

Edmond Senior Center - September 2019




It is only through labor and painful Effort, by grim energy and resolute courage, that we move on to better things. Happy Labor Day

By Theodore Roosevelt



Programs are subject to change

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 	3 9 Early Risers Exercise 9 Quilting Group★ 10 <u>Nursing Students: Meet and Greet</u> 12:30 S.A.L.T. Meeting 1:30 Advance Line Dance★ 2:45 Yoga★	4 9 <u>Blood Pressure Checks</u> 9 <u>Archery</u> 9 Early Risers Exercise 10 Loom Knitting★ 12 Beginning Tai Chi★ 1:30 <u>Tai Chi - Aging Initiative</u>	5 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★	6 8:30 <u>Walk with Elaine</u> 9 Tai Chi★ 10 Weekly Devotional 10:15 Wii Games 10:30 Lunch Out★ 1:30 <u>Tai Chi - Aging Initiative</u>	7
8	9 9 <u>Advanced Fitness Class</u> ★ 9 Tai Chi★ 10 Advisory Committee mtg★ 10:15 Zumba Gold★ 12 <u>Afternoon Movie</u>	10 9 Early Risers Exercise 9 Quilting Group★ 10 <u>Program: Queen Victoria's Path</u> 1:30 Advance Line Dance★ 2:45 Yoga★	11 9 <u>Archery</u> 9 Early Risers Exercise 10 <u>Nursing Students: Meals made Easy</u> 10 Loom Knitting★ 11 General Meeting 12 Beginning Tai Chi★ 1:30 <u>Tai Chi- Aging Initiative</u>	12 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★	13 8:30 <u>Walk with Elaine</u> 9 Tai Chi★ 10 Weekly Devotional 10:15 Wii Games 12 Pink Elephant Bingo 12:30 <u>Day Trip: Roxy's Ice Cream</u> 1:30 <u>Tai Chi - Aging Initiative</u>	14
15	16 9 <u>Advanced Fitness Class</u> ★ 9 Tai Chi★ 10:30 Lunch Out★ 10:15 Zumba Gold★ 12 <u>Afternoon Movie</u>	17 9 Early Risers Exercise 9 Quilting Group★ 10 <u>Program: Essential Oils 101</u> 1:30 Advance Line Dance★ 2:45 Yoga★	18 9 <u>Blood Pressure Checks</u> 9 <u>Archery</u> 9 Early Risers Exercise 10 Loom Knitting★ 10 <u>Fire Dept: Fire Safety</u> 12 Beginning Tai Chi★ 1:30 <u>Tai Chi - Aging Initiative</u>	19 9 <u>Blood Pressure Check</u> 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★	20 8:30 <u>Walk with Elaine</u> 9 Tai Chi★ 10 Weekly Devotional 10:15 Wii Games 1:30 <u>Tai Chi - Aging Initiative</u>	21
22	23 9 <u>Advanced Fitness Class</u> ★ 9 Tai Chi★ 10:15 Zumba Gold★ 12 <u>Craft Class: Greeting Cards</u> ★	24 9 Early Risers Exercise 9 Quilting Group★ 10 <u>Program: Over-the-counter Medicine</u> 1:30 Advance Line Dance★ 2:45 Yoga★	25 9 <u>Blood Pressure Checks</u> 9 <u>Archery</u> 9 Early Risers Exercise 10 Book Club 10 <u>Program: Quitting Sugar</u> 10 Loom Knitting★ 12 Beginning Tai Chi★ 1:30 <u>Tai Chi - Aging Initiative</u>	26 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★	27 8:30 <u>Walk with Elaine</u> 9 Tai Chi★ 10 Weekly Devotional 10:15 Wii Games 1:30 <u>Tai Chi - Aging Initiative</u>	28

★Registration REQUIRED
Please contact the Edmond Senior Center to confirm scheduled events and activities - 216-7600

TO MAKE A RESERVATION FOR LUNCH, PLEASE CALL THE MEAL HOTLINE ONE DAY IN ADVANCE BEFORE 11:00AM 216-7900

The Senior Center is open Monday - Friday 8:00am - 4:00pm

