

Calendar of Events

Regularly Scheduled Monday Activities

Monday	CLASSES	Time	BLDG	NOTES/Changes etc.
	Dominos	8 a.m.-12 p.m.		
	Party Bridge	8 a.m.-12 p.m.	SCE	
	Cardio Exercise	8:15-9 a.m.	SCE	
	Ping Pong/Pool for Fun	8 a.m.-4 p.m.		
	Shuffleboard	8 a.m.-4 p.m.		
	Medicare Questions Answered	9 a.m.-12 p.m.		
	Yin Yoga	9:15-10:15 a.m.	SCE	
	Crafting	9:30-12 p.m.		
	Drum to Exercise	9:15-10:15.		
	Bible Study	9:30-11 a.m.	SCE	
	Limited Exercise	10:30-11:30 a.m.		
	Lunch	11:30 a.m.-12 p.m.		
	Canasta	12-4 p.m.		
	Tai Chi for Better Balance - Vanessa	12:15-1:15 p.m.	SCE	
	Pickleball Open Play	12:15-4 p.m.		
	Intermediate Tap Dancing	1:00-2:30 p.m.		
	Experienced Mahjong Players	1:00-4 p.m.	SCE	
	Line Dancing with Barb	1:30-3 p.m.	SCE	
	Beginning Tap Dancing	2:45.-3:30 p.m.		
	Zumba	3:15-4 p.m.	SCE	

Other Scheduled Activities

Circle of Readers	10-11:30 a.m.		April 1 & 15
Photography Group	1:30-3:30 p.m.	SCE	April 15 & 29

Monday Special Events

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Medicare Questions?

Get the answers you need from a licensed local agent.
Rebecca Morton Insurance Agency, LLC
 3840 S. 103rd East Ave Suite 123, Tulsa, OK 74146
 Ph: 918-252-4280 Email: rebecca@rebeccamortonins.com



Not affiliated with or endorsed by the government or the federal Medicare program. Insurance-related solicitation

April 2024						
SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

Calendar of Events

Regularly Scheduled Tuesday Activities

Tuesday	CLASSES	Time	BLDG	NOTES/Changes etc.
	Dominos	8 a.m.-12 p.m.		
	Party Bridge	8 a.m.-12 p.m.	SCE	
	Strength & Tone	8:15-9 a.m.	SCE	
	Ping Pong/Pool for Fun	8-4 p.m.		
	Shuffleboard	8-4 p.m.		
	Train Dominos	9 a.m.-12 p.m.		
	Soft Yoga	9:15-10:15	SCE	
	Scrapbooking	9:30 a.m.-12 p.m.		
	Limited Exercise	9:30-10:30 a.m.		
	Guitar Lessons - Intermediate	10-11:30 a.m.	SCE	
	Limited Exercise	10:30-11:30 a.m.		
	Lunch	11:30 a.m.-12 p.m.		
	Tai Chi for Balance with Julie	11:45 a.m.-12:45	SCE	
	Canasta	12-4 p.m.		
	Chess	12-4 p.m.	SCE	
	Line Dancing with Michelle	1-2 p.m.	SCE	
	Beginning Guitar Lessons	1-2 p.m.		New Location! SCW Conference Room
	Painting	1-3:30 p.m.		
	Beginner Pickleball Play	12:30-2 p.m.		
	Pickleball Open Play	2-4 p.m.		
	Clogging Class	2:15-3:30 p.m.	SCE	

Other Scheduled Activities

Domino Tournament	9 a.m.-Conclusion		April 9, 2nd Tues.
Fitness Machine Orientation with PT	9-10 a.m.	SCE	April 9, 2nd Tues
Board of Directors	3:30 p.m. Conclusion	SCE	April 16, 3rd Tues.

Tuesday Special Events

Step Into Technology - Smartphone Basics	1-3 p.m.	SCE	April 2, More information on page 21
The Anatomy of a Scam Symposium	1-2 p.m.	SCE	April 23, More information on page 5
The Aging Voice and Swallowing	1-2 p.m.	SCE	April 30, More information on page 4



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Calendar of Events

Regularly Scheduled Wednesday Activities

Wednesday	CLASSES	Time	BLDG	NOTES/Changes etc.
	Dominos	8 a.m.-12 p.m.		
	Ping Pong/Pool for Fun	8-4 p.m.		
	Shuffleboard	8-4 p.m.		
	Cardio Exercise	8:15-9 a.m.	SCE	
	Core Strength Yoga	8:15-9 a.m.		
	S.E.A.T.	9-10 a.m.	SCE	
	Needle Crafting	9-11:30 a.m.		
	Chair Yoga	9:15-10:15 a.m.		
	Beginning Ukulele	9:30-10 a.m.	SCE	
	Blood Pressure Checks	10 -11 a.m.		
	Line Dancing with Eugenia	10 -11:30 a.m.	SCE	
	The Sound of Broken Arrow - Choir	10-11:30 a.m.		NEW, More information on page 4
	Abstract Painting	10 a.m.-12 p.m.		
	Ukulele Jam	10 a.m.-12 p.m.	SCE	
	Quilting	10 a.m.-3 p.m.		
	Limited Exercise	10:30-11:30 a.m.		
	Exercise 101	12:15-1:15 p.m.		
	Lunch	11:30-12:30 a.m.		
	Drawing Class	1-3 p.m.		
	Experienced Mahjong	1-4 p.m.	SCE	
	Line Dancing with Barb	1:30-3 p.m.	SCE	
	Pickleball Open Play	1:30-4 p.m.		
	Zumba	3:15-4 p.m.	SCE	

Other Scheduled Activities

At the Movies	12:30 to Conclusion		April 10 & 24 (2nd and 4th Wed.)
Bunco	12:30-2:30 p.m.		April 10 (2nd Wed.)
Let's Play Bingo	1-2:30 p.m.		April 3 (1st Wed.)
Be Well Read-Health & Wellness Book Club	10-11:30 a.m.	SCE	April 10, More information on page 19

Wednesday Special Events

Step Into Technology - Smartphone Basics	1-3 p.m.	SCE	April 3, More Information on page 21
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ABC Medicare.Help



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Medicare Made Simple

Your Needs come First with Cindy

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Calendar of Events

Regularly Scheduled Thursday Activities

Thursday	CLASSES	Time	BLDG	NOTES/Changes etc.
	Dominos	8 a.m.-12 p.m.		
	Ping Pong/Pool for Fun	8 a.m.-4 p.m.		
	Shuffleboard	8 a.m.-4 p.m.		
	Strength and Tone	8:15-9 a.m.	SCE	
	Train Dominos	9 a.m.-12 p.m.		
	Power Yoga	9:15-10:15 a.m.	SCE	
	Limited Exercise	9:30-10:15 a.m.		
	Creative Card Making	9:30-11 a.m.		
	Guitar Jam	9:30-11:30 a.m.	SCE	
	Play Money Poker	9:30 a.m.-12 p.m.		
	Limited Exercise	10:30-11:30 a.m.		
	Lunch	11:30 a.m.-12 p.m.		
	Party Bridge	11:45 a.m.-3 p.m.	SCE	
	Drum to Exercise	12:15-1 p.m.		Canceled April 4
	Creative Card Making	12:30-3 p.m.		
	Rural Remembrances	12:30-2:00 p.m.		
	Happy Hookers - Crochet	12:30-2:30 p.m.		
	Parkinsons Support Group	1-2:30 p.m.	SCE	
	Card Game of the Day	1-4 p.m.		
	Simply Faith	1-2 p.m.		
	Fundamentals of Line Dancing w/ Michelle	1-2:30 p.m.	SCE	
	Pickleball Open Play	1:15-4 p.m.		
	Cardio Drumming	3-4 p.m.	SCE	

Other Scheduled Activities

Pool Tournament	9 a.m.-Conclusion		April 18 (3rd Thurs.)
Poker Tournament	9:30 a.m.-12 p.m.		April 18 (3rd Thurs.)
Grief Healing Group	10-11:30 a.m.	SCE	April 18 (3rd Thurs.)
Third Thursday Thanks - Volunteer Event	3-4 p.m..	SCE	April 18 (3rd Thurs.)
Membership Advisory Committee	4 p.m.	SCE	April 4 (1st Thurs.)

Thursday Special Events

J. Pollock Abstract Painting Workshop	9:30-11:30 a.m.		April 18, More Information on page 21
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In April,
the Parkinson's Support Group
will be meeting
Thursday, April 25,
1-2:30 p.m. at SCE

April 2024						
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Calendar of Events

Regularly Scheduled Friday Activities

Friday	CLASSES	Time	BLDG	NOTES/Changes etc.
	Dominos	8 a.m.-12 p.m.		
	Ping Pong/Pool for Fun	8a.m.-4 p.m.		
	Cardio Drumming	8:15-9 a.m.	SCE	
	Friday Fitness	9:15-10:15 a.m.	SCE	
	S.E.A.T.	9:30-10:15 a.m.		NEW, More Information on page 21
	Singing Group	9:30-10:30 a.m.		
	Creative Writing	10 a.m.-12:30 p.m.		
	Limited Exercise	10:30-11:30 a.m.		The Center is closed April 26.
	Line Dancing with Eugenia	10:30-12:00 a.m.	SCE	Plan to attend the
	Shuffleboard	10:30 a.m.-4 p.m.		Senior Resource and Health Fair
	Lunch	11:30 a.m.-12 p.m.		Central Park Community Center
	Canasta	12-4 p.m.		1500 S Main Street
	Exercise 101	12:15-1:15 p.m.		9 a.m.-1:30 p.m.
	Cornhole	12:30-2:30 p.m.	SCE	
	Individual Quilt Layout	1-4 p.m.		
	Pickleball Open Play	1:30-4 p.m.		
	Zumba	3:15-4 p.m.	SCE	

Other Scheduled Activities

Alzheimers Support Group	10 a.m.-12 p.m.	SCE	April 5 & 19 (1st & 3rd Friday)
Bingo, Singo	1-2:30 p.m.		April 5 & 12 Singo April 19
Fitness Machine Orientation w/ Danny S	9-10 a.m.	SCE	Canceled April 26 (4th Friday)
Parkinsons Support Group	1-2:30 p.m.	SCE	In April - Thursday 4/25

Friday Special Events

32nd Annual Senior Resource & Health Fair	9 a.m.-1:30 p.m.		April 26, More information on cover
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Edward Jones[®]

Member SIPC

The economy making you uneasy?
Come talk to a person.



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April 2024

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