


May 2026

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

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Service Saturdays:</p> <p>Paonia May 2</p> <p>Hotchkiss & Crawford: May 16</p>				<p style="text-align: right;">1</p> <p>S.A.I.L. Exercise 8:45 & 10:00 am</p> <p>Grab & Go Lunch from VOA - noon</p>
<p style="text-align: right;">4</p> <p>S.A.I.L. Exercise 9:30 Hotchkiss Memorial Hall 10 Crawford Town Hall</p> <p>Grab & Go Lunch from VOA - noon</p>	<p style="text-align: right;">5</p> <p>S.A.I.L. Exercise 8:45 & 10:00 am</p> <p>Hot Meals at Noon: Hotchkiss Senior Center Paonia - Souper Tuesday</p> <p>Breathe to Save your Life-2pm</p>	<p style="text-align: right;">6</p> <p>Riverwalk 9 am</p> <p>Hot Meals at Noon: Hotchkiss Senior Center Crawford Senior Center Paonia - VOA Dementia Caregivers Support Group at Hotchkiss- 1:30pm Memoir Class- 1:30 pm</p>	<p style="text-align: right;">7</p> <p>Weekly Meditation Circle 9 am</p> <p>S.A.I.L. Exercise 9:30 Hotchkiss Memorial Hall</p> <p>Hot Meals at Noon: Hotchkiss Sr Center Paonia -AP Catering 3 pm - Benefits of Occupational Therapy</p>	<p style="text-align: right;">8</p> <p>S.A.I.L. Exercise 8:45 & 10:00 am</p> <p>Grab & Go Lunch from VOA - noon</p>

<p style="text-align: right;">11</p> <p><i>S.A.I.L. Exercise 9:30</i> <i>Hotchkiss Memorial Hall</i> <i>10 Crawford Town Hall</i></p> <p>Grab & Go Lunch from VOA - noon</p>	<p style="text-align: right;">12</p> <p><i>S.A.I.L. Exercise</i> <i>8:45 & 10:00 am</i></p> <p>Hot Meals at Hotchkiss Senior Center - noon</p> <p>NFSC Board Mtg 11:30 am Song Circle 2pm</p>	<p style="text-align: right;">13</p> <p>Riverwalk 9 am Grab & Go Lunch from VOA - noon Hot Meals at Noon: Hotchkiss Sr Center</p> <p>Memoir Class - 1:30 pm</p>	<p style="text-align: right;">14</p> <p><i>Weekly Meditation Circle</i> <i>9 am</i> <i>S.A.I.L. Exercise 9:30</i> <i>Hotchkiss Memorial Hall</i></p> <p>Hot Meals at Noon: Hotchkiss Sr Center Paonia - Grief Meets Canvas - 3-4:30</p>	<p style="text-align: right;">15</p> <p><i>S.A.I.L. Exercise</i> <i>8:45 & 10:00 am</i></p> <p>Grab & Go Lunch from VOA - noon</p>
<p style="text-align: right;">18</p> <p><i>S.A.I.L. Exercise 9:30</i> <i>Hotchkiss Memorial Hall</i> <i>10 Crawford Town Hall</i></p> <p>Grab & Go Lunch from VOA - noon</p>	<p style="text-align: right;">19</p> <p><i>S.A.I.L. Exercise</i> <i>8:45 & 10:00 am</i></p> <p>Hot Meals at noon: Hotchkiss Senior Center Paonia - Souper Tuesday Qigong for Health & Longevity 2 pm Shakespeare Discussion Group- As You Like It -6-7:30pm</p>	<p style="text-align: right;">20</p> <p>Riverwalk 9 am Intro to Neuromovement 9 am Hot Meals at Noon: Hotchkiss Senior Center Crawford Senior Center Paonia - VOA Dementia Caregivers Support Group at Hotchkiss- 1:30pm Memoir Class - 1:30 pm</p>	<p style="text-align: right;">21</p> <p><i>Weekly Meditation Circle</i> <i>9 am</i> <i>S.A.I.L. Exercise 9:30</i> <i>Hotchkiss Memorial Hall</i></p> <p>Hot Meals at Noon: Hotchkiss Sr Center Paonia -Chrys Bailey The Hidden Connection: Stress, Sleep, Hormones, and Bone Health 3 pm</p>	<p style="text-align: right;">22</p> <p><i>S.A.I.L. Exercise</i> <i>8:45 & 10:00 am</i></p> <p>Grab & Go Lunch from VOA - noon</p>
<p style="text-align: right;">25</p> <p><i>S.A.I.L. Exercise 9:30</i> <i>Hotchkiss Memorial Hall</i> <i>10 Crawford Town Hall</i></p> <p>Grab & Go Lunch from VOA - noon</p>	<p style="text-align: right;">26</p> <p><i>S.A.I.L. Exercise</i> <i>8:45 & 10:00 am</i></p> <p>Hot Meals at Hotchkiss Senior Center - noon</p> <p>Book Club 2 pm - Local Women Authors</p>	<p style="text-align: right;">27</p> <p>Riverwalk 9 am Grab & Go Lunch from VOA - noon Hot Meals at Hotchkiss Senior Center - noon</p> <p>Memoir Class - 1:30pm</p>	<p style="text-align: right;">28</p> <p><i>Weekly Meditation Circle</i> <i>9 am</i> <i>S.A.I.L. Exercise 9:30</i> <i>Hotchkiss Memorial Hall</i></p> <p>Hot Meals at Noon: Hotchkiss Sr Center Paonia -Berg Harvest</p>	<p style="text-align: right;">29</p> <p><i>S.A.I.L. Exercise</i> <i>8:45 & 10:00 am</i></p> <p>Grab & Go Lunch from VOA - noon</p>