



**MIDWEST CITY**  
Where the Spirit Files High

2025

# Midwest City

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

| S U | MONDAY   | TUESDAY  | WEDNESDAY  | THURSDAY  | FRIDAY   | S A  |    |
|-----|--|--|--|---|--|--|----|
| 3   | <p><b>8am-11:30am Board Games!</b></p> <p>9-11:30a Music Jam! 🎵</p> <p>10am - Exercise Group</p> <p>11a - Tai Chi</p> <p>11:15 Dine in lunch - with Reservations</p> <p>1-3p Woodcarvers</p> <p>12p-4p - Hand &amp; Foot</p>   | <p>9-9:45am - Yoga</p> <p>8a -11 Dominoes!</p> <p>8-11:30/12-4 - Pinochle'</p> <p>10a - Exercise Group</p> <p>11:15 Dine in lunch w/ Appt.</p> <p>2-4p Quilts and More... 🧵</p>  | <p>9-11a Wood carvers</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 <b>12p-4pm Board Games</b></p> <p>1:00-2P Loud Crowd (must be registered)</p> <p>1pm - *Line Dancing!</p>   | <p>9-9:45am - Yoga</p> <p>9:30am-12 Knit/Crochet</p> <p>10a - Exercise Group</p> <p>11:15 Dine in Lunch w/ Appt</p> <p>12-4 - <b>Art in the afternoon!</b></p> <p>1-4p - Hand &amp; Foot</p> <p>7:00-9pm Killing Time Band \$10.00 🎸</p>  | <p>8a - 11a Dominoes!</p> <p>11:30/12-4p - Pinochle'</p> <p>10a - Gospel singing (Grand Rm)</p> <p>10a Exercise Group</p> <p>11a - Tai Chi</p> <p>11:15 Dine in Lunch w/Reservations</p> <p>12-4 Mexican Train Dominoes</p> <p>1p - 4p Pickle Ball</p>         | <p>8a - 11a Dominoes!</p> <p>8:00/11:30/12-4pm - Pinochle'</p> <p>10a - Gospel singing (Grand Rm.)</p> <p>10a - Exercise Group</p> <p>11a - Tai Chi</p> <p>11:15 Dine in Lunch with Reservations</p> <p>12-4 Mexican Train Dominoes</p> <p>1p - 4p Pickle Ball</p> | 7  |
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|     | <p><b>TRIAD/SALT</b>(Seniors and law enforcement together) will meet the 3rd Tues, the 18<sup>th</sup> at 1:00 pm. Ms. Tara (with the Ok. County Sherriff's office) always has new and interesting information concerning your community and your safety! Please join us!</p> <p>WILL MEET IN THE MISTLETOE ROOM FEB. - APRIL 2025</p> | <p>For all lunch appointments you <u>must</u> register with Ok. County Senior Nutrition Program: See Ms. Angie, our Site Manager for meals, you should call 24 hrs before lunch time <b>405-732-0302</b> for reservation Phone reservations accepted from 9am-11:30pm.</p>   | <p><b>Upcoming field trips for 2025:</b><br/><b>OKC-Festival of the Arts</b> (weather permitting) 4/24<sup>th</sup> -27<sup>th</sup>.<br/><b>OKC- ZOO, and the OKC Fire fighters Museum.</b><br/><b>Date to be announced.</b><br/>Parkinson's Support Group 2-3pm every 3<sup>rd</sup>. Thursday in the Willow room</p>      | <p><b>AARP TAXAIDE ASSISTANCE, WILL BEGIN BY APPOINTMENT on Feb. 3. Ending on April 15. Available hours will be 1:00-4:00pm Mondays through Thursdays of each week till April 15<sup>th</sup>. NO WALK IN APPOINTMENTS YOU MUST CALL 405-650-6343 TO SCHEDULE AN APPOINTMENT!</b></p>                   |  |  |    |

**LUNCH MENU ON BACK**