



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	
<p>Recreation Department Daily Activities</p>					<p>1 9:30—10:30 ADVANCED COMPUTER 10-11 Chair Yoga 11-12 Line Dancing 1- 2:30 Acrylic painting 2:30—4 ACRYLIC PAINTING</p>	<p>8-4 Recreation Floor open for you to come in and enjoy the company of others</p>
<p>Monday—Friday 8:00 to 4:00 Questions 719-553-3445</p>	<p>4 CLOSED</p>	<p>5 9:30—10:30 WALKING WITH EASE 9:30 10:30 Basic Computer</p>	<p>6 10—11 Care & Share 10-11 Chair Yoga 11-12 Line Dancing 1-2 Tai Chi 2-3 Tai Chi 2 3:30-4:45 Friends of Dorothy</p>	<p>7 9:30—10:30 BASIC COMPUTER 9:30—10:30 WALKING WITH EASE 11-12 ZUMBA</p>	<p>8 9:30—10:30 ADVANCED COMPUTER 10-11 Chair Yoga 11-12 Line Dancing 1- 2:30 Acrylic painting 2:30—4 ACRYLIC PAINTING</p>	
<ul style="list-style-type: none"> • Big Screen T.V. • Group Puzzle • Card Games • Small Library 	<p>11 10:30-11:45 OATS BASIC COMPUTER 1—2 Tai Chi 2—3 Tai Chi 2</p>	<p>12 9:30—10:30 WALKING WITH EASE 9:30 10:30 Basic Computer</p>	<p>13 10-11 Chair Yoga 11-12 Line Dancing 1-2 Tai Chi 2-3 Tai Chi 2 3:30-4:45 Friends of Dorothy</p>	<p>14 9:30—10:30 BASIC COMPUTER 9:30—10:30 WALKING WITH EASE 11-12 ZUMBA</p>	<p>15 9:30—10:30 ADVANCED COMPUTER 10-11 Chair Yoga 11-12 Line Dancing 1- 2:30 Acrylic painting 2:30—4 ACRYLIC PAINTING 1:00-2:00 EAR ACCUPUNTURE</p>	<p>Qi Gong at city park Tuesday, Thursday and Sunday at 10am donations accepted</p>
<ul style="list-style-type: none"> • Bike Rentals • Treadmills • Exercise Bikes • Pool Tables • Snack Bar 	<p>18 10:30– 11:45 OATS BASIC COMPUTER 1—2 Tai Chi 2—3 Tai Chi 2</p>	<p>19 9:30—10:30 WALKING WITH EASE 9:30 10:30 Basic Computer</p>	<p>20 10-11 Chair Yoga 11-12 Line Dancing 1-2 Tai Chi 2-3 Tai Chi 2 3:30-4:45 Friends of Dorothy</p>	<p>21 9:30—10:30 BASIC COMPUTER 9:30—10:30 WALKING WITH EASE 11-12 ZUMBA</p>	<p>22 9:30—10:30 ADVANCED COMPUTER 10-11 Chair Yoga 11-12 Line Dancing 1- 2:30 Acrylic painting 2:30—4 ACRYLIC PAINTING</p>	<p>—CHILI FESTIVAL Starts Friday 9-22-23</p>
<p>—Chili festival—</p>	<p>25 10:30 –11:45 OATS BASIC COMPUTER 1—2 Tai Chi 2—3 Tai Chi 2</p>	<p>26 9:30—10:30 WALKING WITH EASE 9:30 10:30 Basic Computer 1-3 Knit& Chat</p>	<p>27 10-11 Chair Yoga 11-12 Line Dancing 1-2 Tai Chi 2-3 Tai Chi 2 3:30-4:45 Friends of Dorothy</p>	<p>28 9:30—10:30 BASIC COMPUTER 9:30—10:30 WALKING WITH EASE 11-12 ZUMBA 1-3 BINGO</p>	<p>29 9:30—10:30 ADVANCED COMPUTER 10-11 Chair Yoga 11-12 Line Dancing 1- 2:30 Acrylic painting 2:30—4 ACRYLIC PAINTING 2-4 SOCIAL</p>	<p>*Classes subject to cancellation due to minimum participation</p>