

Gunnison Valley Calendar

Arts. Festivals. Events. Senior Outings. Opportunities. Volunteering. Who? Menu. Seminars. Receptions. Openings. Fundraising. Make. Fairs. Friends. When? Seminars. School. Why? Fairs. Receptions. Where? Festivals. Fundraising. How?

WHO?	WHAT?	WHEN?	WHERE?	WHY?	HOW?
THIS WEEK ONLY November 21 - 28, 2018					
22	Thanksgiving	27	5:30 PM - November CB Business After Hours, The Eldo; Teo Treatment Options, Living Journeys		month, Webster Hall gunnisonmops@gmail.com
22	Thanksgiving Nordic Ski Camp Crested Butte Nordic Center, 620 2nd St.	27	5:15 PM - Watercolor & Wine Series: Peace, Love and Snow at the Art Studio. Center for the Arts, CB		• Coffee with the Community at Gunnison Library 8:30 - 10:00 a.m.
22	8:30 AM - 3rd Annual Turkey Trot, 5K run, start/finish at the 4 Way, CB.	28	5:30 PM - November WNN, Women's Networking Night, Bluebird Real Estate - 211 Elk Avenue		• TAIZE SERVICE is held the 1st Wednesday of the Month. 7:00 p.m. Church of the Good Samaritan, 307 West Virginia.
22	Congress, TBA, DUBAI, UAE				• Socrates Café discussion group - Discuss. Think. Ponder. Join the Gunnison Library for its monthly philosophical discussion. 2nd Wednesday of the month. Topics change on a monthly basis. All are welcome.
22	10:00 AM - Tumblebugs, Jerry's Gym, Town Hall CB.				• Alzheimer's Association - 4th Tuesday of the month from 12:00-1:00, support groups/ educational programs at the senior center/ rec center.
23	Thanksgiving Nordic Ski Camp Crested Butte Nordic Center, 620 2nd St.				• Fourth Wednesday of each month Book Discussion Group "Reading for Justice" Gunnison Congregational Church Office
23	3:00 PM - Keepsake Holiday Ornaments - A Family Workshop. Snow at the Art Studio, Center for the Arts				• Knights of Columbus will meet the 2nd and 4th Tuesday of every month at Parish Hall
23	5:00 PM - Mural Unveiling and Reception				• The American Legion, 501 E. Virginia Ave., meets every 3rd Wednesday of the month 6:00 p.m. Claire 209-6042, Ed 970-596-7883.
24	9:00 AM - Salty Cross Days - A Weekend of Cyclocross Races and a 5k Run, Little Salt Wash Park, Fruita, CO				• The Literary Salon Series occurs the last Tuesday of every month. 6:00 PM at The Eldo.
24	10:00 AM - Hip Hip Cardio Community dance class at Crested Butte School of Dance				
24	2:00 PM - Historic Walking Tour Meet at the CB Museum				
24	3:00 PM - Paint Your Own Pottery at the Art Studio. Pay only for what you paint. Center for the Arts, CB				
24	7:00 PM - Warren Miller's FACE OF WINTER Ski Film Center for the Arts, CB				

WEEKLY HAPPENINGS:	DAILY	MONTHLY
Wednesday <ul style="list-style-type: none"> • 6:00 a.m. Colorado Fitness: Spin with Jane • 8:45 a.m. High Attitude Dance Academy - ZUMBA • 9:30 a.m. Mah Jong at the Senior Center • 10:00 a.m. Jai Yoga: Gentle Yoga Therapy 320 1/2 N. Main Street www.gunnison-yoga.com • 10:15 a.m. Chair Yoga to say Yoga for Active Seniors • 12:00 p.m. Colorado Fitness: In'ten'sity and Stretch • 12:15 p.m. INSANITY LIVE's at WSCU Fieldhouse • 12:45 p.m. Bridge at the Senior Center • 1:00 - 4:00 p.m. Gunnison Country Food Pantry, 321 N. Main St #C, Gunnison. 970-641-4156. • 4:00 p.m. Colorado Fitness: Boot Camp Blocks, Bricks • 4:00 p.m. Boxing training: Beginners age 9 & up. WSCU Mears Hall Basement Coach Tom 303-881-7778 • 5:00 p.m. Project Hope host support groups for survivors of Relationship Violence every Wednesday for more information please call 970-641-2712. • 5:00 p.m. Wednesday Night Trap Shooting, Standard 16-yard and Handicap For directions to the range, see our website: http://www.gunnisonsportsmens.com • 5:15 p.m. Buti Yoga with Tarah Niccoli-Taylor: GAC Dance Studio. • 5:15 p.m. - 6:15 p.m. PPD support group From . At the lighthouse pregnancy center. Please contact Laura for more details 805-708-2823 (5/23) • 5:30 p.m. Jai Yoga to relieve tension, 320 1/2 Main Street clinic Studio • 5:45 p.m. Colorado Fitness: Spin with Jennifer • 6:00 p.m. - English classes, Gunnison Community School 970-641-7684 (Monday & Wednesday) • 6:00 p.m. GUIDED MEDITATION AND DHARMA talk at Here & Now Center 115 S. Colorado St. • 6:00 p.m. Meditation with Heidi at Sanctuary Somatics • 7:00 p.m. GriefShare meets at Mt. Calvary Lutheran Church, 711 N. Main, Gunnison, Rodney Morrill 970-349-7769. Thursday <ul style="list-style-type: none"> • 6:00 a.m. Colorado Fitness: Total Body Conditioning W/ Debby • 8:00 - 8:45 a.m. Center for the Arts: Aerial Conditioning - Crested Butte Dance Collective 970-349-7487. • 8:00 a.m. Iyengar Yoga of Gunnison at The Main Street Clinic 320 N. Main • 8:30 a.m. English Classes, Gunnison Library 970-641-7684 • 8:45 a.m. Colorado Fitness: Body Bar w/Erin • 8:45 a.m. Center for the Arts: Open Aerial Dance • 9:00 a.m. Intergrated Vinyasa with Karah at Sanctuary Somatics • 9:00 AM - Morning Yoga with Leia at the Gunnison Arts Center • 10:00 a.m. - 2:00 p.m. Senior's Day 65+, Gunnison Country Food Pantry, 321 N. Main St., #C, Gunnison. 970-641-4156. • 10:30 a.m. - Storytime at Gunnison Library • 12:00 p.m. Colorado Fitness: Boot Camp Bricks • 12:15 PM - Lunchtime Yoga with Leia at the GAC • 4:00 p.m. Boxing training: Beginners age 9 & up WSCU Mears Hall Basement Coach Tom 303-881-7778 • 5:30 p.m. Main Street Studio: Pilates, 320 1/2 N Main St. 	<ul style="list-style-type: none"> • 5:30 p.m. Colorado Fitness: DVD Group Spin Ride • 5:30-7:00pm, GED prep classes, Gunnison Community School 970-641-7684 • 6:30 p.m. Gunnison Political Revolutionat The Mall, 123 W. Tomichi • 6:30 - 8:00 p.m. Colorado Fitness: Lamaze. Call Ariel for details 970-275-3749. Friday <ul style="list-style-type: none"> • 6:00 a.m. Colorado Fitness: Boot Camp Blocks or Brick, Spartan Strong • 8:00 - 8:45 a.m. Center for the Arts: Aerial Conditioning - Crested Butte Dance Collective 970-349-7487. • 8:45 a.m. High Attitude Dance Academy: ZUMBA • 8:45 - 9:30 a.m. Center for the Arts: Open Aerial Dance - Crested Butte Dance Collective • 9:30 a.m. Mah Jong at the Senior Center • 12:00 p.m. - Colorado Fitness: Bleacher B*tches, Bleachers or DVD • 1:00 p.m. Seniors Mexican Train Dominoes at Boomers Room in the Gunnison Rec Center, more info. Leila 970-596-4570 Saturday <ul style="list-style-type: none"> • 8:00 a.m. Iyengar Yoga of Gunnison at The Main Street Clinic 320 N. Main • 9:00 a.m. Kundalini Yoga with Dana at Sanctuary Somatics • 9:30 a.m. FREE Community Zumba w/ Baron at Colorado Fitness • 9:30 a.m. Alcoholics Anonymous, Women's. • 10:00 a.m. - 2:00 p.m. Gunnison Clothing Project In alley West of N. 10th St. between Virginia & W Tomichi. Donations welcome. • 10:00 a.m. Seventh-day Adventist Church Saturday Praise and Worship Bible discussion & kids programing 11:00 a.m. 77 Ute Lane, 970-209-7911 or 970-234-2336. • 10:30 a.m. Yoga en Espanol (gratis) with Dana at Sanctuary Somatics Sunday <ul style="list-style-type: none"> • 9:00 AM Sunday mornings at the Sanctuary! Jennie with Rockin Flow • 10 AM - 2 PM Crested Butte Farmer's Market Opens for the Summer Sundays Elk Ave., CB (10/7) • 10:00 a.m. Gunnison Congregational Church, United Church of Christ. 101 N. 8th Street. For information 970-641-3203. • 10:30 AM Sunday mornings at the Sanctuary! Jennie with delicious slow flow Monday <ul style="list-style-type: none"> • 6:00 a.m. Colorado Fitness: Spin w/Krista • 7:00 a.m. Main Street Studio: Early Bird RedCord suspension training class. westernpilates.net • 8:05 a.m. Jim Kirshner from 580 KUBC in Montrose is talking to area residents from Montrose, Delta & Gunnison counties on agriculture related topics. • 8:30 - 9:00 a.m. Morning Meditation w/Leia, The Sanctuary • 8:00 a.m. Main Street Studio: RedCord Suspension training. • 8:45 a.m. High Attitude Dance Academy - ZUMBA • 9:30 a.m. Mah Jong at the Senior Center • 10:00 a.m. Jai Yoga: Gentle Yoga Therapy 320 1/2 N. Main Street www.gunnison-yoga.com • 12:00 p.m. - Colorado Fitness: Abs & Buns w/ Jane • 12:15 p.m. Main Street Studio: Express Core Workout 	<ul style="list-style-type: none"> • 12:45 p.m. Bridge at the Senior Center • 2:00 p.m. Free Meditation For All with Virginia at Sanctuary Somatics • 4:00 p.m. Colorado Fitness: Boot Camp Bricks Or Bleacher B*tches, Spartan Strong • 4:00 p.m. Boxing training: Beginners age 9 & up WSCU Mears Hall Basement Coach Tom 303-881-7778 • 4:15 p.m. Mellow Monday with Meegan at Sanctuary Somatics • 5:15 p.m. High Attitude Dance Academy - ZUMBA • 5:45 p.m. Colorado Fitness: Spin with Brandi • 5:45 p.m. Kundalini Yoga with Jani Pulaskiat Sanctuary Somatics • 6:00 p.m.- English classes, Gunnison Community School 970-641-7684 (Monday & Wednesday) • 6:00 p.m., YOGA TECHNIQUE & FLOW with Stacy Fuller Taylor Hall room #117 (4/16/18) • 1:00 p.m. - 4:00 p.m. Gunnison Country Food Pantry, 321 N. Main St #C, Gunnison. 970-641-4156. • 5:30 p.m. Jai Yoga to relieve tension, 320 1/2 Main Street clinic Studio • 6:00 - 8:00 p.m. English classes: Gunnison Elementary School, CAFE 970-641-7684. Tuesday <ul style="list-style-type: none"> • 6:00 a.m. Colorado Fitness: Boot Camp Bricks or Blocks, bricks • 7:00 a.m. Iyengar Yoga of Gunnison at The Main Street Clinic 320 N. Main • 8:30 a.m. English Classes, Gunnison Library 970-641-7684 • 8:45 a.m. Colorado Fitness: Spin w/Travis • 9:00 a.m. Intergrated Vinyasa with Karah at Sanctuary Somatics • 10:00 a.m. Parent & Toddler Morning Gardening Class from Mountain Roots. in Bill's Park Georgia & 14th • 10:00 a.m. - 2:00 p.m. Gunnison Clothing Project In alley West of N. 10th St. between Virginia & W Tomichi. Donations welcome. • 10:00am - Storytime at Gunnison Library • 10:30 a.m. Qigong with Heidi at Sanctuary Somatics • 12:00 p.m. Colorado Fitness: Boot Camp Blocks, Spartan Strong • 12:15 PM - Lunchtime Yoga with Leia at the GAC • 4:00 p.m. Competitive Marbles Club at WSCU Chipeta Hall, Jerry 970-641-0944 • 4:00 p.m. Boxing training: Beginners age 9 & up, WSCU Mears Hall Basement Coach Tom 303-881-7778 • 5:30 p.m. Colorado Fitness: DVD Group Spin Ride • 5:30 p.m., GED prep classes, Gunnison Community School 970.641.7684 • 6:00 p.m. Celebrate Recovery Meetings, Oh Be Joyful Church, Crested Butte. • 7:00 PM - AA mtg in CB SOUTH! Sunset Hall next to fire station, 349 Teocalli. • 7:00 - 7:45 p.m. Center for the Arts: Aerial Conditioning - Crested Butte Dance Collective 970-349-7487 • 7:30 p.m. BINGO the Elks Lodge, Gunnison