



## WEEKLY ACTIVITIES

### MONDAY

- 8:30 a.m. Exercise - CC & V
- 9 a.m. Knit & Crochet - CC
- 10 a.m. Karaoke
- 12:30 p.m. Musical BINGO

### TUESDAY

- 8:30 a.m. Wii Bowling
- 9:30 a.m. Bridge
- 9 a.m. Unfinished Crafts - CC
- 10 a.m. Mindfulness 2.0 - CC & V
- 12:30 p.m. Pinochle

### WEDNESDAY

- 8:30 a.m. Exercise - CC
- 9 a.m. Ceramics - CC
- 12:30 p.m. Hybrid BINGO
- 12:30 p.m. Pinochle

### THURSDAY

- 8:30 a.m. Wii Bowling
- 8:45 a.m. Qi Gong Tai Chi - CC
- 9 a.m. Plastic Canvas
- 9:30 a.m. Bridge
- 12:30 p.m. Mahjong
- 1 p.m. Euchre

### FRIDAY

- 8:30 a.m. Exercise - CC
- 9 a.m. Unfinished Crafts - CC
- 10 a.m. Karaoke
- 12:30 p.m. Pinochle
- 12:30 p.m. Musical BINGO
- 1:30 p.m. Movie

### DAILY:

Quilting, Game Room, Computer Lab, Board Games, Lounge, Garden Area

All activities above take place at the Senior Center or Community Center unless otherwise noted.

Please note that program dates and times are subject to change.

## Downtown Senior Center AUGUST 2025

Visit [Chandleraz.gov/seniors](http://Chandleraz.gov/seniors) for more information on Senior Programs

MON	TUE	WED	THUR	FRI
RR - Registration Req'd CC - Community Center V - In Person & Virtual Program				<b>1</b> 8:30 a.m. Drop-In Ping Pong - <b>CC</b> 10:30 a.m. Entertainer - Frank Mackey 1:30 p.m. Movie In The Lounge - Indian In The Cupboard
<b>4</b> 9 a.m. Computer Class 4 p.m. Drop-In Ping Pong - <b>CC</b>	<b>5</b> 8 a.m. Drop-In Pickleball - <b>CC</b> 10 a.m. Phone Help with Digital Assistance Program for Seniors - <b>RR</b>	<b>6</b> 8:45 a.m. Casino Trip - Talking Stick - <b>RR</b> 10:30 a.m. Brain Games w/Angel Care	<b>7</b> 8:30 a.m. Drop-In Ping Pong - <b>CC</b> 2 p.m. Drop-In Pickleball	<b>8</b> 8:30 a.m. Drop-In Ping Pong - <b>CC</b> 1:30 p.m. Movie In The Lounge - Tulsa
<b>11</b> 9 a.m. Cybersecurity Class 4 p.m. Drop-In Ping Pong - <b>CC</b>	<b>12</b> 10 a.m. Phone Help with Digital Assistance Program for Seniors - <b>RR</b> 11:30 a.m. Out to Lunch: Madeline's - <b>RR</b>	<b>13</b> 10 a.m. Medicare Basics with Archwell Health 10:30 a.m. Brain Games w/Angel Care	<b>14</b> 8:30 a.m. Drop-In Ping Pong - <b>CC</b> 2 p.m. Drop-In Pickleball	<b>15</b> 8:30 a.m. Drop-In Ping Pong - <b>CC</b> 10 a.m. Fall Preparedness w/ Dr. Murphy McCarty 1:30 p.m. Movie In The Lounge - The Last Song
<b>18</b> 9 a.m. Computer Class	<b>19</b> 8 a.m. Drop-In Pickleball - <b>CC</b>	<b>20</b>	<b>21</b> 8:30 a.m. Drop-In Ping Pong - <b>CC</b>	<b>22</b> 8:30 a.m. Drop-In Ping Pong - <b>CC</b> 10:30 a.m. Entertainer - Jim Latter 1:30 p.m. Movie In The Lounge - Someone Like You
<b>25</b> 4 p.m. Drop-In Ping Pong - <b>CC</b>	<b>26</b> 8 a.m. Drop-In Pickleball - <b>CC</b> 8:30 p.m. Wii Bowling Tournament - <b>RR</b>	<b>27</b> 10:30 a.m. Brain Games w/Angel Care	<b>28</b> 8:30 a.m. Drop-In Ping Pong - <b>CC</b>  Birthday Celebration w/Citadel	<b>29</b> 8:30 a.m. Drop-In Ping Pong - <b>CC</b> 1:30 p.m. Movie In The Lounge - Secretariat

DISCOVER.

IMAGINE.

GROW.