

THE SENIOR SCENE

A Newsletter for the Montrose Senior Center
SEPTEMBER - OCTOBER, 2026

50+ EDUCATIONAL PRESENTATIONS

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

Monday, September 14 at 1 pm

Medicare Savings Program by Colorado Legal Services

Colorado's Medicare Savings Programs help low-income beneficiaries pay for Medicare Part A and Part B premiums, deductibles, and coinsurance. Our presenter will describe the four different types of Medicare Savings Programs, who qualifies, and how to apply.

Presenter: Lindsey Watson, Colorado Legal Services

Monday, September 28, 12:45 pm

Music by 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

Monday, October 5 at 1 pm

Medical Debt by Colorado Legal Services

Colorado has passed significant consumer protection laws regarding medical debt. These statutes provide several safeguards and include interest caps, collection protections, garnishment exemptions, and credit reporting.

Presenter: Andrea Rosenberry, Colorado Legal Services

Monday, October 19 at 1 pm

Silverton Shady Ladies

Bars and brothels went hand-in-hand with the Boom-and-Bust cycles that characterized the San Juan mining towns from the 1870s as late as 1960. Kate Burke shares some great stories and fun facts about Silverton's infamous Good Time Girls.

Presenter: Kathryn Burke, Speaker/Artist/Publisher

Monday, October 26 at 1 pm

Morningstar Therapy Dogs

Morningstar Therapy Dogs, since 2003, organizes fundraisers, helps in community crisis situations, and aids others to build confidence as a certified dog therapy assistant.

Presenter: Nikki Zwaschka

JOIN US for LUNCH ON US!!!

Senior Center Luncheon

If you haven't made your reservation yet for the luncheon at noon on September 12, do so soon. Space is limited and we don't want you to miss out on some good food and good company. To make reservations or for more information please call 970-252-4889.

vitalant

Blood Donation

Friday, September 4 • 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.

SEPTEMBER SENIOR CENTER CLOSURES

9/7 Labor Day • 9/11 Ballroom Only • 9/17 BeaconFest

\$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

September 12

NEW VISION

September 26

DESERT FLYER

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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.

Taste of Montrose - Progressive Lunch

We will make stops at local restaurants for a lunch that includes soup, breadsticks, fried chicken, and finish with ice cream.

Date: Tuesday, September 1

Time: 10:45 am - ~ 2:30 pm

Fee: \$35 (includes all tastings)

Location: Meet at the Senior Center



Rocky Mountain High John Denver Sing Along (Montrose Senior Center)

Join us for a lively, feel-good sing-along celebrating John Denver's timeless hits, with friends, old and new to share memories, and enjoy classic folk-country favorites together. The sing-along will be followed by lunch. Wear your best 70s outfit or John Denver attire.

Date: Wednesday, September 23

Time: 11:30 am - ~2:00 pm

Fee: \$16 (includes lunch)

Location: Senior Center at the Pavilion



Delta-Montrose Concert Association Presents "You Raise me Up" (Delta)

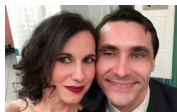
Musical duo Erin Shields and David Shenton present their unique and highly entertaining show, *Songs of Love, Hope & Inspiration*. Songs performed include: "You Raise Me Up", "Climb Every Mountain", "Here comes the Sun" and much more.

Date: Tuesday, September 29

Time: 4:30 pm - ~9:30 pm

Fee: \$35 (bring money for dinner at Creations)

Location: Meet at the Senior Center at the Pavilion



Color Drive — Grand Mesa

Join us for winding mountain roads, golden aspen groves, panoramic viewpoints, crisp alpine air, and breathtaking fall color panoramas.

Date: Tuesday, October 6 • **Time:** 8:45 am - ~2:30 pm

Fee: \$22 (bring money for lunch at the Lodge)

Location: Meet at the Senior Center at the Pavilion

The AppleShed and SIPS on Main (Cedaredge)

Discover The AppleShed with 35 years of local art, wine, gifts and sweet treats. Follow this up with an early dinner at SIPS on Main.

Date: Thursday, October 8 • **Time:** 1:00 pm - ~6:30 pm

Fee: \$22 (bring money for shopping and dinner)

Location: Meet at the Senior Center at the Pavilion

Black Bridge Winery and Pumpkin Patch (Paonia)

This farm market and winery is located in the North Fork Valley near Paonia.

Modern



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.

New Horizons Band of Montrose



This program provides an entry point to making music for 50+ adults who were once active in a school music program, as well as those with NO prior music experience. Participants must provide their own instrument and supplies.

Informational and Planning Meeting

Wednesday, August 26, 9:30 am

at MRD Field House (25 Colorado Ave.)

Rehearsals: Wednesdays, from September 2 - November 18

Time: 9:30 - 10:45 am, Full Band Rehearsal

8:45 - 9:15 am, Beginners, Extra Help or Sectionals

Location: MRD Field House (25 Colorado Avenue)

Fee: \$40, plus \$15 paid to instructor for music and other band expenses.

Instructor: Kim Lundgren, Music Educator with 45 years of experience.

Questions? Email nhbandmontrose@gmail.com

Date: Monday, October 19 • **Time:** 8:45 am - ~2:30 pm

Fee: \$22 (bring money for market, tastings and lunch)

Location: Meet at the Senior Center at the Pavilion

Ouray Hot Springs and Chloe's Charcuterie

Enjoy a soak in the healing waters of the Ouray Hot Springs pool and follow this up with a delightful lunch at Chloe's in Ridgway.

Date: Tuesday, October 27 • **Time:** 10:00 am - ~3:00 pm

Fee: \$30 (includes admission to the pool, bring money for lunch) **Location:** Meet at the Senior Center at the Pavilion

Tropical-Themed Happy Hour at the New Tippy Tiki (Montrose)

Join us for a tropical happy hour at Phelanies Tippy Tiki Bar offering vibrant cocktails, rum flights, island bites, live steel-drum vibes and colorful sunset-inspired décor. Wear your best tropical attire.

Date: Thursday, October 29 • **Time:** 3:45 pm - ~5:45 pm

Fee: \$19 (bring money for drinks and appetizers)

Location: Meet at the Senior Center at the Pavilion

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.

Using Google Slides for Presentations

Slides is Google's presentation software and it's available for free to anyone with a Gmail account! With Slides you can create presentations that can be downloaded as PDFs and in Microsoft PowerPoint format. In this 2-session workshop series, you'll learn the basics of using templates, adding images and text, and sharing your presentations.

Dates: Monday and Wednesday, September 14 & 16

Time: 9:00 am - 10:30 am

Fee: \$10* (for 2 classes)

Computer Essentials Course

This 5-week course is designed as a beginner's course for students who have little or no experience using the computer.

Dates: Mondays & Wednesdays, Oct. 5 - Nov. 4

(no class Oct. 19 or 21)

Time: 9:00 am - 10:30 am

Fee: \$50* (for 5-week course)

**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.*

Friday Afternoon Watercolor 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.)

SEPTEMBER 11

Chapel and Lavender Bushes

Watercolor. Paint a chapel with lavender bushes. Using the wet-on-wet technique on 9"x12" Cold Press paper. Learn how to paint in loose, translucent layers with mop brushes. Step-by-step instruction.

Freehand or template available. Everything provided.

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

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

We have a real busy time this month with our luncheon coming up on September 12, then on the 17th we have BeaconFest coming for the day. So be sure to put those days on your calendar. **Remember that the luncheon is reservations only.** This is so we know how many tables and how much food we need to order. The number to call is **970-252-4889**. Do it soon as we just have so much space available.

Also, this last month, we ordered and received new tables for the craft and game room. Be sure, if you need to, to please cover the space you are working on to keep the tables looking nice. We need things to look nice in our Senior Center. To replace them is not cheap. Money from the donations that we receive are used for this purpose. Thank you for those.

If you like hands-on with clay, we have a girls gathering every Thursday morning from 9 to 12. They mold their ideas into objects of their imagination with the clay. They help each other with ideas on how to form and work the clay into what they want to see come out of their molding with their hands. Come in and see them. Maybe this is something that you would enjoy doing.

Last, but not least, a special thank you to the person or persons who have been bringing us fresh flowers for the desk this summer. They are beautiful and you do a great job. Thank you so much for the ones that were put on my desk. I really did need that pick me up that week.

Your President, Joy Long

A Little Bit of Pavilion History...

MONTROSE PAVILION
DEDICATION AND GRAND OPENING CEREMONIES
September 22, 1990
10:00 a.m.

Master of Ceremonies.....	David Reed
Invocation.....	Ronnie Hanna
Presentation of Colors.....	NJROTC
Pledge of Allegiance.....	Hans Croeber
National Anthem.....	Ruby Lenard LaVeda Harrison
Welcome and Introduction of City Council.....	Mayor Don R. Gladwell
Recognition of Groups and Individuals.....	Mayor Don R. Gladwell
Guest Speakers.....	Congressman Ben Nighthorse Campbell Jerry Smith, Deputy Director of Local Affairs, State of Colorado
Cornerstone Laying and Time Capsule Ceremonies.....	Masons of Colorado
Officers of the Grand Lodge of Colorado, A.F. & A.M.: Donald P. Smith Jr., Grand Master; Allan C. Templeton, Junior Grand Warden; William E. Wood, Grand Lecturer; Ben H. Bell Jr., Junior Grand Deacon; Harry L. Lyons, Senior Grand Steward; John H. Buchanan, Grand Orator.	
Participating Masons of Montrose Lodge #63, A.F. & A.M.: Rodney Johnson, Worshipful Master; Jack Ward, Senior Warden; Lyman Thomas, Junior Warden; Keith Hoey, Senior Deacon; Robert Daugherty, Junior Deacon; Paul Brown, Senior Steward; Chris Thomas, Y.M.M.	
Ribbon Cutting Ceremony.....	Mayor Don R. Gladwell Mayor Pro Tem Margaret Carey Councilman Kenneth G. Gale Councilman Joseph Balet Councilwoman Tricia Dickinson Former Councilman Daniel R. Alires Former Councilman Victor R. Roushar City Manager, William R. Robinson

Instructions on free barbecue and Pavilion tours.

Special thanks to Moe-Jean & Son Boiler and Welding Shop for donating the time capsule; the Cattlewomen's Association for preparing the barbecue; 4-H and F.F.A. Clubs and the Cattlemen for assisting with the barbecue; the Chamber of Commerce Redcoats for conducting Pavilion tours; the Ghost River Band for providing music during the barbecue; Senior Citizens for taking tickets; RE-IJ School District for passing out programs; Montrose County Sheriff's Posse, Montrose Police Department and Mayflower Services for traffic and parking control; Colorado-Ute Electric Association, First Presbyterian Church and Church of Jesus Christ of Latter-Day Saints for the use of their parking lots; the Bureau of Reclamation for the stage bunting and the City Employees Barbecue Committee for organizing the event.

50+ ACTIVITIES

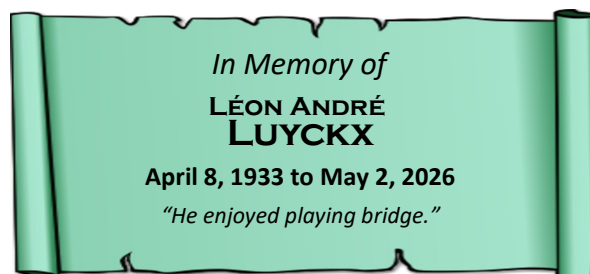
ACTIVITIES take place at the Senior Center

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 Free	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	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

Low Vision Support Group

Friday, September 11 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.



50+ HEALTH & WELLNESS

At the Senior Center



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 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.

Tuesdays, 12-12:45 pm and 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 Grimmer,
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.

Past Senior Scenes Revisited

2022 In September of 2021, our Educational Lecture Series featured Susan Marie Frontcza who portrayed humorist Erma Bombeck, and a presentation by Bob Risch on the Red Mountain Project. We toured the Paonia Dam; had lunch at Elk Mountain Resort and learned about its history; took a Fall Colors Drive over Dallas Divide to Telluride; and took a Fall Colors hike in the Paonia Reservoir area.

2022 In October, our educational program featured a talk on "Body Mechanics: What You Don't Know, Can Hurt You;" we visited The Hanging Flume, Uravan and the Gateway Auto Museum; we went to the Old School Lodge B&B and the Colona School and had lunch in Montrose; we attended Fall Day on the Farm at the Cross Orchards Historical Site and had lunch at Spoons Bistro in Grand Junction; and we toured Montrose Forest Products and the Bluecorn Candle Factory and had lunch at Bluecorn. We took a Fall Colors Hike to Jud Wiebe in Telluride.

2023 In September, we had presentation by Corinna Stoeffl called "My Neighbor's Voice," on the importance of listening; Kate Burke gave a talk on Ouray's Gold Fields and The Bachelor Syracuse Mine; and Premier World Discovery was on-hand to discuss two tour offerings — one to Greece and one to NYC for the holidays. We took a True Grit Walking Tour and did some shopping and had lunch in Ridgway; we went horseback riding in Crested Butte; we learned about bird banding at the Ridgway State Park; we took two local business tours—one to TEI Rock Drills and the other to Wild Horse Wine and Whiskey; we took a local walk and had dinner at Pomona Brewing; and Jon Horn took us for a walk and shared points of interest along the Old Spanish Trail; and we took a hike on the Rim View Trail in Grand Junction.

Our words of wisdom for the month:

Optimism isn't a belief that things will automatically get better; it's a conviction that we can make things better.

— Melinda Gates

2023 In October, our Seminar Series included Kate Burke's history series that explored the Silverton and San Juan Mining District and the four trains that served it; and David Primus presented a slideshow of the history of the Gunnison River Valley before Blue Mesa Reservoir was completed in 1965. We took a Fall Color Drive over Red Mountain Pass to Silverton; we went to the Applefest in Cedaredge; we took a local walk around town and had dinner at Pahgre's; and we hiked the Keystone Gorge Loop in Telluride.

Our words of wisdom for the month:

"Autumn leaves don't fall, they fly. They take their time and wander on this their only chance to soar."

— Delia Owens

New! SENIOR CENTER WEBSITE!

Check out our new website at montroseseniiorcenter.org

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

P.O. Box 832, Montrose, Colorado 81402

themontroseseniiorscene@gmail.com

Published six times a year by the

Golden Circle Seniors, Inc.

Golden Circle Seniors, Inc. is a 501(c)(3) nonprofit organization.

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

Printing and mailing are made possible through subscriptions, donations and the generous support of the City of Montrose.

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

September 2 • Location: Senior Center

Questions? Contact Char Proctor 970-417-4236

MONTROSE PAVILION SENIOR CENTER CALENDAR SEPTEMBER 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 50+ LUNCH — Taste of Montrose 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 12-12:45 Chair Yoga 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 2-3:30 New Horizons Band Get-together	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
★★★★★ WE WILL BE CLOSED FOR LABOR DAY	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 12-12:45 Chair Yoga 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 10-10:30 Tai Chi Noon-2 Whispering Winds Practice Noon-3 Crafters Day 2-3:30 New Horizons Band Get-together	10 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 10:00 Low Vision Support Group 10-10:45 Chair Yoga Noon Lunch Bunch 1-3:30 Watercolor Class BALLROOM CLOSED AFTER LUNCH Saturday, September 12 Senior Center Luncheon 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 10-Noon Square Dance 12:30-3:30 Bridge 1:00 * Medicare Savings Program 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 12-12:45 Chair Yoga 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 9:00-10:30 Senior Planet 10-10:30 Tai Chi Noon-2 Whispering Winds Practice Noon-3 Crafters Day 2-3:30 New Horizons Band Get-together	17 The Senior Center will be closed all day for  BEACON Fest ENTERTAINMENT • FOOD • INFO COLORADO'S FUNNEST BOOMER & SENIOR EXPO
21 (\$) 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+)	22 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 12-12:45 Chair Yoga 1-3:30 Hand, Knee & Foot 1-3:30 Mahjong 1-3:30 Omaha Poker	23 (\$) Sharing Ministries 50+ CULTURE — "Rocky Mountain High" 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	24 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	25 8:30-11:30 Scrapbooking 9:00-9:45 Core Fitness Chair Exercise 10-10:45 Chair Yoga Noon Lunch Bunch Saturday, September 26 SATURDAY NIGHT DANCE Music: DESERT FLYER 7-10 pm
28 (\$) Sharing Ministries 9:00-9:45 Core Fitness Chair Exercise 10-Noon Square Dance 12:30-3:30 Bridge 12:45 * Music by One Lane Road 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+)	29 50+ CULTURE — "You Raise Me Up" 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 12-12:45 Chair Yoga 1-3:30 Hand, Knee & Foot 1-3:30 Mahjong 1-3:30 Omaha Poker	30 (\$) 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	For general information call Liz at 970-252-4884. (*) Golden Circle Seminar Series (S) Sharing Ministries Food Drop-Offs. <i>(Bring your own shopping bag.)</i> Line Dancing: (B) = Beginners (B+) = Beginners Plus (I) = Improvers (II) = Improvers/Intermediate <i>Check out our new website at</i> montroseseniorcenter.org 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	

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