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

April 2025

MIDWEST CITY
Where the Spirit Flies High
CELEBRATING 25 YEARS

SU	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SA
32	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	**1** 9-10:00am – Yoga 8a –12 - Dominoes! 8-11:30/12:30-4 - Pinochle' 10a – Exercise Group 11:15 Dine in lunch w/Reservations 2-4p Quilts and More	**2** 8a –12 - Dominoes! 9-11a Wood carvers 10a Exercise Group 11a – Tai Chi 11:15 Dine in lunch with Reservations 12-4 - Bridge 1pm-4:00pm Board Games! 1:00-2P Loud Crowd (must be registered). 1pm –Line Dancing!	**3** 8a –12 - Dominoes! 9-9:45am – Yoga 9:30a-12 Knit/Crochet 10a - Exercise Gregistered) 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	**4** 8a – 11a Dominoes! 8-11:30/12:30-4pm–Pinochle' 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	
	7 8a –12 - Dominoes! 9-11a Music Jam 11:00am – Tai Chi 10a – *Exercise Group 8am-11:30am Board Games! 12:00 pm ASL (American Sign Language) 1p-4p - Hand & Foot 1-3p Woodcarvers	**8** 8a –12 - Dominoes! 8-11:30/12:30-4 Pinochle' 9-9:45am – Yoga 10a – Exercise Group 11:15 Dine in lunch w/Reservations 2-4p Quilts and More 7p - 9p Fun Timers Squ ancing	**9** 8a –12 - Dominoes! 9am-11a Wood carvers 10a Exercise 11a – Tai Chi 11:15 Dine in Lunch with Reservations 12-4 - Bridge Group 1pm-4:00pm Board Games! 1:00-2P Loud Crowd (must be registered). 1pm– Line Dancing! 1:00 - SSM Grief Counseling	**10** 8a –12 - Dominoes! 9-10:00am – 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	**11** 8a – 11a Dominoes! 8-11:30/12:30-4pm–Pinochle' 9:00 am Arts and Crafts with Tammy 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	
	14 8am-11:30am Board Games! 8a –12 - Dominoes! 9-11a Music Jam 10a – *Exercise Group 11a – Tai Chi 11:15 Dine in lunch, with Reservations 1p-4p - Hand & Foot 1-3p Woodcarvers	**15** 8a –12 - Dominoes! 8-11:30/12:30-4 - Pinochle' 9-9:45am – Yoga 10a – Exercise Group 11:15 lunch w/Reservations 12p – BINGO! *1pm – TRIAD/SALT* 2-4p Quilts and More	**16** 8a –12 - Dominoes! 9-11a Wood carvers 10a Exercise Group 9:30-10:30 *Mayor Matt Dukes 11a – Tai Chi 11:15 Dine in lunch with Reservations 12-4 - Bridge 1:00-2P Loud Crowd (must be registered). 1pm-4:00pm Board Games! 1pm – Line Dancing!	**17** 8a –12 - Dominoes! 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!! 1-4p - Hand & Foot 7-9 pm D A V 7:00-9p Killing Time Band $10.00	**18** 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 12–4 Mexican Train Dominoes 1p – 4p Pickle Ball 1pm-4:00pm Board Games!	
Happy-Easter	**21** 8am-11:30am Board Games! 8a –12 - Dominoes! 9-11a Music Jam 10a – *Exercise Group 11:00 – Tai Chi 11:15 Dine in lunch with Reservations 12:00 am ASL (American Sign Language) 1-3p Woodcarvers 1p-4p - Hand & Foot 1p – 4p Pickle Ball	**22** 8a –12 Dominoes! 8-11:30/12:30-4 - Pinochle' 9-9:45am – Yoga 10a – Exercise Group 11:15 Dine in lunch w/Appt. 2-4p Quilts and More 7p - 9p Fun Timers Square Dancing	**23** 8a –12 - Dominoes! 9-11a Wood carvers 10a Exercise Group 11a – Tai Chi 11:15 Dine in lunch with Reservations 12-4 - Bridge 1:00-2P Loud Crowd (must be registered). 1pm-4:00pm Board Games! 1pm – Line Dancing! 1:00 - SSM Grief Counseling	**24** 8a –12 - Dominoes! 9-9:45am – Yoga 9:30am-12 Knit/Crochet 10a - Exercise Group 10:30- 11:15 Dine in lunch with Reservation 11:00 Field Trip to the OKC Arts Festival 1-4p - Hand & Foot 1-4 – Art in the afternoon!! 2-3p Parkinson's Support Group 7:00-9pm Killing Time Band $10.00	**25** 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 1pm-4:00pm Board Games!	
	28 8a –12 - Dominoes! 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	**29** 8a –12 Dominoes! 8-11:30/12:30-4 Pinochle' 9-9:45am – Yoga 10a – Exercise Group 11:15 Dine in lunch w/Appt. 2-4p Quilts and More *5:00pm–7:00pm "Senior Prom"*	**30** 8a –12 - Dominoes! 9-11a Wood carvers 10a Exercise Group 11a – Tai Chi 11:15 Dine in lunch with Reservations 12-4 - Bridge 1:00-2P Loud Crowd (must be registered). 1pm-4:00pm Board Games! 1pm –Line Dancing!	Field Trip – OKC Arts Festival. If you are craving some Strawberry Newport, like some people I know, get signed up for this field trip. Sign up will be out 1st wk. of Apr. A new activity added this month is our ASL or (American Sign Language) for anyone interested in learning beginning sign language. Don't forget to sign up for the Arts and Crafts class on April 11th @9:00 am	TRIAD/SALT- (Seniors and law enforcement together) will meet the 3rd Tues, at 1:00 pm. In the Grand Rm. With Deputy Sherrif Tara Hardin. Find out what criminals are doing near you… *OUR VERY FIRST "SENIOR PROM"!!!* Will take place on 4/29th from 5:00 – 7:00pm. FREE TO YOU!..Come eat, dance, visit, PHOTO	

LUNCH MENU ON BACK