

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 918-269-8377, 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.

Wednesday, February 1

8 a.m.-4 p.m. 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. **New** AARP Tax Preparation • SCE
 More Information on page 15
 10 a.m.-Noon. Ukulele Jam
 10 a.m.-2 p.m. Quilting
 10:30-11:30 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. **Canceled** Exercise 101
 12:30-3 p.m. Chess
 1-3 p.m. **New** Drawing Class
 More Information on page 3
 1-4 p.m. Mahjong • SCE
 1:30-2:30 p.m. Line Dancing with Barb • SCE
 1:30-4 p.m. Pickleball Open Play • SCW

Thursday, February 2

8 a.m.-4 p.m. 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
 9:30-10:30 a.m. Guitar Jam • SCE
 9:30 a.m.-Noon Poker Tournament Practice
 9:30 a.m.-Noon Creative Card Making
 10 a.m.-Noon Abstract Painting
 10:30-11:30 a.m. Limited Exercise

10 a.m.-Noon **New** Abstract Painting
 10:30-11:30 a.m. Limited Exercise
 11:30 a.m.-Noon Lunch
 Noon-3 p.m. Pickleball Open Play
 More Information on pages 7&8
 12:30-2:30 p.m. Happy Hookers - Crochet
 12:30-4 p.m. Card Game of the Day
 12:30-4 p.m. **New** 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
 More Information on pages 4&5

Friday, February 3

8 a.m.-4 p.m. Dominoes
 8:15-9 a.m. Cardio Drumming
 More Information on pages 4&5
 9-10:15 a.m. **New** 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
 10:30-11:30 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

Calendar of Events

Monday, February 6

8 a.m.-4 p.m. Dominoes
 8:15-9 a.m. Cardio Dance • **SCE**
 8 a.m.-Noon Party Bridge • **SCE**
 9 a.m.-12:30 p.m. Medicare Questions Answered
 9:15-10:15 a.m. Yin Yoga • **SCE**
 9:30-11 a.m. Bible Study • **SCE**
 9:30 a.m.-Noon. Crafting
 10-11 a.m. Circle of Readers
 11:30 a.m.-Noon. Lunch
 12:15-1:15 p.m. Tai Chi for Better
 Balance with Vanessa • **SCE**
 1-2:30 p.m. Intermediate Tap Dancing
 1-4 p.m. Pickleball Open Play • **SCW**
 1:30-2:30 p.m. Line Dancing with Barb • **SCE**
 2:45-3:30 p.m. Beginning Tap Dancing
 More Information on page 3

Tuesday, February 7

8 a.m.-4 p.m. Dominoes
 8:15-9 a.m. Strengthen & Tone • **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 a.m. Scrapbooking
 10-11:30 a.m. Beginning Guitar Lessons • **SCE**
 10-11:30 a.m. **New** Live Your Best Life
 More Information on page 3
 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, February 8

8 a.m.-4 p.m. 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**
New More Information on page 15
 10 a.m.-Noon. Ukulele Jam
 10 a.m.-2 p.m. Quilting
 10:30-11:30 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
 1-3 p.m. **New** Drawing Class
 More Information on page 3
 1-4 p.m. Mahjong • **SCE**
 1:30-2:30 p.m. Line Dancing with Barb • **SCE**
 1:30-4 p.m. Pickleball Open Play • **SCW**

Thursday, February 9

8 a.m.-4 p.m. 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
 9:30-10:30 a.m. Guitar Jam • **SCE**
 9:30 a.m.-Noon Poker Tournament Practice
 9:30 a.m.-Noon Creative Card Making
 10 a.m.-Noon Abstract Painting
 10:30-11:30 a.m. Limited Exercise
 11:30 a.m.-Noon Lunch
 Noon-3 p.m. **New** Pickleball Open Play
 More Information on pages 7&8
 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. **New** Cardio Drumming
 More information on pages 4&5

Friday, February 10

8 a.m.-4 p.m. Dominoes
 8:15-9 a.m. **New** Cardio Drumming
 More Information on pages 4&5
 9-10:15 a.m. **Canceled** Friday Fitness • **SCE**
 9:30-10:30 a.m. Singing Group
 8 a.m.-4 p.m. Dominoes
 9:30-11:30 a.m. **New** Occupational Therapy Students
 More Information on page 9
 10 a.m.-Noon Creative Writing
 10 a.m.-12:30 p.m. Individual Quilt Layout
 10:30-11:30 **Canceled** Line Dancing with Eugenia • **SCE**
 10:30-11:30 a.m. Limited Exercise
 11:30 a.m.-Noon Lunch
 Noon-4 p.m. Canasta
 Noon to Conclusion At the Movies
 "The Bourne Identity"
 12:15-1:15 p.m. Exercise 101
 1-2:30 p.m. Bingo
 1:30-4 p.m. Pickleball Open Play • **SCW**

Monday, February 13

8 a.m.-4 p.m. Dominoes
 8:15-9 a.m. Cardio Dance • **SCE**
 8 a.m.-Noon Party Bridge • **SCE**

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9 a.m.-12:30 p.m. Medicare Questions Answered
 9:15-10:15 a.m. Yin Yoga • **SCE**
 9:30-11 a.m. Bible Study • **SCE**
 9:30 a.m.-Noon. Crafting
 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
 1-4 p.m. Pickleball Open Play • **SCW**
 1:30-2:30 p.m. Line Dancing with Barb • **SCE**
 2:45-3:30 p.m. **New** Beginning Tap Dancing
 More Information on page 3

Tuesday, February 14

8 a.m.-4 p.m. Dominoes
 8:15-9 a.m. Strengthen & Tone • **SCE**
 9 a.m. Fitness Machine Orientation • **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
 10-11:30 a.m. Beginning Guitar Lessons • **SCE**
 10-11:30 a.m. **New** Live Your Best Life
 More Information on page 3
 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, February 15

8 a.m.-4 p.m. 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. **New** Chair Yoga
 9:30 a.m.-3:30 p.m. **New** AARP Tax Preparation • **SCE**
 More Information on page 15
 10 a.m.-Noon. Ukulele Jam
 10 a.m.-2 p.m. Quilting
 10:30-11:30 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. **Canceled** Exercise 101
 12:30-3 p.m. Chess
 1-3 p.m. **New** Drawing Class
 More Information on page 3
 1-4 p.m. Mahjong • **SCE**
 1:30-4 p.m. Pickleball Open Play • **SCW**
 1:30-2:30 p.m. Line Dancing with Barb • **SCE**

Thursday, February 16

8 a.m.-4 p.m. Dominoes
 8:15-9 a.m. Strengthen & Tone • **SCE**
 9 a.m.-Conclusion Pool Tournament
 9 a.m.-Noon Train Dominoes
 9:15-10:15 a.m. Power Yoga • **SCE**
 9:30-10:15 a.m. Limited Exercise
 9:30-10:30 a.m. Guitar Jam • **SCE**
 9:30 a.m.-Noon Poker Tournament Practice
 9:30 a.m.-Noon Creative Card Making
 10 a.m.-Noon Abstract Painting
 10:30-11:30 a.m. Limited Exercise
 11:30 a.m.-Noon Lunch
 Noon-3 p.m. **New** Pickleball Open Play
 More Information on pages 7&8
 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. **New** Cardio Drumming
 More Information on pages 4&5

Friday, February 17

8 a.m.-4 p.m. Dominoes
 8:15-9 a.m. **New** Cardio Drumming
 More information on pages 4&5
 9-10:15 a.m. **Canceled** Friday Fitness • **SCE**
 9:30-10:30 a.m. Singing Group
 9:30-11:30 a.m. **New** Occupational Therapy Students
 More Information on page ??
 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
 10:30-11:30 **Canceled** 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. **Canceled** Exercise 101
 12:30 p.m. **Canceled** Singo
 1:30-4 p.m. **Canceled** Pickleball Open Play • **SCW**
 6-7 p.m. **New** Community Bunco Bash
 More information on cover

Center will be closed,
 Monday, February 20 in
 observance of President's Day.

Tuesday, February 21

8 a.m.-4 p.m. Dominoes
 8:15-9 a.m. Strengthen & Tone • **SCE**
 8 a.m.-Noon. Party Bridge • **SCE**
 9 a.m.-Noon Train Dominoes

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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
 10-11:30 a.m. Beginning Guitar Lessons • **SCE**
 10-11:30 a.m. **New** Live Your Best Life
 More Information on page zz
 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, February 22

8 a.m.-4 p.m. 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. **New** AARP Tax Preparation • **SCE**
 More Information on page 15
 10 a.m.-Noon. Ukulele Jam
 10 a.m.-2 p.m. Quilting
 10:30-11:30 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. **New** Drawing Class
 More Information on page 3
 1-4 p.m. Mahjong • **SCE**
 1:30-2:30 p.m. Line Dancing with Barb • **SCE**
 1:30-4 p.m. Pickleball Open Play • **SCW**

Thursday, February 23

8 a.m.-4 p.m. 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
 9:30-10:30 a.m. Guitar Jam • **SCE**
 9:30 a.m.-Noon Poker Tournament Practice
 9:30 a.m.-Noon Creative Card Making
 10 a.m.-Noon Abstract Painting
 10:30-11:30 a.m. Limited Exercise
 11:30 a.m.-Noon Lunch
 Noon-3 p.m. **New** Pickleball Open Play
 More Information on pages 7&8
 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. **New** Cardio Drumming
 More information on pages 4&5

Friday, February 24

8 a.m.-4 p.m. Dominoes
 8:15-9 a.m. **New** Cardio Drumming
 More information on pages 4&5
 9-10 a.m. Fitness Machine Orientation • **SCE**
 9-10:15 a.m. Friday Fitness • **SCE**
 9:30-10:30 a.m. Singing Group
 10 a.m.-Noon Creative Writing
 10 a.m.-12:30 p.m. Individual Quilt Layout
 10:30-11:30 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
 Noon-Conclusion At the Movies
 "The Bourne Supremacy"
 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, February 27

8:15-9 a.m. Cardio Dance • **SCE**
 8 a.m.-Noon Party Bridge • **SCE**
 9 a.m.-12:30 p.m. Medicare Questions Answered
 9:15-10:15 a.m. Yin Yoga • **SCE**
 9:30-11 a.m. Bible Study • **SCE**
 9:30 a.m.-Noon. Crafting
 11:30 a.m.-Noon. Lunch
 12:15-1:15 p.m. Tai Chi for Better
 Balance with Vanessa • **SCE**
 1-2:30 p.m. Intermediate Tap Dancing
 1-4 p.m. Pickleball Open Play • **SCW**
 1:30-2:30 p.m. Line Dancing with Barb • **SCE**
 2:45-3:30 p.m. **New** Beginning Tap Dancing
 More Information on page 3

Tuesday, February 28

8 a.m.-4 p.m. Dominoes
 8:15-9 a.m. Strengthen & Tone • **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 a.m. Scrapbooking
 10-11:30 a.m. Beginning Guitar Lessons • **SCE**
 10-11:30 a.m. **New** Live Your Best Life
 More Information on page 3
 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**
 1-4 p.m. Pickleball Lessons • **SCW**
 1-3:30 p.m. Painting
 2:15-3:30 p.m. Clogging Class • **SCE**