



**MIDWEST CITY**  
Where the Spirit Flies High

# DECEMBER

**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
2	8am-11:30am 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	8a -12 Dominoes! 8-11:30/12:30-4 Pinochle' 9-9:45am - Yoga 10a - Exercise Group 11:15 Dine in lunch w/ Appt. 12P - 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 12-4 Bridge & 12p Board Games, Open to all 1:00 - SSM Grief Counseling 1:00-2P Loud Crowd (must be registered) 1pm - Line Dancing!	9-9:45am - Yoga 9:30-12 Knit/Crochet 10a - Exercise Group 11:15 Dine in Lunch w/ Reservations 1-4 - Art in the afternoon! 7:00-9p Killing Time Band \$10.00	8a - 11a Dominoes! 8-11:30/12:30-4pm-Pinochle' 9:00 Arts and Crafts with Tammy! SIGN UP! 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	6
9	8am-11:30am Board Games! 9-11a Music Jam 10a - *Exercise Group 11:00 - Jokers! 11a - Tai Chi 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 7p - 9p Fun Timers Square Dancing	9am-11a Wood carvers 9:00-Dirty Santa for Exercise Group!! 10a Bible Study 11a - Tai Chi 11:15 Dine in Lunch with Reservations 12-4 Bridge & 12-4p Board Games, Open to all 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! 7:00-9p Killing Time Band-\$10.00	8a - 11a Dominoes! 8-11:30/12:30-4pm-Pinochle' 9:00 Arts and Crafts with Tammy! SIGN UP IN OFFICE! 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	13
16	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 10:30 Blood Pressure Clinic by Inspire 11:15 lunch w/Reservations 12p - BINGO! 1pm - TRIAD/SALT - Dirty Santa party! 2-4p Quilts and More	9-11a Wood carvers 9:30-10:30 Mayor Matt Dukies 10a Exercise Group 10a Bible Study 11a - Tai Chi 11:15 Dine in lunch with Reservations 12-4 - Bridge & 12-4p - Board Games-Open to all 1:00 - SSM Grief Counseling 1:00-2P Loud Crowd (must be registered) 1pm - Line Dancing!	9-9:45am - Yoga 9:30-12 Knit/Crochet 10a - Exercise Group 11:15 Dine in Lunch w/ Reservations 1-4 - Art in the afternoon! 7:00-9p Killing Time Band \$10.00	8a - 11a Dominoes! 8-11:30/12:30-4pm-Pinochle' 10am -Gospel singing (Grand Rm.) 10a - *Exercise Group 11a - Tai Chi 11:15 Dine in Lunch with Reservations 12:00 Dirty Santa for Nutrition program!! 12-4 Mexican Train Dominoes 1p - 4p Pickle Ball	20
23	9-11a Music Jam 8am-11:30am Board Games! 10a - *Exercise Group 11:00 - Jokers! 11 - Tai Chi 11:15 Dine in lunch with Reservations 1-3p Woodcarvers 1p-4p - Hand & Foot 1p - 4p Pickle Ball	Closed for Christmas Eve	Closed for Christmas Day	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!	8a - 11a Dominoes! 8-11:30/12:30-4pm-Pinochle' 10a - Gospel singing (Grand Rm) 10a -11 *Exercise Group 11a - Tai Chi 11:15 Dine in Lunch w/Reservations 12-4 Mexican Train Dominoes 1p - 4p Pickle Ball	27
30	9am-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/ Appt. 12P - BINGO! 2-4p Quilts and More	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	TRIAID/SALT - (Seniors and law enforcement together) will meet the 3rd Tues, at 1:00 pm. In the Grand Rm. With Deputy Sherrif Hardin. Find out what criminals are doing near you..	For unto you is born this day, in the city of David a Savior, who is Christ the Lord.	

LUNCH MENU ON BACK