


★ MAY 2026 ★

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		Community Connections	Glenwood Springs		1 Rifle Falls Bowling 	2 Regional Soccer CMU 8:30am-3pm 
3 Regional Track Grand Junction 8:30am-6pm 	4 Art w/ Liz Carbondale clay	5 GW Art Center Dance / GW Rec	6 Rifle falls Drive Bowling 	7 Windwalkers Tai Chi Crown Mtn. Park 	8 Apsen art museum? John Denver sanctuary	9
10 	11 Art w/ Liz CYA: picnic/ Park/hike	12 Drum Circle On the Ball GW REC	13 Lyons Pond Park Bowling Rifle	14 Windwalkers Rock Climbing GW REC	15 Ashcroft ghost town	16
17 	18 Art w/ Liz Carbondale clay	19 GW Art Center Cooper gallery downtown GW	20 Photo Hot Springs 	21 Windwalkers + Photo /Tai Chi Crown Mtn. Park	22 Rifle Gap Beach and Swim! 	23
24 	25 CLOSED No Day Programming	26 Drum circle On the Ball GW REC	27 Photo Hot Springs	28 Windwalkers Rock climbing GW REC	29 Dinosaur Journey Fruita 	30

Glenwood Springs Community Connections REMINDERS

- Please apply sunblock each morning and bring in backpacks for mid-day re-application
- Bring swim suits, robes, sunblock and sandals for the hot springs or GLENWOOD REC CENTER POOLS
- Clients can use lockers at day program to keep sports gear, extra clothing or personal items
- 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 to accomodate travel time to further destinations
- Please pack a lunch, water bottle and a snacks each day.
- S/O is the Abbreviation we use for Special Olympics Sporting Events. PLEASE CONTACT Alexa Morrison amorrison@mtnvalley.org, if you are interested TO PARTICIPATE IN SPECIAL OLYMPICS SPORTS PRACTICES OR COMPETITIONS.
- For questions contact: Katie Stetson, Community Connections Manager, 970-945-2306 or kstetson@mtnvalley.org
Stay tuned for Summer sports (June-August): Cycling and Tennis! Registration begins in MAY
- Summer Biking with Challenge Aspen begins June 16 and continues every Tuesday through August 11. Please reach Katie or Alexa to register in advance.

May

2026

CONTACT: Kelly Dallman @ (970) 471-2956

	Monday	Tuesday	Wednesday	Thursday	Friday	
3	4	5	6	7	8	9
	Dewey Dabbles Costco Gypsum Rec	Minturn Activities: Mother's Day Crafts	Avon Library Picnic lunch & hiking Maloit Park <i>*sack lunch required!</i>	Vilar PAC: "Ada Twist" Edwards Rec: Kickball	Minturn Activities	
10	11	12	13	14	15	16
	Culture Day: Mexico <i>*Lunch provided</i>	Minturn Activities: Bird Crafts	Eagle Library Gypsum Food Trucks Gypsum Community Market	Walking Mountain Science Center Picnic lunch & volleyball at Nottingham Park <i>*sack lunch required!</i>	Knapp Ranch Garden	
17	18	19	20	21	22	23
	Glenwood MVDS Greenhouse Dairy Queen Meadows Mall	Minturn Activities: Chalk Art	Dewey Dabbles Costco Gypsum Rec Center	Avon Library Plan Summer Fundraiser	MVDS Silt BBQ <i>*lunch provided</i>	
24	25	26	27	28	29	30
	CLOSED NO SERVICES	Minturn Activities: Bugs & Butterflies	Memorial Day Cookout Eagle-Vail Pavillion <i>*Lunch provided</i>	Leadville Fire Department Lunch Casa Blanca	NO DAY PROGRAM	

** See page 2 for extra helpful information! **

MAY 2026:

*Weekly reminder: Tuesdays and Friday are often single staffed. Please plan to bring a sack lunch, not requiring to be reheated, on these days. Look for additional dates for notes such as “*lunch provided*” or “*sack lunch required*” to stay prepared for lunchtime plans. Healthy, sack lunches are always encouraged over buying fast food! 😊

**** LEADVILLE LOCALS** Day Program resumes every-other Friday this May! See you in Leadville on May 8 and 22, and with the group on 28! **

Wednesday, May 6: Bring your own picnic lunch and dress for hiking! MVDS recommends: comfortable walking shoes, layers for weather changes, sunglasses. Non-hikers will play games at the park.

Thursday, May 7: Limited tickets available! RSVP soon!

Thursday, May 14: Bring your own picnic lunch and dress for playing volleyball! MVDS recommends: shoes that can get wet or sandy, layers for weather changes, sunglasses. Other games will also be available at the park.

Friday, May 22: Visiting our MVDS friends at the Silt Day Program at 850 Home Ave. Silt, 81652.

CLOSED. NO SERVICES on Monday, May 25. Please see Dail if you need to reschedule 1:1 or residential services.
NO DAY PROGRAM on Friday, May 29.

**Kelly remains out on leave. Additional information will be shared regarding her return as soon as it comes available. Please continue to reach out to Dail in the meanwhile. Thank you! (970) 471-4158, DEdinger@MTNValley.org.*