

# 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, July 3

8 a.m.- Noon ..... Dominoes  
 8:15-9 a.m. ... **Cancelled** ..... 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  
 10:00-Noon. .... Allfit BA Fitness Training • **SCE**  
 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**  
 1-2:30 p.m. ... **Cancelled** ..... Intermediate Tap Dancing  
 1:30-3:00 p.m. **Cancelled** ..... Line Dancing with Barb • **SCE**  
 12:15 a.m.4 p.m. .... Pickleball Open Play  
 1:30-2:30 p.m. .... Life Coach • **SCE**  
 2:45-3:30 p.m. .... **Cancelled** Beginning Tap Dancing

## Tuesday, July 4

Closed in observance of the July 4 holiday.

## Wednesday, July 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 - 10 a.m. .... Beginning Ukulele • **SCE**  
 10-11 a.m. .... Blood Pressure Checks  
 10 a.m.-Noon. .... Ukulele Jam • **SCE**  
 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  
 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

## Thursday, July 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**  
 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  
 3:00-4 p.m. .... Cardio Drumming • **SCE**

# Calendar of Events

## Friday, July 7

8 a.m.- Noon ..... Dominoes  
 8:15-9 a.m. .... Cardio Drumming • SCE  
 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  
 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

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  
 12-4 p.m. .... Canasta  
 12-4 p.m. .... Chess • SCE  
 1-2 p.m. .... Line Dancing with Michelle • SCE  
 1-3:30 p.m. .... Painting  
 1-4 p.m. .... Pickleball Lessons  
 2:15-3:30 p.m. .... Clogging Class • SCE

## Monday, July 10

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  
 10:30 - 11:15 a.m. .... Limited Exercise  
 10:00-Noon. .... Allfit BA Fitness Training • SCE  
 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  
 1:30-3 p.m. .... Photography Group • 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  
 2-3 p.m. .... **New** ..... 8 Dimensions of Wellness  
 "Pre-registration required. More information on page 17"  
 2:45-3:30 p.m. .... Beginning Tap Dancing  
 3:15-4 p.m. .... **New** ..... Zumba  
 More Information on page 16

## Wednesday, July 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  
 9:30-10 a.m. .... Beginning Ukulele • SCE  
 10-11 a.m. .... Blood Pressure Checks  
 10 a.m.-Noon. .... Ukulele Jam • SCE  
 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  
 12:30 p.m. .... **New** ..... At the Movies  
 More Information on page 20  
 12:15-1:15 p.m. .... Exercise 101  
**12:30-2:30 p.m. .... Bunco**  
 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  
 3:15-4 p.m. .... **New** ..... Zumba  
 More Information on page 16

## Tuesday, July 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 Tournament**  
 8 a.m.-Noon. .... Party Bridge • SCE  
 9 a.m.-Noon ..... Train Dominoes

**Edward Jones**

Member SIPC

### Happy Independence Day



**Brad Buxton, AAMS™**

Financial Advisor

1145 S Aspen Ave  
 Broken Arrow, OK 74012  
 918-258-6932

MKT-5894N-A

> [edwardjones.com](http://edwardjones.com)

# Calendar of Events

## Thursday, July 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**  
 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  
 2-3 p.m. .... **New** ..... 8 Dimensions of Wellness  
 “Pre-registration required. More information on page 17”  
 3:00-4 p.m. .... Cardio Drumming • **SCE**

9:30 a.m.-Noon. .... Crafting  
 10:30 - 11:15 a.m ..... Limited Exercise  
 10:00-Noon. .... Allfit BA Fitness Training • **SCE**  
 More information on page  
 11:30-1:30 a.m.-Noon. .... Lunch  
 Noon-4 p.m. .... Canasta  
 12:15-1:15 p.m. .... Tai Chi for Better  
 Balance with Vanessa • **SCE**  
 1:00 -2:00 p.m. **New** .....Senior Living– Evaluating Options  
 More information on page 23  
 1:00-2:30 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  
 1:30-2:30 p.m. .... Life Coach  
 2:45-3:30 p.m. .... Beginning Tap Dancing  
 2-3 p.m. .... **New** ..... 8 Dimensions of Wellness  
 “Pre-registration required. More information on page 17”  
 3:15-4 p.m. .... **New** ..... Zumba  
 More Information on page16

## Friday, July 14

8 a.m.- Noon ..... Dominoes  
 8:15-9 a.m. .... Cardio Drumming • **SCE**  
 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  
 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  
 3:15-4 p.m. .... **New** ..... Zumba  
 More Information on page16

## Tuesday, July 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**  
 10:30-11:30 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**  
 12-4 p.m. .... Canasta  
 12-4 p.m. .... Chess • **SCE**  
 1-2 p.m. .... Line Dancing with Michelle • **SCE**  
 1-2 p.m. .... **New** .....How to Spot a Scam  
 More Information on page 18  
 1-3:30 p.m. .... Painting  
 1-4 p.m. .... Pickleball Lessons  
 2:15-3:30 p.m. .... Clogging Class • **SCE**  
**3:30 p.m.-Conclusion** ..... **Board of Directors**

## Monday, July 17

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**

## Wednesday, July 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  
 9:30-10 a.m. .... Beginning Ukulele • **SCE**  
 10-11 a.m. .... Blood Pressure Checks  
 10 a.m.-Noon. .... Ukulele Jam • **SCE**  
 10 a.m.-Noon ..... Abstract Painting  
 10 a.m.-2 p.m. .... Quilting

# Calendar of Events

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  
 1-2 p.m. .... SCORE Informational Mtg.  
 12:15-1:15 p.m. .... Exercise 101  
 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  
 3:15-4 p.m. .... **New** Zumba  
 More Information on page16

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  
 3:15-4 p.m. .... **New** Zumba  
 More Information on page16

## Thursday, July 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  
 9:30 a.m.-Noon .... Creative Card Making  
 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  
 2-3 p.m. .... **New** 8 Dimensions of Wellness  
 “Pre-registration required. More information on page 17”  
 3:00-4 p.m. .... Cardio Drumming • SCE

## Monday, July 24

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  
 10-11 a.m. .... Circle of Readers  
 10:00-Noon. .... Allfit BA Fitness Training • SCE  
 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  
 1:30-3 p.m. .... Photography Group • 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  
 2-3 p.m. .... **New** 8 Dimensions of Wellness  
 “Pre-registration required. More information on page 17”  
 2:45-3:30 p.m. .... Beginning Tap Dancing  
 3:15-4 p.m. .... **New** Zumba  
 More Information on page16

## Friday, July 21

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

**Our Sale-Leaseback program may be the solution to your real estate needs.**

*It all starts with a conversation.*



**Trisha Jorgensen**  
 Member BASC  
**918-200-6266**

# Calendar of Events

## Tuesday, July 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  
 10:30-11:30 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**  
 12-4 p.m. . . . . Canasta  
 12-4 p.m. . . . . Chess • **SCE**  
 1-2 p.m. . . . . Line Dancing with Michelle • **SCE**  
 1-2 p.m. . . . . **New** Abuse Later in Life  
 More Information on page 23  
 1-3:30 p.m. . . . . Painting  
 1-4 p.m. . . . . Pickleball Lessons  
 2:15-3:30 p.m. . . . . Clogging Class • **SCE**

## Wednesday, July 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  
 9:30-10 a.m. . . . . Beginning Ukulele • **SCE**  
 10-11 a.m. . . . . Blood Pressure Checks  
 10 a.m.-Noon. . . . . Ukulele Jam • **SCE**  
 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  
 12:30 p.m. . . . . **New** At the Movies  
 More Information on page 20  
 12:15-1:15 p.m. . . . . Exercise 101  
 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  
 3:15-4 p.m. . . . . **New** Zumba  
 More Information on page 16

## Thursday, July 27

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

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  
 2-3 p.m. . . . . **New** 8 Dimensions of Wellness  
 "Pre-registration required. More information on page 17"  
 3:00-4 p.m. . . . . Cardio Drumming • **SCE**

## Friday, July 28

8 a.m.- Noon . . . . . Dominoes  
 8:15-9 a.m. . . . . Cardio Drumming • **SCE**  
 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  
 12-4 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  
 3:15-4 p.m. . . . . **New** Zumba  
 More Information on page 16

## Monday, July 31

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  
 10:00-Noon. . . . . Allfit BA Fitness Training • **SCE**  
 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**  
 1:30-3 p.m. . . . . Photography Group • **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  
 2:45-3:30 p.m. . . . . Beginning Tap Dancing  
 3:15-4 p.m. . . . . **New** Zumba  
 More Information on page 16