

SRDA
 @ The Joseph H. Edwards
 Active Adult
 Center
 ~ Calendar of Events ~



August 2016



SRDA **230 N UNION AVE** **719-553-3445** www.srda.org **Register on 2nd**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Recreation Department <i>Daily Activities</i>	1 Closed for Colorado Day	2 10:00 Sr. Self Defense 1:00 Senior Wellness 5:30 Zumba	3 11:00 Mahjongg/Bridge 10:00 Basic Computer 11:00 Art Class	4 10:00 Sr. Self Defense 10:00 Pinochle 1:00 Senior Wellness	5 12:00 Bridge	
Monday—Friday 8:00 to 3:00	8 3:00 Tai Chi	9 1:00 Senior Wellness 1:00 Knit and Chat 2:00 Stroke Survivors 5:30 Zumba	10 11:00 Mahjongg 10:00 Basic Computer 11:00 Art Class 3:00 Tai Chi	11 9:00 Sewing Club 10:00 Pinochle 1:00 Senior Wellness	12 12:00 Bridge	
<ul style="list-style-type: none"> • Big Screen T.V. • Group Puzzle • Card Games • Small Library 	15 3:00 Tai Chi	16 1:00 Senior Wellness 5:30 Zumba	17 11:00 Mahjongg/Bridge 11:00 Art Class 3:00 Tai Chi	18 10:00 Pinochle 1:00 Senior Wellness	19 12:00 Bridge 1:30 Dance Social	Socials Sponsored AARP
<ul style="list-style-type: none"> • Bike Rentals • Treadmills • Exercise Bikes • Pool Tables • Snack Bar 	22 3:00 Tai Chi	23 1:00 Senior Wellness 1:00 Knit and Chat 5:30 Zumba	24 11:00 Mahjongg/Bridge 11:00 Art Class 3:00 Tai Chi	25 9:00 Sewing Club 10:00 Pinochle 1:00 Senior Wellness	26 12:00 Bridge	
<i>Knit & Chat Group meets</i> <i>2nd & 4th Tuesday</i>	29 3:00 Tai Chi	30 1:00 Senior Wellness 5:30 Zumba	31 11:00 Mahjongg/Bridge 11:00 Art Class 3:00 Tai Chi	Coming: September 30, 2016 Cripple Creek Bus Trip SOS Conference September 13th, 2016		