yoga 10:30 Book Club 10:00 Counselor Consults* 12:00 Lunch 1:00 Canasta 1:00 Active Art @ SC* 5:00 Alzheimer's Support	26 10:00 Balance Class 11:00 Qigong 12:00 Lunch 1:00 Falls Prevention 2:00 Sound Healing Meditation	27 9:15 Tone & Stretch 10:15 Yoga 12:00 Lunch 1:30 Brush Up Your Bridge 12:45 Visit from a Librarian	28 10:00 Fall Leaves Tour*
29 2:30-4:30 Knit & Yarn	30 10:00 Water Aerobics @ ARC 10:15 Yoga 12:00 Oktoberfest Lunch* 1:30 Foot Care*				*RSVP for these programs at (970) 920-5432 RSVP for Senior Center lunches at (970) 429-6161	