



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	
Recreation Department Daily Activities				1 9:00-10:00 WALK W/ EASE 9:30-10:30 QI GONG 9:30-10:30 BASIC COMPUTER 11:00-12:00 ZUMBA	2 9:30-10:30 ADVANCE 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
Monday– Friday 8:00 to	5 10:00-4:00 MAHJONG 1:30-3:30 BINGO W/ JAKE	6 9:30-10:30 BASIC COMPUTER 9:00-10:00 WALK W/EASE 1:00-3:00 LETS PLAY MAHJONG	7 9:00-10:00 SEATED TAI CHI 10:00-11:00 CHAIR YOGA 11:00-12:00 LINE DANCE 10:00-1:00 LETS PLAY MAHJONG 3:00-4:00 FRIENDS OF DOROTHY	8 9:00-10:00 WALK W/ EASE 9:30-10:30 BASIC COMPUTER 11:00-12:00 ZUMBA	9 9:30-10:30 ADVANCE COMPUTER 10:00-11:00 CHAIR YOGA 11:00-12:00 LINE DANCE 11:00-12:30 DEMENTIA 1:00-3:00 ACRYLIC ART	
<ul style="list-style-type: none"> • Big Screen T.V. • Group 	12 10:00-4:00 MAHJONG 9:00-2:00 AARP SAFE DRIVING COURSE 1:00-2:00 FURRY FRENZ	13 9:30-10:30 BASIC COMPUTER 9:00-10:00 WALK W/EASE 1:00-3:00 LETS PLAY MAHJONG 1:00-3:00 KNIT & CHAT	14 10:00-11:00 CHAIR YOGA 11:00-12:00 LINE DANCE 10:00-1:00 LETS PLAY MAHJONG 3:00-4:00 FRIENDS OF DOROTHY	15 9:00-10:00 WALK W/ EASE 9:30-10:30 BASIC COMPUTER 11:00-12:00 ZUMBA 1:30-3:30 BINGO W/MELISSA	16 9:30-10:30 ADVANCE COMPUTER 10:00-11:00 CHAIR YOGA 11:00-12:00 LINE DANCE 1:00-3:00 ACRYLIC ART 1:00-3:00 EAR ACUPUNCTURE 2:00-4:00 SOCIAL	QUILTER'S GROUP
<ul style="list-style-type: none"> • Tread-mills • Exercise Bikes 	19 10:00-4:00 MAHJONG	20 9:30-10:30 BASIC COMPUTER 9:00-10:00 WALK W/EASE 1:00-3:00 LETS PLAY MAHJONG	21 9:00-10:00 SEATED TAI CHI 10:00-11:00 CHAIR YOGA 11:00-12:00 LINE DANCE 10:00-1:00 LETS PLAY MAHJONG 3:00-4:00 FRIENDS OF DOROTHY	22 9:00-10:00 WALK W/ EASE 9:30-10:30 BASIC COMPUTER 11:00-12:00 ZUMBA	23 9:30-10:30 ADVANCE COMPUTER 10:00-11:00 CHAIR YOGA 11:00-12:00 LINE DANCE 11:00-12:30 DEMENTIA 1:00-3:00 ACRYLIC ART	Qi Gong at city park Tuesday, Thursday and Sunday at 10am donations
	26 10:00-4:00 MAHJONG	27 9:30-10:30 BASIC COMPUTER 9:00-10:00 WALK W/EASE 1:00-3:00 LETS PLAY MAHJONG 1:00-3:00 KNIT & CHAT	28 10:00-11:00 CHAIR YOGA 11:00-12:00 LINE DANCE 10:00-1:00 LETS PLAY MAHJONG 3:00-4:00 FRIENDS OF DOROTHY	29 9:00-10:00 WALK W/ EASE 9:30-10:30 BASIC COMPUTER 11:00-12:00 ZUMBA	30 9:30-10:30 ADVANCE COMPUTER 10:00-11:00 CHAIR YOGA 11:00-12:00 LINE DANCE 1:00-3:00 ACRYLIC ART	*Classes subject to cancellation due to minimum participation