

November 2022

Monday	Tuesday	Weds.	Thursday	Friday
	1	2 Lunch @ 12:15 Medicare 101	3 Grocery Shopping Bergen Park Wal-Mart	4 Free Senior Fit Exercise Class 11AM Lunch @ 12:15 Free Bingo
7 Free Senior Fit Exercise Class 11AM	8 	9 Lunch @ 12:15 Free Bingo	10 Grocery Shopping Bergen Park King Soopers	11 Veterans Day 
14 Free Senior Fit Exercise Class 11AM	15 <div>Happy Birthday to Deb Arias, Joni Moede, Leon Pohl, and Diana Sawyer</div>	16 Lunch @ 12:15 Birthday Party	17 Grocery Shopping Bergen Park Wal-Mart	18 Free Senior Fit Exercise Class 11AM Lunch @ 12:15 Social Time
21 Free Senior Fit Exercise Class 11AM	22	23 Blood pressure Clinic 11:30 Lunch @ 12:15 Free Bingo	24 Happy Thanksgiving Closed	25 Closed 
28 Free Senior Fit Exercise Class 11AM	29	30 Lunch @ 12:15 Social Time	<div>Please RSVP for lunches at least 2 business days ahead. We ask for a \$2.50 donation for lunches. All transportation is \$2.50 each one-way trip. We are doing medical transportation at this time please call for details. We accept donations for the Senior Fit exercise classes.</div>	
<div>Rides to Lunch, Events and Medical Appointments are available to Gilpin County Seniors Please call Direct # 303-515-4292 for reservations.</div>				