






**Sēb's Recreation Center**  
**Calendar of Events and Activities**  
**May 2019**

1710 S Buckley Rd. Unit 9--Aurora, CO 80017--www.sebsrec.org

| Sunday  | Monday  | Tuesday   | Wednesday   | Thursday  | Friday  | Saturday               |
|---|---|---|---|---|---|------------------------|
|   |   |   | 1<br>Total Fit 9-10a & 6:30-7:30p<br>EZ Fit 10:30-11a & 5:30-6p<br>Drawing 11a-12p & 6-7p<br>Music Class 6-7:30p  | 2<br>Bodyweight Fit 10-11a & 6-7p<br>Tai Chi 11a-12p<br>Chair Fitness 11:30a-12p & 7-7:30p<br>Arts & Crafts 12-1p & 5:30-7:30p  | 3<br>Total Fit 9-10a<br>EZ Fit 10:30-11a<br><br>FIRST FRIDAY<br>6-10PM<br>Cinco de Mayo  | 4<br><br>Dance 10-11a  |
| 5<br><br>Movie of the Day<br>11a-5p   | 6<br>Total Fit 9-10a & 6:30-7:30p<br>EZ Fit 10:30-11a & 5:30-6p<br>Dance 11a-12p  | 7<br>Bodyweight Fit 10-11a & 6-7p<br>Chair Fitness 11:30a-12p & 7-7:30p<br>Bingo 11a-1p & 6-7p  | 8<br>Total Fit 9-10a & 6:30-7:30p<br>EZ Fit 10:30-11a & 5:30-6p<br>Drawing 11a-12p & 6-7p<br>Music Class 6-7:30p  | 9<br>Bodyweight Fit 10-11a & 6-7p<br>Tai Chi 11a-12p<br>Chair Fitness 11:30a-12p & 7-7:30p<br>Arts & Crafts 12-1p & 5:30-7:30p  | 10<br>Total Fit 9-10a & 6:30-7:30p<br>EZ Fit 10:30-11a & 5:30-6p<br>Challenge Fun 8a-8p   | 11<br><br>Dance 10-11a |
| 12<br><br>Movie of the Day<br>11a-5p | 13<br>Total Fit 9-10a & 6:30-7:30p<br>EZ Fit 10:30-11a & 5:30-6p<br>Dance 11a-12p                                       | 14<br>Bodyweight Fit 10-11a & 6-7p<br>Chair Fitness 11:30a-12p & 7-7:30p<br>Bingo 11a-1p & 6-7p | 15<br>Total Fit 9-10a & 6:30-7:30p<br>EZ Fit 10:30-11a & 5:30-6p<br>Drawing 11a-12p & 6-7p<br>Music Class 6-7:30p | 16<br>Bodyweight Fit 10-11a & 6-7p<br>Tai Chi 11a-12p<br>Chair Fitness 11:30a-12p & 7-7:30p<br>Arts & Crafts 12-1p & 5:30-7:30p | 17<br>Total Fit 9-10a & 6:30-7:30p<br>EZ Fit 10:30-11a & 5:30-6p<br>Challenge Fun 8a-8p<br><br>Monthly garage sale will resume in June                                      | 18<br><br>Dance 10-11a |
| 19<br><br>Movie of the Day<br>11a-5p  | 20<br>Total Fit 9-10a & 6:30-7:30p<br>EZ Fit 10:30-11a & 5:30-6p<br>Dance 11a-12p                                       | 21<br>Bodyweight Fit 10-11a & 6-7p<br>Chair Fitness 11:30a-12p & 7-7:30p<br>Bingo 11a-1p & 6-7p | 22<br>Total Fit 9-10a & 6:30-7:30p<br>EZ Fit 10:30-11a & 5:30-6p<br>Drawing 11a-12p & 6-7p<br>Music Class 6-7:30p | 23<br>Bodyweight Fit 10-11a & 6-7p<br>Tai Chi 11a-12p<br>Chair Fitness 11:30a-12p & 7-7:30p<br>Arts & Crafts 12-1p & 5:30-7:30p | 24<br>Total Fit 9-10a & 6:30-7:30p<br>EZ Fit 10:30-11a & 5:30-6p<br>Challenge Fun 8a-8p   | 25<br><br>Dance 10-11a |
| 26<br><br>Movie of the Day<br>11a-5p  | 27<br><br>MEMORIAL DAY<br><br>CLOSED | 28<br>Bodyweight Fit 10-11a & 6-7p<br>Chair Fitness 11:30a-12p & 7-7:30p<br>Bingo 11a-1p & 6-7p | 29<br>Total Fit 9-10a & 6:30-7:30p<br>EZ Fit 10:30-11a & 5:30-6p<br>Drawing 11a-12p & 6-7p<br>Music Class 6-7:30p | 30<br>Bodyweight Fit 10-11a & 6-7p<br>Tai Chi 11a-12p<br>Chair Fitness 11:30a-12p & 7-7:30p<br>Arts & Crafts 12-1p & 5:30-7:30p | 31<br>Total Fit 9-10a & 6:30-7:30p<br>EZ Fit 10:30-11a & 5:30-6p<br>Challenge Fun 8a-8p   |                        |

**Hours of Operation:**

Monday-Friday 8am-8pm ~ Saturday 8am-5pm ~ Sunday 11am-5pm