

# Edmond Senior Center - July 2019



4th of July is a great day for our country and We salute the people whose sacrifices made this possible. Just a token of thanks to pay homage to their sacrifices and make them feel special.



**Programs are subject to change**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 9 Tai Chi★ 10:15 Zumba Gold★ 12 <u>Afternoon Movie</u> 2:50 Jazzercise Lite★	2 9 Early Risers Exercise 9 Quilting Group★ 12:30 S.A.L.T. Meeting 1:30 Advance Line Dance★ 2:45 Yoga★	3 9 Early Risers Exercise 10 Loom Knitting★ 12 Beginning Tai Chi★ 2:50 Jazzercise Lite★	4 <div style="text-align: center;"> <p><b>Edmond Senior Center Closed</b> In Observance of Independence Day</p> </div>	5 9 Tai Chi★ 10 Weekly Devotional 10:15 Wii Games 2:50 Jazzercise Lite★	6
7	8 9 Tai Chi★ 10 Advisory Committee meeting★ 10:15 Zumba Gold★ 12 <u>Afternoon Movie</u> 2:50 Jazzercise Lite★	9 9 Early Risers Exercise 9 Quilting Group★ 10 <u>Educational Program: Identity Theft</u> 1:30 Advance Line Dance★ 2:45 Yoga★	10 9 Early Risers Exercise 10 <u>Makeup Tips for Seniors</u> 10 Loom Knitting★ 11 General Meeting 12 Beginning Tai Chi★ 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★ 10 Weekly Devotional 10:15 Wii Games 10:30 Lunch Out★ 12 <u>Christmas Bingo</u> 2:50 Jazzercise Lite★	13
14	15 9 Tai Chi★ 10:15 Zumba Gold★ 12 <u>Afternoon Movie</u> 2:50 Jazzercise Lite★	16 9 Early Risers Exercise 9 Quilting Group★ 10 <u>Educational Program: Surgery &amp; Seniors</u> 1:30 Advance Line Dance★ 2:45 Yoga★	17 9 Early Risers Exercise 10 <u>Edmond Fire Department: Skin Care</u> 10 Loom Knitting★ 12 Beginning Tai Chi★ 2:50 Jazzercise Lite★	18 9 <u>Blood Pressure Check</u> 9 Early Risers Exercise 9:30 Crocheting★ 9:45 <u>Day Trip: OKC Museum of Art★</u> 10:15 Zumba Gold★ 12 Wii Games 12:30 Basic Woodcarving★ 1:30 Chair Yoga★	19 9 Tai Chi★ 10 Weekly Devotional 10:15 <u>Wii Bowling Tournament★</u> 2:50 Jazzercise Lite★	20
21	22 9 Tai Chi★ 10:30 Lunch Out★ 10:15 Zumba Gold★ 12 <u>Afternoon Movie</u> 2:50 Jazzercise Lite★	23 9 Early Risers Exercise 9 Quilting Group★ 10 <u>How to Live an Active and Functional Lifestyle</u> 1:30 Advance Line Dance★ 2:45 Yoga★	24 9 Early Risers Exercise 10 <u>Oklahoma Authors: of 18 Redbud Lane</u> 10 Book Club 10 Loom Knitting★ 12 Beginning Tai Chi★ 2:50 Jazzercise Lite★	25 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 <u>An Evening of Watercolor★</u>	26 9 Tai Chi★ 10 Weekly Devotional 10:15 Wii Games 2:50 Jazzercise Lite★	27
28	29 9 Tai Chi★ 10:15 Zumba Gold★ 12 <u>Afternoon Movie</u> 2:50 Jazzercise Lite★	30 9 Early Risers Exercise 9 Quilting Group★ 1:30 Advance Line Dance★ 2:45 Yoga★	31 9 Early Risers Exercise 10 Loom Knitting★ 12 Beginning Tai Chi★ 2:50 Jazzercise Lite★	<div style="display: flex; justify-content: space-between;"> <div style="border: 1px solid black; padding: 5px; text-align: center;"> <p><b>TO MAKE A RESERVATION FOR LUNCH, PLEASE CALL THE MEAL HOTLINE ONE DAY IN ADVANCE BEFORE 11:00AM 216-7900</b></p> </div> <div style="border: 1px solid black; padding: 5px; text-align: center;"> <p><b>★Registration REQUIRED</b> Please contact the Edmond Senior Center to confirm scheduled events and activities - 216-7600</p> </div> <div style="border: 1px solid black; padding: 5px; text-align: center;"> <p><b>The Senior Center is open Monday - Friday 8:00am - 4:00pm</b></p> </div> </div>		