

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

November



S U	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	S A
2 4	To pre-register for lunch. See Ms. Angie Little, our Site Manager for meals, Call at least 24 hrs. before lunch @405-732-0302 for a meal reservation. Phone reservations accepted from 9:30am- 11:30pm. M-F	TRIAD/SALT- (Seniors and law enforcement together) will meet the 3 rd Tues, at 1:00 pm. In the Grand Rm. With Deputy Sherrif Hardin. Find out what criminals are doing near you..	Field Trip will be to Jones, Ok. For the Arts and Crafts Fair at the Church. Lunch at the Church is \$6.00 Sign up in the office to join us. 11/1.		8a – 11a Dominoes! 8-11:30/12:30-4pm–Pinochle' 10:00 FIELD TRIP TO JONES craft fair/lunch 10a - Gospel singing (Grand Rm) 10a Exercise Group 11:15 Dine in Lunch w/Reservations 11a – Tai Chi 12-4 Mexican Train Dominoes 1p – 4p Pickle Ball	1
	8am-11:30am Board Games! 9-11a Music Jam 10a – *Exercise Group 11:00 – Jokers! 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 Pinochle' 9-9:45am – Yoga 10a – Exercise Group 11:15 Dine in lunch w/Reservations 12p – BINGO! 2-4p Quilts and More	9am-11a Wood carvers 10a Exercise 11a – Tai Chi 11:15 Dine in Lunch with Reservations 12-4p Board Games – Open to all 12-4 - Bridge Group 1:00-2P Loud Crowd (must be registered) 1pm– Line Dancing!	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	8a – 11a Dominoes! 8-11:30/12:30-4pm–Pinochle' 10a - Gospel singing (Grand Rm.) 10a – *Exercise Group 11a – Tai Chi 11:15 Dine in Lunch w/Reservations 12-4 Mexican Train Dominoes 1p – 4p Pickle Ball	4 5 6 7 8
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LUNCH MENU ON BACK