

MONTROSE PAVILION SENIOR CENTER CALENDAR APRIL 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1 Registration for 50+ trips opens today. Call 249-7705 to register. 9:00 Stretch Exercise 9:00 Tai Chi Chih Practice (Crafts Room) 9:45 NEW! 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>2 8:30-12 Creative Arts 9-3 AARP Tax-Aide 9-3 Pedicures (in the Rec Center Party Rooms) 9:00 Moving w/Mike DVD 9:45 Zumba DVD 9:45-11:30 Crafty Chatty 1:00 (*) "It's in the Air" Lunch 'n' Learn 1-3 Mahjong</p>	<p>3 9:00 Stretch Exercise 12:30-3 Ceramics 1-3:30 Texas Hold'em Tournament</p>	<p>4 50+ HIKE — No Thoroughfare Canyon 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</p>	<p>5 8:30-12 Reflexology 9:00 Stretch Exercise 10-12 Coffee Katsch</p> <p style="text-align: center;">Saturday, April 6 Golden Circle Yard and Bake Sale <u>THIS EVENT HAS BEEN CANCELLED!</u></p>
<p>8 9:00 Stretch Exercise 9:00 Tai Chi Chih Practice (Crafts Room) 9-3 Chair Massage w/ Donna 1:00 (*) "Spring Creek Raptors - Bird Photography" 1-4 Bridge 4-6 Jam Session 4-6 Line Dancing</p>	<p>9 50+ TRIP — Montrose Business Tours 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 1-3 Mahjong</p>	<p>10 9:00 Stretch Exercise 12:30-3 Ceramics 1-2 Bingo (with Valley Manor)</p>	<p>11 9-3 FINAL DAY of AARP Tax-Aide 9:00 Moving w/Mike DVD 9:45 Zumba DVD 1-3 Cribbage 1-3 Mahjong 1-4 Hand & Foot</p>	<p>12 9:00 Stretch Exercise 10-12 Coffee Katsch 1-4 Bridge</p> <p style="text-align: center;">BALLROOM CLOSED AFTER LUNCH FOR EVENT SET-UP Saturday, April 13 SATURDAY NIGHT DANCE <small>CANCELLED DUE TO SENIOR PROM</small></p>
<p>15 9:00 Stretch Exercise 9:00 Tai Chi Chih Practice (Crafts Room) 9:45 NEW! Chair Yoga 1:00 (*) "History of American Barns" 1-4 Bridge 4-6 Jam Session 4-8 Monday Night Out 6-8 Line Dancing / Latin Dancing (different rooms)</p>	<p>16 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 Tournament</p>	<p>17 9:00 Stretch Exercise 12:30-3 Ceramics 1-3 Bingo (with MRD)</p>	<p>18 50+ TRIP — Crawford Business Tours 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>19 9:00 Stretch Exercise 10-12 Coffee Katsch</p> <p style="text-align: center;">BALLROOM CLOSED AFTER LUNCH FOR EVENT SET-UP</p>
<p>22 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>23 50+ TRIP — Montrose Music & Arts Tours 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 w/ Michele 1:00 Smartphone Help 1-3 Mahjong 1-3:30 Omaha Poker</p>	<p>24 9:00 Stretch Exercise 12:30-3 Ceramics 1-2 Bingo (with Valley Manor)</p>	<p>25 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>26 9:00 Stretch Exercise 1-4 Bridge 10-12 Coffee Katsch</p> <p style="text-align: center;">Saturday, April 27 SATURDAY NIGHT DANCE <i>Music by Ghost River</i> 7:30-11 pm</p>
<p>29 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>30 50+ TRIP — Nucla/ Naturita 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 1-3 Mahjong 1-3:30 Omaha Poker</p>			<p>For general information call Cindy at 252-4884.</p> <p>(*) Resource Services Program. Call Marilyn at 252-1040 for more information.</p>