

February 2019



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>Louisville Recreation & Senior Center 303-666-7400 LouisvilleRecreation.com</p>			<p>1 10 Smart Phones 10 Health & Meditate 10:30 Aqua Arthritis 11 Coffee with a Cop 11 Restore & Meditate 11 Choir 12:30 Falls Awareness Lab 1 Bridge, Adv/Int Dup 2 SilverSneakers® Yoga</p>	<p>2 8:45 Tai Chi III 10 Maj Jongg 10 Tai Chi II 11 Tai Chi I 12:30 Bridge</p>
<p>3 5 Silver Sneakers® Yoga</p>	<p>4 8 SilverSneakers® Cardio 9:30 Exploring Bridge 10 Tax Aide 10:30 SilverSneakers® Classic 1 Bridge 1:15 AARP Smart Driver 1:30 Move It, Improve It 1:30 SilverSneakers® Splash 3 Bums & Tums</p>	<p>5 8:15 Modified Yoga 9:30 Building Flexibility 10 Intro to Computers (Beg) 10:30 Grandparent/Child Indoor Play 10:30 The House of Commons Tea House 12 Resource Talk: Scams & Frauds 1 SilverSneakers® Cardio 1 American Mah Jongg 1 Ping Pong 1 Intro Computers-Adv</p>	<p>6 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 1:30 SilverSneakers® Splash 3 Bums & Tums 6 Bridge, Beginner</p>	<p>7 8:15 Modified Yoga 9 Loving Hands 9:30 Exploring Bridge 9:30 Building Flexibility 1 Bridge 1 SilverSneakers® Cardio 1 Line Dancing (Beg.)</p>	<p>8 10 Cut the Cord 10 Health & Meditate 10:30 Aqua Arthritis 11 Restore & Meditate 11 Choir 11:45 Multicultural Potluck 1 Bridge, Adv/Int Duplicate 2 SilverSneakers® Yoga</p>	<p>9 8:45 Tai Chi III 10 Maj Jongg 10 Tai Chi II 11 Tai Chi I 12:30 Bridge</p>
<p>10 5 Silver Sneakers® Yoga</p>	<p>11 8 SilverSneakers® Cardio 9:30 Exploring Bridge 10 Tax Aide 10:30 SilverSneakers® Classic 1 Bridge 1:30 Move It Improve It 1:30 SilverSneakers® Splash 3 Bums & Tums 3 Adjusting to Life</p>	<p>12 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 Computers-Adv</p>	<p>13 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 1:30 SilverSneakers® Splash 3 Bums & Tums 6 Bridge, Beginner</p>	<p>14 8:15 Modified Yoga 9 Loving Hands 9:30 Exploring Bridge 9:30 Building Flexibility 11 Home & Garden Show 12:30 Foot Care 1 SilverSneakers® Cardio 1 Bridge 1 Line Dancing (Beg.) 6 Alzheimer's Caregivers</p>	<p>15 10 Health & Meditate 10:30 Aqua Arthritis 11 Restore & Meditate 11 Choir 1 Bridge, Adv/Int Duplicate 2 SilverSneakers® Yoga</p>	<p>16 8:45 Tai Chi III 10 Maj Jongg 10 Tai Chi II 11 Tai Chi I 12:30 Bridge</p>
<p>17 5 Silver Sneakers® Yoga</p>	<p>18 8 SilverSneakers® Cardio 9:30 Exploring Bridge 10 Tax Aide 10:30 SilverSneakers® Classic 1 Bridge 1:30 Move It Improve It 1:30 Walk with Ease 1:30 SilverSneakers® Splash 3 Bums & Tums 3 Adjusting to Life</p>	<p>19 8:15 Modified Yoga 9:30 Building Flexibility 10 Intro to Computers (Beg) 10:30 Grandparent/Child Indoor Play 11 Low Vision 1 SilverSneakers® Cardio 1 American Mah Jongg 1 Ping Pong 1 Intro Computers-Adv</p>	<p>20 9:30 Painting 9:30 Bocce Ball 10 Get Acquainted 10:30 Silver Sneakers® Classic 12:45 Scrabble 1 Line Dancing (Intermediate) 1:30 Move It, Improve It 1:30 Walk with Ease 1:30 SilverSneakers® Splash 3 Bums & Tums 6 Bridge, Beginner</p>	<p>21 8:15 Modified Yoga 9 Loving Hands 9:30 Exploring Bridge 9:30 Building Flexibility 1 SilverSneakers Cardio 1 Bridge 1 Line Dancing (Beg.)</p>	<p>22 10 Health & Meditate 10 Smart Phones 10:30 Aqua Arthritis 11 Restore & Meditate 11 Choir 1 Bridge, Adv/Int Duplicate 1:30 Walk with Ease 2 SilverSneakers® Yoga</p>	<p>23 8:45 Tai Chi III 10 Maj Jongg 10 Tai Chi II 11 Tai Chi I 12:30 Bridge</p>
<p>24 5 Silver Sneakers® Yoga</p>	<p>25 8 SilverSneakers® Cardio 9:30 Exploring Bridge 10 Tax Aide 10:30 Silver Sneakers® Classic 1 Bridge 1:30 Move It Improve It 1:30 Walk with Ease 1:30 SilverSneakers® Splash 3 Bums & Tums 3 Adjusting to Life</p>	<p>26 8:15 Modified Yoga 9:30 Building Flexibility 10 Know the 10 Signs 10 Intro to Computers (Beg) 10:30 Grandparent/Child Indoor Play 1 Book Club 1 SilverSneakers® Cardio 1 American Mah Jongg 1 Ping Pong 1 Intro Computers-Adv 5 Verde, Louisville</p>	<p>27 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 1:30 Walk with Ease 1:30 SilverSneakers® Splash 3 Bums & Tums 6 Bridge, Beginner</p>	<p>28 8:15 Modified Yoga 9 Loving Hands 9:30 Exploring Bridge 9:30 Building Flexibility 12:30 Foot Care 1 SilverSneakers® Cardio 1 Bridge 1 Line Dancing (Beg.) 4:45 Nonsense @ Candlelight Theatre</p>		