

# 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.

## Monday, May 1

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**  
 9:30 - 10:15 a.m. . . . . Drumming to Exercise • **SCW**  
 9:30-11 a.m. . . . . Bible Study • **SCE**  
 9:30 a.m.-Noon. . . . . Crafting  
 10-11 a.m. . . . . Circle of Readers  
 10 -11 a.m. . . . . Access the Library • **SCE**  
 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**  
 1-2:30 p.m. . . **Cancelled** . . . . Intermediate Tap Dancing  
 1:30-3:00 p.m. . . . . Line Dancing with Barb • **SCE**  
 12:15 a.m.-4 p.m. . . . . Pickleball Open Play • **SCW**  
 2-3 p.m. . . . . **New** . . . . Life Coach  
 More Information page on 10  
 2:45-3:30 p.m. **Cancelled** . . . . Beginning Tap Dancing

## Tuesday, May 2

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

## Wednesday, May 3

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. . . . **New** . . . . Beginning Ukulele  
 More Information page on 9  
 10 a.m.-Noon. . . . . Ukulele Jam  
 10 a.m.-11:30 a.m. . . . Line Dancing with Eugenia • **SCE**  
 10 a.m.-Noon . . . . . Abstract Painting  
 10 a.m. to 2 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  
 12:30-3 p.m. . . . . Chess • **SCE**  
 1-3 p.m. . . . . Drawing Class  
 1:30-3:00 p.m. **Cancelled** Line Dancing with Barb • **SCE**  
 1-4 p.m. . . . . Mahjong • **SCE**  
 1:30-4 p.m. . . . . Pickleball Open Play • **SCW**

# Calendar of Events

## Thursday, May 4

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  
 9:30-11:30 a.m. .... Guitar Jam • SCE  
 9:30 a.m.-Noon ..... Play Money Poker  
 9:30 a.m.-Noon ..... Creative Card Making  
 10:30-11:30 a.m. .... Limited Exercise  
 11:30 a.m.-Noon ..... Lunch  
 12:15-3 p.m. .... Pickleball Open Play  
 12:30-2:30 p.m. .... Happy Hookers - Crochet  
 12:30-4 p.m. .... Card Game of The Day  
 12:30-4 p.m. .... Party Bridge • SCE  
 1-2:30 p.m. .... Fundamentals of Line Dancing • SCE  
 1-2 p.m. .... Simply Faith Class  
 3:15-4 p.m. .... Cardio Drumming

## Friday, May 5

8 a.m.- Noon ..... Dominoes  
 8:15-9 a.m. .... Cardio Drumming  
 9:15 -10:15 a.m. .... Friday Fitness • SCE  
 9:30-10:30 a.m. .... Singing Group  
 8 a.m.-4 p.m. .... Dominoes  
 10 a.m.-Noon ..... Alzheimer's Support Group • SCE  
 10 a.m.-Noon ..... Creative Writing  
 9-10 a.m. .... Fitness Machine Orientation • SCE  
 1-3 p.m. .... Individual Quilt Layout  
 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  
 Noon-4 p.m. .... Canasta  
 12:15-1:15 p.m. .... Exercise 101  
 1-2:30 p.m. .... Bingo  
 1:30-4 p.m. .... Pickleball Open Play • SCW

## Monday, May 8

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  
 9:30 - 10:15 a.m. .... Drumming to Exercise • SCW  
 9:30 - 11 a.m. .... Bible Study • SCE  
 9:30 a.m.-Noon ..... Crafting  
 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  
 1-2:30 p.m. .... Intermediate Tap Dancing  
 1:30-3:00 p.m. .... Line Dancing with Barb • SCE  
 12:15 a.m.-4 p.m. .... Pickleball Open Play • SCW  
 2:45-3:30 p.m. .... Beginning Tap Dancing

## Tuesday, May 9

8 a.m.- Noon ..... Dominoes  
 8:15-9 a.m. .... Strengthen & Tone • SCE  
 9-10 a.m. .... Fitness Machine Orientation • SCE  
 9-10 a.m. .... Beginning Guitar Lessons • SCE  
 9 a.m to conclusion ..... Domino Tournament  
 8 a.m.-Noon ..... Party Bridge • 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 a.m. .... Senior Bachelorette Party Play  
 10:30 a.m. .... **New** More Information page on 18  
 10:30 a.m. .... **New** Senior Bachelorette Party Play  
 More Information page on 18  
 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  
 Noon 4 p.m. .... Canasta  
 1-2 p.m. .... Line Dancing with Michelle • SCE  
 1 to 2 p.m. .... African Violets-Learn How to Bloom  
 1-3:30 p.m. .... Painting  
 1-4 p.m. .... Pickleball Lessons • SCW  
 2:15-3:30 p.m. .... Clogging Class • SCE

## Wednesday, May 10

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. .... **New** Beginning Ukulele  
 More Information page on 9  
 10 a.m.-Noon ..... Ukulele Jam  
 10 a.m.-Noon ..... Abstract Painting  
 10 a.m.-2 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

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# Calendar of Events

12:15-1:15 p.m. . . . . Exercise 101  
 12:30-2:30 p.m. . . . . Bunco  
 12:30-3 p.m. . . . . Chess • **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 • **SCW**

## Thursday, May 11

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  
 9:30-11:30 a.m. . . . . Guitar Jam • **SCE**  
 9:30 a.m.-Noon . . . . . Play Money Poker  
 9:30 a.m.-Noon . . . . . Creative Card Making  
 10:30-11:30 a.m. . . . . Limited Exercise  
 11:30 a.m.-Noon . . . . . Lunch  
 12:15-3 p.m. . . . . Pickleball Open Play  
 12:30-2:30 p.m. . . . . Happy Hookers - Crochet  
 12:30-4 p.m. . . . . Card Game of The Day  
 12:30-4 p.m. . . . . Party Bridge • **SCE**  
 1-2:30 p.m. . . . . Fundamentals of Line Dancing • **SCE**  
 1-2 p.m. . . . . Simply Faith Class  
 3:15-4 p.m. . . . . Cardio Drumming

## Friday, May 12

8 a.m.- Noon . . . . . Dominoes  
 8:15-9 a.m. . . . . Cardio Drumming  
 9:15 -10:15 a.m. . . . . Friday Fitness • **SCE**  
 9:30-10:30 a.m. . . . . Singing Group  
 8 a.m.-4 p.m. . . . . Dominoes  
 10 a.m.-Noon . . . . . Creative Writing  
 9-10 a.m. . . . . Fitness Machine Orientation • **SCE**  
 1-2 p.m. . . . . **New** . . . . . Heart Attack Education  
 More Information page on 17  
 1-3 p.m. . . . . Individual Quilt Layout  
 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  
 Noon-4 p.m. . . . . Canasta  
 12:15-1:15 p.m. . . . . Exercise 101  
 1-2:30 p.m. . . . . Bingo  
 1:30-4 p.m. . . . . Pickleball Open Play • **SCW**  
 2-3 p.m. . . . . **New** . . . . . CPR Training  
 More Information on Page 17, Must pre-register

## Monday, May 15

8 a.m.- Noon . . . . . Dominoes  
 8:15-9 a.m. . . . . Cardio Dance • **SCE**  
 8 a.m.-Noon . . . . . Party Bridge • **SCE**  
 9:30-11 a.m. . . . . Bible Study • **SCE**  
 9 a.m.-Noon . . . . . Medicare Questions Answered  
 9:15-10:15 a.m. . . . . Yin Yoga • **SCE**

9:30 - 10:15 a.m. . . . . Drumming to Exercise • **SCW**  
 9:30 a.m.-Noon. . . . . Crafting  
 10:30 - 11:15 a.m. . . . . Limited Exercise  
 10-11 a.m. . . . . Circle of Readers  
 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**  
 1-2:30 p.m. . . . . Intermediate Tap Dancing  
 1:00-3:00 p.m. . . . . Line Dancing with Barb • **SCE**  
 12:15 a.m.-4 p.m. . . . . Pickleball Open Play • **SCW**  
 2-3 p.m. . . . . **New** . . . . . Life Coach  
 More Information page on 10  
 2:45-3:30 p.m. . . . . Beginning Tap Dancing

## Tuesday, May 16

8 a.m.- Noon . . . . . Dominoes  
 8:15-9 a.m. . . . . Strengthen & Tone • **SCE**  
 9 -10 a.m. . . . . Beginning Guitar Lessons • **SCE**  
 8 a.m.-Noon. . . . . Party Bridge • **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**  
 Noon 4 p.m. . . . . Canasta  
 1-2 p.m. . . . . Line Dancing with Michelle • **SCE**  
 1-3:30 p.m. . . . . Painting  
 1-4 p.m. . . . . Pickleball Lessons • **SCW**  
 2:15-3:30 p.m. . . . . Clogging Class • **SCE**  
 3:30 p.m.-Conclusion . . . . . Board of Directors

## Wednesday, May 17

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  
 9:30-10 a.m. . . . . **New** . . . . . Beginning Ukulele  
 More Information page on 9  
 10 a.m.-Noon. . . . . Ukulele Jam  
 10 a.m.-Noon . . . . . Abstract Painting  
 10 a.m.-2 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  
 Noon. . . . . SCORE Informational Mtg.  
 More Information on 22  
 12:15-1:15 p.m. . . . . Exercise 101  
 12:30-3 p.m. . . . . Chess • **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 • **SCW**

# Calendar of Events

## Thursday, May 18

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 a.m. – Conclusion ..... Pool Tournament  
 9:30-10:15 a.m. .... Limited Exercise  
 9:30-11:30 a.m. .... Guitar Jam • SCE  
 9:30 a.m.-Noon ..... Play Money Poker  
 9:30 a.m.-Noon ..... Creative Card Making  
 10:30-11:30 a.m. .... Limited Exercise  
 11:30 a.m.-Noon ..... Lunch  
 12:15-3 p.m. .... Pickleball Open Play  
 12:30-2:30 p.m. .... Happy Hookers - Crochet  
 12:30-4 p.m. .... Card Game of The Day  
 12:30-4 p.m. .... Party Bridge • SCE  
 1-2:30 p.m. .... Fundamentals of Line Dancing • SCE  
 1-2 p.m. .... Simply Faith Class  
 3:15-4 p.m. .... Cardio Drumming

9:15-10:15 a.m. .... Yin Yoga • SCE  
 9:30 - 10:15 a.m. .... Drumming to Exercise • SCW  
 9:30-11 a.m. .... Bible Study • SCE  
 9:30 a.m.-Noon. .... Crafting  
 10 a.m. .... Essential Oils  
 10:30 - 11:15 a.m. .... Limited Exercise  
 10-11 a.m. .... Circle of Readers  
 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  
 1-2:30 p.m. .... Intermediate Tap Dancing  
 1:30-3:00 p.m. .... Line Dancing with Barb • SCE  
 12:15 a.m.-4 p.m. .... Pickleball Open Play • SCW  
 2:45-3:30 p.m. .... Beginning Tap Dancing

## Friday, May 19

8 a.m.- Noon ..... Dominoes  
 8:15-9 a.m. .... Cardio Drumming  
 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  
 1-3 p.m. .... Individual Quilt Layout  
 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  
 Noon-4 p.m. .... Canasta  
 12:15-1:15 p.m. .... Exercise 101  
 1-2:30 p.m. .... Singo  
 1:30-4 p.m. .... Pickleball Open Play • SCW

## Tuesday, May 23

8 a.m.-4 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  
 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  
 Noon-4 p.m. .... Canasta  
 1-2 p.m. .... Line Dancing with Michelle • SCE  
 1-3:30 p.m. .... Painting  
 1-4 p.m. .... Pickleball Lessons • SCW  
 1:30 p.m. .... Essential Oils  
 2:15-3:30 p.m. .... Clogging Class • SCE

## Monday, May 22

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

*Solving your real estate concerns  
 is what we do.*

*It all starts with a conversation.*

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 Member BASC  
**918-200-6266**

# Calendar of Events

## Wednesday, May 24

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. .... **New** ..... Beginning Ukulele  
 More Information page on 9  
 10 a.m.-Noon. .... Ukulele Jam  
 10 a.m.-11:30 a.m. .... Line Dancing with Eugenia • **SCE**  
 10 a.m.-Noon ..... Abstract Painting  
 10 a.m. to 2 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  
 12:30-3 p.m. .... Chess • **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 • **SCW**

## Thursday, May 25

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  
 9:30-11:30 a.m. .... Guitar Jam • **SCE**  
 9:30 a.m.-Noon ..... Play Money Poker  
 9:30 a.m.-Noon ..... Creative Card Making  
 10:30-11:30 a.m. .... Limited Exercise  
 11:30 a.m.-Noon ..... Lunch  
 12:15-3 p.m. .... Pickleball Open Play  
 12:30-2:30 p.m. .... Happy Hookers - Crochet  
 10:30-11:30 a.m. .... Limited Exercise  
 11:30 a.m.-Noon ..... Lunch  
 12:15-3 p.m. .... Pickleball Open Play  
 12:30-2:30 p.m. .... Happy Hookers - Crochet  
 12:30-4 p.m. .... Card Game of the Day  
 12:30-4 p.m. .... Party Bridge • **SCE**  
 1-2:30 p.m. .... Fundamentals of Line Dancing • **SCE**  
 1-2 p.m. .... Simply Faith Class  
 3:15-4 p.m. .... Cardio Drumming

## Friday, May 26

8 a.m.- Noon ..... Dominoes  
 8:15-9 a.m. .... Cardio Drumming  
 9:15-10:15 a.m. .... Friday Fitness • **SCE**  
 9-10 a.m. .... Fitness Machine Orientation • **SCE**  
 9:30-10:30 a.m. .... Singing Group  
 10 a.m.-Noon ..... Creative Writing

1-3p.m. .... Individual Quilt Layout  
 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  
 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**  
 1:30-4 p.m. .... Pickleball Open Play • **SCW**

## Monday, May 29

**The Center will be closed  
 in observance of Memorial Day**

## Tuesday, May 30

8 a.m.-4 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  
 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**  
 Noon-4 p.m. .... Canasta  
 1-2 p.m. .... Line Dancing with Michelle • **SCE**  
 1-3:30 p.m. .... Painting  
 1-4 p.m. .... Pickleball Lessons • **SCW**  
 2:15-3:30 p.m. .... Clogging Class • **SCE**

## Wednesday, May 31

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. .... **New** ..... Beginning Ukulele  
 More Information page on 9  
 10 a.m.-Noon. .... Ukulele Jam  
 10 a.m.-Noon ..... Abstract Painting  
 10 a.m.-2 p.m. .... Quilting  
 10:00-11:30 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  
 12:30-3 p.m. .... Chess  
 1-3 p.m. .... Drawing Class  
 1:00-3:00 p.m. .... Line Dancing with Barb • **SCE**  
 1-4 p.m. .... Mahjong • **SCE**  
 1:30-4 p.m. .... Pickleball Open Play • **SCW**