

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 Dancersise (all levels)

Monday & Wednesday

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

Monday & Wednesday

1:30 pm Stretch and Restore

Tuesday & Thursday

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

10:00 am March Madness (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)

Wednesday

2:00 pm Musical Chairs

First Thursday of the month –

Intro to YOGA

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)

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.

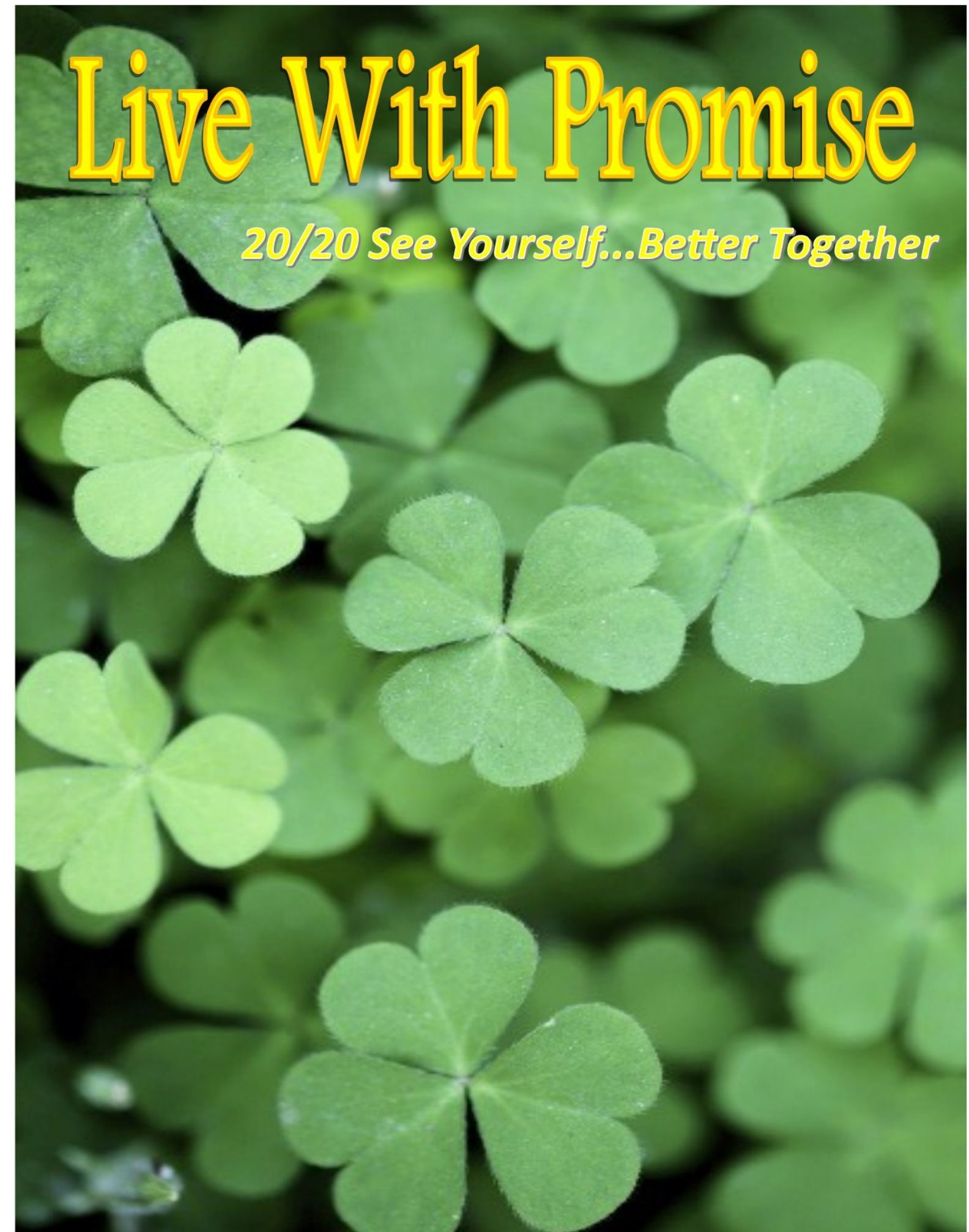
7:30am-10:30am

11:30am-4:00pm

Saturday

9:00am-10:00am

11:00am-12:00pm



Questions about events? Call #4228

March 2020



See Yourself ... **Better Together**

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | |
|--|--|---|--|--|---|---|--|
| <p>1 <u>8:45 Depart for Sunday School at First Presbyterian Churches</u> 10:00 Shuttle to Downtown Churches <u>1:15 Depart for A Midsummer Night's Dream at TU</u> 4:15 Inverness Worship Service -Special Lenten Musical service(FH)</p> | <p>2 11:00-4:00 Village Treasures 11:00 Grief Support (WO) 1:00 Brain Games (HH) 2:00 Depart for Wal-Mart 3:00 Music with David Horne RBC) 6:45 Depart for Wind Ensemble and Symphonic Winds Concert at TU</p> | <p>3 10: 00 Wii Bowling (DR) 10:00 Depart for Voting 12:45 Don Henderson on Piano (HH) 2:00 Bible Study (BR) 2:00 Depart for Voting 3:00 Bingo (RBC) 6:45 Bid/Double (FH)</p> | <p>4 <u>8:00 Depart for ROMEO</u> 9:30 Lenten Prayer (Chapel) 1:30 Chess Games (AR) 3:00 Pictionary (RBC) 3:00 Dining Committee (CTD) 4:30 Depart for White River BA</p> | <p>5 10:00 Chair Tai Chi (RBC) 11:00 Mass (Chapel) 1:00 Village Treasures Committee Meeting (AR) 2:00 Mexican Train Dominos (BR) 2:00 Depart for Reasor's 5:30 St Catherine's Carolers touring Inverness 6:45 Depart for Concerts with Commentary at TU</p> | <p>6 <u>Visit a Friend in Heather Hall or Redbud Court</u> 3:00 Armchair Travel "Cuba" (RBC) 6:15 Depart for Fridays in the Loft 7:00 Movie Night (FH)</p> | <p>7 <u>1:15 Depart for Seussical the Musical at Jenks High School</u> 2:00 Rummikub (BR) 3:00 Skip-Bo (Bistro) 7:00 Chicken Foot (BR)</p> | |
| <p>8 <u>8:45 Depart for Sunday School at First Presbyterian Churches</u> 10:00 Shuttle to Downtown Churches 4:15 Inverness Worship Service (FH)</p> | <p>9 1:00 Brain Games (HH) 2:00 Depart for Wal-Mart 3:00 Nick Bratkovich (RBC) Did you know that in December Inverness recycled 4,359 pounds of things that would have otherwise ended up in the landfill?</p> | <p>109:30 Caregivers Support (RBC) 10:00 Wii Bowling (DR) 2:00 Bible Study (BR) 3:00 Bingo (RBC) 6:45 Bid/Double (FH)</p> | <p>11 <u>8:00 Depart for ROMEO</u> 9:30 Lenten Prayer (Chapel) 1:30 Chess Game (AR) 3:00 Facilities Committee (CTD) 3:30 Pastoral Care Committee (Board Room) 5-7 Prime Rib Night (Cherokee) 6:45 Duplicate Bridge (FH) 6:45 Depart for The Choir of Man at BAPAC</p> | <p>12 10:00 Chair Tai Chi (RBC) 10:00 Vets Coffee (HH) 1:30 Read and Share (AR) 2:00 Depart for Reasor's 2:00 Mexican Train Dominos (BR) 3:00 Bingo (RBC)</p> | <p>13 1:30 Art Class \$ (AR) 3:00 Richard Hicks (RBC) 1:00 Depart for Peach Wave 7:00 Movie Night (FH)</p> | <p>14 2:00 Rummikub (BR) 3:00 Skip-Bo (Bistro) 6:30 Signature Classics 6:30 Depart for Star Wars: In Concert at Tulsa Symphony 7:00 Chicken Foot (BR)</p> | |
| <p>15 <u>8:45 Depart for Sunday School at First Presbyterian Churches</u> 10:00 Shuttle to Downtown Churches 4:15 Inverness Worship Service (FH) Communion Celebrated</p> | <p>16 11:00-4:00 Village Treasures 11:30 Do Tell Luncheon (CD) RSVP #4246 1:00 Brain Games (HH) 2:00 Depart for Wal-Mart</p> | <p>17 St Patrick's Day 9:30 Depart for "Living with Dementia-Monthly Art Experience at Philbrook" (HH) 10:00 Wii Bowling (DR) 2:00 Bible Study (BR) 5:30 Green Beer in the Glenlivet Lounge 6:45 Bid/Double (FH) ** Chili Cookoff entry List closes**</p> | <p>18 <u>8:00 Depart for ROMEO</u> 9:30 Lenten Prayer (Chapel) 1:30 Chess Game (AR) 2:00 Films with Heart (FH) 5:30 Birthday Dinner (Creek) RSVP #4246</p> | <p>19 10:00 Chair Tai Chi (RBC) 10:00 Vets Coffee (Bistro) 10:00 Women's Bible Study (CTD) 2:00 Depart for Reasor's 3:00 Spring Garden Prep (HH) 3:00 Bingo (RBC)</p> | <p>20 10:00 Facilities Feedback Creek) 1:30 Art Class \$ (AR) 2:00 Depart for Aldi's 2:00 Spring Garden Prep (RBC) 3:00 Library Committee (Library) 3:00 Sing Along with Bob & Norma Helen (FH) 3:00 Art History "Degas" (RBC) 7:00 Movie Night (FH)</p> | <p>21 <u>8:00 Depart for Breakfast Bunch</u> 2:00 Rummikub (BR) 3:00 Skip-Bo (Bistro) 7:00 Chicken Foot (BR)</p> | |
| <p>22 <u>8:45 Depart for Sunday School at First Presbyterian Churches</u> 10:00 Shuttle to Downtown Churches 4:15 Inverness Worship Service (FH)</p> | <p>23 1:00 Brain Games (HH) 2:00 Depart for Wal-Mart 3:00 Music with Linda Traw (RBC) 7:00 Music with Don Irwin (FH)</p> | <p>24 10: 00 Wii Bowling (DR) 11:00 Chili Cook off (FH) 2:00 Bible Study (BR) 3:00 Resident Meeting (FH) All Welcome! 6:45 Bid/Double (FH)</p> | <p>25 <u>8:00 Depart for ROMEO</u> 9:30 Coffee & Conversation (CTD) 9:30 Lenten Prayer (Chapel) 10:30 Speaking of Gilcrease (FH) 1:30 Chess Games (AR) 3:00 Pictionary (RBC) 6:45 Duplicate Bridge (FH)</p> | <p>26 10:00 Chair Tai Chi (RBC) 2:00 Depart for Reasors 2:00 Mexican Train Dominos (BR) 4:45 Depart for David Horne at the Botanical Gardens *Pick up your Inverness Scavenger hunt sheet at the front desk today*</p> | <p>27 <u>11:00 Depart for Red Hatters-Kitch Café & Bakery/Cookiedoodle</u> 1:30 Art Class \$ (AR) 3:00 Richard Hicks (RBC) 6:45 Depart for Vendetta Ballet 7:00 Movie Night (FH)</p> | <p>28 2:00 Rummikub (BR) 3:00 Skip-Bo (Bistro) 7:00 Chicken Foot (BR)</p> | |
| <p>29 <u>8:45 Depart for Sunday School at First Presbyterian Churches</u> 10:00 Shuttle to Downtown Churches 4:15 Inverness Worship Service (FH)</p> | <p>30 11:30-1 Live Chat with Dieticia(RBC) 1:00 Brain Games (HH) 2:00 Depart for Wal-Mart 3:00(RBC)</p> | <p>31 10: 00 Wii Bowling (DR) 2:00 Bible Study (BR) 1:30 Scavenger Hunt results revealed (Bistro) 3:00 Bingo (RBC) 6:45 Bid/Double (FH)</p> | <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>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 Closed Sunday's Glenlivet Lounge: Monday-Saturday 4:30-7:30 pm</p> | |