

SRDA

@ The Joseph H. Edwards

Active Adult Center



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>Recreation Department</b> Daily Activities ?'s Call (719) 553-3445</p>	<p>Recreation Dept. Is currently <b>CLOSED</b> due to Covid - 19.</p>	<p>All information provided depends on when SRDA reopens.</p>	<p><b>1</b> 8:45—9:45 Morning Tai Chi 9:00 Mahjongg 12:00 Party Bridge 1-2 Zumba 3-4 Tai Chi</p>	<p><b>2</b> 8:45-9:45 Morning Tai Chi 9:00 Pinochle 10-11 Chair Yoga 11-12 Line Dance Too</p>	<p><b>3</b> 10-11 Jian Qi Gong</p>	<p>All outside activities start up, like <b>AARP</b> -Taxes and Driver Safety classes will be determined by their national office.</p>
<p><b>Monday—Friday</b> <b>8:00 to 3:00</b></p>	<p><b>6</b> 9-10 Computer class 10-12 Acrylic Painting 2-3 Self Defense 3-4 Tai Chi</p>	<p><b>7</b> 8:45-9:45 Morning Tai Chi 9-10 Laptop &amp; Tablet Class 9:00 Pinochle 10 -11 Chair Yoga 11-12 Line Dancing</p>	<p><b>8</b> 9:00 Mahjongg 12:00 Party Bridge 1-2 Zumba 3-4 Tai Chi 3-5 Singers</p>	<p><b>9</b> 8:45-9:45 Morning Tai Chi 9:00 Sewing Club 9:00 Pinochle 10-11 Chair Yoga 11-12 Line Dance Too</p>	<p><b>10</b> 10-11 Jian Qi Gong 11-12 Advanced Tai Chi</p>	<p><b>Matter of Balance CALL</b> <b>Jane 719-553-3422</b></p>
<ul style="list-style-type: none"> <li>• Big Screen T.V.</li> <li>• Group Puzzle</li> <li>• Card Games</li> <li>• Small Library</li> </ul>	<p><b>13</b> 9-10 Computer class 10-12 Acrylic Painting 2-3 Self Defense 3-4 Tai Chi</p>	<p><b>14</b> 8:45-9:45 Morning Tai Chi 9-10 Laptop &amp; Tablet Class 9:00 Pinochle 10-11 Chair Yoga 11-12 Line Dancing 1-3 Knit &amp; Chat</p>	<p><b>15</b> <b>8-1 AARP Driver Safety</b> 9:00 Mahjongg 12:00 Party Bridge 1-2 Zumba 3-4 Tai Chi 3-5 Singers</p>	<p><b>16</b> 8:45-9:45 Morning Tai Chi 9:00 Pinochle 10-11 Chair Yoga 11-12 Line Dance Too 1:30 - 3:30 Cooperative</p>	<p><b>17</b> 10-11 Jian Qi Gong 11-12 Advanced Tai Chi <b>1:30-3:30 Social, Music and Refreshments provided</b></p>	<p><b>Socials Sponsored by AARP®</b></p>
<ul style="list-style-type: none"> <li>• Bike Rentals</li> <li>• Treadmills</li> <li>• Exercise Bikes</li> <li>• Pool Tables</li> <li>• Snack Bar</li> </ul>	<p><b>20</b> 9-10 Computer class 10-12 Acrylic Painting 2-3 Self Defense 3-4 Tai Chi</p>	<p><b>21</b> 8:45-9:45 Morning Tai Chi 9-10 Laptop &amp; Tablet Class 9:00 Pinochle 10-11 Chair Yoga 11-12 Line Dancing</p>	<p><b>22</b> 9:00 Mahjongg 12:00 Party Bridge 1-2 Zumba 2-4 Medicare 101 3-4 Tai Chi 3-5 Singers</p>	<p><b>23</b> 8:45-9:45 Morning Tai Chi 9:00 Pinochle 9:00 sewing Club 10-11 Chair Yoga 11-12 Line Dance Too 1:30-3:30 Co Op Drawing</p>	<p><b>24</b> 10-11 Jian Qi Gong 1-3 Matter of Balance At Presbyterian Towers 11-12 Advanced Tai Chi</p>	<p><b>8-3 MONDAY—FRIDAY</b> Recreation Floor open for you to come in and enjoy the company of others</p>
<p><b>Knit &amp; Chat Group</b> Meets 2nd &amp; 4th Tuesday</p>	<p><b>27</b> 9-10 Computer class 10-12 Acrylic Painting 1-3 Matter of Balance At Presbyterian Towers 2-3 Self Defense 3-4 Tai Chi</p>	<p><b>28</b> 8:45-9:45 Morning Tai Chi 9 -10 Laptop &amp; Tablet Class 9:00 Pinochle 10 -11 Chair Yoga 11-12 Line Dancing 1-3 Knit &amp; Chat</p>	<p><b>29</b> 8:45—9:45 Morning Tai Chi 9:00 Mahjongg 12:00 Party Bridge 1-2 Zumba 3-4 Tai Chi 3-5 Singers</p>	<p><b>30</b> 8:45-9:45 Morning Tai Chi 9:00 Pinochle 10-11 Chair Yoga 11-12 Line Dance Too 1:30-3:30 Co Op Drawing</p>	<p><b>31</b> 10-11 Jian Qi Gong 11-12 Advanced Tai Chi</p>	<p>*Classes subject to cancellation due to minimum participation</p>