



DECEMBER

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</p>						1
2	<p>3 8 SilverSneakers® Cardio 10:30 SilverSneakers® Classic 1 Bridge 1:30 Move It, Improve It</p>	<p>4 8:30 Modified Yoga 10:15 Building Flexibility 1 SilverSneakers®Cardio 4:30 Scrooge @ Candlelight</p>	<p>5 9:30 Painting 10:30 Silver Sneakers® Classic 10:30 Dusty Rose, Georgetown 12:45 Scrabble 1:30 Move It, Improve It</p>	<p>6 8:30 Modified Yoga 9 Loving Hands 10:15 Building Flexibility 1 Bridge 1 SilverSneakers®Cardio</p>	<p>7 10:30 Aqua Arthritis 11 Choir</p>	8
9	<p>10 8 SilverSneakers® Cardio 10:30 SilverSneakers® Classic 1 Bridge 1:30 Move It, Improve It</p>	<p>11 8:30 Modified Yoga 10:15 Building Flexibility 1 SilverSneakers®Cardio 4:15 Zoo Lights</p>	<p>12 9:30 Painting 10:30 Silver Sneakers® Classic 12 Holiday Celebration 12:45 Scrabble 1:30 Move It, Improve It</p> 	<p>13 8:30 Modified Yoga 9 Loving Hands 9:15 Cherry Creek Mall 10:15 Building Flexibility 12:30 Foot Care 1 SilverSneakers® Cardio 1 Bridge</p>	<p>14 10:30 Aqua Arthritis 11 Choir</p>	<p>15 8:15 Adv Tai Chi 9:30 Int Tai Chi 10:45 Beg Tai Chi</p>
16	<p>17 8 SilverSneakers® Cardio 10:30 SilverSneakers® Classic 1 Bridge 1:30 Move It, Improve It</p>	<p>18 1 SilverSneakers®Cardio 4:30 Jill's @ the St Julien</p>	<p>19 9:30 Painting 10:30 Silver Sneakers® Classic 12:45 Scrabble 1:30 Move It, Improve It</p>	<p>20 9 Loving Hands 10:15 Building Flexibility 1 Bridge</p>	<p>21 10:30 Aqua Arthritis 11 Choir</p>	22
23	<p>24 Recreation/ Senior CLOSED @ 12 Noon-</p>	<p>25 CLOSED</p> 	<p>26 9:30 Painting 10:30 Silver Sneakers® Classic 12:45 Scrabble 1:30 Move It, Improve It</p>	<p>27 9 Loving Hands 12:30 Foot Care 1 Bridge</p>	<p>28 10:30 Aqua Arthritis 11 Choir</p>	29
30	<p>31 8 SilverSneakers® Cardio 10:30 SilverSneakers® Classic 1 Bridge 1:30 Move It, Improve It</p>					