

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 December 25 Merry Christmas!
	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.		
	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.		
	Intermediate Tap Dancing	1:00-2:30 p.m.		Class canceled Dec. 11 & 18
	Experienced Mahjong Players	1:00-4 p.m.	SCE	
	Line Dancing with Barb	1:30-3 p.m.	SCE	Class canceled Dec. 11
	Beginning Tap Dancing	2:45.-3:30 p.m		Class canceled Dec. 11 & 18
	Zumba	3:15-4 p.m	SCE	

Other Scheduled Activities

Circle of Readers	10-11:30 a.m.		Dec., 4 & 18
Photography Group	1:30-3:30 p.m.	SCE	Dec. 11 (2nd & 4th Monday)

Monday Special Events

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My Grateful Heart

732 W. New Orleans, Suite 116 Broken Arrow, OK 74011

Senior Mondays

Booth Discounts for Seniors 55+

10:00am-6:00pm

Antiques-Gifts-Handmade-New Collectibles-Furniture

DECEMBER 2023						
SUN	MON	TUE	WED	THU	FRI	SAT
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10	11	12	13	14	15	16
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24	25	26	27	28	29	30
31						

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	
	Pool Instructions	9-11 a.m.		Last instruction day - Dec. 19
	Train Dominos	9 a.m.-12 p.m.		
	Soft Yoga	9:15-10:15	SCE	
	Scrapbooking	9:30 a.m.-12:30 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	11 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	Canceled Dec. 26
	Painting	1-3:30 p.m.		
	Pickleball Lessons	1-4 p.m.		
	Clogging Class	2:15-3:30p.m.	SCE	Canceled Dec. 26

Other Scheduled Activities

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

Tuesday Special Events

Medicare Assistance Program-MAP Part D	12:30-3 p.m.	SCE	Tues, Dec. 5
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31						

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.		
	Music Theory 101	8:45-9:30 a.m.	SCE	Canceled - Returning Feb/Mar
	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.		
	Lunch	11:30 a.m.-12 p.m.		
	Drawing Class	1-3 p.m.		Canceled Dec. 6, 13, 20 & 27
	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	Dec. 27 only (2nd and 4th Wed.)
Bunco	12:30-2:30 p.m.		Dec. 13 (2nd Wednesday)
Let's Play Bingo	1-2:30 p.m.		Dec. 6 (1st Wednesday)

Wednesday Special Events

"Holiday Blues" - Navigating Grief	1-2 p.m.	SCE	Dec. 13 (More info on Pg 4)
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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	11:30 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	12:30-4 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		Dec. 21 (3rd Thurs.)
Poker Tournament	9:30 a.m.-12 p.m.		Dec. 21 (3rd Thurs.)
Grief Healing Group	10-11 a.m.	SCE	Dec 21 (3rd Thurs.)
Third Thursday Thanks - Volunteer Event	10-11 a.m.	SCE	Canceled Dec. 21 See You in January

Thursday Special Events

Medicare Fair	12:30-3:30 p.m.	SCE	Dec, 7
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(918) 625-1783 Cell

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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.		
	Friday Fitness	9:15-10:15 a.m.	SCE	
	Singing Group	9:30-10:30 a.m.		The Center is closed December 22
	Creative Writing	10 a.m.-12 p.m.		Merry Christmas!
	Limited Exercise	10:30-11:30 a.m.		Canceled Dec. 8
	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.		Canceled Dec. 8
	Cornhole	12:30-2:30 p.m.	SCE	
	Individual Quilt Layout	1-3 p.m.		
	Pickleball Open Play	1:30-4 p.m.		Canceled Dec. 8
	Zumba	3:15-4 p.m.	SCE	

Other Scheduled Activities

Alzheimers Support Group	10 a.m.-12 p.m.	SCE	Dec. 1 & 15 (1st & 3rd Friday)
Bingo, Singo	1-2:30 p.m.		Bingo, Dec. 1 & 29 Singo, Dec. 15
Fitness Machine Orientation w/ Danny S	9-10 a.m.	SCE	Canceled Dec 22 (4th Friday)
Parkinsons Support Group	1-2:30 p.m.	SCE	Dec. 15

Friday Special Events

Annual Membership Meeting	1 p.m. - Conclusion	SCE	Dec. 1
“Jingle, Mingle & a Little Bit of Kringle”	1-3 p.m.		Dec. 8

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DECEMBER 2023

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