

Calendar of Events

Please note the following Center information.

Accommodations - If the activity you want to attend is held at the front of the West building, and handicap accommodation is needed, please contact the office to allow entry through the front of the building. Front parking accommodations are for those who have a handicap tag to hang in their car.

Entry - Members will enter through the west entry of the West building and through the east entry of the East building.

Name tags - All members will be required to wear their name tag while engaged in activities at the Center.

Center hours - All activities Monday through Friday will end by 4 p.m.

Guests - Guests who are 55 or older and considering membership are welcome. They are required to check in with the office so a guest form can be completed.

Perfumes and scents - Many members are highly sensitive to strong scents. Please refrain from using strongly scented perfumes, after-shaves and lotions while at the Center.

Lunch - Lunch is provided at the Center by the Tulsa and Creek County Senior Nutrition Program at 11:30 a.m. each day in the West Building. Lunches cannot be served after 12 p.m.. Reservations are required and must be made the day before at 11 a.m. Please call (918) 259-8377, extension 16. For those over 60, the suggested donation is \$2 per meal.

Transportation - Questions regarding transportation to and from the Center on the Center's bus can be answered by calling the office at (918) 259-8377, ext. 15.

The Calendar - The notation **SCE** follows activities that are held in the East Building.

Tuesday, August 1

8 a.m.-12 p.m. Dominoes
 8:15-9 a.m. Strengthen & Tone • **SCE**
 8 a.m.-Noon. Party Bridge • **SCE**
 9 -10 a.m. Beginning Guitar Lessons • **SCE**
 9 a.m.-Noon Train Dominoes
 9:15-10:15 a.m. Soft Yoga • **SCE**
 9:30-10:15 a.m. Limited Exercise
 9:30 a.m.-12:30 a.m. Scrapbooking
 10 - 11 a.m. Guitar Lessons • **SCE**
 10:30-11:30 a.m. Limited Exercise
 11:30 a.m.-Noon Lunch
 11:45 a.m.-12:45 p.m. Tai Chi for Better
 Balance with Julie • **SCE**
 12-4 p.m. Canasta
 12-4 p.m. Chess • **SCE**
 1-2 p.m. Line Dancing with Michelle • **SCE**
 1-3:30 p.m. Painting
 1-4 p.m. Pickleball Lessons
 2:15-3:30 p.m. Clogging Class • **SCE**

Wednesday, August 2

8 a.m.- Noon. Dominoes
 8:15-9 a.m. Cardio Dance • **SCE**
 8:15-9:15 a.m. Core Strength Yoga
 9 a.m.-noon. Needle Crafting
 9:15-10:15 a.m. Chair Yoga
 9:30 - 10 a.m. Beginning Ukulele • **SCE**
 10-11 a.m. Blood Pressure Checks
 10 a.m.-Noon. Ukulele Jam • **SCE**
 10 a.m.-11:30 a.m. Line Dancing with Eugenia • **SCE**
 10 a.m.-Noon Abstract Painting
 10 a.m. to 3 p.m. Quilting
 10:30-11:30 a.m. Limited Exercise
 11:30 a.m.-Noon. Lunch

12:15-1:15 p.m. Exercise 101
 1-3 p.m. Drawing Class
 1:30-3:00 p.m. Line Dancing with Barb • **SCE**
 1-4 p.m. Mahjong • **SCE**
 1:30-4 p.m. Pickleball Open Play
 3:15-4 P.M. Zumba • **SCE**

Thursday, August 3

8 a.m.- Noon Dominoes
 8:15-9 a.m. Strengthen & Tone • **SCE**
 9 a.m.-Noon Train Dominoes
 9:15-10:15 a.m. Power Yoga • **SCE**
 9:30-10:15 a.m. Limited Exercise
 9:30-11 a.m. Creative Card Making
 9:30-11:30 a.m. Guitar Jam • **SCE**
 9:30 a.m.-Noon Play Money Poker
 10:30-11:30 a.m. Limited Exercise
 11:30 a.m.-Noon Lunch
 12:15-3 p.m. Pickleball Open Play
 12:30-2 p.m. **New** Creative Card Making

More information on page 9

12:30-2:30 p.m. Happy Hookers - Crochet
 12:30-4 p.m. Card Game of The Day
 12:30-4 p.m. Party Bridge • **SCE**
 1-2 p.m. Simply Faith Class
 1-2:30 p.m. Fundamentals of Line Dancing
 with Michelle • **SCE**
 3:00-4 p.m. Cardio Drumming • **SCE**

Friday, August 4

8 a.m.- Noon Dominoes
 8:15-9 a.m. Cardio Drumming • **SCE**
 9:15 -10:15 a.m. Friday Fitness • **SCE**

Calendar of Events

9:30-11 a.m. Creative Card Making
 9:30-11:30 a.m. Guitar Jam • **SCE**
 9:30 a.m.-Noon Play Money Poker
 10:30-11:30 a.m. Limited Exercise
 10:30-11:30. 8 Dimensions of Wellness
 “Preregistration required”
 More information on page 22
 11:30 a.m.-Noon Lunch
 12:15-3 p.m. Pickleball Open Play
 12:30-2 p.m. **New** Creative Card Making
 More information on page 9
 12:30-2:30 p.m. Happy Hookers - Crochet
 12:30-4 p.m. Card Game of The Day
 12:30-4 p.m. Party Bridge • **SCE**
 1-2 p.m. Simply Faith Class
 1-2:30 p.m. Fundamentals of Line Dancing
 with Michelle • **SCE**
 3:00-4 p.m. Cardio Drumming • **SCE**

Friday, August 11

8 a.m.- Noon Dominoes
 8:15-9 a.m. Cardio Drumming • **SCE**
 9:15 -10:15 a.m. Friday Fitness • **SCE**
 9:30-10:30 a.m. Singing Group
 10 a.m.-Noon Creative Writing
 10:30-11:30 a.m. Limited Exercise
 10:30-11:45 a.m. Line Dancing with Eugenia • **SCE**
 11:30 a.m.-Noon Lunch
 Noon-4 p.m. Canasta
 12:15-1:15 p.m. Exercise 101
 1-2:30 p.m. Bingo
 1-3 p.m. Individual Quilt Layout
 1:30-4 p.m. Pickleball Open Play
 3:15-4 p.m. Zumba • **SCE**

Monday, August 14

8 a.m.-Noon. Dominoes
 8:15-9 a.m. Cardio Dance • **SCE**
 8 a.m.-Noon Party Bridge • **SCE**
 9 a.m.-Noon. Medicare Questions Answered
 9:15-10:15 a.m. Yin Yoga • **SCE**
 9:15-10:15 a.m. Drumming to Exercise
 9:15-11 a.m. Crafting
 9:30-11 a.m. Bible Study • **SCE**
 10:00-11:30 a.m. Allfit BA Fitness Training • **SCE**
 “Preregistration required”
 10:30-11:15 a.m. Limited Exercise
 10:30-11:30. 8 Dimensions of Wellness
 “Preregistration required”
 More information on page 22
 11:30 a.m.-12 p.m. Lunch
 Noon-4 p.m. Canasta

12:15-1:15 p.m. Tai Chi for Better
 Balance with Vanessa • **SCE**
 12:15 a.m.-4 p.m. Pickleball Open Play
 1:00-2:30 p.m. Intermediate Tap Dancing
 1:30-3:00 p.m. Line Dancing with Barb • **SCE**
 1:30-3:30 p.m. Photography Group • **SCE**
 2:45-3:30 p.m. Beginning Tap Dancing
 3:15-4 p.m. Zumba • **SCE**

Tuesday, August 15

8 a.m.-Noon Dominoe
 8 a.m.-Noon. Party Bridge • **SCE**
 8:15-9 a.m. Strengthen & Tone • **SCE**
 9 -10 a.m. Beginning Guitar Lessons • **SCE**
 9 a.m.-Noon Train Dominoes
 9:15-10:15 a.m. Soft Yoga • **SCE**
 9:30-10:15 a.m. Limited Exercise
 9:30 a.m.-12:30 p.m. Scrapbooking
 10-11 a.m. Guitar Lessons • **SCE**
 10:30-11:30 a.m. Limited Exercise
 11:30 a.m.-Noon Lunch
 11:45 a.m.-12:45 p.m. Tai Chi for Better
 Balance with Julie • **SCE**
 12-4 p.m. Canasta
 12-4 p.m. Chess • **SCE**
 1-2 p.m. Line Dancing with Michelle • **SCE**
 1-3 p.m. **New** Free Vision Screening
 1-3:30 p.m. Painting
 1-4 p.m. Pickleball Lessons
 2:15-3:30 p.m. Clogging Class • **SCE**
3:30 p.m.-Conclusion Board of Directors • SCE

Wednesday, August 16

8 a.m.-Noon Dominoes
 8:15-9 a.m. Cardio Dance • **SCE**
 8:15-9:15 a.m. Core Strength Yoga
 9 a.m.-Noon. Needle Crafting
 9:15-10:15 a.m. Chair Yoga
 9:30-10 a.m. Beginning Ukulele • **SCE**
 10-11 a.m. Blood Pressure Checks
 10 a.m.-Noon. Ukulele Jam • **SCE**
 10 a.m.-Noon Abstract Painting
 10 a.m.-3 p.m. Quilting
 10 a.m.-11:30 a.m. Line Dancing with Eugenia • **SCE**
 10:30-11:30 a.m. Limited Exercise
 11:30 a.m.-Noon. Lunch
 12:15-1:15 p.m. Exercise 101
 1-3 p.m. Drawing Class
 1:30-3:00 p.m. Line Dancing with Barb • **SCE**
 1:30-4 p.m. Pickleball Open Play
 1-4 p.m. Mahjong • **SCE**
 3:15-4 p.m. Zumba • **SCE**

Calendar of Events

Thursday, August 17

- 8 a.m.-Noon Dominoes
 8:15-9 a.m. Strengthen & Tone • SCE
 9 a.m.-Noon Train Dominoes
9 a.m. – Conclusion Pool Tournament
 9:15-10:15 a.m. Power Yoga • SCE
 9:30-10:15 a.m. Limited Exercise
 9:30-11 a.m. Creative Card Making
 9:30-11:30 a.m. Guitar Jam • SCE
9:30 a.m.-Noon Porker Tournament
 9:30 a.m.-Noon. Play Money Poker
 10:30-11:30 a.m. Limited Exercise
 10:30-11:30 a.m. 8 Dimensions of Wellness
“Preregistration required”
More information on page 22
 10-11:30 a.m. ... **New** Grief Healing Group • SCE
 More information on page 20
 11:30 a.m.-Noon Lunch
 12:15-3 p.m. Pickleball Open Play
 12:30-2 p.m. ... **New** Creative Card Making
 More information on page 9
 12:30-2:30 p.m. Happy Hookers - Crochet
 12:30-4 p.m. Card Game of the Day
 12:30-4 p.m. Party Bridge • SCE
 with Michelle • SCE
 1-2 p.m. Simply Faith Class
 1-2:30 p.m. Fundamentals of Line Dancing
 3:00-4 p.m. Cardio Drumming • SCE
 3:00-4 p.m. ... **New** ... Third Thursday Thanks/Volunteer Event • SCE
 More information on page 7

Friday, August 18

- 8 a.m.-Noon Dominoes
 8:15-9 a.m. Cardio Drumming • SCE
 9:15-10:15 a.m. Friday Fitness • SCE
 9:30-10:30 a.m. Singing Group
 10 a.m.-Noon Creative Writing
10 a.m.-Noon Alzheimer’s Support Group • SCE
 10:30-11:45 a.m. Line Dancing with Eugenia • SCE

- 10:30-11:30 a.m. Limited Exercise
 11:30 a.m.-Noon Lunch
 12:15-1:15 p.m. Exercise 101
 1- 2:30 p.m. Singo
 1-3 p.m. Individual Quilt Layout
 1:30-4 p.m. Pickleball Open Play
 3:15-4 p.m. Zumba • SCE

Monday, August 21

- 8 a.m.-Noon. Dominoes
 8 a.m.-Noon Party Bridge • SCE
 8:15-9 a.m. Cardio Dance • SCE
 9 a.m.-Noon. Medicare Questions Answered
 9:15-10:15 a.m. Yin Yoga • SCE
 9:15-10:15 a.m. Drumming to Exercise
 9:15-11 a.m. Crafting
 9:30-11 a.m. Bible Study • SCE
10-11 a.m. Circle of Readers
 10:00-11:30 a.m. Allfit BA Fitness Training • SCE
“Preregistration required”
 10:30-11:15 a.m. Limited Exercise
 10:30-11:30. 8 Dimensions of Wellness
“Preregistration required”
More information on page 22
 11:30 a.m.-Noon. Lunch
 Noon-4 p.m. Canasta
 12:15-1:15 p.m. Tai Chi for Better
 Balance with Vanessa • SCE
 12:15-4 p.m. Pickleball Open Play
 1-2:30 p.m. Intermediate Tap Dancing
 1:30-3:00 p.m. Line Dancing with Barb • SCE
 2:45-3:30 p.m. Beginning Tap Dancing
 3:15-4 p.m. Zumba • SCE

Tuesday, August 22

- 8 a.m.-Noon. Party Bridge • SCE
 8 a.m.-12 p.m. Dominoes
 8:15-9 a.m. Strengthen & Tone • SCE
 9 -10 a.m. Beginning Guitar Lessons • SCE

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Calendar of Events

9-11 a.m. **New** Hearing Aid Maintenance
 More information on page 3

9-11 a.m. **New** Hearing Screening
 More information on page 3

9 a.m.-Noon Train Dominoes

9:15-10:15 a.m. Soft Yoga • **SCE**

9:30-10:15 a.m. Limited Exercise

9:30 a.m.-12:30 a.m. Scrapbooking

10 - 11 a.m. Guitar Lessons • **SCE**

10:30-11:30 a.m. Limited Exercise

11:30 a.m.-Noon Lunch

11:45 a.m.-12:45 p.m. Tai Chi for Better
 Balance with Julie • **SCE**

12-4 p.m. Canasta

12-4 p.m. Chess • **SCE**

1-2 p.m. Line Dancing with Michelle • **SCE**

1-3:30 p.m. Painting

1-4 p.m. Pickleball Lessons

2:15-3:30 p.m. Clogging Class • **SCE**

Wednesday, August 23

8 a.m.- Noon Dominoes

8:15-9 a.m. Cardio Dance • **SCE**

8:15-9:15 a.m. Core Strength Yoga

9 a.m.-Noon Needle Crafting

9:15-10:15 a.m. Chair Yoga

9:30-10 a.m. Beginning Ukulele • **SCE**

10-11 a.m. Blood Pressure Checks

10-11:30 a.m. Line Dancing with Eugenia • **SCE**

10 a.m.-Noon Ukulele Jam • **SCE**

10 a.m.-Noon Abstract Painting

10 a.m.-3 p.m. Quilting

10:30-11:30 a.m. Limited Exercise

11:30 a.m.-Noon Lunch

12:15-1:15 p.m. Exercise 101

12:30 p.m.-Conclusion At the Movies • SCE

1-3 p.m. Drawing Class

1:30-3:00 p.m. Line Dancing with Barb • **SCE**

1-4 p.m. Mahjong • **SCE**

1:30-4 p.m. Pickleball Open Play

3:15-4 p.m. Zumba • **SCE**

Thursday, August 24

8 a.m.- Noon Dominoes

8:15-9 a.m. Strengthen & Tone • **SCE**

9 a.m.-Noon Train Dominoes

9:15-10:15 a.m. Power Yoga • **SCE**

9:30-10:15 a.m. Limited Exercise

9:30-11 a.m. Creative Card Making

9:30-11:30 a.m. Guitar Jam • **SCE**

9:30 a.m.-Noon Play Money Poker

10:30-11:30 a.m. 8 Dimensions of Wellness
“Preregistration required”
 More information on page 22

10:30-11:30 a.m. Limited Exercise

11:30 a.m.-Noon Lunch

12:15-3 p.m. Pickleball Open Play

12:30-2 p.m. **New** Creative Card Making
 More information on page 9

12:30-2:30 p.m. Happy Hookers - Crochet

12:30-4 p.m. Card Game of The Day

12:30-4 p.m. Party Bridge • **SCE**

1-2 p.m. Simply Faith Class

1-2:30 p.m. Fundamentals of Line Dancing
 with Michelle • **SCE**

3:00-4 p.m. Cardio Drumming • **SCE**

Friday, August 25

8 a.m.-Noon Dominoes

8:15-9 a.m. Cardio Drumming • **SCE**

9-10 a.m. Fitness Machine Orientation • SCE
 with Danny Stephens

9:15-10:15 a.m. Friday Fitness • **SCE**

9:30-10:30 a.m. Singing Group

10 a.m.-Noon Creative Writing

10:30-11:45 a.m. Line Dancing with Eugenia • **SCE**

10:30-11:30 a.m. Limited Exercise

11:30 a.m.-Noon Lunch

12-2 p.m. **New** Cornhole Tips and Tricks from Pro • **SCE**
 More information on page 18

Noon-4 p.m. Canasta

12:15-1:15 p.m. Exercise 101

1-2:30 p.m. Bingo

1-2:30 p.m. Parkinson’s Support Group • SCE

1-3 p.m. Individual Quilt Layout

1:30-4 p.m. Pickleball Open Play

3:15-4 p.m. Zumba • **SCE**

Monday, August 28

8 a.m.-Noon Dominoes

8 a.m.-Noon Party Bridge • **SCE**

8:15-9 a.m. Cardio Dance • **SCE**

9 a.m.-Noon Medicare Questions Answered

9:15-10:15 a.m. Yin Yoga • **SCE**

9:15 - 10:15 a.m. Drumming to Exercise

9:15-11 a.m. Crafting

9:30-11 a.m. Bible Study • **SCE**

10:00-11:30 a.m. Allfit BA Fitness Training • **SCE**
“Preregistration required”

10:30 - 11:15 a.m. Limited Exercise

11:30 a.m.-Noon Lunch

Noon-4 p.m. Canasta

12:15-1:15 p.m. Tai Chi for Better
 Balance with Vanessa • **SCE**

12:15 a.m.-4 p.m. Pickleball Open Play

1:30-3 p.m. Photography Group • **SCE**

1-2:30 p.m. Intermediate Tap Dancing

1:30-3:00 p.m. Line Dancing with Barb • **SCE**

Calendar of Events

2:45-3:30 p.m. Beginning Tap Dancing
 3:15-4 p.m. Zumba • SCE

Tuesday, August 29

8 a.m.-12 p.m. Dominoes
 8 a.m.-Noon. Party Bridge • SCE
 8:15-9 a.m. Strengthen & Tone • SCE
 9-10 a.m. Beginning Guitar Lessons • SCE
 9 a.m.-Noon Train Dominoes
 9:15-10:15 a.m. Soft Yoga • SCE
 9:30-10:15 a.m. Limited Exercise
 9:30 a.m.-12:30 a.m. Scrapbooking
 10 - 11 a.m. Guitar Lessons • SCE
 10:30-11:30 a.m. Limited Exercise
 11:30 a.m.-Noon Lunch
 11:45 a.m.-12:45 p.m. Tai Chi for Better
 Balance with Julie • SCE
 12-4 p.m. Canasta
 12-4 p.m. Chess • SCE
 1-2 p.m. Line Dancing with Michelle • SCE
 1-3:30 p.m. Painting
 1-4 p.m. Pickleball Lessons
 2:15-3:30 p.m. Clogging Class • SCE

Wednesday, August 30

8 a.m.-Noon Dominoes
 8:15-9 a.m. Cardio Dance • SCE
 8:15-9:15 a.m. Core Strength Yoga
 9 a.m.-Noon. Needle Crafting
 9:15-10:15 a.m. Chair Yoga
 9:30-10 a.m. Beginning Ukulele • SCE
 10-11 a.m. Blood Pressure Checks
 10 a.m.-Noon. Ukulele Jam • SCE
 10 a.m.-11:30 a.m. Line Dancing with Eugenia • SCE
 10 a.m.-Noon Abstract Painting
 10 a.m.-3 p.m. Quilting
 10:30-11:30 a.m. Limited Exercise
 11:30 a.m.-Noon. Lunch
 12:15-1:15 p.m. Exercise 101
 1-3 p.m. Drawing Class
 1-4 p.m. Mahjong • SCE
 1:30-3:00 p.m. Line Dancing with Barb • SCE
 1:30-4 p.m. Pickleball Open Play
 3:15-4 p.m. Zumba • SCE

Thursday, August 31

8 a.m.-Noon Dominoes
 8:15-9 a.m. Strengthen & Tone • SCE
 9 a.m.-Noon Train Dominoes
 9:15-10:15 a.m. Power Yoga • SCE
 9:30-10:15 a.m. Limited Exercise
 9:30-11 a.m. Creative Card Making
 9:30-11:30 a.m. Guitar Jam • SCE
 9:30 a.m.-Noon Play Money Poker
 10:30-11:30 a.m. Limited Exercise

11:30 a.m.-Noon Lunch
 12:15-3 p.m. Pickleball Open Play
 12:30-2 p.m. **New** Creative Card Making

More information on page 9

12:30-2:30 p.m. Happy Hookers - Crochet
 12:30-4 p.m. Card Game of The Day
 12:30-4 p.m. Party Bridge • SCE

1-2 p.m. Simply Faith Class

1-2:30 p.m. Fundamentals of Line Dancing
 with Michelle • SCE

2-3 p.m. **New** Caring for our Skin as We Age • SCE

More information on page 5

3:00-4 p.m. Cardio Drumming • SCE



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