


March 2026

All activities at the Paonia Senior Center unless otherwise noted
See newsletter for descriptions

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
<p><i>S.A.I.L. Exercise</i> 9:30 Hotchkiss Memorial Hall</p> <p>10 Crawford Town Hall</p> <p>Grab & Go Lunch from VOA - noon</p>	<p><i>S.A.I.L. Exercise</i> 8:45 & 10:00 am</p> <p><i>Hot Meals at Hotchkiss Senior Center - noon</i></p> <p>Souper Tuesday with Anthony - noon</p> <p>Derek Udy: Breathe to Save your Life-2pm</p>	<p><i>Riverwalk 10 am</i></p> <p>Grab & Go Lunch from VOA - noon</p> <p><i>Hot Meals at Hotchkiss Senior Center - noon</i></p> <p><i>Crawford Senior Center Noon Lunch</i></p> <p>Memoir Class- 1:30 pm</p>	<p><i>Weekly Meditation Circle</i> 9 am</p> <p>Thursday Lunch- noon AP Catering</p> <p>"Alternate Endings" with Wild Sage at the Paradise 6 pm</p>	<p><i>S.A.I.L. Exercise</i> 8:45 & 10:00 am</p> <p>Grab & Go Lunch from VOA - noon</p>
9	10	11	12	13
<p><i>S.A.I.L. Exercise</i> 9:30 Hotchkiss Memorial Hall</p> <p>10 Crawford Town Hall</p> <p>Grab & Go Lunch from VOA - noon</p>	<p><i>S.A.I.L. Exercise</i> 8:45 & 10:00 am</p> <p><i>Hot Meals at Hotchkiss Senior Center - noon</i></p> <p>NFSC Board Mtg 11:30 am</p> <p>Song Circle 2pm</p>	<p><i>Riverwalk 10 am</i></p> <p>Grab & Go Lunch from VOA - noon</p> <p><i>Hot Meals at Hotchkiss Senior Center - noon</i></p> <p><i>Dementia Caregivers Support Group at Hotchkiss- 1:30pm</i></p> <p>Memoir Class - 1:30 pm</p>	<p><i>Weekly Meditation Circle</i> 9 am</p> <p>Thursday Lunch-noon- Sweetgrass</p> <p>"Casablanca" at the Paradise and Silent Auction 6 pm</p>	<p><i>S.A.I.L. Exercise</i> 8:45 & 10:00 am</p> <p>Grab & Go Lunch from VOA - noon</p> <div style="text-align: center;">  </div>

<p style="text-align: right;">16</p> <p><i>S.A.I.L. Exercise</i> 9:30 Hotchkiss Memorial Hall 10 Crawford Town Hall</p> <p>Grab & Go Lunch from VOA - noon</p>	<p style="text-align: right;">17</p> <p><i>S.A.I.L. Exercise</i> 8:45 & 10:00 am Hot Meals at Hotchkiss Senior Center - noon Souper Tuesday with Anthony - noon Understanding the Dementia Universe - 2pm Shakespeare Discussion Group 6-7:30pm-Hamlet</p>	<p style="text-align: right;">18</p> <p>Riverwalk 10 am Grab & Go Lunch from VOA - noon</p> <p><i>Hot Meals at Hotchkiss Senior Center - noon</i></p> <p>Crawford Senior Center Noon Lunch</p> <p>Memoir Class - 1:30 pm</p>	<p style="text-align: right;">19</p> <p>Weekly Meditation Circle 9 am <i>S.A.I.L. Exercise 9:30 Hotchkiss Memorial Hall</i></p> <p>Hot Meals at Hotchkiss Senior Center - noon Thursday Lunch-noon- Chrys Bailey</p> <p>End of Life Planning -4:30 at Paonia Library</p>	<p style="text-align: right;">20</p> <p><i>S.A.I.L. Exercise</i> 8:45 & 10:00 am</p> <p>Grab & Go Lunch from VOA - noon</p> <p>Vernal Equinox - Happy Spring!</p>
<p style="text-align: right;">23</p> <p><i>S.A.I.L. Exercise</i> 9:30 Hotchkiss Memorial Hall 10 Crawford Town Hall</p> <p>Grab & Go Lunch from VOA - noon</p>	<p style="text-align: right;">24</p> <p><i>S.A.I.L. Exercise</i> 8:45 & 10:00 am Hot Meals at Hotchkiss Senior Center - noon</p> <p>Book Club 2 pm - Religion/Spirituality</p>	<p style="text-align: right;">25</p> <p>Riverwalk 10 am Grab & Go Lunch from VOA - noon <i>Hot Meals at Hotchkiss Senior Center - noon</i> <i>Dementia Caregivers Support Group at Hotchkiss- 1:30pm</i> Memoir Class - 1:30 pm</p>	<p style="text-align: right;">26</p> <p>Weekly Meditation Circle 9 am <i>S.A.I.L. Exercise 9:30 Hotchkiss Memorial Hall</i> Hot Meals at Hotchkiss Senior Center - noon</p> <p>Thursday Lunch-noon- Flying Fork</p>	<p style="text-align: right;">27</p> <p><i>S.A.I.L. Exercise</i> 8:45 & 10:00 am</p> <p>Grab & Go Lunch from VOA - noon</p> <p>Tech Help 12:10-12:30</p>
<p style="text-align: right;">30</p> <p><i>S.A.I.L. Exercise</i> 9:30 Hotchkiss Memorial Hall 10 Crawford Town Hall</p> <p>Grab & Go Lunch from VOA - noon</p>	<p style="text-align: right;">31</p> <p><i>S.A.I.L. Exercise</i> 8:45 & 10:00 am Hot Meals at Hotchkiss Senior Center - noon Souper Tuesday with Anthony - noon The Smart Cookie's Guide to Preventing Identity Theft- 2 pm</p>			