

MENU ON BACK-  
Call- 405-732-0302 for  
meals 9am-11:30am  
SEN. CENTER OFFICE –  
405-739-1200



# April



2024



**MIDWEST CITY**  
Where the Spirit Flies High

S U	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	S A
1 4	<b>9-11a Music Jam</b> <b>10a – *Exercise Group</b> <b>11:00 – Jokers!</b> <b>11a – Tai Chi</b> 11:15 Dine in lunch, with Reservations 1p-4p - Hand & Foot 1-3p Woodcarvers	<b>9-9:45am – Yoga</b> <b>9a –12 - Dominoes!</b> 9-11:30/12:30-4 - Pinochle' <b>10a – Exercise Group</b> <b>12p – BINGO!</b> 11:15 Dine in lunch w/Reservations 2-4p Quilts and More	<b>9-11a Wood carvers</b> <b>10a Exercise Group</b> 10a - Bible Study (Parlor) † 11a – Tai Chi 11:15 Dine in lunch with Reservations 12-4 - Bridge 1:00-2P Loud Crowd (must be registered) 1pm – *Line Dancing!	<b>9-9:45am – Yoga</b> <b>9:30a-12 Knit/Crochet</b> <b>10a - Exercise Group</b> 11:15 Dine in Lunch w/ Reservations <b>1p-4p –Art in the afternoon!!</b> 1p-4p - Hand & Foot <b>7:00-9p Killing Time Band-\$10.00</b>	<b>8a – 11a Dominoes!</b> 9-11:30/12:30-4pm–Pinochle' 10a - Gospel singing (Grand Rm) 10a Exercise Group 11a – Tai Chi 11:15 Dine in Lunch w/Reservations 12-4 Mexican Train Dominoes 1p – 4p Pickle Ball	
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