




January 2010

sunday	monday	tuesday	wednesday	thursday	friday	saturday
					1 	2
3	4	5 Lunch at "The Green Onion" 51 st between Yale and Harvard at noon Please RSVP to 294-4772.	6 Wednesday Walking Club @ the UMAC 9am	7	8	9
10	11	12 Healthy Living Class 6:30-7:30pm "What Is Your Gut Telling You?" 294-3627 Educ Ctr.	13 Wednesday Walking Club @ the UMAC 9am	14 Coffee and Conversation 10-11 am in the hospital café. "Beat the Post Holiday Blues and Weight Gain" 294-4772	15	16
17	18	19 Game Day in our Education Center from 1-4 pm. Bring a snack to share and your game of choice!	20 Wednesday Walking Club @ the UMAC 9am	21	22	23
24 31	25	26	27 Wednesday Walking Club @ the UMAC 9am	28 Lunch @ "Villa Ravenna" Italian restaurant in the Farm Shopping Ctr at noon. RSVP 294-4772	29	30

UMAC – Union Multi Purpose Activity Center – located next door to Union High School @ 71st and Mingo. Please call Denise @ 294-4772 with any questions. We hope to see you at all our activities!
Coffee and Conversation: Free coffee in café OR 20% discount @ Café Zoe in lobby with Senior Circle card.

February 2010

sunday	monday	tuesday	wednesday	thursday	friday	saturday
	1	2	3 Wednesday Walking Club @ the UMAC 9am	4 Lunch @ the Delta Café on 51 st between Yale and Harvard. PLEASE RSVP so we have enough room!!	5	6
7	8	9	10 Wednesday Walking Club @ the UMAC 9am	11 Coffee and Conversation 10-11 am * See below* "Basic Home Improvement" by Bill Bogle 	12	13
14 	15	16 Lunch @ "Longhorn Steakhouse" On 71 st just east of Woodland Hills Mall. RSVP to 294-4772	17 Wednesday Walking Club @ the UMAC 9am	18	19	20
21	22	23 Healthy Living Class in Ed Ctr. "Atrial Fibrillation- Keys to a Healthy Heart" 294-3627 RSVP	24 Wednesday Walking Club @ the UMAC 9am	25	26	27
28						



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*** This will take place in Classroom 3&4 in the hospital which is across and right of the café as you are looking at it.

March 2010

sunday	monday	tuesday	wednesday	thursday	friday	saturday
	1	2	3 Wednesday Walking Club @ the UMAC 9am	4	5 Lunch @ Luby's : 71 st and Riverside Please RSVP to 294-4772	6
7	8	9 Healthy Living Class 6:30-7:30 Education Ctr "Nutritional Ways to Your Wellness" RSVP to 294- 3627 please.	10 Wednesday Walking Club @ the UMAC 9am	11	12	13
14 DAYLIGHT SAVINGS TIME BEGINS 	15 SPRING BREAK FOR TULSA AREA SCHOOLS ALL WEEK.	16	17 Wednesday Walking Club @ the UMAC 9am 	18	19	20
21	22	23	24 Wednesday Walking Club @ the UMAC 9am	25 Coffee and Conversation 10-11 am * See below* "Protecting Yourself from Fraud!" RSVP to 294-4772	26	27
28	29	30 National Doctor's Day	31 Wednesday Walking Club @ the UMAC 9am Lunch @ Goldie's Patio Grill -1 block west of Sheridan. RSVP please.			

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April 2010

sunday	monday	tuesday	wednesday	thursday	friday	saturday
				1	2	3
4	5	6	7 Wednesday Walking Club @ the UMAC 9am	8	9	10
11	12	13 Healthy Living	14 Wednesday Walking Club @ the UMAC 9am	15	16	17
18	19	20	21 Wednesday Walking Club @ the UMAC 9am	22	23	24
25	26	27	28 Wednesday Walking Club @ the UMAC 9am	29	30	

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