



AUGUST

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	
Recreation Department Daily Activities		1 9:30—10:30 Walking with Ease 9:30-10:30 Basic Computer 1-2 Creative Movement	2 10-11 Chair Yoga 10:30 11:30 OATS COMPUTER 10—11 CARE & SHARE 11-12 Line Dancing 1-2 Tai Chi 2-3 Tai Chi 2 3-4:45 Friends of Dorothy	3 9-10 Basic computer 9:30-10:30 Walking with Ease 11-12 Zumba 1-2 Creative Movement 3-4 Co -OP Drawing	4 9:30—10:30 Advanced Computer 10-11 Chair Yoga 11-12 Line Dancing 12-4:00 Bridge 1:30-3 Acrylic Art Class	8-4 Recreation Floor open for you to come in and enjoy the company of others
Monday—Friday 8:00 to 4:00 Questions 719-553-3445	7 CLOSED	8 9:30—10:30 Walking with Ease 9:30—10:30 Basic Computer 1-2 Creative Movement 1-3 KNIT & CHAT	9 10-11 Chair Yoga 10:00—11:30 Oats computer 11-12 Line Dancing 1-2 Tai Chi 2-3 Tai Chi 2 3-4:45 Friends of Dorothy	10 9-10 Basic computer 9:30-10:30 Walking with Ease 11-12 Zumba 1-2 Creative Movement 3-4 Co -OP Drawing	11 9:30—10:30 Advanced Computer 10-11 Chair Yoga 11-12 Line Dancing 11-12 Dementia 12-4:00 Bridge 1:30-3 Acrylic Art Class	
<ul style="list-style-type: none"> • Big Screen T.V. • Group Puzzle • Card Games • Small Library 	14 10:30—11:45 Oats Basic Computer 1-2 Tai Chi 2-3 Tai Chi 2	15 9:30—10:30 Basic Computer 9:30—10:30 Walking with Ease 1-2 Creative Movement	16 10-11 Chair YOGA 10-11 GARDEN CLASS 10:30 11:30 OATS COMPUTER 11-12 Line Dancing 1-2 Tai Chi 2-3 Tai Chi 2 3-4:45 Friends of Dorothy	17 9-10 Basic computer 9:30-10:30 Walking with Ease 11-12 Zumba 1-2 Creative Movement 3-4 Co -OP Drawing	18 9:30—10:30 Advanced Computer 10-11 Chair Yoga 11-12 Line Dancing 12-4:00 Bridge 2-3 Ear Acupuncture	
<ul style="list-style-type: none"> • Bike Rentals • Treadmills • Exercise Bikes • Pool Tables • Snack Bar 	21 10:30—11:45 Oats Basic Computer 1-2 Tai Chi 2-3 Tai Chi 2	22 9-10 Basic Computer 9:30—10:30 Walking with Ease 1-2 Creative Movement 1-3 KNIT & CHAT	23 10-11 Chair Yoga 10:30 11:30 OATS COMPUTER 11-12 Line Dancing 1-2 Tai Chi 2-3 Tai Chi 2 3-4:45 Friends of Dorothy	24 9-10 Basic computer 9:30-10:30 Walking with Ease 11-12 Zumba 1-2 Creative Movement 3-4 Co -OP Drawing	25 9:30—10:30 Advanced Computer 10-11 Chair Yoga 11-12 Line Dancing 11-12 Dementia 12-4:00 Bridge 2-4 SOCIAL	Qi Gong at city park Tuesday, Thursday and Sunday at 10am donations accepted
	28 10:30—11:45 Oats Basic Computer 1-2 Tai Chi 2-3 Tai Chi 2	29 9-10 Basic Computer 9:30—10:30 Walking with Ease 1-2 Creative Movement	30 10-11 Chair Yoga 10:30 11:30 OATS COMPUTER 11-12 Line Dancing 1-2 Tai Chi 2-3 Tai Chi 2 3-4:45 Friends of Dorothy	31 9-10 Basic computer 9:30-10:30 Walking with Ease 11-12 Zumba 1-2 Creative Movement 3-4 Co -OP Drawing		*Classes subject to cancellation due to minimum participation