



# MARCH

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>Recreation Department Daily Activities</b></p>			<p><b>1</b></p> <p>1:00—3:00 SCRAPBOOK CLASS</p>	<p><b>2</b></p> <p>9:00—10:00 Basic COMPUTER 9-11 Matter of Balance 11:00—12:00 ZUMBA <b>1:00—3:00 CO OP DRAWING</b></p>	<p><b>3</b></p> <p>9:30—10 :30 ADVANCED COMPUTER 9:55—10:55 CHAIR YOGA 10:55—11:55 LINE DANCING 12:00-4:00 BRIDGE 12:30—2 Art Class 2:30 —4 Art Class</p>	<p><b>8-4 Monday—Friday Recreation Floor open for you to come in and enjoy the company of others</b></p>
<p><b>Monday—Friday 8:00 to 3:00 Questions 719-553-3445</b></p>	<p><b>6</b></p> <p>1-2 WALKING GROUP</p>	<p><b>7</b></p> <p>9:00—10:00 Basic Computer 9-11 Matter of Balance 1-2 Creative Movement</p>	<p><b>8</b></p> <p>1:00—3:00 SCRAPBOOK CLASS</p>	<p><b>9</b></p> <p>9:00—10:00 Basic COMPUTER 9-11 Matter of Balance 10:00—11:00 CARE &amp; SHARE 11:00—12:00 ZUMBA <b>1:00 3:00 Co Op DRAWING</b> <b>1:30—3:00 BINGO</b></p>	<p><b>10</b></p> <p>9:30—10:00 ADVANCED COMPUTER 9:55-10:55 CHAIR YOGA 10:55-11:55 LINE DANCING 11:00-12:00 DEMENTIA 12:30 2 Art Class 12:00: 4:00 BRIDGE- 2:30—4 Art Class</p>	
<ul style="list-style-type: none"> <li>• Big Screen T.V.</li> <li>• Group Puzzle</li> <li>• Card Games</li> <li>• Small Library</li> </ul>	<p><b>13</b></p> <p>1-2 CRAFT "SPOOL FLOWER"</p>	<p><b>14</b></p> <p>9:00—10:00 Basic COMPUTER 1-2 Creative Movement 1:00—3:00 KNIT &amp; CROCHET 2:00—4:30 MEDICARE 101</p>	<p><b>15</b></p> <p>9:55-10:55 CHAIR YOGA 10:55— 11:55 LINE DANCING 1:00—3:00 SCRAPBOOK CLASS</p>	<p><b>16</b></p> <p>9:00—10 Basic Computer 11:00 12:00 ZUMBA <b>1:00-3:00 Co Op Drawing</b></p>	<p><b>17</b></p> <p>9:30—10:00 ADVANCED COMPUTER 9:55-10:55 CHAIR YOGA 10:55-11:55 LINE DANCING 12:30 2 Art Class 12:00-4:00 BRIDGE 2:00-3:00 EAR ACCUPUNTURE 2:30—4 Art Class</p>	<p><b>QI GONG AT CITY PARK Tuesday, Thursday and Sunday at 10:00 am donations</b></p>
<ul style="list-style-type: none"> <li>• Bike Rentals</li> <li>• Treadmills</li> <li>• Exercise Bikes</li> <li>• Pool Tables</li> <li>• Snack Bar</li> </ul>	<p><b>20</b></p> <p>1-2 Walking Group</p>	<p><b>21</b></p> <p>9:00—10:00 Basic COMPUTER 1-2 Creative Movement</p>	<p><b>22</b></p> <p>9:55—10:55 CHAIR YOGA 10:55— 11:55 LINE DANCING</p>	<p><b>23</b></p> <p>9:00—10:00 COMPUTER 11:- 12:00 ZUMBA <b>1:00-3:00 Co Op Drawing</b></p>	<p><b>24</b></p> <p>9:30—10:00 ADVANCED COMPUTER 11:00-12:00 DEMENTIA 12:30—2 Art Class 12:00-4:00 BRIDGE 2:30—4 Art Class</p>	
	<p><b>27</b></p> <p>9:00-11:00 ASSISTANT LEAGUE 1-2 Walking Group 1:00-2:00 CRAFT</p>	<p><b>28</b></p> <p>9:00—10:00 Chair Yoga 9:30-10:30 BASIC COMPUTER 1-2 Creative Movement 1:00—3:00 KNIT &amp; CROCHET</p>	<p><b>29</b></p> <p>9:55—10:55 CHAIR YOGA 10:55— 11:55LINE DANCING 1:00 3:00 SCRAPBOOKCLASS</p>	<p><b>30</b></p> <p>9:00—10:00 COMPUTER 11:00—12:00 ZUMBA <b>1:00—3:00 Co Op Drawing</b></p>	<p><b>30</b></p> <p>9:30—10:30 ADVANCED COMPUTER 9:55-10:55 CHAIR YOGA 10:55 —11:55 LINE DANCING 12:30—2:00 ART Class 2:30 4:00 ART CLASS 12:00—4:00 BRIDGE 2:00-4:00 SOCIAL</p>	<p><b>*Classes subject to cancellation due to minimum participation</b></p>