


Edmond Senior Center - October 2018



| Sun- | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|------|--|---|--|--|--|---|
| | 1 9 Advanced Fitness Class★ 9 Tai Chi★ 10:15 Zumba Gold★ 2:50 Jazzercise Lite★ | 2 9 Early Risers Exercise 10 Fire Dept. Program: How to prepare for an emergency 10 Quilting Group★ 12:30 S.A.L.T. Meeting 1:30 Line Dance★ 2:45 Yoga★ | 3 9 Flu Shot Clinic★ 9 Early Risers Exercise 10 Loom Knitting★ 12 Tai Chi★ 1:30 Beginning Fitness Class★ 2:50 Jazzercise Lite★ | 4 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 9 Tai Chi★ 10 Weekly Devotional 10:15 Wii Games 10:30 Lunch Out★ 1:30 Beginning Fitness Class★ 2:50 Jazzercise Lite★ | 6 |
| 7 | 8 9 Advanced Fitness Class★ 9 Tai Chi★ 10 Advisory Committee meeting★ 10:15 Zumba Gold★ 2:50 Jazzercise Lite★ | 9 9 Early Risers Exercise 10 Educational Program: Heart Health 10 Quilting Group★ 1:30 Line Dance★ 2:45 Yoga★ | 10 9 Early Risers Exercise 10 Loom Knitting★ 11 General Meeting 12 Tai Chi★ 1:30 Beginning Fitness Class★ 2:50 Jazzercise Lite★ | 11 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★ | 12 9 Tai Chi★ 9:30 Craft Class: Flower Arrangement★ 10 Weekly Devotional 10:15 Wii Games 12 Pink Elephant Bingo 1:30 Beginning Fitness Class★ | 13 |
| 14 | 15 9 Advanced Fitness Class★ 9 Tai Chi★ 10:15 Zumba Gold★ 10:30 Lunch Out★ 2:50 Jazzercise Lite★ | 16 9 Early Risers Exercise 10 Educational Program: Arthritic Hands 10 Quilting Group★ 1:30 Line Dance★ 2:45 Yoga★ | 17 9 Early Risers Exercise 10 Metropolitan Library: Book Club 10 Loom Knitting★ 12 Tai Chi★ 1:30 Beginning Fitness Class★ 2:50 Jazzercise Lite★ | 18 9 Blood Pressure Check 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★ | 19 9 Tai Chi★ 10 Weekly Devotional 10:15 Wii Games 1:30 Beginning Fitness Class★ 2:50 Jazzercise Lite★ | 20 |
| 21 | 22 9 Advanced Fitness Class★ 9 Tai Chi★ 10:15 Zumba Gold★ 2:50 Jazzercise Lite★ | 23 9 Early Risers Exercise 10 Holiday Safety Tips for Seniors 10 Quilting Group★ 1:30 Line Dance★ 2:45 Yoga★ | 24 9 Early Risers Exercise 10 Loom Knitting★ 12 Tai Chi★ 1:30 Beginning Fitness Class★ 2:50 Jazzercise Lite★ | 25 9 Early Risers Exercise 9:30 Crocheting★ 9:30 Day Trip: Parkhurst Pumpkin Patch★ 10:15 Zumba Gold★ 12 Wii Games 12:30 Basic Woodcarving★ 1:30 Chair Yoga★ | 26 9 Tai Chi★ 9:30 Craft Class: Greeting Cards★ 10 Weekly Devotional 10:15 Wii Games 1:30 Beginning Fitness Class★ 2:50 Jazzercise Lite★ | 27 Pancake Breakfast 8-11am  |
| 28 | 29 9 Medicare Updates/ Open enrollments★ 9 Advanced Fitness Class★ 9 Tai Chi★ 10:15 Zumba Gold★ | 30 9 Early Risers Exercise 10 Quilting Group★ 1:30 Line Dance★ 2:45 Yoga★ | 31 9 Early Risers Exercise 10 Trick or Treat Bingo★ 10 Loom Knitting★ 12 Tai Chi★ 1:30 Beginning Fitness Class★ | <div style="display: flex; justify-content: space-between;"> <div style="border: 1px solid black; padding: 5px; text-align: center;"> <p>The Senior Center is open Monday - Friday 8:00am - 4:00pm</p> </div> <div style="border: 1px solid black; padding: 5px; text-align: center;"> <p>★Registration REQUIRED Please contact the Edmond Senior Center to confirm availability 216-7600</p> </div> <div style="border: 1px solid black; padding: 5px; text-align: center;"> <p>TO MAKE A RESERVATION FOR LUNCH, PLEASE CALL THE MEAL HOTLINE ONE DAY IN ADVANCE BEFORE 11:00AM 216-7900</p> </div> </div> | | |

Programs are subject to change