

February 2020

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
2	3 RAK - Valentines of Love 10:30 Police Time 10:30 Blood Pressure 12:15 Trip: Crawford Hotel Union Station 12:30 Watercolor: Valentine Card	4 RAK - Project Valentine 9:15 Trip: Celestial Seasonings 1:00 Android Tips & Tricks	5 Evening Massage by Appt. RAK - Homeless Toiletries 8:30 Trip: NOAA 1:00 Positive Approach 2020 1:00 Zentangle: Valentine 5:15 PM Ted Talks: Better You 5:30 PM Watercolor: Valentine 5:30 PM Uber & Lyft	6 RAK - Canned Food Drive Wellness Clinic 1:30 Lincoln Presents	7 RAK - Ripbeam Hats RAK - Help Our Schools 10:15 Trip: Denver Mob B 12:00 AARP Smart Driver 12:30 Trip: Danny's Carnation Restaurant	8
9	10 9:30 Android Cell Support 12:30 Watercolor: Rose 1:00 Mahjong	11 8:45 Trip: Gamble Grand Z 9:30 - 3:00 Hair Sparkles 1 1:00 Heart & Stroke Awareness	12 Evening Massage by Appt. 11:00 Kindness Counts 1:00 QPR 1:00 Zentangle: Spring Fairy 5:15 PM Movie: Lincoln 5:30 PM Watercolor: Elephant	13 Wellness Clinic 9:30 - 3:00 Hair Sparkles 2 10:45 Healthy Tips 1:00 Bunco 4:45 Trip: Jekyll & Hyde	14 Wellness Clinic 8:30 Acrylic Paint: Country Couple 12:00 Friday Feast	15 6:00 p.m. Trip: Simon & Garfunkel Story
16	17 President's Day Center Closed	18 10:00 Medicare Counseling 1:00 Sr. Advisory Board 1:00 Headaches Decoded	19 Evening Massage by Appt. 9:00 Trip: Travel Film - India 1:00 Zentangle: Spring Fairy 5:15 PM Ted Talks: Better You 5:30 PM Watercolor: Elephant 5:30 PM Your Aging Relatives	20 Wellness Clinic 10:30 Police Time Talk 10:30 Blood Pressure 1:30 Active Minds: New Orleans	21 Wellness Clinic 10:30 Foods of India: Indo-Chinese 1:30 Movie: Wonders of the World 5:30 Trip: DU Ice Hockey	22
23	24 12:30 Watercolor: Rose 1:00 Mahjong	25 2:00 A Stroll Thru Elmwood Presentation	26 Evening Massage by Appt. 9:00 Book Club: CO Lovers 10:30 Trip: Winter Park Sleigh 12:30 Cribbage Tournament 1:00 Zentangle: Spring Fairy 5:30 PM Watercolor: Elephant	27 Wellness Clinic 9:45 Trip: Amazon Fulfillment Center - B 10:45 Readers Theatre Performance 1:00 Bunco	28 8:00 March/April Class Registration 8:30 Acrylic Paint: Country Couple	29 3:00 p.m. Trip: Denver Pops March 1 1:00 p.m. Trip: DYAO Ellis Island

	Monday	Tuesday	Wednesday	Thursday	Friday	
Weekly Classes	9:00 Exercise w/Dottie 9:00 Bridge Level 2 9:15 Tatting 10:00 Craft Time 10:00 History: Constitution 10:15 Bridge Beginning 12:30 Zumba Gold Toning 2:00 Tai Chi Level 2	8:00 Wood Carving 9:00 Oil Painting 9:00 Yoga Continuing 9:15 Adaptive Yoga 10:15 Yoga Beginning 10:30 Move it or Lose it 12:30 Readers Theatre	9:00 Exercise w/Dottie 9:00 Square Dancing 9:30 Writing Drop-In 10:15 Move it or Lose it 10:30 Zumba Gold 11:30 Back to Balance 2:00 Tai Chi Beginner 4:00 PM Zumba Gold	8:30 Chair Yoga 10:00 Knit & Crochet 10:30 Fit Ball 12:30 Yoga Continuing 1:00 Quilting Intermediate 1:45 Yoga Beginning	8:30 Line Dance Level 2 8:30 Exercise w/Rosalie 9:00 Genealogy 9:45 Line Dance Beginning 10:00 Light Weight 1:00 Quilting Beginning	See pages 12 - 16 for class start and end dates