



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Recreation Department</b> <b>Daily Activities</b> <b>k Bar</b>	<b>1</b> 10:00-11:00 FITNESS FUN 11:30-4:00 LETS PLAY MAHJONG	<b>2</b> 9:00-10:00 WALK W/ EASE 9:30-10:30 BASIC COMPUTER 10:00-11:00 QI GONG/TAI CHI	<b>3</b> 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	<b>4</b> 9:00-2:00 UNITED WAY FINANCIAL PLANNING 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	<b>5</b> 9:00-10:00 SEATED TAI CHI / BREATHWORK 9:30-10:30 ADVANCE COMPUTER 10:00-11:00 CHAIR YOGA 11:00-12:00 LINE DANCE	<b>8-4 Monday—Friday</b> <b>Recreation Floor open for you to come in and enjoy the company of others</b>
<b>Monday—Friday 8:00 to 3:00 Questions 719-553-3445</b>	<b>8</b> 10:00-11:00 FITNESS FUN 11:30-4:00 LETS PLAY MAHJONG 9:00-2:00 AARP SAFE DRIVING COURSE	<b>9</b> 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	<b>10</b> 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	<b>11</b> 9:00-2:00 UNITED WAY FINANCIAL PLANNING 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	<b>12</b> 9:30-10:30 ADVANCE COMPUTER 10:00-11:00 CHAIR YOGA 11:00-12:00 LINE DANCE 11:00-12:30 DEMENTIA	
<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>15</b> 10:00-11:00 FITNESS FUN 11:30-4:00 LETS PLAY MAHJONG	<b>16</b> 9:00-10:00 WALK W/ EASE 9:30-10:30 BASIC COMPUTER 10:00-11:00 QI GONG/TAI CHI	<b>17</b> 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	<b>18</b> 9:00-2:00 UNITED WAY FINANCIAL PLANNING 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 1:30-3:30 BINGO W/DEVOTED HP	<b>19</b> 9:30-10:30 ADVANCE COMPUTER 10:00-11:00 CHAIR YOGA 11:00-12:00 LINE DANCE 1:00-3:00 EAR ACUPUNCTURE	<b>QI GONG AT CITY PARK Tuesday, Thursday and Sunday at 10:00 am donations</b>
<ul style="list-style-type: none"> <li>Treadmills</li> <li>Exercise Bikes</li> </ul>	<b>22</b> 10:00-11:00 FITNESS FUN 11:30-4:00 LETS PLAY MAHJONG	<b>23</b> 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	<b>24</b> 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	<b>25</b> <b>CLOSED</b>	<b>26</b> 9:30-10:30 ADVANCE COMPUTER 10:00-11:00 CHAIR YOGA 11:00-12:00 LINE DANCE 11:00-12:30 DEMENTIA	
	<b>29</b> 10:00-11:00 FITNESS FUN 11:30-4:00 LETS PLAY MAHJONG	<b>30</b> 9:00-10:00 WALK W/ EASE 9:30-10:30 BASIC COMPUTER 10:00-11:00 QI GONG/TAI CHI	<b>31</b> 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			<b>*Classes subject to cancellation due to minimum participation</b>