## MENU ON BACK-Call- 405-732-0302 for meals 9am-11:30am SEN. CENTER OFFICE -405-739-1200 S TUESDAY MONDAY HURSDAY U 1 9-9:45am - Yoga 9-11a Wood carvers 9-11a Music Jam 9-9:45am - Yoga 8a - 11a Dominoes! 4 10a Exercise Group 9a -12 - Dominoes! 10a - \*Exercise Group 9:30a-12 Knit/Crochet 9-11:30/12:30-4pm-Pinochle' 10a - Bible Study (Parlor) 9-11:30/12:30-4 - Pinochle' 11:00 - Jokers! 10a - Exercise Group 10a - Gospel singing (Grand Rm) 11a - Tai Chi 10a - Exercise Group 11a - Tai Chi 11:15 Dine in Lunch w/ Reservations 10a Exercise Group 11:15 Dine in lunch with Reservations 12p - BINGO! 11a - Tai Chi 11:15 Dine in lunch, with Reservations 1p-4p -Art in the afternoon!! 12-4 - Bridge 11:15 Dine in lunch w/Reservations 11:15 Dine in Lunch w/Reservations 1p-4p - Hand & Foot 1p-4p - Hand & Foot 1:00-2P Loud Crowd (must be registered) 12-4 Mexican Train Dominoes 2-4p Quilts and More 1-3p Woodcarvers 7:00-9p Killing Time Band-\$10.00 1pm - \*Line Dancing! 1p-4p Pickle Ball 9-9:45am - Yoga 9-11a Music Jam 9-9:45am - Yoga 8a - 11a Dominoes! 9am-11a Wood carvers 9a-12 - Dominoes! 10a - \*Exercise Group 9:30a-12 Knit/Crochet 9-11:30/12:30-4pm-Pinochle' 10a Exercise 9-11:30/12:30-4 Pinochle' 12 11:00 - Jokers! 10a - Exercise Group 10a - Gospel singing (Grand Rm.) 10a Bible Study (Parlor) 9:00a Grief counseling /Parlor 11a - Tai Chi 11:15 Dine in Lunch w/ Reservations 10a - \*Exercise Group 11a - Tai Chi 10a - Exercise Group 11:15 Dine in lunch, with Reservations 1p-4p -Art in the afternoon!! 11a - Tai Chi 11:15 Dine in Lunch with Reservations 11:15 Dine in lunch w/Reservations 11:15 Dine in Lunch w/Reservations 12-4 - Bridge Group 1p-4p - Hand & Foot 1p-4p - Hand & Foot 12p - BINGO! 12-4 Mexican Train Dominoes 1:00-2P Loud Crowd (must be registered) 1-3p Woodcarvers 2-4p Quilts and More 7:00-9p Killing Time Band-\$10.00 1p - 4p Pickle Ball 1pm- \*Line Dancing! 7p - 9p Fun Timers Square Dancing 9-9:45am - Yoga 9-9:45am - Yoga 18 9-11a Music Jam 9-11a Wood carvers 9a -12 - Dominoes! 16 8a - 11a Dominoes! 9:30-12 Knit/Crochet 19 10a - \*Exercise Group 10a Exercise Group 9-11:30/12:30-4 - Pinochle' 9-11:30/12:30-4pm-Pinochle' 10a - Exercise Group 11:00 - Jokers! \*\*9:30-10:30 \*Mayor Matt Dukes 10a - Exercise Group 10am -Gospel singing (Grand Rm.) 11:15 Dine in Lunch w/ Reservations 11a - Tai Chi 10a Bible Study (Parlor) 11:15 lunch w/Reservations 10a - \*Exercise Group 1-4 - Art in the afternoon!! 11:15 Dine in lunch, with Reservations 11a - Tai Chi 12p - BINGO! 11a - Tai Chi 1-4p - Hand & Foot 1p-4p - Hand & Foot 11:15 Dine in lunch with Reservations 11:15 Dine in Lunch with Reservations 2-4p Quilts and More 2-3p Parkinson's Support Grou 1-3p Woodcarvers 12-4 - Bridge 12-4 Mexican Train Dominoes 1pm - TRIAD/SALT 11:00 - Jokers! 7-9 pm D A V 1:00-2P Loud Crowd (must be registered) 1p-4p Pickle Ball 9pm - Wagon Wheel Band \$10 1pm - \*Line Dancing! 7:00-9p Killing Time Band \$10.00 9-9:45am - Yoga 9-11a Music Jam 23 9-11a Wood carvers 9-9:45am - Yoga 24 8a - 11a Dominoes! 9a -12 Dominoes! 26 9:30am-12 Knit/Crochet 10a - \*Exercise Group 10a Exercise Group 25 9-11:30/12:30-4pm-Pinochle' 9-11:30/12:30-4 - Pinochle' 10am Bible Study (Parlor) 10a - Exercise Group 11:00 - Jokers! 10a - Gospel singing (Grand Rm) 10a - Exercise Group 11a - Tai Chi 11:15 Dine in lunch with Reservation 11 - Tai Chi 10a -11 \*Exercise Group 11:15 Dine in lunch w/Appt. 11:15 Dine in lunch with Reservations 1-4p - Hand & Foot 11:15 Dine in lunch with Reservations 1-4 – Art in the afternoon!! 11a - Tai Chi 12P - BINGO! 12-4 - Bridge 1-3p Woodcarvers 7:00-9pm Killing Time Band \$10.00 11:15 Dine in Lunch w/Reservations 2-4p Quilts and More 1:00-2P Loud Crowd (must be registered) 1p-4p - Hand & Foot 12-4 Mexican Train Dominoes 7p - 9p Fun Timers Square Dancing... 1pm - \*Line Dancing! 1p - 4p Pickle Ball 1p - 4p Pickle Ball 9-9:45am - Yoga 9-11a Music Jam \*\* Come have coffee with our Midwest 30 Coming in May: 9a -12 Dominoes! 10a - \*Exercise Group TRIAD/SALT- (Seniors and City Mayor, Matt Dukes. The 3rd ADVANCED CARE PLANNING AND 9-11:30/12:30-4 - Pinochle' 11:00 - Jokers! Wednesday of this month 9:30-10:30AM law enforcement together) **EDUCATION SEMINAR, DESIGNED** 11a - Tai Chi 10a - Exercise Group will meet the 3rd Tues, at 1:00 FOR SENIORS, PATIENTS, FAMILY 11:15 Dine in lunch, with Reservations 11:15 Dine in lunch w/Appt. Field Trip: OKC ARTS FESTIVAL April pm. In the Grand Rm. With MEMBERS AND LOVED ONES. 1p-4p - Hand & Foot 12P - BINGO! 25th-28th Weather will determine the day

## **MENU ON BACK**

Date will be announced in May.

Deputy Sherrif Hardin. Find out

what criminals are doing near you..

we go. Sign up will go up the week before

the trip.

1-3p Woodcarvers

1p-4p Pickle Ball

2-4p Quilts and More