



HIGHLAND RECREATION CENTER

SPRING 2018, MARCH 18-MAY 26, 2018

ACTIVITIES LISTED ARE INCLUDED WITH REGIONAL, LOCAL, AND NEIGHBORHOOD LEVEL PASSES/MEMBERSHIPS.

Monday	Tuesday	Wednesday	Thursday	Friday
Club: Billiards 8:00 a.m. - 4:00 p.m.	Club: Billiards 8:00 a.m. - 4:00 p.m.	Club: Billiards 8:00 a.m. - 4:00 p.m.	Club: Billiards 8:00 a.m. - 4:00 p.m.	Club: Billiards 8:00 a.m. - 4:00 p.m.
Table Tennis 8:00 a.m. - 4:00 p.m.	Table Tennis 8:00 a.m. - 4:00 p.m.	Table Tennis 8:00 a.m. - 4:00 p.m.	Table Tennis 8:00 a.m. - 4:00 p.m.	Table Tennis 8:00 a.m. - 4:00 p.m.
Meditation 8:30 - 9:15 a.m.	SilverSneakers® Classic 9:30 - 10:30 a.m.	SilverSneakers® CardioFit 9:30 - 10:30 a.m.	Club: Painting 9:30 a.m. - 12:30 p.m.	Meditation 8:30 - 9:15 a.m.
SilverSneakers® CardioFit 9:30 - 10:30 a.m.	Spanish: Beginner 12:30- 2:00 p.m.	Club: Mah Jongg 9:00 a.m. - 12:00 p.m.	Club: Cribbage 9:30 - 11:30 a.m.	SilverSneakers® Classic 9:30 - 10:30 a.m.
Belly Dancing 10:30 - 11:30 a.m.	Spanish: Intermediate 2.00-3:30 p.m.	Tai Chi - Level I 11:00 a.m. - 12:00 p.m.	◇ * Out to Lunch 1st Thursday 11:00 a.m. - 2:00 p.m.	Club: Knitting & Crochet 10:00 a.m. - 12:00 p.m.
* Grocery BINGO 1:00 - 3:00 p.m.	Club: Canasta 1:00 - 4:00 p.m.	SilverSneakers® Yoga 12:30 - 1:30 p.m.	◇ * Luncheon 4th Thursday 12:00 - 2:30 p.m.	Tai Chi - Level I 11:00 a.m. - 12:00 p.m.
◇ * AOA: Trip 3rd Wednesday 9:00 a.m. - 3:00 p.m.	SilverSneakers® Boom Muscle and Mind 11:00 - 12:00 p.m.	Club: Party Bridge 12:30 - 3:30 p.m.	Club: Canasta 12:30 - 3:30 p.m.	SilverSneakers® Yoga 12:30 - 1:30 p.m.
	Technology Help 1:00 - 3:00 p.m.	Drama 1:00 - 2:00 p.m.	Weather Spotters Workshop April 19 12:30-3:00 p.m.	Club: Pinochle 1:00 - 3:30 p.m.
		Club: Rummikub 2:00-3:00 p.m.		Line Dancing Lessons 2:00 - 3:30 p.m.

* Additional fees may apply

◇ Registration Required

SilverSneakers® classes available at this site

HOURS OF OPERATION: MONDAY - FRIDAY (8:00a - 4:00p) | SUNDAY AND SATURDAY (closed)

HIGHLAND SENIOR RECREATION CENTER, 2880 OSCEOLA STREET, DENVER, CO 80212 | 720-865-0600 | DENVERGOV.ORG/RECREATION