

MONTROSE PAVILION SENIOR CENTER CALENDAR FEBRUARY 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 8:30-12 Reflexology 9:00 Stretch Exercise Saturday, February 2 50+ TRIP — Opera Carmen
4 50+ TRIP — Taste of the Grand Valley 9:00 Stretch Exercise 9:00 Tai Chi Chih Practice (Crafts Room) 11-12 Closed Group Mtg. (Crafts Room) 1:00 Golden Circle Meeting 1-4 Bridge 4-6 Jam Session 4-6 Line Dancing	5 8:30-12 Creative Arts 9-3 AARP Tax-Aide 9-3 Pedicures 9:00 Moving w/Mike DVD 9:45 Zumba DVD 9:45-11:30 Crafty Chatty 1-3 Bunco 1-3 Mahjong	6 9:00 Stretch Exercise 12:30-3 Ceramics 1-3:30 Texas Hold'em Tournament	7 50+ TRIP — Evening Out in Montrose 9-3 AARP Tax-Aide 9:00 Moving w/Mike DVD 9:45 Zumba DVD 1-3 Cribbage 1-3 Mahjong 1-4 Hand & Foot	8 9:00 Stretch Exercise 1-4 Bridge 11-1 Blood Drive Saturday, February 9 SATURDAY NIGHT DANCE <i>Music by Ghost River</i> 7:30-11 pm
11 8:45-3 Chair Massage w/ Donna 9:00 Stretch Exercise 9:00 Tai Chi Chih Practice (Crafts Room) 1:00 (*) Lunch 'n' Learn "Travelogue of Utah State Parks" 1-4 Bridge 4-6 Jam Session 4-8 Monday Night Out 6-8 Line/Latin Dancing (different rooms)	12 8:30-12 Creative Arts 9-3 AARP Tax-Aide 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 Smartphone Help with Marc Hitchcox 1-3 Mexican Train 1-3 Mahjong	13 9:00 Stretch Exercise 12:30-3 Ceramics 1-2 Bingo (with Valley Manor)	14 50+ HIKE—Miramonte Rim Trail (tentative) 9-3 AARP Tax-Aide 9:00 Moving w/Mike DVD 9:45 Zumba DVD 1-3 Black Canyon Woodcarvers 1-3 Cribbage 1-3 Mahjong 1-4 Hand & Foot	15 8:30-12 Reflexology 9:00 Stretch Exercise
18 PAVILION CLOSED 	19 50+ TRIP—Snowshoeing 8:30-12 Creative Arts 9-3 AARP Tax-Aide 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 Tournament	20 9:00 Stretch Exercise 12:30-3 Ceramics 1-3 Bingo (with Joy)	21 50+ TRIP — Evening Out in Montrose 9-3 AARP Tax-Aide 9-3 Dental Hygiene 9:00 Moving w/Mike DVD 9:45 Zumba DVD 1-3 Cribbage 1-3 Mahjong 1-4 Hand & Foot	22 9:00 Stretch Exercise 1-4 Bridge BALLROOM CLOSED AFTER LUNCH Saturday, February 23 SATURDAY NIGHT DANCE <i>Music by New Vision</i> 7:30-11 pm
25 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	26 8:30-12 Creative Arts 9-3 AARP Tax-Aide 9:00 Moving w/Mike DVD 9:45 Zumba DVD 9:45-11:30 Crafty Chatty 10-3 Chair Massage w/ Michele 1:00 Smartphone Help with Marc Hitchcox 1-3 Mahjong 1-3:30 Omaha Poker	27 9:00 Stretch Exercise 12:30-3 Ceramics 1-2 Bingo (with Valley Manor)	28 9-3 AARP Tax-Aide 9:00 Moving w/Mike DVD 9:45 Zumba DVD 1-3 Cribbage 1-3 Mahjong 1-4 Hand & Foot	For general information call Cindy at 252-4884. (*) Resource Services Program. Call Marilyn at 252-1040 for more information.