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





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LONCH MENO ON BACK	9am-11:30am Card & Board Games 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	8-11a Music Jam 10a - *Exercise Group 11 Tai Chi 11 Ta	9-11a - Tai Chi 11.15 Dine in lunch, with Reservations 1p-4p - Hand & Foot 12-1:00 - ASL (American Sign Language) 1-3p Woodcarvers 1p-4p Pickle Ball	8am-41:30am Card & Board Gamesig 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	Sam-11:39am Card & Board Games! 9-11a Music Jam 10a - *Exercise Group 11a - Tai Chi 11:15 Dine in lunch, with Reservations 1p-4p - Hand & Foot 12-1:00 - ASL (American Sign Language) 1-3p Woodcarvers 1p-4p Pickle Ball	MONDAY
	TRIAD/SALT. (Seniors and law enforcement together) will meet the 3 rd Tues, at 1:00 pm In the Grand Room With Deputy Sherrif Tara Hardin.	8a –12 - Dominoes! 8-11:30/12:30-4 Pinochle' 9:00-10:00am Yoga 10a - Exercise Group 11:15 Dine in lunch w/Reservations 7p - 9p Fun Timers Square Dancing	8a-12 - Dominoes! 8a-11:30/12:30-4 - Pinochle' 9:00-0:00am Yoga 10a - Exercise Group 10:30 Blood Pressure Clinic by Inspire 11:15 lunch w/Reservations 12P - BINGO! 1pm - TRIAD/SALT	8a -12 - Dominoes! 8-11:30/12:30-4 Pinochle' 9:00-10:90am Yoga 10a - Exercise Group 11:15 Dine in lunch w/Reservations 7p - 9p Fun Timers Square Dancing	8a –12 Dominoes! 8-11:30/12:30-4 Pinochle' 9:00-10:00am – Yoga 10a – Exercise Group 11:15 Dine in lunch w/Appt. 12P – BINGO! sponsored by Dustin Wilson with kw:Kellerwilliams 2-4p Quilts and More	TUESDAY
	For meals, if you are registered, see Ms. Angie, our Site Manager, Call at least 24 hrs. in advance. 405-732-0302 Phone reservations accepted from 9am-11:30pm. M-F Mat Yoga: on June 1.1 th , must sign up with Ms. Louise in Chair Yoga to attendi	9am-11a Wood carvers 10a Exercise & 10a Bible Study 11a — Tai Chi 11:15 Dine in Lunch with Reservations 12-4-Bridge &12p Card & Board Games, 1:00 - SSM Grief Counseling 1:00-2P Loud Crowd (must be registered) 1pm—Line Dancing!	9-11a Wood carvers 9:30-10:30 Mayor Matt Dukes 10a Exercise Group 10a Bible Study 11a - Tai Chi 11:15 Dine in lunch Lunch 12-4 - Bridge & 12-4p - Card & Board Games 1:00-2P Loud Crowd (must be registered) 1pm - Line Dancing!	9:00am Mat Yoga in grand room. 9am-11a Wood carvers 10a Bible Study 11a - Tal Chi 11:15 Dine in Lunch with Reservations 12-4 Bridge & 12-4p Card & Board Games, 1:00-2P Loud Crowd (must be registered) 1:00 - SSM Grief Counseling 1pm-Line Dancing!	9am-11a Wood carvers 10a Exercise & 10a Bible Study 1.1a - Tai Chi 11:15 Dine in Lunch with Reservations 12-4-Bridge 12p Card & Board Games, 1pm- Line Dancing!	WEDNESDAY
		9-9:45am Yoga 9:30am-12 Knit/Crochet 10a - Exercise Group 11:15 Dine in lunch with Reservations 1-4p - Hand & Foot 1-4 Art in the afternoon! 7:00-9p Killing Time Band-\$10.00	9-9:45am Yoga 9:30-12 Knit/Crochet 10a - Exercise Group 1-4 Art in the afternoon!! 1-4p Hand & Foot 2-4 Parkinson Support Group 7-9 pm D A V 7:00-9:00pM Killing Time Band \$10.00	9-9:45am - 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 Killing Time Band-\$10.00	9-9-45ann 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 Killing Time Band \$10.00	THURSDAY
	Don't forget Father's Day! June 15 th <>><>><>> Nutrition Program not currently accepting apps.	8a – 11a Dominoes! 8-11:30/12:30-4pm-Pinochle' 10a – 11 *Exercise Group 11a – Tai Chi 11:15 Dine in Lunch w/Reservations 12–4 Mexican Train Dominoes 1p – 4p Pickle Ball	8a – 11a Dominoes! 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	8a – 11a Dominoes! 8-11:30/12:30-4pm-Pinochle' Field Trip! To Sam Noble Museum Leave at 8:30am SIGN UP IN THE OFFICE! 10a – *Exercise Group 11a – Tai Chi 11:15 Dine in Lunch w/Reservations 12-4 Mexican Train Domin 1p – 4p Pickle Ball	8a – 11a Dominoes! 8-11:30/12:30-4pm-Pinochle' 10a Exercise Group 11:15 Dine in Lunch w/Reservations 11a – Tai Chi 12-4 Mexican Train Dominoes 1p – 4p Pickle Ball	FRIDAY
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