




2018

Louisville Recreation & Senior Center
303-666-7400
LouisvilleRecreation.com

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
<p>Need Help with Information Regarding Resources? Contact Diane Evans at 303-335-4919</p> <p>Need a Ride? Call Via at 303-447-9636, \$4.50 fare each way</p>				<p>1 8:30 Modified Yoga 9 Loving Hands 10:15 Building Flexibility 1 Bridge 1 SilverSneakers® Cardio</p>	<p>2 10:30 Aqua Arthritis 11 Choir @ Art Center</p>	<p>3 8:15 Adv Tai Chi 9:30 Int Tai Chi 10:45 Beg Tai Chi</p>
<p>4</p>	<p>5 8 SilverSneakers® Cardio 10:30 SilverSneakers® Classic 1 Bridge 1:30 Move It, Improve It</p>	<p>6 8:30 Modified Yoga 10:15 Building Flexibility 1 SilverSneakers® Cardio</p>	<p>7 10:30 Silver Sneakers® Classic 10:30 Helga's, Aurora 11 Medicare Open Enrollment 12:45 Scrabble 1:30 Move It, Improve It</p>	<p>8 8:30 Modified Yoga 9 Loving Hands 10:15 Building Flexibility 1 Bridge 1 SilverSneakers® Cardio</p>	<p>9 10:30 Aqua Arthritis 11 Choir @ Art Center</p>	<p>10 8:15 Adv Tai Chi 9:30 Int Tai Chi 10:45 Beg Tai Chi</p>
<p>11 11 Vienna Boys Choir, Boettcher Theatre</p>	<p>12 8 SilverSneakers® Cardio 10:30 SilverSneakers® Classic 1 Bridge 1:30 Move It, Improve It</p>	<p>13 8:30 Modified Yoga 10:15 Building Flexibility 1 SilverSneakers® Cardio</p>	<p>14 9:30 Painting @ Art Center 10:30 Silver Sneakers® Classic 11 Medicare Open Enrollment 12:45 Scrabble 1:30 Move It, Improve It</p>	<p>15 8:30 Modified Yoga 9 Loving Hands 10:15 Building Flexibility 12:30 Foot Care 1 SilverSneakers® Cardio 1 Bridge</p>	<p>16 10:30 Aqua Arthritis 11 Choir @ Art Center</p>	<p>17 8:15 Adv Tai Chi 9:30 Int Tai Chi 10:15 Christkindl Market 10:45 Beg Tai Chi</p>
<p>18</p>	<p>19 8 SilverSneakers® Cardio 10:30 SilverSneakers® Classic 1 Bridge 1:30 Move It, Improve It</p>	<p>20 8:30 Modified Yoga 10:15 Building Flexibility 1 SilverSneakers® Cardio</p>	<p>21 9:30 Painting @ Art Center 10:30 Silver Sneakers® Classic 12:45 Scrabble 1:30 Move It, Improve It</p>	<p>22 CLOSED</p> 	<p>23 10:30 Aqua Arthritis 11 Choir @ Art Center</p>	<p>24 8:15 Adv Tai Chi 9:30 Int Tai Chi 10:45 Beg Tai Chi</p>
<p>25 11 Nutcracker, Boulder Ballet</p>	<p>26 8 SilverSneakers® Cardio 10:30 SilverSneakers® Classic 1 Bridge 1:30 Move It, Improve It</p>	<p>27 8:30 Modified Yoga 10 Intro to Computers 10 Intro to Computers 10:15 Building Flexibility 1 SilverSneakers® Cardio 1 Book Club 1 Computers Advance Beg 4:15 Acreage, Lafayette</p>	<p>28 9:30 Painting @ Art Center 10:30 Silver Sneakers® Classic 11 Medicare Open Enrollment 12:45 Scrabble 1:30 Move It, Improve It</p>	<p>29 8:30 Modified Yoga 9 Loving Hands 10:15 Building Flexibility 1 Bridge 1</p>	<p>30 10:30 Aqua Arthritis 11 Choir @ Art Center</p>	