

June 2023

Urbandale Senior Recreation Center



Monday	Tuesday	Wednesday	Thursday	Friday
<p>Building Hours Monday-Friday 7:30 am-4:30 pm (Doors lock @ 4:00)</p> <p>Programs in light blue require advanced registration. Registration deadline is typically 7 days prior to the start of the program. Many programs have minimum and maximum enrollments. For more information, please check out the current USRC Newsletter at www.urbandaleseniors.org.</p> <p>This calendar is subject to change. Date of last revision: 05/25/23</p>			<p>1</p> <p>8:00 Health Clinic 9:00 Joppa Project 10:30 Pickleball League 12:30 Mah Jongg</p> <p>Registration Opens at 8:00 am</p>	<p>2</p> <p>8:30 AARP Driver 12:00 First Friday Meal 1:30 Pool Party</p>
<p>5</p> <p>8:30 Tai Chi Together 9:00 Bridge Group 9:30 Bocce League 9:30 Calendar App 1:00 Bow Making</p>	<p>6</p> <p>8:30 UrbanTrail 9:30 Mah Jongg 10:30 Timely Talkers 10:30 Bocce League 11:30 Podcasts & Pizza 1:00 Music Mixer 1:00 Cribbage Club</p>	<p>7</p> <p>10:30 Dining Club 12:30 500 Club 12:30 Needlers</p>	<p>8</p> <p>9:00 Joppa Project 10:30 Pickleball League 12:30 Mah Jongg 1:00 Bingo</p>	<p>9</p> <p>10:00 Over the Hill Hike @ Neal Smith 12:00 Lunch & Learn: Healthy Living for Your Brain and Body 1:30 Pool Party</p>
<p>12</p> <p>8:00 Strawberry Picking 8:30 Tai Chi Together 9:00 Bridge Group 9:30 Bocce League 2:00 Card Making</p>	<p>13</p> <p>8:30 UrbanTrail 9:30 Mah Jongg 10:30 Timely Talkers 10:30 Bocce League 11:30 Podcasts & Pizza 1:00 Music Mixer 1:00 Cribbage Club</p>	<p>14</p> <p>10:30 Orientation 12:30 500 Club 12:30 Needlers</p>	<p>15</p> <p>8:00 Health Clinic 9:00 Joppa Project 10:30 Pickleball League 12:30 Mah Jongg</p>	<p>16</p> <p>9:00 Dress A Girl 1:30 Pool Party</p>
<p>19</p> <p>8:30 Tai Chi Together 9:00 Bridge Group 9:30 Bocce League 9:30 True or False: Detecting Misinformation Online</p>	<p>20</p> <p>8:30 UrbanTrail 9:30 Mah Jongg 10:30 Timely Talkers 10:30 Bocce League 11:30 Podcasts & Pizza 1:00 Music Mixer 1:00 Cribbage Club 2:00 Planning Comm. 6:30 Ducharme-Jones Concert @ Lions Park</p>	<p>21</p> <p>10:30 Bookies 12:30 500 Club 12:30 Needlers</p>	<p>22</p> <p>9:00 Joppa Project 10:30 Pickleball League 10:30 Candles & Brunch 12:30 Mah Jongg 1:00 Monthly Game Day: Dominoes</p>	<p>23</p> <p>1:30 Learn to Play Cornhole 1:30 Pool Party</p>
<p>26</p> <p>8:30 Tai Chi Together 9:00 Bridge Group 9:30 Bocce League 3:00 Painted Garden Stones</p>	<p>27</p> <p>9:30 Mah Jongg 10:30 Timely Talkers 1:00 Music Mixer 1:00 Cribbage Club 1:30 Fall Prevention with Urbandale Fire Department</p>	<p>28</p> <p>12:30 500 Club 12:30 Needlers</p>	<p>29</p> <p>9:00 Joppa Project 10:30 Pickleball League 12:30 Mah Jongg</p>	<p>30</p> <p>1:30 Pool Party</p>