MONTROSE PAVILION SENIOR CENTER CALENDAR
OCTOBER— 2013

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 8:30 Circle of Friends Creative Arts 9:00 Moving with Mike 9:45 Zumba DVD 1:00 BUNCO No Computer Class	**2** 9:00 Stretch Exercise 1:00 Texas Hold'em 10-12 Ceramics 1-3 Ceramics	**3** 8:00 Hike Paonia Area 9:00 Moving with Mike 9:45-Zumba DVD 10:00 Billiard Tourney 10:45-Yoga 1-3 Black Canyon Woodcarvers 1-4 Cards and Games	**4** 9:00 Stretch Exercise 9:45-Zumba DVD 10-12 Aging Creatively ***5 (Saturday)*** ***Parade of Homes***
7 9:00 Stretch Exercise ***1:00 Golden Circle Meeting*** ***2:00 Sr. Advisory Meeting*** *1-4 Bridge* 4-6 Line Dancing 5-8 Pinochle 5:30 Cards and Games	**8** 8:30 Circle of Friends Creative Arts 9:00 Moving with Mike 9-11 Computer Class 9:45 Zumba DVD 1:00 NO Mexican Train 1:00 Fall Prevention Class	**9** 9:00 Stretch Exercise 1:00 Bingo (Valley Manor) 10-12 Ceramics 1-3 Ceramics	**10** 8:00 Hanging Flume / GatewayTour 9:00 Moving with Mike 9:45 Zumba DVD 10:45 Yoga 1-3 Black Canyon Woodcarvers 1-4 Cards and Games	**11** 8:30-12 Reflexology 9:00 Stretch Exercise *9:45*-Zumba DVD 1-4 Bridge ***12 (SATURDAY)*** ***SENIOR DANCE***
14 9:00-Stretch Exercise **COLUMBUS DAY** ***PAVILION CLOSED AFTER LUNCH***	**15** 8:30 Circle of Friends Creative Arts 9:00 Moving with Mike 9-11 Computer Class 9:45 Zumba DVD 1:00 Omaha Poker	**16** 9:00- Stretch Exercise 10:00 Billiard Tourney 1:00 Bingo (MRD) 10-12 Ceramics 1-3 Ceramics	**17** 9:00 Moving with Mike 9:45-Zumba DVD 10:45-Yoga 1-3 Black Canyon Woodcarvers 1-4 Cards and Games	**18** 9:00 Stretch Exercise *9:45* Zumba DVD 10-12 Aging Creatively ***19 (Saturday)*** ***Open House***
21 9:00 Stretch Exercise 1-4 Bridge 4-8-Senior Night Out 5-8 Pinochle 5:45 Hand and Foot 6:00 Line Dancing	**22** 8:30 Circle of Friends Creative Arts 9-9:30 Moving with Mike 9-11 Computer Class 9:45 Zumba DVD *10-3* Chair Massage 1:00 Fall Prevention Class 1:00 Omaha Poker	**23** 9:00 Stretch Exercise 1:00-Bingo (Valley Manor) 10-12 Ceramics 1-3 Ceramics	**24** 9:00 Moving with Mike 9:45 Zumba DVD 10:45 Yoga 1-1:30 Legal Guidance 1-3 Black Canyon Woodcarvers 1-4 Cards and Games	**25** 9:00-Stretch Exercise *9:45*-Zumba DVD 10-12 Aging Creatively 1-4 Bridge 12:30 Covered Bridge ***26 (SATURDAY)*** ***SENIOR DANCE***
28 9:00 Stretch Exercise 1:00 Texas Hold'em 1-4 Bridge 4-6 Line Dancing 5-8 Pinochle 5:30 Cards and Games *6:15–8* Ballroom Dance Practice	**29** 8:30 Shopping GJct 8:30 Circle of Friends Creative Arts 9:00 Moving with Mike 9:45 Zumba DVD	**30** 9:00 Stretch Exercise 10-12 Ceramics 1-3 Ceramics	**31** 9:00 Moving with Mike 9-3 Judy Fletcher *Pedicures* 9:45 Zumba DVD 10:45 Yoga 1-3 Black Canyon Woodcarvers 1-4 Cards and Games	