



2025

| Sunday   | Monday  | Tuesday  | Wednesday  | Thursday   | Friday   | Notes   |
|--|---|--|--|--|--|---|
| <b>Recreation Department Daily Activities</b>  |   |  |  |  |  | 8-4 Recreation Floor open for you to come in and enjoy the company of               |
| <b>Monday—Friday 8:00 to 4:00 Questions 719-553-3445</b>   | <b>3</b><br>10:00-11:00 FITNESS FUN<br>11:30-4:00 LET'S PLAY MAHJONG<br>1:30-3:00 BINGO W JAKE & PAT        | <b>4</b><br>9:00-10:00 WALK W/ EASE<br>9:30-10:30 BASIC COMPUTER<br>10:00-11:00 QI GONG/TAI CHI                            | <b>5</b><br>10:00-11:00 CHAIR YOGA<br>11:00-12:00 LINE DANCE<br>11:30-4:00 LET'S PLAY MAHJONG<br>3:00-4:00 FRIENDS OF DOROTHY  | <b>6</b><br>9:00-10:00 WALK W/ EASE<br>9:30-10:30 BASIC COMPUTER<br>10:00-11:00 QI GONG/TAI CHI<br>11:00-12:00 ZUMBA<br>11:30-4:00 LET'S PLAY MAHJONG                                | <b>7</b><br>9:00-1:00 IMMUNIZATION CLINIC<br>9:30-10:30 ADVANCE COMPUTER<br>10:00-11:00 CHAIR YOGA<br>11:00-12:00 LINE DANCE<br>1:00-3:00 ACRYLIC ART                  |   |
| <ul style="list-style-type: none"> <li>Big Screen T.V.</li> <li>Group Puzzle</li> <li>Card Games</li> <li>Small Library</li> </ul> | <b>10</b><br>10:00-11:00 FITNESS FUN<br>11:30-4:00 LET'S PLAY MAHJONG<br>9:00-2:00 AARP SAFE DRIVING COURSE | <b>11</b><br><b>CLOSED</b>   | <b>12</b><br>10:00-11:00 CHAIR YOGA<br>11:00-12:00 LINE DANCE<br>11:30-4:00 LET'S PLAY MAHJONG<br>3:00-4:00 FRIENDS OF DOROTHY | <b>13</b><br>9:00-10:00 WALK W/ EASE<br>9:30-10:30 BASIC COMPUTER<br>11:00-12:00 ZUMBA<br>11:30-4:00 LET'S PLAY MAHJONG  | <b>14</b><br>9:30-10:30 ADVANCE COMPUTER<br>10:00-11:00 CHAIR YOGA<br>11:00-12:00 LINE DANCE<br>11:00-12:30 DEMENTIA<br>1:00-3:00 ACRYLIC ART                          | <b>Qi Gong at city park Tuesday, Thursday and Sunday at 10am donations accepted</b> |
| <ul style="list-style-type: none"> <li>Treadmills</li> <li>Exercise Bikes</li> <li>Pool Tables</li> <li>Snack Bar</li> </ul>       | <b>17</b><br>10:00-11:00 FITNESS FUN<br>11:30-4:00 LET'S PLAY MAHJONG                                       | <b>18</b><br>9:00-10:00 WALK W/ EASE<br>9:30-10:30 BASIC COMPUTER<br>10:00-11:00 QI GONG/TAI CHI<br>2:00-3:00 CARE & SHARE | <b>19</b><br>10:00-11:00 CHAIR YOGA<br>11:00-12:00 LINE DANCE<br>11:30-4:00 LET'S PLAY MAHJONG<br>3:00-4:00 FRIENDS OF DOROTHY | <b>20</b><br>9:00-10:00 WALK W/ EASE<br>9:30-10:30 BASIC COMPUTER<br>10:00-11:00 QI GONG/TAI CHI<br>11:00-12:00 ZUMBA<br>1:30-3:00 BINGO-DEVOTED-HP<br>11:30-4:00 LET'S PLAY MAHJONG | <b>21</b><br>9:30-10:30 ADVANCE COMPUTER<br>10:00-11:00 CHAIR YOGA<br>11:00-12:00 LINE DANCE<br>1:00-3:00 ACRYLIC ART<br>1:00-3:00 EAR ACUPUNCTURE<br>2:00-4:00 SOCIAL | <b>CITY BEAT MODERN QUILTERS 10:00-12:00</b>  |
|  | <b>24</b><br>10:00-11:00 FITNESS FUN<br>11:30-4:00 LET'S PLAY MAHJONG                                       | <b>25</b><br>9:00-10:00 WALK W/ EASE<br>9:30-10:30 BASIC COMPUTER<br>10:00-11:00 QI GONG/TAI CHI<br>1:00-3:00 KNIT & CHAT  | <b>26</b><br>10:00-11:00 CHAIR YOGA<br>11:00-12:00 LINE DANCE<br>11:30-4:00 LET'S PLAY MAHJONG<br>3:00-4:00 FRIENDS OF DOROTHY | <b>27</b><br><b>CLOSED</b>   | <b>28</b><br><b>CLOSED</b>   | <b>*Classes subject to cancellation due to minimum participation</b>                |