

July 2023

Urbandale Senior Recreation Center



Monday	Tuesday	Wednesday	Thursday	Friday
3 8:30 Tai Chi Together 9:00 Bridge Group	4 CLOSED	5 10:15 Dining Club 12:30 500 Club 12:30 Needlers 2:00 Garden Tour	6 8:00 Health Clinic 9:00 Joppa Project 12:30 Mah Jongg	7 12:30 First Friday Meal
10 8:30 Tai Chi Together 9:00 Bridge Group 9:30 Cornhole League 1:00 Polymer Clay Baby Butter Cow Sculpting Begin	11 8:30 UrbanTrail 9:30 Mah Jongg 10:30 Timely Talkers 1:00 Music Mixer 1:00 Cribbage Club 1:30 Horsecollar Hangout 6:30 Opus Taylor Concert @ Walnut Creek	12 7:00 Field of Dreams Trip 10:30 Orientation 12:30 500 Club 12:30 Needlers	13 9:00 Joppa Project 10:00 Meditation 12:30 Mah Jongg	14 12:00 Lunch & Learn: Honey Queen
17 8:00 Blueberry Picking 8:30 Tai Chi Together 9:00 Bridge Group 9:30 Cornhole League 1:00 Polymer Clay 3:00 Mobility/Self-Massage	18 8:30 UrbanTrail 9:30 Mah Jongg 10:30 Timely Talkers 11:30 Podcasts & Pizza 1:00 Music Mixer 1:00 Cribbage Club	19 10:15 Dining Club 10:30 Bookies 12:30 500 Club 12:30 Needlers	20 8:00 Health Clinic 9:00 Joppa Project 10:00 Meditation 12:30 Mah Jongg 1:00 Game Day: Canasta	21 9:00 Dress A Girl 1:00 Retirement Paycheck Baby Butter Cow Sculpture Due
24 8:30 Tai Chi Together 9:00 Bridge Group 9:30 Cornhole League 1:00 Internet Safety	25 8:30 UrbanTrail 9:30 Mah Jongg 10:30 Timely Talkers 11:30 Podcasts & Pizza 1:00 Music Mixer 1:00 Cribbage Club	26 12:30 500 Club 12:30 Needlers 1:00 Olmsted Tour	27 9:00 Joppa Project 10:00 Meditation 12:30 Mah Jongg 1:00 Westcom/EMS	28 1:00 Retirement Paycheck
31 8:30 Tai Chi Together 9:00 Bridge Group 9:30 Cornhole League	Building Hours Monday-Friday 7:30 am-4:30 pm (Doors lock @ 4:00) 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 . This calendar is subject to change. Date of last revision: 05/25/23			