

SRDA

@ The Joseph H. Edwards

Active Adult Center

~ Calendar of Events ~



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>Recreation Department Daily Activities</b></p>	<p><b>1</b></p> <p><b>SRDA CLOSED</b></p>	<p><b>2</b></p> <p>9—10 Basic Computers 9-11 Matter of Balance 10- 12Pinochle</p>	<p>9—10 Qi Gong 10—11 Chair Yoga 11—12 Line Dancing</p>	<p><b>4</b></p> <p>9-11 Matter of Balance 9—10 Advanced Computer 10—11 Zumba</p>	<p><b>5</b></p> <p>10:30-12 Bridging Gap 10—11 Qi Gong</p>	<p><b>8-4 Recreation</b></p> <p><b>Floor open for you to come in and enjoy the company of others</b></p>
<p><b>Monday—Friday 8:00 to 4:00</b></p>	<p><b>8</b></p> <p>10-11 Walking Group 10-11 Chair Yoga 11- 12 Line Dancing</p>	<p><b>9</b></p> <p>9-11 Matter of Balance 9-10 Basic Computer 9-12 Pinochle 10-11 Care &amp; Share</p>	<p><b>10</b></p> <p>9-10 Qi Gong 10-11 Chair Yoga 11-12 Line Dancing 1-2 Dementia Caregiver</p>	<p><b>11</b></p> <p>9-11 Matter of Balance 9-10 Advanced Computer 10-11 Zumba</p>	<p><b>12</b></p> <p>10-11 Qi Gong 10:30-12 Bridging Gap 1-2:30 Revolutionary Natural Healing</p>	<p><b>Matter of Balance</b></p> <p><b>RSVP to Gabby @ 719-543-6416</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>15</b></p> <p>10-11 Walking Group 10-11 Chair Yoga 11-12 Line Dancing</p>	<p><b>16</b></p> <p>9-10 Basic Computer 10-12 Pinochle 4-5 Parkview Support</p>	<p><b>17</b></p> <p>9-10 Qi Gong 10-11 Chair yoga 11-12 Line Dancing</p>	<p><b>18</b></p> <p>9-10 Advanced Computer 10-11 Zumba</p>	<p><b>19</b></p> <p>9-11 Matter of Balance 10-11 Qi Gong 2-3 Ear Acupuncture</p>	<p><b>Qi Gong at city park Tuesday, Thursdays and SUNDAY AT 10AM</b></p> <p><b>Donations accepted</b></p>
<ul style="list-style-type: none"> <li>• Bike Rentals</li> <li>• Treadmills</li> <li>• Exercise Bikes</li> <li>• Pool Tables</li> </ul>	<p><b>22</b></p> <p>10-11 Walking Group 10-11 Chair Yoga 11-12 Line Dancing</p>	<p><b>23</b></p> <p>9-10 Basic Computer 10-12 Pinochle 10-11 Care &amp; Share</p>	<p><b>24</b></p> <p>9-10 Qi Gong 10-11 Chair Yoga 11-12 Line Dancing 1-2 Dementia Caregiver</p>	<p><b>25</b></p> <p>9-10 Advanced Computer 10-11 Zumba</p>	<p><b>26</b></p> <p>10-11 Qi gong</p>	
	<p><b>29</b></p> <p>10-11 Walking Group 10-11 Chair Yoga 11-12 Line Dancing</p>	<p><b>30</b></p> <p>9-10 Basic Computer 10-12 Pinochle</p>	<p><b>31</b></p> <p>9-10 Qi Gong 10-11 Chair Yoga 11-12 Line Dancing 2:30-5 Singing Group</p>			<p><b>*Classes subject to cancellation due to minimum participation</b></p>