


MONTROSE PAVILION SENIOR CENTER CALENDAR MAY 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>For general information call Cindy at 252-4884.</p> <p>(*) Resource Services Program. Call Marilyn at 252-1040 for more information.</p>		<p>1 9:00 Stretch Exercise 12:30-3 Ceramics 1-3:30 Texas Hold'em Tournament</p>	<p>2 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>3 8:30-12 Reflexology 9:00 Stretch Exercise 10-12 Coffee Klatsch</p>
<p>6 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>7 8:30-12 Creative Arts 9:00 Moving w/Mike DVD 9:45 Zumba DVD 9:45-11:30 Crafty Chatty 1:00 (*) "The History of Ouray Through Photography" Lunch 'n' Learn 1-3 Mahjong</p>	<p>8 9:00 Stretch Exercise 12:30-3 Ceramics 1-2 Bingo (with Valley Manor)</p>	<p>9 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>10 50+ TRIP — Borden Farms and Gateway Auto Museum 9:00 Stretch Exercise 10-12 Coffee Klatsch 1-4 Bridge Saturday, May 11 SATURDAY NIGHT DANCE <i>Music by the Lugnuts</i> 7:30-11 pm</p>
<p>13 9:00 Stretch Exercise 9:00 Tai Chi Chih Practice (Crafts Room) 9-3 Chair Massage with Donna Rister 1:00 (*) "History of the Bachelor Syracuse Mine" 1-4 Bridge 4-6 Jam Session 4-6 Line Dancing</p>	<p>14 8:30-12 Creative Arts 9-3 Pedicures 9:00 Moving w/Mike DVD 9:45 Zumba DVD 9:45-11:30 Crafty Chatty 10:45-11:30 Blood Pressure Checks 1:00 Smartphone Help 1-3 Mahjong</p>	<p>15 9:00 Stretch Exercise 12:30-3 Ceramics 1-3 Bingo (with Joy)</p>	<p>16 50+ TRIP — Paleo Camp 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>17 9:00 Stretch Exercise 10-12 Coffee Klatsch BALLROOM CLOSED AFTER LUNCH FOR EVENT SET-UP</p>
<p>20 9:00 Stretch Exercise 9:00 Tai Chi Chih Practice (Crafts Room) 9:45 Chair Yoga 1-4 Bridge 4-6 Jam Session (CANCELLED) 4-8 Magical Musical Mystery Dance Fundraiser 6-8 Line Dancing (CANCELLED) 6-8 Latin Dancing</p>	<p>21 50+ HIKE — Curecanti Creek Trail 8:30-12 Creative Arts 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>22 9:00 Stretch Exercise 12:30-3 Ceramics 1-2 Bingo (with Valley Manor)</p>	<p>23 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>24 9:00 Stretch Exercise 1-4 Bridge 10-12 Coffee Klatsch Saturday, May 25 SATURDAY NIGHT DANCE <i>Music by New Vision</i> 7:30-11 pm</p>
<p>27 MEMORIAL DAY Pavilion Closed </p>	<p>28 50+ TRIP — Rafting 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 w/ Michele 1:00 Smartphone Help 1-3 Mahjong 1-3:30 Omaha Poker</p>	<p>29 9:00 Stretch Exercise 12:30-3 Ceramics</p>	<p>30 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>31 9:00 Stretch Exercise 10-12 Coffee Klatsch</p>