

# 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.

## Thursday, June 1

8 a.m.- Noon ..... 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  
 9:30-11:30 a.m. .... Guitar Jam • **SCE**  
 9:30 a.m.-Noon ..... Play Money Poker  
 9:30 a.m.-Noon ..... Creative Card Making  
 10:30-11:30 a.m. .... Limited Exercise  
 11:30 a.m.-Noon ..... Lunch  
 12:15-3 p.m. .... Pickleball Open Play  
 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**  
 1-2:30 p.m. .... Fundamentals of Line Dancing • **SCE**  
 1-2 p.m. .... Simply Faith Class  
 3:15-4 p.m. .... Cardio Drumming • **SCE**

## Friday, June 2

8 a.m.- Noon ..... Dominoes  
 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  
 8 a.m.-4 p.m. .... Dominoes  
**10 a.m.-Noon ... Alzheimer's Support Group • SCE**  
 10 a.m.-Noon ..... Creative Writing  
 1-3 p.m. .... Individual Quilt Layout  
 10:30-11:45 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

## Monday, June 5

8 a.m.- Noon. .... Dominoes  
 8:15-9 a.m. .... Cardio Dance • **SCE**  
 8 a.m.-Noon ..... Party Bridge • **SCE**  
 9 a.m.-Noon. .... Medicare Questions Answered  
 9:15-10:15 a.m. .... Yin Yoga • **SCE**  
 9:30 - 10:15 a.m. .... Drumming to Exercise • **SCW**  
 9:30-11 a.m. .... Bible Study • **SCE**  
 9:30 a.m.-Noon. .... Crafting  
**10-11 a.m. .... Circle of Readers**  
 10:30-11:15 a.m. .... Limited Exercise  
 10:30-Noon. **New** ... Allfit BA Fitness Training • **SCE**  
 More information on page 7  
 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  
 1:30-3:00 p.m. .... Line Dancing with Barb • **SCE**  
 12:15 a.m.4 p.m. .... Pickleball Open Play  
 1:30-2:30 p.m. .... Life Coach • **SCE**  
 More information on page 18  
 2:45-3:30 p.m. .... Beginning Tap Dancing

## Tuesday, June 6

8 a.m.- Noon. .... Dominoes  
 8:15-9 a.m. .... Strengthen & Tone • **SCE**  
 8 a.m.-Noon. .... Party Bridge • **SCE**  
 9 a.m.-Noon ..... Train Dominoes  
 9 -10 a.m. .... Beginning Guitar Lessons • **SCE**  
 9:15-10:15 a.m. .... Soft Yoga • **SCE**

# Calendar of Events

9:30-10:15 a.m. . . . . Limited Exercise  
 9:30 a.m.-12:30 a.m. . . . . Scrapbooking  
 10 - 11 a.m. . . . . Guitar Lessons • **SCE**  
 10:30-11:30 a.m. . . . . Limited Exercise  
 11:30 a.m.-Noon . . . . . Lunch  
 Noon-4 p.m. . . . . Canasta  
 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  
 2:15-3:30 p.m. . . . . Clogging Class • **SCE**

## Wednesday, June 7

8 a.m.- Noon . . . . . 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 - 10 a.m. . . . . Beginning Ukulele • **SCE**  
 10-11 a.m. . . . . **New** Blood Pressure Checks  
 More information on page 5  
 10 a.m.-Noon. . . . . Ukulele Jam • **SCE**  
 10 a.m.-11:30 a.m. . . . . Line Dancing with Eugenia • **SCE**  
 10 a.m.-Noon . . . . . Abstract Painting  
 10 a.m. to 2 p.m. . . . . Quilting  
 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 • **SCE**  
 1-3 p.m. . . . . Drawing Class  
 1:30-3:00 p.m. . . . . Line Dancing with Barb • **SCE**  
 1-4 p.m. . . . . Mahjong • **SCE**  
 1:30-4 p.m. . . . . Pickleball Open Play

## Thursday, June 8

8 a.m.- Noon . . . . . 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  
 9:30-11:30 a.m. . . . . Guitar Jam • **SCE**  
 9:30 a.m.-Noon . . . . . Play Money Poker  
 9:30 a.m.-Noon . . . . . Creative Card Making  
 10:30-11:30 a.m. . . . . Limited Exercise  
 11:30 a.m.-Noon . . . . . Lunch  
 12:15-3 p.m. . . . . Pickleball Open Play  
 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**  
 1-2:30 p.m. . . . . Fundamentals of Line Dancing • **SCE**  
 1-2 p.m. . . . . Simply Faith Class  
 3:15-4 p.m. . . . . Cardio Drumming • **SCE**

## Friday, June 9

8 a.m.- Noon . . . . . Dominoes  
 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  
 8 a.m.-4 p.m. . . . . Dominoes  
 10 a.m.-Noon . . . . . Creative Writing  
 1-3 p.m. . . . . Individual Quilt Layout  
 10:30-11:45 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

## Monday, June 12

8 a.m.- Noon . . . . . Dominoes  
 8:15-9 a.m. . . . . Cardio Dance • **SCE**  
 8 a.m.-Noon . . . . . Party Bridge • **SCE**  
 9 a.m.-Noon. . . . . Medicare Questions Answered  
 9:15-10:15 a.m. . . . . Yin Yoga • **SCE**  
 9:30 - 10:15 a.m. . . . . Drumming to Exercise • **SCW**  
 9:30 - 11 a.m. . . . . Bible Study • **SCE**  
 9:30 a.m.-Noon. . . . . Crafting  
 10-11 a.m. . . . . Circle of Readers  
 10:30 - 11:15 a.m. . . . . Limited Exercise  
 10:30-Noon. . . . . **New** Allfit BA Fitness Training • **SCE**  
 More information on page 7  
 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**  
 1:30-3 p.m. . . . . **New** Photography Group • **SCE**  
 More information on page 3  
 1-2:30 p.m. . . . . Intermediate Tap Dancing  
 1:30-3:00 p.m. . . . . Line Dancing with Barb • **SCE**  
 12:15 a.m.-4 p.m. . . . . Pickleball Open Play  
 2:45-3:30 p.m. . . . . Beginning Tap Dancing

**Edward Jones**

Member SIPC

**Don't let politics drive your investments.**



**Brad Buxton, AAMS™**

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# Calendar of Events

## Tuesday, June 13

8 a.m.- Noon ..... Dominoes  
 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**  
 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 a.m. .... Guitar Lessons • **SCE**  
 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  
 2:15-3:30 p.m. .... Clogging Class • **SCE**

## Wednesday, June 14

8 a.m.- Noon ..... 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  
 9:30-10 a.m. .... Beginning Ukulele • **SCE**  
 10-11 a.m. .... **New** ..... Blood Pressure Checks  
 More information on page 5  
 10 a.m.-Noon. .... Ukulele Jam • **SCE**  
 10 a.m.-Noon ..... Abstract Painting  
 10 a.m.-2 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.-Noon. .... Lunch  
 12:15-1:15 p.m. .... Exercise 101  
**12:30-2:30 p.m. .... Bunco**  
 12:30-3 p.m. .... Chess • **SCE**  
 1-3 p.m. .... Drawing Class  
 1:30-3:00 p.m. .... Line Dancing with Barb • **SCE**  
 1-4 p.m. .... Mahjong • **SCE**  
 1:30-4 p.m. .... Pickleball Open Play

## Thursday, June 15

8 a.m.- Noon ..... 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 a.m. – Conclusion ..... Pool Tournament**  
 9:30-10:15 a.m. .... Limited Exercise  
 9:30-11:30 a.m. .... Guitar Jam • **SCE**  
 9:30 a.m.-Noon ..... **New** ..... Poker Tournament  
 More information on page 22  
 9:30 a.m.-Noon ..... Creative Card Making

11:30 a.m.-Noon ..... Lunch  
 12:15-3 p.m. .... Pickleball Open Play  
 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**  
 1-2:30 p.m. .... Fundamentals of Line Dancing • **SCE**  
 1-2 p.m. .... Simply Faith Class  
 3:15-4 p.m. .... Cardio Drumming • **SCE**

## Friday, June 16

8 a.m.- Noon ..... Dominoes  
 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.-Noon ..... Creative Writing  
**10 a.m.-Noon .... Alzheimer's Support Group • SCE**  
 1-3 p.m. .... Individual Quilt Layout  
 10:30-11:45 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. .... Singo  
 1:30-4 p.m. .... Pickleball Open Play

## Monday, June 19

8 a.m.- Noon. .... Dominoes  
 8:15-9 a.m. .... Cardio Dance • **SCE**  
 8 a.m.-Noon ..... Party Bridge • **SCE**  
 9:30-11 a.m. .... Bible Study • **SCE**  
 9 a.m.-Noon. .... Medicare Questions Answered  
 9:15-10:15 a.m. .... Yin Yoga • **SCE**  
 9:30 - 10:15 a.m. .... Drumming to Exercise • **SCW**  
 9:30 a.m.-Noon. .... Crafting  
 10:30 - 11:15 a.m. .... Limited Exercise  
 10:30-Noon. .... **New** ..... Allfit BA Fitness Training • **SCE**  
 More information on page 7  
 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**  
 1:00 -2:00 p.m. .... **New** ..... Senior Living 101  
 More information on page 7  
 1:00-2:30 p.m. .... Intermediate Tap Dancing  
 1:00-3:00 p.m. .... Line Dancing with Barb • **SCE**  
 12:15 a.m.-4 p.m. .... Pickleball Open Play  
 1:30-2:30 p.m. .... **Cancelled** ..... Life Coach  
 More information on page 18  
 2:45-3:30 p.m. .... Beginning Tap Dancing

## Tuesday, June 20

8 a.m.- Noon ..... Dominoes  
 8:15-9 a.m. .... Strengthen & Tone • **SCE**  
 9 -10 a.m. .... Beginning Guitar Lessons • **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

# Calendar of Events

10 - 11 a.m. . . . .Guitar Lessons • **SCE**  
 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  
 2:15-3:30 p.m. . . . . Clogging Class • **SCE**  
**3:30 p.m.-Conclusion . . . . . Board of Directors**

9:30 a.m.-Noon . . . . . Play Money Poker  
 9:30 a.m.-Noon . . . . . Creative Card Making  
 10:30-11:30 a.m. . . . . Limited Exercise  
 11:30 a.m.-Noon . . . . . Lunch  
 12:15-3 p.m. . . . . Pickleball Open Play  
 12:30-2:30 p.m. . . . . Happy Hookers - Crochet  
 10:30-11:30 a.m. . . . . Limited Exercise  
 11:30 a.m.-Noon . . . . . Lunch  
 12:15-3 p.m. . . . . Pickleball Open Play  
 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**  
 1-2:30 p.m. . . . . Fundamentals of Line Dancing • **SCE**  
 1-2 p.m. . . . . Simply Faith Class  
 3:15-4 p.m. . . . . Cardio Drumming • **SCE**

## Wednesday, June 21

8 a.m.- Noon . . . . . Dominoes  
 8:15-9 a.m. . . . . Cardio Dance • **SCE**  
 8:15-9:15 a.m. . . . . Core Strength Yoga  
 9 a.m.-Noon . . . . . Needle Crafting  
 9:30-10 a.m. . . . . Beginning Ukulele • **SCE**  
 10-11 a.m. . . . . **New** Blood Pressure Checks  
 More information on page 5  
 10 a.m.-Noon . . . . . Ukulele Jam • **SCE**  
 10 a.m.-Noon . . . . . Abstract Painting  
 10 a.m.-2 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.-Noon . . . . . Lunch  
 1-2 p.m. . . . . SCORE Informational Mtg.  
 12:15-1:15 p.m. . . . . Exercise 101  
 12:30-3 p.m. . . . . Chess • **SCE**  
 1-3 p.m. . . . . Drawing Class  
 1:30-3:00 p.m. . . . . Line Dancing with Barb • **SCE**  
 1-4 p.m. . . . . Mahjong • **SCE**  
 1:30-4 p.m. . . . . Pickleball Open Play

## Thursday, June 22

8 a.m.- Noon . . . . . 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  
 9:30-11:30 a.m. . . . . Guitar Jam • **SCE**

## Friday, June 23

8 a.m.- Noon . . . . . Dominoes  
 8:15-9 a.m. . . . . Cardio Drumming • **SCE**  
 9:15-10:15 a.m. . . . . Friday Fitness • **SCE**  
**9-10 a.m. . . . . Fitness Machine Orientation • SCE**  
 9:30-10:30 a.m. . . . . Singing Group  
 10 a.m.-Noon . . . . . Creative Writing  
 1-3p.m. . . . . Individual Quilt Layout  
 10:30-11:45 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  
**1-2:30 p.m. . . . . Parkinson's Support Group • SCE**  
 1:30-4 p.m. . . . . Pickleball Open Play  
 6-9 p.m. . . . . Bunco Bash  
 More Information on Cover

## Monday, June 26

8 a.m.- Noon . . . . . Dominoes  
 8:15-9 a.m. . . . . Cardio Dance • **SCE**  
 8 a.m.-Noon . . . . . Party Bridge • **SCE**  
 9 a.m.-Noon . . . . . Medicare Questions Answered  
 9:15-10:15 a.m. . . . . Yin Yoga • **SCE**  
 9:30 - 10:15 a.m. . . . . Drumming to Exercise • **SCW**  
 9:30-11 a.m. . . . . Bible Study • **SCE**

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 is what we do.*

*It all starts with a conversation.*

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**Trisha Jorgensen**  
 Member BASC  
**918-200-6266**



# Calendar of Events

## Thursday, June 29

9:30 a.m.-Noon. . . . . Crafting  
 10:30 - 11:15 a.m. . . . . Limited Exercise  
 10:30-Noon. **New** . . . Allfit BA Fitness Training • **SCE**  
 More information on page 7  
 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**  
 1:30-3 p.m. **New** . . . . . Photography Group • **SCE**  
 More information on page 3  
 1-2:30 p.m. . . . . Intermediate Tap Dancing  
 1:30-3:00 p.m. . . . . Line Dancing with Barb • **SCE**  
 12:15 a.m.-4 p.m. . . . . Pickleball Open Play  
 2:45-3:30 p.m. . . . . Beginning Tap Dancing

## Tuesday, June 27

8 a.m.-4 p.m. . . . . Dominoes  
 8:15-9 a.m. . . . . Strengthen & Tone • **SCE**  
 8 a.m.-Noon. . . . . Party Bridge • **SCE**  
 9 -10 a.m. . . . . Beginning Guitar Lessons • **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 a.m. . . . . Guitar Lessons  
 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  
 2:15-3:30 p.m. . . . . Clogging Class • **SCE**

## Wednesday, June 28

8 a.m.- Noon . . . . . 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  
 9:30-10 a.m. . . . . Beginning Ukulele • **SCE**  
 10-11 a.m. **New** . . . . . Blood Pressure Checks  
 More information on page 5  
 10 a.m.-Noon. . . . . Ukulele Jam • **SCE**  
 10 a.m.-11:30 a.m. . . . . Line Dancing with Eugenia • **SCE**  
 10 a.m.-Noon . . . . . Abstract Painting  
 10 a.m. to 2 p.m. . . . . Quilting  
 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 • **SCE**  
 1-3 p.m. . . . . Drawing Class  
 1:30-3:00 p.m. . . . . Line Dancing with Barb • **SCE**  
 1-4 p.m. . . . . Mahjong • **SCE**  
 1:30-4 p.m. . . . . Pickleball Open Play

8 a.m.- Noon . . . . . 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  
 9:30-11:30 a.m. . . . . Guitar Jam • **SCE**  
 9:30 a.m.-Noon . . . . . Play Money Poker  
 9:30 a.m.-Noon . . . . . Creative Card Making  
 10:30-11:30 a.m. . . . . Limited Exercise  
 11:30 a.m.-Noon . . . . . Lunch  
 12:15-3 p.m. . . . . Pickleball Open Play  
 12:30-2:30 p.m. . . . . Happy Hookers - Crochet  
 10:30-11:30 a.m. . . . . Limited Exercise  
 11:30 a.m.-Noon . . . . . Lunch  
 12:15-3 p.m. . . . . Pickleball Open Play  
 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**  
 1-2:30 p.m. . . . . Fundamentals of Line Dancing • **SCE**  
 1-2 p.m. . . . . Simply Faith Class  
 3:15-4 p.m. . . . . Cardio Drumming • **SCE**

## Friday, June 30

8 a.m.- Noon . . . . . Dominoes  
 8:15-9 a.m. . . . . Cardio Drumming • **SCE**  
 9:15-10:15 a.m. . . . . Friday Fitness • **SCE**  
 9-10 a.m. . . . . Fitness Machine Orientation • **SCE**  
 9:30-10:30 a.m. . . . . Singing Group  
 10 a.m.-Noon . . . . . Creative Writing  
 1-3p.m. . . . . Individual Quilt Layout  
 10:30-11:45 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  
 1-2:30 p.m. . . . . Parkinson's Support Group • **SCE**  
 1:30-4 p.m. . . . . Pickleball Open Play

## Activity Location Changes

Please note location changes for the following classes:

### Cardio Drumming

**Thursdays** – Senior Center East/Fitness Classroom –  
 Beginning Thursday, June 1 · 3:15 p.m.

**Fridays** - Senior Center East/Fitness Classroom –  
 Beginning Friday, June 2 · 8:15 a.m.

### Beginning Ukulele

**Wednesdays** - Senior Center East/Meeting &  
 Presentation Room - Beginning Wednesday, June 7 · 9:30  
 a.m.

### Ukulele Jam

**Wednesdays** - Senior Center East/Meeting &  
 Presentation Room - Beginning Wednesday, June 7 · 10  
 a.m.