

Edmond Senior Center - June 2018



The Birthday of the Stars and Strips June 14 ...

“Tis the Star Spangled Banner Oh, long may it wave over the Land of the Free and the Home of the Brave!”

Oh, say can you see, By the dawn’s early light, What so proudly we hailed, At the twilight’s last gleaming? Whose broad stripes and bright stars, Through the perilous fight, O’er the ramparts we watched, Were so gallantly streaming. And the rocket’s red glare, The bombs bursting in air, Gave proof through the night, That our flag was still there. Oh say does that star spangled banner yet wave, For the land of the free, and the home of the brave.

Programs are subject to change

Sun-	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<div style="border: 1px solid black; padding: 5px; text-align: center;"> ★Registration REQUIRED Please contact the Edmond Senior Center to confirm availability 216-7600 </div>		<div style="border: 1px solid black; padding: 5px; text-align: center;"> The Senior Center is open Monday - Friday 8:00am - 4:00pm </div>		<div style="border: 1px solid black; padding: 5px; text-align: center;"> TO MAKE A RESERVATION FOR LUNCH, PLEASE CALL THE MEAL HOTLINE ONE DAY IN ADVANCE BEFORE 11:00AM 216-7900 </div>			
					1 9 Tai Chi★ 10 Weekly Devotional 10:15 Wii Games 10:30 Lunch Out★ 2:50 Jazzercise Lite★	2	
3	4 9 Tai Chi★ 10:15 Zumba Gold★ 2:50 Jazzercise Lite★	5 8 Day Trip: National Weather Channel★ 9 Early Risers Exercise 10 Quilting Group★ 12:30 S.A.L.T. Meeting 1:30 Line Dance★	6 9 Early Risers Exercise 10 Loom Knitting★ 10 Medicare Updates 12 Tai Chi★ 2:50 Jazzercise Lite★	7 9 Early Risers Exercise 9:30 Crocheting★ 10:15 Zumba Gold★ 12 Wii Games 12:30 Basic Woodcarving★ 1:30 Chair Yoga★	8 9 Tai Chi★ 10 Weekly Devotional 10:15 Wii Games 12 Pink Elephant Bingo 2:50 Jazzercise Lite★	9	
10	11 9 Tai Chi★ 10 Advisory Committee meeting★ 10:15 Zumba Gold★ 2:50 Jazzercise Lite★	12 9 Early Risers Exercise 10 Quilting Group★ 10 10 Steps to Mental Fitness 1:30 Line Dance★ 2:45 Yoga★	13 9 Early Risers Exercise 10 Loom Knitting★ 11 General Meeting 12 Tai Chi★ 2:50 Jazzercise Lite★	14 9 Early Risers Exercise 9:30 Crocheting★ 10:15 Zumba Gold★ 12 Wii Games 12:30 Basic Woodcarving★ 1:30 Chair Yoga★ 2:45 Yoga★ 5:30 Father’s Day Celebration★	15 9 Tai Chi★ 10 Weekly Devotional 10:15 Wii Games 2:50 Jazzercise Lite★	16	
17	18 9 Tai Chi★ 10:15 Zumba Gold★ 10:30 Lunch Out★ 2:50 Jazzercise Lite★	19 9 Early Risers Exercise 10 Quilting Group★ 1:30 Line Dance★ 2:45 Yoga★	20 9 Early Risers Exercise 10 Loom Knitting★ 10 Understanding and Responding to Dementia-Related Behavior 12 Tai Chi★ 1:30 Beginning Fitness Class★ 2:50 Jazzercise Lite★	21 9 Early Risers Exercise 9 Blood Pressure Check 9:30 Crocheting★ 10:15 Zumba Gold★ 12 Wii Games 12:30 Basic Woodcarving★ 1:30 Chair Yoga★ 2:45 Yoga★	22 9 Tai Chi★ 10 Weekly Devotional 10:15 Wii Games 2:50 Jazzercise Lite★	23	
24	25 9 Tai Chi★ 10:15 Zumba Gold★ 2:50 Jazzercise Lite★	26 9 Early Risers Exercise 10 Quilting Group★ 10 Protect Your Skin from the Inside Out 1:30 Line Dance★ 2:45 Yoga★	27 9 Early Risers Exercise 10 Loom Knitting★ 12 Tai Chi★ 2:50 Jazzercise Lite★	28 9 Early Risers Exercise 9:30 Crocheting★ 10:15 Zumba Gold★ 12 Wii Games 12:30 Basic Woodcarving★ 1:30 Chair Yoga★ 2:45 Yoga★	29 9 Tai Chi★ 10 Weekly Devotional 10:15 Wii Games 2:50 Jazzercise Lite★	30	