

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.

Name tags - are available in the office of the West Building. You must wear one for identification purposes while in the building.

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, April 3

8 a.m.- Noon. Dominoes
 8:15-9 a.m. Cardio Dance • **SCE**
 8 a.m.-Noon Party Bridge • **SCE**
 9:15-10:15 a.m. Yin Yoga • **SCE**
 9:30 - 10:15 a.m. **New** Drumming to Exercise • **SCW**
 More Information on page 15
 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**
 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**
 Noon-4 p.m. Pickleball Open Play • **SCW**
 2:45-3:30 p.m. Beginning Tap Dancing

Tuesday, April 4

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**
 10-11:30 a.m. Live Your Best Life
 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, April 5

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 a.m.-3:30 p.m. AARP Tax Preparation • **SCE**
 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 (Activity Room 2) • **SCW**
 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, April 6

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**

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9:30-10:15 a.m. a.m. Limited Exercise
 9:30-11:30 a.m. Guitar Jam • SCE
 9:30 a.m.-Noon Poker Tournament Practice
 9:30 a.m.-Noon Creative Card Making
 10:30-11:30 a.m. Limited Exercise
 11:30 a.m.-Noon Lunch
 11:3-3 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 p.m. Fundamentals of Line Dancing • SCE
 1-2 p.m. Simply Faith Class
 3:15-4 p.m. Cardio Drumming

10 - 11 a.m. Guitar Lessons • SCE
 10-11:30 a.m. Live Your Best Life
 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
 More Information on page 2
 1-3:30 p.m. Painting
 1-4 p.m. Pickleball Lessons • SCW
 2:15-3:30 p.m. Clogging Class • SCE

Friday, April 7
The Senior Center will be closed in
Observance of Good Friday

Monday, April 10

8 a.m.- Noon Dominoes
 8:15-9 a.m. Cardio Dance • SCE
 8 a.m.-Noon Party Bridge • SCE
 9:15-10:15 a.m. Yin Yoga • SCE
 9:30 - 10:15 a.m. **New** Drumming to Exercise • SCW
 More Information on page 15
 9:30 - 11 a.m. Bible Study • SCE
 9:30 a.m.-Noon. Crafting
 10:30 - 11:15 a.m. **New** Limited Exercise
 More Information on page 3
 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 p.m. **New** A Family Story/Genealogy
 More Information on page 4
 1-2:30 p.m. Intermediate Tap Dancing
 1:30-3:00 p.m. Line Dancing with Barb • SCE
 Noon-4 p.m. Pickleball Open Play • SCW
 2:45-3:30 p.m. Beginning Tap Dancing

Tuesday, April 11

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 Tournamen
 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

Wednesday, April 12

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 a.m.-3:30 p.m. AARP Tax Preparation • SCE
 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
 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, April 13

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

Edward Jones

Member SIPC

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Calendar of Events

9:30-10:15 a.m. Limited Exercise
 9:30-11:30 a.m. Guitar Jam • SCE
 9:30 a.m.-Noon Poker Tournament Practice
 9:30 a.m.-Noon Creative Card Making
 10:30-11:30 a.m. Limited Exercise
 11:30 a.m.-Noon Lunch
 11:30-3 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 p.m. Fundamentals of Line Dancing • SCE
 1-2 p.m. Simply Faith Class
 3:15-4 p.m. Cardio Drumming

Friday, April 14

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
 10 a.m.-12:30 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, April 17

8 a.m.- Noon Dominoes
 8:15-9 a.m. Cardio Dance • SCE
 8 a.m.-Noon Party Bridge • SCE
 9:15-10:15 a.m. Yin Yoga • SCE
 9:30 - 10:15 a.m. **New** Drumming to Exercise • SCW
 More Information on page 15
 9:30-11 a.m. Bible Study • SCE
 9:30 a.m.-Noon. Crafting
 10:30 - 11:15 a.m. Limited Exercise
 More Information on page 3
 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. **Cancelled** Intermediate Tap Dancing
 1 p.m. **New** Damsel in Defense
 More Information on page 5
 1:00-3:00 p.m. Line Dancing with Barb • SCE
 Noon-4 p.m. Pickleball Open Play • SCW
 2:45-3:30 p.m. **Cancelled** Beginning Tap Dancing

Tuesday, April 18

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
 10-11:30 a.m. Live Your Best Life
 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, April 19

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
 10 a.m.-Noon. Ukulele Jam
 10 a.m.-Noon Abstract Painting
 10 a.m.-2 p.m. Quilting Activity Room 2 • SCW
 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. **New** SCORE Informational Mtg.
 More Information on 4
 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, April 20

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 Poker Tournament Practice
 9:30 a.m.-Noon Creative Card Making
 10:30-11:30 a.m. Limited Exercise
 11:30 a.m.-Noon Lunch
 11:30-3 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 p.m. Fundamentals of Line Dancing • SCE
 1-2 p.m. Simply Faith Class

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12:30-4 p.m. Party Bridge • SCE
 1-2 p.m. Fundamentals of Line Dancing • SCE
 1-2 p.m. Simply Faith Class
 3:15-4 p.m. Cardio Drumming

Friday, April 21

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
 10 a.m.-12:30 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
 12:30 p.m. - 2:30. Singo
 1:30-4 p.m. Pickleball Open Play • SCW

Monday, April 24

8 a.m.- Noon. Dominoes
 8:15-9 a.m. Cardio Dance • SCE
 8 a.m.-Noon Party Bridge • SCE
 9:15-10:15 a.m. Yin Yoga • SCE
 9:30 - 10:15 a.m. **New** ... Drumming to Exercise • SCW
 More Information on page 15
 9:30-11 a.m. Bible Study • SCE
 9:30 a.m.-Noon. Crafting
 10 a.m. **New** Essential Oils
 More Information on page 3
 10:30 - 11:15 a.m. **New** Limited Exercise
 More Information on page 3
 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
 Noon-4 p.m. Pickleball Open Play • SCW
 2:45-3:30 p.m. Beginning Tap Dancing

Tuesday, April 25

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
 10-11:30 a.m. Live Your Best Life
 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. **New** Essential Oils
 More Information on page 3
 2:15-3:30 p.m. Clogging Class • SCE

Wednesday, April 26

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
 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 Activity Room 2 of • SCW
 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. **Cancelled** 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

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Calendar of Events

Thursday, April 27

8 a.m.- NoonDominoes
8:15-9 a.m. Strengthen & Tone • **SCE**
9 a.m.-NoonTrain 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.-NoonPoker Tournament Practice
9:30 a.m.-Noon Creative Card Making
10:30-11:30 a.m.Limited Exercise
11:30 a.m.-Noon Lunch
Noon-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
11:30-3 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 p.m.Fundamentals of Line Dancing • **SCE**
1-2 p.m. Simply Faith Class
3:15-4 p.m.Cardio Drumming

Friday, April 28

The Senior Center will be closed.
Please join us at the Senior Fair
9:00 a.m. to 1:30 p.m.
Central Park Community Center
1500 South Main Street