



	Monday	Tuesday	Wednesday	Thursday	Friday	
<u>Recreation</u> <u>Department</u> Daily Activities				1 9:30-10:30 BASIC COMP 9:30-10:30 WALK W/EASE 11:00-12:00 ZUMBA	2 9:30-10:30 ADV COMP 10-11- CHAIR YOGA 11-12 LINE DANCE 1:30-3 ART CLASS 12-4 BRIDGE PLAYERS	8-4 Monday—Friday Recreation Floor open for you to come in and enjoy the company
Monday—Friday 8:00 to 3:00 Questions 719-553-3445	5 10-11- MAHJONG 10-11:30 BASIC COMP SKILLS 1-2- TAI CHI 2-3 TAI CHI 2	6 9:30-10:30 BASIC COMP 9:30-10:30 WALK W/EASE	7 10-11- CHAIR YOGA 10-11:30 BASIC COMP SKILLS 11-12 LINE DANCE 1-2 TAI CHI 2-3 TAI CHI 2 2:30-4 BRIDGING THE GAP 3-4 FRIENDS OF DOROTHY	8 9:30-10:30 BASIC COMP 9:30-10:30 WALK W/EASE 11:00-12:00 ZUMBA	9 9:30-10:30 ADV COMP 10-11- CHAIR YOGA 11-12 LINE DANCE 1:30-3 ART CLASS 12-4 BRIDGE PLAYERS 11-12 DEMENTIA	
<ul style="list-style-type: none"> • Big Screen T.V. • Group Puzzle • Card Games • Small Library 	12 10-11- MAHJONG 10-11:30 BASIC COMP SKILLS 1-2- TAI CHI 2-3 TAI CHI 2 10-2 AARP DRIVING COURSE	13 9:30-10:30 BASIC COMP 9:30-10:30 WALK W/EASE 1-3 KNIT & CHAT	14 10-11- CHAIR YOGA 10-11:30 BASIC COMP SKILLS 11-12 LINE DANCE 1-2 TAI CHI 2-3 TAI CHI 2 2:30-4 BRIDGING THE GAP 3-4 FRIENDS OF DOROTHY	15 9:30-10:30 BASIC COMP 9:30-10:30 WALK W/EASE 11:00-12:00 ZUMBA 1:30-3:00 BINGO W/ MELISSA	16 9:30-10:30 ADV COMP 10-11- CHAIR YOGA 11-12 LINE DANCE 1:30-3 ART CLASS 12-4 BRIDGE PLAYERS 2-3 EAR ACUPUNTURE	QI GONG AT CITY PARK Tuesday, Thursday and Sun- day at 10:00 am donations
<ul style="list-style-type: none"> • Bike Rentals • Treadmills • Exercise Bikes • Pool Tables • Snack Bar 	19 CLOSED	20 9:30-10:30 BASIC COMP 9:30-10:30 WALK W/EASE 1:30-3 BINGO W/TARA	21 10-11- CHAIR YOGA 10-11:30 BASIC COMP SKILLS 11-12 LINE DANCE 1-2 TAI CHI 2-3 TAI CHI 2 2:30-4 BRIDGING THE GAP 3-4 FRIENDS OF DOROTHY	22 9:30-10:30 BASIC COMP 9:30-10:30 WALK W/EASE 11:00-12:00 ZUMBA	23 9:30-10:30 ADV COMP 10-11- CHAIR YOGA 11-12 LINE DANCE 1:30-3 ART CLASS 12-4 BRIDGE PLAYERS 2-4 SOCIAL 11-12 DEMENTIA	
	26 10-11- MAHJONG 10-11:30 BASIC COMP SKILLS 1-2- TAI CHI 2-3 TAI CHI 2	27 9:30-10:30 BASIC COMP 9:30-10:30 WALK W/EASE 1-3 KNIT & CHAT	28 10-11- CHAIR YOGA 10-11:30 BASIC COMP SKILLS 11-12 LINE DANCE 1-2 TAI CHI 2-3 TAI CHI 2 2:30-4 BRIDGING THE GAP 3-4 FRIENDS OF DOROTHY	29 9:30-10:30 BASIC COMP 9:30-10:30 WALK W/EASE 11:00-12:00 ZUMBA		*Classes subject to cancellation due to minimum participation