



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<u>Recreation</u>				1 CLOSED	2 CLOSED	8-4 Recreation Floor open for
Monday– Friday 8:00 to 4:00 Questions	5 10:00-11:00 FITNESS FUN 11:30-4:00 LETS PLAY MAHJONG 11:30-2:00 CHAIR MASSAGE	6 9:00-10:00 WALK W/ EASE 9:30-10:30 BASIC COMPUTER 10:00-11:00 QI GONG/TAI CHI 11:30-2:00 CHAIR MASSAGE	7 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 1	8 9:00-2:00 FREE FINANCIAL COUSELING 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 11:30-2:00 CHAIR MASSAGE	9 9:00-10:00 SEATED TAI CHI 9:30-10:30 ADVANCE COMPUTER 10:00-11:00 CHAIR YOGA 11:00-12:00 LINE DANCE 11:00-12:30 DEMENTIA 12:00-2:00 MARIACHI GROUP	
<ul style="list-style-type: none"> Big Screen T.V. Group Puzzle Card Games 	12 10:00-11:00 FITNESS FUN 11:30-4:00 LETS PLAY MAHJONG 1:30-3:00 BINGO W JAKE & PAT 11:30-2:00 CHAIR MASSAGE	13 9:00-10:00 WALK W/ EASE 9:30-10:30 BASIC COMPUTER 10:00-11:00 QI GONG/TAI CHI 11:30-2:00 CHAIR MASSAGE	14 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 12:30-3:00 INTERNET BASICS	15 9:00-2:00 FREE FINANCIAL COUSELING 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 1:30-3:00 BINGO/DEVOTED HP 11:30-2:00 CHAIR MASSAGE	16 9:30-10:30 ADVANCE COMPUTER 10:00-11:00 CHAIR YOGA 11:00-12:00 LINE DANCE 1:00-3:00 EAR ACUPUNCTURE 12:00-2:00 MARIACHI GROUP 2:00-4:00 SOCIAL	
<ul style="list-style-type: none"> Tread-mills Exercise Bikes Pool Tables 	19 CLOSED	20 9:00-10:00 WALK W/ EASE 9:30-10:30 BASIC COMPUTER 10:00-11:00 QI GONG/TAI CHI 11:30-2:00 CHAIR MASSAGE	21 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	22 9:00-2:00 FREE FINANCIAL COUSELING 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 11:30-2:00 CHAIR MASSAGE	23 9:30-10:30 ADVANCE COMPUTER 10:00-11:00 CHAIR YOGA 11:00-12:00 LINE DANCE 11:00-12:30 DEMENTIA 12:00-2:00 MARIACHI GROUP	
	26 10:00-11:00 FITNESS FUN 11:30-4:00 LETS PLAY MAHJONG 11:30-2:00 CHAIR MASSAGE	27 9:00-10:00 WALK W/ EASE 9:30-10:30 BASIC COMPUTER 10:00-11:00 QI GONG/TAI CHI 11:30-2:00 CHAIR MASSAGE	28 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	29 9:00-2:00 FREE FINANCIAL COUSELING 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 11:30-2:00 CHAIR MASSAGE	30 9:30-10:30 ADVANCE COMPUTER 10:00-11:00 CHAIR YOGA 11:00-12:00 LINE DANCE 12:00-2:00 MARIACHI GROUP	*Classes subject to cancellation due to minimum participation