

# March 2009 – Adult Activities

## Community

### SWIC NEIGHBORHOOD COUNCIL

Thursday, March 12, 5:45 p.m. SHARP!

Dinner provided. Eagle-Bear Hall

Supervised Youth are Welcome! Door Prizes!!



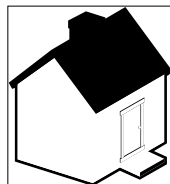
### FIRST-TIME HOME BUYERS' WORKSHOP

Saturday, March 28, 9 a.m.

Eagle-Bear Hall

Pre-Registration Required. Call 303-934-0923

(Includes Refreshments)



## Computers

### NEW SESSION! BEGINNING COMPUTERS!

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

Registration is Required!



### INTRODUCTION TO E-MAIL AND INTERNET

NEW! Fridays, 10:30-11:15 a.m.

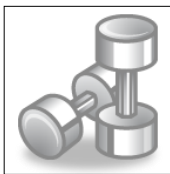
Registration is Required!

## Fitness

### FREE SENIOR/ADULT 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 – Thursdays, 3-4:30 p.m.

Weight Room

*Registration is Required!*

*Must be 18 year or older!*

## Food

### FAMILY FOOD BOXES

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

\$2 Suggested Donation, One Box per Household



## Health

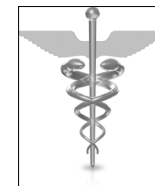
### VISITING NURSES CLINIC

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

Wednesday, March 18

Call 303-698-6496 for an appointment.

8:30 – Noon, Open Fitness Studio



## Senior Programs

### SENIOR'S LUNCH PROGRAM

(Ages 60 and older)

Mondays thru Fridays, 11:30 a.m.

\$2.50 Suggested Donation, Eagle-Bear Hall



### KAREOKE

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



### BINGO

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

### FALL PREVENTION

Presented by *Vicky Cassabaum R.N.*

**Injury Prevention Coordinator,**

**St. Anthony's Hospital**

Thursday, March 12, 10:45 a.m. Eagle-Bear Hall

### KEEPING FOOD SAFE

Presented by *Jessica Olin,*

**VOA Community Nutritionist**

Thursday, March 23, 10:30 a.m. Eagle-Bear Hall

