

MENU ON BACK-
Call - 405-732-0302 for meal
Reservations. 9am-11:30am
SENIOR CENTER OFFICE
-----405-739-1200-----

SEPTEMBER

2025



MIDWEST CITY
Where the Spirit Flies High

S U	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 8	WE WILL BE CLOSED ON LABOR DAY	1 8a –12 Dominoes! 9:00am Yoga 8a -11:30/12:30-4 - Pinochle' 10a – Exercise Group 11:15 Dine in lunch w/ Appt. 12P – BINGO! 1:00-4:00 Quilts and More!	3 8:30am – Yoga 9-11a Wood carvers 10a Exercise Group 10a Bible Study (Parlor) 11a – Tai Chi 11:15 Dine in Lunch with Reservations 12-4 - Bridge 1pm – Line Dancing!	4 9:30a-12 Knit/Crochet 10a - Exercise Group 11:15 Dine in Lunch w/ Reservations 1p-4p –Art in the afternoon!! 1p-4p - Hand & Foot 7:00-9p Country Band \$10.00	5 8a – 11a Dominoes! 8a-11:30/ 12:30--4p Pinochle' 10a –11 Exercise Group 11a – Tai Chi 11:15 Picnic Lunch at Regional Park 12-4 Mexican Train Dominoes 1p – 4p Pickle Ball
	8 9-11a Music Jam 10a – Exercise Group 11a – Tai Chi 11:15 Dine in lunch, with Reservations 1p-4p - Hand & Foot 1-3p Woodcarvers 1p – 4p Pickle Ball	9 8a –12 - Dominoes! 9:00am Yoga 8a -11:30/12:30-4 - Pinochle' 10a – Exercise Group 12p –SWOOP!! 11:15 Dine in lunch /Reservations 1:00-4:00 Quilts and More! 7p-9p Fun Timers Square Dancing	10 8:30am – Yoga 10a Exercise 10a Bible Study (Parlor) 11a – Tai Chi 11:15 Dine in Lunch with Reservations 12-4 - Bridge Group 12-1:00 GRIEF COUNSELING (Stage – 1) 1:00 – 2:00 GRIEF COUNSELING (Stage – 2) 1pm– Line Dancing!	18 9:30a-12 Knit/Crochet 10a - Exercise Group 11:15 Dine in Lunch w/ Reservations 1p-4p –Art in the afternoon!! 1p-4p - Hand & Foot 7:00-9p Country Band \$10.00	12 8a – 11a Dominoes! 12-8a-11:30/ 12:30-4pm- Pinochle' 10a – Exercise Group 11a – Tai Chi 11:15 Dine in Lunch with Reservations 12-4 Mexican Train Dominoes 1p – 4p Pickle Ball
	15 9-11a Music Jam 10a – Exercise Group 11a – Tai Chi 11:15 Dine in lunch, with Reservations 12:00 am ASL (American Sign Language) 1-3p Woodcarvers 1p-4p - Hand & Foot 1p – 4p Pickle Ball	16 8a –12 - Dominoes! 9:00am Yoga 8a -11:30/12:30-4 Pinochle' 10a – Exercise Group 10:30 Blood Pressure Checks w/SSM 11:15 Dine in lunch w/Reservations 12p – BINGO 1pm – TRIAD/SALT 2-4p Quilts and More...!	17 8:30am – Yoga 9:30-10:30 *Mayor Matt Dukes 10:30-? State Fair Senior Day! 10a Exercise Group 10a Bible Study (Parlor) 11a – Tai Chi 11:15 Dine in Lunch with Reservations 12-4 - Bridge 1pm – Line Dancing!	18 9:30-12 Knit/Crochet 10a - Exercise Group 11:15 Dine in Lunch w/ Reservations 1-4 – Art in the afternoon!! 1-4p - Hand & Foot 2:00 – MWC Parkinsons Group Meeting Hosted by Bruce McIntyre, CEO Ok Parkinsons Alliance 6:30 -DAV 7:00-9p Country Band \$10.00	19 8a – 11a Dominoes! 8a-11:30/12-4pm – Pinochle' 10a – Exercise Group 11a – Tai Chi 11:15 Dine in Lunch with Reservations 12-4 Mexican Train Dominoes 1p – 4p Pickle Ball
	22 9-11a Music Jam 10a – Exercise Group 11 – Tai Chi 11:15 Dine in lunch with Reservations 1-3p Woodcarvers 1p-4p - Hand & Foot 1p – 4p Pickle Ball	23 8a –12 Dominoes! 9:00am Yoga 8a -11:30/12:30-4 Pinochle' 10a – Exercise Group 11:15 Dine in lunch w/ Appt. 12P – SWOOP!! 7p - 9p Fun Timers Square Dancing	24 8:30am – Yoga 10a Exercise Group 10a - Bible Study (Parlor) 11a – Tai Chi 11:15 Dine in lunch with Reservations 12-4 - Bridge 12-1:00 GRIEF COUNSELING (Stage – 1) 1:00 – 2:00 GRIEF COUNSELING (Stage – 2) 1pm – Line Dancing!	25 9:30am-12 Knit/Crochet 10a - Exercise Group 11:15 Dine in lunch with Reservation 1-4p - Hand & Foot 1-4 – Art in the afternoon!! 7:00-9pm Country Band \$10.00	26 8a – 11a Dominoes! 8a-11:30/12:30-4pm – Pinochle' 10a – Exercise Group 11a – Tai Chi 11:15 Dine in Lunch with Reservations 12-4 Mexican Train Dominoes 1p – 4p Pickle Ball
	29 9-11a Music Jam 10a – Exercise Group 11 – Tai Chi 11:15 Dine in lunch with Reservations 1-3p Woodcarvers 1p-4p - Hand & Foot 1p – 4p Pickle Ball	30 8a –12 Dominoes! 9:00am Yoga 8a -11:30/12:30-4 - Pinochle' FLU SHOTS FROM 9:30-11:30AM 10a – Exercise Group 11:15 Dine in lunch w/ Appt. 12P – BINGO! 1:00-4:00 Quilts and More!	31 8:30am – Yoga 9-11a Wood carvers 10a Exercise Group 10a - Bible Study (Parlor) 11a – Tai Chi 11:15 Dine in lunch with Reservations 12-4 - Bridge 1pm – Line Dancing!	For all lunch appointments you <u>must</u> register with Ok. County Senior Nutrition Program: See Ms. Angie, our Site Manager for meals, or call 24 hr. before lunch time at 405-732-0302 for reservations. Phone reservations are accepted from 9:30am- 11:30pm. FLU SHOTS WILL BE GIVEN ON Sept. 30TH PLEASE SIGN UP NOW!	TRIAD/SALT(Seniors and law-enforcement together) will meet the 3 rd Tues, the 16 th at 1:00 pm. ** Come have coffee with Midwest City's Mayor, Matt Dukes. The 3rd Wednesday of this month 9:30-10:30AM Our GRIEF COUNSELING is provided by our local SSM Health.

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