



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	
<u>Recreation Department</u>					1 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
Monday– Friday 8:00 to 4:00 Questions	Closed	5 9:30-10:30 BASIC COMPUTER 9:00-10:00 WALK W/ EASE 10:00-11:00 QI GONG /TAI CHI 1:00-2:00 INTRO TO PATHWAY 2:00-3:00 CARE & SHARE	6 9:00-10:00 SEATED TAI CHI 10:00-11:00 CHAIR YOGA 11:00-12:00 LINE DANCE 11:30-4:00 LETS PLAY MAHJONG 3:00-4:00 FRIENDS OF DOROTHY	7 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 11:30-4:00 LETS PLAY MAHJONG 1:30-5:00 POA CLINIC	8 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 Puzzle • Card Games 	11 10:00-11:00 FITNESS FUN 11:30-4:00 LETS PLAY MAHJONG 1:30-3:00 BINGO W JAKE & PAT	12 9:30-10:30 BASIC COMPUTER 9:00-10:00 WALK W/ EASE 10:00-11:00 QI GONG /TAI CHI 1:00-3:00 KNIT & CHAT 1:00-2:00 HISTORY PRESENTATION	13 10:00-11:00 CHAIR YOGA 11:00-12:00 LINE DANCE 11:30-4:00 LETS PLAY MAHJONG 3:00-4:00 FRIENDS OF DOROTHY	14 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 11:30-4:00 LETS PLAY MAHJONG	15 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 1:30-2:30 NUTRITION W/PETER 2:30-4:00 SOCIAL	CITY BEAT MODERN QUILTERS 10:00-12:00
<ul style="list-style-type: none"> • Treadmills • Exercise Bikes • Pool Tables • Snack Bar 	18 10:00-11:00 FITNESS FUN 11:30-4:00 LETS PLAY MAHJONG	19 9:30-10:30 BASIC COMPUTER 9:00-10:00 WALK W/ EASE 10:00-11:00 QI GONG /TAI CHI	20 9:00-10:00 SEATED TAI CHI 10:00-11:00 CHAIR YOGA 11:00-12:00 LINE DANCE 11:30-4:00 LETS PLAY MAHJONG 3:00-4:00 FRIENDS OF DOROTHY	21 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 11:30-4:00 LETS PLAY MAHJONG	22 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 accepted
	25 10:00-11:00 FITNESS FUN 11:30-4:00 LETS PLAY MAHJONG	26 9:30-10:30 BASIC COMPUTER 9:00-10:00 WALK W/ EASE 10:00-11:00 QI GONG /TAI CHI 1:00-3:00 KNIT & CHAT	27 9:00-2:00 AARP SAFE DRIVING 10:00-11:00 CHAIR YOGA 11:00-12:00 LINE DANCE 11:30-4:00 LETS PLAY MAHJONG 3:00-4:00 FRIENDS OF DOROTHY	28 9:00-10:00 QI/GONG –BW 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 11:30-4:00 LETS PLAY MAHJONG	29 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