














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



S	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	S
U						A
1 9	<b>TRIAD/SALT</b> - (Seniors and law enforcement together) will meet the 3 <sup>rd</sup> Tues, at 12:00 pm. In the Grand Rm. With Deputy Sheriff Hardin. 	For all lunch appointments you must register. See Ms. Angie, our Site Manager for meals, Call at least 24 hrs. before lunch time @405-732-0302 for a meal reservation. Phone reservations accepted from 9am-11:30pm. M-F	9-11a Wood carvers 10a Exercise Group 10a Bible Study (Parlor) + 11a - Tai Chi 11:15 Dine in Lunch with Reservations 11-4 - Bridge 1pm - Line Dancing!	8:30- Yoga 9:30-12 Knit/Crochet 10a - Exercise Group 11:15 Dine in Lunch w/ Reservations 12-4 - Art in the afternoon! 1-4p - Hand & Foot 7:00-9p Country Band-\$10.00 	8a - 11a Dominoes! 8-11:30/12:30-4pm-Pinocchio' 10a Exercise Group 11:15 Dine in Lunch w/Reservations 11a - Tai Chi 12-4 Mexican Train Dominoes 1p - 4p Pickle Ball	3
6	9-11a Music Jam 10a - *Exercise Group 11:15 Dine in lunch, with Reservations 11a - Tai Chi 1p-4p - Hand & Foot 1-3p Woodcarvers 1p - 4p Pickle Ball 	8a -12 - Dominoes! 8-11:30/12:30-4 Pinocchio' 8:30am - Yoga 10a - Exercise Group 11:15 Dine in lunch w/Reservations 12p - BINGO! 2-4p Quilts and More	9am-11a Wood carvers 10a Exercise Group + 10a Bible Study 11a - Tai Chi 11:15 Dine in Lunch with Reservations 11-4 Bridge 12:00 - SSM Grief Counseling Stage I 1:00 - SSM Grief Counseling Stage II 12-4p Board Games, Open to all 1pm- Line Dancing!	8:30am - Yoga 9:30-12 Knit/Crochet 10a - Exercise Group 11:15 Dine in Lunch w/ Reservations 12p-4p -Art in the afternoon!! 1p-4p - Hand & Foot 7:00-9p Country Band-\$10.00 	8a - 11a Dominoes! 8-11:30/12:30-4pm-Pinocchio' 10a - *Exercise Group 11a - Tai Chi 11:15 Dine in Lunch w/Reservations 12-4 Mexican Train Dominoes 1p - 4p Pickle Ball	10
13	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 	8a -12 - Dominoes! 8-11:30/12:30-4 Pinocchio' 8:30am - Yoga 10a - Exercise Group 11:15 lunch w/Reservations 12:00 SWOOP! 1:00 Arts and Crafts w/ Tammy! 2-4p Quilts and More 7p - 9p Fun Timers Square Dancing	9-11a Wood carvers 9:30-10:30 Mayor Matt Dukas 10a Exercise Group 10a Bible Study + 11a - Tai Chi 11-4 - Bridge 11:15 Dine in Lunch with Reservations 12-4p - Board Games-Open to all 1pm - Line Dancing!	8:30am - Yoga 9:30-12 Knit/Crochet 10am Exercise Group 11:15 Dine in Lunch w/ Reservations 12-4 - Art in the afternoon!! 1-4p - Hand & Foot 2-3p Parkinson's Support Group 7:00-9p Country Band-\$10.00 7-9 pm DAV 	8a - 11a Dominoes! 8-11:30/12:30-4pm-Pinocchio' 10a - *Exercise Group 11a - Tai Chi 11:15 Dine in Lunch with Reservations 12-4 Mexican Train Dominoes 1p - 4p Pickle Ball	17
20	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 	8a -12 Dominoes! 8-11:30/12:30-4 Pinocchio' 8:30am - Yoga 10a - Exercise Group 10:30 Blood Pressure Clinic by Inspire 11:15 Dine in lunch w/ Appt. 12pm - TRIAD/SALT 1:00P - BINGO! 2-4p Quilts and More	9am-11a Wood carvers 10a Exercise & 10a Bible Study + 11a - Tai Chi 11:15 Dine in Lunch with Reservations 11-4-Bridge 12p Board Games, Open to all 12:00 - SSM Grief Counseling State I 1:00 - SSM Grief Counseling Stage II 	8:30am - Yoga 9:30-12 Knit/Crochet 10a - Exercise Group 11:15 Dine in Lunch w/ Reservations 12p-4p -Art in the afternoon!! 1p-4p - Hand & Foot 7:00-9p Country music Band-\$10.00 	8a - 11a Dominoes! 8-11:30/12:30-4pm-Pinocchio' 10a Exercise Group 11:15 Dine in Lunch w/Reservations 11a - Tai Chi 12-4 Mexican Train Dominoes 1p - 4p Pickle Ball	24
27	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 	8a -12 Dominoes! 8-11:30/12:30-4 Pinocchio' 8:30am - Yoga 10a - Exercise Group 11:15 Dine in lunch w/ Appt. 12:00 SWOOP! 2-4p Quilts and More 7p - 9p Fun Timers Square Dancing	9am-11a Wood carvers 10a Exercise & 10a Bible Study + 11a - Tai Chi 11:15 Dine in Lunch with Reservations 11-4-Bridge 12p Board Games, Open to all 12:00 - SSM Grief Counseling State I 1:00 - SSM Grief Counseling Stage II 	8:30am - Yoga 9:30-12 Knit/Crochet 10a - Exercise Group 11:15 Dine in Lunch w/ Reservations 12p-4p -Art in the afternoon!! 1p-4p - Hand & Foot 7:00-9p Country music Band-\$10.00 	8a - 11a Dominoes! 8-11:30/12:30-4pm-Pinocchio' 10a Exercise Group 11:15 Dine in Lunch w/Reservations 11a - Tai Chi 12-4 Mexican Train Dominoes 1p - 4p Pickle Ball 	31

LUNCH MENU ON BACK