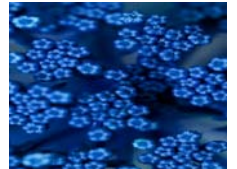


May Activities 2010



S	Monday	Tuesday	Wednesday	Thurs	Friday	Sa
	3 12:30 Gym Walk 12:45 Judge Greg Lyman, Olympic Speed Skater 1:00 Canasta	4 11:00 Blood Pressure 12:30 Gym Walk 1:00 Mediation for Healing <u>1:00 Healthy Living Class</u>	5 10:00 Dance for Health 1:00 Poker 1:00 Writing for Generations 1:30 Art in the Afternoon	6 Administrative Day	7 9:00 Geezers 10:00 Stichin' in the Kitchen 11:00 Tai Chi 12:30 Gym Walk 1:00 Parkinson's Support Group	8
9	10 12:30 Gym Walk 12:30 Tessa Michaelson "Readers Digesting" 1:00 Canasta	11 10:00 Chair Massage 12:30 Gym Walk 1:00 Mediation for Healing <u>1:00 Healthy Living Class</u>	12 10:00 Dance for Health 12:45 Kyla Norcross, Colorado Legal Services 1:00 Poker May Nutrition Education	13 Administrative Day	14 9:00 Geezers 10:00 Stichin' in the Kitchen 11:00 Tai Chi 12:30 Gym Walk 12:45 Lindsey Kurt Mason 1:00 ASI BOARD Meeting	15
16	17 12:30 Gym Walk 1:00 Canasta	18 12:30 Gym Walk 1:00 Mediation for Healing	19 10:00 Dance for Health 11:00 Blood Pressure 12:45 Ming Steen 1:00 Poker <u>1:00 Sky Ute Casino</u>	20 Administrative Day	21 9:00 Geezers 10:00 Stichin' in the Kitchen 11:00 Tai Chi 12:30 Gym Walk 1:00 <u>Sabine Baeckmann, Water Color Class</u>	22
23	24 12:30 Gym Walk 1:00 Canasta	25 12:30 Gym Walk 12:45 Nancy Dickhoff, Fitness and Nutrition 1:00 Mediation for Healing	26 10:00 Dance for Health 1:00 Poker 1:00 Alzheimers Support Group	27 Administrative Day	28 9:00 Geezers 10:00 Stichin' in the Kitchen 10:30 Book Club 11:00 Tai Chi 12:30 Gym Walk BIRTHDAY LUNCH!!!	29
30	31 CLOSED				* asterisk indicates by appointment <i>Underlining Indicate s registration re-quired</i>	