



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Recreation Department Daily Activities</b>						<b>8-4 Recreation Floor open for you to come in and enjoy the</b>
<b>Monday— Friday 8:00 to 4:00 Questions</b>	<b>3</b> 10-11 Veterans Tai Chi 10-11 Computer Essentials 1:00-2:00 Tai Chi 2:00-3:00 Tai Chi 2	<b>4</b> 9:30-10:30 Basic Comp 9:30-10:30 Walk w/ Ease	<b>5</b> 10:00-11:00 Comp Essential 10:00-11:00 Chair Yoga 11:00-12:00 Line Dance 1:00-2:00 Tai Chi 2:00-3:00 Tai Chi 2 3-4 Veterans Tai Chi 3—4 Friends of Dorothy	<b>6</b> 9:30-10:30 Basic Comp 1:00-2:00 WALK W/ EASE	<b>7</b> 9:30-10:30 Advance Computer 10:00-11:00 Chair Yoga 11:00-12:00 Line Dancing 11-12 Dementia 1-3 Art Class	
<ul style="list-style-type: none"> <li>Big Screen T.V.</li> <li>Group Puzzle</li> <li>Card</li> </ul>	<b>10</b> 10-11 Veterans TAI CHI 1:00-2:00 Tai Chi 2:00-3:00 Tai Chi 2	<b>11</b> 9:30-10:30 Basic Computer 9:30-10:30 Walk w/ Ease 1:00-2:00 Conversation & Cookies 1:00-3:00 Knit & Chat	<b>12</b> 10-11 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 Chi 2 3-4 Veterans Tai Chi 3-4 Friends of Dorothy	<b>13</b> 9:30-10:30 Basic Comp 1:00-2:00 WALK W/ EASE 11—12 Zumba 1:30—3:00 Music Bingo	<b>14</b> 9:30-10:30 Advanced Computer 10:00-11:00 Chair Yoga 11:00-12:00 Line Dance 1:30-3:00 Art Class 1:00-3:00 Ear Acupuncture	<b>10—12 CITY BEAT MODERN QUILTERS</b>
<ul style="list-style-type: none"> <li>Bike Rentals</li> <li>Treadmills</li> <li>Exercise Bikes</li> <li>Pool Ta-</li> </ul>	<b>17</b> 10-11 Veterans Tai Chi 1:00-2:00 Tai Chi 2:00-3:00 Tai Chi 2	<b>18</b> 9:30-10:30 Basic Computer 9:30-10:30 Walk w/ Ease 1:30-3:00 Bingo w/ Tara	<b>CLOSED</b>	<b>20</b> 9:30-10:30 Basic Comp 1:00-2:00 WALK W/ EASE 11:00-12:00 Zumba 1:30 —3 Bingo with Melissa	<b>21</b> 9:30-10:30 Advanced Computer 10:00-11:00 Chair Yoga 11:00-12:00 Line Dance 1:30-3:00 Art Class 11:00-12:00 Dementia	<b>Qi Gong at city park Tuesday, Thursday and Sunday at 10am donations accepted</b>
	<b>24</b> 10-11 Veterans Tai Chi 1:00-2:00 Tai Chi 2:00-3:00 Tai Chi 2	<b>25</b> 9:30-10:30 Basic Computer 9:30-10:30 Walk w/ Ease 1:00 —3:00 Knit & Chat	<b>26</b> 10—11 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 Chi 2 3-4 Veterans Tai Chi 3—4 Friends of Dorothy	<b>27</b> 9:30-10:30 Basic Comp 11:00-12:00 Zumba 1:00-2:00 WALK W/ EASE	<b>28</b> 9:30-10:30 Advanced Computer 10:00-11:00 Chair Yoga 11:00-12:00 Line Dance 1:30-3:00 Art Class 2:00-4:00 Social	<b>*Classes subject to cancellation due to minimum participation</b>