

January 2009 – Adult Activities

Community

SWIC NEIGHBORHOOD COUNCIL

Thursday, January 8, 5:45 p.m. SHARP!

Dinner provided. Eagle-Bear Hall

Supervised Youth are Welcome! Door Prizes!!



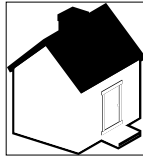
FIRST-TIME HOME BUYERS' WORKSHOP

Saturday, January 24, 9 a.m.

Eagle-Bear Hall

Pre-Registration Required. Call 303-934-0923

(Includes Breakfast and Lunch)



Computers

INTRODUCTION TO COMPUTERS CLASS

Instructor Marjorie Sweet

Wednesdays, 10:30-11:15 a.m., 4 weeks

Beginning January 21, Computer Classroom

THIS CLASS SESSION IS FULL!



Fitness

FREE SENIOR EXERCISE CLASSES!

Mondays and Wednesdays, 10:15-11 a.m.

Open Fitness Studio

OPEN GYM/INDIVIDUAL WORKOUTS

Mondays thru Fridays, 8-10 a.m.

Mondays and Wednesdays, 3-4:30 p.m.

Weight Room and Gymnasium

Registration is Required! Must be 18 year or older!



TAI CHI – QIGONG STYLE

Tuesdays, 9:30-10:30 a.m.,

\$1 per class suggested donation.

Open Fitness Studio



NEW CLASS!

TAI CHI – FOR SENIORS

Using Chi Kung Movements for Balance

Tuesdays, 10:45-11:30 a.m.

\$1 per class suggested donation.

Open Fitness Studio

Food

FAMILY FOOD BOXES

Fridays, 3 p.m. (Sign-up begins around 2:15 p.m.)

\$2 Suggested Donation, One Box per Household/ Address

SENIOR'S LUNCH PROGRAM (Ages 60 and older)

Mondays thru Fridays, 11:30 a.m.

\$2.50 Suggested Donation, Eagle-Bear Hall



HEALTH – VISITING NURSES CLINIC

(Enter at Sandos Hall, down ramp to Fitness Area)

Wednesday, January 21

8:30 – Noon, Open Fitness Studio

Call 303-698-6496 for an appointment.

Seniors' Fun

KAREOKE

Mondays, 10:45 a.m., Eagle-Bear Hall

BINGO

Tuesdays, 11 a.m., Eagle-Bear Hall



LIVE MUSIC WITH LITTLE JOE AND RON

Wednesday, January 14, 10:30 a.m. Eagle-Bear Hall