

SEPTEMBER 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 3:00-5:00 "Pre-Tech" computer class at CMC For info call Gina (970) 424-9767
2 3:00-5:00 Knitting Group. For information call Kathryn (970) 925- 4249	3 Senior Center Closed for Labor Day	4 8:45 Yoga 10:00 Balance Class 2:00 Alpine Legal consultations Sign up 920-5432	5 9:30 Pilates 11:00 AIM 12:00 Lunch 7:00 Alzheimer's Support Group	6 8:45 Yoga 10:00 Balance Class 12:00 Lunch 5:00 Deeksha Meditation 5:30 Community Conversation—Redstone	7 9:30 Pilates 12:00 Lunch 1:00-2:00 Community Conversation with Alpine Area Agency on Aging	8 3:00-5:00 "Pre-Tech" computer class at CMC
9 1:00-3:00 Lit Out Loud at the Library 3:00-5:00 Knitting Group	10 9:00 Class Cancelled 10:00 Tai Chi/Qigong 11:00 AIM 12:00 Lunch 12:45-2:00 Massage 12:45 Book Bike visit	11 Fitness Classes Cancelled 9:00-1:00 AARP Driver Safety Class Sign up 920-5432	12 9:30 Pilates 11:00 AIM 12:00 Lunch 12:45 CORE Energy Assessments & Upgrades	13 8:45 Yoga 10:00 Balance Class 11:00-1:00 Redstone Chat & Yoga 12:00 Lunch 11:00-1:00 Food Pantry at CMC 255 Sage Way	14 9:30 Pilates 12:00 Lunch 1:00 Genealogy with Sue Jackson	15 3:00-5:00 "Pre-Tech" computer class at CMC
16 3:00-5:00 Knitting Group	17 9:00 Tai Chi/Qigong 10:00 Tai Chi/Qigong 11:00 AIM 12:00 Lunch 1:00 Preventing Falls	18 8:45 Yoga 10:00 Balance Class	19 9:30 Pilates 11:00 AIM 12:00 Lunch 1:00-3:00 Senior Services Council	20 8:45 Yoga/10:00 Balance 12:00 Lunch 10:30-12:30 Economic Assistance & VSO 11:00-1:00 Lift Up 1:00 Grandparent Rights	21 9:00-4:00 Smiles for Seniors at HS. Call Kelly to sign up 309-2064 9:30 Pilates 12:00 Lunch 1:00 Mack Bailey	22 10:00 Rotary Fall Leaves Tour 3:00-5:00 "Pre-Tech" class
23 3:00-5:00 Knitting Group	24 9:00 Tai Chi/Qigong 10:00 Tai Chi/Qigong 11:00 AIM 12:00 Lunch 1:00 Pick-A-Flick	25 8:45 Yoga 10:00 Balance Class 12:00-2:00 Vets Coffee at the Library	26 9:00-4:00 Medicare 1:1 appts with TJ Dufresne 9:30 Pilates 10:45 Book Club 11:00 AIM 12:00 Lunch	27 8:45 Yoga 10:00 Balance Class 12:00 Lunch	28 9:30 Pilates 12:00 Lunch 1:30 Active Art at Aspen Art Museum	29 3:00-5:00 "Pre-Tech" computer class at CMC
30 3:00-5:00 Knitting Group						