



JUNE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	
<p>Recreation Department Daily Activities</p>				<p>1</p> <p>9:30– 10:30 Walking 9:30 –10:30 Basic COMPUTER 11:00–12:00 ZUMBA 1:00–2:00 Creative Movement 2:00–4:00 Co-op Drawing</p>	<p>2</p> <p>9:30–10 :30 ADVANCED COMPUTER 9:55–10:55 CHAIR YOGA 11-12LINE DANCING 12:00-4:00 BRIDGE 2:30 –4 Art Class</p>	<p>8-4 Monday–Friday Recreation Floor open for you to come in and enjoy the company of others</p>
<p>Monday–Friday 8:00 to 3:00 Questions 719-553-3445</p>	<p>5</p> <p>9:00–10:00 Qi gong 10:00–11:00 Mahjongg</p>	<p>6</p> <p>9:30–10:30 Walking 9:30–10:30 Basic Computer 1:00–2:00 Creative Movement</p>	<p>7</p> <p>9:55 10:55 Chair yoga 11-12 Line Dancing 12:00– 1:00 Qi Gong</p>	<p>8</p> <p>9:30-10:30 Walking 9:30–10:30 Basic COMPUTER 11:00–12:00 ZUMBA 1:00–2:00 Creative Movement 2:00–4:00 Co-op Drawing</p>	<p>9</p> <p>9:30–10:30 ADVANCED COMPUTER 9:55-10:55 CHAIR YOGA 11 –12 LINE DANCING 11:00-12:00 DEMENTIA 2:30–4:00 Art Class</p>	
<ul style="list-style-type: none"> • Big Screen T.V. • Group Puzzle • Card Games • Small Library 	<p>12</p> <p>9:00–10:00 Qi gong 10:00–11:00 Mahjongg</p>	<p>13</p> <p>9:30–10:30 Walking 9:30–10:30 Basic COMPUTER 1:00–2:00 Creative Movement 1:00–3:00 KNIT & CROCHET</p>	<p>14</p> <p>9:55 10:55 Chair yoga 11-12 Line Dancing 12:00– 1:00 Qi Gong</p>	<p>15</p> <p>9:30–10:30 Walking 9:30–10:30 Basic Computer 11:00 12:00 ZUMBA 1:00–2:00 Creative Movement 1:30–3:30 Bingo 2:00–4:00 Co-op Drawing</p>	<p>16</p> <p>9:30–10:30 ADVANCED COMPUTER 9:55–10:55 CHAIR YOGA 11–12 LINE DANCING 2:00–3:00 ear acupuncture 2:30 –4:00 Art Class 12:30-4:00 BRIDGE</p>	<p>QI GONG AT CITY PARK Tuesday, Thursday and Sunday at 10:00 am donations</p>
<ul style="list-style-type: none"> • Bike Rentals • Treadmills • Exercise Bikes • Pool Tables • Snack Bar 	<p>19</p> <p>9:00–10:00 Qi gong 10:00–11:00 Mahjongg</p>	<p>20</p> <p>9:30–10:30 Walking 9:30–10:30 Basic COMPUTER 1:00–2:00 Creative Movement</p>	<p>21</p> <p>9:55 10:55 Chair yoga 11-12 Line Dancing 12:00– 1:00 Qi Gong</p>	<p>22</p> <p>9:30–10:30 Walking 9:30–10:30 COMPUTER 11:- 12:00 ZUMBA 1:00–2:00 Creative Movement 2:00–4:00 Co-op Drawing</p>	<p>23</p> <p>9:30–10:30 ADVANCED COMPUTER 11:00-12:00 DEMENTIA 2:30– 4:00 Art Class 12:30-4:00 BRIDGE 2:30–4:00 Art Class</p>	<p>Friday June 23rd. Trip to Cripple Creek.</p>
	<p>26</p> <p>9:00–10:00 Qi gong 10:00–11:00 Mahjongg</p>	<p>27</p> <p>9:30–10:30 Walking 9:30-10:30 BASIC COMPUTER 1:00–3:00 KNIT & CROCHET 1:00–2:00 Creative Movement</p>	<p>28</p> <p>9:55 10:55 Chair yoga 11-12 Line Dancing 12:00– 1:00 Qi Gong</p>	<p>29</p> <p>9:30–10:30 Walking 9:30–10:30 COMPUTER 11:00–12:00 ZUMBA 1:00–2:00 Creative Movement 2:00–4:00 Co-op Drawing</p>	<p>30</p> <p>9:30–10:30 ADVANCED COMPUTER 9:55-10:55 CHAIR YOGA 11–12 LINE DANCING 12:30–4:00 BRIDGE 2:00-4:00 SOCIAL</p>	<p>*Classes subject to cancellation due to minimum participation</p>