

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	The Center is closed January 1
	Ping Pong/Pool for Fun	8 a.m.-4 p.m		Happy New Year
	Shuffleboard	8 a.m.-4 p.m		
	Medicare Questions Answered	9 a.m.-12 p.m.		The Center is closed January 15
	Yin Yoga	9:15-10:15 a.m.	SCE	in honor of
	Crafting	9:30-Noon		Martin L:uther King, Jr. Day
	Drum to Exercise	9:15-10:15		
	Bible Study	9:30-11 a.m.	SCE	
	Limited Exercise	10:30-11:30 a.m.		
	Lunch	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 Jan., 22
	Intermediate Tap Dancing	1:00-2:30 p.m.		Canceled Jan., 8, 22, 2
	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		Canceled Jan., 8, 22, 29
	Zumba	3:15-4 p.m	SCE	

Other Scheduled Activities

Circle of Readers	10-11:30 a.m.		Jan., 8 & 22
Photography Group	1:30-3:30 p.m.	SCE	Jan., 8 & 22 (2nd & 4th Monday)

Monday Special Events

Pickleball Tournament	12:30 – 4 p.m.	Jan., 22	
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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

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JANUARY 2024						
SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
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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	
	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 a.m.	SCE	
	Limited Exercise	10:30-11:30 a.m.		
	Ping Pong/Pool for Fun	8 a.m.-4 p.m.		
	Lunch	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		Jan., 9, 2nd Tues.
Fitness Machine Orientation with PT	9-10 a.m.	SCE	Jan., 9, 2nd Tues
Board of Directors	3:30 p.m. Conclusion	SCE	Jan., 16, 3rd Tues.

Tuesday Special Events

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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	Canceled Jan., 3
	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	Canceled Jan., 3
	Quilting	10 a.m.-3 p.m.		
	Limited Exercise	10:30-11:30 a.m.		
	Exercise 101	12:15-1:15p.m.		
	Lunch	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	Jan., 10 & 24 (2nd and 4th Wed.)
Bunco	12:30-2:30 p.m.		Jan., 10 (2nd Wednesday)
Let's Play Bingo	1-2:30 p.m.		Jan., 3 (1st Wednesday)
Be Well Read-Health & Wellness Book Club	10-11:30 a.m.	SCE	Jan., 17

Wednesday Special Events

Aging Smart Panel Discussion	1-2 p.m.	SCE	Jan., 31 (More info on Pg 2)
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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.		
	Lunch	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.		
	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		Jan., 18 (3rd Thurs.)
Poker Tournament	9:30 a.m.-12 p.m.		Jan., 18 (3rd Thurs.)
Grief Healing Group	10-11:30 a.m.	SCE	Jan., 18 (3rd Thurs.)
Third Thursday Thanks - Volunteer Event	10-11 a.m.	SCE	Jan., 18

Thursday Special Events

Balanced Keep It That Way (workshop)	1-2:30 p.m.	SCE	Jan., 25 (More information on page 2)
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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 Drumming	8:15-9 a.m.	SCE	
	Friday Fitness	9:15-10:15 a.m.	SCE	
	Singing Group	9:30-10:30 a.m.		
	Creative Writing	10 a.m.-12 p.m.		
	Limited Exercise	10:30-11:30 a.m.		
	Line Dancing with Eugenia	10:30-11:45 a.m.	SCE	
	Shuffleboard	10:30 a.m.-4 p.m.		
	Lunch	11:30 a.m.-12 p.m.		
	Canasta	12-4 p.m.		
	Exercise 101	12:15-1:15 p.m.		
	Cornhole	12:30-2:30 p.m.	SCE	
	Individual Quilt Layout	1-3 p.m.		
	Pickleball Open Play	1:30-4 p.m.		
	Zumba	3:15-4 p.m.	SCE	

Other Scheduled Activities

Alzheimers Support Group	10 a.m.-12 p.m.	SCE	Jan., 5 & 19 (1st & 3rd Friday)
Bingo, Singo	1-2:30 p.m.		Bingo, Jan., 5, 12 & 26 Singo, Jan., 19
Fitness Machine Orientation w/ Danny S	9-10 a.m.	SCE	Jan., 26(4th Friday)
Parkinsons Support Group	1-2:30 p.m.	SCE	Jan., 26(4th Friday)

Friday Special Events

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Brad Buxton, AAMS
Financial Advisor
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Broken Arrow, OK 74012
918-258-6932

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JANUARY 2024

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