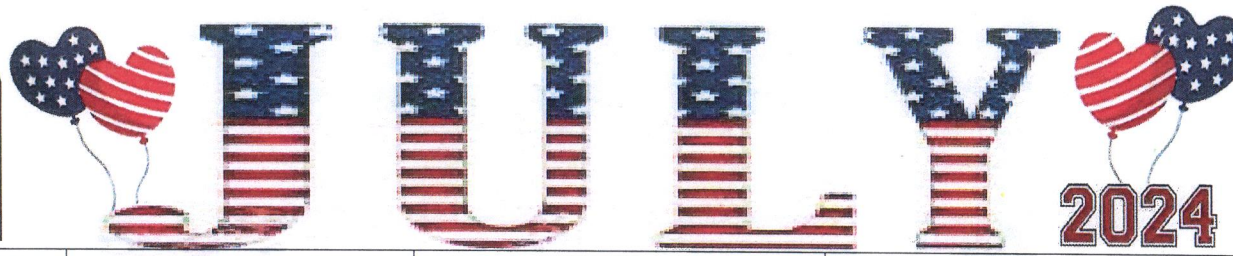


MENU ON BACK-

Call- 405-732-0302, for meal reservations from: 9am-11:30am
 SEN. CENTER OFFICE
 - 405-739-1200/ 8251 E. Reno MWC



S U	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
17	<p>9-11a Music Jam 1</p> <p>10am – Exercise Group</p> <p>11a – Tai Chi with Laura</p> <p>11:15 Dine in lunch, with Reservations</p> <p>1p-4p - Hand & Foot</p> <p>1-3p Woodcarvers</p>	<p>8a –12 Dominoes! 2</p> <p>8a -11:30/12:30-4 - Pinochle'</p> <p>9-9:45am – Yoga</p> <p>10a – Exercise Group</p> <p>11:15 Dine in lunch w/Appt.</p> <p>12P – BINGO!</p>	<p>9-11a Wood carvers 3</p> <p>10a Exercise Group †</p> <p>10a Bible Study (Parlor)</p> <p>11a – Tai Chi</p> <p>11:15 Dine in Lunch with Reservations</p> <p>12-4 - Bridge</p> <p>1:00-2P Loud Crowd (must be registered)</p> <p>1pm – Line Dancing!</p>	<p>WE ARE CLOSED TO CELEBRATE THE -- 4TH</p> <p> </p>	<p>8a – 11a Dominoes! 5</p> <p>8a-11:30/ 12:30--4p – Pinochle'</p> <p>10a – Gospel singing (Grand Rm)</p> <p>10a –11 Exercise Group</p> <p>11:15 Dine in Lunch w/Reservations</p> <p>12–4 Mexican Train Dominoes</p> <p>1p – 4p Pickle Ball</p>
	<p>9-11a Music Jam 8</p> <p>10a – Exercise Group</p> <p>11a – Tai Chi</p> <p>11:15 Dine in lunch, with Reservations</p> <p>1p-4p - Hand & Foot</p> <p>1-3p Woodcarvers</p> <p>1p – 4p Pickle Ball</p>	<p>8a –12 - Dominoes! 9</p> <p>8a -11:30/12:30-4 - Pinochle'</p> <p>9-9:45am – Yoga</p> <p>10a – Exercise Group</p> <p>12p – BINGO!</p> <p>11:15 Dine in lunch w/Reservations</p> <p>7p - 9p Fun Timers Square Dancing </p>	<p>9am-11a Wood carvers 10</p> <p>10a Exercise †</p> <p>10a Bible Study (Parlor)</p> <p>11a – Tai Chi</p> <p>11:15 Dine in Lunch with Reservations</p> <p>12-4 - Bridge Group</p> <p>1:00-2P Loud Crowd (must be registered)</p> <p>1pm– Line Dancing!</p>	<p>9-9:45am – Yoga 11</p> <p>9:30a-12 Knit/Crochet</p> <p>10a - Exercise Group</p> <p>11:15 Dine in Lunch w/ Reservations </p> <p>1p-4p –Art in the afternoon!!</p> <p>1p-4p - Hand & Foot</p> <p>Field Trip!! Museum of Osteology (First come, first served.) no walkers as trip will be full.</p>	<p>8a – 11a Dominoes! 12</p> <p>8a-11:30/ 12:30-4pm – Pinochle'</p> <p>10a - Gospel singing (Grand Rm.)</p> <p>10a – Exercise Group</p> <p>11:15 Dine in Lunch with Reservations</p> <p>12–4 Mexican Train Dominoes</p> <p>1p – 4p Pickle Ball</p>
	<p>9-11a Music Jam 15</p> <p>10a – Exercise Group</p> <p>11a – Tai Chi</p> <p>11:15 Dine in lunch, with Reservations</p> <p>1p-4p - Hand & Foot</p> <p>1-3p Woodcarvers</p> <p>1p – 4p Pickle Ball</p>	<p>8a –12 - Dominoes! 16</p> <p>8a -11:30/12:30-4 Pinochle'</p> <p>10a – Exercise Group</p> <p>10:30 Blood Pressure Checks w/SSM</p> <p>11:15 Dine in lunch w/Reservations</p> <p>12p – BINGO</p> <p>1pm – TRIAD/SALT </p> <p>2-4p Quilts and More...!</p>	<p>9-11a Wood carvers 17</p> <p>9:30-10:30 *Mayor Matt Dukes</p> <p>10a Exercise Group †</p> <p>10a Bible Study (Parlor)</p> <p>11a – Tai Chi</p> <p>11:15 Dine in Lunch with Reservations</p> <p>12-4 - Bridge</p> <p>1:00-2P Loud Crowd (must register)</p> <p>1pm – Line Dancing!</p>	<p>9:30-12 Knit/Crochet 18</p> <p>10a - Exercise Group</p> <p>11:15 Dine in Lunch w/ Reservations </p> <p>1-4 – Art in the afternoon!!</p> <p>1-4p - Hand & Foot</p> <p>6:30 -DAV </p> <p>7:00-9p Killing Time Band \$10.00</p> <p><i>Alternate trip day</i></p>	<p>8a – 11a Dominoes! 19</p> <p>8a-11:30/12-4pm – Pinochle'</p> <p>10am -Gospel singing (Grand Rm.)</p> <p>10a – Exercise Group</p> <p>11:15 Dine in Lunch with Reservations</p> <p>12–4 Mexican Train Dominoes</p> <p>1p – 4p Pickle Ball</p>
	<p>9-11a Music Jam 22</p> <p>10a – Exercise Group</p> <p>11 – Tai Chi</p> <p>11:15 Dine in lunch with Reservations</p> <p>1-3p Woodcarvers</p> <p>1p-4p - Hand & Foot</p> <p>1p – 4p Pickle Ball</p>	<p>8a –12 Dominoes! 23</p> <p>8a -11:30/12:30-4 Pinochle'</p> <p>10a – Exercise Group</p> <p>11:15 Dine in lunch w/Appt.</p> <p>12P – BINGO!</p> <p>7p - 9p Fun Timers Square Dancing </p>	<p>9-11a Wood carvers 24</p> <p>10a Exercise Group †</p> <p>10a - Bible Study (Parlor)</p> <p>11a – Tai Chi</p> <p>11:15 Dine in lunch with Reservations</p> <p>12-4 - Bridge</p> <p>1:00-2P Loud Crowd (must register)</p> <p>1pm – Line Dancing!</p>	<p>9:30am-12 Knit/Crochet 25</p> <p>10a - Exercise Group</p> <p>11:15 Dine in lunch with Reservation </p> <p>1-4p - Hand & Foot</p> <p>1-4 – Art in the afternoon!!</p> <p>7:00-9pm Killing Time Band \$10.00</p>	<p>8a – 11a Dominoes! 26</p> <p>8a-11:30/12:30-4pm – Pinochle'</p> <p>10am - Gospel singing (Grand Rm.)</p> <p>10a – Exercise Group</p> <p>11:15 Dine in Lunch with Reservations</p> <p>12–4 Mexican Train Dominoes</p> <p>1p – 4p Pickle Ball</p>
	<p>9-11a Music Jam 29</p> <p>10a – Exercise Group</p> <p>11 – Tai Chi</p> <p>11:15 Dine in lunch with Reservations</p> <p>1-3p Woodcarvers</p> <p>1p-4p - Hand & Foot</p> <p>1p – 4p Pickle Ball</p>	<p>8a –12 Dominoes! 30</p> <p>8a -11:30/12:30-4 - Pinochle'</p> <p>9-9:45am – Yoga</p> <p>10a – Exercise Group</p> <p>11:15 Dine in lunch w/Appt.</p> <p>12P – BINGO!</p>	<p>9-11a Wood carvers 31</p> <p>10a Exercise Group †</p> <p>10a - Bible Study (Parlor)</p> <p>11a – Tai Chi</p> <p>11:15 Dine in lunch with Reservations</p> <p>12-4 - Bridge</p> <p>1:00-2P Loud Crowd (must register)</p> <p>1pm – Line Dancing!</p>	<p>For all lunch appointments you <u>must register</u> with Ok. County Senior Nutrition Program: See Ms. Angie, our Site Manager for meals, you should call 24 hrs before lunch time 405-732-0302 for reservation</p> <p><u>Phone reservations accepted from 9am-11:30pm.</u></p>	<p>TRIAD/SALT (Seniors and law enforcement together) will meet the 3rd Tues, the 16th at 1:00 pm.</p> <p>** Come have coffee with Midwest City's Mayor, Matt Dukes. The 3rd Wednesday of this month 9:30-10:30AM</p> <p>Field Trip!! The Museum of Osteology!</p>

MENU ON BACK