



# HAPPY APRIL

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Notes
<p><b><u>Recreation</u></b> <b><u>Department</u></b> <b>Daily Activities</b></p>						<p><b>8-4 Recreation Floor open for you to come in and enjoy the company of others</b></p>
<p><b>Monday—Friday</b> <b>8:00 to 4:00</b> <b>Questions</b> <b>719-553-3445</b></p>	<p><b>3</b></p> <p>1-2 Tai Chi 2-3 Tai Chi 2 1-2 walking group</p>	<p><b>4</b></p> <p>9-10 Basic Computer 1-2 Creative Movement</p>	<p><b>5</b></p> <p>10-11 Chair Yoga 11-12 Line Dancing 1-2 Dementia Caregiver 1-2 Tai Chi 1-3 Scrap Booking 2-3 Tai Chi 2 2:30—4 Bridging Gaps 3-4 Friends of Dorothy</p>	<p><b>6</b></p> <p>9-10 Basic Computer 9-11 Matter of Balance 11-12 Zumba 1-3 Co. Op Drawing</p>	<p><b>7</b></p> <p>9:30—10:30 Advanced Computer 10-11 Chair Yoga 11-12 Line Dancing 11-12 Dementia 12-4 Bridge</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>10</b></p> <p>1-2 Tai Chi 2-3 Tai Chi 2</p>	<p><b>11</b></p> <p>9—10 Basic Computer 9:00—11:00 Matter of Balance 1-2 Creative Movement 1-3 Knit &amp; Chat Group</p>	<p><b>12</b></p> <p>10-11 Chair Yoga 11-12 Line Dancing 1-2 Tai Chi 2-3 Tai Chi 2 1-3 Scrapbooking 2:30-4 Bridging Gaps 3-4 Friends of Dorothy</p>	<p><b>13</b></p> <p>9-10 Basic Computer 9-11 Matter of Balance 11-12 Zumba 1-3 Co- Op Drawing 1:30—3:30 Bingo</p>	<p><b>14</b></p> <p>9:30-10:30 Advanced Computer 10-11 Chair Yoga 11-12 Line Dancing 2-3 Ear Acupuncture</p>	<p><b>10—12</b> <b>CITY BEAT</b> <b>MODERN</b> <b>QUILTERS</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>17</b></p> <p>1-2 Tai Chi 2-3 Tai Chi 2 1-2 Walking Group</p>	<p><b>18</b></p> <p>9-10 Basic Computer 9:00—11:00 Matter of Balance 1-2 Creative Movement</p>	<p><b>19</b></p> <p>10-11 Chair Yoga 11-12 Line Dancing 1-2 Dementia Caregiver 1-2 Tai Chi 2-3 Tai Chi 2 1-3 Scrap Booking 2:30-4 Bridging Gap 3-4 Friends of Dorothy</p>	<p><b>20</b></p> <p>9-10 Basic Computer 9-11 Matter of Balance 11-12 Zumba 1-3 Co-Op drawing</p>	<p><b>21</b></p> <p>9:30-10:30 Advanced Computer 10-11 Chair Yoga 11-12 Line Dancing 12:30—2:00 Acrylic painting 2:30—4:00 Acrylic Painting</p>	<p><b>Qi Gong at city park Tuesday, Thursday and Sunday at 10am donations accepted</b></p>
	<p><b>24</b></p> <p>1-2 Tai Chi 2-3 Tai Chi 2 1-2 walking group</p>	<p><b>25</b></p> <p>9-10 Basic Computer 9:00—11:00 Matter of Balance 1-2 Creative Movement 1-3 Knit &amp; Chat Group</p>	<p><b>26</b></p> <p>10-11 Chair Yoga 11-12 Line Dancing 1-2 Tai Chi 2-3 Tai Chi 2 1-3 Scrap Booking 2:30—4 Bridging Gaps 3-4 Friends of Dorothy</p>	<p><b>27</b></p> <p>9-10 Basic Computer 9-11 Matter of Balance 11-12 Zumba 1-3 Co. OP Drawing</p>	<p><b>28</b></p> <p>9:30-10:30 Advanced Computer 2-3 Care &amp; Share 12:30-2:00 Acrylic painting 2:30—4:00 Acrylic Painting 2:00—4:00 SOCIAL</p>	<p><b>*Classes subject to cancellation due to minimum participation</b></p>