



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	
<p><b>Recreation Department Daily Activities</b></p>			<p><b>1</b> 10:00-11:00 CHAIR YOGA 10:00-11:00 COMP ESSENTIAL 11:00-12:00 LINE DANCE 1:00-2:00 TAI CHI 2:00-3:00 TAI CHI 2 3:00-5:00 FRIENDS OF DOROTHY</p>	<p><b>2</b> 9:30-10:30 BASIC COMPUTER 11:00-12:00 ZUMBA 9:30-10:30WALK W /EASE</p>	<p><b>3</b> 9:30-10:30 ADVANCE COMPUTER 10:00-11:00 CHAIR YOGA 11:00-12:00 LINE DANCE 11:00-12:00 DEMENTIA 1:30-3:00 ACRYLIC ART 11:00-12:00 DEMENTIA</p>	<p><b>8-4 Recreation Floor open for you to come and enjoy the company of</b></p>
<p><b>Monday—Friday 8:00 to 4:00 Questions 719-553-3445</b></p>	<p><b>6</b> 10:00-11:00 COMP ESSENTIALS 1:00-2:00TAI CHI 2:00-3:00 TAI CHI 2 1:00-3:00 GENEALOGY CLASS</p>	<p><b>7</b> 9:30-10:30 BASIC COMPUTER 9:30-10:30 WALK W/EASE</p>	<p><b>8</b> 10:00-11:00 CHAIR YOGA 10:00-11:00 COMP ESSENTIAL 11:00-12:00 LINE DANCE 1:00-2:00 TAI CHI 2:00-3:00 TAI CHI 2 3:00-5:00 FRIENDS OF DOROTHY</p>	<p><b>9</b> 9:30-10:30 BASIC COMPUTER 11:00-12:00 ZUMBA 9:30-10:30WALK W /EASE</p>	<p><b>10</b> :30-10:30 ADVANCE COMPUTER 10:00-11:00 CHAIR YOGA 11:00-12:00 LINE DANCE 1:30-3:00 ACRYLIC ART</p>	
<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>	<p><b>13</b> 10:00-11:00 COMP ESSENTIALS 1:00-2:00TAI CHI 2:00-3:00 TAI CHI 2</p>	<p><b>14</b> 9:30-10:30 BASIC COMPUTER 9:30-10:30 WALK W/EASE 1:00-2:00 COOKIES &amp; CONVERSATION 1:00-3:00 KNIT &amp; CHAT</p>	<p><b>15</b> 10:00-11:00 CHAIR YOGA 10:00-11:00 COMP ESSENTIAL 11:00-12:00 LINE DANCE 1:00-2:00 TAI CHI 2:00-3:00 TAI CHI 2 3:00-5:00 FRIENDS OF DOROTHY</p>	<p><b>16</b> 9:30-10:30 BASIC COMPUTER 10:00-2:00 AARP SAFE DRIVING COURSE 11:00-12:00 ZUMBA 9:30-10:30WALK W /EASE 1:30-3:00 BINGO/MELISSA</p>	<p><b>17</b> :30-10:30 ADVANCE COMPUTER 10:00-11:00 CHAIR YOGA 11:00-12:00 LINE DANCE 11:00-12:00 DEMENTIA 1:30-3:00 ACRYLIC ART 11:00-12:00 DEMENTIA</p>	
<ul style="list-style-type: none"> <li>• Bike Rentals</li> <li>• Treadmills</li> <li>• Exercise Bikes</li> <li>• Pool Tables</li> <li>• Snack Bar</li> </ul>	<p><b>20</b> 10:00-11:00 COMP ESSENTIALS 1:00-2:00TAI CHI 2:00-3:00 TAI CHI 2</p>	<p><b>21</b> 9:30-10:30 BASIC COMPUTER 9:30-10:30 WALK W/EASE 1:30-3:00 BINGO/ TARA</p>	<p><b>22</b> 10:00-11:00 CHAIR YOGA 10:00-11:00 COMP ESSENTIAL 11:00-12:00 LINE DANCE 1:00-2:00 TAI CHI 2:00-3:00 TAI CHI 2 3:00-5:00 FRIENDS OF DOROTHY</p>	<p><b>23</b> 9:30-10:30 BASIC COMPUTER 11:00-12:00 ZUMBA 9:30-10:30WALK W /EASE</p>	<p><b>24</b> 30-10:30 ADVANCE COMPUTER 10:00-11:00 CHAIR YOGA 11:00-12:00 LINE DANCE 1:30-3:00 ACRYLIC ART</p>	<p><b>Qi Gong at city park Tuesday Thursday and Sunday at 10am donation</b></p>
	<p><b>27</b> 1:00-2:00TAI CHI 2:00-3:00 TAI CHI 2</p>	<p><b>28</b> 9:30-10:30 BASIC COMPUTER 9:30-10:30 WALK W/EASE 1:00-3:00 KNIT &amp; CHAT</p>	<p><b>29</b> 10:00-11:00 CHAIR YOGA 10:00-11:00 COMP ESSENTIAL 11:00-12:00 LINE DANCE 1:00-2:00 TAI CHI 2:00-3:00 TAI CHI 2 3:00-5:00 FRIENDS OF DOROTHY</p>	<p><b>30</b> 9:30-10:30 BASIC COMPUTER 11:00-12:00 ZUMBA 9:30-10:30WALK W /EASE</p>	<p><b>31</b> 30-10:30 ADVANCE COMPUTER 10:00-11:00 CHAIR YOGA 11:00-12:00 LINE DANCE 1:30-3:00 ACRYLIC ART 1:00-3:00 EAR ACUPUNCTURE 2:00-4:00 SOCIAL</p>	<p><b>*Classes subject to cancellation or to minimum participation</b></p>