

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
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	Come have coffee with Midwest City Mayor, Matt Dukes. The 3 rd Wednesday of this month 9:30-10:30AM 8a -12 - Dominoes! 8a - 11:30 Pinochle' & 12-4p Pinochle' 8:30am - Yoga 10a - *Exercise Group 1:00p - *BINGO! 11:15 Dine in lunch w/Reservations 2-4pm SWOOP!! 2-4p Quilts and More	*For all lunch appointments, Please register. See, our Site Manager for meals, Call 24 hrs. Before lunch time @405-732-0302 for a reservation. Phone reservations are accepted from 9am- 11:30pm. 9am-11a Wood carvers 10a *Exercise 11a - Tai Chi 11:15 Dine in Lunch with Reservations 12-4 - Bridge Group 1pm - Line Dancing! 1:00p Bible Study (Parlor) +	TRIAD/SALT (Seniors and law enforcement together) will meet the 3 rd Tues, at 1:00 pm. Dpt. Tara Hardin (with the Ok. County Sheriffs office) always has new and interesting information for you! Please join us. 8:30am - Yoga 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 Live Country Band-\$10.00	BINGO START TIME: will be changing! NEW BINGO TIME WILL BE 1:00pm on 1st and 3rd Tuesdays 8a - 11a Dominoes! 8a - 11:30-Pinochle' 10a - *Exercise Group 11a - Tai Chi 12-4pm-Pinochle' 12-4 Mexican Train Dominoes 1p - 4p Pickle Ball	
	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! 8a - 11:30 & a 12-4p-Pinochle' 8:30am Yoga 10a - *Exercise Group 11:15 Dine in lunch w/Reservations 12-4pm SWOOP!! 2-4p Quilts and More 7p - 9p Fun Timers Square Dancing Veterans Day!!	9-11a Wood carvers 10a Exercise Group 11a - Tai Chi 11:15 Dine in Lunch with Reservations 12-4 - Bridge 12:00-1:00 Grief Counseling in Parlor 1:00-2:00 Grief Counseling in Quilting Rm. 1:00p - Bible Study (In the Parlor) 1pm - Line Dancing!	8:30am - Yoga 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 7:00-9p Live Country Band \$10.00	8a - 11a Dominoes! 8a - 11:30 & a 12-4p - Pinochle' 10a - *Exercise Group 11a - Tai Chi 11:15 Dine in Lunch with Reservations 12-4 Mexican Train Dominoes 1p - 4p Pickle Ball	
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LUNCH MENU ON BACK