


**S.R.D.A.**

**The Joseph H. Edward  
Active Adult Center  
Calendar of Events  
230 N. Union Ave.  
719-553-3445**

# September 2014

	Mon	Tue	Wed	Thu	Fri	
	<b>1</b> <i>SRDA OFFICES WILL BE CLOSED FOR THE LABOR DAY HOLIDAY.</i>	<b>2</b> <i>8:00 Senior Walkers 12:45 Senior Wellness 3:00 Volunteer Sngrs.</i>	<b>3</b> <i>9:00 Mahjongg 9:00 Comp. Class 11:00 Art 12:45 Yoga 1:00 Art</i>	<b>4</b> <i>12:45 Senior Wellness 2:00 Line Dancing</i>	<b>5</b> <i>Millberger-Sept. 5th 8:00 Pool (Billards) 12:00 Bridge</i>	<i>Walking On Tues- day Morning at the Riverwalk. 8:00 in front of SRDA Bldg.</i>
<i>Bridge Good Company Mahjongg Knit &amp; Chat Sewing Club</i>	<b>8</b> <i>9:00 Computer Class 6:00 Dance</i>	<b>9</b> <i>8:00 Senior Walkers 12:45 Senior Wellness 3:00 Volunteer Sngrs.</i>	<b>10</b> <i>9:00 Mahjongg 9:00 Comp. Class 11:00 Art 12:45 Yoga 1:00 Art</i>	<b>11</b> <i>12:45 Senior Wellness 2:00 Line Dancing</i>	<b>12</b> <i>8:00 Pool (Billards) 12:00 Bridge</i>	<i>Group Bicycle Ride Meet at Bingo Burger at 6:00</i>
<i>Small Library Trips Stationary Bikes Pool Tournaments Card Games</i>	<b>15</b> <i>9:00 Computer Class</i>	<b>16</b> <i>8:00 Senior Walkers 12:45 Senior Wellness 3:00 Volunteer Sngrs.</i>	<b>17</b> <i>9:00 Mahjongg 9:00 Comp. Class 11:00 Art 12:45 Yoga 1:00 Art</i>	<b>18</b> <i>12:45 Senior Wellness 2:00 Line Dancing</i>	<b>19</b> <i>8:00 Pool (Billards) 12:00 Bridge</i>	<i>Bootleggers Blast October 10th Pueblo Union Depot \$40.00. Tickets on 2nd floor of SRDA</i>
<i>Socials Pool Tables Snack Bar Singing Group Dancing</i>	<b>22</b> <i>9:00 Computer Class</i>	<b>23</b> <i>8:00 Senior Walkers 12:45 Senior Wellness 3:00 Volunteer Sngrs.</i>	<b>24</b> <i>9:00 Mahjongg 9:00 Comp. Class 11:00 Art 12:45 Yoga 1:00 Art</i>	<b>25</b> <i>12:45 Senior Wellness 2:00 Line Dancing</i>	<b>26</b> <i>8:00 Pool (Billards) 12:00 Bridge</i>	<i><u>Senior Wellness Class</u> Range of motion Strength &amp; Balance Muscle Mass Yoga</i>
<i>On Going Puzzle Treadmills Big Screen T.V. Board Games Sen. Exercise Prog.</i>	<b>29</b> <i>9:00 Computer Class</i>	<b>30</b> <i>8:00 Senior Walkers 12:45 Senior Wellness 3:00 Volunteer Sngrs.</i>	<i><u>Upcoming Trips</u> Millberger-Sept. 5th Cripple Crk-Oct. 3rd</i>	<i><u>Computer Class</u> Windows 8 Level I Level II</i>	<i><u>Art Classes</u> <u>Portrait Drawing</u> <u>Watercolor, Oil,</u> <u>Acrylic</u></i>	<i><u>Senior Wellness Class</u> Health &amp; Wellness Ed. Classes Blood Pressure check Massage Therapy</i>