



**BROKEN
ARROW
SENIORS**

Silver Notes

The Official Newsletter of Broken Arrow Seniors, Inc.

September 2023 Vol. 33, No. 9

MEDICARE



Confused by Medicare? Upcoming Panel Discussion Will Help

Understanding Medicare is not easy. It can be worrisome and intimidating when making decisions regarding all of the healthcare options. In addition, yearly changes to Medicare can have a direct impact on your upcoming healthcare choices.

Make plans now to attend the Center's Medicare Panel Discussion set for Thursday, September 21 at Senior Center East at 1 p.m. to be prepared for Medicare open enrollment beginning October 15.

Knowledge is power! Get an introduction to the knowledge you need to be "Medicare informed" during the panel discussion. The Center is hosting the event to answer your questions. Plan to ask questions during the discussion or submit your questions prior to the event near the Center Events Bulletin board at the top of the ramp in the west building and near the kiosk in the east building.

Medicare panelists are local trusted experts and include representatives from:

Aspen Insurance Coaches - Sara Tweedy
Crawford Insurance Advisors - Chris Crawford
Integrity Insurance Groups - Wendi Schoonover
Local Insurance Advisors - Lynn Novak-Roach
Medicare Prepare® - Bob Archer

Here are a few of the questions the panel may tackle:

- What is the difference between a Medicare supplement and Medicare Advantage plan?
- What is the difference between Medicare HMO and Medicare PPO?
- Do I need Medicare if I have VA benefits?
- I enrolled in Medicare Advantage and want a Medigap plan. How can I switch plans?

Who should attend the panel discussion? EVERYONE! Whether you're turning 65 soon or already enrolled in Medicare.

Space will be limited. **Please sign up to attend the Center events bulletin board at the top of the ramp in the west building and near the kiosk in the east building or call the office at (918) 259-8377.**

West Building
1800 S. Main St. and
East Building
1811 S Main St.
Broken Arrow, Okla. 74012
918-259-8377

www.baseniors.org

 @BrokenArrowSeniors

Office Hours:
Monday-Friday
8 a.m. to 4 p.m.

Annual Membership
Broken Arrow residents - \$40
Non-Residents - \$50

Discover, MasterCard, VISA
and American Express
are accepted for payment

Executive Director
Kimberly Crenshaw

Member Services Manager
Ami Bucher

Office Coordinator
Terry Drummond

Transportation
Phil Byers & Randall Graybill

Life-changing hearing care **STARTS HERE**

HearingLife is a national hearing care company that operates over 600 hearing care centers across 42 states. We offer revolutionary new hearing devices that give the brain more of the relevant information it needs. You may have **improved speech understanding and the ability to remember more**. Enjoy the convenience of rechargeability and Bluetooth® connectivity.

Services offered:

- Complimentary hearing assessments*
- Hearing aid consultations, fittings, adjustments and repairs
- Complimentary clean and check of current devices
- Personal demonstration of the latest hearing technology
- Treatment of tinnitus and other hearing-related conditions

Complete your complimentary hearing assessment* and receive a **\$20 GIFT CARD****



443 West Stone Wood Drive, Broken Arrow, OK 74012

918.994.0141 • hearinglife.com

Amber Murray-McCarty, Hearing Instrument Specialist
Rodger Moore, Hearing Instrument Specialist

Mention code **AG60-12** when calling

*See office for details. **After you complete your hearing assessment, you will receive an e-gift card for \$20.00 from a limited selection of retailers. All product and company names are trademarks or registered trademarks of their respective holders. Use of them does not imply any affiliation with or endorsement by them. Offer not available to any consumer who has private or federal health insurance coverage. Private pay purchases only. Limited to one per household and to consumers who have not had a hearing assessment within the past 12 months. Completion of hearing assessment required. Offer expires 8/31/24. Information within this offer may vary or be subject to change.

Activity Update

STOP THE BLEED – Save a Life

Minutes count! Someone who is severely bleeding can bleed to death in as little as 5 minutes. That's why bleeding control—keeping the blood inside the body—is the purpose of STOP THE BLEED® training. Hillcrest



Hospital South will be offering the STOP THE BLEED® training at the Center on Monday, September 18 at 1 p.m. in the Meeting/Presentation room of Senior Center East. A bleeding injury can happen anywhere. We've all seen it happen too often—on the news or in everyday life. Life-threatening bleeding can happen in people injured in serious accidents or disasters. Instead of being a witness, you can become an immediate responder because you know how to STOP THE BLEED®

The person next to a bleeding victim may very well be the one who's most likely to save him or her from bleeding to death. By learning how to STOP THE BLEED®, you'll gain the ability to recognize life-threatening bleeding and act quickly and effectively to control bleeding once you learn three quick techniques. Take the STOP THE BLEED® training course and become empowered to make a life-or-death difference when a bleeding emergency happens.

The STOP THE BLEED® is a 90-minute course. The formal presentation is followed by hands-on practice of applying direct pressure, packing a wound, and using a tourniquet to stop bleeding. The instructors from Hillcrest Hospital South will teach using training materials specially developed to teach bleeding control techniques.

Hillcrest Hospital South has made a commitment to educate the community. Take advantage of learning these life saving techniques. Space will be limited for this hands-on training. Signup sheets are located near the Center Events Bulletin Board in the West building and near the kiosk in the East building. Participants will receive a certificate of STOP THE BLEED® course completion.

H Honesty
O Openmindedness
W Willingness

Joe Earles
Thrift Store Manager
Donation / Pick-up

Help The Alcoholic Help Himself
H.O.W. Recovery Center of Oklahoma

HOW Thrift Stores
(918) 455-8223

2325 E. 71st Street
Tulsa OK 74136

2216 So. Aspen
Broken Arrow, OK 74012

Cindy Sansone
Licensed Agent
5800 E Skelly Dr Ste 560
Tulsa, OK 74135
(918) 906-3535
cindy.ssansone@farmersagency.com

Medicare Made Simple
Your Needs come First with Cindy

SUMMIT
PHYSICAL THERAPY
PTSUMMIT.COM

2560 E Kenosha St, Broken Arrow P: 918-994-7864

Orthopedics	Outpatient Physical Therapy
Manual Therapy	Vestibular & Balance Rehab
Pre/Post-Surgical	Total Joint Replacement Rehab

COMPLIMENTARY INJURY AND FALL SCREENS AVAILABLE!

ENTRUSTED
TRANSPORT

Premium Medical Transport

- Ambulatory & Wheelchair
- High Quality, Uniformed Staff
- Safe & Dependable
- CNA / Escort can attend appt
- Best value in town!

918.290.3400
EntrustedTransport.com



Enjoy A Lifestyle Worthwhile

Vibrant Assisted Living and Memory Care starts with independence, dignity and a purposeful life. Legend takes it from there. Ours is the perfect place to explore retirement with new friends, new hobbies and a calendar full of activities. Our Legend Experts™ in Senior Living have more than 30 years of experience in senior care behind them. The residents have a vibrant life ahead of them.

CALL TODAY TO SCHEDULE YOUR PRIVATE TOUR



ASSISTED LIVING & MEMORY CARE

at Tulsa Hills

701 W 71st St S
Tulsa

918-588-3600



ASSISTED LIVING & MEMORY CARE

at Mingo Road

7902 S Mingo Rd
Tulsa

918-893-3500

Residences of Legend Senior Living®

LegendSeniorLiving.com

Activity Update

Engage and Stay Active!

Free Vision Screenings to be Offered Again in September

Triad Eye Institute will once again conduct FREE vision screenings in September. If you missed out on taking advantage of this free service to preserve your sight, a second vision screening is scheduled on Tuesday, September 19 from 1 to 3 p.m. in Heritage Hall (nutrition). Triad's comprehensive screenings include evaluations and counseling for vision, glaucoma, cataracts, diabetic eye disease, macular degeneration, dry eyes, and external diseases of the eyes and eyelids.

According to information on the Triad Eye Institute website, triadeye.com, Age Related Macular Degeneration (AMD) is a common eye condition among people 50 and older. It is a leading cause of vision loss in older adults. It gradually destroys the macula, the part of the eye that provides sharp, central vision needed for seeing objects clearly.

In some people, AMD advances so slowly that vision loss does not occur for a long time. In others, the disorder progresses faster and may lead to vision distortion often described by patients as wavy or blurred. Complete central vision loss can occur in advanced disease. The vision loss makes it difficult to recognize faces, drive a car, read, print,

or do close work, such as sewing or fixing things around the house. Depending on the type and stage of disease, different interventions may help hinder further vision loss. "Many people who receive eye screenings had no idea they had an eye disease", says Gina Howe, Mobile Supervisor for Triad Eye Institute. "They were at risk of losing sight but fortunately stopped for a screening and received follow up to get the care they needed."

The screening also provides an opportunity to learn how to utilize your medical insurance for eye care.



Signup sheets to attend the September 19 vision screenings are located near the Center Events Bulletin Board in the West building and near the kiosk in the East building.

Space is limited. Sign up today to take advantage of this free service!

Dr. Howell, Optometrist with Triad Eye, provides a vision screening to a member of the Center during the vision screening in August.

ABC MedicareHelp.com



Art Geddes
(918) 698-4921
dadgeddes@gmail.com
2800 North 23rd Street #1113
Broken Arrow OK 74014

Independent Agent

Medicare Made Simple

Make it a September to Remember!

Seek Good Health!

Contact us to learn more about wellness & vitality!



YOUNG LIVING™
ESSENTIAL OILS

(918) 694-7232

blessed2binhealth@gmail.com

Ken & Jan Collins

Harmon Insurance

www.harmonins.com • 918-251-2511

WEB MOBILE SOCIAL MEDIA

A Place Called Home.

Unique Location • Nurturing Staff • Locally Owned

7821 East 76th Street, Tulsa OK 74133
918.249.1262 | TheParke.Net



THE PARKE
ASSISTED LIVING



Looking for a great doctor?

Medicare Annual Enrollment Begins **Oct. 15**. Take control of your health and start receiving the care you deserve!

Your care. Your way.
Schedule your appointment today!



Kyle Jones, D.O.



Preventative and chronic care management



Same-day urgent care appointments



More time with your doctor at every appointment



817 Elm Pl, Ste. A
Broken Arrow, OK 74012

Schedule your appointment today!
Call 918-347-4368

www.getvipcare.com

Activity Update

Engage and Stay Active!



ALZHEIMER'S IS NOT NORMAL AGING.

Discover the Basics of Alzheimer's and Dementia
In September the Alzheimer's Association® is offering an education session covering the basics of Alzheimer's and dementia to provide a general overview for people who wish to be informed and for those facing a diagnosis. This important session is set for Tuesday, September 19 at 1 p.m. in the Meeting/Presentation Room of Senior Center East.

Alzheimer's is a disease of the brain that causes problems with memory, thinking and behavior. It is the most common cause of dementia, a general term for memory loss and other cognitive abilities serious enough to interfere with daily life. Alzheimer's disease accounts for 60-80% of dementia cases.

Who should attend? Everyone. Why?

Alzheimer's and dementia will likely touch your life. At some point you will probably know a friend or have a family member that will be diagnosed with Alzheimer's or

dementia, or you may be diagnosed as well. In the United States alone, more than 5 million individuals are living with Alzheimer's and 16 million are serving as their unpaid caregivers. By 2050 that number is expected to more than double. 1 in 3 seniors die with Alzheimer's or dementia. Between 2000 and 2019, deaths from heart disease decreased by 7.3% while deaths from Alzheimer's increase by 145%.

The disease is a global crisis that impacts numerous families right here in our community. However, no one has to face this disease alone or without information. The one-hour information session will cover the following important topics everyone needs to know:

- Explores the relationship between Alzheimer's disease and dementia.
- Examines what happens in a brain affected by Alzheimer's.
- Details the risk factors for and three general stages of the disease.
- Identifies FDA-approved treatments available to treat some symptoms.
- Looks ahead to what's on the horizon for Alzheimer's research.
- Offers helpful Alzheimer's Association resources.

Plan now to attend and be informed. Signup sheets are located near the Center Events Bulletin Board in the West building and near the kiosk in the East building.



While only 4 in 10 Americans talk to their doctor right away when experiencing early memory or cognitive loss,



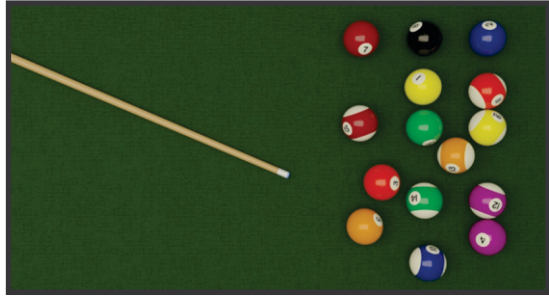
7 in 10 would want to know early if they have Alzheimer's disease if it could allow for earlier treatment.

Activity Update

Engage and Stay Active!

Interested in Learning How to Play Pool?

Have you always wanted to learn how to play pool? Would you like to learn the tips and tricks of the game to beat your next opponent? Mr. Keith Costigan, certified pool



instructor, will be available to teach the basics of playing pool including the rules of the game and how to hold

the cue, aim and make the shot. For those that are already familiar with the game, Keith can show you how to make those tricky bank shots and put a little spin on the ball to glide across the table!

Join Mr. Keith Costigan in Activity Room 1 of Senior Center West on Tuesdays, beginning Tuesday September 5 from 9 to 11 a.m. You'll be a pool shark in no time!

September Allfit BA Fitness Training at a New Time

Have you lost confidence in your fitness level? Are you unsure how to move forward to meet your fitness goals? We all know that an active lifestyle becomes more important than ever to your health as you age but discovering what to do to be more active to reach your fitness goals doesn't have to be complicated.

Erick Croke, personal trainer, and owner of Allfit BA Fitness Training will continue to work with small



groups of members interested in learning about how to meet their fitness goals. In September, Erick is meeting with members who have pre-registered in the Fitness Room of Senior Center East to focus on the benefits of circuit weight training for older adults. The training opportunity will be held on Mondays in September from 3 to 4 p.m. Signup sheets are located near the Center Events Bulletin Board in the West building and near the kiosk in the East building.



SENIOR CARE ONLY BETTER

Senior Helpers offers personalized in-home care solutions that truly set us apart, like our Senior Gems® program. We focus on what your loved one can do instead of what they cannot do.

Take a step in a positive direction by contacting us today.



Care and comfort at a moment's notice.

918.574.2273 | seniorhelpers.com/tulsa

All rights reserved. Senior Helpers locations are independently owned and operated. ©2018 SH Franchising, LLC.



Donna Grady

5128 S. 95th E. Ave. Ste B
Tulsa, OK 74145

Annual Open Enrollment Period:
October 15 - December 7

*Life offers you many choices.
Let me help you choose the right Medicare plan.*

Grady Insurance Agency

Call or email me for an appointment.
918-691-6979 or dgrady97@gmail.com

Licensed Agent for:

- Oklahoma Blue Cross Blue Shield
- Aetna/SilverScripts • CommunityCare
- GlobalHealth/Generations Healthcare
- AARP/UnitedHealthcare • Humana
- Mutual of Omaha

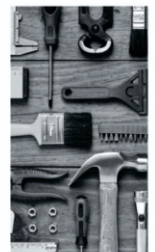
HOME REPAIRS BY LANE

Handy Man Services

- Exterior & Interior Maintenance
- Garbage Disposals & Leaky Sinks
- Fence & Gate Repair • Lighting & Ceiling Fans
- Ramps & Grab Bars • Repair Cabinets & Trim

Free Estimates & Surveys

Jeff Lane (405) 446.9933
US Navy Retired Call or Text



Activity Update

Engage and Stay Active!

Monthly Hearing Screenings

Hearing Life is offering monthly hearing screenings at the Center as a preventive care measure on the fourth Tuesday of each month. In September the date is Tuesday, September 26. Hearing Life offers this basic hearing screening to help you determine if further testing is advisable.

You may not consider hearing to play an important role in overall health. If left untreated, however, hearing loss will result in a condition called auditory deprivation. The longer your hearing loss goes untreated, the more likely it is that your brain will actually “forget” how to hear. Hearing loss has been linked to serious health conditions such as dementia, depression and Alzheimer's disease.

Signing up for a hearing screening is not required but if you would like to receive a reminder call regarding the screening, sign-up sheets are located near the Center Events Bulletin Board in the West building and near the kiosk in the East building. Hearing screenings will take place in

Activity Room 2 of Senior Center West from 9 to 11 a.m. Take advantage of this free monthly offering!

Hearing Aid Maintenance

Already have hearing aids? Hearing aid maintenance will also be offered by Hearing Life on the fourth Tuesday of each month, September 26, in Heritage Hall, (the lunchroom) from 9 to 11 a.m. Signing up ahead of time is not required.



Miller Hospice
Meyer C & Ida
918-742-6415

Compassion
& Quality Care

“Our goal is to keep you comfortable and support you and your family to live each day to its fullest.”
Let our caring and qualified staff help you and your family.


Locally owned, not-for-profit
www.MillerHospiceTulsa.com

Edward Jones Member SIPC

Concerned about interest rates? Let's talk.

**Brad Buxton, AAMS™**
Financial Advisor
1145 S Aspen Ave
Broken Arrow, OK 74012
918-258-6932

MKT-5894N-A edwardjones.com

**Marshall K. Dyer, Attorney**
32 Years in Broken Arrow

- Will and Trusts
- Criminal
- Real Estate
- Family & Domestic
- Estate Planning & Probate

Free Initial Consultation
www.okla-law.info
(918) 258-2711
Major Credit Cards Accepted

Proudly assisting Senior Center members for more than 5 Years

A Will or A Trust? Which Is Right for You?

By Brittany Littleton



If you die without an estate plan, the state provides for the management and distribution of your estate under “intestate” succession laws. These default rules may not reflect your wishes. For example, a spouse is not the sole heir of your estate if you have children or surviving parents, and a spouse's share will vary depending on whether children are joint, or your family is blended.

Creating a proper will or trust will replace the statutory defaults so that your wishes are known and followed. But how do you know which tool is right for you?

Wills

Think of a will as a legally enforceable letter explaining to your family and a probate judge who receives your stuff when you're gone and who is charge of overseeing your instructions. Wills are relatively simple to have prepared and require no action on your part after you execute them unless your wishes change, but willbased estate plans are often complicated by probate. Probate is the process where a court reviews your will, determines its validity, and supervises the executor in following your instructions. All “interested parties,” potential creditors of your estate and the general public must be given written notice of the court proceedings through a letter and publication in a newspaper. Probate is lengthy, public and costly. If a will is contested by an unhappy family member, the process can become very expensive and drag on for years before your heirs can have what is left of their inheritance.

Trusts

A trust is a written document that provides for the management of your property while you are living – unlike a will, which only takes effect after your death. You usually act as your own trustee until you become incapacitated or die so you retain full control of your assets even though your trust owns them. If you are unable to manage your assets because of incapacity, a successor trustee of your choice can manage them for you without needing to ask the court to be your legal guardian. You also state in your trust how your assets should be distributed upon your death, and the distribution happens without court supervision or public notice. While trusts are more complicated documents than wills on the front end of your planning, they keep your personal affairs private and make your estate administration simpler; if you fund your trust properly, you will avoid guardianship court upon your incapacity and probate court upon your death. However, trusts aren't simply about avoiding probate. You can design

a trust to transfer assets to your heirs outright, or you can direct that assets be retained in trust and used for your heirs' benefit for many years. Using a trust to provide ongoing financial support to your loved ones is especially useful if your intended heirs are minors, disabled or can benefit from asset or creditor protection or strategic tax planning.

Brittany Littleton owns and operates Littleton Legal. Her practice focuses on business law, estate planning, elder law, trust administration and probate. She is a firm believer that clients are best served when their legal, financial, and accounting advisors are working collaboratively to strategize and advocate on their behalf.

A Signature Partner with BA Seniors, Littleton writes a column each month covering issues such as how to avoid probate court, mistakes to avoid in leaving an inheritance or emergency decision documents every senior needs. If you have a question that you would like answered or a topic you would like to see covered, send your thoughts to Kimberly Crenshaw, BA Seniors Executive Director, at kim@baseniors.org.

Helping Families and Businesses Thrive



**WE PROVIDE EXPERT
LEGAL SOLUTIONS FOR
FAMILIES & BUSINESS
OWNERS PLANNING FOR
SUCCESSFUL FUTURES.**

*We're proud to be a
signature partner of
BA Seniors!*

*We are committed to
helping seniors to ensure
their wishes and assets are
honored and protected in
their golden years.*



**2604 W. Kenosha, Suite 202
www.littletonlegal.com
(918) 608-1836**

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.



Brad Buxton, AAMS™
 Financial Advisor
 1145 S Aspen Ave
 Broken Arrow, OK 74012
 918-258-6932

MKT-5894N-A

> edwardjones.com

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

Activity Update

Engage and Stay Active!



Members beat the heat in August and enjoyed watching a movie of the group's choice on the 133-inch screen at Senior Center East! At the Movies is the 2nd and 4th Wednesday of each month – in September on the 13 & 27. Come at noon, cast your vote to enjoy the latest movies streaming and eat some popcorn!

Get your groove on while learning the basics of line dancing during the Center's Fundamentals of Line Dancing Class held each Thursday from 1 to 2:30 p.m. in the Fitness Classroom of Senior Center East!



Members of the Center gather for Creative Writing every Friday from 10 to noon in Activity Room 2 of Senior Center West.



Bluebell's Taste of Summer event! Members of the Center planned to offer activities for local kids attending the event but the rain and wind on Saturday, August 5 arrived as set up was underway! Pictured left to right helping with set-up: Cindy Lilley, Kimberly Crenshaw, Erica and Butch Decker.



RONDA BUTLER

REALTOR

Phone: 918-361-6231

Email: rbutlerhomes@kw.com

MAKING THE DECISION TO SELL YOUR HOME IS IMPORTANT AND LIFE CHANGING. KNOW WHO YOU CAN TRUST!



Affordable Assisted Living in Broken Arrow! [CanoeBrookBrokenArrow](#)

NEW *Adventures* AND FRIENDSHIPS ARE AROUND THE CORNER!



2621 S. Elm Place, Broken Arrow, OK 74012 CANOE BROOK

BrokenArrowAssistedLiving.com **(918) 218-3338**

Activity Update

Engage and Stay Active!

THIRD THURSDAY THANKS

The monthly volunteer event at the Center

Are you interested in learning about volunteer opportunities at the Center? Volunteering offers the opportunity to serve the Center and meet new people!

The September Third Thursday Thanks volunteer event is set for Thursday, September 21 at 10 a.m. at Senior Center East in the Conference Room. This monthly volunteer get-together will continue to alternate between morning and afternoon sessions each month to ensure there is a date and time for all who are interested in attending. If you can't attend in September, mark your calendars for October 19 at 3 p.m.

What to expect!

Third Thursday Thanks is the Center's way of showing our appreciation to all volunteers, provide information regarding upcoming volunteer opportunities and give us all the chance to connect! Please join us and discover the many volunteer opportunities that are available, what is involved with each opportunity and how volunteering can add to the quality of your life.

Ask anyone who currently volunteers! Volunteering is a fun and rewarding way to help others, make new friends and have a part in helping YOUR Center succeed in the future! If you have any questions, please contact Candy Byers, Volunteer Coordinator at volunteer@baseniors.com



Mahjong – We're Growing!

The Mahjong group at the Center is growing! Beginning in September mahjong will also be open for play on Mondays from 1 to 4 p.m. at Senior Center East in the Game Room! This date and time is in addition to Wednesdays when Mahjong is also scheduled from 1 to 4 p.m.

Since Mahjong was offered at the Center just over a year ago the group has grown. Mondays will be available for



experienced Mahjong players – those who already know how to play the game. Wednesdays is the day for players who are just getting started with Mahjong and those that want to learn more.

Mahjong has similarities to rummy. The game is played with engraved tiles and is usually played with four players. The Mahjong set includes a pair of dice, a quantity of tokens or chips used for scorekeeping, and a rack used to keep the tiles upright and to keep their faces hidden from other players. The object of play is to obtain sets of tiles. The strategy of Mahjong, like that of rummy, is both offensive and defensive: to complete a winning hand as quickly as possible, to block other players by not discarding tiles useful to them, and to build a high-scoring hand. Playing Mahjong helps to keep the mind sharp as you spend time with others!

Activity Update

Engage and Stay Active!

Drumming to Exercise – A Low Impact Option – Now on Thursdays

If you haven't seen this class, you probably have heard those drums and the lively music on Monday mornings! Drumming to Exercise on Mondays at 9:15 a.m. is one of the Center's most popular classes. We heard you! Drumming to Exercise will now be offered on Thursdays, beginning Thursday, September 7 at 12:15 p.m. at Senior Center West in Centennial!

A mounting body of evidence points to the health benefits of drumming — from immunity to community! There's a lot more to drumming than just banging out a rhythm. The benefits of drumming are many:

- Reduces tension, anxiety, depression, and stress;**
- Boosts the immune system and increases energy;**
- Helps to control chronic pain;**
- Releasing negative feelings;**
- Improves joint mobility, posture, and motor skills;**
- Improves heart health.**

And just like all activities at the Center, joining a new group will help you enjoy the social interactions and feeling a sense of community that Drumming to Exercise will bring to your life!

Equipment for the Drumming to Exercise is available. If you want to include the class on your exercise calendar and guarantee your spot, you may want to consider purchasing your own ball, ball base and sticks. Storage for individual cardio drumming equipment is available at Senior Center West.

Join in on the fun and exercise today! No sign up is required. **Because we know you'll come!**



Jackson Pollock Abstract Painting Workshop

They say that abstract art is the beginner's way to create a piece of art through painting. Ralph Krause, the Center's abstract art teacher, is hosting a workshop featuring the abstract art techniques of Jackson Pollock during which members will learn and create their own abstract painting. The one-day workshop is set for Monday, September 18 at 9:30 a.m. in the west courtyard of Senior Center West.

Jackson Pollock's abstract art was considered “radical” and was misunderstood by many. But those who admired his drip paintings found him to be very talented. The Center's abstract art workshop will provide members an insight of Pollock's art. During the two-hour session, members will learn how to mix paint to achieve the right viscosity for effective “drip painting”. Canvases or any form of material will be placed on the ground, and you will learn how to hold the brush and load the paint. The movement from brush to canvas takes place and the fun begins! Watch as your paint drips or splatters as you create!



Space will be limited for this 1-day workshop. Signup sheets are located near the Center Events Bulletin Board in the West building and near the kiosk in the East building. Sign up today and plan to bring the following items:

- Wear old clothing and old shoes you won't mind getting paint on. Apron or other type of protection for your clothes;
- 2 - 2-inch or 3-inch paint brushes, old or new;
- Several small rags;
- Light or latex gloves;
- Medium to large canvases.

All paint will be provided, however if you have leftover house paint that you would prefer to use, let Ralph know. The group would also appreciate donations of brightly colored house paint! Please contact Ralph at artists2020great@gmail.com Ralph will touch base with attendees by phone prior to the workshop. “The movement of dropping paint onto a canvas or a piece of wood offers the opportunity to step away momentarily from life's problems,” adds Ralph. Take advantage of this creative opportunity to learn about the fascinating art form of abstract art!

Activity Update

Engage, Educate, & Activate!

Circle of Readers

Imagine finishing a book you love and having the opportunity to meet the author to answer questions or to uncover their inspiration! That's what the Circle of Readers group offers members each month. The group meets with authors in-person or on Zoom to discover fascinating details, ask questions and enjoy camaraderie with others who love to read!

Circle of Readers meet twice each month from 10 to 11 a.m. in the Conference Room of Senior Center West. Want to know more? Contact Dorothy Minor, activity leader, at dorothyminor10@gmail.com and read below to find out what the group has planned in the weeks ahead:

Sept. 11: The Reading List by Sarah Nisha Adams · fiction;

Sept. 18: Night Swim by Jessica Keener · fiction · virtual author visit;

Oct. 2: Some Danger Involved by Will Thomas · mystery · in-person author visit;

Oct. 16: Discussion on other books the group is reading · in-person visit with Caren Simpson McVicker

Nov. 6: Remarkably Bright Creatures by Shelby Van Pelt ·

fiction;

Nov. 20: Discussion on other books the group is reading;

Dec. 4: The Radcliffe Ladies' Reading Club by Julia Bryan Thomas · historical fiction · in-person author visit;

Dec. 18: Book exchange and cookies!



The Circle of Readers group met with Caren Simpson McVicker author of the book Henderson House in August



BROKEN ARROW SENIORS

A STORY WORTH celebrating

Imagine sitting in a stadium filled with thousands of cheering fans. Imagine feeling the echo of celebration reverberate through your entire being. **This is the same feeling you'll get when you celebrate your favorite charity with a Legacy Gift.** You'll take pride in knowing that your hard-earned estate will be maximized for good. You'll have peace of mind knowing that you are part of a story worth celebrating.

Whether you're new to Legacy Planning or you're ready for a check-up, our Legacy Giving Team is here for you. Our experts are fully equipped to help you design a unique Legacy Giving Plan that you can be proud of. A plan that will benefit your family and your community for years to come.

Through the avenue of thoughtful estate planning, you have the opportunity to celebrate the stories that matter most to you.

WHY WAIT? Call (918) 491-0079 to get started!

Broken Arrow Seniors with Parkinson's!

Are you afraid of losing quality of life and precious time with friends and family? Hyland Physical Therapy and Wellness serves BA Seniors Members and this is what they are saying:



"Dr. Michael has been so professional and knowledgeable in helping me know more about my Parkinson's and guiding me in my path to achieving the most quality of life I can. He doesn't tell me what to do, he does the exercises with me. Always patient and encouraging. I can see results and my friends and family see improvement, too." - J. Acree, BA Senior Center Member

Medicare Accepted • Referral Not Required

918-251-7199 • hylandpt.com



HYLAND
Physical Therapy & Wellness

- In the Comfort of Your Own Home
- Specializing in Parkinson's Disease



— We Offer —

Rehabilitation
Respite
Long-Term Services

Physical Therapy
Occupational Therapy
Speech Therapy

Call us today to see how we can make a difference!

1251 W. HOUSTON STREET • BROKEN ARROW, OK 74012
539.367.4500 • 539.367.4510 (F) • WWW.ASPENHEALTHREHAB.COM



There's so much to
LOVE
 about Broken Arrow's
BEST SENIOR COMMUNITY!

Discover the vibrant lifestyle,
 heartfelt care, & peace of mind
 that Green Country families
 trust and embrace for their
 loved ones.



ASSISTED LIVING AND MEMORY CARE
In collaboration with St. John Broken Arrow

(918) 249-8000

PrairieHouseSeniorLiving.com

2450 NORTH STONE RIDGE DRIVE

BROKEN ARROW, OK 74012

Tournament Winners!

Pool Tournament -

Breakfast Sponsored by
 Lynn Novak Roach - Local Insurance Advisors
 Christina Culver VIPcare Clinics



August Winners: 1st Place - Cecil Jones;
 2nd Place - Larry Johnston; 3rd Place - Chester McDonald

Domino Tournament -

Prizes provided by Fish Shack and Billy Ray's BBQ



August Winners: Don Stiles and George Salley

Poker Tournament -

Prizes provided by Joel Hitsman - Global Health



August Winners: "Girl Power"
 1st Place - Peggy Isley - 2nd - Pam Fitzgerald

Activity Update

Engage and Stay Active!

African Violet “Cousins” – Learn How to Bloom

Houseplants that bloom or offer beautiful foliage brighten any room! Nothing compares to the beautiful blooms of the African Violet. Roy Roberts, the “plant doctor” and representative of the African Violet Society of Greater Tulsa will be returning to the Center in September! Make plans to attend his September session, African Violets – Learn How to Bloom, on Tuesday, September 12 at 1 p.m. in the Conference Room of Senior Center West. In September Roy will discuss other plants in the African Violet “family”.

Did you know that African violets belong to the family Gesneriaceae that also includes popular flowering plants such as Streptocarpus Episia, and Primulina? These scientific words may mean little to you but what you will take away from this session will be fascinating and enlightening and will likely inspire you to add to your houseplant collection!

Roy will introduce members to these cousins of African

violets. “Some of these plants have wonderful blooms and others are grown for their decorative foliage,” says Roy. “These beautiful flowering plants are no longer just violet colored. Thanks to their popularity, many hybrids and varieties are now available.”

Sign up today for this interesting education session with the Center's plant expert! Signup sheets are located near the Center Events Bulletin Board in the West building and near the kiosk in the East building.

African Violet Society of Greater Tulsa

Fall Plant Sale

Saturday - October 7, 2023

9:00 am - 3:00 pm

Tulsa Garden Center

2435 S Peoria Ave

Tulsa, Oklahoma

Contact: roy_roberts@yahoo.com



Hayhurst
FUNERAL HOME

(918) 258-9623 | www.hayhurstfuneralhome.com

For over 31 years Hayhurst Funeral Home has stood by our motto
"A helping hand in a time of need"

Families have come to call on Hayhurst Funeral Home for their professional, caring and compassionate manner in handling every detail.



BROKEN ARROW SENIORS

1800 S. Main St.
Broken Arrow, Ok

LIVE UNITED



Tulsa Area United Way
Partner Agency

Board of Directors

Chair.....Michayne Morris
Immediate Past Chair...Johnnie Parks
Treasurer.....Jody M Manning
Secretary.....Jackie Pizarro

Directors

Robert Andrews	Brittany Littleton
Lori Hill	Michael Peale
Christi Gillespie	Debbie Stumps
Laura Garrett	Raymond C Viel
Steve Juett	Jim Wykoff
Farrah Fulps	Reid Patrick

Return Service Requested

PRESORT STD
US POSTAGE
PAID
BROKEN ARROW,
OK 74012
PERMIT NO. 4

With your hearing health care, we have **THE MOST CHOICES**

THE BEST INSURANCE COVERAGE



At American Hearing, we not only participate with every insurance plan in our area (including Medicare Advantage), but we also offer valuable discounts for hearing care services not covered by your insurance plan to help you save even more!

THE BEST HEARING AIDS



You'll find the world's top hearing aid brands (including Phonak, Starkey and Unitron) at American Hearing. With more choices, you'll find the best solution for your hearing needs. We have choices to fit any level of hearing loss (and budget)!

PLUS...

- ❑ Our doctoral degreed audiologist, Dr. Karen Fernow, is an expert in the diagnosis, management, treatment and prevention of hearing and balance disorder.
- ❑ You'll receive a FREE trial of our hearing aids (try them for a week and pay nothing)

A M E R I C A N
H E A R I N G
+ audiology

505 S. Aspen Ave., Broken Arrow, OK 74012
www.AmericanHearing.us
(918) 418-5717