THE SENIOR SCENE

A Newsletter for the Montrose Senior Center

NOVEMBER - DECEMBER, 2026

The Senior Scene **will be going to a new format beginning in 2027. The one page (one sheet front and back) format will be available free only on our website: *montroseseniorcenter.org* or by email. We will no longer be taking subscriptions. A limited number of copies will be available on the front counter at the Senior Center. See page 6 to sign up for email delivery.**

Registration for winter activities begins Monday, November 30.

50+ EDUCATIONAL PRESENTATIONS

This is a free Education/Performance series with a jar for voluntary donations to help support Senior Center activities. Donations are not required. All presentations take place at the Senior Center at 1 pm unless otherwise indicated. Call Liz at 970-252-4884 to reserve a seat.

Monday, November 9 at 1 pm

Memory Mastery

Let's grease the wheel of our brains with Games, Recall, Exercise, Association, Say It, and Engage. Be encouraged! Our brains are neuroplastic, meaning they continually grow new cells and we can participate in that process.

Presenter: Andrea Plotner, Active Adults Leader

Monday, December 7 at 1 pm

Whispering Winds

Whispering Winds is a group of local flutists who have taken their passion of music to the next level! They will be performing a Winter Concert, with music to include classical favorites and other well-known tunes.

Monday, December 14 at 1 pm

One Lane Road

Sit back and enjoy the voice of Susan Ducept. Her delightful music is a combination of country and classic rock. There is no doubt you will be tapping your toes and singing along.

Presenter: Susan Ducept, Musician

$10 ADMISSION

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

Saturday NIGHT DANCES

DOOR PRIZE!

All ages are welcome!

PLEASE DO NOT BRING HOMEMADE **REFRIGERATED** FOOD TO THE DANCE.

Senior Center Ballroom ♦ 7 to 10 pm

November 14 — **NEW VISION**

November 28 — **JOEY ROWLAND**

December 12 — **NEW VISION**

December 31 New Year's Eve Dance, 9 pm to 12:30 am

GHOST RIVER BAND

New! Senior Center Website!

Check out our new website at montroseseniorcenter.org

Board Nominations Sought

The Golden Circle Seniors, Inc. Board of Directors is looking for people who are willing to put some volunteer time into the Golden Circle to help ensure that the Senior Center continues to run smoothly for the enjoyment of our senior community. If you or someone you know is interested in serving on the board, please send a note to the nominating committee with your name, address, phone number, and email address (if you have one) explaining why you would like to be on the board and what qualifications you have. Board members terms are for one year and require members to attend a monthly meeting. Board positions are open to anyone and are: President, Vice-President, Secretary, Treasurer, board member, Dance Committee member. See page 3 for a description of the various board positions.

Our Mission Statement is available on our website: *montroseseniorcenter.org*.

Anyone who participates in Senior Center activities, classes or other functions is considered a member and is eligible to be on the board, nominate someone for a board position, and vote on new members.

If you would like to learn more about the board or how to submit your letter of interest in being a candidate for a board position, you can call Joy Long, current President, at 970-252-4888. **We need to hear from you before December 19.** A slate of nominees will be presented to the board at the first meeting of the new year on January 6 at 1 pm at which time those present will be able to vote for their choices to serve on the 2027 board of directors. Our meetings are open to the public who are encouraged to attend.

Please take a moment to consider serving on this board. The future of the Senior Center is up to you. We look forward to hearing from you!



50+ TOURS & CULTURE

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

Western-Themed Six Points Thrift Store Shop and Photo Shoot (Gunnison)

We will explore the Six Points Thrift store in Gunnison to select Western-themed accessories for under $10, then stage a playful outdoor photo shoot capturing vintage cowboy glamour and rustic charm, then enjoy lunch with your friends.

Date: Thursday, November 5
Time: 8:15 am - ~ 3:00 pm
Fee: $25 (bring money for lunch)
Location: Meet at the Senior Center

Holiday Shopping in Grand Junction

Just in time for the holidays, we will go to Mesa Mall and surrounding stores for a day of shopping.



Date: Thursday, November 19
Time: 8:30 am - ~3:00 pm
Fee: $22 (bring money for lunch)
Location: Meet at the Senior Center

Live at the Met: (Grand Junction)





This opera by Camile Saint-Saens tells the biblical story of the Hebrew strongman Samson and the Philistine woman Delilah who betrays him. This story is an account of supernatural strength, betrayal, and ultimate redemption. This show is 3 hours and 56 minutes and includes intermissions.

Date: Saturday, December 5
Time: 8:15 am - ~4:00 pm
Fee: $35 (includes ticket, bring money for snacks)
Location: Meet at the Senior Center

Christmas Lights and Dinner



Join us for a festive evening starting with a delicious buffet dinner at Endless Pastabilities followed by a tour of Montrose's dazzling Christmas light displays.

Date: Thursday, December 17
Time: 4:30 pm - 8:00 pm
Fee: $46 (includes dinner at Endless Pastabilities)
Location: Meet at the Senior Center

Montrose Newcomers & Neighbors

The purpose of Newcomers & Neighbors is to help you learn more about your hometown and the area, and to meet other newcomers and neighbors! Neighbors are former newcomers who enjoy the meetings and getting acquainted with new people. Guest speakers are scheduled to inform and educate.

Meetings: First Wednesday monthly, 10–11:30 am
November 4 / December 2
Location: Senior Center
Questions? Contact Char Proctor 970-417-4236

VOLUNTEER OF THE YEAR



Rita Silva

Rita Silva is our Volunteer of the Year who we need to say, "Thank you so much!" to for the time she has given us. She lives in Cimarron and drives down from there each Tuesday to volunteer here at the Senior Center. She has been doing that for six years that I know of. Rita is bilingual and has been a great help during tax season. Besides working the front desk she helps with the Lunch Bunch. She deserves a hand. Be sure to thank her when you see her at the Center.

— Joy Long



Rita (left) accepting the beautiful afghan from Joy.

Afghan was made by Judy Phillips.

New Horizons Band of Montrose
Winter Concert
Wednesday, November 18 at 10:45 am at the Senior Center

vitalant Blood Donation
Friday, November 6 • 10:30 - 2:00 pm
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.

50+ HIKES

Uncompahgre River Trail (West Main Trailhead to Montrose Recreation Center)

Date: Thursday, December 10
Time: 9:15 am to ~ 1:30 pm
Fee: $19 (bring money for lunch)
Location: Meet at the Senior Center

We will walk the paved River Trail, from the West Main Trailhead to the Recreation Center– approximately 5.6 miles – considered an easy hike. Afterward, enjoy lunch at Pahgre's.

SENIOR PLANET FROM AARP

Aging with Attitude

TECHNOLOGY CLASSES FOR SENIORS

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.

How to Choose a New Computer

Learn key factors for selecting a new computer, including budget, performance, storage, portability, operating systems, and security features.

Date: Monday, November 16
Time: 9:00 am - 10:30 am
Fee: $5*

Saving Money with Tech

This lecture will touch on helpful tips for online banking, online safety, free wi-fi calling, shopping online payments, prescriptions and entertainment.

Date: Wednesday, November 18
Time: 9:00 am - 10:30 am
Fee: $5*

All Things AI (Artificial Intelligence)

Intro to AI

This lecture will introduce some of the basic ideas around artificial intelligence. We'll talk about how AI is being used today, what its current limitations are, and how it will shape the future!

Date: Monday, December 7 Time: 9:00 am - 10:15 am
Fee: $5*

Is That AI?

In this session, we'll teach you tips and tools to help you determine if an image or piece of writing was generated by AI.

Date: Wednesday, December 9 Time: 9:00 am - 10:15 am
Fee: $5*

Everyday Uses of AI

We'll look at common applications of AI across multiple industries and discuss ways you, too, can take advantage of this influential technology.

Date: Monday, December 14 Time: 9:00 am - 10:15 am
Fee: $5*

AI and Disinformation

Seeing might not mean believing anymore. Come learn how to identify deepfakes and cloned voices so you don't fall for digital deception.

Date: Thursday, December 17 Time: 9:00 am - 10:15 am
Fee: $5*

**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.*



At this time of the year we would like to thank everyone who gave time and effort to making the Senior Center a great place for Seniors in Montrose. Thanks to all of the volunteers who held classes, led workshops, gave talks, provided music, organized, maintained our pool tables and pool room, greeted visitors and worked the front desk, and helped to make the Senior Center a wonderful resource for our Seniors. A special thanks to Liz who spends an inordinate amount of time organizing trips, hikes, and outings, and scheduling all of the activities at the Senior Center to ensure that everything runs smoothly and all of our needs are being met. And last but not least, many thanks to the Board of Directors for keeping the glue together.

Season's Greetings to you and yours!

BOARD OF DIRECTORS POSITIONS EXPLAINED

In the last *Senior Scene*, Joy Long provided a description of board positions. Here is what each position would require of you if you decide to run for that position.

President: Shall have general and active control of affairs of business, general supervision of officers, directors, assistants and committees. Perform duties as directed by the Board.
Vice President: Shall assist the President with any duties the Board may assign to them.
Secretary: Will keep the minutes of each meeting.
Treasurer: The principal financial officer of the corporation who takes care of and custody of the funds of the organization.
We also now have a Financial Director who will remain in place serving with the Treasurer.
Dance Committee: Shall line up bands for the dances held twice a month. Will assign volunteers to check in the attendees and make sure the bands are paid. Responsibilities include ensuring that the Ballroom is clean before leaving for the evening after a dance. This position is held by Brandy Spencer and Gus Weber who are both doing an excellent job. As far as I know these two will remain doing this job for next year; they are already lining up bands for 2027. The Board of Directors requires that there be at least three people on the board but there can be more.

There is an election meeting on January 6, 2027 and you can put your application in anytime **until December 19** to run for any office. Anyone can attend the meeting and vote for the new board.

Please think about being on the board or nominating someone who would like to be a part of shaping the future of the Senior Center!

50+ ACTIVITIES

ACTIVITIES take place at the Senior Center

MONDAY	***MODERN SQUARE DANCE***
10:00 am - Noon **$50 for 15 Weeks** **8/3 - 11/30**	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***
Noon - 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	***PLAYING WITH CLAY***
9:00 - 11:00 **$25**	Join us while we explore with hands-on clay to create things with our imagination. Firing at the Pavilion.
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**	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**

50+ HEALTH & WELLNESS

At the Senior Center

MONTROSE RECREATION DISTRICT

50+ SERVICES

SERVICES take place as listed below.

To schedule an appointment,
call 970-249-7705

STRONGER SENIORS®

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)

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

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 10-10:45 am

ALL SERVICES by APPOINTMENT ONLY

CHAIR MASSAGES: 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.

4th Tuesdays
10 am - 3 pm at the Senior Center
Michele Grimmett,
Certified Massage Therapist

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.



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, August 3 – November 30
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 customer service at 970-249-7705.

Friday Afternoon Art
with Kate Burke

Materials provided.

Registration required as class size is limited. You may register online at *montroserec.com* or call customer service at 970-249-7705.

1-3:30 pm in the Craft Room

FEE: $40 per person, per class (includes snack and soft drink.)

November 13

Winter Scene

Watercolor. Practice painting water and different styles of trees. Paint a winter scene with a lingering touch of fall. Combine wet-on-wet and dry-brush techniques on 9"x12" Cold Press paper. Step-by-step instruction. Freehand or template available. Everything provided.

December 4

Holiday Hot Drink Mugs

Paint 2 holiday hot drink mugs with MACHINE-WASHABLE acrylic paint. Use your own design or work from one of ours. Everything provided plus a soft drink and Christmas cookies.

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

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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themontroseseniorscene@gmail.com
Golden Circle Seniors, Inc.
Golden Circle Seniors, Inc. is a 501(c)(3) nonprofit organization.
Editor: Linda Munson-Haley
Monthly Contributors include Liz Gracesun and Joy Long

This is the final issue of *The Senior Scene* in this format. Beginning in January 2027, the newsletter will be one page, front and back, and will be published by the Montrose Recreation District. Issues will be available free of charge via email and on the Senior Center's website. A limited number of copies will be offered at the front desk at the Senior Center.

Website: *montroseseniorcenter.org*

TO RECEIVE *THE SENIOR SCENE* BY EMAIL BEGINNING WITH THE JANUARY 2027 ISSUE:

Send an email to Liz: *liz@montroserec.com* and ask her to add you to her email list for *The Senior Scene*. Be sure to include your name and phone number, and title your email **Senior Scene Email Request** in the Subject line.
Or, fill out below and drop at the Front Desk at the Senior Center.

NAME: _____ PHONE:_____ EMAIL: _____

MONTROSE PAVILION SENIOR CENTER CALENDAR
NOVEMBER 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 (§) Sharing Ministries 9:00-9:45 Core Fitness Chair Exercise 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+)	**3** 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	**4 (§) Sharing Ministries** 9:00-9:45 Core Fitness Chair Exercise 10-10:30 Tai Chi 10-11:30 Newcomers & Neighbors Noon-2 Whispering Winds Practice Noon-3 Crafters Day 2-3:30 New Horizons Band Get-together	**5 50+ TOUR — Six Points Thrift Store** 9:00 Moving w/Mike DVD 9:00-11 Clay Workshop 1-3 Black Canyon Woodcarvers 1-3 Cribbage 1-3:30 Texas Hold'em	**6** 8:30-11:30 Scrapbooking 9:00-9:45 Core Fitness Chair Exercise 10-10:45 Chair Yoga 10:30-2 Blood Drive Noon Lunch Bunch
9 (§) Sharing Ministries 9:00-9:45 Core Fitness Chair Exercise 10-Noon Square Dance 12:30-3:30 Bridge 1:00 * *Memory Mastery* 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+)	**10** 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	**11**  **SENIOR CENTER CLOSED**	**12** 9:00 Moving w/Mike DVD 9:00-11 Clay Workshop 1-3 Black Canyon Woodcarvers 1-3 Cribbage 1-3:30 Texas Hold'em	**13** 8:30-11:30 Scrapbooking 8:45-2:30 Reflexology (RC) 9:00-9:45 Core Fitness Chair Exercise 10:00 Low Vision Support Group 10-10:45 Chair Yoga Noon Lunch Bunch 1-3:30 Friday Afternoon Art **Saturday, November 14** *SATURDAY NIGHT DANCE* Music: **NEW VISION** 7-10 pm
16 (§) Sharing Ministries 9:00-9:45 Core Fitness Chair Exercise 9:00-10:30 Senior Planet 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+)	**17** 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	**18 (§) Sharing Ministries** 9:00-9:45 Core Fitness Chair Exercise 9:00-10:30 Senior Planet 10-10:30 Tai Chi 10:45 New Horizons Band Concert Noon-2 Whispering Winds Practice Noon-3 Crafters Day 2-3:30 New Horizons Band Get-together	**19 50+ TOUR — Holiday Shopping in GJ** 9:00 Moving w/Mike DVD 9:00-11 Clay Workshop 1-3 Black Canyon Woodcarvers 1-3 Cribbage 1-3:30 Texas Hold'em	**20** 8:30-11:30 Scrapbooking 9:00-9:45 Core Fitness Chair Exercise 10-10:45 Chair Yoga Noon Lunch Bunch
23 (§) Sharing Ministries 9:00-9:45 Core Fitness Chair Exercise 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+)	**24** 9:00 Moving w/Mike DVD 9:45-11:30 Crafty Chatty 10-3 Chair Massage at Senior Center 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	**25 (§) Sharing Ministries** 9:00-9:45 Core Fitness Chair Exercise 10-10:30 Tai Chi Noon-2 Whispering Winds Practice Noon-3 Crafters Day 2-3:30 New Horizons Band Get-together	**26**  **SENIOR CENTER CLOSED**	**27** **SENIOR CENTER CLOSED** **Saturday, November 28** *SATURDAY NIGHT DANCE* Music: **JOEY ROWLAND** 7-10 pm
30 (§) Sharing Ministries 9:00-9:45 Core Fitness Chair Exercise 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+)				

Season's Greetings and Happy New Year!

For general information call Liz at 970-252-4884.

(*) *Golden Circle Seminar Series*

(§) Sharing Ministries Food Drop-Offs.
(Bring your own shopping bag.)

Line Dancing:
(B) = Beginners (B+) = Beginners Plus
(I) = Improvers (II) = Improvers/Intermediate

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.

DECEMBER 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Senior Center will be closed December 21 through January 1, reopening on January 4. ——— **New Year's Eve Dance** **December 31** **9 pm to 12:30 am**	**1** 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	**2 (§) Sharing Ministries** 9:00-9:45 Core Fitness Chair Exercise 10-10:30 Tai Chi 10-11:30 Newcomers & Neighbors Noon-2 Whispering Winds Practice Noon-3 Crafters Day	**3** 9:00 Moving w/Mike DVD 9:00-11 Clay Workshop 1-3 Black Canyon Woodcarvers 1-3 Cribbage 1-3:30 Texas Hold'em	**4** 8:30-11:30 Scrapbooking 9:00-9:45 Core Fitness Chair Exercise 10-10:45 Chair Yoga 10:30-2 Blood Drive Noon Lunch Bunch 1-3:30 Fri. Afternoon Art **Saturday, December 5** **50+ CULTURE — Live at the Met Opera**
7 (§) Sharing Ministries 9:00-9:45 Core Fitness Chair Exercise 9:00-10:30 Senior Planet 10-Noon Square Dance 12:30-3:30 Bridge 1:00 **** Whispering Winds*** 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+)	**8** 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	**9 (§) Sharing Ministries** 9:00-9:45 Core Fitness Chair Exercise 9:00-10:30 Senior Planet 10-10:30 Tai Chi 10-11:30 Newcomers & Neighbors Noon-3 Crafters Day	**10 50+ HIKE — Uncompahgre River Trail** 9:00 Moving w/Mike DVD 9:00-11 Clay Workshop 1-3 Black Canyon Woodcarvers 1-3 Cribbage 1-3:30 Texas Hold'em	**11** 8:30-11:30 Scrapbooking 8:45-2:30 Reflexology (RC) 9:00-9:45 Core Fitness Chair Exercise 10-10:45 Chair Yoga Noon Lunch Bunch **Saturday, December 12** ***SATURDAY NIGHT DANCE*** Music: **NEW VISION** 7-10 pm
14 (§) Sharing Ministries 9:00-9:45 Core Fitness Chair Exercise 9:00-10:30 Senior Planet 1:00 **** One Lane Road*** 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+)	**15** 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	**16 (§) Sharing Ministries** 9:00-9:45 Core Fitness Chair Exercise 10-10:30 Tai Chi Noon-3 Crafters Day	**17 50+ TOUR — Xmas Lights & Dinner** 9:00 Moving w/Mike DVD 9:00-10:30 Senior Planet 9:00-11 Clay Workshop 1-3 Black Canyon Woodcarvers 1-3 Cribbage 1-3:30 Texas Hold'em	**18** 8:30-11:30 Scrapbooking 9:00-9:45 Core Fitness Chair Exercise 10-10:45 Chair Yoga Noon Lunch Bunch

THE MONTROSE PAVILION
PO BOX 790
MONTROSE CO 81402
SEN

RETURN SERVICE REQUESTED