



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Recreation Department Daily Activities k Bar		1 9:30-10:30 BASIC COMPUTER 9:00-10:00 WALK W/EASE 10:00-11:00 QI GON/TAI CHI 10:00-1:00 MAHJONG TEACHING	2 9:00-10:00 SEATED TAI CHI 10:00-11:00 CHAIR YOGA 11:00-12:00 LINE DANCE 3:00-4:00 FRIENDS OF DOROTHY	3 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	4 Closed	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	7 10:00-11:00 FITNESS FUN 12:00-4:00 LETS PLAY MAHJONG 1:30-3:30 BINGO W/JAKE & PAT	8 9:30-10:30 BASIC COMPUTER 9:00-10:00 WALK W/EASE 10:00-11:00 QI GON/TAI CHI 10:00-1:00 MAHJONG TEACHING 1:00-3:00 KNIT & CHAT	9 9:00-10:00 SEATED TAI CHI 10:00-11:00 CHAIR YOGA 11:00-12:00 LINE DANCE 3:00-4:00 FRIENDS OF DOROTHY	10 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	11 9:30-11:00 ADVANCE COMPUTER 10:00-11:00 CHAIR YOGA 11:00-12:00 LINE DANCE 1:00-3:00 ACRYLIC ART 11:00-12:30 DEMENTIA	
<ul style="list-style-type: none"> Big Screen T.V. Group Puzzle Card Games 	14 9:30-2:00 AARP SAFE DRIVING 10:00-11:00 FITNESS FUN 12:00-4:00 LETS PLAY MAHJONG	15 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	16 9:00-10:00 SEATED TAI CHI 10:00-11:00 CHAIR YOGA 11:00-12:00 LINE DANCE 3:00-4:00 FRIENDS OF DOROTHY	17 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 1:30-3:00 BINGO W/MELISSA	18 9:30-11:00 ADVANCE COMPUTER 10:00-11:00 CHAIR YOGA 11:00-12:00 LINE DANCE 1:00-3:00 ACRYLIC ART 1:00-3:00 EAR ACUPUNCTURE 1:30-2:30 NUTRITION W PETER 2:00-4:00 SOCIAL	10–12 CITY BEAT MODERN QUILTERS
<ul style="list-style-type: none"> Tread-mills Exercise Bikes Pool Tables Snack Bar 	21 10:00-11:00 FITNESS FUN 12:00-4:00 LETS PLAY MAHJONG	22 9:30-10:30 BASIC COMPUTER 9:00-10:00 WALK W/EASE 10:00-11:00 QI GON/TAI CHI 10:00-1:00 MAHJONG TEACHING 1:00-3:00 KNIT & CHAT 2:00-3:00 FINANCIAL PLANNING W/Patricia Guerrero	23 9:00-10:00 SEATED TAI CHI 10:00-11:00 CHAIR YOGA 11:00-12:00 LINE DANCE 3:00-4:00 FRIENDS OF DOROTHY	24 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	25 9:30-11:00 ADVANCE COMPUTER 10:00-11:00 CHAIR YOGA 11:00-12:00 LINE DANCE 1:00-3:00 ACRYLIC ART 11:00-12:30 DEMENTIA	Qi Gong at city park Tuesday, Thursday and Sunday at 10am donations accepted
	28 10:00-11:00 FITNESS FUN 12:00-4:00 LETS PLAY MAHJONG	29 9:30-10:30 BASIC COMPUTER 9:00-10:00 WALK W/EASE 10:00-11:00 QI GON/TAI CHI 10:00-1:00 MAHJONG TEACHING 1:00-3:00 BUNCO	30 9:00-10:00 SEATED TAI CHI 10:00-11:00 CHAIR YOGA 11:00-12:00 LINE DANCE 3:00-4:00 FRIENDS OF DOROTHY	31 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		*Classes subject to cancellation due to minimum participation