



# APRIL

©DESIGNALIKIE

	Monday	Tuesday	Wednesday	Thursday	Friday	Notes
<b><u>Recreation</u></b> <b><u>Department</u></b> <b>Daily Activities</b>	<b>1</b> 1:00-2:00 Tai Chi 2:00-3:00 Tai Chi 2	<b>2</b> 9:30-10:30 Basic Computer 9:30-10:30 Walk W/ Ease	<b>3</b> 10:00-11:00 CHAIR YOGA 11:00-12:00 LINE DANCE 1:00-2:00 TAI CHI 2:00-3:00 TAI CHI2 3:00-5:00 FRIENDS OF DOROTHY	<b>4</b> 9:30-10:30 BASIC COMPUTER 11:00-12:00 ZUMBA 1:00-2:00 WALK W/EASE	<b>5</b> 9:30-10:30 ADVANCE COM- PUTER 10:00-11:00 CHAIR YOGA 11:00-12:00 LINE DANCE 1:30-3:00 ACRYLIC ART  11:00-12:00 DEMENTIA	<b>8-4 Recreation</b> <b>Floor open for</b> <b>you to come in</b> <b>and enjoy the</b> <b>company of</b> <b>others</b>
<b>Monday—Friday</b> <b>8:00 to 4:00</b> <b>Questions</b> <b>719-553-3445</b>	<b>8</b> 1:00-2:00 Tai Chi 2:00-3:00 Tai Chi 2 10:00-2:00 AARP SAFE DRIVING COURSE	<b>9</b> 9:30-10:30 Basic Computer 9:30-10:30 Walk W/ Ease 1:00-2:00 Cookie & Conver- sation 2:00-3:00 Knit & Chat	<b>10</b> 10:00-11:00 Computer Essentials 10:00-11:00 CHAIR YOGA 11:00-12:00 LINE DANCE 1:00-2:00 TAI CHI 2:00-3:00 TAI CHI2 3:00-5:00 FRIENDS OF DOROTHY	<b>11</b> 9:30-10:30 BASIC COMPUTER 11:00-12:00 ZUMBA 1:00-2:00 WALK W/EASE 1:30-3:00 MUSIC BINGO	<b>12</b> 9:30-10:30 ADVANCE COM- PUTER 10:00-11:00 CHAIR YOGA 11:00-12:00 LINE DANCE 1:30-3:00 ACRYLIC ART	
<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>	<b>15</b> 1:00-2:00 Tai Chi 2:00-3:00 Tai Chi 2	<b>16</b> 9:30-10:30 Basic Computer 9:30-10:30 Walk W/ Ease 1:30-3:00 BINGO W/TARA	<b>17</b> 10:00-11:00 Computer Essentials 10:00-11:00 CHAIR YOGA 11:00-12:00 LINE DANCE 1:00-2:00 TAI CHI 2:00-3:00 TAI CHI2 3:00-5:00 FRIENDS OF DOROTHY	<b>18</b> 9:30-10:30 BASIC COMPUTER 11:00-12:00 ZUMBA 1:00-2:00 WALK W/EASE 1:30-3:00 BINGO W/ MELISSA	<b>19</b> 9:30-10:30 ADVANCE COM- PUTER 10:00-11:00 CHAIR YOGA 11:00-12:00 LINE DANCE 1:30-3:00 ACRYLIC ART 2:00-3:00 EAR ACUPUNCTURE 11:00-12:00 DEMENTIA	<b>10—12</b> <b>CITY BEAT</b> <b>MODERN</b> <b>QUILTERS</b>
<ul style="list-style-type: none"> <li>• Bike Rentals</li> <li>• Treadmills</li> <li>• Exercise Bikes</li> <li>• Pool Tables</li> </ul>	<b>22</b> 1:00-2:00 Tai Chi 2:00-3:00 Tai Chi 2	<b>23</b> 9:30-10:30 Basic Computer 9:30-10:30 Walk W/ Ease 11:00-12:00 ZUMBA	<b>24</b> 10:00-11:00 Computer Essentials 10:00-11:00 CHAIR YOGA 11:00-12:00 LINE DANCE 1:00-2:00 TAI CHI 2:00-3:00 TAI CHI2 3:00-5:00 FRIENDS OF DOROTHY	<b>25</b> 9:30-10:30 BASIC COMPUTER 1:00-2:00 WALK W/EASE	<b>26</b> 9:30-10:30 ADVANCE COM- PUTER 10:00-11:00 CHAIR YOGA 11:00-12:00 LINE DANCE 1:30-3:00 ACRYLIC ART 2:00-4:00 SOCIAL	<b>Qi Gong at city</b> <b>park Tuesday,</b> <b>Thursday and</b> <b>Sunday at</b> <b>10am donations</b>
	<b>29</b> 10:00-11:00 Computer Essential 1:00-2:00 Tai Chi 2:00-3:00 Tai Chi 2	<b>30</b> 9:30-10:30 Basic Computer 9:30-10:30 Walk W/ Ease				*Classes subject to cancellation due to minimum