

Calendar of Events

Regularly Scheduled Monday Activities

Monday	CLASSES	Time	BLDG	NOTES/Changes etc.
	Dominos	8 a.m.-12 p.m.		
	Party Bridge	8 a.m.-12 p.m.	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.		
	Yin Yoga	9 a.m.-12 p.m.		The Center will be closed on Monday, May 27 in observance of Memorial Day
	Crafting	9:30-12 p.m.		
	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 May 13
	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.		May 6 & 20
Photography Group	1:30-3:30 p.m.	SCE	May 13 only 2nd & 4th Mondays

Monday Special Events

Abstract Art Workshop for Beginners	1:30-3 p.m.		May 6, 13 & 20, More information on page 17
Men's Pickleball Tournament	12:15-4 p.m.		May 13,

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May 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	21	22	23	24	25
6	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	
	Ping Pong/Pool for Fun	8-4 p.m.		
	Shuffleboard	8-4 p.m.		
	Train Dominos	9 a.m.-12 p.m.		
	Soft Yoga	9:15-10:15 a.m.	SCE	
	Scrapbooking	9:30 a.m.-12 p.m.		
	Limited Exercise	9:30-10:30 a.m.		
	Guitar Lessons - Intermediate	10-11:30 a.m.	SCE	
	Limited Exercise	10:30-11:30 a.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	
	Beginning Guitar Lessons	1-2 p.m.		
	Painting	1-3:30 p.m.		
	Beginner Pickleball Play	12:30-2 p.m.		
	Pickleball Open Play	2-4 p.m.		
	Clogging Class	2:15-3:30 p.m.	SCE	

Other Scheduled Activities

Domino Tournament	9 a.m.-Conclusion		May 14, 2nd Tues.
Fitness Machine Orientation with PT	9-10 a.m.	SCE	May 14, 2nd Tues.
Board of Directors	3:30 p.m. Conclusion	SCE	May 21, 3rd Tues.

Tuesday Special Events

Coffee with Christi	8:30-10:30 a.m.		May 14, More information on page 25
Coffee with Christi	8:45-10:45 a.m.	SCE	May 21, More information on page 25
Triad Vision Screening	10-11:30 a.m.		May 14, More information on page 23
Mind/Body Connection	1- 2 p.m.	SCE	May 7, More information on page 21

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Calendar of Events

Regularly Scheduled Wednesday Activities

Wednesday	CLASSES	Time	BLDG	NOTES/Changes etc.
	Dominos	8 a.m.-12 p.m.		
	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.		
	S.E.A.T.	9-10 a.m.	SCE	
	Needle Crafting	9-11:30 a.m.		
	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	
	The Sound of Broken Arrow - Choir	10-11:30 a.m.		NEW in April, More information on page 30
	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.		
	Lunch	11:30-12:30 a.m.		
	Exercise 101	12:15-1:15 p.m.		
	Drawing Class	1-3 p.m.		
	Experienced 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		May 8 & 22 (2nd and 4th Wed.)
Bunco	12:30-2:30 p.m.		May 8 (2nd Wed.)
Let's Play Bingo	1-2:30 p.m.		May 1 (1st Wed.)
Be Well Read-Health & Wellness Book Club	10-11:30 a.m.	SCE	May 15, More information on page 8

Wednesday Special Events

Anxiety - When Worry Gets Out of Control	1-2 p.m.	SCE	May 8, More information on page 27
Heart Health - Exercise Physiology	12:30-1:30 p.m.	SCE	May 15, More information on page 19

The Quilting Group meets each Wednesday to make items helping others in our community! They would gladly accept the following donations to support their efforts:

- Cotton fabric, batting, sewing items including sewing machines.
- Long arm quilting frame.
- Donating time to complete quilt tops using a long arm
- quilting machine or a donation fo that type of machine.

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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.		
	Creative Card Making	9:30-11 a.m.		
	Guitar Jam	9:30-11:30 a.m.	SCE	
	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	12:15-1:00 p.m.		
	Creative Card Making	12:30-3 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		May 16 (3rd Thurs.)
Poker Tournament	9:30 a.m.-12 p.m.		May 16 (3rd Thurs.)
Grief Healing Group	10-11:30 a.m.	SCE	May 16 (3rd Thurs.)
Membership Advisory Committee	4 p.m.	SCE	May 2 (1st Thurs.)

Thursday Special Events

Hands-Only CPR Training	10:30 a.m.-12:30	SCE	May 30, More Information on page 18
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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	Canceled May 3
	Friday Fitness	9:15-10:15 a.m.	SCE	Canceled May 3
	S.E.A.T.	9:30-10:15 a.m.		
	Singing Group	9:30-10:30 a.m.		
	Creative Writing	10 a.m.-12:30 p.m.		
	Individual Quilt Layout	10 a.m.-2 p.m.		
	Limited Exercise	10:30-11:30 a.m.		
	Line Dancing with Eugenia	10:30-12:00 p.m.	SCE	Canceled May 3
	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	Canceled May 3
	Bingo, Singo	1-2:30 p.m.		Bingo May 3,10,24, & 31 Singo May 17
	Pickleball Open Play	1:30-4 p.m.		
	Zumba	3:15-4 p.m.	SCE	Canceled May 3

Other Scheduled Activities

Fitness Machine Orientation w/ Danny S	9-10 a.m.	SCE	May 24 (4th Friday)
Alzheimers Support Group	10 a.m.-12 p.m.	SCE	May 3 & 17 (1st & 3rd Friday)
Parkinsons Support Group	1-2:30 p.m.	SCE	May 24 (4th Friday)

Friday Special Events

BA Community Challenge Blood Drive	11 a.m.-5 p.m.	SCE	May 3 More information on page 25
Cornhole Tournament	12:30-2:30 p.m.	SCE	May 31 More information on page 29

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