

Calendar of Events

Please note the following Center information.

Accommodations - If the activity you want to attend is held at the front of the West building, and handicap accommodation is needed, please contact the office to allow entry through the front of the building. Front parking accommodations are for those who have a handicap tag to hang in their car.

Entry - Members will enter through the west entry of the West building and through the east entry of the East building.

Name tags - All members will be required to wear their name tag while engaged in activities at the Center.

Center hours - All activities Monday through Friday will end by 4 p.m.

Guests - Guests who are 55 or older and considering membership are welcome. They are required to check in with the office so a guest form can be completed.

Perfumes and scents - Many members are highly sensitive to strong scents. Please refrain from using strongly scented perfumes, after-shaves and lotions while at the Center.

Lunch - Lunch is provided at the Center by the Tulsa and Creek County Senior Nutrition Program at 11:30 a.m. each day in the West Building. Lunches cannot be served after 12 p.m.. Reservations are required and must be made the day before at 11 a.m. Please call (918) 259-8377, extension 16. For those over 60, the suggested donation is \$2 per meal.

Transportation - Questions regarding transportation to and from the Center on the Center's bus can be answered by calling the office at (918) 259-8377, ext. 15.

The Calendar - The notation **SCE** follows activities that are held in the East Building.

First - Friday, September 1

8 a.m.-12 p.m. Dominoes
 8:15-9 a.m. Cardio Drumming • **SCE**
 9:15 -10:15 a.m. Friday Fitness • **SCE**
 9:30-10:30 a.m. Singing Group
10 a.m.-12 p.m. Alzheimer's Support Group • SCE
 10 a.m.-12 p.m. Creative Writing
 10:30-11:30 a.m. Limited Exercise
 10:30-11:45 a.m. Line Dancing with Eugenia • **SCE**
 11:30 a.m.-12 p.m. Lunch
 12-4 p.m. Canasta
 12:15-1:15 p.m. Exercise 101
 1-2:30 p.m. Bingo
 1-3 p.m. Individual Quilt Layout
 1:30-4 p.m. Pickleball Open Play
 3:15-4 p.m. Zumba • **SCE**

9:15-10:15 a.m. Soft Yoga • **SCE**
 9:30-10:15 a.m. Limited Exercise
 9:30 a.m.-12:30 a.m. Scrapbooking
 10-11 a.m. Guitar Lessons • **SCE**
 10:30-11:30 a.m. Limited Exercise
 11:30 a.m.-12 p.m. Lunch
 11:45 a.m.-12:45 p.m. Tai Chi for Better
 Balance with Julie • **SCE**
 12-4 p.m. Canasta
 12-4 p.m. Chess • **SCE**
 1-2 p.m. Line Dancing with Michelle • **SCE**
 1-3:30 p.m. Painting
 1-4 p.m. Pickleball Lessons
 2:15-3:30 p.m. Clogging Class • **SCE**

First Monday, September 4

Center will be closed in observance of
 Labor Day Holiday.

First - Tuesday, September 5

8 a.m.-12 p.m. Dominoes
 8 a.m.-12 p.m. Party Bridge • **SCE**
 8:15-9 a.m. Strengthen & Tone • **SCE**
 9-10 a.m. Beginning Guitar Lessons • **SCE**
 9-11 a.m. **New** . Pool Instruction by Mr. Keith Costigan
 More information on page 8
 9 a.m.-12 p.m. Train Dominoes

First - Wednesday, September 6

8 a.m.-12 p.m. Dominoes
 8:15-9 a.m. Cardio Dance • **SCE**
 8:15-9:00 a.m. Core Strength Yoga
 9-11:30 a.m. Needle Crafting
 9:15-10:15 a.m. Chair Yoga
 9:30 - 10 a.m. Beginning Ukulele • **SCE**
 10-11 a.m. Blood Pressure Checks
 10 a.m.-11:30 a.m. Line Dancing with Eugenia • **SCE**
 10 a.m.-12 p.m. Ukulele Jam • **SCE**
 10 a.m.-12 p.m. Abstract Painting
 10 a.m. to 3 p.m. Quilting
 10:30-11:30 a.m. Limited Exercise
 11:30 a.m.-12 p.m. Lunch
 12:15-1:15 p.m. Exercise 101
 1-3 p.m. Drawing Class
 1:30-3:00 p.m. Line Dancing with Barb • **SCE**

Continues on the next page

Calendar of Events

1-4 p.m. ... **New** Beginning Mahjong • SCE
 More Information on page 18
 1:30-4 p.m. Pickleball Open Play
 3:15-4 p.m. Zumba • SCE

First - Thursday, September 7

8 a.m.-12 p.m. Dominoes
 8:15-9 a.m. Strengthen & Tone • SCE
 9 a.m.-Noon Train Dominoes
 9:15-10:15 a.m. Power Yoga • SCE
 9:30-10:15 a.m. Limited Exercise
 9:30-11 a.m. Creative Card Making
 9:30-11:30 a.m. Guitar Jam • SCE
 9:30 a.m.- 12 p.m. Play Money Poker
 10:30-11:30 a.m. Limited Exercise
 11:30 a.m.- 12 p.m. Lunch
 11:30-3 p.m. Party Bridge • SCE
 12:15-1 p.m. **New** Drumming to Exercise
 More information on page 19
 12:30-2 p.m. Creative Card Making
 12:30-2:30 p.m. Happy Hookers - Crochet
 12:30-4 p.m. Card Game of The Day
 1-2 p.m. Simply Faith Class
 1-2:30 p.m. Fundamentals of Line Dancing
 with Michelle • SCE
 1:15-4 p.m. Pickleball Open Play
 3:00-4 p.m. Cardio Drumming • SCE

Second - Friday, September 8

8 a.m.- 12 p.m. Dominoes
 8:15-9 a.m. Cardio Drumming • SCE
 9:15 -10:15 a.m. Friday Fitness • SCE
 9:30-10:30 a.m. Singing Group
 10 a.m.-12 p.m. Creative Writing
 10:30-11:30 a.m. Limited Exercise
 10:30-11:45 a.m. Line Dancing with Eugenia • SCE
 11:30 a.m.-12 p.m. Lunch
 Noon-4 p.m. Canasta
 12:15-1:15 p.m. Exercise 101
 1-2:30 p.m. Bingo
 1-3 p.m. Individual Quilt Layout
 1:30-4 p.m. Pickleball Open Play
 3:15-4 p.m. Zumba • SCE

Second - Monday, September 11

8 a.m.-12 p.m. Dominoes
 8 a.m.-12 p.m. Party Bridge • SCE
 8:15-9 a.m. Cardio Dance • SCE
 9 a.m.-12 p.m. Medicare Questions Answered
 9:15-10:15 a.m. Yin Yoga • SCE

9:15-10:15 a.m. Drumming to Exercise
 9:15-11 a.m. Crafting
 9:30-11 a.m. Bible Study • SCE
10-11 a.m. Circle of Readers
 More information on page 20
 10:30-11:15 a.m. Limited Exercise
 10:30-11:30 a.m. 8 Dimensions of Wellness
“Preregistration required”
 11:30 a.m.-12 p.m. Lunch
 12-4 p.m. Canasta
 12:15-1:15 p.m. Tai Chi for Better Balance
 with Vanessa • SCE
 12:15-4 p.m. Pickleball Open Play
 1:00-2:30 p.m. Intermediate Tap Dancing
 1-4 p.m. **New** Experienced Mahjong Players • SCE
More Information on page 18
 1:30-3:00 p.m. Line Dancing with Barb • SCE
 1:30-3:30 p.m. Photography Group • SCE
 2:45-3:30 p.m. Beginning Tap Dancing
3-4 p.m. Allfit BA Fitness Training • SCE
“Preregistration required”
More information on page 8
 3:15-4 p.m. Zumba • SCE

Second - Tuesday, September 12

8 a.m.-12 p.m. Dominoes
 8 a.m.-12 p.m. Party Bridge • SCE
 8:15-9 a.m. Strengthen & Tone • SCE
9-10 a.m. Fitness Machine Orientation • SCE
 9-10 a.m. Beginning Guitar Lessons • SCE
9 a.m to Conclusion Domino Tournament
 9-11 a.m. **New** .. Pool Instruction by Mr. Keith Costigan
 More information on page 8
 9 a.m.-12 p.m. Train Dominoes
 9:15-10:15 a.m. Soft Yoga • SCE
 9:30-10:15 a.m. Limited Exercise
 9:30 a.m.-12:30 p.m. Scrapbooking

ward Jones

Member SIPC

Concerned about interest rates? Let's talk.



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Calendar of Events

10-11 a.m. Guitar Lessons • **SCE**
 10:30-11:30 a.m. Limited Exercise
 11:30 a.m.-12 p.m. Lunch
 11:45 a.m.-12:45 p.m. Tai Chi for Better
 Balance with Julie • **SCE**
 12-4 p.m. Canasta
 12-4 p.m. Chess • **SCE**
 1-2 p.m. Line Dancing with Michelle • **SCE**
 1-2 p.m. **New** African Violet “Cousins”
 Mote Information on page 23
 1-3:30 p.m. Painting
 1-4 p.m. Pickleball Lessons
 2:15-3:30 p.m. Clogging Class • **SCE**

11:30 a.m.-12 p.m. Lunch
 11:30-3 p.m. Party Bridge • **SCE**
 12:15-1 p.m. **New** Drumming to Exercise
 More information on page 19
 12:30-2 p.m. Creative Card Making
 12:30-2:30 p.m. Happy Hookers - Crochet
 12:30-4 p.m. Card Game of The Day
 1-2 p.m. Simply Faith Class
 1-2:30 p.m. Fundamentals of Line Dancing
 with Michelle • **SCE**
 1:15-4 p.m. Pickleball Open Play
 3:00-4 p.m. Cardio Drumming • **SCE**

Second - Wednesday, September 13

8 a.m.-12 p.m. Dominoes
 8:15-9 a.m. Cardio Dance • **SCE**
 8:15-9:00 a.m. Core Strength Yoga
 9-11:30 a.m. Needle Crafting
 9:15-10:15 a.m. Chair Yoga
 9:30-10 a.m. Beginning Ukulele • **SCE**
 10-11 a.m. Blood Pressure Checks
 10 a.m.-12 p.m. Ukulele Jam • **SCE**
 10 a.m.-12 p.m. Abstract Painting
 10 a.m.-3 p.m. Quilting
 10 a.m.-11:30 a.m. Line Dancing with Eugenia • **SCE**
 10:30-11:30 a.m. Limited Exercise
 11:30 a.m.-12 p.m. Lunch
12 p.m.-Conclusion At the Movies • SCE
 12:15-1:15 p.m. Exercise 101
12:30-2:00 p.m. Bunco
 1-3 p.m. Drawing Class
 1:30-3:00 p.m. Line Dancing with Barb • **SCE**
 1-4 p.m. **New** Beginning Mahjong • **SCE**
 More Information on page 18
 1:30-4 p.m. Pickleball Open Play
 3:15-4 p.m. Zumba • **SCE**

Second - Thursday, September 14

8 a.m.-12 p.m. Dominoes
 8:15-9 a.m. Strengthen & Tone • **SCE**
 9 a.m.-12 p.m. Train Dominoes
 9:15-10:15 a.m. Power Yoga • **SCE**
 9:30-10:15 a.m. Limited Exercise
 9:30-11 a.m. Creative Card Making
 9:30-11:30 a.m. Guitar Jam • **SCE**
 9:30 a.m.-12 p.m. Play Money Poker
 10:30-11:30 a.m. Limited Exercise
 10:30-11:30 a.m. 8 Dimensions of Wellness
“Preregistration required”

Third - Friday, September 15

8 a.m.-12 p.m. Dominoes
 8:15-9 a.m. Cardio Drumming • **SCE**
 9:15-10:15 a.m. Friday Fitness • **SCE**
 9:30-10:30 a.m. Singing Group
 10 a.m.-12 p.m. Creative Writing
10 a.m.-12 p.m. Alzheimer’s Support Group • SCE
 10:30-11:30 a.m. Limited Exercise
 10:30-11:45 a.m. Line Dancing with Eugenia • **SCE**
 11:30 a.m.-12 p.m. Lunch
 12-4 p.m. Canasta
 12:15-1:15 p.m. Exercise 101
 1- 2:30 p.m. Singo
 1-3p.m. Individual Quilt Layout
 1:30-4 p.m. Pickleball Open Play
 3:15-4 p.m. Zumba • **SCE**

Third - Monday, September 18

8 a.m.-12 p.m. Dominoes
 8 a.m.-12 p.m. Party Bridge • **SCE**
 8:15-9 a.m. Cardio Dance • **SCE**
 9 a.m.-12 p.m. Medicare Questions Answered
 9:15-10:15 a.m. Yin Yoga • **SCE**
 9:15-10:15 a.m. Drumming to Exercise
 9:15-11 a.m. Crafting
 9:30-11 a.m. Bible Study • **SCE**
9:30-11:30 a.m. New Abstract Art Workshop
More information on page 19
10-11 a.m. Circle of Readers
 More information on page 20
 10:30 - 11:15 a.m. Limited Exercise
 10:30-11:30 a.m. 8 Dimensions of Wellness
“Preregistration required”
 11:30 a.m.-12 p.m. Lunch
 12-4 p.m. Canasta

Continues on the next page

Calendar of Events

12:15-1:15 p.m. Tai Chi for Better Balance
with Vanessa • SCE
12:15-4 p.m. Pickleball Open Play
1-4 p.m. **New** Experienced Mahjong Players • SCE
More information on page 18
1-2:30 p.m. Stop the Bleed-Save a Life • SCE
New More information on page 3
1-2:30 p.m. Intermediate Tap Dancing
1:30-3:00 p.m. Line Dancing with Barb • SCE
2:45-3:30 p.m. Beginning Tap Dancing
3-4 p.m. Allfit BA Fitness Training • SCE
"Preregistration required"
More information on page 8
3:15-4 p.m. Zumba • SCE

Third - Tuesday, September 19

8 a.m.-12 p.m. Dominoes
8 a.m.-12 p.m. Party Bridge • SCE
8:15-9 a.m. Strengthen & Tone • SCE
9 -10 a.m. Beginning Guitar Lessons • SCE
9-11 a.m. New Pool Instructions by Mr. Keith Costigan
More information on page 8
9 a.m.-12 p.m. Train Dominoes
9:15-10:15 a.m. Soft Yoga • SCE
9:30-10:15 a.m. Limited Exercise
9:30 a.m.-12:30 p.m. Scrapbooking
10-11 a.m. Guitar Lessons • SCE
10:30-11:30 a.m. Limited Exercise
11:30 a.m.-12 p.m. Lunch
11:45 a.m.-12:45 p.m. Tai Chi for Better
Balance with Julie • SCE
12-4 p.m. Canasta
12-4 p.m. Chess • SCE
1-2 p.m. Line Dancing with Michelle • SCE
1-2 p.m. New Alzheimer's Not Normal Aging
More information of page 7
1-3 p.m. New Free Vision Screening
More information of page 5
1-3:30 p.m. **New** Painting
1-4 p.m. Pickleball Lessons
2:15-3:30 p.m. Clogging Class • SCE
3:30 p.m.-Conclusion Board of Directors • SCE

Third - Wednesday, September 20

8 a.m.-12 p.m. Dominoes
8:15-9 a.m. Cardio Dance • SCE
8:15-9:00 a.m. Core Strength Yoga
9-11:30 a.m. Needle Crafting
9:15-10.15 a.m. Chair Yoga

9:30-10 a.m. Beginning Ukulele • SCE
10-11 a.m. Blood Pressure Checks
10 a.m.-12 p.m. Ukulele Jam • SCE
10 a.m.-12 p.m. Abstract Painting
10 a.m.-3 p.m. Quilting
10 a.m.-11:30 a.m. Line Dancing with Eugenia • SCE
10:30-11:30 a.m. Limited Exercise
11:30 a.m.-12 p.m. Lunch
12:15-1:15 p.m. Exercise 101
1-3 p.m. Drawing Class
1-4 p.m. **New** Beginning Mahjong • SCE
More Information on page 18
1:30-3:00 p.m. Line Dancing with Barb • SCE
1:30-4 p.m. Pickleball Open Play
3:15-4 p.m. Zumba • SCE

Third - Thursday, September 21

8 a.m.-12 p.m. Dominoes
8:15-9 a.m. Strengthen & Tone • SCE
9 a.m.-12 p.m. Train Dominoes
9 a.m. -Conclusion Pool Tournament
9:15-10:15 a.m. Power Yoga • SCE
9:30-10:15 a.m. Limited Exercise
9:30-11 a.m. Creative Card Making
9:30-11:30 a.m. Guitar Jam • SCE
9:30 a.m.-12 p.m. Poker Tournament
9:30 a.m.-12 p.m. Play Money Poker
10-11 a.m. . . . Third Thurs Thanks/Volunteer Event • SCE
More information on page 18
10:30-11:30 a.m. Limited Exercise
10:30-11:30. 8 Dimensions of Wellness
"Preregistration required"
10-11:30 a.m. Grief Healing Group • SCE
11:30 a.m.-12 p.m. Lunch
11:30-3 p.m. Party Bridge • SCE
12:15-1 p.m. **New** Drumming to Exercise
More information on page 19
12:30-2 p.m. Creative Card Making
12:30-2:30 p.m. Happy Hookers - Crochet
12:30-4 p.m. Card Game of the Day
1-2 p.m. Simply Faith Class
1-2 p.m. New Medicare Panel Discussion • SCE
More Information on page Front Page
1-2:30 p.m. Fundamentals of Line Dancing
with Michelle • SCE
1:15-4 p.m. Pickleball Open Play
3:00-4 p.m. Cardio Drumming • SCE

Fourth - Friday, September 22

8 a.m.-12 p.m. Dominoes

Continues on the next page

Calendar of Events

8:15-9 a.m. Cardio Drumming • SCE
9-10 a.m. Fitness Machine Orientation • SCE
 with Danny Stephens
 9:15-10:15 a.m. Friday Fitness • SCE
 9:30-10:30 a.m. Singing Group
 10 a.m.-12 p.m. Creative Writing
 10:30-11:30 a.m. Limited Exercise
 10:30-11:45 a.m. Line Dancing with Eugenia • SCE
 11:30 a.m.-12 p.m. Lunch
 12-4 p.m. Canasta
 12:15-1:15 p.m. Exercise 101
 1-2:30 p.m. Bingo
1-2:30 p.m. Parkinson's Support Group • SCE
 1-3 p.m. Individual Quilt Layout
 1:30-4 p.m. Pickleball Open Play
 3:15-4 p.m. Zumba • SCE

Fourth - Monday, September 25

8 a.m.-12 p.m. Dominoes
 8 a.m.-12 p.m. Party Bridge • SCE
 8:15-9 a.m. Cardio Dance • SCE
 9 a.m.-12 p.m. Medicare Questions Answered
 9:15-10:15 a.m. Yin Yoga • SCE
 9:15-10:15 a.m. Drumming to Exercise
 9:15-11 a.m. Crafting
 9:30-11 a.m. Bible Study • SCE
 10:30-11:15 a.m. Limited Exercise
 10:30-11:30 a.m. 8 Dimensions of Wellness
"Preregistration required"
 11:30 a.m.-12 p.m. Lunch
 12-4 p.m. Canasta
 12:15-1:15 p.m. Tai Chi for Better Balance
 with Vanessa • SCE
 12:15 a.m.-4 p.m. Pickleball Open Play
 1-2:30 p.m. Intermediate Tap Dancing
 1:30-3:30 p.m. Photography Group • SCE
 1:30-3:00 p.m. Line Dancing with Barb • SCE
 1-4 p.m. **New** Experienced Mahjong Players • SCE
More Information on page 18
 2:45-3:30 p.m. Beginning Tap Dancing
3-4 p.m. Allfit BA Fitness Training • SCE
"Preregistration required"
More information on page 8
 3:15-4 p.m. Zumba • SCE

Fourth - Tuesday, September 26

8 a.m.-12 p.m. Dominoes
 8 a.m.-12 p.m. Party Bridge • SCE
 8:15-9 a.m. Strengthen & Tone • SCE
 9-10 a.m. Beginning Guitar Lessons • SCE

9-11 a.m. **New** Pool Instruction by Mr. Keith Costigan
 More information on page 8
9-11 a.m. Hearing Screening
 More information on page 9
9-11 a.m. Hearing Aid Maintenance
 More information on page 9
 9 a.m.-12 p.m. Train Dominoes
 9:15-10:15 a.m. Soft Yoga • SCE
 9:30-10:15 a.m. Limited Exercise
 9:30 a.m.-12:30 a.m. Scrapbooking
 10 - 11 a.m. Guitar Lessons • SCE
 10:30-11:30 a.m. Limited Exercise
 11:30 a.m.-12 p.m. Lunch
 11:45 a.m.-12:45 p.m. Tai Chi for Better
 Balance with Julie • SCE
 12-4 p.m. Canasta
 12-4 p.m. Chess • SCE
 1-2 p.m. Line Dancing with Michelle • SCE
 1-3:30 p.m. Painting
 1-4 p.m. Pickleball Lessons
 2:15-3:30 p.m. Clogging Class • SCE

Fourth - Wednesday, September 27

8 a.m.-12p.m. Dominoes
 8:15-9 a.m. Cardio Dance • SCE
 8:15-9:00 a.m. Core Strength Yoga
 9-11:30 a.m. Needle Crafting
 9:15-10:15 a.m. Chair Yoga
 9:30-10 a.m. Beginning Ukulele • SCE
 10-11 a.m. Blood Pressure Checks
 10-11:30 a.m. Line Dancing with Eugenia • SCE
 10 a.m.-12p.m. Ukulele Jam • SCE
 10 a.m.-12p.m. Abstract Painting
 10 a.m.-3 p.m. Quilting
 10:30-11:30 a.m. Limited Exercise
 11:30 a.m.-12p.m. Lunch
 12:15-1:15 p.m. Exercise 101
12:30 p.m.-Conclusion At the Movies • SCE
 1-3 p.m. **Cancelled** Drawing Class
 1-4 p.m. **New** Beginning Mahjong • SCE
More Information on page 18
 1:30-3:00 p.m. Line Dancing with Barb • SCE
 1:30-4 p.m. Pickleball Open Play
 3:15-4 p.m. Zumba • SCE

Fourth - Thursday, September 28

8 a.m.-12 p.m. Dominoes
 8:15-9 a.m. Strengthen & Tone • SCE
 9 a.m.-12 p.m. Train Dominoes
 9:15-10:15 a.m. Power Yoga • SCE
 9:30-10:15 a.m. Limited Exercise

Continues on the next page

Calendar of Events

- 9:30-11 a.m. Creative Card Making
- 9:30-11:30 a.m. Guitar Jam • **SCE**
- 9:30 a.m.-12 p.m. Play Money Poker
- 10:30-11:30 a.m. 8 Dimensions of Wellness
“Preregistration required”
- 10:30-11:30 a.m. Limited Exercise
- 11:30 a.m.-12 p.m. Lunch
- 11:30-3 p.m. Party Bridge • **SCE**
- 12:15-1 p.m. **New** Drumming to Exercise
 More information on page 19
- 12:30-2 p.m. Creative Card Making
- 12:30-2:30 p.m. Happy Hookers - Crochet
- 12:30-4 p.m. Card Game of The Day
- 1-2 p.m. Simply Faith Class
- 1-2:30 p.m. Fundamentals of Line Dancing
 with Michelle • **SCE**
- 1:15-4 p.m. Pickleball Open Play
- 3:00-4 p.m. Cardio Drumming • **SCE**
- 9:30-10:30 a.m. Singing Group
- 10 a.m.-Noon Creative Writing
- 10:30-11:30 a.m. Limited Exercise
- 10:30-11:45 a.m. Line Dancing with Eugenia • **SCE**
- 11:30 a.m.-12 p.m. Lunch
- 12-4 p.m. Canasta
- 12:15-1:15 p.m. Exercise 101
- 1-2:30 p.m. Bingo
- 1-3 p.m. Individual Quilt Layout
- 1:30-4 p.m. Pickleball Open Play
- 3:15-4 p.m. Zumba • **SCE**

Fifth - Friday, September 29

- 8 a.m.-12 p.m. Dominoes
- 8:15-9 a.m. Cardio Drumming • **SCE**
- 9:15-10:15 a.m. Friday Fitness • **SCE**