



November

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Notes
Recreation Department Daily Activities					1 9:30-10:30 ADVANCE COMPUTER 10:00-11:00 CHAIR YOGA 11:00-12:00 LINE DANCE 1:30-3:00 ACRYLIC ART	8-4 Recreation Floor open for you to come in and enjoy the company of others
Monday–Friday 8:00 to 4:00 Questions 719-553-3445	4 9:30-10:30 MAHJONG 12:00-1:00 TAI CHI 1:30-3:30 BINGO J&P	5 9:30-10:30 BASIC COMPUTER 9:30-10:30 WALK W/EASE	6 10:00-11:00 CHAIR YOGA 11:00-12:00 LINE DANCE 12:00-1:00 TAI CHI 1:00-3:00 GENEOLGY 3:00-4:00 FRIENDS OF DOROTHY	7 9:30-10:30 WALK W/EASE 9:30-10:30 BASIC COMPUTER 10:00-11:00 QI GONG 11:00-12:00 ZUMBA 1:00-3:00 INTERNET & THINGS	8 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	
<ul style="list-style-type: none"> Big Screen T.V. Group Puzzle Card Games Small Library 	CLOSED	12 9:30-10:30 BASIC COMPUTER 9:30-10:30 WALK W/EASE 1:00-3:00 KNIT & CHAT 2:00-3:00 CARE & SHARE	13 10:00-11:00 CHAIR YOGA 11:00-12:00 LINE DANCE 12:00-1:00 TAI CHI 1:00-3:00 GENEOLGY 3:00-4:00 FRIENDS OF DOROTHY	14 9:30-10:30 WALK W/EASE 9:30-10:30 BASIC COMPUTER 10:00-11:00 QI GONG 11:00-12:00 ZUMBA	15 9:30-10:30 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	
<ul style="list-style-type: none"> Treadmills Exercise Bikes Pool Tables Snack Bar 	18 9:00-2:00 AARP DRIVING COURSE 9:30-10:30 MAHJONG 12:00-1:00 TAI CHI 1:00-2:00 BOOK CLUB 1:30-3:30 SELF DEFENSE	19 9:30-10:30 BASIC COMPUTER 9:30-10:30 WALK W/EASE	20 10:00-11:00 CHAIR YOGA 11:00-12:00 LINE DANCE 12:00-1:00 TAI CHI 1:00-3:00 GENEOLGY 3:00-4:00 FRIENDS OF DOROTHY	21 9:30-10:30 WALK W/EASE 9:30-10:30 BASIC COMPUTER 10:00-11:00 QI GONG 11:00-12:00 ZUMBA 1:30-3:00 BINGO/ MELISSA	22 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	Qi Gong at city park Tuesday, Thursday and Sunday at 10am donations accepted
	25 9:30-10:30 MAHJONG 12:00-1:00 TAI CHI 1:00-2:00 BOOK CLUB	26 9:30-10:30 BASIC COMPUTER 9:30-10:30 WALK W/EASE 1:00-3:00 KNIT & CHAT	27 10:00-11:00 CHAIR YOGA 11:00-12:00 LINE DANCE 12:00-1:00 TAI CHI 1:00-3:00 GENEOLGY 3:00-4:00 FRIENDS OF DOROTHY	CLOSED FOR THANKSGIVINGS	CLOSED	*Classes subject to cancellation due to minimum participation