










# July 2022:

Monday – Friday

8 A.M – 5 P.M

(970)-542-3922



Monday	Tuesday	Wednesday	Thursday	Friday
				1 8 a.m. – 5 p.m.: Billiards 8:30-9:15: Senior Strength & Stretch 9:15: Morning Coffee 11-1: Meet & Eat 1-5: Concentrated Rummy 1-5: Pinochle/Bridge
4 SENIOR CENTER CLOSED FOR HOLIDAY. NO MEET & EAT MEAL SITE. 	5 8 a.m. – 5 p.m.: Billiards 8:30 – 9:15: Strong People Stay Healthy 9:15: Morning Coffee 11-1: Meet & Eat 1-5: Open Cards	6 8 a.m. – 5 p.m.: Billiards 8:30: Mindful Meditation 9:15: Morning Coffee 11-1: Meet & Eat 1:00: Bingo 12:30-4:30: Bridge 1-4: Mahjong 	7 8 a.m. – 5 p.m.: Billiards 8:30 – 9:15: Strong People Stay Healthy 9:15: Morning Coffee 11-1: Meet & Eat 12:30-4:30: Bridge 1-5: Open Cards	8 8 a.m. – 5 p.m.: Billiards 8:30 – 9:15 a.m.: Senior Strength & Stretch 9:15: Morning Coffee 11-1: Meet & Eat 2:00: Movie Afternoon 1-5: Concentrated Rummy 1-5: Pinochle 
11 8 a.m. -5 p.m.: Billiards 8:30-9:15: Senior Strength & Stretch 9:15: Morning Coffee 11-1: Meet & Eat 12:30-4:30: Bridge 1-4: Mahjong 1:30: Senior Advisory Meeting 	12 8 a.m. – 5p.m.: Billiards 8:30-9:15: Strong People Stay Healthy 9:15: Morning Coffee 11-1: Meet & Eat 1-5: Open Cards	13 8 a.m. – 5 p.m.: Billiards 9:15: Morning Coffee 11-1: Meet & Eat 1-4: Mahjong 4:00: SNO: Parts & Labor Brewery 1-5: Open Cards 	14 8 a.m. – 5 p.m.: Billiards 8:30-9:15: Strong People Stay Healthy 9:15: Morning Coffee 11-1: Meet & Eat 1-5: Open Cards	15 8 a.m. – 5 p.m.: Billiards 8:30-9:15: Senior Strength & Stretch 9:15: Morning Coffee 11-1: Meet & Eat 1-5: Concentrated Rummy 1-5: Pinochle/Bridge
18 8 a.m. – 5p.m.: Billiards 8:30-9:15: Senior Strength & Stretch 9:15: Morning Coffee 11-1: Meet & Eat 1-4: Mahjong 1-5: Open Cards	19 8 a.m. – 5 p.m.: Billiards 8:30-9:15: Strong People Stay Healthy 9:15: Morning Coffee 11-1: Meet & Eat 1-3: Crafting with Lisa 1-5: Open Cards 	20 8 a.m. – 5 p.m. Billiards 9:15: Morning Coffee 11-1: Meet & Eat 1-4: Mahjong 12:30-4:30: Bridge 1:00: Bingo 1-5: Billiards 1-5: Open Cards	21 8 a.m. – 5 p.m.: Billiards 8:30-9:15: Strong People Stay Healthy 9:15: Morning Coffee 11-1: Meet & Eat 12:30-4:30: Bridge 1-5: Open Cards	22 8 a.m. – 5 p.m.: Billiards 8:30-9:15: Senior Strength & Stretch 9:15: Morning Coffee 11-1: Meet & Eat 1-5: Pinochle 2-4: Red, White, & Blue w/the Crew Party 
25 8 a.m. – 5 p.m.: Billiards 8:30: Senior Strength & Stretch 9: Depart for Wings Over the Rockies Air & Space Museum 9:15: Morning Coffee 11-1: Meet & Eat 12:30-4:30: Bridge 1-4: Mahjong 1-5: Open Cards 	26 8 a.m. – 5 p.m. Billiards 8:30 – 9:15: Strong People Stay Healthy 9:15: Morning Coffee 11-1: Meet & Eat 1-5: Open Cards	27 8 a.m. – 5 p.m. Billiards 9:15: Morning Coffee 11-1: Meet & Eat 1-4: Mahjong 1:00: Bunco 1-5: Open Cards	28 8 a.m. – 5 p.m.: Billiards 8:30-9:15: Strong People Stay Healthy 9:15: Morning Coffee 11-1: Meet & Eat 1-5: Open Cards	29 8 a.m. – 5 p.m.: Billiards 8:30-9:15: Senior Strength & Stretch 9:15: Morning Coffee 11-1: Meet & Eat 1-5: Pinochle 2-4: July Birthdays' Party 

## Events:

**Mindful Meditation with Madeline: 7/6/22: 8:30 a.m. – 9:30 a.m.:** A new group class being offered at the Senior Center once a month on a Wednesday. Indoor and outdoor class focused on teaching different meditation and stress management techniques. Includes guided meditation, mindfulness exercise, and group discussion. Chair meditation or feel free to bring your own mat or rug.

**Friday Movie Afternoon: Breakfast at Tiffany's: 7/8/22: 2:00-4 p.m.:** Grab a seat, get ready for lights, camera, action! Movie featured: **Breakfast at Tiffany's**. Presentation in the afternoon. Popcorn and soda provided.

**Senior Advisory Board Meeting: 7/11/22: 1:30 p.m. – 3 p.m.:** Have a question or concern about activities or things that go on at the Senior Center? Meeting is held by the Senior Advisory Board but is open to the public to provide public comment or concerns. Feel free to just sit in and observe.

**Senior Night Out: 7/13/22: 4 p.m. – 8 p.m.:** Bring the crew or go solo and enjoy a night out of town with dinner and good company! Featuring **Parts & Labor Brewery in Sterling, CO**. Bus departs from Senior Center at 4:00 p.m. and should return around 7:30-8 p.m. \$8 for transportation. Meal on own.

**Craft with Lisa: 7/19/22: 1 p.m. – 3 p.m.:** Let your creativity take over while crafting with Lisa from the FM Library. This month we will be featuring rock painting. Learn about the new scavenger trend happening all over the nation and take a stab at creating your own.

**Red, White, and Blue with the Crew: 7/22/22: 2 p.m. – 4 p.m.:** Strut your red, white, and blue at our patriotic themed picnic in celebration of Independence Day. Featuring a professional bubble blower, Jenga and ping-pong. Indoor and outdoor event.

**Wings Over the Rockies Air & Space Museum: 7/25/22:** A guided tour through a hanger filled with aircrafts used through our major wars. A salute to our military and government for the efforts and advancements in air and space machinery through the decades. Cost is \$15. Will depart at 9 a.m. and stop through Brighton for lunch. Bring a lunch or money to get lunch before we continue to the museum. Will return between 5-6 p.m.

**July Birthdays' Party: 7/29/22: 2 p.m.- 4 p.m.:** Is your birthday in the month of July? Come recognize those who celebrated this month with a birthday party! Encouraged to bring family and friends. Cake provided!