SRDA

@ The Joseph H. Edwards

Active Adult Center

OCTOBER 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	
Recreation Department Daily Activities	**2** 10-11 Mahjong 1-2 TAI CHI 2-3 TAI CHI 2	**3** 9:30-10:30 BASIC COMPUTER	**4** 10-11 CHAIR YOGA 11-12 LINE DANCE 1-2 TAI CHI 2-3 TAI CHI 2 3-4 FRIENDS OF DORTHY	**5** 9:30-10:30 BASIC- COMPUTER 11-12 ZUMBA	**6** 9:30-10:30 ADVANCE COMPUTER 10-11 CHAIR YOGA 11-12 LINE DANCE 1:30-3 PAINTING CLASS 12-1 BRIDGE (4 PM)	
Monday—Friday 8:00 to 4:00 Questions 719-553-3445	**9** SRDA CLOSED	**10** 9:30-10:30 BASIC COMPUTER	**11** 10-11 CHAIR YOGA 11-12 LINE DANCE 1-2 TAI CHI 2-3 TAI CHI 2 3-4 FRIENDS OF DORTHY	**12** 9:30-10:30 BASIC- COMPUTER 11-12 ZUMBA	**13** 9:30-10:30 ADVANCE COMPUTER 10-11 CHAIR YOGA 11-12 LINE DANCE 12-1 BRIDGE (4 PM) 1:30-3 PAINTING CLASS 12-1 BRIDGE (4 PM)	
• Big Screen T.V. • Group Puzzle • Card Games • Small Library	**16** 10-11 Mahjong 10-2 AARP DRIVING COURSE 1-2 TAI CHI 2-3 TAI CHI 2	**17** 9:30-10:30 BASIC COMPUTER	**18** 10-11 CHAIR YOGA 11-12 LINE DANCE 1-2 TAI CHI 2-3 TAI CHI 2 3-4 FRIENDS OF DORTHY	**19** 9:30-10:30 BASIC- COMPUTER 11-12 ZUMBA	**20** 9:30-10:30 ADVANCE COMPUTER 10-11 CHAIR YOGA 11-12 LINE DANCE 1:30-3 PAINTING CLASS 2-3 EAR ACUPUNCTURE 12-1 BRIDGE (4 PM)	
• Treadmills • Exercise Bikes • Pool Tables • Snack Bar	**23** 10-11 Mahjong 1-2 TAI CHI 2-3 TAI CHI 2	**24** 9:30-10:30 BASIC COMPUTER	**25** 10-11 CHAIR YOGA 11-12 LINE DANCE 1-2 TAI CHI 2-3 TAI CHI 2 3-4 FRIENDS OF DORTHY	**26** 9:30-10:30 BASIC- COMPUTER 11-12 ZUMBA **1-3 BINGO**	**27** 9:30-10:30 ADVANCE COMPUTER 10-11 CHAIR YOGA 11-12 LINE DANCE 1:30-3 PAINTING CLASS 2-3 SOCIAL 12-1 BRIDGE (4 PM)	**Qi Gong at city park Tuesday, Thursday and Sunday at 10am dona-tions accept-**
	30 10-11 Mahjong 1-2 TAI CHI 2-3 TAI CHI 2	**31** 9:30-10:30 BASIC COMPUTER				*Classes subject to cancellation due to mini-