

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.

First - Monday, October 2

8 a.m.-12 p.m. Dominoes
 8 a.m.-12 p.m. Party Bridge • **SCE**
 8 a.m.-4 p.m. **New** Shuffleboard
 More Information on page 20
 8 a.m.-4 p.m. **New** Ping Pong/Pool for Fun
 More Information on page 20
 8:15-9 a.m. Cardio Exercise • **SCE**
 9 a.m.-12 p.m.. . . . Medicare Questions Answered
 9:15-10:15 a.m. Yin Yoga • **SCE**
 9:15-10:15 a.m. Drumming to Exercise
 9:15-11 a.m. Crafting
 9:30-11 a.m. Bible Study • **SCE**
 10-11:30 a.m. Circle of Readers
 10:30-11:30 a.m. **Cancelled** Limited Exercise
 11:30 a.m.-12 p.m. Lunch
 12-4 p.m. Canasta
 12:15-1:15 p.m. **Cancelled** Tai Chi for Better Balance
 with Vanessa • **SCE**
 12:15-4 p.m. Pickleball Open Play
 1-2:30 p.m. Intermediate Tap Dancing
 1-4 p.m. Experienced Mahjong Players • **SCE**
 1:30-3:00 p.m. Line Dancing with Barb • **SCE**
 2:45-3:30 p.m. Beginning Tap Dancing
 3:15-4 p.m. Zumba • **SCE**

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8:15-9 a.m. Strengthen & Tone • **SCE**
 9-10 a.m. Beginning Guitar Lessons • **SCE**
 9-11 a.m. Pool Instruction by Mr. Keith Costigan
 9 a.m.-12 p.m.. . . . Train Dominoes
 9:15-10:15 a.m. Soft Yoga • **SCE**
 9:30-10:30 a.m. Limited Exercise
 9:30 a.m.-12:30 a.m. Scrapbooking
 10-11:30 a.m. a.m. Guitar Lessons • **SCE**
 10:30-11:30 a.m. Limited Exercise
 11:30 a.m.-12 p.m.. Lunch
 11 a.m.-4 p.m. **New** Ping Pong/Pool for Fun
 More Information on page 20
 11:45 a.m.-12:45 p.m. **Cancelled** 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**

First - Tuesday, October 3

8 a.m.-12 p.m. Dominoes
 8 a.m.-12 p.m. Party Bridge • **SCE**
 8 a.m.-4 p.m. **New** Shuffleboard

First - Wednesday, October 4

8 a.m.-12 p.m. Dominoes
 8 a.m.-4 p.m. **New** Shuffleboard
 More Information on page 20
 8 a.m.-4 p.m. **New** Ping Pong/Pool for Fun
 More Information on page 20
 8:15-9 a.m. Cardio Exercise • **SCE**
 8:15-9:00 a.m. Core Strength Yoga
 8:45-9:30 a.m. **New** Music Therapy 101 • **SCE**
 More Information on page 23

Calendar of Events

9-11:30 a.m. Needle Crafting
9:15-10 a.m. New **S.E.A.T. • SCE**
 More Information on page 5
 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.-11:30 a.m. Line Dancing with Eugenia • SCE
 10 a.m.-12 p.m. Abstract Painting
 10 a.m.-12 p.m. Ukulele Jam • SCE
 10 a.m. to 3 p.m. Quilting
 10:30-11:30 a.m. Limited Exercise
 11:30 a.m.-12 p.m. Lunch
 12:15-1:15 p.m. Exercise 101
 1-3 p.m. Drawing Class
 1-4 p.m. Beginning Mahjong • SCE
 1:30-3:00 p.m. Line Dancing with Barb • SCE
 1:30-4 p.m. Pickleball Open Play
 3:15-4 p.m. Zumba • SCE

First - Thursday, October 5

8-10 a.m. New Medicare Fair
 More Information on Front page
 8 a.m.-12 p.m. Dominoes
8 a.m.-4p.m. New Shuffleboard
 More Information on page 20?
8 a.m.-4 p.m. New Ping Pong/Pool for Fun
 More Information on page 20
 8:15-9 a.m. Strengthen & Tone • SCE
 9 a.m.-12 p.m. Train Dominoes
 9:15-10:15 a.m. Power Yoga • SCE
 9:30-10:30 a.m. Limited Exercise
 9:30-11 a.m. Creative Card Making
 9:30-11:30 a.m. Guitar Jam • SCE
 9:30 a.m.- 12 p.m. Play Money Poker
 10:30-11:30 a.m. Limited Exercise
 11:30 a.m.- 12 p.m. Lunch
 11:30-3 p.m. Party Bridge • SCE
 12:15-1 p.m. Drumming to Exercise
 12:30-2 p.m. Creative Card Making
 12:30-2:30 p.m. Happy Hookers - Crochet
 12:30-4 p.m. Card Game of The Day
 1-2 p.m. Simply Faith Class
 1-2:30 p.m. Fundamentals of Line Dancing
 with Michelle • SCE
 1:15-4 p.m. Pickleball Open Play
 3-4 p.m. Cardio Drumming • SCE

First - Friday, October 6

8 a.m.-12 p.m. Dominoes
8 a.m.-4p.m. New Shuffleboard
 More Information on page 20
8 a.m.-4 p.m. New Ping Pong/Pool for Fun
 More Information on page 20
 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
 10 a.m.-12 p.m. Alzheimer's Support Group • SCE
 10 a.m.-12 p.m. Creative Writing
 10:30-11:30 a.m. Limited Exercise
 10:30-11:45 a.m. Line Dancing with Eugenia • SCE
 11:30 a.m.-12 p.m. Lunch
 12-4 p.m. Canasta
 12:15-1:15 p.m. Exercise 101
12:30-2:30 p.m. New Cornhole • SCE
 More Information on page 19
 1-2:30 p.m. Bingo
 1-3 p.m. Individual Quilt Layout
 1:30-4 p.m. Pickleball Open Play
 3:15-4 p.m. Zumba • SCE

Second - Monday, October 9

8 a.m.-12 p.m. Dominoes
 8 a.m.-12 p.m. Party Bridge • SCE
8 a.m.-4p.m. New Shuffleboard
 More Information on page 20
8 a.m.-4 p.m. New Ping Pong/Pool for Fun
 More Information on page 20
 8:15-9 a.m. Cardio Exercise • SCE
 9 a.m.-12 p.m. Medicare Questions Answered
 9:15-10:15 a.m. Yin Yoga • SCE
 9:15-10:15 a.m. Drumming to Exercise
 9:15-11 a.m. Crafting

Edward Jones

Member SIPC

Concerned about interest rates? Let's talk.



Brad Buxton, AAMS™

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Calendar of Events

9:30-11 a.m. Bible Study • **SCE**
 10:30-11:30 a.m. Limited Exercise
 11:30 a.m.-12 p.m. . . **Cancelled** Lunch
 12-4 p.m. Canasta
 12:15-1:15 p.m. Tai Chi for Better Balance
 with Vanessa • **SCE**
Cancelled
 12:15-4 p.m. Pickleball Open Play
 1:00-2:30 p.m. Intermediate Tap Dancing
 1-4 p.m. Experienced Mahjong Players • **SCE**
 1:30-3:00 p.m. Line Dancing with Barb • **SCE**
 1:30-3:30 p.m. Photography Group • **SCE**
 2:45-3:30 p.m. Beginning Tap Dancing
 3:15-4 p.m. Zumba • **SCE**

Second - Tuesday, October 10

8 a.m.-12 p.m. Dominoes
 8 a.m.-12 p.m. Party Bridge • **SCE**
 8 a.m.-4p.m. **New** Shuffleboard
 More Information on page 20
 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
 9-11 a.m. Pool Instruction by Mr. Keith Costigan
 9 a.m.-12 p.m. Train Dominoes
 9:15-10:15 a.m. Soft Yoga • **SCE**
 9:30-10:30 a.m. Limited Exercise
 9:30 a.m.-12:30 p.m. Scrapbooking
 10-11:30 a.m. a.m. Guitar Lessons • **SCE**
 10:30-11:30 a.m. Limited Exercise
 11 a.m.-4 p.m. **New** Ping Pong/Pool for Fun
 More Information on page 20
 11:30 a.m.-12 p.m. 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**

Second - Wednesday, October 11

8 a.m.-12 p.m. Dominoes
 8 a.m.-4p.m. **New** Shuffleboard
 More Information on page 20
 8 a.m.-4 p.m. **New** Ping Pong/Pool for Fun
 More Information on page 20
 8:15-9 a.m. Core Strength Yoga
 8:15-9 a.m. Cardio Exercise • **SCE**

8:45-9:30 a.m. **New** Music Theroy 101 • **SCE**
 More Information on page 23
 9-11:30 a.m. Needle Crafting
 9:15-10 a.m. **New** S.E.A.T. • **SCE**
 More Information on page 5
 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.-12 p.m. Ukulele Jam • **SCE**
 10 a.m.-12 p.m. Abstract Painting
 10 a.m.-3 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.-12 p.m. Lunch
 12:30 p.m.-Conclusion At the Movies • **SCE**
 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. Beginning Mahjong • **SCE**
 1:30-4 p.m. Pickleball Open Play
 3:15-4 p.m. Zumba • **SCE**

Second - Thursday, October 12

8-10 a.m. **New** Medicare Fair
 More Information on Front page
 8 a.m.-12 p.m. Dominoes
 8 a.m.-4p.m. **New** Shuffleboard
 More Information on page 20
 8 a.m.-4 p.m. **New** Ping Pong/Pool for Fun
 More Information on page 20
 8:15-9 a.m. Strengthen & Tone • **SCE**
 9 a.m.-12 p.m. Train Dominoes
 9:15-10:15 a.m. Power Yoga • **SCE**
 9:30-10:30 a.m. Limited Exercise
 9:30-11 a.m. Creative Card Making
 9:30-11:30 a.m. Guitar Jam • **SCE**
 9:30 a.m.-12 p.m. Play Money Poker
 10:30-11:30 a.m. Limited Exercise
 11:30 a.m.-12 p.m. Lunch
 11:30-3 p.m. Party Bridge • **SCE**
 12:15-1 p.m. Drumming to Exercise
 12:30-2 p.m. Creative Card Making
 12:30-2:30 p.m. Happy Hookers - Crochet
 12:30-4 p.m. Card Game of The Day
 1-2 p.m. Simply Faith Class
 1-2:30 p.m. Fundamentals of Line Dancing
 with Michelle • **SCE**
 1:15-4 p.m. Pickleball Open Play
 3:00-4 p.m. Cardio Drumming • **SCE**
 4-7 p.m. **New** The Great Ladle Throwdown • **SCE**
 More information on page 23

Calendar of Events

Second - Friday, October 13

8 a.m.-12 p.m. Dominoes
8 a.m.-4p.m.... New Shuffleboard
More Information on page 20
8 a.m.-4 p.m. ... New Ping Pong/Pool for Fun
More Information on page 20
 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
 10 a.m.-12 p.m. Creative Writing
 10:30-11:30 a.m. Limited Exercise
 10:30-11:45 a.m. Line Dancing with Eugenia • **SCE**
 11:30 a.m.-12 p.m. Lunch
 12-4 p.m. Canasta
 12:15-1:15 p.m. Exercise 101
12:30-2:30 p.m. ... New Cornhole • **SCE**
More Information on page 19
 1-2:30 p.m. Bingo
 1-3 p.m. Individual Quilt Layout
 1:30-4 p.m. Pickleball Open Play
3:15-4 p.m. Cancelled Zumba • **SCE**

Third - Monday, October 16

8 a.m.-12 p.m. Dominoes
 8 a.m.-12 p.m. Party Bridge • **SCE**
8 a.m.-4p.m.... New Shuffleboard
More Information on page 20
8 a.m.-4 p.m. ... New Ping Pong/Pool for Fun
More Information on page 20
 8:15-9 a.m. Cardio Exercise • **SCE**
 9 a.m.-12 p.m. Medicare Questions Answered
 9:15-10:15 a.m. Yin Yoga • **SCE**
 9:15-10:15 a.m. Drumming to Exercise
 9:15-11 a.m. Crafting
 9:30-11 a.m. Bible Study • **SCE**
 10-11:30 a.m. Circle of Readers
 10:30-11:30 a.m. **Cancelled** Limited Exercise
 11:30 a.m.-12 p.m. Lunch
 12-4 p.m. Canasta
12:15-1:15 p.m. ... Cancelled . Tai Chi for Better Balance
with Vanessa • **SCE**
 12:15-4 p.m. Pickleball Open Play
 1-4 p.m. Experienced Mahjong Players • **SCE**
 1-2:30 p.m. Intermediate Tap Dancing
 1:30-3:00 p.m. Line Dancing with Barb • **SCE**
 2:45-3:30 p.m. Beginning Tap Dancing
 3:15-4 p.m. Zumba • **SCE**

Third - Tuesday, October 17

8 a.m.-12 p.m. Dominoes
 8 a.m.-12 p.m. Party Bridge • **SCE**
8 a.m.-4p.m.... New Shuffleboard
More Information on page 20
 8:15-9 a.m. Strengthen & Tone • **SCE**
 9 -10 a.m. Beginning Guitar Lessons • **SCE**
 9-11 a.m. Pool Instruction by Mr. Keith Costigan
 9 a.m.-12 p.m. Train Dominoes
 9:15-10:15 a.m. Soft Yoga • **SCE**
 9:30-10:30 a.m. Limited Exercise
 9:30 a.m.-12:30 p.m. Scrapbooking
 10-11:30 a.m. Guitar Lessons • **SCE**
 10:30-11:30 a.m. Limited Exercise
11 a.m.-4 p.m. ... New Ping Pong/Pool for Fun
More Information on page 20
 11:30 a.m.-12 p.m. Lunch
11:45 a.m.-12:45 p.m. Cancelled Tai Chi for Better
Balance with Julie • **SCE**
12:30-2. New ... MAP-Helping Choose the Right
Prescription Drug Plan • **SCE**
More Information on page 2
 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**
 3:30 p.m.-Conclusion Board of Directors • **SCE**

Third - Wednesday, October 18

8 a.m.-12 p.m. Dominoes
8 a.m.-4p.m.... New Shuffleboard
More Information on page 20
8 a.m.-4 p.m. ... New Ping Pong/Pool for Fun
More Information on page 20
 8:15-9 a.m. Cardio Exercise • **SCE**
 8:15-9:00 a.m. Core Strength Yoga
8:45-9:30 a.m. . New Music Theroy 101 • **SCE**
More Information on page 23
 9-11:30 a.m. Needle Crafting
9:15-10 a.m. ... New S.E.A.T. • **SCE**
More Information on page 5
 9:15-10.15 a.m. Chair Yoga
 9:30-10 a.m. Beginning Ukulele • **SCE**
 10-11 a.m. Blood Pressure Checks

Calendar of Events

10 a.m.-12 p.m. Ukulele Jam • **SCE**
 10 a.m.-12 p.m. Abstract Painting
 10 a.m.-3 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.-12 p.m. Lunch
 12:15-1:15 p.m. Exercise 101
1-2 p.m. New Fraud Prevention Workshop • SCE
More Information on page 3
 1-3 p.m. Drawing Class
 1-4 p.m. Beginning Mahjong • **SCE**
 1:30-3:00 p.m. Line Dancing with Barb • **SCE**
 1:30-4 p.m. Pickleball Open Play
 3:15-4 p.m. Zumba • **SCE**

Third - Thursday, October 19

8-10 a.m. New Medicare Fair
More Information on Front page
 8 a.m.- 12 p.m. Dominoes
8 a.m.-4p.m. New Shuffleboard
More Information on page 20
8 a.m.-4 p.m. New Ping Pong/Pool for Fun
More Information on page 20
 8:15-9 a.m. Strengthen & Tone • **SCE**
 9 a.m.-12 p.m. Train Dominoes
 9 a.m. – Conclusion Pool Tournament
 9:15-10:15 a.m. Power Yoga • **SCE**
 9:30-10:30 a.m. Limited Exercise
 9:30-11 a.m. Creative Card Making
 9:30-11:30 a.m. Guitar Jam • **SCE**
 9:30 a.m.-12 p.m. Poker Tournament
 10:30-11:30 a.m. Limited Exercise
 10-11:30 a.m. Grief Healing Group • **SCE**
 11:30 a.m.-Noon Lunch
 11:45 a.m.-3:30 p.m. . . . Party Bridge • **SCE**
 12:15-1 p.m. Drumming to Exercise
 12:30-2 p.m. Creative Card Making
12:30-3. New MAP-Helping Choose the Right
Prescription Drug Plan • SCE
More Information on page 2
 12:30-2:30 p.m. Happy Hookers - Crochet
 12:30-4 p.m. Card Game of the Day
 1-2 p.m. Simply Faith Class
 1-2:30 p.m. Fundamentals of Line Dancing
with Michelle • **SCE**
 1:15-4 p.m. Pickleball Open Play
 3:00-4 p.m. Cardio Drumming • **SCE**
 3-4 p.m. Third Thurs Thanks/Volunteer Event • **SCE**

Third - Friday, October 20

8 a.m.-12 p.m. Dominoes
8 a.m.-4p.m. New Shuffleboard
More Information on page 20
8 a.m.-4 p.m. New Ping Pong/Pool for Fun
More Information on page 20
 8:15-9 a.m. Cardio Drumming • **SCE**
 9:15-10:15 a.m. Friday Fitness • **SCE**
9 a.m.-2 p.m. New Big Spirit Little Tree
More Information on page 5
 9:30-10:30 a.m. Singing Group
 10 a.m.-12 p.m. Creative Writing
 10 a.m.-12 p.m. Alzheimer's Support Group • **SCE**
 10:30-11:30 a.m. Limited Exercise
 10:30-11:45 a.m. Line Dancing with Eugenia • **SCE**
 11:30 a.m.-12 p.m. Lunch
 12-4 p.m. Canasta
 12:15-1:15 p.m. Exercise 101
12:30-2:30 p.m. New Cornhole • SCE
More Information on page 19
 1-2:30 p.m. Singo
 1-3p.m. Individual Quilt Layout
 1:30-4 p.m. Pickleball Open Play
3:15-4 p.m. Cancelled Zumba • SCE

Fourth - Monday, October 23

8 a.m.-12 p.m. Dominoes
 8 a.m.-12 p.m. Party Bridge • **SCE**
8 a.m.-4p.m. New Shuffleboard
More Information on page 20
8 a.m.-4 p.m. New Ping Pong/Pool for Fun
More Information on page 20
 8:15-9 a.m. Cardio Exercise • **SCE**
 9 a.m.-12 p.m. Medicare Questions Answered
 9:15-10:15 a.m. Yin Yoga • **SCE**
 9:15-10:15 a.m. Drumming to Exercise
 9:15-11 a.m. Crafting
 9:30-11 a.m. Bible Study • **SCE**
 10:30-11:30 a.m. Limited Exercise
 11:30 a.m.-12 p.m. **Cancelled** Lunch
 12 p.m.-4 p.m. Canasta
12:15-1:15 p.m. Tai Chi for Better Balance
with Vanessa • SCE
 12:15 a.m.-4 p.m. **Cancelled** Pickleball Open Play
12:30-4 p.m. Cancelled Pickleball Tournament
More Information on page 19
1-2:30 p.m. New Intermediate Tap Dancing
 1:30-3:30p.m. Photography Group • **SCE**
 1:30-3:00 p.m. Line Dancing with Barb • **SCE**
 1-4 p.m. Experienced Mahjong Players • **SCE**

Calendar of Events

2:45-3:30 p.m.Beginning Tap Dancing
 3:15-4 p.m. Zumba • SCE

Fourth - Tuesday, October 24

8 a.m.-12 p.m.Dominoes
 8 a.m.-12 p.m. Party Bridge • SCE
 8 a.m.-4p.m.... **New** Shuffleboard
More Information on page 20
 8:15-9 a.m.Strengthen & Tone • SCE
 9 -10 a.m. Beginning Guitar Lessons • SCE
 9-11 a.m. Pool Instruction by Mr. Keith Costigan
 9-11 a.m.Hearing Screening
 9-11 a.m.Hearing Aid Maintenance
 9 a.m.-12 p.m. Train Dominoes
 9:15-10:15 a.m. Soft Yoga • SCE
 9:30-10:30 a.m. Limited Exercise
 9:30 a.m.-12:30 a.m. Scrapbooking
 10-11:30 a.m. a.m. Guitar Lessons • SCE
 10:30-11:30 a.m. Limited Exercise
 11 a.m.-4 p.m. . **New** Ping Pong/Pool for Fun
More Information on page 20
 11:30 a.m.-12 p.m.Lunch
 11:45 a.m.-12:45 p.m. **Cancelled** Tai Chi for Better
Balance with Julie • SCE
 12-4 p.m.Canasta
 12-4 p.m.Chess • SCE
 12:30-3. **New**MAP-Helping Choose the Right
Prescription Drug Plan • SCE
More Information on page 2
 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

Fourth - Wednesday, October 25

8 a.m.-12p.m. Dominoes
 8 a.m.-4p.m.... **New** Shuffleboard
More Information on page 20
 8 a.m.-4 p.m. . . . **New** Ping Pong/Pool for Fun
More Information on page 20
 8:15-9 a.m. Cardio Exercise • SCE
 8:15-9:00 a.m. Core Strength Yoga
 8:45-9:30 a.m. . **New**Music Theroy 101 • SCE
More Information on page 23
 9-11:30 a.m.Needle Crafting
 9:15-10 a.m. . . . **New** S.E.A.T. • SCE
More Information on page 5

9:15-10:15 a.m. Chair Yoga
 9:30-10 a.m. Beginning Ukulele • SCE
 10-11 a.m.Blood Pressure Checks
 10-11:30 a.m.Line Dancing with Eugenia • SCE
 10 a.m.-12p.m. Ukulele Jam • SCE
 10 a.m.-12p.m. Abstract Painting
 10 a.m.-3 p.m. Quilting
 10:30-11:30 a.m. Limited Exercise
 11:30 a.m.-12p.m. Lunch
 12:15-1:15 p.m.Exercise 101
 12:30 p.m-ConclusionAt the Movies • SCE
 1-3 p.m.Drawing Class
 1-4 p.m. Beginning Mahjong • SCE
 1:30-3:00 p.m. Line Dancing with Barb • SCE
 1:30-4 p.m.Pickleball Open Play
 3:15-4 p.m. Zumba • SCE

Fourth - Thursday, October 26

8-10 a.m. . . . **New** Medicare Fair
More Information on Front page
 8 a.m.-12 p.m. Dominoes
 8 a.m.-4p.m.... **New** Shuffleboard
More Information on page 20
 8 a.m.-4 p.m. . . . **New** Ping Pong/Pool for Fun
More Information on page 20
 8:15-9 a.m. Strengthen & Tone • SCE
 9 a.m.- 12 p.m. Train Dominoes
 9:15-10:15 a.m. Power Yoga • SCE
 9:30-10:30 a.m. Limited Exercise
 9:30-11 a.m. Creative Card Making
 9:30-11:30 a.m. Guitar Jam • SCE
 9:30 a.m.- 12 p.m. Play Money Poker
 10:30-11:30 a.m. Limited Exercise
 11:30 a.m.- 12 p.m. Lunch
 11:30-3 p.m. Party Bridge • SCE
 12:15-1 p.m. Drumming to Exercise
 12:30-2 p.m. Creative Card Making
 12:30-2:30 p.m. Happy Hookers - Crochet
 12:30-3. **New**MAP-Helping Choose the Right
Prescription Drug Plan • SCE
More Information on page 2
 12:30-4 p.m. Card Game of The Day
 1-2 p.m. Simply Faith Class
 1-2:30 p.m.Fundamentals of Line Dancing
with Michelle • SCE
 1:15-4 p.m. Pickleball Open Play
 3:00-4 p.m. Cardio Drumming • SCE