


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

# BIRTHDAYS



S	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	S
28	<b>TRIAD/SALT</b> - (Seniors and law enforcement together) will meet the 3 <sup>rd</sup> Tues, at 1:00 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	<b>WE ARE CLOSED</b>  <b>New Years Day</b>	9-9:45am - 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	8a - 11a Dominoes! 8-11:30/12:30-4pm - Pinochle' 10a - Gospel singing (Grand Rm.) 10a - *Exercise Group 11a - Tai Chi	A
6	<b>8am-11:30am Board Games!</b> 9-11a Music Jam 10a - *Exercise Group 11:15 Dine in lunch, with Reservations <b>11a - Tai Chi</b> 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 <b>12p - BINGO!</b>	9am-11a Wood carvers 10a Bible Study <b>11a - Tai Chi</b> 11:15 Dine in Lunch with Reservations 1:00 - SSM Grief Counseling 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 12p-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 - *Exercise Group 10a - Gospel singing (Grand Rm.) 11a - Tai Chi	10
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LUNCH MENU ON BACK