

Joe Holliman Fitness Center Calendar

Questions about which class is best for you? Call x4252

\$ = Fee for Service Class (fees vary per class)

Land Classes:

Monday

9:30 am Tai Chi Chih (all levels) \$

2:00 pm Zumba (all levels)

Wednesday

10:00 am Exercise for Function with Josh Collins (all levels)

Monday & Wednesday

10:30 am Women in the Weight Room (all levels)

Tuesday & Thursday

9:00 am Strength Agility & Coordination (Level 2 & 3)

10:00 am Barre Class (all levels)

10:45 am Yoga (all levels) \$

1:30 pm Fit 4 Function (Level 1)

2:15 pm Parkinson's Place (all levels)

Wednesday & Friday

9:00 am Men's Fitness League (all levels)

Friday

11:00 am Better Balance (all levels)

Saturday

9:00 am Saturday Circuit (all levels)

Aquatic Classes:

Monday, Wed & Friday

9:00 am Aqua Fit (Level 2 & 3)

10:00 am Water Works (Level 2 & 3)

1:30 pm Gentle Joints (Level 1)

Tuesday & Thursday

10:30 am Power of Water (all levels)

Saturday

10:00 am Water Works (all levels)

Open Swim Times:

M.W.F.

7:30am-9:00am

11:00am-1:30pm

2:30pm-4:00pm

T. TH.

7:30am-10:30am

11:30am-4:00pm

Saturday

9:00am-10:00am

11:00am-12:00pm

Community...

February Calendar 2019

OF VOICES



February 25th

Ladies night out 5pm RSVP

Get Better at the Barre

Tuesday and Thursday 10am
at the JHFC



February 11th
5pm RSVP



Tulsa Air and Space Museum

February, 26th 10am

**There are people who would LOVE
to have your bad day...**

Questions about events? Call #4228

February 2019

Community... of Voices

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>AR: Activity Room BR: Balmoral Room CD: Creek Dining Room CDR: Cherokee Dining Room CTD: Choctaw Dining DR: Dundee Room</p> <p>FC: Fitness Cent. FH: Founders Hall HH: Heather Hall RBC: Redbud Court TBR: Turnberry Room WO: Wellness Office</p>						
<p>3 8:45 Depart for Sunday School at First Presbyterian</p> <p>10:00 Shuttle to Downtown Churches</p> <p>4:15 Inverness Worship Service (FH) 5:30 Super Bowl Party (Bistro)</p>	<p>4 11:00-4:00 Village Treasures 11:00 Grief Support (WO) 11:30 Community Table Host: Lois McMillan (CDR) 1:00 Brain Games (HH) 1:30 Beginners Bridge (BR) 2:00 Depart for Wal-Mart</p>	<p>5 10:00 Wii Bowling (DR) 11:30 Community Table Host: D Isted (CDR) 2:00 Bible Study (BR) 2:45 Brain Games 101 (FC) 6:45 Bid/Double (FH)</p>	<p>6 8:00 Depart for ROMEO</p> <p>11:30 Community Table Host: Orcella Whistler (CDR) 2:00 Chess Game (AR) 2:00 Farkel (BR) 3:00 Dining Committee (Choctaw) 3:00 Ron Wheeler (FH) 5:00 Depart for White River Fish</p>	<p>7 11:00 Mass (chapel) 11:30 Community Table Host: Patty French (CDR) 1:00 Village Treasures Committee Meeting (AR) 2:00 Depart for Reasor's 2:00 Mexican Train Dominos (BR)</p>	<p>1</p> <p>9:45 Depart for Town Hall 3:00 Armchair Travel "Japan" (RBC) 7:00 Movie Night (FH)</p>	<p>2 2:00 Rummikub (BR) 3:00 Music with Ryan McLaughlin (RBC) 3:00 Skip-Bo (Bistro) 6:30 Depart for Sing for Our Schools 6:45 Depart for Symphony 7:00 Chicken Foot (BR)</p>
<p>10 8:45 Depart for Sunday School at First Presbyterian</p> <p>10:00 Shuttle to Downtown Churches</p> <p>4:15 Inverness Worship Service (FH) Communion Celebrated</p>	<p>11 11:30 Community Table Host: Lois McMillan (CDR) 1:00 Brain Games (HH) 1:30 Beginners Bridge (BR) 2:00 Depart for Wal-Mart 3:00 Nick Bratkovich (RBC) 5:00 Men's Night Out (CD) RSVP #4246</p>	<p>12 9:30 Caregivers Support (RBC) 10:00 Wii Bowling (DR) 11:30 Community Table Host: D Isted (CDR) 2:00 Bible Study (BR) 2:45 Brain Games 101 (FC) 3:30 Poetry Reading (FH) 6:45 Bid/Double (FH)</p>	<p>13 8:00 Depart for ROMEO</p> <p>11:30 Community Table Host: Orcella Whistler (CDR) 2:00 Chess Game (AR) 2:00 Farkel (BR) 3:00 Facilities Committee (CTD) 3:30 Pastoral Care Committee (Board Room) 5:00 Depart for Fine Dining at Bodean's Seafood 6:45 Duplicate Bridge (FH)</p>	<p>14 11:00-1:00 Flowers for Friends (Lobby) 11:30 Community Table Host: Patty French (CDR) 1:30 Read and Share (AR) 2:00 Depart for Reasor's 2:00 Mexican Train Dominos (BR)</p>	<p>15 10:00 Facilities Feedback (Creek) 1:30 Art Class with Ross (AR) 3:00 Art History: Kusama (RBC) 5:00 Dinners for 8 (FH) 6:45 Depart for Opera 6:45 Depart for Signature Pop 7:00 Movie Night (FH)</p>	<p>16 8:00 Depart for Breakfast Bunch</p> <p>2:00 Rummikub (BR) 3:00 Skip-Bo (Bistro) 6:45 Depart for Signature Pop 7:00 Chicken Foot (BR)</p>
<p>17 8:45 Depart for Sunday School at First Presbyterian</p> <p>10:00 Shuttle to Downtown Churches</p> <p>4:15 Inverness Worship Service (FH)</p>	<p>18 11:00-4:00 Village Treasures 11:30 Community Table Host: Lois McMillan (CDR) 11:30 Don't Tell Luncheon with Steve & Barbara Collins RSVP #4246 1:00 Brain Games (HH) 1:30 Beginners Bridge (BR) 2:00 Depart for Wal-Mart 3:00 Sing Along with Bob & Anne Parker (FH)</p>	<p>19 10:00 Wii Bowling (DR) 11:30 Community Table Host: D Isted (CDR) 2:00 Bible Study (BR) 2:45 Brain Games 101 (FC) 6:45 Bid/Double (TBD)</p>	<p>20 8:00 Depart for ROMEO</p> <p>11:30 Community Table Host: Orcella Whistler (CDR) 2:00 Chess Games (AR) 2:00 Farkel (BR) 3:00 Jeopardy (RBC) 5:30 Birthday Dinner (Creek) RSVP #4246</p>	<p>21 10:00 Vets Coffee (Bistro) 10:30 Women's Circle (CTD) 11:30 Community Table Host: Patty French (CDR)</p> <p>2:00 Depart for Reasor's 2:00 Mexican Train Dominos (BR)</p>	<p>22</p> <p>11:00 Depart for Red Hatters Luncheon at Kiss-Me-Kwik Café</p> <p>1:30 Art Class with Ross (AR) 3:00 Richard Hicks (RBC) 7:00 Movie Night (FH)</p>	<p>23 2:00 Rummikub (BR) 3:00 Skip-Bo (Bistro) 6:45 Depart for Signature Classics 7:00 Chicken Foot (BR)</p>
<p>24 8:45 Depart for Sunday School at First Presbyterian</p> <p>10:00 Shuttle to Downtown Churches</p> <p>4:15 Inverness Worship Service (FH)</p>	<p>25 11:30 Community Table Host: Lois McMillan (CDR) 1:00 Brain Games (HH) 1:30 Beginners Bridge (BR) 2:00 Depart for Wal-Mart 3:15 John Southern (RBC) 5:00 Ladies ' Night Out (CD) RSVP #4246</p>	<p>26 10:00 Depart Tulsa Air & Space Museum</p> <p>10:00 Wii Bowling (DR) 11:30 Community Table Host: D Isted (CDR) 2:00 Bible Study (BR) 2:45 Brain Games 101 (FC) 3:00 Resident Meeting (FH) 6:45 Bid/Double (TBD)</p>	<p>27 8:00 Depart for ROMEO</p> <p>9:30 Coffee & Conversation (CTD) 10:30 Speaking of Gilcrease (FH) 11:30 Community Table Host: Orcella Whistler (CDR) 2:00 Farkel (BR) 2:00 Chess Game (AR) 6:45 Duplicate Bridge (FH)</p>	<p>28 10am Celebration of Life Dr. June Holmes</p> <p>11:30 Community Table Host: Patty French (CDR) 2:00 Depart for Reasors 2:00 Mexican Train Dominos (BR)</p>	<p>Cherokee Dining Monday-Friday 11:30-1:00 & 4:30-7:00 / Saturdays 4:30-7:00/Sunday Buffet 11:30-1:30 Perryman's Bistro: Monday-Saturday 7:30 am-7:30pm Closed between 10:00-11:00 am & 2:00-4:30 pm Closed Sunday's Glenlivet Lounge: Monday-Saturday 4:30-7:30 pm</p>	