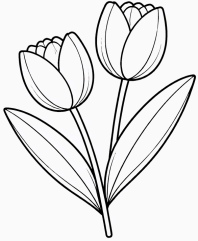


## April 2026

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

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Riverwalk 9 am  Grab & Go Lunch from VOA - noon  Hot Meals at Noon: Hotchkiss Sr Center Crawford Sr Center - Boardwalk Memoir Class- 1:30 pm	2 Weekly Meditation Circle 9 am S.A.I.L. Exercise 9:30 Hotchkiss Memorial Hall  Hot Meals at Noon: Hotchkiss Sr Center Paonia -Rio Bravo Shroud Making 4-8 private home	3 S.A.I.L. Exercise 8:45 & 10:00 am  Grab & Go Lunch from VOA - noon
6 S.A.I.L. Exercise 9:30 Hotchkiss Memorial Hall 10 Crawford Town Hall  Grab & Go Lunch from VOA - noon	7 S.A.I.L. Exercise 8:45 & 10:00 am  Hot Meals at Hotchkiss Senior Center - noon  Souper Tuesday with Anthony - noon  Breathe to Save your Life-2pm	8 Riverwalk 9 am  Grab & Go Lunch from VOA - noon  Hot Meals at Hotchkiss Senior Center - noon  Crawford Senior Center Noon Lunch Memoir Class- 1:30 pm	9 Weekly Meditation Circle 9 am S.A.I.L. Exercise 9:30 Hotchkiss Memorial Hall  Hot Meals at Noon: Hotchkiss Sr Center Paonia -Sweetgrass  Games & Puzzles 3 pm	10 S.A.I.L. Exercise 8:45 & 10:00 am  Grab & Go Lunch from VOA - noon  "The Librarians" Documentary at Paradise Theatre 7:00 pm - 9:00 pm

<p style="text-align: right;">13</p> <p><i>S.A.I.L. Exercise 9:30 Hotchkiss Memorial Hall 10 Crawford Town Hall</i></p> <p><b>Grab &amp; Go Lunch from VOA - noon</b></p>	<p style="text-align: right;">14</p> <p><i>S.A.I.L. Exercise 8:45 &amp; 10:00 am</i></p> <p><b>Hot Meals at Hotchkiss Senior Center - noon</b></p> <p>NFSC Board Mtg 11:30 am</p> <p><b>Song Circle 2pm</b></p>	<p style="text-align: right;">15</p> <p><b>Riverwalk 9 am</b> <b>Grab &amp; Go Lunch from VOA - noon</b></p> <p><b>Hot Meals at Noon: Hotchkiss Sr Center Crawford Sr Center - Lazy J</b></p> <p><i>Dementia Caregivers Support Group at Hotchkiss- 1:30pm</i></p> <p><b>Memoir Class - 1:30 pm</b></p>	<p style="text-align: right;">16</p> <p><i>Weekly Meditation Circle 9 am</i></p> <p><i>S.A.I.L. Exercise 9:30 Hotchkiss Memorial Hall</i></p> <p><b>Hot Meals at Noon: Hotchkiss Sr Center Paonia - Clean Kitchen</b></p> <p>Jewish End of Life Traditions 3-4:30</p>	<p style="text-align: right;">17</p> <p><i>S.A.I.L. Exercise 8:45 &amp; 10:00 am</i></p> <p><b>Grab &amp; Go Lunch from VOA - noon</b></p>
<p style="text-align: right;">20</p> <p><i>S.A.I.L. Exercise 9:30 Hotchkiss Memorial Hall 10 Crawford Town Hall</i></p> <p><b>Grab &amp; Go Lunch from VOA - noon</b></p>	<p style="text-align: right;">21</p> <p><i>S.A.I.L. Exercise 8:45 &amp; 10:00 am</i></p> <p><b>Hot Meals at Hotchkiss Senior Center - noon</b></p> <p>Souper Tuesday - noon</p> <p><b>Nutrition for Bone Health 2pm</b></p> <p>Shakespeare Discussion Group 6-7:30pm-</p>	<p style="text-align: right;">22</p> <p><b>Riverwalk 9 am</b></p> <p><b>Grab &amp; Go Lunch from VOA - noon</b></p> <p><i>Hot Meals at Hotchkiss Senior Center - noon</i></p> <p><b>Memoir Class - 1:30 pm</b></p>	<p style="text-align: right;">23</p> <p><i>Weekly Meditation Circle 9 am</i></p> <p><i>S.A.I.L. Exercise 9:30 Hotchkiss Memorial Hall</i></p> <p><b>Hot Meals at Noon: Hotchkiss Sr Center Paonia -Clemie Bouton</b></p> <p>Storytelling - New Beginnings 3 pm</p>	<p style="text-align: right;">24</p> <p><i>S.A.I.L. Exercise 8:45 &amp; 10:00 am</i></p> <p><b>Grab &amp; Go Lunch from VOA - noon</b></p>
<p style="text-align: right;">23</p> <p><i>S.A.I.L. Exercise 9:30 Hotchkiss Memorial Hall 10 Crawford Town Hall</i></p> <p><b>Grab &amp; Go Lunch from VOA - noon</b></p>	<p style="text-align: right;">28</p> <p><i>S.A.I.L. Exercise 8:45 &amp; 10:00 am</i></p> <p><b>Hot Meals at Hotchkiss Senior Center - noon</b></p> <p><b>Book Club 2 pm - Heartwood by Amity Gaige</b></p>	<p style="text-align: right;">29</p> <p><b>Riverwalk 9 am</b> <b>Grab &amp; Go Lunch from VOA - noon</b></p> <p><b>Hot Meals at Hotchkiss Senior Center - noon</b></p> <p><i>Dementia Caregivers Support Group at Hotchkiss- 1:30pm</i></p> <p><b>Memoir Class - 1:30pm</b></p>	<p style="text-align: right;">30</p> <p><i>Weekly Meditation Circle 9 am</i></p> <p><i>S.A.I.L. Exercise 9:30 Hotchkiss Memorial Hall</i></p> <p><b>Hot Meals at Noon: Hotchkiss Sr Center Paonia -Potluck</b></p> <p>Craft &amp; Chat 3 pm</p> <p>Green Burials 4:30 KVNF</p>	