

LOUISVILLE SENIOR SERVICES 303-666-7400

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>***** * * Visit us online! * * www.louisvilleseniorservices.com * * *****</p>			<p>1 8 Silver Sneakers®II Cardio Circuit 9:30 Painting 10:30 SilverSneakers®I 11 Joe's Crab Shack 1 Line Dancing</p>	<p>2 8:30 Yoga 9:30 Lap Robes 9:45 Building Flexibility 10:30 Elder Watch 11 Sit & Fit 1 Bridge & Mah Jongg</p>	<p>3 8:30 Massage 10 Choir 10 Drop in Pickle Ball 10:15 Ikea Tour 10:30 Aqua Arthritis 12 Foot Reflexology</p>	<p>4 8:15 Adv Tai Chi 9:45 Int Tai Chi</p>
<p>5 10 Drop in Pickle Ball</p>	<p>6 8 Silver Sneakers®II Cardio Fit 10:30 SilverSneakers®I 1 Bridge 4 Cancer Survivor</p>	<p>7 8:30 Yoga 9:45 Building Flexibility 10 Intro to Computers 11 Sit & Fit 1 AARP Tax-Aide 2 Tap Dancing 5 Women & Retirement</p>	<p>8 8 Silver Sneakers® II Cardio Circuit 9:30 Painting 10:30 SilverSneakers®I 11 Diabetes Support 1 Line Dancing 1:30 Bloomin' Seniors</p>	<p>9 8:30 Yoga 9:30 Lap Robes 9:45 Building Flexibility 11 Sit & Fit 1 Bridge & Mah Jongg 1 Foot Care Clinic 6 Alzheimer's Caregivers</p>	<p>10 8:30 Massage 10 Choir 10 Drop in Pickle Ball 10:30 Aqua Arthritis 12 Foot Reflexology 1 Improve Your Computer Skills 1 AARP Tax-Aide</p>	<p>11 8:15 Adv Tai Chi 9:45 Int Tai Chi</p>
<p>12 10 Drop in Pickle Ball</p>	<p>13 8 Silver Sneakers®II Cardio Fit 8 :15 AARP Safe Driving 10:30 SilverSneakers®I 11 Back & Spine 1 Bridge 4 Cancer Survivor 7 Boomers/ New to Retirement</p>	<p>14 8:30 Yoga 9:45 Building Flexibility 10 Intro to Computers 11 Sit & Fit 12 Senior Widows' Potluck 12:45 Movie "Casablanca" 1 AARP Tax-Aide 2 Tap Dancing</p>	<p>15 8 Silver Sneakers® II Cardio Circuit 9:30 Painting 10:30 SilverSneakers®I 10:30 Hearing Support 1 Line Dancing</p>	<p>16 8:30 Yoga 9:30 Lap Robes 9:45 Building Flexibility 10 Medicare Basics 10:15 Penzey's Spice Shop 11 Sit & Fit 1 Bridge & Mah Jongg 5 Heat Relief Dinner & Silent Auction</p>	<p>17 8:30 Massage 10 Choir 10 Drop in Pickle Ball 10:30 Aqua Arthritis 12 Foot Reflexology 1 Improve Your Computer Skills 1 AARP Tax-Aide</p>	<p>18 8:15 Adv Tai Chi 9:45 Int Tai Chi</p>
<p>19 10 Drop in Pickle Ball</p>	<p>20 8 Silver Sneakers®II Cardio Fit 10:30 SilverSneakers®I 1 Bridge 4 Cancer Survivor</p>	<p>21 8:30 Yoga 9:45 Building Flexibility 10 Intro to Computers 11 Nutrition Presentation 11 Sit & Fit 1 Fitness Presentation 1 AARP Tax-Aide 2 Tap Dancing</p>	<p>22 8 Silver Sneakers® II Cardio Circuit 9:30 Painting 10:30 SilverSneakers®I 1 Line Dancing</p>	<p>23 8:30 Yoga 9:30 Lap Robes 9:45 Building Flexibility 11 Sit & Fit 1 Bridge & Mah Jongg 1 Foot Care Clinic</p>	<p>24 8:30 Massage 10 Choir 10 Drop in Pickle Ball 10:30 Aqua Arthritis 12 Foot Reflexology 1 Improve Your Computer Skills 1 AARP Tax-Aide</p>	<p>25 8:15 Adv Tai Chi 9:45 Int Tai Chi</p>
<p>26 10 Drop in Pickle Ball</p>	<p>27 8 Silver Sneakers®II Cardio Fit 9:30 The Wildlife Experience 10:30 SilverSneakers®I 1 Bridge 4 Cancer Survivor</p>	<p>28 8:30 Yoga 9:45 Building Flexibility 10 Intro to Computers 11 Sit & Fit 1 Book Club: <u>Glass Castle</u> 1 AARP Tax-Aide 2 Tap Dancing 4:30 Bone Fish</p>	<p>29 8 Silver Sneakers®II Cardio Circuit 9:30 Painting 10:30 SilverSneakers®I 1 Line Dancing</p>	<p>Need Help with Information Regarding Resources in the Community? Contact Diane Evans at 303-335-4919 for assistance.</p>		

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