


MONTROSE PAVILION SENIOR CENTER CALENDAR OCTOBER 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 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 1-3 Mahjong	2 9:00 Stretch Exercise 10:30-11:30 Folk Dancing 12:30-3 Ceramics 1-3:30 Texas Hold'em Tournament	3 50+ TOUR — Tours in Cedaredge 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	4 8:30-12 Reflexology 9:00 Stretch Exercise 9-12 Coffee Time
7 9:00 Stretch Exercise 9:00 Tai Chi Chih Practice (Crafts Room) 9-3 Chair Massage 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	8 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 in dining room 1:00 (*) "Maintain Your Muscle Mass" 1:00 Smartphone Help 1-3 Mahjong	9 9:00 Stretch Exercise 10:30-11:30 Folk Dancing 12:30-3 Ceramics 1-2 Bingo (with Valley Manor)	10 50+ HIKE — Mica Mine 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	11 50+ HIKE — Mica Mine 9:00 Stretch Exercise 9-12 Coffee Time 1-4 Bridge BALLROOM CLOSED AFTER LUNCH Saturday, October 12 SATURDAY NIGHT DANCE <i>Music by The Scenes</i> 7:30-11 pm
14 PAVILION CLOSED In Observance of COLUMBUS DAY 	15 50+ TOUR — Local Arts Scene Tour 8:30-12 Creative Arts 9-3 Pedicures 9:00 Moving w/Mike DVD 9:45 Zumba DVD 9:45-11:30 Crafty Chatty 1:00 (*) "The 1776 Expedition of Dominguez and Escalante" 1-3 Mahjong 1-3:30 Omaha Poker Tourney	16 9:00 Stretch Exercise 10:30-11:30 Folk Dancing 12:30-3 Ceramics 1-3 Bingo (with Joy)	17 50+ TRIP — Palisade Insectary 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	18 9:00 Stretch Exercise 9-12 Coffee Time 12:00 90s Club BALLROOM CLOSED AFTER LUNCH
21 9:00 Stretch Exercise 9:00 Tai Chi Chih Practice (Crafts Room) 9:45 Chair Yoga 1:00 (*) "Medicare Open Enrollment Help" 1-4 Bridge 4-6 Jam Session 4-8 Monday Night Out 6-8 Line Dancing 6:15-8 Latin Dancing	22 50+ TOUR — Overnight to Towaoc 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 1-3 Mahjong 1-3:30 Omaha Poker	23 9:00 Stretch Exercise 10:30-11:30 Folk Dancing 12:30-3 Ceramics 1-2 Bingo (with Valley Manor)	24 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	25 9:00 Stretch Exercise 9-12 Coffee Time 1-4 Bridge BALLROOM CLOSED AFTER LUNCH Saturday, October 26 SATURDAY NIGHT DANCE <i>Music by New Vision</i> 7:30-11 pm
28 9:00 Stretch Exercise 9:00 Tai Chi Chih Practice (Crafts Room) 9:45 Chair Yoga 1-3:30 Texas Hold'em 1-4 Bridge 4-6 Jam Session 4-6 Line Dancing	29 8:30-12 Creative Arts 9-3 Pedicures 9:00 Moving w/Mike DVD 9:45 Zumba DVD 9:45-11:30 Crafty Chatty 10-3 Chair Massage 1-3 Mahjong 1-3:30 Omaha Poker	30 9:00 Stretch Exercise 10:30-11:30 Folk Dancing 12:30-3 Ceramics	31 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	For general information call Cindy at 252-4884. (*) Resource Services Program. Call Marilyn at 252-1040 for more information.