

June 2026

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

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
<p><i>S.A.I.L. Exercise 9:30</i> <i>Hotchkiss Memorial Hall</i></p> <p>Hot Meals at Noon: Paonia VOA</p>	<p><i>S.A.I.L. Exercise</i> <i>8:45 & 10:00 am</i></p> <p><i>Hot Meals at Noon:</i> <i>Hotchkiss Senior Center</i> <i>Paonia - Souper</i> <i>Tuesday</i></p> <p>Breathe to Save your Life-2pm</p>	<p>Riverwalk 9 am</p> <p><i>Hot Meals at Noon:</i> <i>Hotchkiss Senior</i> <i>Center</i> <i>Crawford Senior Center</i> <i>Paonia VOA</i></p> <p>Memoir Class- 1:30 pm</p>	<p><i>Weekly Meditation Circle</i> <i>9 am</i></p> <p><i>S.A.I.L. Exercise 9:30</i> <i>Hotchkiss Memorial Hall</i></p> <p>Hot Meals at Noon: Hotchkiss Senior Center Paonia -Rio Bravo</p>	<p><i>S.A.I.L. Exercise</i> <i>8:45 & 10:00 am</i></p> <p>Hot Meals at Noon: Paonia VOA</p>
8	9	10	11	12
<p><i>S.A.I.L. Exercise 9:30</i> <i>Hotchkiss Memorial Hall</i></p> <p>Hot Meals at Noon: Paonia VOA</p>	<p><i>S.A.I.L. Exercise</i> <i>8:45 & 10:00 am</i></p> <p>Qigong for Health & Longevity 11:30-12:30</p> <p><i>Hot Meals at Noon:</i> <i>Hotchkiss Senior Center</i></p> <p>NFSC Board Mtg 11:30 am Song Circle 2pm</p>	<p>Riverwalk 9 am</p> <p><i>Hot Meals at Noon:</i> <i>Hotchkiss Sr Center</i> <i>Paonia VOA</i></p> <p>Memoir Class - 1:30 pm</p> <p><i>Dementia Caregivers</i> <i>Support Group at</i> <i>Hotchkiss- 1:30pm</i></p>	<p><i>Weekly Meditation Circle</i> <i>9 am</i></p> <p><i>S.A.I.L.</i> <i>Exercise 9:30 Hotchkiss</i> <i>Memorial Hall</i></p> <p>Hot Meals at Noon: Hotchkiss Senior Center Paonia - Clean Kitchen</p> <p>The Gift of Sight with DJ White 3 pm</p>	<p><i>S.A.I.L. Exercise</i> <i>8:45 & 10:00 am</i></p> <p>Hot Meals at Noon: Paonia VOA</p>

<p style="text-align: right;">15</p> <p><i>S.A.I.L. Exercise 9:30</i> <i>Hotchkiss Memorial Hall</i></p> <p>Hot Meals at Noon: Paonia VOA</p>	<p style="text-align: right;">16</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</p> <p>Threshold Weavers 2pm Shakespeare Discussion Group- Troilus & Cressida 6-7:30pm</p>	<p style="text-align: right;">17</p> <p>Riverwalk 9 am</p> <p>Hot Meals at Noon: Hotchkiss Senior Center Crawford Senior Center Paonia VOA</p> <p>Memoir Class - 1:30 pm</p>	<p style="text-align: right;">18</p> <p>Weekly Meditation Circle 9 am</p> <p><i>S.A.I.L. Exercise 9:30</i> <i>Hotchkiss Memorial Hall</i></p> <p>Hot Meals at Noon: Hotchkiss Senior Center Paonia -Clemie Bouton</p> <p>Cultural Treasures of Japan with Elaine Brett 3 pm</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: Paonia VOA</p>
<p style="text-align: right;">22</p> <p><i>S.A.I.L. Exercise 9:30</i> <i>Hotchkiss Memorial Hall</i></p> <p>Hot Meals at Noon: Paonia VOA</p>	<p style="text-align: right;">23</p> <p><i>S.A.I.L. Exercise</i> <i>8:45 & 10:00 am</i></p> <p>Qigong for Health & Longevity 11:30-12:30</p> <p>Hot Meals at Noon: Hotchkiss Senior Center</p> <p>Book Club 2 pm - Colorado History</p>	<p style="text-align: right;">24</p> <p>Riverwalk 9 am</p> <p>Hot Meals at Noon: Hotchkiss Senior Center Paonia VOA</p> <p>Memoir Class 1:30pm Dementia Caregivers Support Group at Hotchkiss- 1:30pm</p>	<p style="text-align: right;">25</p> <p>Weekly Meditation Circle 9 am</p> <p><i>S.A.I.L. Exercise 9:30</i> <i>Hotchkiss Memorial Hall</i></p> <p>Hot Meals at Noon: Hotchkiss Senior Center Paonia - Sweetgrass</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 Noon: Paonia VOA</p>
<p style="text-align: right;">29</p> <p><i>S.A.I.L. Exercise 9:30</i> <i>Hotchkiss Memorial Hall</i></p> <p>Hot Meals at Noon: Paonia VOA</p>	<p style="text-align: right;">30</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</p> <p><i>Quiet the Busy Mind</i> <i>with Simple Movement &</i> <i>Breath -Mary Cain 2 pm</i></p>			