



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Recreation Department Daily Activities</b>	<b>2</b> 10:00-11:00 FITNESS FUN 12:00-4:00 LETS PLAY MAHJONG 1:30-3:30 BINGO W/ JAKE & PAT	<b>3</b> 9:30-10:30 BASIC COMPUTER 9:00-10:00 WALK W/ EASE 10:00-11:00 QI GONG/TAI CHI 10:00-1:00 MAHJONG TEACHING 2:00-3:00 CARE & SHARE	<b>4</b> 9:00-10:00 SEATED TAI CHI 10:00-11:00 CHAIR YOGA 10:00—1:00 Let's Play Mahjong 11:00-12:00 LINE DANCE 3:00-4:00 FRIENDS OF DOROTHY	<b>5</b> 9:00-10:00 WALK W/ EASE 9:30-10:30 BASIC COMPUTER 10:00-11:00 QI GONG/TAI CHI 11:00-12:00 ZUMBA 12:00-4:00 LETS PLAY MAHJONG	<b>6</b> 9:30-11:00 ADVANCE COMPUTER 10:00-11:00 CHAIR YOGA 11:00-12:00 LINE DANCE 1:00-3:00 ACRYLIC ART	8-4 Monday—Friday Recreation Floor open for you to come in and enjoy the company of others
<b>Monday—Friday 8:00 to 3:00 Questions 719-553-3445</b>	<b>9</b> 10:00-11:00 FITNESS FUN 12:00-4:00 LETS PLAY MAHJONG	<b>10</b> 9:30-10:30 BASIC COMPUTER 9:00-10:00 WALK W/ EASE 10:00-11:00 QI GONG/TAI CHI 10:00-1:00 PLAY MAHJONG 1:00-3:00 KNIT & CHAT	<b>11</b> 10:00-11:00 CHAIR YOGA 10:00—1:00 Let's Play Mahjong 11:00-12:00 LINE DANCE 3:00-4:00 FRIENDS OF DOROTHY	<b>12</b> 9:00-10:00 WALK W/ EASE 9:30-10:30 BASIC COMPUTER 10:00-11:00 QI GONG/TAI CHI 11:00-12:00 ZUMBA 12:00-4:00 LETS PLAY MAHJONG 1:30—4:00 POA Clinic	<b>13</b> 9:30-11:00 ADVANCE COMPUTER 10:00-11:00 CHAIR YOGA 11:00-12:00 LINE DANCE 11:00-12:30 DEMNETIA 1:00-3:00 ACRYLIC ART	
<ul style="list-style-type: none"> <li>Big Screen T.V.</li> <li>Group Puzzle</li> </ul>	<b>16</b> 10:00-11:00 FITNESS FUN 12:00-4:00 LETS PLAY MAHJONG	<b>17</b> 9:30-10:30 BASIC COMPUTER 9:00-10:00 WALK W/ EASE 10:00-11:00 QI GONG/TAI CHI 10:00-1:00 MAHJONG TEACHING	<b>18</b> 9:00-10:00 SEATED TAI CHI 10:00-11:00 CHAIR YOGA 10:00—1:00 Let's Play Mahjong 11:00-12:00 LINE DANCE 3:00-4:00 FRIENDS OF DOROTHY	<b>19</b>  <b>CLOSED FOR JUNETEENTH</b>	<b>20</b> 9:30-11:00 ADVANCE COMPUTER 10:00-11:00 CHAIR YOGA 11:00-12:00 LINE DANCE 1:00-3:00 ACRYLIC ART 1:30—2:30 Nutrition with Peter 2:00-4:00 SOCIAL	<b>QI GONG AT CITY PARK Tuesday, Thursday and Sunday at 10:00 am donations QUILTERS GROUP 10:00-2:00</b>
<ul style="list-style-type: none"> <li>Tread-mills</li> <li>Exercise Bikes</li> <li>Pool Tables</li> <li>Snack</li> </ul>	<b>23</b> 10:00-11:00 FITNESS FUN 12:00-4:00 LETS PLAY MAHJONG	<b>24</b> 9:30-10:30 BASIC COMPUTER 9:00-10:00 WALK W/ EASE 10:00-11:00 QI GONG/TAI CHI 10:00-1:00 MAHJONG TEACHING 1:00-3:00 KNIT & CHAT 1:00—3:00 Bunco	<b>25</b> 10:00-11:00 CHAIR YOGA 10:00—1:00 Let's Play Mahjong 11:00-12:00 LINE DANCE 3:00-4:00 FRIENDS OF DOROTHY	<b>26</b> 9:00-10:00 WALK W/ EASE 9:00—10:00 Qi Gong 9:30-10:30 BASIC COMPUTER 10:00-11:00 QI GONG/TAI CHI 11:00-12:00 ZUMBA 12:00-4:00 LETS PLAY MAHJONG 1:30-3:30 BINGO W/MELISSA	<b>27</b> 9:30-11:00 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 1:00-3:00 EAR ACUPUNCTURE	
	<b>30</b> 10:00-11:00 FITNESS FUN 12:00-4:00 LETS PLAY MAHJONG					<b>*Classes subject to cancellation due to minimum</b>