



2025



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Recreation Department Daily Activities</b>	<b>NO JANUARY CARE &amp; SHARE</b>		1  <b>CLOSED</b>	2 9:30 –10:30 BASIC COMPUTER 9:30-10:30 QI GONG 11:00-12:00 ZUMBA 12:00-1:00 WALK W/ EASE 2:00-3:00 ALTERNATIVE 2 SUICIDE	3 9:30-10:30 ADV COMPUTER 10:00-11:00 CHAIR YOGA 11:00-12:00 LINE DANCE 1:00-3:00 ACRYLIC ART	8-4 Recreation Floor open for you to come in and enjoy the company of others
<b>Monday–Friday 8:00 to 4:00 Questions 719-553-3445</b>	6 10:00-11:00 MAHJONG 12:00-1:00 TAI CHI 1:30-3:00 BINGO W/ J&P 1:00-3:00 BRIDGE	7 9:30-10:30 BASIC COMPUTER 12:00-1:00 WALK W/EASE	8 10:00-11:00 CHAIR YOGA 11:00-12:00 LINE DANCE 12:00-1:00 TAI CHI 12:00-3:00 CHAIR MASSAGES 2:00-4:00 FRIENDS OF DORTHY	9 9:30 –10:30 BASIC COMPUTER 11:00-12:00 ZUMBA 12:00-1:00 WALK W/ EASE 2:00-3:00 ALTERNATIVE 2 SUICIDE	10 9:30-10:30 ADV COMPUTER 10:00-11:00 CHAIR YOGA 11:00-12:00 LINE DANCE 11:00-12:00 DEMENTIA 1:00-3:00 ACRYLIC ART	
<ul style="list-style-type: none"> <li>Big Screen T.V.</li> <li>Group Puzzle</li> </ul>	13 9:00-2:00 AARP SAFE DRIVING 10:00-11:00 MAHJONG 12:00-1:00 TAI CHI 1:00-3:00 BRIDGE	14 9:30-10:30 BASIC COMPUTER 12:00-1:00 WALK W/EASE 1:00-3:00 KNIT & CHAT	15 10:00-11:00 CHAIR YOGA 11:00-12:00 LINE DANCE 12:00-1:00 TAI CHI 12:00-3:00 CHAIR MASSAGES 2:00-4:00 FRIENDS OF DORTHY	16 9:30 –10:30 BASIC COMPUTER 11:00-12:00 ZUMBA 12:00-1:00 WALK W/ EASE 1:30-3:30 BINGO W/ MELISSA 2:00-3:00 ALTERNATIVE 2 SUICIDE	17 9:30-10:30 ADV COMPUTER 10:00-11:00 CHAIR YOGA 11:00-12:00 LINE DANCE 1:00-3:00 ACRYLIC ART 1:00-3:00 EAR ACCUPUNTURE	10–12 CITY BEAT MODERN QUILTERS
<ul style="list-style-type: none"> <li>Treadmills</li> <li>Exercise Bikes</li> <li>Pool Tables</li> <li>Snack Bar</li> </ul>	20  <b>CLOSED</b>	21 9:30-10:30 BASIC COMPUTER 12:00-1:00 WALK W/EASE	22 10:00-11:00 CHAIR YOGA 11:00-12:00 LINE DANCE 12:00-1:00 TAI CHI 12:00-3:00 CHAIR MASSAGES 2:00-4:00 FRIENDS OF DORTHY	23 9:30 –10:30 BASIC COMPUTER 11:00-12:00 ZUMBA 12:00-1:00 WALK W/ EASE 2:00-3:00 ALTERNATIVE 2 SUICIDE	24 9:30-10:30 ADV COMPUTER 10:00-11:00 CHAIR YOGA 11:00-12:00 LINE DANCE 11:00-12:00 DEMENTIA 1:00-3:00 ACRYLIC ART 2:00-4:00 SOCIAL	Qi Gong at city park Tuesday, Thursday and Sunday at 10am donations accepted
	27 10:00-11:00 MAHJONG 12:00-1:00 TAI CHI 1:00-3:00 BRIDGE	28 9:30-10:30 BASIC COMPUTER 12:00-1:00 WALK W/EASE 1:00-3:00 KNIT & CHAT	29 10:00-11:00 CHAIR YOGA 11:00-12:00 LINE DANCE 12:00-1:00 TAI CHI 12:00-3:00 CHAIR MASSAGES 2:00-4:00 FRIENDS OF DORTHY	30 9:30 –10:30 BASIC COMPUTER 11:00-12:00 ZUMBA 12:00-1:00 WALK W/ EASE 2:00-3:00 ALTERNATIVE 2 SUICIDE	31 9:30-10:30 ADV COMPUTER 10:00-11:00 CHAIR YOGA 11:00-12:00 LINE DANCE 11:00-12:00 DEMENTIA 1:00-3:00 ACRYLIC ART 1:00-3:00 NUTRITION W/PETER	*Classes subject to cancellation due to minimum participation