

Calendar of Events

Please note the following Center information.

Accommodations – If the activity you want to attend is held at the front of the 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/back entry.

Name tags – All members will be required to wear their name tag while engaged in activities at the Center. Name tags are available in the office. You must wear one for identification purposes while in the building.

Center hours – All activities Monday through Thursday will end by 4 p.m. The last activity on Friday will end by 3 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 & Creek County Senior Nutrition Program at 11:30 a.m. each day. Reservations are required and must be made the day before by 11 a.m. Please call 918-259-8377, extension 106. 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.

Friday, April 1

9-10:15 a.m. Friday Fitness
 9:30-10:30 a.m. Singing Group
 10 a.m.-noon Creative Writing
 10 a.m.-12:30 p.m. Individual Quilt Layout
 10 a.m.-noon Alzheimer's Support Group
 11:30-noon. Lunch
 Noon-3 p.m. Canasta

Monday, April 4

8:15-9 a.m. Zumba/Cardio Dance
 9:15-10:15 a.m. Yin Yoga
 9:30-11 a.m. Bible Study
 10-11 a.m. Circle Of Readers
 9:30 a.m.-noon. Crafting
 10:30 a.m.-noon Line Dancing With Eugenia
 11:30-noon. Lunch
 12:15-1:15 p.m. Tai Chi For Better Balance With Vanessa
 12:30-2:30 p.m. Card Game Of The Day
 1:30-2:30 p.m. Line Dancing With Barb
 2:45-3:30 p.m. Fundamentals Of Line Dancing
 2:45-3:45 p.m. Tap Dancing

Tuesday, April 5

8:15-9 a.m. Strengthen & Tone
 9 a.m.-noon Party Bridge
 9 a.m.-noon Train Dominoes
 9:15-10:15 a.m. Soft Yoga
 10-11 a.m. Beginning Guitar Lesson Workshop
 10 a.m.-1 p.m. Scrapbooking
 10:15-11:45 a.m. Improv
 10:30-11:30 a.m. Limited Exercise
 11:30-noon. Lunch
 11:45 a.m.-12:45 p.m. Tai Chi For Better Balance
 noon-3 p.m. Canasta
 1-2 p.m. Line Dancing With Michelle
 1-3:30 p.m. Painting

(Continued on page 10)

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MKT-5894M-A

Calendar of Events

Wednesday, April 6

8:15-9 a.m. Zumba/Cardio Dance
 9 a.m.-noon Needle Crafting
 9:15-10:15 a.m. Chair Yoga
 10 a.m.-noon Ukulele Jam
 10 a.m.-2 p.m. Quilting
 11:30-noon Lunch
 12:30-3 p.m. **New** Chess
 1-4 p.m. **New** Mahjong
 1:30-2:30 p.m. Line Dancing with Barb
 2:45-3:30 p.m. Fundamentals Of Line Dancing

Thursday, April 7

8:15-9 a.m. Strengthen & Tone
 9 a.m.-noon Train Dominoes
 9:15-10:15 a.m. Power Yoga
 9:30-10:30 a.m. Guitar Jam
 9:30-Noon Poker Tournament Practice
 10 a.m.-Noon Creative Card Making
 10:30-11:30 a.m. Limited Exercise
 11:30-noon Lunch
 12:30-2:30 p.m. Crochet For The Community
 12:30-3 p.m. Party Bridge
 1-2 p.m. Line Dancing With Michelle

Friday, April 8

9-10:15 a.m. Friday Fitness
 9:30-10:30 a.m. Singing Group
 10 a.m.-noon Creative Writing
 10 a.m.-12:30 p.m. Individual Quilt Layout
 11:30-noon Lunch
 Noon to Conclusion. Movie & Popcorn
 “Funny Face,” starring Audrey Hepburn
 and Fred Astaire, not rated
 Noon-3 p.m. Canasta

Monday, April 11

8:15-9 a.m. Zumba/Cardio Dance
 9:15-10:15 a.m. Yin Yoga
 9:30-11 a.m. Bible Study
 9:30 a.m.-noon Crafting
 10:30 a.m.-noon Line Dancing With Eugenia
 11:30-noon Lunch
 12:15-1:15 p.m. . Tai Chi For Better Balance With Vanessa
 12:30-2:30 p.m. Card Game Of The Day
 1-3 p.m. Jewelry Making
 1:30-2:30 p.m. Line Dancing With Barb
 1:30-3 p.m. Photography Group
 2:45-3:30 p.m. Fundamentals Of Line Dancing
 2:45-3:45 p.m. Tap Dancing

Tuesday, April 12

8:15-9 a.m. Strengthen & Tone
 9 a.m. Fitness Machine Training
 9 a.m.-noon Party Bridge
 9 a.m.-noon Train Dominoes
 9:15-10:15 a.m. Soft Yoga
 10-11 a.m. Beginning Guitar Lesson Workshop
 10 a.m.-1 p.m. Scrapbooking
 10:30-11:30 a.m. Limited Exercise
 11:30-noon Lunch
 11:45 a.m.-12:45 p.m. Tai Chi For Better Balance
 Noon-3 p.m. Canasta
 1-2 p.m. Line Dancing With Michelle
 1-3:30 p.m. Painting

Wednesday, April 13

8:15-9 a.m. Zumba/Cardio Dance
 9 a.m.-noon Needle Crafting
 9:15-10:15 a.m. Chair Yoga
 10 a.m.-noon Ukulele Jam
 10 a.m.-2 p.m. Quilting
 11:30-noon Lunch
 12:30-2:30 p.m. Bunco
 12:30-3 p.m. **New** Chess
 1-4 p.m. **New** Mahjong
 1:30-2:30 p.m. Line Dancing With Barb
 2:45-3:30 p.m. Fundamentals Of Line Dancing

Calendar of Events

Thursday, April 14

8:15-9 a.m.Strengthen & Tone
9 a.m.-noonTrain Dominoes
9:15-10:15 a.m.....Power Yoga
9:30-10:30 a.m.Guitar Jam
9:30-noonPoker Tournament Practice
10 a.m.-noonCreative Card Making
10:30-11:30 a.m.Limited Exercise
11:30-noon.....Lunch
12:30-2:30 p.m.Crochet For The Community
12:30-3 p.m.Party Bridge
1-2 p.m.Line Dancing With Michelle

Friday, April 15

**The Center will be closed in
observance of Good Friday**

Monday, April 18

8:15-9 a.m..... Zumba/Cardio Dance
9:15-10:15 a.m.....Yin Yoga
9:30-11 a.m.....Bible Study
10-11 a.m.Circle of Readers
9:30 a.m.-noon..... Crafting
10:30 a.m.-noonLine Dancing With Eugenia
11:30-noon.....Lunch
12:15-1:15 p.m..Tai Chi For Better Balance With Vanessa
12:30-2 p.m.... Medicare Savings Programs/Extra Help
More Information On Page 19
12:30-2:30 p.m.Card Game Of The Day
1:30-2:30 p.m.Line Dancing With Barb
2:45-3:30 p.m.Fundamentals Of Line Dancing
2:45-3:45 p.m.(Canceled).....Tap Dancing

Tuesday, April 19

8:15-9 a.m.Strengthen & Tone
9 a.m.-noonParty Bridge
9 a.m.-noonTrain Dominoes
9:15-10:15 a.m.....Soft Yoga
10-11 a.m.Beginning Guitar Lesson Workshop
10 a.m.-1 p.m.Scrapbooking
10:15-11:45 a.m.....Improv
10:30-11:30 a.m.Limited Exercise
11:30-noon.....Lunch
11:45 a.m.-12:45 p.m..... Tai Chi for Better Balance
Noon-3 p.m.Canasta
1-2 p.m.Line Dancing with Michelle
1-3:30 p.m.....Painting
3:30 p.m.-Conclusion..... Board of Directors

Wednesday, April 20

8:15-9 a.m..... Zumba/Cardio Dance
9 a.m.-noon Needle Crafting
9:15-10:15 a.m..... Chair Yoga
10 a.m.-noonUkulele Jam
10 a.m.-2 p.m.Quilting
11:30-noon.....Lunch
12:30-3 p.m. **New** Chess
1-4 p.m..... **New** Mahjong
1:30-2:30 p.m.Line Dancing With Barb
2:45-3:30 p.m.Fundamentals Of Line Dancing

Thursday, April 21

8:15-9 a.m.Strengthen & Tone
9 a.m.-Conclusion Pool Tournament
9 a.m.-noonTrain Dominoes
9:15-10:15 a.m.....Power Yoga
9:30-10:30 a.m.Guitar Jam
9:30-noonPoker Tournament Practice
10 a.m.-noonCreative Card Making
10:30-11:30 a.m.Limited Exercise
11:30-noon.....Lunch
12:30-2:30 p.m.Crochet For The Community
12:30-3 p.m.Party Bridge
1-2 p.m.Line Dancing With Michelle

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Calendar of Events

Friday, April 22

9-10:15 a.m. Friday Fitness
 9:30-10:30 a.m. Singing Group
 10 a.m.-noon Creative Writing
 10 a.m.-12:30 p.m. Individual Quilt Layout
 11:30-noon Lunch
 Noon-3 p.m. Canasta
 Noon-to Conclusion Movie & Popcorn
 "The Shootist," starring John Wayne
 and Lauren Bacall, rated PG

Wednesday, April 27

8:15-9 a.m. Zumba/Cardio Dance
 9 a.m.-noon Needle Crafting
 9:15-10:15 a.m. Chair Yoga
 10 a.m.-noon Ukulele Jam
 10 a.m.-2 p.m. Quilting
 11:30-noon Lunch
 12:30-3 p.m. **New** Chess
 1-4 p.m. **New** Mahjong
 1:30-2:30 p.m. Line Dancing With Barb
 2:45-3:30 p.m. Fundamentals Of Line Dancing

Monday, April 25

8:15-9 a.m. Zumba/Cardio Dance
 9:15-10:15 a.m. Yin Yoga
 9:30-11 a.m. Bible Study
 9:30 a.m.-noon Crafting
 10:30 a.m.-noon Line Dancing With Eugenia
 11:30-noon Lunch
 12:15-1:15 p.m. Tai Chi For Better Balance With Vanessa
 12:30-2:30 p.m. Card Game Of The Day
 1-3 p.m. Jewelry Making
 1:30-2:30 p.m. Line Dancing With Barb
 1:30-3 p.m. Photography Group
 2:45-3:30 p.m. Fundamentals Of Line Dancing
 2:45-3:45 p.m. Tap Dancing

Thursday, April 28

8:15-9 a.m. Strengthen & Tone
 9 a.m.-noon Train Dominoes
 9:15-10:15 a.m. Power Yoga
 9:30-10:30 a.m. Guitar Jam
 9:30-Noon Poker Tournament Practice
 10 a.m.-Noon Creative Card Making
 10:30-11:30 a.m. Limited Exercise
 11:30-noon Lunch
 12:30-2:30 p.m. Crochet For The Community
 12:30-3 p.m. Party Bridge
 1-2 p.m. Line Dancing With Michelle

Tuesday, April 26

8:15-9 a.m. Strengthen & Tone
 9 a.m.-noon Party Bridge
 9 a.m.-noon Train Dominoes
 9:15-10:15 a.m. Soft Yoga
 10-11 a.m. Beginning Guitar Lesson Workshop
 10 a.m.-1 p.m. Scrapbooking
 10:30-11:30 a.m. Limited Exercise
 11:30-noon Lunch
 11:45 a.m.-12:45 p.m. Tai Chi For Better Balance
 Noon-3 p.m. Canasta
 1-2 p.m. Line Dancing With Michelle
 1-3:30 p.m. Painting

Friday, April 29

2022 Senior Resource & Health Fair

9 a.m. to 1:30 p.m.

Central Park Community Center • 1500 S. Main St.

The Center is Closed – See you at the Senior Fair!



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