

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>		<p>1 CLOSED</p> 	<p>2 9:30 Bocce Ball 10:30 Silver Sneakers® Classic 11 Golden Corral 12:45 Scrabble 1 Line Dancing (Intermediate) 1:30 Move It, Improve It</p>	<p>3 9 Loving Hands 10 Memory Cafe 1 Bridge 1 SilverSneakers® Cardio 1 Line Dancing (Beg.)</p>	<p>4 10 Health & Meditate 10:30 Aqua Arthritis 11 Coffee with a Cop 11 Restore & Meditate 11 Choir 1 Bridge: Advance/Intermediate 2 SilverSneakers® Yoga</p>	<p>5 9:30 Adv Tai Chi 10:45 Int Tai Chi 11:45 Beg Tai Chi</p>
<p>6 5 Silver Sneakers® Yoga</p>	<p>7 8 SilverSneakers® Cardio 10:30 SilverSneakers® Classic 1 Bridge 1:30 Move It, Improve It 3 Bums & Tums</p>	<p>8 8:15 Modified Yoga 9:30 Building Flexibility 10 Intro to Computers (Beg) 10:30 Grandparent/Child Indoor Play 1 SilverSneakers® Cardio 1 American Mah Jongg 1 Ping Pong 1 Intro to Computers (Adv)</p>	<p>9 9:30 Painting 9:30 Bocce Ball 10:30 Silver Sneakers® Classic 12:45 Scrabble 1 Line Dancing (Intermediate) 1:30 Move It, Improve It 3 Bums & Tums 6 Bridge, Beginner</p>	<p>10 8:15 Modified Yoga 9 Loving Hands 9:30 Building Flexibility 12:30 Foot Care 1 Bridge 1 SilverSneakers® Cardio 1 Line Dancing (Beg.) 6 Alzheimer's Care-givers</p>	<p>11 10 Health & Meditate 10:30 Aqua Arthritis 11 Restore & Meditate 11 Choir (303)817-3707 1 Bridge, Adv/Int Duplicate 2 SilverSneakers® Yoga</p>	<p>12 9:30 Adv Tai Chi 10:45 Int Tai Chi 11:45 Beg Tai Chi 4 Rhapsody in Brass</p>
<p>13 5 Silver-Sneakers® Yoga</p>	<p>14 8 SilverSneakers® Cardio 10:30 SilverSneakers® Classic 1 Bridge 1:30 Move It, Improve It 3 Bums & Tums</p>	<p>15 8:15 Modified Yoga 9:30 Building Flexibility 10 Intro to Computers (Beg) 10:30 Grandparent/Child Indoor Play 1 SilverSneakers® Cardio 1 American Mah Jongg 1 Ping Pong 1 Intro to Computers (Adv)</p>	<p>16 9:30 Painting 9:30 Bocce Ball 10:30 Silver Sneakers® Classic 11 Kirkland Museum 12:45 Scrabble 1 Line Dancing (Intermediate) 1:30 Move It, Improve It 3 Bums & Tums 6 Bridge, Beginner</p>	<p>17 8:15 Modified Yoga 9 Loving Hands 9:30 Building Flexibility 1 SilverSneakers® Cardio 1 Bridge 1 Line Dancing (Beg.)</p>	<p>18 10 Cut the Cord 10 Health & Meditate 10:30 Aqua Arthritis 11 Restore & Meditate 11 Choir 1 Bridge, Adv/Int Duplicate 2 SilverSneakers® Yoga</p>	<p>19 9:30 Adv Tai Chi 10 Maj Jongg 10:45 Int Tai Chi 11:45 Beg Tai Chi</p>
<p>20 5 Silver Sneakers® Yoga</p>	<p>21 8 SilverSneakers® Cardio 10:30 SilverSneakers® Classic 1 Bridge 1:30 Move It, Improve It 3 Bums & Tums</p>	<p>22 8:15 Modified Yoga 9:30 Get Acquainted 9:30 Building Flexibility 10 Intro to Computers (Beg) 10:30 Grandparent/Child Indoor Play 1 SilverSneakers® Cardio 1 American Mah Jongg 1 Ping Pong 1 Book Club 1 Intro to Computers (Adv) 5 The Post, Lafayette</p>	<p>23 9:30 Painting 9:30 Bocce Ball 10:30 Silver Sneakers® Classic 10:30 History Colorado Center 12:45 Scrabble 1 Line Dancing (Intermediate) 1:30 Move It, Improve It 3 Bums & Tums 6 Bridge, Beginner</p>	<p>24 8:15 Modified Yoga 9 Loving Hands 9:30 Building Flexibility 12:30 Foot Care 1 SilverSneakers Cardio 1 Bridge 1 Line Dancing (Beg.)</p>	<p>25 10 Health & Meditate 10:30 Aqua Arthritis 11 Restore & Meditate 11 Choir 1 Bridge, Adv/Int Duplicate 2 SilverSneakers® Yoga</p>	<p>26 9:30 Adv Tai Chi 10:45 Int Tai Chi 10 Maj Jongg 10 Brecken-ridge Ice Sculptures (meet @ Police Dept.) 10:45 Beg Tai Chi</p>
<p>27 5 Silver-Sneakers® Yoga</p>	<p>28 8 SilverSneakers® Cardio 10:30 SilverSneakers® Classic 1 Bridge 1:30 Move It, Improve It 3 Bums & Tums</p>	<p>29 8:15 Modified Yoga 9:30 Building Flexibility 10 Intro to Computers (Beg) 10:30 Grandparent/Child Indoor Play 1 SilverSneakers® Cardio 1 American Mah Jongg 1 Ping Pong 1 Intro to Computers (Adv)</p>	<p>30 9:30 Painting 9:30 Bocce Ball 10:30 Silver Sneakers® Classic 12:45 Scrabble 1 Line Dancing (Intermediate) 1:30 Move It, Improve It 3 Bums & Tums 6 Bridge, Beginner</p>	<p>31 8:15 Modified Yoga 9 Loving Hands 9:30 Building Flexibility 1 SilverSneakers® Cardio 1 Bridge 1 Line Dancing (Beg.)</p>		