

Glenwood Springs  
Community Connections

# March

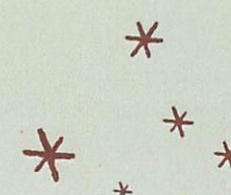
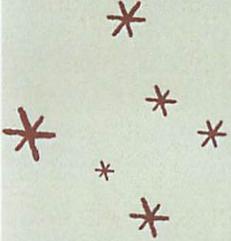
# 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 Art with Liz fish hatchery	3 Glenwood Art Center Dance class - GW Rec	4 Photo Class CMC GYM	5 GW REC TAI CHI PICKLEBALL C.A. Ski 8:30am	6 Eureka Science Center 9:30am	7
8	9 Art with Liz Clay Center	10 Park/Hike/CYA On The Ball Exercise/ GW REC	11 Photo Class Alpaca Farm Nordic Ski	12 Cooper art gallery Glenwood Rec Rock climbing	13 Rifle Library Bowling 9:30am	14
15	16 Art with Liz Hot springs	17 Drum Circle Dance class - GW rec	18 Photo Class CMC GYM Nordic Ski 8:30am	19 Two Rivers Park TAI-CHI CA Ski 8:30am	20 Dinosaur Museum Fruita 9:30am	21
22	23 Art with Liz Clay Center	24 Park/Hike/CYA On The Ball Exercise/ GW REC	25 Photo Class HOT SPRINGS / zen garden	26 Hodge Pottery New Castle Library CA sKI 8:30am	27 Rifle Falls drive Bowling 9:30am	28
29	30 Art with Liz CMC Gym	31 Glenwood Art Center TWO RIVERS PARK	*	*	*	*

## REMINDERS

- **SKIERS: PLEASE DRESS IN LAYERS FOR THE WEATHER, REMEMBER SUNSCREEN, GLOVES/HATS/BALACLAVA ETC. AND ANY NECESSARY MEDICAL EQUIPMENT**
- **BRING SWIM SUITS, ROBES AND SANDALS FOR THE HOT SPRINGS OR GLENWOOD REC CENTER POOLS**
- **CLIENTS CAN USE LOCKERS AT DAY PROGRAM TO KEEP WINTER GEAR, EXTRA CLOTHING OR PERSONAL ITEMS**
- **FOR QUESTIONS CONTACT: KATIE STETSON, COMMUNITY CONNECTIONS MANAGER, 970-945-2306 OR [KSTETSON@MTNVALLEY.ORG](mailto:KSTETSON@MTNVALLEY.ORG)**
- **OUR GROUP LEAVES FROM THE GLENWOOD SPRINGS AGENCY BETWEEN 9:30/9:45AM EACH MORNING AND RETURNS TO THE AGENCY BY 2:30PM EACH AFTERNOON**
- **PLEASE NOTE WE WILL LEAVE ON FRIDAYS AT 9:30AM ON MARCH 6, 13, 20 AND 27 TO ACCOMODATE TRAVEL TIME TO FURTHER DESTINATIONS**
- **PLEASE PACK A LUNCH, WATER BOTTLE AND A SNACK EACH DAY.**
- **S/O IS THE ABBREVIATION WE USE FOR SPECIAL OLYMPICS SPORTING EVENTS. PLEASE CONTACT KATIE STETSON IF YOU ARE INTERESTED TO PARTICIPATE IN SPECIAL OLYMPICS SPORTS PRACTICES OR COMPETITIONS**

**\*STAY TUNED FOR SPRING SPORTS: TRACK, SOCCER, AND SWIMMING!\***



# March

\*\*\* SEE PAGE 2 for additional important details! \*\*\*

# 2026

CONTACT: Kelly Dallman @ (970) 471-2956

Monday		Tuesday		Wednesday		Thursday		Friday			
1	WECmerd Sports Fiesta Lunch Shops of Edwards	2	Minturn: Dr. Seuss Day	3	Powers Art Cetner True Nature Zen Garden Carbondale	4	Avon Library Avon Rec: Swimming	5	Minturn Activities	6	7
8	Dewey Dabbles Costco Gypsum Rec: Work out	9	Minturn Activities Disney Day	10	Vail Adaptive Ski Day! Non-skiers: games at Golden Peak *Sack lunch suggested	11	Japan Culture Day Cherry Blossom Festival *Lunch provided	12	Minturn Activities	13	14
15	Bingo at Castle Peak Lunch at City Market Eagle Library	16	Minturn Activities St. Patrick's Day	17	Lego Club Little Bird Café WECmerd Sports	18	Eagle Rock Climbing Gym Train Museum Eagle Library	19	Minturn Activities	20	21
22	Grand Junction Botanical Gardens *Sack lunch required	23	Minturn Activities Dinosaurs	24	Avon Library Avon Rec: Swimming	25	Dewey Dabbles Costco Gypsum Library	26	Minturn Activities	27	28

**RSVP as quickly as possible for any dates you would like to attend; space is limited.**

*While traveling in company vehicles, we request all clients to bring and wear their own masks to cover their mouth and nose, to help control the spread of viruses during cold and flu season. Stay home if sick! Symptomatic clients will be quarantined and sent home early. Thank you for supporting these policies.*

WINTER IS HERE! Please come dressed and prepared for weather changes, snow, or sun.

**Every Tuesday and Friday:** always bring lunch from home! Throughout the month, we will have conversations supporting a healthy lifestyle. Please pack healthy lunch options regularly. Here is a link with several ideas: <https://nourishedbynic.com/easy-adult-lunchables-work-lunch-ideas/>  
**Additional Sack Lunch days are: March 23 and suggested, March 11<sup>th</sup>**