

SRDA
 @The Joseph H. Edward
 Active Adult Center
 ~Calendar of Events~
 230 N. Union Ave.
 719-553-3445
 www.srda.org

November 2014



	Monday	Tuesday	Wednesday	Thursday	Friday	
	Recreation Hours 2nd Floor 8:00—2:00 Monday—Friday	\$2.00 Admission Entertainment, Food, 50/50, Door Prizes		New Tai Chi Class Tuesday and Fri- day's. Register today!	Anyone 50 years and over welcomed in the Recreation Dept. for all activities	
<u>Computer Class</u> Windows 8 Level I Level II	3 9:00 Comp. Class	4 10:00 Art Class 9:00 Tai Chi—NEW 12:45 Sen. Wellness 3:00 Vol. singers	5 9:00 Mahjongg 9:00 Comp. Class 1:00 Art	6 12:45 Sen. Wellness 2:00 Line Dancing	7 12:00 Bridge 1:00 Sen. Wellness 3:15 Tai Chi—New	Bike Riders Knit & Chat Mahjongg Tuesday Walkers
<u>Art Classes</u> Portrait Drawing Watercolor Oil Acrylic	10 9:00 Comp. Class	11 SRDA Offices Will be Closed for Veterans Day	12 9:00 Mahjongg 9:00 Comp. Class 1:00 Art	13 9:00 Sewing Club 12:45 Sen. Wellness 2:00 Line Dancing	14 12:00 Bridge 3:15 Tai Chi—New	Bridge Small Library Trips Stationary Bikes
<u>Senior Wellness</u> Range of Motion Strength & Balance Muscle Mass Yoga	17 9:00 Comp. Class	18 10:00 Art Class 9:00 Tai Chi—NEW 12:45 Sen. Wellness 3:00 Vol. singers	19 9:00 Mahjongg 9:00 Comp. Class 1:00 Art	20 12:45 Sen. Wellness 2:00 Line Dancing	21 All Thankful Social	Pool Tournaments Card Games Socials Pool Tables
<u>Senior Wellness</u> Health & Wellness Ed. Class Blood Pressure Check Massage Therapy	24 9:00 Comp. Class	25 10:00 Art Class 9:00 Tai Chi—NEW 12:45 Sen. Wellness 1:00 Knit & Chat 3:00 Vol Singers	26 9:00 Mahjongg 9:00 Comp. Class 1:00 Art	27 SRDA OFFICES Will be Closed For Thanksgiving	28 SRDA OFFICES Will be Closed For Thanksgiving	Snack Bar Singing Group Dancing On Going Puzzles
<u>Line Dancing</u> Country \$10.00 (6 Sessions)	Register for Classes or Trips on 2nd Floor	Volunteer Singers Meet every Tuesday At 3:00 in Dinning Room	Tai Chi Classes Call 553-3445 for more information.	Senior Wellness Class are every Tuesday & Thursday At 12:45 on 2nd floor \$10.00 donation (Opt.)	Computer Class Are Mon. & Wed. 9—11 on 2nd floor \$37.00 for 5 sessions	Treadmills Big Screen T.V. Good Company