



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Recreation Department Daily Activities				1 9-10 ADVANCED Computer 9-11 Matter of balance 11-12 Zumba	2 9-10 Basic Computer 10-11 Qi Gong 1-2:30 Acrylic Painting	8—4 Recreation floor open for you to come in and enjoy the company of others
Monday—Friday 8:00 to 4:00 719-553-3445	5 CLOSED	6. 9-10 Basic Computer 9-12 Pinochle 9-11 Matter of Balance 10-11 Jessica (CRAFT) 2-3:30 Bridging Gap	7 9*-10 Qi Gong 10-11 Chair Yoga 11-12 Line Dancing 1-2 Tai Chi 2:30 -5 Volunteer Singers	8 9-10 Advanced Computer 9-11 Matter of Balance 11-12 Zumba	9 9-10 Basic Computer 10-11 Qi Gong 1-2:30 Acrylic Painting	MATTER OF BALANCE RSVP to Gabby @719-543-6416
<ul style="list-style-type: none"> • Big Screen T.V. • Group puzzle • Card Games • Small Library 	12 10-11 Walking Group 10-11 Chair Yoga 11-12 Line Dancing 1-2 Tai Chi	13 9-10 Basic Computer 10-11 Care & Share 10-12 Pinochle 9-11 Matter of Balance 2-3:30 Bridging Gap	14 9-10 Qi Gong 10-11 Chair Yoga 11-12 Line Dancing 1-2 Tai Chi 1-2 Dementia Caregiver 2:30 -5 Singing Group	15 9-10 Advance Computer 9-11 Matter of Balance 11-12 Zumba	16 9-10 Basic Computer 10-11 Qi Gong 1-2:30 Acrylic Painting 2-3 Ear Acupuncture	Qi Gong at city park Tuesday, Thursday and Sunday at 10 AM Donations accepted
*Bike Rentals *Treadmills *Exercise Bike *Pool Tables	19 10-11 Walking Group 10-11 Chair Yoga 11-12 Line Dancing 1-2 Tai Chi	20 9-10 Basic Computer 10-11 Care & Share 9-12 Pinochle 9-11 Matter of Balance 10-11 Jessica (CRAFT) 2-3:30 Bridging Gap	21 9-10 Qi Gong 10-11 Chair Yoga 11-12 Line Dancing 1-2 Tai Chi 1:30 - 3 Medicare 101 2:30—5 Singing Group	22 9-10 Advanced Computer 9-11 Matter of Balance 11-12 Zumba	23 9-10 Basic Computer 10-11 Qi Gong 1-2:30 Acrylic Painting	
PARKING LOT CLOSED Sept. 22nd and 23rd. Chile Festival	26 10-11 Walking Group 10-11 Chair Yoga 11-12 Line Dancing 1-2 Tai Chi 2-3 Tai Chi Two	27 9-10 Basic Computer 10-11 Care & Share 9-12 Pinochle 2-3:30 Bridging Gap	28 9-10 Qi Gong 10-11 Chair Yoga 11-12 Line Dancing 1-2 Tai Chi 1-2 Dementia Group 2:30-5 Singing Group	29 9-10 Advanced Computer 9-11 Matter of Balance 11-12 Zumba	30 9—10 Basic Computer 10-11 Jian Qi Gong 1-2:30 Acrylic Painting 2-4 Monthly Social	*Classes subject to Cancellation due to minimum participation