

# Calendar of Events

## Regularly Scheduled Monday Activities

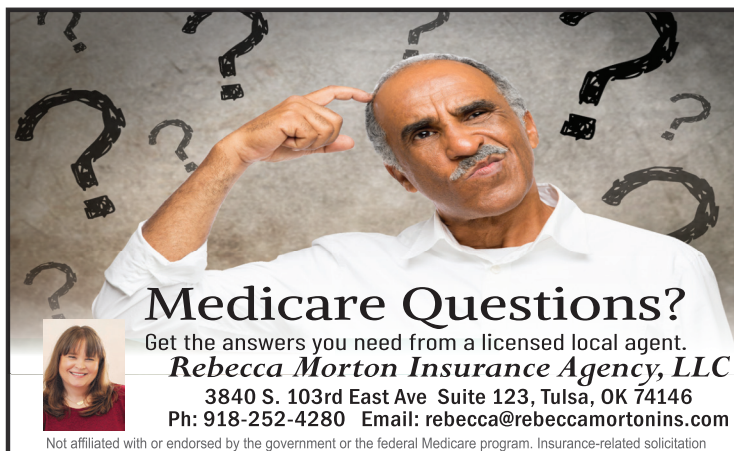
Monday	CLASSES	Time	BLDG	NOTES/Changes etc.
	Dominos	8 a.m.-12		
	Party Bridge	8 a.m.-12	SCE	
	Cardio Exercise	8:15-9 a.m	SCE	
	Ping Pong/Pool for Fun	8 a.m.-4 p.m		
	Shuffleboard	8 a.m.-4 p.m		
	Medicare Questions Answered	9 a.m.-12 p.m.		
	Yin Yoga	9:15-10:15 a.m.	SCE	
	Crafting	9:30-Noon		
	Drum to Exercise	9:15-10:15		
	Bible Study	9:30-11 a.m.	SCE	
	Limited Exercise	10:30-11:30 a.m.		
	<b>Lunch</b>	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.		Canceled March 25
	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.		March 4 & 18
Photography Group	1:30-3:30 p.m.	SCE	March 25 Only - Canceled March 11

## Monday Special Events

New BA Transportation Option-Micro Transit	1-2 p.m.	SCE	March 11, More Information on Page 7
Women's Pickleball Tournament	12:30-4 p.m.		March 25, Sign up at SCW



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

March 2024						
SUN	MON	TUE	WED	THU	FRI	SAT
					1	2
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24	25	26	27	28	29	30
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# 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.		
	Beginning Guitar Lessons	9-10 a.m.	SCE	
	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	10-11:30 a.m.	SCE	
	Limited Exercise	10:30-11:30 a.m.		
	<b>Lunch</b>	11:30 a.m.-12 p.m.		
	Tai Chi for Balance with Julie	11:45 a.m.-12:45 p.m.	SCE	
	Canasta	12-4 p.m.		
	Chess	12-4 p.m.	SCE	
	Line Dancing with Michelle	1-2 p.m.	SCE	
	Painting	1-3:30 p.m.		
	Pickleball Lessons	1-4 p.m.		
	Clogging Class	2:15-3:30p.m.	SCE	

## Other Scheduled Activities

Domino Tournament	9 a.m.-Conclusion		March 12, 2nd Tues.
Fitness Machine Orientation with PT	9-10 a.m.	SCE	March 12, 2nd Tues
Board of Directors	3:30 p.m. Conclusion	SCE	March 19, 3rd Tues.

## Tuesday Special Events

Dementia - Guiding Difficult Conversations	1-2 p.m.	SCE	March 19, More information on page 5
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# Calendar of Events

## Regularly Scheduled Wednesday Activities

Wednesday	CLASSES	Time	BLDG	NOTES/Changes etc.
	Dominos	8 a.m.-12		
	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.		
	Needle Crafting	9-11:30 a.m.		
	S.E.A.T.	9-10 a.m.	SCE	
	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	
	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	12:15-1:15p.m.		
	<b>Lunch</b>	11:30 a.m.-12 p.m.		
	Drawing Class	1-3 p.m.		
	Beginning 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	SCE	March 13 & 27 (2nd and 4th Wed.)
Bunco	12:30-2:30 p.m.		March 13 (2nd Wed.)
Let's Play Bingo	1-2:30 p.m.		March 6 (1st Wed.)
Be Well Read-Health & Wellness Book Club	10-11:30 a.m.	SCE	March 13 More information on page 9

## Wednesday Special Events

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Cindy Sansone

Licensed Agent  
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Tulsa, OK 74135  
**(918) 906-3535**

cindy.ssansone@farmersagency.com

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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.		
	Guitar Jam	9:30-11:30 a.m.	SCE	
	Creative Card Making	9:30-11 a.m.		
	Play Money Poker	9:30 a.m.-12 p.m.		
	Limited Exercise	10:30-11:30 a.m.		
	<b>Lunch</b>	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.		
	Creative Card Making	12:30-2 p.m.		
	<b>Rural Remembrances</b>	<b>12:30-2:00 p.m.</b>		
	Happy Hookers - Crochet	12:30-2:30 p.m.		
	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		March 21 (3rd Thurs.)
Poker Tournament	9:30 a.m.-12 p.m.		March 21 (3rd Thurs.)
Grief Healing Group	10-11:30 a.m.	SCE	March 21(3rd Thurs.)
Third Thursday Thanks - Volunteer Event	10-11 a.m.	SCE	March 21(3rd Thurs.)
Membership Advisory Committee		SCE	March 7 (1st Thurs.) Info on Page 7

## Thursday Special Events

Occupational Therapy Session - Connors State	8:30-10:30 a.m.		March 14 More Information on Page 3
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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 <b>Drumming</b>	8:15-9 a.m.	SCE	The Center is closed March 29
	Friday Fitness	9:15-10:15 a.m.	SCE	in honor of Good Friday
	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.		Canceled March 8
	Line Dancing with Eugenia	10:30-12:00 a.m.	SCE	
	Shuffleboard	10:30 a.m.-4 p.m.		
	<b>Lunch</b>	11:30 a.m.-12 p.m.		
	Canasta	12-4 p.m.		
	Exercise 101	12:15-1:15 p.m.		Canceled March 8
	Cornhole	12:30-2:30 p.m.	SCE	
	Individual Quilt Layout	1-4 p.m.		
	Pickleball Open Play	1:30-4 p.m.		Canceled March 8
	Zumba	3:15-4 p.m.	SCE	

## Other Scheduled Activities

Alzheimers Support Group	10 a.m.-12 p.m.	SCE	March, 1 & 15(1st & 3rd Friday)
Bingo only in March	1-2:30 p.m.		March 1, 8, 15, & 22
Fitness Machine Orientation w/ Danny S	9-10 a.m.	SCE	March 22 (4th Friday)
Parkinsons Support Group	1-2:30 p.m.	SCE	March 22 (4th Friday)

## Friday Special Events

Craft Fair	10 a.m. - 2 p.m.		March 8, More information on cover
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## Edward Jones<sup>®</sup>

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