

THE SENIOR SCENE

A Newsletter for the Montrose Senior Center
JULY - AUGUST, 2026

The Fall guide will be arriving in late July. Registration for Fall trips and classes will begin Monday, August 3, at 6 am.

The majority of trips in July are full with maximum waitlists, with the exception of a wine trip on July 16. We do still have spots for our casino trip on Tuesday 8/11.

50+ EDUCATIONAL PRESENTATIONS

This series is free. Call Liz at 970-252-4884 to reserve a seat.

Monday, July 13 at 1 pm

Montrose Regional Health

Montrose Regional Health is a regional, acute hospital in Montrose. The hospital is a level III trauma center. It has 75 beds. The hospital serves patients in Montrose, San Miguel, Ouray, Gunnison, Delta, Hinsdale and San Juan counties in Colorado.

Presenter: Jeff Mengershausen, Montrose Regional Health CEO

Monday, July 20, 1 pm

Golden Connections: Future Planning with Local Professionals

Connection with a trusted Medicare specialist, estate planning attorney, lender, and housing specialists to learn about important resources for the years ahead.

Monday, August 10 at 1 pm

Colorado Bureau of Investigation

The Colorado Bureau of Investigation (CBI), established in 1967 and part of the Department of Public Safety, provides expert investigative, forensic, and data services to local, county, and state law enforcement agencies. Operating primarily "by request," the CBI handles complex cases, including homicides, cold cases, cybercrime, and human trafficking, while managing statewide criminal records and operating accredited labs.

Presenter: Kellen Hassenstab, Assistant Director

50+ TRIP



Date: Tuesday, August 11

Time: 7:00 am to ~ 7:00 pm

Fee: \$60 (includes light snacks on the bus; bring money for food at the Casino)

Location: Meet at the Senior Center

Whether you're shouting "Jackpot!" at the slots, savoring the sizzle of the perfect steak at Seven Rivers, or going for a strike with the family at Rolling Thunder Lanes, the sounds of winning surround you at Sky Ute Casino Resort. Ride in comfort with Telluride Express.

SPOTS ARE STILL AVAILABLE!

Join us on Monday, July 20 at noon, for FREE grilled Hot Dogs to celebrate the Montrose Rec District's 70th Anniversary, and National Parks and Recreation Month.

The Senior Center will be closed on Friday, July 3 for 4th of July holiday and on Friday, July 10 (Ballroom only).

vitalant

Blood Donation

Vitalant Blood Drive

Friday, July 10 • 10:30 - 2:00 pm (in the parking lot)

Appointments must be made in advance.

Call 877-258-4825 to make an appointment.

Please make sure to stay hydrated, eat a healthy meal and bring your driver's license.

The Future of The Senior Scene

See page 2 for more information. Please note: Do not renew your subscription or fill out a new application.

\$10
ADMISSION

Saturday
NIGHT DANCES

DOOR PRIZE!

Join us for a night of dancing and listening to the music of a live band.

All ages are welcome!

PLEASE DO NOT BRING HOMEMADE REFRIGERATED FOOD TO THE DANCE.

Senior Center Ballroom ♦ 7 to 10 pm

July 11

LUGNUTS

July 25

NEW VISION

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50+ ADVENTURES/ TOURS

Please call 970-249-7705 or go online to register. If a trip is full, add your name to the waitlist at no cost.

WEST ELKS WINE TRAIL (Hotchkiss/Paonia area)

Date: Thursday, July 16

Time: 9:30 am to ~ 4:00 pm

Fee: \$50 (includes tastings; bring money for lunch)

Location: Meet at the Senior Center



The West Elks Wine Trail near Hotchkiss and Paonia is renowned for being home to some of the highest elevation vineyards in North America. It is known for producing high-quality, aromatic and acidic cool-climate wines, along with wine cider. We will experience the taste of 3 different wineries/orchards during our visit.

50+ HIKES

Dave Wood Interpretive Trail

Date: Thursday, July 9

Time: 10:00 am to ~ 1:00 pm

Fee: \$19 (bring a sack lunch)

Location: Meet at the Senior Center



This easy 2-mile scenic loop in the Uncompahgre National Forest winds through thickets of oak brush and tall ponderosa pines.

Low Vision Support Group

Friday, July 10 at 10 am

Low vision support groups provide emotional encouragement, practical coping strategies, and peer connection for individuals navigating vision loss. This group is open to everyone, and meets on the 2nd Friday of each month at the Senior Center.

New! SENIOR CENTER WEBSITE!

Check out our new website at
montroseseniorcenter.org

Senior Center Information

Hours of Operation

Mondays: 8:30 am to 6 pm
Tuesday through Friday: 8:30 am to 4 pm
Except for holidays and special events.

Phone Numbers (970)

Senior Center Desk	252-4888
Event Coordinator (50+)	252-4884
Pavilion Event Center	249-7015

*"It's a sure sign of summer if the chair gets up when you do."
— Walter Winchell*

The Future of *The Senior Scene*

The Senior Scene has been a mainstay of the Senior Center for quite a while now. It has provided timely information about events and activities at the Senior Center, as well as trips, hikes, water activities and snowshoeing forays into the surrounding areas on the Western Slope. Much of that information is available now in the seasonal issues of the Montrose Recreation District's Activity Guide that are mailed to residents in the District free of charge and can be found on the District's website. Therefore, the Golden Circle Seniors Board of Directors has debated the practicality and cost-effectiveness of continuing to publish the *Scene*. The Board has decided to discontinue publication of the *Scene* at the end of this year. See the President's message on page 3 for follow-up action by the Board regarding an MOU between the Golden Circle and the Recreation District to define what the future will be as the Rec District takes over *The Senior Scene*. Updates will follow as decisions are made.

In the final issues of *The Senior Scene* we will be highlighting events from past newsletters and providing a history of the publication. On page 6, you will find highlights of trips and activities for July and August in the years 2021, 2022 and 2023, along with some fun filler.

We hope that you will continue to support the Senior Center and take the time to peruse your copies of the Activity Guide for all of the great things offered to the senior citizens of our community.

Linda Munson-Haley, Editor

Do You Remember?

One of our readers, Barbara, submitted this puzzle that she found in a Boys Town publication titled, "Puzzles & Brain Teasers." This will be a trip down memory lane and separate the "youngsters" from us "wise ancient ones." See how many of these you can get right. The answers are on page 4.

1. Where did headlight dimmer switches used to be located when you were young?
2. The bottle top of a Royal Crown Cola bottle has holes in it. For what was it used?
3. Why was having milk delivered a problem in northern winters?
4. What was the popular chewing gum named for a game of chance?
5. What method did women adapt in order to appear as though they were wearing stockings when none were available due to rationing during WWII?
6. What postwar car turned automotive design on its ear when you couldn't tell whether it was coming or going?
7. How was Butch wax used?
8. Before inline skates, how did you keep your roller skates attached to your shoes?

SENIOR PLANET

Aging with Attitude

FROM **AARP**

All classes are held at the Senior Center unless noted otherwise.

Pre-registration required as class size is limited. You may register online at montroserec.com or by calling the front desk at the Rec Center at 970-249-7705.

The purpose of the Senior Planet program is to enable older adults to come together and find ways to learn, work, create, exercise and thrive in today's digital age.

Session 16: Finding Info Online

This workshop will help you to choose strong search terms, review and filter results, recognize helpful website features, and learn to search by image.

Date: Monday, July 6

Time: 9:00 am - 10:30 am

Fee: \$5* Fee assistance available.

Session 17: Getting Started with the iPhone Health App

Mobile health apps come pre-installed on most smartphones. These apps help you to take better control of your health and fitness – which makes you a better advocate for yourself.

Date: Monday, July 13

Time: 9:00 am - 10:30 am

Fee: \$5* Fee assistance available.

Session 18: Using Google Calendar

This workshop will discuss the benefits of using Google Calendar, an overview of Calendar basics, how to add and edit events, and create a shared calendar for family and friends.

Date: Wednesday, July 15

Time: 9:00 am - 10:30 am

Fee: \$5* Fee assistance available.

Session 19: Exploring seniorplanet.org Through AARP

With Senior Planet you can set up a free account. This account will allow you to watch on-demand instructional videos on tech, review recordings of past Senior Planet classes, view articles and quizzes, join virtual exercise classes, and much more.

Date: Monday, July 20

Time: 9:00 am - 10:30 am

Fee: \$5* Fee assistance available.

**Fees can be covered by MRD's fee assistance program. No one will be turned away. If you need further fee assistance, contact Liz via email or by calling 970-252-4884.*

*The other day I held the door open for a clown.
It was a nice jester.*

*No matter how much you push the envelope,
it'll still be stationery.*

*Whoever invented "knock-knock" jokes should get a no-bell prize.
Energizer Bunny Arrested: Charged with Battery.*

A Message from the
PRESIDENT
of The Golden Circle Seniors, Inc.

June Meeting of the Golden Circle Seniors

We had a very interesting and busy meeting last month. First thing, Justin Mashburn with the Montrose Recreation District came to present the Memorandum of Understanding (MOU) between the Recreation District and the Golden Circle. This is the first time that we have had this type of understanding. If anyone wishes to read it, I'm going to put it on the bulletin board. The City did not have our contract for the use of our side of the Pavilion done yet so we are still waiting on that. Also, at this time, the City and Recreation District together are planning on keeping a schedule of activities that are going on here at the Senior Center. The GCS is still planning to do it until the end of the year. Also, we have discussed putting up a website so that people can go there to see what is happening at the Senior Center. This is still in the works but is available for you to see at montroseseniorcenter.org. It will run for a year to see how many people use it and if it is worth keeping up.

Next I'm going to talk about the temperature here in the Senior Center. I am so tired of running over to ask that the temperature be changed because it is too hot or too cold. So from now on the temperature will be set in each room at 70 degrees. If you come in from outside wearing your shorts and your short-sleeved shirt and thinking that the temperature in this area is going to be the same as outside, that, my friends, is not going to happen. It is way cooler in here than the 80 degrees or more that it is outside. So instead of coming in here with no clothes on please dress appropriately for the time you are going to spend here. If there are more people in the room it will be warmer. Take off your extra shirt then. Leave your long pants on. Maybe they can be made of a lighter material than your winter ones. From now on my answer to the temperature will be "It's on 70 degrees, either put some clothes on or take some off." Wear layers so this can happen. Surely everyone can figure this out. I can and I'm here most of the day. Hope everyone is having a great summer.

Joy Long, President of the Golden Circle Seniors

MOU Summarized

The Memorandum of Understanding (MOU) between the Golden Circle and the Montrose Recreation District (MRD) was signed at the June 10 Golden Circle Board Meeting. The purpose of the MOU is to establish a collaborative partnership between MRD and the Golden Circle to provide recreational, educational, social, and supportive services for the senior community.

The MOU outlines each organization's responsibilities individually and jointly. It provides for a Complaint and Grievance Process, designates Office and Storage Space for MRD property, stresses Insurance/Liability Expectations, and provides for a Term and Review process.

Under Shared Responsibilities, MRD and Golden Circle jointly agree to develop and distribute the monthly *Senior Scene* newsletter as it is through December 2026. Beginning in January 2027, MRD will provide content, compile and pay for the newsletter's production, and print up to 100 copies monthly for distribution. The Golden Circle will provide content to MRD and post the updated newsletter on its website. The City will cover postage costs associated with distributing the newsletter to the mailing list.

50+ ACTIVITIES

ACTIVITIES take place at the Senior Center

MONDAY	MODERN SQUARE DANCE
10:00 am - Noon \$50 for 15 Weeks 5/11 - 8/17	Learn to Square Dance! No experience necessary. No partner required. No special outfit needed. Instructor: Mike Lee Pre-registration required. You may register online at montroserec.com or call customer service at 970-249-7705.
MONDAY	OPEN LINE DANCE CLASSES
2:15-3:15 Intro to Line Dance 3:30 - 4:30 pm Beginners 4:40 - 5:45 pm Beginners+ \$2.00	Learn how to perform line dance steps and receive dance description with counts and formation. Call Liz at 970-252-4884 for information.
MONDAY	JAM SESSION / SING-A-LONG
3:45 - 5:45 pm Craft Room Free	Join us if you play an acoustic instrument and/or sing! Take turns picking and leading a song while others play along. Spectators who enjoy listening to music are encouraged to attend. Call Liz at 970-252-4884 for information.
TUESDAY	CRAFTY CHATTY GROUP
9:45 - 11:30 am Craft Room Free	Bring your UFOs (Unfinished Objects). Socialize while you work. Make new friends with similar talents and interests. Bring your own materials. Call Judy at 970-249-7198 for information.
TUESDAY	OPEN LINE DANCE CLASSES
10:00 - 11:00 am Improver 11:10 am - Noon Improver/Intermediate \$2.00	Learn how to perform line dance steps and receive dance description with counts and formation. Call Liz at 970-252-4884 for information.
WEDNESDAY	CRAFTERS DAY
10:45 - 3 pm Craft Room	Bring supplies and work on your project for free, or pay \$25 for a 4-month session paid to instructor for supplies for to group projects. Call Tammy at (818) 262-3272 with questions.
THURSDAY	BLACK CANYON WOODCARVERS
1 - 3 pm \$1.00/week Craft Room	Join our informal group and hand carve a variety of items (animals, caricatures, toys, etc.). Learn techniques from each other. Bring your own supplies. Call Janet 970-323-5860 for information.
TUESDAYS & FRIDAYS	GOLDEN CIRCLE OF FRIENDS (The Lunch Bunch)
Noon Free	Join us for lunch on Tuesdays and Fridays at the Senior Center. Bring your own lunch and socialize. No registration required. Free to participate. Everyone is welcome.
FRIDAYS	SCRAPBOOKING
8:30 - 11:30 am Free	NEW!!! Scrapbooking group. Your photos deserve a better place than being stored on your cell phone or computer. Join this drop-in group at any time. There is no fee, bring your own materials. Group Leader - Lura Kuchyt



2026 TRIPS

Contact Liz at 970-252-4884 or email liz@montroserec.com for more detailed information.

Explore America's Historic East

Experience the Living History of America's Historic East with a journey through America's defining moments. Step into the heart of the American story in a richly immersive journey through the Historic East where centuries-old towns, legendary battlefields and stately homes trace the nation's path from colonial beginnings to a global republic.

Dates: September 20-28

Registration Deadline: July 1, 2026

(Full payment is due 75 days in advance of the trip.)

Regular Rate: \$4899 Single Supplement: + \$1550

Booking Discount: \$100/ person



Learn to Square Dance or enhance your skills! Experience friendship set to music. Move your body and sharpen your memory. Sample a uniquely American dance hobby that can change you and your social life.

* No experience necessary.

* No partner required. * No special outfit needed.

Dates: Mondays, May 11 - August 17

Time: 10:00 am – Noon at the Senior Center

Fee: \$50 for 15 weeks (minimum of 8 class participants)

Instructor: Mike Lee

Pre-registration required. You may register online at montroserec.com or call 970-249-7705.

Need a Good Laugh?



A way to start your day off right with joy and deep breathing. Laugh Yoga meets at 8:50 am each morning before exercise classes.

ANSWERS to Puzzle "Do You Remember?" on page 2.

1. On the floor, left of the clutch. Hand controls, popular in Europe, took until the '60s to catch on.
2. To sprinkle clothes before ironing. Who had a steam iron?
3. Cold weather caused the milk to freeze and expand, popping the bottle top.
4. Blackjack Gum.
5. Special makeup was applied followed by drawing a seam down the back of the leg with eyebrow pencil.
6. 1946 Studebaker.
7. Wax for your flat top (butch) haircut.
8. With ankle straps and clamps, tightened by a skate key, which you wore on a shoestring around your neck.

50+ HEALTH & WELLNESS

At the Senior Center



50+ SERVICES

SERVICES take place as listed below.

To schedule an appointment, call 970-249-7705



Core Fitness Chair Exercise

Provides variety in your fitness plan with routines for flexibility, strength, aerobics, cardio, balance and core.

This is a self-led DVD with a volunteer who sets up.

Time: 9:00 am – 9:45 am
Days: M-W-F
(ongoing class – start anytime)



ALL SERVICES by APPOINTMENT ONLY

CHAIR MESSAGES: 15 minutes

Fees: \$15 (ages 60+) **\$18** (under 60)

Treat yourself to a relaxing massage with our massage therapists. Discover the many health enhancing benefits of massage therapy.

1st Mondays

10 am - 3 pm at the Rec Center

Adrienne, Certified Massage Therapist

4th Tuesdays

10 am - 3 pm at the Senior Center

Michele Grimmert, Certified Massage Therapist

Moving With Mike

This DVD workout includes a warm up, 20-minute workout, and a 5-minute relaxing stretch exercise cool down. Improve your balance, leg strength, upper body strength, coordination and posture.

Both standing and sitting options.

Time: 9:00 am – 9:30 am Days: Tues. & Thurs.
(ongoing class – start anytime)



Tai Chi

For Health & Energy

Tai Chi uses slow, controlled movements, weight transference, mental resistance and quietness of mind to bring ease to the body. This is a Sun Style based Tai Chi class that incorporates Qi Gong. Novice to advanced are welcome.

Time: 10:00 am – 10:30 am Day: Wednesdays
Fee: Donation paid to instructor

Instructor: Jan Graves
Certified Instructor through Tai Chi for Health & Exercise

NEW!



Chair yoga is a highly accessible form of yoga that modifies traditional poses and breathing exercises to be performed while seated in, or using the support of, a sturdy chair. It is perfect for beginners, seniors, or anyone with limited mobility.

Fridays @ 1 pm with Stephanie B

REFLEXOLOGY
8:45 am - 2:30 pm

2nd Friday of the Month
at the Rec Center Party Room

Fee \$15 for 20 minutes

Reflexology is a complementary therapy that works on your feet to help heal the whole body. It helps improve circulation, promote better health and rejuvenate body and soul.

Cheryl Adams, Certified Reflexologist

PEDICURES
8:45 am - 3:00 pm
Every Tuesday
at 242 W. Main

Fee: \$35

Service includes foot assessment, toenail trim and filing of edges, thinning of nails and callus removal if needed.

Service provided by AJ Hinshaw, Pedicurist.

Past Senior Scenes Revisited

2021 In July of 2021, our Educational Lecture Series featured presentations by Commander Cox of the Montrose Police Department that provided an update on the construction of the new police department building, and a "History of Railroads in Colorado's National Conservation Areas". We took 4WD tours of Velocity Lake and Corkscrew Pass, and drove through colorful wildflowers and waterfalls in Yankee Boy Basin, Silver Basin and Governor Basin. We hiked to Spirit Gulch and Colorado Boy Mine. On July 21, Joy Long was installed as President of the Golden Circle Seniors Board of Directors. And, we pondered...

Do You Ever Wonder -

- ◆ *Would a fly without wings be called a walk?*
- ◆ *If the funeral procession is at night, do folks drive with their lights off?*
- ◆ *When companies ship Styrofoam, what do they pack it in?*
- ◆ *Why did kamikaze pilots wear helmets?*
- ◆ *What is the speed of dark?*
- ◆ *Why are there braille signs on drive-up ATMs?*
- ◆ *Why isn't phonetic spelled the way it sounds?*
- ◆ *If olive oil comes from olives, where does baby oil come from?*
- ◆ *After eating, do amphibians have to wait one hour before getting out of the water?*
- ◆ *When you open a new bag of cotton balls are you supposed to throw the top one away?*

2021 In August, Siggie Carpenter took the helm as editor of *The Senior Scene*. Our educational programs featured talks on "Land Conservation in Western Colorado: Economic Vitality and Quality of Life," "History of the Narrow Gauge Railway System," and "Ageism...For All Ages". We took a 4WD trip to Imogene Pass and Tomboy Ghost Town, we toured North Fork Valley wineries, and we hiked the North Vista Trail to Exclamation Point on the North Rim of the Black Canyon.

2022 In August, Linda Munson-Haley returned as editor of *The Senior Scene*. Our 50+ Adventures included a trip to the Ouray County Museum and the Box Canyon Falls in Ouray, a one-hour jet boat ride in Rifle, and a hike on the Ouray Perimeter Trail.

2023 In July, we had presentations on "France, Normandy River Cruises and Alaska Call of the Wild," and "Volunteer Opportunities in Montrose". We took a 4-hour tour of Silver Basin to view wildflowers and waterfalls, a jeep tour up to Washington Gulch, through the mining town of Elkton and dropping back into the Slate River Valley out of Crested Butte, and a 4-hour tour through Red Mountain to Velocity Lake with panoramic views atop Corkscrew Pass. We hiked The Coonskin Loop and Ridge Trail in the Telluride/Mountain Village area. And, we had some funnies.

"An escalator can never break: it can only become stairs. You should never see an Escalator Temporarily Out Of Order sign, just Escalator Temporarily Stairs. Sorry for the convenience."

"A waffle is like a pancake with a syrup trap."

"I'm sick of following my dreams, man. I'm just going to ask where they're going and hook up with 'em later."

—Mitch Hedberg

2023 In August, our Seminar Series included presentations on "Time Bank of the Rockies," "Roubideau Rim Wildlife Rescue," and "Benefits of Using All-Points Transit." We toured The Tortoise

GAMES

All games are held at the Senior Center..
For more information, call **Liz at 970- 252-4884**
Poker: Games \$2.00 ~ Prizes awarded

BILLIARDS/ POOL (newly re-felted tables) (free)	Everyday Monday - Friday	8:30 am - 4:00 pm
BRIDGE (free)	Every Monday Call Cheryl at 970-596-2843	12:30-3:30 pm
MAHJONG (free)	Every Tuesday Learn to play Call Barbara at 361-876-1770	1:00-3:30 pm
HAND, KNEE & FOOT (free)	Every Tuesday Call Lori at 970-596-7778	1:00-3:30 pm
OMAHA POKER \$2.00	Every Tuesday	1:00-3:30 pm
CRIBBAGE (free)	Every Thursday	1:00-3:00 pm
TEXAS HOLD'EM \$2.00	Every Thursday	1:00-3:30 pm

THE SENIOR SCENE

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Mail change of address or contributions for the newsletter to the address or email listed above, or drop it off at the Senior Center.

Editor: Linda Munson-Haley

Monthly Contributors include Liz Gracesun and Joy Long

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and the Hare and Geyser Systems in Montrose, we took a Local walk and had dinner at Trattoria Di Sofia in Montrose, we attended performances at Pickin' in the Park in Paonia, and took a trip to Ute Mountain Casino in Towaoc. Our hike for the month was a 2.5-mile RT loop at the Ouray Ice Park.


Our words of wisdom for the month:

Argue for your limitations and, sure enough, they're yours.

— Richard Bach

One day. Day one. You decide.

MONTROSE PAVILION SENIOR CENTER CALENDAR JULY 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>For general information call Liz at 970-252-4884.</p> <p>(*) Golden Circle Seminar Series</p> <p>(§) Sharing Ministries Food Drop-Offs. <i>(Bring your own shopping bag.)</i></p> <p>Line Dancing: (B) = Beginners (B+) = Beginners Plus (I) = Improvers (II) = Improvers/Intermediate</p> <p><small>All attempts are made to ensure accuracy at the time of printing but things may change during the course of the month so it would be best to double-check a few days before the event.</small></p>				
<p>1 (§) Sharing Ministries</p> <p>8:50-9:00 Laugh Yoga 9:00-9:45 Core Fitness Chair Exercise</p> <p>10-10:30 Tai Chi 10:45-3 Crafters Day 2-3:30 New Horizons Band Get-together</p>	<p>2</p> <p>8:50-9 Laugh Yoga 9:00 Moving w/Mike DVD 9:00-11 Ceramics Workshop</p> <p>1-3 Black Canyon Woodcarvers 1-3 Cribbage 1-3:30 Texas Hold'em</p>	 <p>SENIOR CENTER CLOSED</p>		
<p>6 (§) Sharing Ministries</p> <p>8:50-9:00 Laugh Yoga 9:00-9:45 Core Fitness Chair Exercise</p> <p>9:00-10:30 Senior Planet 10-Noon Square Dance 10-3 Chair Massage at Rec Center</p> <p>12:30-3:30 Bridge 2:15-3:15 Intro to Line Dance 3:30-4:30 Line Dancing (B) 3:45-5:45 Jam Session 4:40-5:45 Line Dancing (B+)</p>	<p>7</p> <p>8:50-9 Laugh Yoga 9:00 Moving w/Mike DVD 9:45-11:30 Crafty Chatty 10-11 Line Dance (I) 11:10-Noon Line Dance (II) Noon Lunch Bunch 1-3:30 Hand, Knee & Foot 1-3:30 Mahjong 1-3:30 Omaha Poker</p>	<p>8 (§) Sharing Ministries</p> <p>8:50-9:00 Laugh Yoga 9:00-9:45 Core Fitness Chair Exercise</p> <p>10-10:30 Tai Chi 10:45-3 Crafters Day 2-3:30 New Horizons Band Get-together</p>	<p>9 50+ HIKE — Dave Wood Interpretive Trail</p> <p>8:50-9 Laugh Yoga 9:00 Moving w/Mike DVD 9:00-11 Ceramics Workshop</p> <p>1-3 Black Canyon Woodcarvers 1-3 Cribbage 1-3:30 Texas Hold'em</p>	<p>10 BALLROOM CLOSED</p> <p>8:30-11:30 Scrapbooking 8:45-2:30 Reflexology (RC) 8:50-9:00 Laugh Yoga 9:00-9:45 Core Fitness Chair Exercise</p> <p>10:00 Low Vision Support Group Blood Drive 10:30-2 Lunch Bunch 1:00 Chair Yoga</p> <p style="text-align: center;">Saturday, July 11 SATURDAY NIGHT DANCE Music: LUGNUTS 7-10 pm</p>
<p>13 (§) Sharing Ministries</p> <p>8:50-9:00 Laugh Yoga 9:00-9:45 Core Fitness Chair Exercise</p> <p>9:00-10:30 Senior Planet 10-Noon Square Dance 12:30-3:30 Bridge 1:00 * Montrose Regional Health</p> <p>2:15-3:15 Intro to Line Dance 3:30-4:30 Line Dancing (B) 3:45-5:45 Jam Session 4:40-5:45 Line Dancing (B+)</p>	<p>14</p> <p>8:50-9 Laugh Yoga 9:00 Moving w/Mike DVD 9:45-11:30 Crafty Chatty 10-11 Line Dance (I) 11:10-Noon Line Dance (II) Noon Lunch Bunch 1-3:30 Hand, Knee & Foot 1-3:30 Mahjong 1-3:30 Omaha Poker</p>	<p>15 (§) Sharing Ministries</p> <p>8:50-9:00 Laugh Yoga 9:00-9:45 Core Fitness Chair Exercise</p> <p>9:00-10:30 Senior Planet 10-10:30 Tai Chi 10:45-3 Crafters Day 2-3:30 New Horizons Band Get-together</p>	<p>16 50+ TOUR — West Elks Wine Trail</p> <p>8:50-9 Laugh Yoga 9:00 Moving w/Mike DVD 9:00-11 Ceramics Workshop</p> <p>1-3 Black Canyon Woodcarvers 1-3 Cribbage 1-3:30 Texas Hold'em</p>	<p>17</p> <p>8:30-11:30 Scrapbooking 8:50-9:00 Laugh Yoga 9:00-9:45 Core Fitness Chair Exercise</p> <p>Noon Lunch Bunch 1:00 Chair Yoga</p>
<p>20 (§) Sharing Ministries</p> <p>8:50-9:00 Laugh Yoga 9:00-9:45 Core Fitness Chair Exercise</p> <p>9:00-10:30 Senior Planet 10-Noon Square Dance Noon MRD's 70th Anniversary (Free Hot Dogs)</p> <p>12:30-3:30 Bridge 1:00 * Future Planning with Local Pros</p> <p>2:15-3:15 Intro to Line Dance 3:30-4:30 Line Dancing (B) 3:45-5:45 Jam Session 4:40-5:45 Line Dancing (B+)</p>	<p>21</p> <p>8:50-9 Laugh Yoga 9:00 Moving w/Mike DVD 9:45-11:30 Crafty Chatty 10-11 Line Dance (I) 11:10-Noon Line Dance (II) Noon Lunch Bunch 1-3:30 Hand, Knee & Foot 1-3:30 Mahjong 1-3:30 Omaha Poker</p>	<p>22 (§) Sharing Ministries</p> <p>8:50-9:00 Laugh Yoga 9:00-9:45 Core Fitness Chair Exercise</p> <p>10-10:30 Tai Chi 10:45-3 Crafters Day 2-3:30 New Horizons Band Get-together</p>	<p>23</p> <p>8:50-9 Laugh Yoga 9:00 Moving w/Mike DVD 9:00-11 Ceramics Workshop</p> <p>1-3 Black Canyon Woodcarvers 1-3 Cribbage 1-3:30 Texas Hold'em</p>	<p>24</p> <p>8:30-11:30 Scrapbooking 8:50-9:00 Laugh Yoga 9:00-9:45 Core Fitness Chair Exercise</p> <p>Noon Lunch Bunch 1:00 Chair Yoga</p> <p style="text-align: center;">Saturday, July 25 SATURDAY NIGHT DANCE Music: NEW VISION 7-10 pm</p>
<p>27 (§) Sharing Ministries</p> <p>8:50-9:00 Laugh Yoga 9:00-9:45 Core Fitness Chair Exercise</p> <p>10-Noon Square Dance 12:30-3:30 Bridge 2:15-3:15 Intro to Line Dance 3:30-4:30 Line Dancing (B) 3:45-5:45 Jam Session 4:40-5:45 Line Dancing (B+)</p>	<p>28</p> <p>8:50-9 Laugh Yoga 9:00 Moving w/Mike DVD 9:45-11:30 Crafty Chatty 10-11 Line Dance (I) 10-3 Chair Massage at Senior Center</p> <p>11:10-Noon Line Dance (II) Noon Lunch Bunch 1-3:30 Hand, Knee & Foot 1-3:30 Mahjong 1-3:30 Omaha Poker</p>	<p>29 (§) Sharing Ministries</p> <p>8:50-9:00 Laugh Yoga 9:00-9:45 Core Fitness Chair Exercise</p> <p>10-10:30 Tai Chi 10:45-3 Crafters Day 2-3:30 New Horizons Band Get-together</p>	<p>30</p> <p>8:50-9 Laugh Yoga 9:00 Moving w/Mike DVD 9:00-11 Ceramics Workshop</p> <p>1-3 Black Canyon Woodcarvers 1-3 Cribbage 1-3:30 Texas Hold'em</p>	<p>31</p> <p>8:30-11:30 Scrapbooking 8:50-9:00 Laugh Yoga 9:00-9:45 Core Fitness Chair Exercise</p> <p>Noon Lunch Bunch 1:00 Chair Yoga</p>

**THE MONTROSE PAVILION
PO BOX 790
MONTROSE CO 81402
SEN**

RETURN SERVICE REQUESTED