



	Monday	Tuesday	Wednesday	Thursday	Friday	Notes
<p>Recreation Department Daily Activities</p> <p>k Bar</p>			<p>1</p> <p>9:00-10:00 SEATED TAI CHI 10:00-11:00 CHAIR YOGA 11:00-12:00 LINE DANCE 11:30-4:00 LET'S PLAY MAHJONG 3:00-4:00 FRIENDS OF DOROTHY</p>	<p>2</p> <p>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 LET'S PLAY MAHJONG 11:00-12:00 PUEBLO DEPT OF PUBLIC HEALTH "SEXUAL HEALTH" EDUCATION</p>	<p>3</p> <p>9:30-10:30 ADVANCE COMPUTER 10:00-11:00 CHAIR YOGA 11:00-12:00 LINE DANCE 1:00-3:00 ACRYLIC ART</p>	<p>8-4 Recreation Floor open for you to come in and enjoy the company of others</p>
<p>Monday– Friday 8:00 to 4:00 Questions 719-553-3445</p>	<p>6</p> <p>10:00-11:00 FITNESS FUN 11:30-4:00 LET'S PLAY MAHJONG</p>	<p>7</p> <p>9:00-10:00 WALK W/ EASE 9:30-10:30 BASIC COMPUTER 10:00-11:00 QI GONG/TAI CHI</p>	<p>8</p> <p>10:00-11:00 CHAIR YOGA 11:00-12:00 LINE DANCE 11:30-4:00 LET'S PLAY MAHJONG 3:00-4:00 FRIENDS OF DOROTHY</p>	<p>9</p> <p>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 LET'S PLAY MAHJONG</p>	<p>10</p> <p>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</p>	
<ul style="list-style-type: none"> • Big Screen T.V. • Group 	<p>13</p> <p>CLOSED</p>	<p>14</p> <p>9:00-10:00 WALK W/ EASE 9:30-10:30 BASIC COMPUTER 10:00-11:00 QI GONG/TAI CHI 1:00-3:00 KNIT & CHAT 2:00-3:00 CARE & SHARE</p>	<p>15</p> <p>9:00-10:00 SEATED TAI CHI 10:00-11:00 CHAIR YOGA 11:00-12:00 LINE DANCE 11:30-4:00 LET'S PLAY MAHJONG 3:00-4:00 FRIENDS OF DOROTHY</p>	<p>16</p> <p>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 LET'S PLAY MAHJONG</p>	<p>17</p> <p>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</p>	<p>CITY BEAT MODERN QUILTERS 10:00-12:00</p>
	<p>20</p> <p>9:00-2:00 AARP SAFE DRIVING COURSE 10:00-11:00 FITNESS FUN 11:30-4:00 LET'S PLAY MAHJONG</p>	<p>21</p> <p>9:00-10:00 WALK W/ EASE 9:30-10:30 BASIC COMPUTER 10:00-11:00 QI GONG/TAI CHI</p>	<p>22</p> <p>10:00-11:00 CHAIR YOGA 11:00-12:00 LINE DANCE 11:30-4:00 LET'S PLAY MAHJONG 3:00-4:00 FRIENDS OF DOROTHY</p>	<p>23</p> <p>9:00-10:00 QI GONG/ BREATHWORK 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 LET'S PLAY MAHJONG</p>	<p>24</p> <p>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</p>	<p>Qi Gong at city park Tuesday, Thursday and Sunday at 10am donations accepted</p>
	<p>27</p> <p>10:00-11:00 FITNESS FUN 11:30-4:00 LET'S PLAY MAHJONG</p>	<p>28</p> <p>9:00-10:00 WALK W/ EASE 9:30-10:30 BASIC COMPUTER 10:00-11:00 QI GONG/TAI CHI 1:00-3:00 KNIT & CHAT</p>	<p>29</p> <p>10:00-11:00 CHAIR YOGA 11:00-12:00 LINE DANCE 11:30-4:00 LET'S PLAY MAHJONG 3:00-4:00 FRIENDS OF DOROTHY</p>	<p>30</p> <p>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 LET'S PLAY MAHJONG</p>	<p>31</p> <p>9:30-10:30 ADVANCE COMPUTER 10:00-11:00 CHAIR YOGA 11:00-12:00 LINE DANCE 1:00-3:00 ACRYLIC ART</p>	<p>*Classes subject to cancellation due to minimum participation</p>