

The Gilpin County Senior Program Calendar of Events



April 2023



Monday	Tuesday	Weds.	Thursday	Friday
3 Free Senior Fit Exercise Class 11AM	4	5 Lunch @ 12:15 Talking Library Program	6 Grocery Shopping Bergen Park Wal-Mart	7 Free Senior Fit Exercise Class 11AM Lunch @ 12:15 Free Bingo
10 Free Senior Fit Exercise Class 11AM	11 	12 Lunch @ 12:15 Free Bingo	13 Grocery Shopping Bergen Park King Soopers	14 Free Senior Fit Exercise Class 11AM Lunch @ 12:15 Social Time
17 Free Senior Fit Exercise Class 11AM	18 Field Trip To Butterfly Pavilion Lunch before at Macaroni Grill	19 Lunch @ 12:15 Birthday Party 	20 Grocery Shopping Bergen Park Wal-Mart	21 Free Senior Fit Exercise Class 11AM Lunch @ 12:15 Social Time
24 Free Senior Fit Exercise Class 11AM	25	26 Foot Clinic Please RSVP Blood pressure Clinic 11:30 Lunch @ 12:15 Program on Med Alerts	27 Grocery Shopping Bergen Park Wal-Mart	28 Free Senior Fit Exercise Class 11AM Lunch @ 12:15 Free Bingo
				

Rides to Lunch, Events and Medical Appointments are available to Gilpin County Seniors
Please call Direct # 303-515-4292 for reservations.



Happy Birthday to

Kate Smith, Dorothy Sweet, and Taffy Skudneski

In April, we will be going to Wal-Mart for shopping more than King Soopers. We have had more people asking to go to Wal-Mart, if that changes, we will reconsider this plan.

This months field trip, we will be going to The Butterfly Pavilion. We will pay for the Pavilion with passes from the library and/or our donation fund. Lunch will be at Macaroni Grill paid for by you. We will be getting to the restaurant at 11am. Please RSVP by 4/13/23. Please call for details and to RSVP.

Please RSVP for Senior lunches at The Community Center 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

