

MONTROSE PAVILION SENIOR CENTER CALENDAR AUGUST 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>For general information call Cindy at 252-4884.</p> <p>(*) <i>Resource Services Program.</i> Call Marilynn at 252-1040 for more information.</p>			<p>1 50+ TRIP — Silver Basin</p> <p>9:00 Moving w/Mike DVD 9:45 Zumba DVD 1-3 Cribbage 1-3 Mahjong 1-3 Black Canyon Woodcarvers 1-4 Hand & Foot</p>	<p>2 50+ TRIP — Imogene</p> <p>8:30-12 Reflexology 9:00 Stretch Exercise 9-12 Coffee Time</p> <p style="text-align: center;">SENIOR CENTER BALLROOM CLOSED AFTER LUNCH</p>
<p>5</p> <p>9:00 Stretch Exercise 9:00 Tai Chi Chih Practice (Crafts Room) 9:45 Chair Yoga 11-12 Closed Group Mtg. (Crafts Room) 1-2 Golden Circle Meeting 1-4 Bridge 4-6 Jam Session 4-6 Line Dancing</p>	<p>6</p> <p>8:30-12 Creative Arts 9-3 Pedicures 9:00 Moving w/Mike led by Veronica 9:45 Zumba DVD 9:45-11:30 Crafty Chatty 1:00 (*) "Young at Heart" 1-3 Mahjong</p>	<p>7</p> <p>9:00 Stretch Exercise 10-12 Painting on Glass 1-3 Learn to Smashbook 1-3:30 Texas Hold'em Tournament</p>	<p>8 50+ TRIP — Silver Basin</p> <p>9:00 Moving w/Mike DVD 9:45 Zumba DVD 1-3 Cribbage 1-3 Mahjong 1-3 Black Canyon Woodcarvers 1-4 Hand & Foot</p>	<p>9</p> <p>9:00 Stretch Exercise 9-12 Coffee Time 1-4 Bridge</p> <p style="text-align: center;">SENIOR CENTER BALLROOM CLOSED AFTER LUNCH</p> <p style="text-align: center;">Saturday, August 10 SATURDAY NIGHT DANCE <i>Music by Ghost River</i> 7:30-11 pm</p> <p style="text-align: center;">Sunday, August 11 50+ TRIP — Telluride Chamber Music Festival</p>
<p>12</p> <p>9:00 Stretch Exercise 9:00 Tai Chi Chih Practice (Crafts Room) 9-3 Chair Massage 1-4 Bridge 4-6 Jam Session 4-6 Line Dancing</p>	<p>13</p> <p>8:30-12 Creative Arts 9:00 Moving w/Mike DVD 9:45 Zumba DVD 9:45-11:30 Crafty Chatty 10:45-11:30 Blood Pressure Checks 1:00 (*) "No Individual Heroes" 1:00 Smartphone Help 1-3 Mahjong</p>	<p>14 50+ OVERNIGHT TOUR — Creede</p> <p>9:00 Stretch Exercise 10-12 Painting on Glass 1-3 Learn to Smashbook 1-2 Bingo (with Valley Manor)</p>	<p>15 50+ OVERNIGHT TOUR — Creede</p> <p>9:00 Moving w/Mike DVD 9:45 Zumba DVD 1-3 Cribbage 1-3 Mahjong 1-3 Black Canyon Woodcarvers 1-4 Hand & Foot</p>	<p>16</p> <p>9:00 Stretch Exercise 9-12 Coffee Time</p> <p style="text-align: center;">SENIOR CENTER BALLROOM CLOSED AFTER LUNCH</p>
<p>19</p> <p>9:00 Stretch Exercise 9:00 Tai Chi Chih Practice (Crafts Room) 9:45 Chair Yoga 1:00 (*) "Why Walk the Camino de Santiago" 1-4 Bridge 4-6 Jam Session 4-8 Monday Night Out 6-8 Line Dancing 6:15-8 Latin Dancing</p>	<p>20</p> <p>8:30-12 Creative Arts 9-3 Pedicures 9:00 Moving w/Mike DVD 9:45 Zumba DVD 9:45-11:30 Crafty Chatty 1-3 Mahjong 1-3:30 Omaha Poker Tourney</p>	<p>21</p> <p>9:00 Stretch Exercise 1-3 Bingo (with Joy)</p>	<p>22</p> <p>9:00 Moving w/Mike DVD 9:45 Zumba DVD 1-3 Cribbage 1-3 Mahjong 1-3 Black Canyon Woodcarvers 1-4 Hand & Foot</p>	<p>23</p> <p>9:00 Stretch Exercise 9-12 Coffee Time 1-4 Bridge</p> <p style="text-align: center;">Saturday, August 24 SATURDAY NIGHT DANCE <i>Music by Thin Air</i> 7:30-11 pm</p>
<p>26</p> <p>9:00 Stretch Exercise 9:00 Tai Chi Chih Practice (Crafts Room) 1-3:30 Texas Hold'em 1-4 Bridge 4-6 Jam Session 4-6 Line Dancing</p>	<p>27 50+ HIKE — Lizard Head Pass</p> <p>8:30-12 Creative Arts 9:00 Moving w/Mike DVD 9:45 Zumba DVD 9:45-11:30 Crafty Chatty 10-3 Chair Massage 1:00 Smartphone Help 1-3 Mahjong 1-3:30 Omaha Poker</p>	<p>28</p> <p>9:00 Stretch Exercise 1-2 Bingo (with Valley Manor)</p>	<p>29 50+ TRIP — West Elk Mine Tour</p> <p>9:00 Moving w/Mike DVD 9:45 Zumba DVD 1-3 Cribbage 1-3 Mahjong 1-3 Black Canyon Woodcarvers 1-4 Hand & Foot</p>	<p>30</p> <p>9:00 Stretch Exercise 9-12 Coffee Time</p>