

Day	Classes / Activities Class	Time	
Monday	Walking Tour	9:30 - 11:00	
	Interpretive Dance	10:30-11:30	
	Knitting/Crocheting	1:00 - 2:00	
	Chair Yoga	2:30 - 3:30	
2nd Monday	Book Club	1:00	
2nd Monday	Ft. Logan Trip	9:00	
Tuesday	Zumba Gold	9-10	
	Tap Dance	10:15	
	1st and 3rd	Blood Pressure Check	10:15
	Starts 8/22	Porcelain Class / Ceramics	9:30 - Noon
		BINGO	1:00
	Cardio Drumming	2:30	
Wednesday	Quilters	8:30 - 11:00	
	Oil Painting	9:00 - 11:00	
	T'ai Chi Class	9:30 - 11:00	
	2nd Wednesday	Movie Day	1:00
	3rd Wednesday	Dementia Support Group	2:00 - 3:30
	Harmonizers Practice	2:00	
4th Wednesday	Board Meeting	1:00	
Thursday	Woodcarving	8:00 - Noon	
	Card Making Class	9:30 - 11:00	
	4th Thursday	Birthday Social	12:00
		BINGO	1:00
Friday	Chair Yoga	9:00-10:00	
	1st Friday	Veteran Cafe	9:00-10:00
	4th Friday	Mystery Trip	9:00
		Chi Kung Class	10:00 - 11:00
		Wii Games	10:30 - Noon
	3rd Friday	Ice Cream Social	1:00 PM
	1st & 3rd	Red Hat Ladies	1:00
2nd & 4th	Card Making Gold	1:00 PM	
Saturdays			
1st Saturday	Game Day	10:00-4:00	
1st Saturday	Thrift Store Super Saturday	10:00-2:00	
2nd Saturday	Cripple Creek Run	9:00	

August

Special Events

Saturday, August 5th

Game Day
10:00 - 4:00

Saturday, August 5th

Super Saturday - Thrift Store
10:00 - 2:00

Saturday, August 12th

Cripple Creek \$20.00
Bus leaves 9:00am

Monday, August 14th

Ft. Logan Trip - \$20.00

Wednesday, August 16th

Mining Museum \$20.00
Bus leaves at 10:00am

Thursday, August 17th

Barb Bragdon Performs
Lunch - Donations welcome

Friday, August 18th

Ice Cream Social G&G Music
12:30 pm/\$1:00 Super Ice Cream Sundaes

Wednesday, August 23

Dinner on the town
Black Eyed Pea - 5:00pm
Reservations at office

Thursday, August 24th

Birthday Social
Harmonizers Perform

Friday, August 25th

Mystery Trip - 9:00am
Transportation \$10.00

Friday, August 25th

Colorado State Fair - \$10.00
Bus leaves at 10:00am
Returns at 2:30pm