


## MONTROSE PAVILION SENIOR CENTER CALENDAR SEPTEMBER 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>3</b></p> <div style="border: 1px solid black; padding: 5px; text-align: center; font-weight: bold; font-size: 1.2em;">           CLOSED ON LABOR DAY         </div>	<p><b>4</b></p> <p>8:30 Creative Arts 9-3 Pedicures 9:00 Moving w/Mike DVD 9:45 Zumba DVD 9:45 Crafty Chatty 1:00 (*) "History of Greenhouses" 1-3 Bunco 1-3 Mahjong</p>	<p><b>5</b></p> <p>9:00 Stretch Exercise 12:30 Ceramics 1-3 Texas Hold'em Tournament</p>	<p><b>6</b></p> <p>9:00 Moving w/Mike DVD 9:45 Zumba DVD 1-3 Black Canyon Woodcarvers 1-3 Cribbage 1-4 Hand &amp; Foot</p>	<p><b>7</b></p> <p>9:00 Stretch Exercise 1:00 (*) AARP Colorado State Tour Presentation</p> <p style="text-align: center;"><b>Saturday, Sept. 8</b> <b>SATURDAY NIGHT DANCE</b> <i>Music by New Vision</i> 7:30-11 pm</p>
<p><b>10</b></p> <p>9:00 Stretch Exercise 9:00 Tai Chi Chih Practice (Crafts Room) 10:45-11:30 Blood Pressure Checks 11-12 Closed Group Mtg. (Crafts Room) 1:00 Golden Circle Meeting 1-4 Bridge 4-6 Jam Session 4-6 Line Dancing</p>	<p><b>11</b></p> <p><b>50+ TRIP—Casino (Towaoc)</b></p> <p>8:30 Creative Arts 9:00 Moving w/Mike DVD 9:45 Zumba DVD 9:45 Crafty Chatty 1:00 (*) Lunch &amp; Learn "Feed Your Brain" 1-3 Mexican Train 1-3 Mahjong</p>	<p><b>12</b></p> <p>9:00 Stretch Exercise 11-12 Lewy Body, Alzheimer's &amp; Dementia Support Group (Crafts Room) 12:30 Ceramics 1-2 Bingo (with Valley Manor)</p>	<p><b>13</b></p> <p><b>9-3 Dental Hygiene</b></p> <p>9:00 Moving w/Mike DVD 9:45 Zumba DVD 1-3 Black Canyon Woodcarvers 1-3 Cribbage 1-4 Hand &amp; Foot</p>	<p><b>14</b></p> <p>8:30-12 Reflexology 9:00 Stretch Exercise 1-4 Bridge</p>
<p><b>17</b></p> <p>9:00 Stretch Exercise 9:00 Tai Chi Chih Practice (Crafts Room) 10-11 Tai Chi Chih Class 1:00 (*) "All Aboard the Silverton Train" 1-4 Bridge 4-6 Jam Session 4-8 Monday Night Out 6-8 Line Dancing / Latin Dancing (diff. rooms) 6:15-8 Montrose Connection (Montrose Library Community Room)</p>	<p><b>18</b></p> <p>8:30 Creative Arts 9:00 Moving w/Mike DVD 9:45 Zumba DVD 9:45 Crafty Chatty 1-3 Omaha Poker Tournament 1-3 Mahjong</p>	<p><b>19</b></p> <p>9:00 Stretch Exercise 12:30 Ceramics 12:30 Painting on Glass 1-3 Binge (Cancelled)</p> <p style="text-align: center;"><b>Dining Room CLOSED After Lunch for BeaconFest Set-up</b></p>	<p><b>20</b></p> <p><b>50+ TRIP—Hike</b></p> <div style="text-align: center;">  </div> <p><del>9:00 Moving w/Mike DVD</del> 9:45 Zumba DVD 1-3 Black Canyon Woodcarvers 1-3 Cribbage 1-4 Hand &amp; Foot (Crafts Room)</p>	<p><b>21</b></p> <p>9:00 Stretch Exercise</p> <p style="text-align: center;"><b>Saturday, Sept. 22</b> <b>SATURDAY NIGHT DANCE</b> <i>Music by Ghost River</i> 7:30-11 pm</p>
<p><b>24</b></p> <p>9:00 Stretch Exercise 9:00 Tai Chi Chih Practice (Crafts Room) 10-11 Tai Chi Chih Class 1-3 Texas Hold'em 1-4 Bridge 4-6 Jam Session 4-6 Line Dancing</p>	<p><b>25</b></p> <p>8:30 Creative Arts 9:00 Moving w/Mike DVD 9:45 Zumba DVD 9:45 Crafty Chatty 10-3 Chair Massage w/ Michele 1:00 Premier World Discovery Presentation on 2019 Trips 1-3 Omaha Poker 1-3 Mahjong</p>	<p><b>26</b></p> <p>9:00 Stretch Exercise 11-12 Lewy Body, Alzheimer's &amp; Dementia Support Group (Crafts Room) 12:30 Ceramics 1-2 Bingo (with Valley Manor)</p>	<p><b>27</b></p> <p><b>50+ TRIP—Fall Colors</b></p> <p>9:00 Moving w/Mike DVD 9:45 Zumba DVD 1-3 Black Canyon Woodcarvers 1-3 Cribbage 1-4 Hand &amp; Foot</p>	<p><b>28</b></p> <p>9:00 Stretch Exercise 1-4 Bridge</p> <p style="text-align: center;"><b>Dining Room Closed After Lunch for Event Set-up</b></p> <p style="text-align: center;"><b>Saturday, Sept. 29</b> <b>50+ TRIP—Mountain Harvest Festival Farm Tours</b></p>
				<p>For general information call Cindy at 252-4884.</p> <p>(*) Resource Services Program. Call Marilynn at 252-1040 for more information.</p>