

THE SENIOR SCENE

A Newsletter for the Montrose Senior Center

ADDENDUM TO MAY / JUNE 2026

Due to limited space, descriptions of events are abbreviated. For more complete descriptions or more information please refer to the Montrose Recreation District Activity Guide, visit montroserec.com, or call Liz at 970-252-4884.

50+

EDUCATION/PERFORMANCE SERIES

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

Monday, June 1, 1 pm

Bureau of Land Management—UFO

The Uncompahgre Field Office (UFO) manages nearly 680,000 acres of public land in BLM Colorado's Southwest District, including four river systems — the Gunnison, San Miguel, Dolores, Uncompahgre — as well as over 910,000 sub-surface acres of federal minerals.

Presenter: *Caroline Kilbane*

Monday, June 8, 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 Spring Concert, with music to include classical favorites and other well-known tunes. Admission is free!

Presenters: *Whispering Winds Musicians*

Monday, June 22, 1 pm

SNAP Benefits and Food Bank of the Rockies

The mission of Food Bank of the Rockies is to ignite the power of community to nourish people facing hunger. We provide food and necessities to people in need through signature programs and by teaming up with hundreds of Hunger Relief Partners to serve communities across Colorado and Wyoming, the largest food bank coverage area in the contiguous United States. We believe that for a community to thrive, every member must have the resources they need to flourish, and we strive to provide proper nourishment for every neighbor. *Presenter: Dean Madrid*

NEW at the Senior Center!!!

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.

Fridays at 8:30 am

Chair Yoga with Steph B Chair yoga adapts traditional yoga poses so they can be done seated in a chair or using it for support. It is an excellent, low-impact exercise for seniors to build strength, improve balance, reduce pain, and increase flexibility without putting stress on joints.

Fridays, at 1 pm Donations to the instructor.

Low Vision Support Group This group will meet on the second Friday of the month at 10 am starting June 12. Colorado West Ophthalmology will cover low vision aids, tips and tricks to increase independence, and provide community and support.

Friday, June 12, at 10 am

Golden Circle Seniors Board Meeting

Wednesday, June 10 at 1 pm

The public is invited to attend.

Aging with Attitude

SENIOR PLANET

FROM AARP

All classes are held at the Senior Center unless noted otherwise. Pre-registration required. You may register online at montroserec.com or call customer service at 970-249-7705.

Session 11 — Finding Community with Senior Planet Community

Date: Monday, June 1 / Time: 9:00 am - 10:30 am / Fee: \$5*

Session 12 — Getting to Know Your iPhone

Date: Wednesday, June 3 / Time: 9:00 am - 10:30 am / Fee: \$5*

Session 13 — Managing Privacy Settings on Your iPhone

Date: Monday, June 8 / Time: 9:00 am - 10:30 am / Fee: \$5*

Session 14 — Understanding Fraud and Scams

Date: Wednesday, June 10 / Time: 9:00 am - 10:30 am / Fee: \$5*

Session 15 — Using Fact Checking Sites

Date: Monday, June 15 / Time: 9:00 am - 10:30 am / Fee: \$5*

*fee assistance available

50+ ADVENTURES/TOURS

All trips and tours scheduled for June are full. To get on a waitlist go to: <https://www.montroserec.com/active-adult-adventures>

Sky Ute Casino in AUGUST (Spots Still Open!!!)

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.

Date: **Tuesday, August 11**

Time: 7 am - ~ 7 pm

Fee: \$60 (includes light snacks

on the bus. Bring money for food at the casino)

Location: Meet at the Senior Center



\$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

June 13

GHOST RIVER

June 27

DESERT FLYER

MONTROSE PAVILION SENIOR CENTER CALENDAR JUNE 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>8 (\$) Sharing Ministries 9:00-9:45 Core Fitness Chair Exercise 9:00-10:30 Senior Planet 10-Noon Square Dance 10-3 Chair Massage at Rec Center 12:30-3:30 Bridge 1:00 * Bureau of Land Management - UFO 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>2 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>3 (\$) Sharing Ministries 9:00-9:45 Core Fitness Chair Exercise 9:00-10:30 Senior Planet 10-10:30 Tai Chi 10:45-3 Crafters Day 11:30-12:30 New Horizons Band Get-together</p>	<p>4 9:00 Moving w/Mike DVD 9:00-11 Ceramics Workshop 1-3 Black Canyon Woodcarvers 1-3 Cribbage 1-3:30 Texas Hold'em</p>	<p>5 8:30-11:30 Scrapbooking 9:00-9:45 Core Fitness Chair Exercise Lunch Bunch 1:00 Chair Yoga</p>
<p>8 (\$) 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+)</p>	<p>9 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>10 (\$) Sharing Ministries 9:00-9:45 Core Fitness Chair Exercise 9:00-10:30 Senior Planet 10-10:30 Tai Chi 10:45-3 Crafters Day 11:30-12:30 New Horizons Band Get-together 1:00 Board Meeting</p>	<p>11 9:00 Moving w/Mike DVD 9:00-11 Ceramics Workshop 1-3 Black Canyon Woodcarvers 1-3 Cribbage 1-3:30 Texas Hold'em</p>	<p>12 8:30-11:30 Scrapbooking 8:45-2:30 Reflexology at Rec Center 10:00 Low Vision Support Group 9:00-9:45 Core Fitness Chair Exercise Lunch Bunch 1:00 Chair Yoga</p> <p style="text-align: center;">Saturday, June 13 SATURDAY NIGHT DANCE Music: GHOST RIVER BAND 7-10 pm</p>
<p>15 (\$) 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</p>	<p>16 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>17 (\$) Sharing Ministries 9:00-9:45 Core Fitness Chair Exercise 10-10:30 Tai Chi 10:45-3 Crafters Day 11:30-12:30 New Horizons Band Get-together</p>	<p>18 9:00 Moving w/Mike DVD 9:00-11 Ceramics Workshop 1-3 Black Canyon Woodcarvers 1-3 Cribbage 1-3:30 Texas Hold'em</p>	<p>19 8:30-11:30 Scrapbooking 9:00-9:45 Core Fitness Chair Exercise Lunch Bunch 1:00 Chair Yoga</p>
<p>22 (\$) Sharing Ministries 9:00-9:45 Core Fitness Chair Exercise 10-Noon Square Dance 12:30-3:30 Bridge 1:00 * SNAP Benefits and Food Bank of the Rockies 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>23 9:00 Moving w/Mike DVD 9:45-11:30 Crafty Chatty 10-11 Line Dance (I) 10-3 Chair Massage at Senior Center 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>24 (\$) Sharing Ministries 9:00-9:45 Core Fitness Chair Exercise 10-10:30 Tai Chi 10:45-3 Crafters Day 11:30-12:30 New Horizons Band Get-together</p>	<p>25 9:00 Moving w/Mike DVD 9:00-11 Ceramics Workshop 1-3 Black Canyon Woodcarvers 1-3 Cribbage 1-3:30 Texas Hold'em</p>	<p>26 8:30-11:30 Scrapbooking 9:00-9:45 Core Fitness Chair Exercise Lunch Bunch 1:00 Chair Yoga</p> <p style="text-align: center;">Saturday, June 27 SATURDAY NIGHT DANCE Music: DESERT FLYER 7-10 pm</p>
<p>29 (\$) 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+)</p>	<p>30 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>For general information call Liz at 970-252-4884.</p> <p>(*) Golden Circle Seminar Series (\$) 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>PLEASE NOTE: 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 an event.</small></p>		