



# THE ADVENTURER

Mountain Valley's Community Access and Fitness Calendar

## August 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>1</b> <b>Questions?</b> Contact <b>CAT</b> <i>(Community Access Team)</i> 945-2306	<b>2</b> Community Center Exercise 10:30 am Monday Group Redstone Weaver Walk 1 pm	<b>3</b> Treasure Hunt With Leslie Downtown Market Volunteers 4-6 pm	<b>4</b> Exercise 10:30 am Weaver Walk 1 pm Book Group 3:15 pm Last Jazz 2 Rivers@7pm	<b>5</b> Softball Game & Picnic Lunch 10-1 pm Art Class GWS Art Center SES 1 pm Hot Springs 3p	<b>6</b> Senior Lunch GWS Noon Heritage Park Alzheimer's Fundraiser & Market 4-5 pm	<b>7</b> Garfield County Fair/Rifle Aug 4-7 Parade Exhibits/Rodeo Animals Carnival/Fun
<b>8</b>	<b>9</b> Community Center Exercise 10:30 am Monday Group Art&Ice Cream Weaver Walk 1 pm	<b>10</b> Music At CES 10:30-11:30 am Downtown Market Volunteers 4-6 pm	<b>11</b> Exercise 10:30 am Weaver Walk 1 pm Book Group 3:15 pm Rifle Apts Marcie	<b>12</b> Art Class East Class 1 pm Hot Springs 3 pm WestFest Aug 12-15	<b>13</b> SES Staff Mtg Silt 1-3 pm Farmer's Market Rifle 4-5 pm	<b>14</b>  <b>West Fest</b> Rifle August 12-15 <a href="http://www.westfest.us">www.westfest.us</a>
<b>15</b>	<b>16</b> Community Center Exercise 10:30 am Monday Group Rafting 1 pm Weaver Walk 1 pm	<b>17</b> CARE With Leslie CES MTG 1-3 pm Downtown Market Volunteers 4-6 pm	<b>18</b> Exercise 10:30 am Weaver Walk 1 pm Hot Springs Leslie/Marcie 3 pm	<b>19</b> Cool Summer Hike With Leslie	<b>20</b> Wylly 10:30 am Drum Circle Carbondale 1:30 pm	<b>21</b>
<b>22</b>	<b>23</b> Community Center Exercise 10:30 am Monday Group & Weavers Library Talk 1:30-2:30 pm	<b>24</b> Rafting GreenHouse 10 am Downtown Market Volunteers 4-6 pm	<b>25</b> Exercise 10:30 am WeaverWalk 1pm Rifle Apts With Marcie Extended Table 4:30 pm	<b>26</b> Raftng SES 10 am Reining Show August 26-28 All day!	<b>27</b> Special Olympics Bowling New Castle 1:30 pm	<b>28</b>
<b>29</b>	<b>30</b> Exercise 10:30 am Monday Group Linda's Surprise Literacy Picnic Literacy Outreach Veltus Park 6 pm	<b>31</b> Downtown Market Volunteers 4-6 pm		 Rootbeer Floats Provided By CAT	<b>Everyone Invited!!!</b> Softball Game Bring picnic lunch.. Thursday, August 5th 10am-1pm	