



**BROKEN
ARROW
SENIORS**

Silver Notes

The Official Newsletter of Broken Arrow Seniors, Inc.

February 2024 Vol. 34, No. 2

Community



BUNCO Bash

Friday

February 16th

Senior Center East

Check in begins - 6pm

Bunco 7 pm

Enjoy the fun at the Broken Arrow Senior Center

More than 150 people have attended this popular event in the past. Players have a chance to win door prizes and fabulous raffle prizes.

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Thank you for your support
of the BA Senior Center

Tickets for the February Community BUNCO Bash are available for purchase in advance for \$10 in the West office or \$12 at the door (as event space allows). Volunteers are needed to help before, during and after the event! Please contact Erica Decker or Candy Byers at events@baseniors.org and volunteer@baseniors.org regarding various opportunities

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

Executive Director
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Member Services Manager
Ami Bucher

Office Coordinator
Terry Drummond

Events Coordinator
Erica Decker

Volunteer Coordinator
Candy Byers

Transportation
Phil Byers & Randall Graybill

Activity Update

Engage and Stay Active!

New Programming

Rural Remembrances

If you have childhood memories of growing up or spending time on a family ranch or farm, plan on coming to the Center's latest programming opportunity! Rural Remembrances will offer the chance to recall those farming and ranch memories and share them with others with similar experiences. Rural Remembrances will meet for the first time on Thursday, February 8 in Activity Room 2 of the West building from 12:30 to 2 p.m.

The rural culture that once colored America's history and landscape will soon be gone unless those experiences are passed on to others. Rural Remembrances will be an interactive gathering where you can:

- hear stories about life in rural America
- stimulate personal memory recall
- practice sharing your experiences with others
- capture and preserve those experiences
- get ideas on how to share your memories with your family, your friends or a wider audience
- how far you go is up to you

Do you remember listening to your father, grandfather, aunts and uncles talk about their life “on the farm” and always wanted to learn more? Rural Remembrances will be your chance to add to those stories by listening to others.

If you have fond memories of life in rural America, plan on attending. It might just be your new version of Chicken Soup for the Soul™!



You May Have More in 2024!

Discover New Benefits with Your 2024 Health Care Plan Each year health care insurance providers update benefits that are available to their members. Whether you kept your health care coverage from 2023 or changed to a new provider, it is important to learn about all the benefits available to you this year. These benefits can often save time and money!

A good example of a new benefit in 2024 is the “wallet benefit” available through CommunityCare's Senior Health Plan.

On Tuesday, February 13, an education session regarding the CommunityCare wallet benefit (2024 Wallet Flex Card) will be held at Senior Center East at 1 p.m. The Wallet Flex Card can cover a wide variety of products and services that older adults utilize - even the Center's membership dues. If Community Care is your healthcare insurer, you may have \$300 to \$400 available to you for the purchase of products or services not covered by Medicare.

On Wednesday, February 21 another education session will cover benefits associated with other healthcare plans. This session will be held at Senior Center West in nutrition beginning at 1 p.m. Prior to the session, Lynn Novak Roach will host a Medicare bingo game beginning at 12:30 complete with prizes!

Sign up for one or both sessions to discover the benefits available to you and how to access them. You may have more in 2024! Signup sheets to attend are located in both the West and East buildings.

February Hearing Screenings

Hearing Life is offering hearing screenings at the Center as a preventive care measure on Tuesday, February 27 from 9 to 11 a.m. in Activity Room 2 of Senior Center West. 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.

Continued on page 7

Unlock the Power of Your CommunityCare Flex Card!

Join Us for an Informative Session on Maximizing Your Health care Benefits



**Brought to you by:
Lynn Roach, with
Local Insurance
Advisors**



Date: 2/13/2024 1:00 PM Broken Arrow Senior Center New Annex East Building

Date: 2/21/2024 1:00 PM Broken Arrow Senior Center West Building 1800 S Main St

Don't miss this opportunity to empower yourself with the knowledge to navigate your health care benefits seamlessly!

- Q&A Session: Get Your Questions Answered by a CommunityCare Representative
- Learn the Ins and Outs of Your CommunityCare Flex Card
- Understand How to Access and Utilize its Benefits Effectively with Exclusive Tips
- Light refreshments will be provided.
- Limited seats available, so RSVP early!



RSVP to: Lynn Roach

Email: info@liveokquotes.com

Call or Text: 918-913-8199

“Talents of the Senior Center” on Display at Museum Broken Arrow

We have many creative and talented people in our midst at the Center and during the month of February, their talents will be in the spotlight! The Museum Broken Arrow located at 400 South Main Street will be hosting “Talents of the Senior Center” for the entire month of February for all to appreciate and purchase if for sale. The exhibit is set for Saturday, February 3 through Wednesday, February 28 and will be located in The Museum Broken Arrow first floor exhibit hall which is open to the public at no charge.

The Center's many creative arts classes, described below, are the catalyst for the exhibit but many members are creative artisans outside of the Center! The talents of members who are craftsmen, artists, crafters, quilters and others will be on display for all of Broken Arrow to admire.

The Center will be hosting an opening reception for the event on Thursday, February 8 from 4 to 8 p.m. Light refreshments are being sponsored by Blue Cross/Blue Shield of Oklahoma.

Come to the Museum in February to take in and celebrate the talents of our many Center artisans! The display is open during The Museum Broken Arrow hours - Tuesday, Wednesday, Friday, 10 a.m. to 4 p.m., Thursday, 4 - 8 p.m. and Saturday, 10 a.m. - 2 p.m.

Creative Pursuits at the Center

The artisan member displays at The Museum Broken Arrow this month was the perfect time to spotlight the Center's creative arts offerings! If you are creative or want to be creative, the BA Senior Center is the place to be. If you take part in activities already, take the opportunity to discover a creative arts class that encourages you to step out and try something new. If you are new to the Center, you may find a creative arts class that piques your interest.

Creative Card Making – Thursdays - 9:30 to 11 a.m. or 12:30 to 2 p.m. – Creative Arts Room - SCW

Handcrafting a beautiful, unique card for someone special is the focus of this class. Whether you're crafty or not, this class will give you the opportunity to learn how to make a special card each week. You will also share time with others who love making cards. All the materials and guidance to handcraft each beautiful card is available at the Center. Each project will be a unique way to touch someone's life with a one-of-a-kind card. Thursday morning or afternoon - choose the best time for you to be creative!

Crafting – Mondays – 9:15 to 12 p.m. - Creative Arts Room - SCW Sponsored by Bixby-South Tulsa Funeral Service



This class creates unique pieces together, creating one-of-a-kind projects! Creativity, stress relief, learning a new skill and enjoying time with others is what crafting is all about. Many of the supplies used are donated to the Center. Others are made from recycled materials. Each crafting leader brings their own artistic experiences and styles making each class interesting,

unique and dynamic. Upcoming projects are on display outside of the Creative Arts Room.

Drawing Class – Wednesdays – 1 to 3 p.m. - Creative Arts Room - SCW

The class focuses on the basics of portrait, still life and cartoon drawing. Initially members learn the basics of line drawings and eventually move toward shading to accomplish more complex drawings. “I can't draw” will become “I can draw!” Did you know that if you can see you can draw? And if you can hold a pencil, you can draw. Tap into your creativity and learn a new pastime or hone your drawing skills! Plan on bringing a pad of drawing paper, notebook size or larger, colored pencils and drawing pencils in a variety of hardness. Number 2 pencils or softer are suggested. All drawing skill levels are welcome to attend.

Painting – Tuesdays – 1 to 3:30 p.m. - Creative Arts Room - SCW

Whether you've never held a brush before or have been painting for years, this group





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offers an opportunity to learn and grow as an artist. This group creates beautiful works. Come and observe the class and discover if painting is an art you would like to pursue. If you currently paint or enjoyed painting in the past, bring your supplies and an inspiration piece.

**Abstract Painting –
Wednesdays - 10 a.m. to noon -
Creative Arts Room - SCW**

Abstract painting requires no previous experience or talent. It is a natural way to feel comfortable and create and feel joy in your life! There are many different area of abstract painting. The class uses watercolor paint, charcoal and acrylic paint. Join them for instruction, fun and creativity!



“Happy Hookers” Crochet – Thursday – 12:30 to 2:30 p.m. – Activity Room 3 - SCW

It has been said that crocheting is both relaxing and rewarding. Members of the group enjoy their handcraft, but they also help those in need in our community. The group provides lap-ghans (lap sized afghans) and shawls to various organizations. Baby blankets and various sizes of hats are hand-crafted to donate to organizations also helping those in need. Yarn is provided for this community outreach effort

Quilting – Wednesdays – 10 a.m. to 3 p.m. – Activity Room 2 - SCW

This group handcrafts beautiful, handmade quilts of all sizes. They piece together cotton cloth and put detail, love, and care into every blanket and item they make. The group give their blankets and other items to local nonprofits for those in need around Oklahoma.

**Individual Quilt Layout – Fridays - 1 to 4 p.m. -
Activity Room 2 - SCW**

The day, time and space are set aside for individuals to work on quilts. Spacious tables offer the perfect space to spread out a quilt to block, pin and sew.

**Scrapbooking – Tuesdays – 9:30 a.m. to noon –
Creative Arts Room - SCW**

Scrapbooking is all about creating memories and lifelines for your family to hold onto for generations. It is about telling a story - your story with photos and mementos. This unique crafting class will be for those who want to learn how to scrapbook and for those who enjoy scrapbooking already and love to share creativity with others. If your photos are gathering dust in shoe boxes and you would like to create a keepsake for years to come, the Center's scrapbooking group is for you! Many of the materials needed to scrapbook are already available at the Center.

**Needle Crafting – Wednesdays – 9 to 11:30 a.m. –
Conference Room - SCW**

Hand crafting items with any kind of needle will be the focus of the Needle Crafting group at the Center. If you knit, crochet, cross-stitch, hand sew, needlepoint, or create jewelry with a needle and beads, you can enjoy the time with others who share your creative passion. Laughter, conversation, and often-times small group therapy will all be a part of the creative, social mix!



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Activity Update

Engage and Stay Active!

Continued from Page 2

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, signup sheets are located near the Center Events Bulletin Board in the West building and near the kiosk in the East building. Take advantage of this free offering!

Hearing Aid Maintenance

Do you already have a hearing aid? Hearing aid maintenance will also be offered by Hearing Life on Tuesday, February 27 in Heritage Hall, (the lunchroom) from 9 to 11 a.m. Signing up ahead of time is not required.

Health & Wellness Book Club – “Be Well Read”

Be Well Read, a health and wellness book club, will be meeting on Wednesday, February 21 at 10 a.m. in the Game Room of Senior Center East.

The group will be discussing “Defeating Dementia” by Richard Furman, M.D. The book reveals what you can do to prevent Alzheimer's and other forms of dementia.

“Be Well Read” will meet again on Wednesday, March 13. The book the group will be focusing on in March will be *The Science and Technology of Growing Young* by Sergey Young.

Facilitated by Vana Moore, a professional wellness coach, “Be Well Read” meets to discuss books that offer timely and relevant information provided by authors specializing in health and wellness of older adults. Books are available in various forms to borrow from the local library and to purchase on Amazon.

Are You Interested?

8 Dimensions of Wellness Sessions to Return

Members of the Center took advantage of the fascinating and in-depth study of the 8 Dimensions of Wellness last year by the professional wellness coach, Vana Moore. The sessions will be offered again beginning in March.

When you think of wellness what comes to mind? For many, wellness centers around physical wellbeing, but there is so much more to health and wellness. Wellness involves targeting separate areas of ourselves to incorporate and achieve our physical, spiritual, and mental wellbeing.

There are 8 dimensions of wellness that work with one another and have a direct impact on our health. When too much or too little focus is put into one dimension, there can be adverse effects on the body.

Take advantage of this in-depth, personalized study and discussion regarding the details involved in maintaining overall wellness! Developed by Wake Forest University, Virginia Tech and the Mather Institute, this wellness coaching program is specifically tailored for older adults. The group will meet Tuesday March 5, 12, 19 and 26 and Tuesday, April 2 and 9. Meetings will take place in the West building in Activity Room 2 from 10:30 to 11:45 a.m. Sign-up sheets are located near the Center Events Bulletin board at the top of the ramp in the West building and near the kiosk in the East building. Space will be limited so sign up today! Participants should plan on attending all sessions that will be held for six consecutive weeks.



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Activity Update

Engage and Stay Active!

Continued from Page 5

Circle of Readers to Meet with Authors

In the coming months the Center's Circle of Readers group will be meeting with several authors! On February 12 the group will meet with John Morgan – an author in our midst! John is a talented guitarist and vocalist and a member of the Center's Guitar Jam group! He also authored the book *Beyond Blood: A Story of The Old New Cherokee* that can be purchased on Amazon.

Check out Circle of Readers plans for the weeks ahead! Circle of Reader's meets twice each month on Mondays from 10 to 11:30 a.m. in the Conference Room of Senior Center West.

Feb. 5: *The Unlikely Pilgrimage of Harold Fry* by Rachel Joyce – fiction;

Feb. 12: Discussion on other books the group is reading and in-person visit with John Morgan, author of *Beyond and Blood: A Story of The Old New Cherokee Nation*;

Mar. 4: *The Mitford Affair* by Marie Benedict – historical fiction;

Mar. 18: *After Anne: A Novel of Lucy Montgomery's Life* by Logan Steiner -historical fiction - and/or *Anne of Green*

Gables or *The Alpine Path* (memoir on Hoopla) by Lucy Maud Montgomery & Zoom Author Visit with Logan Steiner

Apr. 1: *Tea With Isabel* by Julie Sneed Womack – fiction -in-person author visit;

Apr. 15: Zoom visit with Jane Healey; read the book of your choice: *Goodnight from Paris* - historical fiction, *The Ophelia Girls* - historical fiction, or *The Animals at Lockwood Manor* - historical fiction, or any other book by Healey

May 6: *The Museum of Ordinary People* by Mike Gayle (F)



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Elder Law: Planning for Long-Term Care as You Age

By Brittany Littleton

Elder Law is an aspect of estate planning that focuses on helping families make sure that their aging and ill loved ones get the health care they need in an affordable way. Does your estate plan address the possibility that you may need long-term care as you age?



Many seniors are surprised to learn that skilled nursing facilities are not covered by Medicare. Because health care costs have risen much faster than most people's investments have grown, social security income and retirement savings alone are often insufficient to pay for the cost of a nursing home – especially if one spouse is healthy enough to stay at home and your resources must still be available to cover their living expenses too. In these instances, Medicaid is often the best recourse for ensuring access to affordable long-term care.

Medicaid is government assistance with health care costs for some people with limited income or resources. Even if you have paid taxes for decades, you only qualify for Medicaid if you meet the government's narrow definition of “poor.” However, it is a common misconception that you must deplete almost all your assets before you can apply for this assistance. With foresight, that tragic reality can be avoided. There are asset protection strategies that can give you and your spouse options to receive the quality of care you deserve.

The sooner you plan for long-term care the more options you have. Most planning strategies include asset reallocation that enable your family to retain the assets you earned over your lifetime. However, when determining if you qualify for the program, Medicaid looks back at any gifts you have made within the past five years. Your goal should be to build a long-term care plan at least five years before you need it.

It is important to note that long-term care planning means more than making gifts to your family. Outright gifts will expose your assets to bankruptcy, divorce, or creditor issues. It is safer to use a unique type of trust, often referred to by elder law attorneys as a Medicaid Asset Protection Trust. When drafted and funded correctly, this trust can make sure your money stays in the family protected from unforeseen hardship while still allowing you to qualify for Medicaid when you need it. Attorneys that practice elder law are trained to do this complex advanced estate planning. (I recommend looking for an attorney that is a member of the National Academy of Elder Law Attorneys. You can search for one near you at www.naela.org/findalawyer.)

You may be wondering what happens if you do not have the luxury of planning in advance. The planning tools available to you or your spouse are more limited, but there are still strategies that can expedite your qualification for Medicaid while preserving a significant amount of your savings. If you have a loved one that needs immediate care, do not make the mistake of thinking your only way out of that dilemma is to spend all their money. Seek the advice of an experienced elder law attorney. Your loved one's quality of life depends on it.

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.

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Activity Update

Engage and Stay Active!

Do You Volunteer at the Center? – Volunteer Kiosk Sign In Now Available!

The BA Senior Center is blessed to have volunteers! Volunteers contribute countless hours and are the cornerstone of the Center's success!

If you volunteer at the Center, we would like to know where, when and how often. Whether you are an activity leader, volunteer at the annex or volunteer in the lunchroom, or volunteer in any other capacity, the Center needs to track volunteer hours. Why?

One of the primary motivations is to help increase Center funding from outside sources. Many funding avenues rely on the precise tracking of volunteer service. By enabling volunteers to specify their contributions, the Center can better support volunteer efforts in the future.

The check in kiosk now features specific sign-in options for a multitude of volunteer opportunities, ensuring each volunteer and their hours are accurately recorded. From newsletter folders and greeters to decorating, special events, like the Community Bunco Bash set-up and tear down, etc., volunteers can now easily select their area of service, providing a clearer picture of volunteer involvement at the Center.

To further incentivize and acknowledge volunteer commitment, members are now being asked to check in on the kiosk whenever volunteering. For events held outside the center, dedicated sign-in sheets will be provided to track volunteer hours.

If you have any questions or need assistance regarding checking in on the kiosk as a volunteer, please ask any Center staff person.

This initiative is a testament to our commitment to fostering a more precise, efficient, and transparent volunteer engagement process, ensuring that the dedication and efforts of our volunteers are accurately recognized and accounted for.

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.

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Increment Weather Closing Notifications

If the Center closes due to weather, a notification will be posted on the home page of the Center's website – www.baseniors.org

A notification will also be posted on our Facebook page at Broken Arrow Senior Activity Center.

We will make every effort to post the night before a closing. Postings will be made by 7 a.m. on the morning of a closing.

If you are unable to check the website or the Facebook page, please call the Center a few minutes after 8 a.m. at (918) 259-8377. If there is no answer, we have closed due to weather conditions.

Calendar of Events

Regularly Scheduled Monday Activities

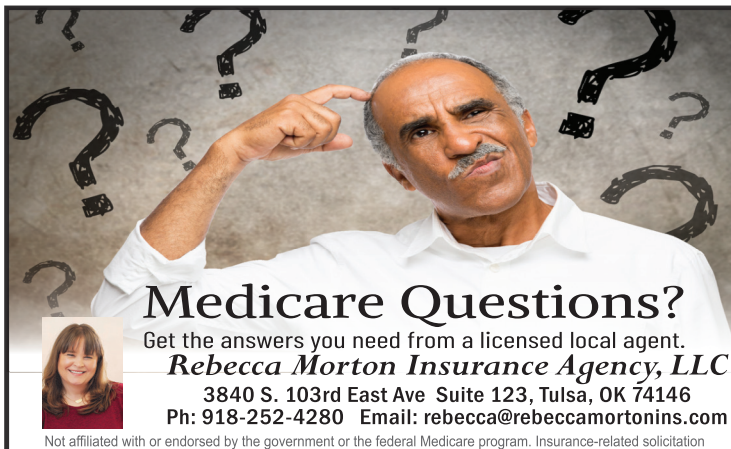
Monday	CLASSES	Time	BLDG	NOTES/Changes etc.
	Dominos	8 a.m.-12		
	Party Bridge	8 a.m.-12	SCE	
	Cardio Exercise	8:15-9 a.m	SCE	
	Ping Pong/Pool for Fun	8 a.m.-4 p.m		
	Shuffleboard	8 a.m.-4 p.m		
	Medicare Questions Answered	9 a.m.-12 p.m.		The Center is closed February 19 in honor of President's Day
	Yin Yoga	9:15-10:15 a.m.	SCE	
	Crafting	9:30-Noon		
	Drum to Exercise	9:15-10:15		
	Bible Study	9:30-11 a.m.	SCE	
	Limited Exercise	10:30-11:30 a.m.		
	Lunch	11:30 a.m.-12 p.m.		
	Canasta	12-4 p.m.		
	Tai Chi for Better Balance - Vanessa	12:15-1:15 p.m.	SCE	
	Pickleball Open Play	12:15-4 p.m.		
	Intermediate Tap Dancing	1:00-2:30 p.m.		
	Experienced Mahjong Players	1:00-4 p.m.	SCE	
	Line Dancing with Barb	1:30-3 p.m.	SCE	
	Beginning Tap Dancing	2:45.-3:30 p.m		Canceled – to resume in March
	Zumba	3:15-4 p.m	SCE	

Other Scheduled Activities

Circle of Readers	10-11:30 a.m.		Feb., 5 & 12
Photography Group	1:30-3:30 p.m.	SCE	Feb., 12 & 26 (2nd & 4th Monday)

Monday Special Events

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Medicare Questions?

Get the answers you need from a licensed local agent.
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February 2024						
SUN	MON	TUE	WED	THU	FRI	SAT
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	29			

Calendar of Events

Regularly Scheduled Tuesday Activities

Tuesday	CLASSES	Time	BLDG	NOTES/Changes etc.
	Dominos	8 a.m.-12 p.m.		
	Party Bridge	8 a.m.-12 p.m.	SCE	
	Strength & Tone	8:15-9 a.m.	SCE	
	Shuffleboard	8-4 p.m.		
	Beginning Guitar Lessons	9-10 a.m.	SCE	
	Train Dominos	9 a.m.-12 p.m.		
	Soft Yoga	9:15-10:15	SCE	
	Scrapbooking	9:30 a.m.-12 p.m.		
	Limited Exercise	9:30-10:30 a.m.		
	Guitar Lessons	10-11 a.m.	SCE	
	Limited Exercise	10:30-11:30 a.m.		
	Ping Pong/Pool for Fun	8 a.m.-4 p.m.		
	Lunch	11:30 a.m.-12 p.m.		
	Tai Chi for Balance with Julie	11:45 a.m.-12:45 p.m.	SCE	
	Canasta	12-4 p.m.		
	Chess	12-4 p.m.	SCE	
	Line Dancing with Michelle	1-2 p.m.	SCE	
	Painting	1-3:30 p.m.		
	Pickleball Lessons	1-4 p.m.		
	Clogging Class	2:15-3:30p.m.	SCE	

Other Scheduled Activities

Domino Tournament	9 a.m.-Conclusion		Feb., 13, 2nd Tues.
Fitness Machine Orientation with PT	9-10 a.m.	SCE	Feb., 13, 2nd Tues
Board of Directors	3:30 p.m. Conclusion	SCE	Feb., 20, 3rd Tues.

Tuesday Special Events

You May Have More in 2024/Community Care Flex Card	1-2 p.m.	SCE	Feb., 13, More information on page 2
Hearing Screenings & Hearing Aid Maintenance	9-11 a.m.		Feb., 27, More information on page 2



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				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	29			

Calendar of Events

Regularly Scheduled Wednesday Activities

Wednesday	CLASSES	Time	BLDG	NOTES/Changes etc.
	Dominos	8 a.m.-12		
	Ping Pong/Pool for Fun	8-4 p.m		
	Shuffleboard	8-4 p.m		
	Cardio Exercise	8:15-9 a.m.	SCE	
	Core Strength Yoga	8:15-9 a.m.		
	Needle Crafting	9-11:30 a.m.		
	S.E.A.T.	9-10 a.m.	SCE	
	Chair Yoga	9:15-10:15 a.m.		
	Beginning Ukulele	9:30-10 a.m.	SCE	
	Blood Pressure Checks	10 -11 a.m.		
	Line Dancing with Eugenia	10 -11:30 a.m.	SCE	
	Abstract Painting	10 a.m.-12 p.m.		
	Ukulele Jam	10 a.m.-12 p.m.	SCE	
	Quilting	10 a.m.-3 p.m.		
	Limited Exercise	10:30-11:30 a.m.		
	Exercise 101	12:15-1:15p.m.		
	Lunch	11:30 a.m.-12 p.m.		
	Drawing Class	1-3 p.m.		
	Beginning Mahjong	1-4 p.m.	SCE	
	Line Dancing with Barb	1:30-3 p.m.	SCE	
	Pickleball Open Play	1:30-4 p.m.		
	Zumba	3:15-4 p.m.	SCE	

Other Scheduled Activities

At the Movies	12:30 to Conclusion	SCE	Feb., 14 & 28 (2nd and 4th Wed.)
Bunco	12:30-2:30 p.m.		Feb., 14 (2nd Wed.)
Let's Play Bingo	1-2:30 p.m.		Feb., 7 (1st Wed.)
Be Well Read-Health & Wellness Book Club	10-11:30 a.m.	SCE	Feb., 21 More information on page 7

Wednesday Special Events

You May Have More in 2024/Community Care Flex Card	1-2 p.m.	SCE	Feb., 21 More information on page 2
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February 2024						
SUN	MON	TUE	WED	THU	FRI	SAT
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4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	29			

Calendar of Events

Regularly Scheduled Thursday Activities

Thursday	CLASSES	Time	BLDG	NOTES/Changes etc.
	Dominos	8 a.m.-12 p.m.		
	Ping Pong/Pool for Fun	8 a.m.-4 p.m.		
	Shuffleboard	8 a.m.-4 p.m.		
	Strength and Tone	8:15-9 a.m.	SCE	
	Train Dominos	9 a.m.-12 p.m.		
	Power Yoga	9:15-10:15 a.m.	SCE	
	Limited Exercise	9:30-10:15 a.m.		
	Guitar Jam	9:30-11:30 a.m.	SCE	
	Creative Card Making	9:30-11 a.m.		
	Play Money Poker	9:30 a.m.-12 p.m.		
	Limited Exercise	10:30-11:30 a.m.		
	Lunch	11:30 a.m.-12 p.m.		
	Party Bridge	11:45 a.m.-3 p.m.	SCE	
	Drum to Exercise	12:15-1 p.m.		
	Creative Card Making	12:30-2 p.m.		
	Rural Remembrances	12:30-2:00 p.m.		New
	Happy Hookers - Crochet	12:30-2:30 p.m.		
	Card Game of the Day	1-4 p.m.		
	Simply Faith	1-2 p.m.	SCE	
	Fundamentals of Line Dancing w/ Michelle	1-2:30 p.m.		
	Pickleball Open Play	1:15-4 p.m.	SCE	
	Cardio Drumming	3-4 p.m.		

Other Scheduled Activities

Pool Tournament	9 a.m.-Conclusion		Feb., 15 (3rd Thurs.)
Poker Tournament	9:30 a.m.-12 p.m.		Feb., 15 (3rd Thurs.)
Grief Healing Group	10-11:30 a.m.	SCE	Feb., 15 (3rd Thurs.)
Third Thursday Thanks - Volunteer Event	3-4 p.m.	SCE	Feb., 15

Thursday Special Events

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Mike Ward

February 2024						
SUN	MON	TUE	WED	THU	FRI	SAT
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
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Calendar of Events

Regularly Scheduled Friday Activities

Friday	CLASSES	Time	BLDG	NOTES/Changes etc.
	Dominos	8 a.m.-12 p.m.		
	Ping Pong/Pool for Fun	8a.m.-4 p.m.		
	Cardio Drumming	8:15-9 a.m.	SCE	Canceled Feb., 9
	Friday Fitness	9:15-10:15 a.m.	SCE	Canceled Feb., 9
	Singing Group	9:30-10:30 a.m.		
	Creative Writing	10 a.m.-12:30 p.m.		
	Limited Exercise	10:30-11:30 a.m.		
	Line Dancing with Eugenia	10:30-12:00 a.m.	SCE	Canceled Feb., 9
	Shuffleboard	10:30 a.m.-4 p.m.		
	Lunch	11:30 a.m.-12 p.m.		
	Canasta	12-4 p.m.		
	Exercise 101	12:15-1:15 p.m.		
	Cornhole	12:30-2:30 p.m.	SCE	
	Individual Quilt Layout	1-4 p.m.		
	Pickleball Open Play	1:30-4 p.m.		
	Zumba	3:15-4 p.m.	SCE	Canceled Feb., 16 & 23

Other Scheduled Activities

Alzheimers Support Group	10 a.m.-12 p.m.	SCE	Feb., 2 & 16 (1st & 3rd Friday)
Bingo, Singo	1-2:30 p.m.		Bingo, Feb., 2, 9 & 23 & 26 Singo, Feb., 16
Fitness Machine Orientation w/ Danny S	9-10 a.m.	SCE	Feb., 23 (4th Friday)
Parkinsons Support Group	1-2:30 p.m.	SCE	Feb., 26 (4th Friday)

Friday Special Events

Community BUNCO Bash!	6-9 p.m.	SCE	Feb., 16
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Activity Update

Engage and Stay Active!

February Grief Healing Group to Discuss “Self-Care”

Experiencing grief after the loss of a loved one, a change in living circumstances, health changes or the loss of a pet is natural. Grief can be raw, painful, and messy. It is important during times of grief to take care of yourself. Self-care is a crucial part of the healing process and can help ease the suffering of the mind, body, and spirit.

The Center's Grief Healing Group meets the third Thursday of each month in the Game Room of Senior Center East from 10 to 11:30 a.m. In February, the group is meeting on Thursday, February 15 to discuss self-care during the grieving process.

As every individual's grief is unique, so is their path to healing from a loss. What works for someone else, may not work for you and that's okay. Find out what self-care tips work for you. The group will be discussing helpful self-care guidelines including the “what” and “why” like:

- Spending time with others
- Listening to what your body needs
- Lowering expectations for yourself
- Continuing to do familiar activities

Beth England, Bereavement Coordinator with Elara Caring, facilitates the group. She takes guidance from the group regarding future topics for discussion to ensure participants receive the support they need.

The Grief Healing Group will allow you to find companionship among people going through similar things at the same time as you and may smooth the way for those whose lives are upended by loss. In addition, speaking with others who have gone through similar experiences that you have can bring enormous relief.

Attention Member Artisans! BA Senior Center 1st Annual Craft Fair

Would you like the opportunity to showcase your talents and sell your handcrafts? Sign up to participate in the BA Senior Center's 1st Annual Craft Fair! There will be two opportunities to participate!

Friday, March 8 - 10 a.m. to 2 p.m. – Senior Center West – Opportunity for members to showcase and sell handcrafts to members as a vendor. Complimentary table space for all participating member vendors.

Saturday, March 9 – 10 a.m. to 3 p.m. (updated time) – Senior Center East – Opportunity for community vendors (including members) to purchase table space to display to the public. Center members: \$25 per six-foot table - Nonmembers: \$50 per six foot table.

Signup sheets are located near the Center events bulletin board at the top of the ramp in the West building and near the kiosk in the East building. Deadline to sign up to participate is Friday, February 16 and we will be in contact with you regarding further details.

Contact your fellow artisans and crafters to let them know about these opportunities!

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Activity Sponsors:

Poker Tournament:

Global Health/Joel Hitsman

Domino Tournament:

White River Fish Market, Ron's Hamburgers & Chili, Billy Ray's Catfish & BBQ, Jimmy's Egg, & Fish Shack

Pool Tournament:

VIPCare Clinics

Bingo & Singo:

TruHeart Home Health & Hospice, American Hearing & Audiology, Cedarhurst of Woodland Hills, Archwell Health (Singo), Oak Street Health, Bixby-South Tulsa Funeral Service

Blood Pressure Checks:

Miller Hospice, Hillcrest Hospital South, Seasons Hospice CompleteOK Home Services/Pinnacle Care Behavioral Health, Oak Street Health

Hearing Screenings & Hearing Aid Maintenance:

HearingLife

IT'S TIME TO WRITE A NEW CHAPTER



Begin this year with a Legacy Giving Plan.

In today's world, it can be difficult to slow down and consider the impact we are making on our community. As we step into 2023, we have the perfect opportunity to take inventory of our personal giving and estate planning. Are you confident in your current retirement or estate plan? Is it time to do a check-up and find out what tax saving strategies you might be missing out on?

The pen is in your hand. Now is the time

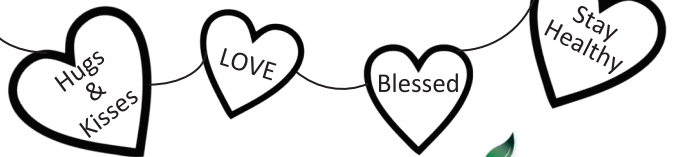
to write a new chapter in your story. Our Legacy Giving Team is here to help you design a holistic and unique Legacy Plan providing steady support for you, your loved ones and the charitable organizations you are most passionate about.

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Around the Center



Tap into your creativity in the Painting Class held each Tuesday in the Creative Arts Room of Senior Center West



If you love to send cards to the special people in your life you can learn how to make one-of-a-kind, beautiful cards in Creative Card Making! Join this fun loving, creative group on Thursdays at 9:30 to 11 a.m. or 12:30 to 2 p.m. in the Creative Arts Room of Senior Center West.

Patricia Sample (standing) and Jane Knowles enjoy the time as volunteers meeting and greeting guests and members at Senior Center East. The Center's volunteers at both buildings play an important role in the Center's growing success. "Thank you, ladies!"



Barb Foster leads Line Dancing with Barb on Mondays and Wednesday at Senior Center West from 1:30 to 3 p.m. Barb's class is considered to be an intermediate/advanced class. Check out all of line dancing offerings at the Center and get moving' to the groove!



Mahjongg, a fascinating, game played with tiles requires both skill and luck. Experienced Mahjongg players meet on Wednesdays from 1 to 4 p.m. and Beginning Mahjongg meets on Mondays from 1 to 4 p.m. Both groups meet in the Game Room of Senior Center East.



A cross between ping pong and tennis, Pickleball is a fan favorite at the BA Senior Center! Pictured above is Marilyn Rice making a winning shot! Pickleball lessons are offered on Tuesday afternoons and Pickleball Open Play is available Monday, Wednesday, Thursday and Friday afternoons at Senior Center West.



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Tournament Winners!

Pool Tournament -

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December Winners: 1st Place - Cecil Jones;
 2nd Place - Chester McDonald; 3rd Place - David Sauter

Domino Tournament -

Prizes provided by Ron's Hamburgers & Chile
 & White River Fish Market



December Winners: Jean Ohlde and Butch Williams

Poker Tournament -

Prizes provided by Joel Hitsman - Global Health



December Winners:
 1st Place - David Clemons
 2nd - Linda Davis



Volunteer Income Tax Assistance (VITA) Program Available at NSU Broken Arrow Campus

The Northeastern State University – Broken Arrow campus is hosting the Volunteer Income Tax Program (VITA) for people to receive free tax preparation.

For those individuals who qualify as having low-to-moderate income (\$58,000 and below), certified, trained volunteers will be available by appointment to prepare basic tax returns on both the state and federal level.

“Last year the VITA program was different, and services were performed as a drop-off service due to COVID-19 concerns”, says Amber Whisenhunt, Instructor of Accounting at NSU. “We are happy to report that the VITA program is back to the normal routine and serving taxpayers in person again this year.”

Tax preparation services begin Wednesday, February 7 and will conclude Thursday, April 11, with the exception of Spring Break, March 12 - 20. The VITA lab at NSUBA is open on Mondays from 5:30 – 8:30 p.m. and Saturdays from 1 – 4 p.m. in room 109 of the Education building. Appointments can be made by calling 918-449-6560. All participants should attempt to make an appointment, but walk-ins will be allowed if time allows. Taxpayers are encouraged to wear a mask when coming to the VITA lab to have their returns completed.

Those seeking assistance with tax preparation should come prepared with important tax-related documents. For a complete list of documents to bring to your appointment, please visit the following website:

<https://www.irs.gov/individuals/checklist-for-free-tax-return-preparation>.

Individuals with income of \$73,000 and less who would like to file their own returns electronically may use the affiliated website that has been provided by the IRS:

<https://www.olt.com/main/vita/getstarted.asp>

For more information, contact Amber Whisenhunt at 918-449-6517 or at whisen05@nsuok.edu.



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