



	Monday	Tuesday	Wednesday	Thursday	Friday	Notes
<b>Recreation Department Daily Activities</b>		<b>1</b> 9:30-10:30 BASIC COMPUTER 12:00-1:00 WALK W/ EASE 1:00-3:00 MAHJONG	<b>2</b> 10:00:1:00 MAHJONG 10:00-11:00 CHAIR YOGA 11:00-12:00 LINE DANCE 12:00-4:00 CHAIR MASSAGE 3:00-4:00 FRIENDS OF DOROTHY	<b>3</b> 9:30-10:30 QI GONG 9:30-10:30 BASIC COMPUTER 11:00-12:00 ZUMBA 12:00-1:00 WALK W/ EASE	<b>4</b> 9:30-10:30 ADVANCE COMPUTER 10:00-11:00 CHAIR YOGA 11:00-12:00 LINE DANCE 1:00-3:30 ACRYLIC ART	<b>8-4 Recreation Floor open for you to come in and enjoy the company of</b>
<b>Monday— Friday 8:00 to 4:00</b>	<b>7</b> 10:00-4:00 MAHJONG 1:30-3:30 BINGO W/ JAKE	<b>8</b> 9:30-10:30 BASIC COMPUTER 12:00-1:00 WALK W/ EASE 1:00-3:00 MAHJONG 1:00-3:00 KNIT & CHAT	<b>9</b> 10:00:1:00 MAHJONG 10:00-11:00 CHAIR YOGA 11:00-12:00 LINE DANCE 12:00-4:00 CHAIR MASSAGE 3:00-4:00 FRIENDS OF DOROTHY	<b>10</b> 9:30-10:30 BASIC COMPUTER 11:00-12:00 ZUMBA 12:00-1:00 WALK W/ EASE	<b>11</b> 9:30-10:30 ADVANCE COMPUTER 10:00-11:00 CHAIR YOGA 11:00-12:00 LINE DANCE 11:00-12:00 DEMENTIA 1:00-3:30 ACRYLIC ART	
<ul style="list-style-type: none"> <li>Big Screen T.V.</li> <li>Group</li> </ul>	<b>14</b> 9:00-2:00 AARP SAFE DRIVING COURSE 10:00-4:00 MAHJONG	<b>15</b> 9:30-10:30 BASIC COMPUTER 12:00-1:00 WALK W/ EASE 1:00-3:00 MAHJONG	<b>16</b> 10:00:1:00 MAHJONG 10:00-11:00 CHAIR YOGA 11:00-12:00 LINE DANCE 12:00-4:00 CHAIR MASSAGE 3:00-4:00 FRIENDS OF DOROTHY	<b>17</b> 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	<b>18</b> 9:30-10:30 ADVANCE COMPUTER 10:00-11:00 CHAIR YOGA 11:00-12:00 LINE DANCE 1:00-3:30 ACRYLIC ART 1:00-3:00 EAR ACUPUNTURE 2:00-4:00 SOCIAL	<b>10—12 CITY BEAT MODERN QUILTERS</b>
<ul style="list-style-type: none"> <li>Tread-mills</li> <li>Exercise</li> </ul>	<b>21</b> 10:00-4:00 MAHJONG	<b>22</b> 9:30-10:30 BASIC COMPUTER 12:00-1:00 WALK W/ EASE 1:00-3:00 MAHJONG 1:00-3:00 KNIT & CHAT	<b>23</b> 10:00:1:00 MAHJONG 10:00-11:00 CHAIR YOGA 11:00-12:00 LINE DANCE 12:00-4:00 CHAIR MASSAGE 3:00-4:00 FRIENDS OF DOROTHY	<b>24</b> 9:30-10:30 BASIC COMPUTER 11:00-12:00 ZUMBA 12:00-1:00 WALK W/ EASE	<b>25</b> 9:30-10:30 ADVANCE COMPUTER 10:00-11:00 CHAIR YOGA 11:00-12:00 LINE DANCE 11:00-12:00 DEMENTIA 1:00-3:30 ACRYLIC ART	<b>Qi Gong at city park Tuesday, Thursday and Sunday at 10am donations</b>
	<b>28</b> 10:00-4:00 MAHJONG	<b>29</b> 9:30-10:30 BASIC COMPUTER 12:00-1:00 WALK W/ EASE 1:00-3:00 MAHJONG	<b>30</b> 10:00:1:00 MAHJONG 10:00-11:00 CHAIR YOGA 11:00-12:00 LINE DANCE 12:00-4:00 CHAIR MASSAGE 3:00-4:00 FRIENDS OF DOROTHY			<b>*Classes subject to cancellation due to minimum participation</b>