

# June 2019

| Sun   | Monday   | Tuesday   | Wednesday   | Thursday   | Friday   | Sat   |
|---|--|---|---|--|--|---|
|   | <b>Message by Appointments</b><br>Mon. 12:30 - 3:40 New (90 min. appt. only)<br>Tues. 8:30 a.m. - 2:30 p.m.<br>Wed. 10:00 a.m. - 4:00 p.m.   |   | <b>NEW WEDNESDAY EVENING CLASSES</b><br>5:30 PM Watercolor Painting: Landscape<br>6:00 PM Genealogy<br>6:00 PM Tai Chi Beginner   |  |  | 1<br>City Summer Fest – 10 - 5  |
| 2<br><br>11:00 a.m.<br><br>Rockies vs Toronto Blue Jays | 3<br>9:00 Exercise (Dottie)<br><b>9:00 Art of Glass - A</b><br>9:15 Tatting<br>10:00 Craft Time<br>10:00 History: Constitution<br><b>10:15 Denver Mob Tour - A</b><br><b>10:30 Police Time</b><br><b>12:30 - 3:40 Massage - New</b><br><b>1:00 Watercolor 2: Land</b><br>1:30 Aging & Sage-ing<br>2:00 Tai Chi Level 2 | 4<br>8:00 Wood Carving<br>9:00 & 10:15 Yoga<br>8:30 Oil Painting Drop-in<br>9:15 Adaptive Yoga<br>10:30 Parkinson's Exercise<br><b>1:00 Feathered Friends – Kestrel</b>   | 5<br>9:00 Exercise (Dottie)<br>9:00 Walk On!<br>9:00 Square Dancing<br>9:30 Writing Drop-in<br>10:00 Japanese Bunka<br>10:15 - 11:30 Back to Balance<br>10:30 Zumba Gold<br>1:30 Wellness: You a Priority<br>2:00 Tai Chi Beginner<br><b>5:00 PM Mental Health First Aid</b>  | 6<br>Wellness Clinic<br>8:30 Chair Yoga<br><b>10:15 Humphrey's Tea</b><br><b>10:30 Blood Pressure</b><br>10:30 Fit Ball<br>12:30 & 1:45 Yoga<br>1:00 Quilting Intermediate<br><b>1:00 Hemp Oil</b><br><br><b>7:00 City Event - Concert</b>                             | 7<br><b>8:00 Nature Drive and Wildlife Repository</b><br>8:30 Exercise (Rosalie)<br>8:30 Line Dance Beg<br>9:00 Genealogy<br>9:30 Line Dance 2<br><b>10:00 Light Weight - New</b><br><b>12:00 Potluck &amp; Board Games</b><br>1:00 Quilting Beginning         | 8<br><br>Buffalo Soldiers<br><br>12:30 – 1:30 p.m.<br><br>Sr. Law Day 8 - 2           |
| 9   | 10<br>9:00 Exercise (Dottie)<br>9:15 Tatting<br><b>9:00 Movie: 1776</b><br>10:00 Craft Time<br><b>12:30 - 3:40 Massage - New</b><br>1:00 Watercolor 2: Land<br>1:00 Mahjong<br>1:30 Aging & Sage-ing<br>2:00 Tai Chi Level 2   | 11<br>8:00 Wood Carving<br>8:30 Oil Painting Drop-in<br>9:00 & 10:15 Yoga<br>9:15 Adaptive Yoga<br>10:30 Parkinson's Exercise<br><b>1:00 CPR Training</b><br><b>2:00 Folded Book Art</b>  | 12<br>9:00 Exercise (Dottie)<br>9:00 Walk On!<br>9:00 Square Dancing<br><b>9:00 Art of Glass - B</b><br>9:30 Writing Drop-in<br>10:00 Japanese Bunka<br><b>10:15 Denver Mob Tour - B</b><br>10:15 - 11:30 Back to Balance<br><b>11:00 Kindness Counts</b><br>10:30 Zumba Gold<br>2:00 Tai Chi Beginner<br><b>5:00 PM Mental First Aid</b> | 13<br>Wellness Clinic<br>8:30 Chair Yoga<br><b>8:45 Gamble: Mardi Gras</b><br>8:30 & 10:30 Bridge Classes<br>10:30 Fit Ball<br><b>10:45 Healthy Tips</b><br>12:30 & 1:45 Yoga<br>1:00 Quilting Intermediate<br><b>1:00 Bunco</b><br><br><b>Dusk City Event - Movie</b> | 14<br>Wellness Clinic<br>8:30 Exercise (Rosalie)<br>8:30 Line Dance Beg<br>9:00 Genealogy<br><b>9:30 Greeting Cards</b><br>9:30 Line Dance Level 2<br>10:00 Light Weight<br><b>12:00 Friday Feast</b><br>1:00 Quilting Beginning                               | 15<br><br>City Event<br>Brighton Blues Blast<br>12 - 5 p.m. Free<br>7:00 p.m. Concert |
| 16  | 17<br>9:00 Exercise (Dottie)<br><b>9:00 Hike B – Castlewood</b><br>9:15 Tatting<br>10:00 Craft Time<br>10:00 History: Constitution<br><b>10:30 Blood Pressure</b><br><b>12:30 - 3:40 Massage - New</b><br>1:00 Watercolor 2: Land<br>1:30 Aging & Sage-ing<br>2:00 Tai Chi Level 2                                     | 18<br>8:00 Wood Carving<br>8:30 Oil Painting Drop-in<br>9:00 & 10:15 Yoga<br>9:15 Adaptive Yoga<br><b>10:00 Medicare Counseling</b><br>10:30 Parkinson's Exercise<br><b>1:30 Rocky's West Side Story</b><br><b>2:00 Folded Book Art</b><br><b>3:15 Lazy B</b> | 19<br>9:00 Exercise (Dottie)<br>9:00 Walk On!<br>9:00 Square Dancing<br>9:30 Writing Drop-in<br>10:00 Japanese Bunka<br>10:15 - 11:30 Back to Balance<br>10:30 Zumba Gold<br>2:00 Tai Chi Beginner<br><b>5:00 PM Fermented Foods</b>  | 20<br>Wellness Clinic<br>8:30 Chair Yoga<br>8:30 & 10:30 Bridge Classes<br><b>10:30 Police Time &amp; Talk</b><br>10:30 Fit Ball<br>12:30 & 1:45 Yoga<br><b>1:30 Active Minds: Japan</b><br><b>4:45 Disney's Tarzan</b><br><br><b>7:00 City Event - Concert</b>        | 21<br>Wellness Clinic<br>8:30 Exercise (Rosalie)<br>8:30 & 9:30 Line Dance<br>9:00 Genealogy<br><b>9:15 White Water Rafting</b><br>10:00 Light Weight<br><b>10:30 Foods of India: Grand Summer</b><br><b>12:00 AARP Safe Driver</b><br>1:00 Quilting Beginning | 22<br><br>City Event<br>Art in the Park<br>10:00 a.m. - 4:00 p.m.                     |
| 23<br><br>5:00 p.m.<br>RAIN: Beatles Tribute            | 24<br>9:00 Exercise (Dottie)<br>9:15 Tatting<br><b>9:15 Quilt Museum</b><br>10:00 Craft Time<br>10:00 History: Constitution<br><b>1:00 Watercolor Cards</b><br>1:00 Mahjong<br>1:30 Aging & Sage-ing<br>2:00 Tai Chi Level 2   | 25<br>8:00 Wood Carving<br>8:30 Oil Painting Drop-in<br>9:00 & 10:15 Yoga<br>9:15 Adaptive Yoga<br>10:30 Parkinson's Exercise<br><b>1:30 Movie: Runaway Bride</b>   | 26<br>9:00 Exercise (Dottie)<br>9:00 Walk On!<br>9:00 Square Dancing<br>9:30 Writing Drop-in<br>10:00 Japanese Bunka<br>10:15 - 11:30 Back to Balance<br>10:30 Zumba Gold<br><b>12:30 Cribbage Tournament</b><br>2:00 Tai Chi Beginner<br><b>5:45 PM Field of Dreams</b>  | 27<br>Wellness Clinic<br>8:30 Chair Yoga<br>10:30 Fit Ball<br>12:30 & 1:45 Yoga<br><b>1:00 Bunco</b><br><br><b>Dusk City Event - Movie</b>   | 28<br><b>8:00 JULY &amp; AUG CLASS REGISTRATION</b><br>8:30 Exercise (Rosalie)<br>8:30 & 9:30 Line Dance Beg<br>9:00 Genealogy<br>9:30 Line Dance Level 2<br>10:00 Light Weight<br><b>5:30 City Event - Adult Night at Oasis</b>                               | 29  |
| 30  |  |   |   |  |  |   |