

Edmond Senior Center - May 2019




Brothers and Sisters at rest we never forget the gift you give we still receive

How could you know so young that your battle at all cost must be won

Brothers and Sisters at rest may we, in your eyes pass your test and one day, with honor join your ranks



Programs are subject to change

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<p>★Registration REQUIRED</p> <p>Please contact the Edmond Senior Center to confirm availability 216-7600</p>		<p>TO MAKE A RESERVATION FOR LUNCH, PLEASE CALL THE MEAL HOTLINE ONE DAY IN ADVANCE BEFORE 11:00AM 216-7900</p>		<p>1</p> <p>9 Archery Basics★</p> <p>9 Early Risers Exercise</p> <p>10 Alzheimer's Association: Dementia Related Behavior</p> <p>10 Loom Knitting★</p> <p>12 Beginning Tai Chi★</p>	<p>2</p> <p>9 Early Risers Exercise</p> <p>9:30 Crocheting★</p> <p>10:15 Zumba Gold★</p> <p>12 Wii Games</p> <p>12:30 Basic Woodcarving★</p> <p>1:30 Chair Yoga★</p> <p>2:45 Yoga★</p>	<p>3</p> <p>9 Tai Chi★</p> <p>10 Weekly Devotional</p> <p>10:15 Wii Games</p> <p>10:30 Lunch Out★</p> <p>2:50 Jazzercise Lite★</p>	4
5	<p>6</p> <p>9 Advanced Fitness Class★</p> <p>9 Tai Chi★</p> <p>10:15 Zumba Gold★</p> <p>10:30 Options in Senior Housing★</p> <p>2:50 Jazzercise Lite★</p>	<p>7</p> <p>9 Early Risers Exercise</p> <p>10 Senior Transitions: Downsizing Process</p> <p>10 Quilting Group★</p> <p>12:30 S.A.L.T. Meeting</p> <p>1:30 Advance Line Dance★</p> <p>2:45 Yoga★</p>	<p>8</p> <p>9 Archery Basics★</p> <p>10 Fire Department: Medication Safety</p> <p>9 Early Risers Exercise</p> <p>10 Loom Knitting★</p> <p>12 Beginning Tai Chi★</p> <p>1:30 Beginning Fitness Class★</p> <p>2:50 Jazzercise Lite★</p>	<p>9</p> <p>9 Early Risers Exercise</p> <p>9:30 Crocheting★</p> <p>10:15 Zumba Gold★</p> <p>12 Wii Games</p> <p>12:30 Mother's Day Celebration★</p> <p>12:30 Basic Woodcarving★</p> <p>1:30 Chair Yoga★</p> <p>2:45 Yoga★</p>	<p>10</p> <p>9 Tai Chi★</p> <p>10 Weekly Devotional</p> <p>10:15 Wii Games</p> <p>12 Pink Elephant Bingo</p> <p>1:30 Beginning Fitness Class★</p> <p>2:50 Jazzercise Lite★</p>	11	
12	<p>13</p> <p>9 Advanced Fitness Class★</p> <p>9 Tai Chi★</p> <p>10 Advisory Committee meeting★</p> <p>10:15 Zumba Gold★</p> <p>2:50 Jazzercise Lite★</p>	<p>14</p> <p>9 Early Risers Exercise</p> <p>10 Educational Program: Legal Aid Services</p> <p>10 Quilting Group★</p> <p>1:30 Advance Line Dance★</p> <p>2:45 Yoga★</p>	<p>15</p> <p>9 Archery Basics★</p> <p>9 Early Risers Exercise</p> <p>10 Book Club</p> <p>10 Loom Knitting★</p> <p>11 General Meeting</p> <p>12 Golden Harmonizers Spring Concert</p> <p>12 Beginning Tai Chi★</p> <p>1:30 Beginning Fitness Class★</p>	<p>16</p> <p>9 Blood Pressure Check</p> <p>9 Early Risers Exercise</p> <p>9:30 Crocheting★</p> <p>10:15 Zumba Gold★</p> <p>12 Wii Games</p> <p>12:30 Basic Woodcarving★</p> <p>1:30 Chair Yoga★</p>	<p>17</p> <p>9 Tai Chi★</p> <p>10 Weekly Devotional</p> <p>10:15 Wii Games</p> <p>1:30 Beginning Fitness Class★</p> <p>2:50 Jazzercise Lite★</p>	18	
19	<p>20</p> <p>9 Advanced Fitness Class★</p> <p>9 Tai Chi★</p> <p>10:30 Lunch Out★</p> <p>10:15 Zumba Gold★</p> <p>2:50 Jazzercise Lite★</p>	<p>21</p> <p>9 Early Risers Exercise</p> <p>10 Quilting Group★</p> <p>1:30 Advance Line Dance★</p> <p>2:45 Yoga★</p>	<p>22</p> <p>9 Archery Basics★</p> <p>9 Early Risers Exercise</p> <p>10 Benefits of Gardening for Seniors</p> <p>10 Loom Knitting★</p> <p>12 Beginning Tai Chi★</p> <p>1:30 Beginning Fitness Class★</p> <p>2:50 Jazzercise Lite★</p>	<p>23</p> <p>9 Early Risers Exercise</p> <p>9:30 Crocheting★</p> <p>9:45 Day Trip: Antique Shopping downtown Guthrie★</p> <p>10:15 Zumba Gold★</p> <p>12 Wii Games</p> <p>12:30 Basic Woodcarving★</p> <p>1:30 Chair Yoga★</p>	<p>24</p> <p>9 Tai Chi★</p> <p>10 Weekly Devotional</p> <p>10:15 Wii Games</p> <p>1:30 Beginning Fitness Class★</p> <p>2:50 Jazzercise Lite★</p>	25	
26	<p>27</p> <p>Memorial Day</p> <p>Edmond Senior Center CLOSED</p> 	<p>28</p> <p>9 Early Risers Exercise</p> <p>10 Quilting Group★</p> <p>1:30 Advance Line Dance★</p> <p>2:45 Yoga★</p>	<p>29</p> <p>9 Archery Basics★</p> <p>9 Early Risers Exercise</p> <p>10 Loom Knitting★</p> <p>12 Beginning Tai Chi★</p> <p>1:30 Beginning Fitness Class★</p>	<p>30</p> <p>9 Early Risers Exercise</p> <p>9:30 Crocheting★</p> <p>10:15 Zumba Gold★</p> <p>12 Wii Games</p> <p>12:30 Basic Woodcarving★</p> <p>1:30 Chair Yoga★</p> <p>2:45 Yoga★</p>	<p>31</p> <p>9 Tai Chi★</p> <p>10 Weekly Devotional</p> <p>10:15 Wii Games</p> <p>1:30 Beginning Fitness Class★</p> <p>2:50 Jazzercise Lite★</p>	<p>The Senior Center is open Monday - Friday 8:00am - 4:00pm</p>	