


## MONTROSE PAVILION SENIOR CENTER CALENDAR DECEMBER 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2</b> 9:00 Stretch Exercise 9:00 Tai Chi Chih Practice (Crafts Room) 10-10:45 Chair Yoga (Crafts Room) 10:45 Reiki 1-2 Golden Circle Meeting 1-4 Bridge 4-6 Jam Session 4-6 Line Dancing	<b>3</b> 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	<b>4</b> 9:00 Stretch Exercise 9:00 MRD Staff Meeting in Crafts Room 12:30-3 Ceramics 1-3:30 Texas Hold'em Tournament	<b>5</b> 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	<b>6</b> 8:30-12 Reflexology 9:00 Stretch Exercise
<b>9</b> 9:00 Stretch Exercise 9:00 Tai Chi Chih Practice (Crafts Room) 9-3 Chair Massage 10-10:45 Chair Yoga (Crafts Room) 1-4 Bridge 4-6 Jam Session 4-6 Line Dancing	<b>10</b> <b>50+ HIKE — Kodels            Canyon</b> 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 Pres- sure Checks in din- ing room 1:00 (*) "Immunity 101" 1-3 Mahjong	<b>11</b> 9:00 Stretch Exercise 12:30-3 Ceramics 1:30 Card Making Class 1-3 Bingo (with Valley Manor)	<b>12</b> 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	<b>13</b> 9:00 Stretch Exercise 1-4 Bridge BALLROOM CLOSED AFTER LUNCH FOR EVENT SETUP Saturday, December 14 SATURDAY NIGHT DANCE Music by New Vision 7:30-11 pm
<b>16</b> 9:00 Stretch Exercise 9:00 Tai Chi Chih Practice (Crafts Room) 10-10:45 Chair Yoga (Crafts Room) 10:45 Reiki 1:00 Storytelling 1-4 Bridge 4-6 Jam Session 4-8 Monday Night Out 6-8 Line Dancing 6:15-8 Latin Dancing	<b>17</b> 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 1:00 (*) "1880s San Juan Pioneer Clergy" 1-3:30 Omaha Poker Tournament 1-3 Mahjong	<b>18</b> 9:00 Stretch Exercise 12:30-3 Ceramics 1-3 Bingo (with Joy)	<b>19</b> <b>50+ EVENT — Holiday            Lights and Dinner at            Ted Nelson's            Steakhouse</b> 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	<b>20</b> 9:00 Stretch Exercise 12:45 90s Club BALLROOM CLOSED AFTER LUNCH FOR EVENT SETUP
<b>23</b> SENIOR CENTER CLOSED FOR MAINTENANCE	<b>24</b> SENIOR CENTER CLOSED FOR MAINTENANCE	<b>25</b> SENIOR CENTER CLOSED FOR MAINTENANCE 	<b>26</b> SENIOR CENTER CLOSED FOR MAINTENANCE	<b>27</b> SENIOR CENTER CLOSED FOR MAINTENANCE
<b>30</b> SENIOR CENTER CLOSED FOR MAINTENANCE	<b>31</b> SENIOR CENTER CLOSED FOR MAINTENANCE – DURING THE DAY – OPEN FROM 9 PM - 1 AM NEW YEAR'S EVE DANCE MUSIC BY GHOST RIVER			For general information call Cindy at 252-4884. (*) Resource Services Program. Call Marilynn at 901-9914 for more information.