

S.R.D.A.
@The Joseph H. Edwards
Active Adult Center
230 N. Union Ave.
719-553-3445

August 2014

	Monday	Tuesday	Wednesday	Thursday	Friday	
<i>Anyone 50 and over welcomed in the Recreation Department for all Activities.</i>	<u>August Social Includes:</u> * Entertainment * Door Prizes * Raffles	<u>August Social Includes:</u> * Refreshments * 50/50 * Dancing	<u>August Social Includes:</u> * Good Company All for \$2.00 Admission Friday, August 29	Sewing Club meets on 2nd and 4th Thursday of each month	<i>1</i> 7:30 Black Hawk Trip	<i>Coming in Sept.</i> <i>Tai Chi</i> <i>Call 553-3445 for More information</i>
<u>Computer Class:</u> ⇒ Windows 8 ⇒ Level I ⇒ Level II	<i>4</i> SRDA WILL BE CLOSED FOR COLORADO DAY	<i>5</i> <i>8:00 Senior Walkers</i> 12:45 Senior Wellness 3:00 Volunteer Sngrs.	<i>6</i> 9:00 Mahjongg 9:00 Computer Class 11:00 Art 12:45 Yoga 1:00 Art	<i>7</i> 12:45 Senior Wellness 2:00 Line Dancing 6:00pm Bike Ride	<i>8</i> 8:00 Pool 12:00 Bridge	<u>Mark your Calendar</u> Bootleggers Blast October 10 Pueblo Union Depot
<u>Art Class:</u> ⇒ Portrait Drawing ⇒ Watercolor, Oil, Acrylic	<i>11</i> 9:00 Computer Class 6:00 Dance	<i>12 8:00 Senior Wlkr</i> 12:45 Senior Wellness 1:00 Knit & Chat 3:00 Volunteer Sngrs.	<i>13</i> 9:00 Mahjongg 9:00 Computer Class 11:00 Art 12:45 Yoga	<i>14</i> 9:00 Sewing Club 12:45 Senior Wellness 2:00 Line Dancing 6:00 pm Bike Ride	<i>15</i> 8:00 Pool 12:00 Bridge	Tickets \$40.00 Pick up Flyer at the Recreation Dept. on 2nd floor of SRDA
<u>Senior Wellness Class:</u> Range of Motion & Flex. Strength & Balance Muscle Mass & Memory Yoga	<i>18</i> 9:00 Computer Class 6:00 Dance	<i>19</i> <i>8:00 Senior Walkers</i> 12:45 Senior Wellness 3:00 Volunteer Sngrs.	<i>20</i> 9:00 Mahjongg 9:00 Computer Class 11:00 Art 12:45 Yoga 1:00 Art	<i>21</i> 12:45 Senior Wellness 2:00 Line Dancing 6:00 pm Bike Ride	<i>22</i> 8:00 Pool 12:00 Bridge	Group Bike Ride, Thursdays. Meet at Bingo Burger 6:00pm
<u>Senior Wellness Class:</u> Health & Wellness Education Classes Blood Pressure Screen Massage Therapy	<i>25</i> 9:00 Computer Class 6:00 Dance	<i>26 Senior Wlkr</i> 12:45 Senior Wellness 1:00 Knit & Chat 3:00 Volunteer Sngrs.	<i>27</i> 9:00 Mahjongg 9:00 Computer Class 11:00 Art 12:45 Yoga 1:00 Art	<i>28</i> 9:00 Sewing Club 12:45 Senior Wellness 2:00 Line Dancing 6:00 pm Bike Ride	<i>29</i> Hot Fun In the Summertime Social	
<u>Line Dancing:</u> ⇒ Country	<u>Upcoming Trips</u> Black Hawk–Aug.1 Millberger-Sept. 5 Cripple Crk. Oct.10	Small Library Trips Stationary Bike Pool Tournaments	Card Games Sewing Club Knit & Chat Mahjongg	Good Company Socials Bridge Board Games	Big Screen T.V. Treadmills On Going Puzzle Dancing	Singing Group Snack Bar Pool Tables