



**BROKEN  
ARROW  
SENIORS**

# SilverNotes

The Official Newsletter of Broken Arrow Seniors, Inc.

February 2023 • Vol. 33, No. 2

## Broken Arrow Senior Center

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

[www.baseniors.org](http://www.baseniors.org)

 @BrokenArrowSeniors

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

**Annual Membership**  
**Broken Arrow residents - \$30**  
**Non-Residents - \$40**

Discover, MasterCard, VISA  
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Executive Director  
**Kimberly Crenshaw**

Member Services Manager  
**Ami Bucher**

Volunteer and Special  
Events Coordinator  
**Julie Robeck**

Office Coordinator  
**Terry Drummond**

Transportation Coordinator  
**Donald Stockton**

## Community BUNCO Bash

**Friday**

**February 17**

**Check in begins - 6 pm**

**Bunco - 7 pm**

**Enjoy the fun at the Broken Arrow Senior Center**

More than 180 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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Tickets for the February  
Community BUNCO Bash can be  
purchased in advance for \$10 in  
the office or \$12 at the door (as  
event space allows). Volunteers  
are needed to help before, during  
and after the event! Please contact  
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Events Coordinator regarding  
various volunteer opportunities.



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# Activity Update

Engage and Stay Active!

## Ongoing Drawing Class Set to Begin in February

If you always wanted to learn how to draw, a weekly drawing class will begin in February on Wednesdays from 1 to 3 p.m. in Activity Room 3.

The class will focus on the basics of portrait, architectural and cartoon drawing. Initially you will learn the basics of line drawings and eventually move toward shading to accomplish more complex drawings.

The Drawing Class instructor, Nancy Blass, is degreed in art, taught interior design, architectural drawing and rendering at the University of Oklahoma.

“I can't draw” is a comment often heard. But Nancy offers that if you can see you can draw. And if you can hold a pencil, you can draw. That's why all drawing skill levels are welcomed to attend.

There are measurable benefits to learning how to draw too! Drawing can help improve cognitive functioning and overall thought processing. This art form offers self-expression and critical thinking which helps to maintain and improve mental health. Learning to draw can help to improve your overall mood and help to prevent depression and anxiety. Drawing also provides an escape not to mention that it's fun!

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, and drawing pencils in a variety of hardness. Number 2 pencils or softer are suggested.



## Beginning Tap Dancing

Beginning Tap Dancing will begin at the Center on Mondays, beginning February 6. The class will be held from 2:45 to 3:30 p.m. in Activity Room 3 at Senior Center West.

If you remember taking tap dancing lessons when you were a child and miss that glorious tapping sound, then this class is for you!

Or maybe you always want to learn how to tap dance. You may even be looking for another fun and exciting way to stay active.

This new offering will be for those who always wanted to learn how to tap dance or would like to brush up on those tap-dancing skills you learned years ago. The class will provide basic instruction on the primary steps. Everyone will be learning to tap dance together providing another way for you to connect and enjoy spending time with others.

Intermediate tap class will continue to be held from 1 to 2:30 p.m. for more experienced dancers.

Tap dancing is great exercise and helps stimulate brain activity and creativity. Tap is not just about moving, but about articulating sound. Making noise feels good! Plan on joining this fun-filled class today and feel positive about reinforcing what you love about living, being active, and being part of a community.

## Learning How to Live Your Best Life

Learn more about “you” in a safe place during the Learning How to Live Your Best Life sessions that will be held on Tuesdays from 10 to 11:30 a.m. in the Conference Room.

Gone are the days when retirement and advancing years were associated with being fragile, incapacitated, inactive and unhappy. Today the image of aging is changing for the better. Part of learning to live your best life in retirement is living in the here and now without the baggage from the past and fears of the future.

This new offering will help you live your best life starting today. Come and discover the meaning behind the phrase “From Hugs & Slugs”!

The class will be facilitated by Rich Blackstock a retired marriage and family counselor who has a Ph.D. in Child Development and Family Relationships.

These group sessions will provide the tools to learning how to invest in healthy relationships as opposed to toxic relationships. Discussions will be held about how to take responsibility of yourself without blaming others and how to listen without judgement. Learn how to live in the here and take reliance off the past.

This interactive class will provide handouts and thoughtful exercises and the safe place needed to learn more about you!

# Activity Update

Engage and Stay Active!

## Cardio Drumming – A New, Exciting Exercise Offering

There has been much interest and anticipation regarding a Cardio Drumming offering at the Center.



Plans to offer Cardio Drumming class have been underway for more than a year. This exciting and all new class will begin in February! This initial Cardio Drumming offering will be held on Thursdays at 3:15 p.m. and Friday's at 8:15 at Senior Center West.

Linn Hostetler, the Center's current Strengthen & Tone and Cardio Dance instructor, will be leading the class. Linn is an Active Aging certified instructor and has developed beginning Cardio Drumming routines. Cardio Drumming can be done from a seated or

standing position depending on the height of the drum base used. This form of exercise is appropriate for all fitness levels for both men and women.

The Center was fortunate to receive a grant for the purchase of 25 sets of drumming equipment including balls, ball bases, and various sized drumsticks. If you want to include cardio drumming on your exercise calendar and guarantee your spot in this exciting new class, you may want to consider purchasing your own ball, ball base and sticks. Storage for individual cardio drumming equipment will be available at the Senior Center West.

### Reasons to start beating your own drum?

Drumming can have positive effects on your health and may help with many conditions from stress, fatigue, and anxiety, to hypertension, asthma, chronic pain, arthritis, mental illness, and addiction. The benefits you receive when you take this type of class are much greater than those of your average aerobics class.

*Continued on Page 5*

**Hayhurst**  
FUNERAL HOME

*(Continued on page 5)*

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# Activity Update

Engage and Stay Active!

Continued from Page 4

Traditional cardio includes running, walking, cycling, and swimming. Cardio Drumming is comparatively easier than these other classic cardio forms. It involves the movement of your entire body to the music rhythm. This workout can give you all the benefits of classic cardio but with the added aspect of fun!

What are the overall physical benefits of cardio drumming? Plan on receiving a boost to your heart and lung health to start! It improves the capacity of your heart to pump blood through your veins delivering increased oxygen in your blood offering increased energy levels. Your endurance will improve along with building stronger muscles and bones. Weight loss is also a benefit for those who continue drumming. Studies say that you can lose around 500 calories by drumming alone.

Because drumming is so much fun, you are also more likely to stick to this form of exercise and not give in to fatigue.

## Your Brain on Drums

Drumming is a great workout for your brain as well. When you drum you access your entire brain.

Research shows that the physical transmission of rhythmic energy to the brain actually synchronizes the left and right hemispheres. So, when the logical left hemisphere and the intuitive right hemisphere of your brain begin to pulsate together, your inner guidance system – or intuition – becomes stronger.

Drumming can also help to release negative feelings. The act of drumming can serve as a form of self-expression. You can literally drum out your feelings. When held, negative emotions can form energy blockages. The physical stimulation of hitting the drums can help remove those blockages.

Join in on the fun and check out this all-new offering that will improve your body and mind! The first class will be held Thursday, February 2 and Friday, February 3. Look for additional offerings of Cardio Drumming at the Center in the future with the addition of drumming equipment at Senior Center East in the coming months.



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# Activity Update

Engage and Stay Active!

## February Pickleball Update

In November 2022 the Senior Center introduced Pickleball. As the fastest growing sport in the United States, it is not surprising that our community has embraced the sport with great enthusiasm.



Due to this strong interest and the fact that the Center can accommodate one pickleball court, it is important that we continually review and adapt the program to meet the needs of our current players and those wanting to learn this sport.

### Pickleball Lessons:

Beginning in February, we will continue to have Beginner Lessons on Tuesdays from 1 pm to 4 pm. These sessions are changing to “come and go” offering. Signing up is no longer required.

The Center is offering Beginning Pickleball Lessons to teach members the fundamentals of pickleball including how to serve, how to keep score, how to control the ball, etc. to advance to becoming an intermediate player. It is suggested that you plan on attending a minimum of 4 lessons to advance and be able to move onto Open Play. Once a member has completed 4 lessons, you are encouraged to move on to Open Play.

### Pickleball Open Play:

Beginning in February, we will add one more day of Open Pickleball Play on Thursdays. Open Pickleball Play will take place on Mondays 1 to 4 pm, Wednesdays 1:30 to 4:00 pm, Thursdays 12 to 3 pm and Fridays 1:30 pm to 4 pm.

The open play format that was described in the January Newsletter remains unchanged:

- Everyone that is able should have a chance to play and learn this exciting game.

*Continued on Page 8*

## 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*

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# Activity Update

Engage and Stay Active!

Continued from Page 7

- The primary objective of our program is for everyone to enjoy the social interaction, get some exercise and most importantly...HAVE FUN!!!
- Open Play will be for all skill levels. The more skilled players also started as beginners.
- Upon arrival the first 4 in the room will play the first game. Upon completion of that game the first 4 will rotate out and the next 4 will play. If for example there are only 2 people waiting, then 2 people from the game that just ended will play with the 2 people that were waiting
- Open Play will follow all the rules and the scoring method that is taught at the Center.
- Open Play will be self-directed and is expected to be fair to those that come to play.
- A new addition is a pickleball rack to prioritize play.

- A pickleball “leader” will be available on Open Play days to answer any questions.

**Scoring:** Because we have so many new players who have learned to play at the Center, the pickleball scoring will be regulation scoring; play to 11 (win by 2). If 6 or more players are waiting to play, playing to 8 will be allowed.

With the above changes we hope that expanding Open Play will better serve our growing pickleball family. Pickleball Lessons and Open Play is held at Senior Center West.

Pickleball Sponsored By



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Donna Grady

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# Activity Update

Engage and Stay Active!

## How Strong Are You? How Fast Are You?

These are two important points you can discover about yourself by talking with occupational therapy assistant students from Connors State College when they visit the



Center once again on Friday, February 10 from 9:30 a.m. to 11 a.m. in the Conference Room in the West building.

Therapy items will be available for you to try that may help you with

everyday life. The adaptive equipment may offer help to those suffering from arthritis, COPD, fatigue or joint replacement, Grip strength, agility and fall risk will be assessed by the students. Members will learn how to stay active and conserve energy and techniques and methods to prevent falls.

Everyone is welcome to attend, whether you have physical challenges or not, to help students learn from real-life situations. You will also discover what your strengths and weaknesses are in your daily life. Occupational therapy assistant students look forward to talking with and learning more about active, healthy older adults as they prepare to enter the field of occupational therapy.

“This is an opportunity for members of the Center to share their life experiences and wisdom in regard to successful aging,” said Helen R. Bryce, instructor and fieldwork coordinator of the OTA program at Connors State College. “Our students will also suggest individualized activities that will help members stay successful and healthy.”

Sign up to participate on the sign-up sheet 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. Sessions with the students will be available in half-hour increments.



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Member BASC  
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# 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.

**Name tags** - are available in the office of the West Building. you must wear one for identification purposes while in the building.

**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 918-269-8377, 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.

## Wednesday, February 1

8 a.m.-4 p.m. .... Dominoes  
 8:15-9 a.m. .... Cardio Dance • SCE  
 8:15-9:15 a.m. .... Core Strength Yoga  
 9 a.m.-noon. .... Needle Crafting  
 9:15-10:15 a.m. .... Chair Yoga  
 9:30 a.m.-3:30 p.m. **New** AARP Tax Preparation • SCE  
 More Information on page 15  
 10 a.m.-Noon. .... Ukulele Jam  
 10 a.m.-2 p.m. .... Quilting  
 10:30-11:30 a.m. .... Line Dancing with Eugenia • SCE  
 10:30-11:30 a.m. .... Limited Exercise  
 11:30 a.m.-Noon. .... Lunch  
 12:15-1:15 p.m. .... **Canceled** .... Exercise 101  
 12:30-3 p.m. .... Chess  
 1-3 p.m. .... **New** .... Drawing Class  
 More Information on page 3  
 1-4 p.m. .... Mahjong • SCE  
 1:30-2:30 p.m. .... Line Dancing with Barb • SCE  
 1:30-4 p.m. .... Pickleball Open Play • SCW

## Thursday, February 2

8 a.m.-4 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  
 9:30-10:30 a.m. .... Guitar Jam • SCE  
 9:30 a.m.-Noon .... Poker Tournament Practice  
 9:30 a.m.-Noon .... Creative Card Making  
 10 a.m.-Noon .... Abstract Painting  
 10:30-11:30 a.m. .... Limited Exercise

10 a.m.-Noon **New** .... Abstract Painting  
 10:30-11:30 a.m. .... Limited Exercise  
 11:30 a.m.-Noon .... Lunch  
 Noon-3 p.m. .... Pickleball Open Play  
 More Information on pages 7&8  
 12:30-2:30 p.m. .... Happy Hookers - Crochet  
 12:30-4 p.m. .... Card Game of the Day  
 12:30-4 p.m. **New** .... Party Bridge • SCE  
 1-2 p.m. .... Fundamentals of Line Dancing • SCE  
 1-2 p.m. .... Simply Faith Class  
 3:15-4 p.m. .... Cardio Drumming  
 More Information on pages 4&5

## Friday, February 3

8 a.m.-4 p.m. .... Dominoes  
 8:15-9 a.m. .... Cardio Drumming  
 More Information on pages 4&5  
 9-10:15 a.m. **New** .... Friday Fitness • SCE  
 9:30-10:30 a.m. .... Singing Group  
 10 a.m.-Noon .... Creative Writing  
 10 a.m.-Noon .... Alzheimer's Support Group • SCE  
 10 a.m.-12:30 p.m. .... Individual Quilt Layout  
 10:30-11:30 a.m. .... Line Dancing with Eugenia • SCE  
 10:30-11:30 a.m. .... Limited Exercise  
 11:30 a.m.-Noon .... Lunch  
 Noon-4 p.m. .... Canasta  
 12:15-1:15 p.m. .... Exercise 101  
 1-2:30 p.m. .... Bingo  
 1:30-4 p.m. .... Pickleball Open Play • SCW

# Calendar of Events

## Monday, February 6

8 a.m.-4 p.m. .... Dominoes  
 8:15-9 a.m. .... Cardio Dance • **SCE**  
 8 a.m.-Noon .... Party Bridge • **SCE**  
 9 a.m.-12:30 p.m. .... Medicare Questions Answered  
 9:15-10:15 a.m. .... Yin Yoga • **SCE**  
 9:30-11 a.m. .... Bible Study • **SCE**  
 9:30 a.m.-Noon. .... Crafting  
 10-11 a.m. .... Circle of Readers  
 11:30 a.m.-Noon. .... Lunch  
 12:15-1:15 p.m. .... Tai Chi for Better  
 Balance with Vanessa • **SCE**  
 1-2:30 p.m. .... Intermediate Tap Dancing  
 1-4 p.m. .... Pickleball Open Play • **SCW**  
 1:30-2:30 p.m. .... Line Dancing with Barb • **SCE**  
 2:45-3:30 p.m. .... Beginning Tap Dancing  
 More Information on page 3

## Tuesday, February 7

8 a.m.-4 p.m. .... Dominoes  
 8:15-9 a.m. .... Strengthen & Tone • **SCE**  
 8 a.m.-Noon. .... Party Bridge • **SCE**  
 9 a.m.-Noon .... 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  
 10-11:30 a.m. .... Beginning Guitar Lessons • **SCE**  
 10-11:30 a.m. .... **New** Live Your Best Life  
 More Information on page 3  
 10:30-11:30 a.m. .... Limited Exercise  
 11:30 a.m.-Noon .... Lunch  
 11:45 a.m.-12:45 p.m. .... Tai Chi for Better  
 Balance with Julie • **SCE**  
 Noon-4 p.m. .... Canasta  
 1-2 p.m. .... Line Dancing with Michelle • **SCE**  
 1-3:30 p.m. .... Painting  
 1-4 p.m. .... Pickleball Lessons • **SCW**  
 2:15-3:30 p.m. .... Clogging Class • **SCE**

## Wednesday, February 8

8 a.m.-4 p.m. .... Dominoes  
 8:15-9 a.m. .... Cardio Dance • **SCE**  
 8:15-9:15 a.m. .... Core Strength Yoga  
 9 a.m.-Noon. .... Needle Crafting  
 9:15-10:15 a.m. .... Chair Yoga  
 9:30 a.m.-3:30 p.m. .... AARP Tax Preparation • **SCE**  
**New** More Information on page 15  
 10 a.m.-Noon. .... Ukulele Jam  
 10 a.m.-2 p.m. .... Quilting  
 10:30-11:30 a.m. .... Line Dancing with Eugenia • **SCE**  
 10:30-11:30 a.m. .... Limited Exercise  
 11:30 a.m.-Noon. .... Lunch  
 12:15-1:15 p.m. .... Exercise 101  
 12:30-2:30 p.m. .... Bunco

12:30-3 p.m. .... Chess  
 1-3 p.m. .... **New** Drawing Class  
 More Information on page 3  
 1-4 p.m. .... Mahjong • **SCE**  
 1:30-2:30 p.m. .... Line Dancing with Barb • **SCE**  
 1:30-4 p.m. .... Pickleball Open Play • **SCW**

## Thursday, February 9

8 a.m.-4 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  
 9:30-10:30 a.m. .... Guitar Jam • **SCE**  
 9:30 a.m.-Noon .... Poker Tournament Practice  
 9:30 a.m.-Noon .... Creative Card Making  
 10 a.m.-Noon .... Abstract Painting  
 10:30-11:30 a.m. .... Limited Exercise  
 11:30 a.m.-Noon .... Lunch  
 Noon-3 p.m. .... **New** Pickleball Open Play  
 More Information on pages 7&8  
 12:30-2:30 p.m. .... Happy Hookers - Crochet  
 12:30-4 p.m. .... Card Game of The Day  
 12:30-4 p.m. .... Party Bridge • **SCE**  
 1-2 p.m. .... Fundamentals of Line Dancing • **SCE**  
 1-2 p.m. .... Simply Faith Class  
 3:15-4 p.m. .... **New** Cardio Drumming  
 More information on pages 4&5

## Friday, February 10

8 a.m.-4 p.m. .... Dominoes  
 8:15-9 a.m. .... **New** Cardio Drumming  
 More Information on pages 4&5  
 9-10:15 a.m. .... **Canceled** Friday Fitness • **SCE**  
 9:30-10:30 a.m. .... Singing Group  
 8 a.m.-4 p.m. .... Dominoes  
 9:30-11:30 a.m. .... **New** Occupational Therapy Students  
 More Information on page 9  
 10 a.m.-Noon .... Creative Writing  
 10 a.m.-12:30 p.m. .... Individual Quilt Layout  
 10:30-11:30 **Canceled** Line Dancing with Eugenia • **SCE**  
 10:30-11:30 a.m. .... Limited Exercise  
 11:30 a.m.-Noon .... Lunch  
 Noon-4 p.m. .... Canasta  
 Noon to Conclusion .... At the Movies  
 "The Bourne Identity"  
 12:15-1:15 p.m. .... Exercise 101  
 1-2:30 p.m. .... Bingo  
 1:30-4 p.m. .... Pickleball Open Play • **SCW**

## Monday, February 13

8 a.m.-4 p.m. .... Dominoes  
 8:15-9 a.m. .... Cardio Dance • **SCE**  
 8 a.m.-Noon .... Party Bridge • **SCE**



# Calendar of Events

9 a.m.-12:30 p.m. . . . . Medicare Questions Answered  
 9:15-10:15 a.m. . . . . Yin Yoga • **SCE**  
 9:30-11 a.m. . . . . Bible Study • **SCE**  
 9:30 a.m.-Noon. . . . . Crafting  
 10-11 a.m. . . . . Circle of Readers  
 11:30 a.m.-Noon. . . . . Lunch  
 Noon-4 p.m. . . . . Canasta  
 12:15-1:15 p.m. . . . . Tai Chi for Better  
 Balance with Vanessa • **SCE**  
 1-2:30 p.m. . . . . Intermediate Tap Dancing  
 1-4 p.m. . . . . Pickleball Open Play • **SCW**  
 1:30-2:30 p.m. . . . . Line Dancing with Barb • **SCE**  
 2:45-3:30 p.m. . . . . **New** . . . . . Beginning Tap Dancing  
 More Information on page 3

## Tuesday, February 14

8 a.m.-4 p.m. . . . . Dominoes  
 8:15-9 a.m. . . . . Strengthen & Tone • **SCE**  
 9 a.m. . . . . Fitness Machine Orientation • **SCE**  
 8 a.m.-Noon. . . . . Party Bridge • **SCE**  
 9 a.m.-Noon . . . . . 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  
 10-11:30 a.m. . . . . Beginning Guitar Lessons • **SCE**  
 10-11:30 a.m. . . . . **New** . . . . . Live Your Best Life  
 More Information on page 3  
 10:30-11:30 a.m. . . . . Limited Exercise  
 11:30 a.m.-Noon . . . . . Lunch  
 11:45 a.m.-12:45 p.m. . . . . Tai Chi for Better  
 Balance with Julie • **SCE**  
 Noon 4 p.m. . . . . Canasta  
 1-2 p.m. . . . . Line Dancing with Michelle • **SCE**  
 1-3:30 p.m. . . . . Painting  
 1-4 p.m. . . . . Pickleball Lessons • **SCW**  
 2:15-3:30 p.m. . . . . Clogging Class • **SCE**

## Wednesday, February 15

8 a.m.-4 p.m. . . . . Dominoes  
 8:15-9 a.m. . . . . Cardio Dance • **SCE**  
 8:15-9:15 a.m. . . . . Core Strength Yoga  
 9 a.m.-Noon. . . . . Needle Crafting  
 9:15-10:15 a.m. . . . . **New** . . . . . Chair Yoga  
 9:30 a.m.-3:30 p.m. **New** . . . . . AARP Tax Preparation • **SCE**  
 More Information on page 15  
 10 a.m.-Noon. . . . . Ukulele Jam  
 10 a.m.-2 p.m. . . . . Quilting  
 10:30-11:30 a.m. . . . . Line Dancing with Eugenia • **SCE**  
 10:30-11:30 a.m. . . . . Limited Exercise  
 11:30 a.m.-Noon. . . . . Lunch  
 12:15-1:15 p.m. . . . . **Canceled** . . . . . Exercise 101  
 12:30-3 p.m. . . . . Chess  
 1-3 p.m. . . . . **New** . . . . . Drawing Class  
 More Information on page 3  
 1-4 p.m. . . . . Mahjong • **SCE**  
 1:30-4 p.m. . . . . Pickleball Open Play • **SCW**  
 1:30-2:30 p.m. . . . . Line Dancing with Barb • **SCE**

## Thursday, February 16

8 a.m.-4 p.m. . . . . Dominoes  
 8:15-9 a.m. . . . . Strengthen & Tone • **SCE**  
 9 a.m.-Conclusion . . . . . Pool Tournament  
 9 a.m.-Noon . . . . . Train Dominoes  
 9:15-10:15 a.m. . . . . Power Yoga • **SCE**  
 9:30-10:15 a.m. . . . . Limited Exercise  
 9:30-10:30 a.m. . . . . Guitar Jam • **SCE**  
 9:30 a.m.-Noon . . . . . Poker Tournament Practice  
 9:30 a.m.-Noon . . . . . Creative Card Making  
 10 a.m.-Noon . . . . . Abstract Painting  
 10:30-11:30 a.m. . . . . Limited Exercise  
 11:30 a.m.-Noon . . . . . Lunch  
 Noon-3 p.m. . . . . **New** . . . . . Pickleball Open Play  
 More Information on pages 7&8  
 12:30-2:30 p.m. . . . . Happy Hookers - Crochet  
 12:30-4 p.m. . . . . Card Game of The Day  
 12:30-4 p.m. . . . . Party Bridge • **SCE**  
 1-2 p.m. . . . . Fundamentals of Line Dancing • **SCE**  
 1-2 p.m. . . . . Simply Faith Class  
 3:15-4 p.m. . . . . **New** . . . . . Cardio Drumming  
 More Information on pages 4&5

## Friday, February 17

8 a.m.-4 p.m. . . . . Dominoes  
 8:15-9 a.m. . . . . **New** . . . . . Cardio Drumming  
 More information on pages 4&5  
 9-10:15 a.m. . . . . **Canceled** . . . . . Friday Fitness • **SCE**  
 9:30-10:30 a.m. . . . . Singing Group  
 9:30-11:30 a.m. **New** . . . . . Occupational Therapy Students  
 More Information on page ??  
 10 a.m.-Noon . . . . . Creative Writing  
 10 a.m.-Noon . . . . . Alzheimer's Support Group • **SCE**  
 10 a.m.-12:30 p.m. . . . . Individual Quilt Layout  
 10:30-11:30 **Canceled** Line Dancing with Eugenia • **SCE**  
 10:30-11:30 a.m. . . . . Limited Exercise  
 11:30 a.m.-Noon . . . . . Lunch  
 Noon-4 p.m. . . . . Canasta  
 12:15-1:15 p.m. . . . . **Canceled** . . . . . Exercise 101  
 12:30 p.m. . . . . **Canceled** . . . . . Singo  
 1:30-4 p.m. . . . . **Canceled** . . . . . Pickleball Open Play • **SCW**  
 6-7 p.m. . . . . **New** . . . . . Community Bunco Bash  
 More information on cover

Center will be closed,  
 Monday, February 20 in  
 observance of President's Day.

## Tuesday, February 21

8 a.m.-4 p.m. . . . . Dominoes  
 8:15-9 a.m. . . . . Strengthen & Tone • **SCE**  
 8 a.m.-Noon. . . . . Party Bridge • **SCE**  
 9 a.m.-Noon . . . . . Train Dominoes

# Calendar of Events

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  
 10-11:30 a.m. .... Beginning Guitar Lessons • **SCE**  
 10-11:30 a.m. .... **New** Live Your Best Life  
 More Information on page 22  
 10:30-11:30 a.m. .... Limited Exercise  
 11:30 a.m.-Noon .... Lunch  
 11:45 a.m.-12:45 p.m. .... Tai Chi for Better  
 Balance with Julie • **SCE**  
 Noon-4 p.m. .... Canasta  
 1-2 p.m. .... Line Dancing with Michelle • **SCE**  
 1-3:30 p.m. .... Painting  
 1-4 p.m. .... Pickleball Lessons • **SCW**  
 2:15-3:30 p.m. .... Clogging Class • **SCE**  
 3:30 p.m.-Conclusion .... Board of Directors

## Wednesday, February 22

8 a.m.-4 p.m. .... Dominoes  
 8:15-9 a.m. .... Cardio Dance • **SCE**  
 8:15-9:15 a.m. .... Core Strength Yoga  
 9 a.m.-noon. .... Needle Crafting  
 9:15-10:15 a.m. .... Chair Yoga  
 9:30 a.m.-3:30 p.m. .... **New** AARP Tax Preparation • **SCE**  
 More Information on page 15  
 10 a.m.-Noon. .... Ukulele Jam  
 10 a.m.-2 p.m. .... Quilting  
 10:30-11:30 a.m. .... Line Dancing with Eugenia • **SCE**  
 10:30-11:30 a.m. .... Limited Exercise  
 11:30 a.m.-Noon. .... Lunch  
 12:15-1:15 p.m. .... Exercise 101  
 12:30-3 p.m. .... Chess  
 1-3 p.m. .... **New** Drawing Class  
 More Information on page 3  
 1-4 p.m. .... Mahjong • **SCE**  
 1:30-2:30 p.m. .... Line Dancing with Barb • **SCE**  
 1:30-4 p.m. .... Pickleball Open Play • **SCW**

## Thursday, February 23

8 a.m.-4 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  
 9:30-10:30 a.m. .... Guitar Jam • **SCE**  
 9:30 a.m.-Noon .... Poker Tournament Practice  
 9:30 a.m.-Noon .... Creative Card Making  
 10 a.m.-Noon .... Abstract Painting  
 10:30-11:30 a.m. .... Limited Exercise  
 11:30 a.m.-Noon .... Lunch  
 Noon-3 p.m. .... **New** Pickleball Open Play  
 More Information on pages 7&8  
 12:30-2:30 p.m. .... Happy Hookers - Crochet  
 12:30-4 p.m. .... Card Game of the Day  
 12:30-4 p.m. .... Party Bridge • **SCE**  
 1-2 p.m. .... Fundamentals of Line Dancing • **SCE**  
 1-2 p.m. .... Simply Faith Class  
 3:15-4 p.m. .... **New** Cardio Drumming  
 More information on pages 4&5

## Friday, February 24

8 a.m.-4 p.m. .... Dominoes  
 8:15-9 a.m. .... **New** Cardio Drumming  
 More information on pages 4&5  
 9-10 a.m. .... Fitness Machine Orientation • **SCE**  
 9-10:15 a.m. .... Friday Fitness • **SCE**  
 9:30-10:30 a.m. .... Singing Group  
 10 a.m.-Noon .... Creative Writing  
 10 a.m.-12:30 p.m. .... Individual Quilt Layout  
 10:30-11:30 a.m. .... Line Dancing with Eugenia • **SCE**  
 10:30-11:30 a.m. .... Limited Exercise  
 11:30 a.m.-Noon .... Lunch  
 Noon-4 p.m. .... Canasta  
 Noon-Conclusion .... At the Movies  
 "The Bourne Supremacy"  
 12:15-1:15 p.m. .... Exercise 101  
 1-2:30 p.m. .... Bingo  
 1-2:30 p.m. .... Parkinson's Support Group • **SCE**  
 1:30-4 p.m. .... Pickleball Open Play • **SCW**

## Monday, February 27

8:15-9 a.m. .... Cardio Dance • **SCE**  
 8 a.m.-Noon .... Party Bridge • **SCE**  
 9 a.m.-12:30 p.m. .... Medicare Questions Answered  
 9:15-10:15 a.m. .... Yin Yoga • **SCE**  
 9:30-11 a.m. .... Bible Study • **SCE**  
 9:30 a.m.-Noon. .... Crafting  
 11:30 a.m.-Noon. .... Lunch  
 12:15-1:15 p.m. .... Tai Chi for Better  
 Balance with Vanessa • **SCE**  
 1-2:30 p.m. .... Intermediate Tap Dancing  
 1-4 p.m. .... Pickleball Open Play • **SCW**  
 1:30-2:30 p.m. .... Line Dancing with Barb • **SCE**  
 2:45-3:30 p.m. .... **New** Beginning Tap Dancing  
 More Information on page 3

## Tuesday, February 28

8 a.m.-4 p.m. .... Dominoes  
 8:15-9 a.m. .... Strengthen & Tone • **SCE**  
 8 a.m.-Noon. .... Party Bridge • **SCE**  
 9 a.m.-Noon .... 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  
 10-11:30 a.m. .... Beginning Guitar Lessons • **SCE**  
 10-11:30 a.m. .... **New** Live Your Best Life  
 More Information on page 3  
 10:30-11:30 a.m. .... Limited Exercise  
 11:30 a.m.-Noon .... Lunch  
 11:45 a.m.-12:45 p.m. .... Tai Chi for Better  
 Balance with Julie • **SCE**  
 Noon-4 p.m. .... Canasta  
 1-2 p.m. .... Line Dancing with Michelle • **SCE**  
 1-4 p.m. .... Pickleball Lessons • **SCW**  
 1-3:30 p.m. .... Painting  
 2:15-3:30 p.m. .... Clogging Class • **SCE**



# Activity Update

Engage and Stay Active!

Continued from Page 4

## AARP Tax Preparation



## Tax-Aide

AARP income tax preparation will be available for free tax preparation and help beginning on Wednesday, February 1. Tax preparation will be available in the Senior Center East building on Wednesdays starting February 1 through Wednesday, April 12 from 9:30 a.m. to 3:30 p.m.

How to schedule an appointment:



- Scan the QR code with the camera of a smart phone and click on the link that appears.
- Or on a computer, enter the following link into the URL of your web browser; <https://tinyurl.com/BATaxaide>.
- Or call (918) 200-9827

Plan on bringing these required documents to your appointment: photo ID, social security card, (a social security card is required for everyone noted on the return), all income documents including W2, 1099R,

1099 Int, 1099 G, K1, Social Security statement, W2G - reporting gambling winnings and any federal income tax withheld on those winnings., brokerage statements. If itemizing, also bring a total of all medical expenses, copy of ad valorem taxes, total of all cash and charitable contributions,

It is always helpful to bring copy of your previous year return. Plan on taking advantage of this free service!

## Circle of Readers Upcoming Events



Circle of Readers meets the first and third Monday (unless noted) each month in the Center's Conference Room at SC West at 10 a.m. Below are the great reads and discussions they are planning in the weeks ahead. Author visits are often scheduled offering interesting, dynamic and engaging conversations!

Feb 6: For *Those Who Are Lost* by Julia Thomas · historical fiction · In-person Author Visit

Feb 13: Discussions on other books the group is reading;

Mar 6: *The Last Bookshop in London* &/or *The Librarian Spy* by Madeline Martin · historical fiction & Author Visit via Zoom

Mar 20: Discussions on other books the group is reading;

Apr 3: *The Ways We Hide* by Kristina McMorris · historical fiction

Apr 24: *Dark and Shallow Lies* &/or *Secrets So Deep* by Ginny Myers Sain · young adult fiction · & In-person Author Visit

## Bingo & Singo at the Center!

One of the most requested activities has finally resumed at the Center. We are fortunate to partner with companies that look forward to spending time at the Center, getting to know our members and bring fabulous Bingo and Singo prizes! \

Bingo or Singo is held every Friday in the nutrition room (Heritage Hall) from 1 to 2:30. Please welcome the following companies and their representatives as our Friday Bingo or Singo sponsors!

1st Friday – Bingo with Maisie Watkins - Brookdale Broken Arrow

2nd Friday – Bingo with Dr. Karen Fernow, Au.D - American Hearing and Audiology

3rd Friday – SINGO with Andrea Timmons – Archwell Health

4th Friday – Bingo with Kristen Lamont - Cedarhurst Independent Living



# Activity Update

Engage and Stay Active!

## At the Movies

It's Matt Damon month at the Center in February during At the Movies! This Academy Award winning star, is featured as Jason Bourne, an expert assassin. You will want to plan to see both of these movies that are action packed, fast paced and totally gripping.

**Friday, February 10**

### The Bourne Identity – rated PG-13

Pulled from the sea with two bullets in his back, Jason Bourne discovers he has the skills of a very dangerous man and no memory of his violent past. Racing to unlock the secret of his own identity, he discovers the deadly truth: he's an elite government agent. But to the government he's their property.

**Friday, February 24**

### The Bourne Supremacy – rated PG-13

They should have left him alone. Matt Damon returns as an expert assassin in this heart-pounding action thriller.

The story of Jason Bourne, a former CIA assassin suffering from psychogenic amnesia continues. This stunning film featuring breath-taking chase sequences

focuses on his attempt to learn more of his past as he is once more enveloped in a conspiracy involving the CIA.

## Fitness Equipment Orientation at Senior Center East

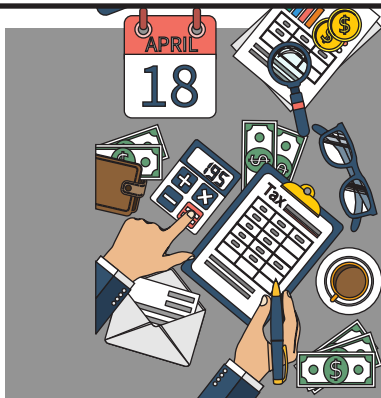
If you find the equipment in the new fitness room intimidating or are not sure what equipment to use to attain your fitness goals, members will have two opportunities each month to ask experts questions.

Ryan Jensen, DPT, with Summit Physical Therapy will be



on hand at 9 a.m. each month on the second Tuesday in the fitness room. If you have had a recent knee, hip or shoulder replacement or heart procedure and your physician suggested you stay active, Ryan will be on hand to answer your questions about the types of exercises and equipment to use to continue healing. Ryan will be available to ask other questions about the equipment as well.

On the fourth Friday of each month from 9 to 10 a.m.



## LIFE'S TAX ASSISTANCE PROGRAM FOR SENIORS

If you're 60 or older with an annual income at or less than of \$60,000, you may qualify for LIFE's free, basic income tax preparation and electronic filing.

During the tax filing season, trained and IRS-certified volunteers will be available to help seniors at LIFE's Tax Counseling for the Elderly (TCE) program site.

Appointments are required and will be held throughout the filing season.

**CALL NOW TO MAKE AN APPOINTMENT**  
**(918) 664-9000, ext 1189**





# Activity Update

Engage and Stay Active!

Danny Stephens, an experienced personal trainer and a certified Master Health Coach will be on hand in the fitness room. Danny helped many members become acquainted with the equipment during the month of November. If you missed meeting Danny in November, take advantage of this opportunity to ask him questions about the equipment to meet your fitness goals.

## Parkinson's Support Group

A Parkinson's Support Group will be offered at the Center for caregivers the fourth Friday of every other month from 1 to 2:30 p.m. at Senior Center East Meeting/Presentation room. The group's next meeting will be Friday February 24.

Nearly one million people are living with Parkinson's disease in this country. This number is expected to rise to 1.2 million by 2030. Parkinson's is the second-most common neurodegenerative disease after Alzheimer's disease. Parkinson's disease is a progressive condition, meaning it worsens over time. Caring for someone with Parkinson's disease can be rewarding. Caregivers act out of care and concern for their loved one. Caregiving also has its challenges. The disease progresses slowly, and caregivers may be in this role for many years. Learning more about how to navigate as a caregiver provides tools for the role, answers to questions and respite.

The Parkinson's Support Group provides support, education, and resources for Parkinson caregivers. If you would benefit from attending the Parkinson's Support group, plan on attending and pass the meeting information on to others who would also benefit.

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# Around the Center



“Move it or lose it!” The Center's Strengthen & Tone class might be held at 8:15 a.m. but it's one of the Center's most popular classes. Strengthen & Tone is held each Tuesday and Thursday at Senior Center East.



The pool room is a popular place to gather and enjoy friendly competition for both men and women.



Party Bridge is the perfect game for all seasons! The Party Bridge group meets Mondays and Tuesdays 8 a.m. to noon and Thursdays 12:30 to 4 p.m. at Senior Center East in the game room.

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# Around the Center



Fox 23 recently paid a visit to the Center and featured the Center's Ukulele Jam group on the evening newscast! Ukulele Jam is held each Wednesday from 10 a.m. to noon in Activity Room 3



The Circle of Readers group, right, meet with internationally best-selling author Viola Shipman, the pen name of Wade Rouse. They discussed his book *The Secret of Snow*. Circle of Readers is a dynamic and engaged group that connect with authors on Zoom or in person monthly after reading their books. Circle of Readers meet in the Conference Room at 10 a.m. on the first and third Monday of each month.

## **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*

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# Long-Term Care: Hoping for the Best but Planning for the Worst



**By Brittany Littleton**

As people approach their later years, they may be concerned about the potential for expensive long-term care facility fees to deplete their life's savings. One option is to rely on support from children and loved ones, but this is not always possible. State laws may require a qualified nursing facility to take over care if someone is unable to remain safely at home. Without proper planning, this could result in significant financial strain. It is important for everyone to take steps now to safeguard their assets and prepare for potential future expenses

## Financial Planning for Long-Term Care

There are two ways to cover the costs of a care facility: private and public. Private options include paying out of pocket or using a previously purchased insurance plan. Public options include Medicaid, but only if you meet the eligibility requirements.

## Medicare Doesn't Have You Covered

Medicare is a government-sponsored healthcare insurance program that was established in 1966 by President Franklin D. Roosevelt. It provides coverage for medical issues, which are defined as conditions that can be cured or that are expected to improve. However, Medicare does not cover long-term care, such as the type of care provided in a nursing facility. To receive coverage for long-term care, you will need to qualify for Medicaid, which is a separate program.

## Medicaid Comes with Conditions

Not everyone qualifies for Medicaid; in fact, many don't. Medicaid is a joint federal and state program that helps cover medical costs for some people with limited income and resources. To qualify for Medicaid, a household typically cannot have more than a certain amount of assets, such as a home, a vehicle, and a small amount of savings. The specifics vary based on whether you are married or single but for most people require you to "spend down" beyond what you will need to actually pay for comfortable care. However, with careful planning, it may be possible to qualify for Medicaid while preserving resources.

## Arrange Your Affairs with Care in Mind

When it comes to planning for long-term care, we want to hope for the best but plan for the worst. Even if you qualify for Medicaid, the difference between the Medicaid benefit and the average nursing home cost is thousands of dollars a

month. However, there are legal tools available that allow you to protect assets while expediting your qualification for Medicaid. The goal of this type of planning is to stretch your resources out longer so that you can have the best care possible in your golden years. Working with an experienced elder law and estate planning attorney can help you make arrangements that allow you to privately pay for care for as long as possible, while also ensuring that Medicaid is available when needed. This can give you peace of mind that your assets will be protected and that they can be passed on to your loved ones, rather than being used to pay for unexpected nursing facility fees. An attorney can provide guidance on how to set up this type of plan and ensure that your affairs are in order.

*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 work collaboratively to strategize and advocate on their behalf.*

*A Signature Partner with BA Seniors, Littleton will write 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.*

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## Around the Center



"She stole my boyfriend!", Wanetta Layton, left, said as she laughed and pointed to Bonny Tate. Wanetta and Bonny were friends in high school and hadn't seen or run into each other for more than 50 years until they recognized each other during a recent Line Dancing Class! Seeing old friends and making new friends – that's what it's all about at the BA Senior Center!

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# Around the Center



“B Nine” Anita Mace looks over her cards during a recent bingo game at the Center. Many members enjoy the friendly competition, conversation, and the chance to win prizes generously provided by Bingo sponsors! Bingo is held each Friday beginning at 1 p.m. in Heritage Hall.



Congratulations to the January Pool Tournament winners! First place -JD Pippins; second place - Chris Adams; and third place - Jack Melton. Lynn Roach with Local Insurance Providers is the sponsor of the Pool Tournament held the third Thursday of each month. Lynn provides a delicious breakfast to start the day for competitors for this day-long event.





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“Beautiful!” Theresa Lawrence, left, admires an African Violet that Roy Roberts had on hand during an educational session on violets. Roy is a member of the African Violet Society of Greater Tulsa and a plant expert. Members who attended enjoyed learning how to successfully grow violets so much that the group is considering meeting on an ongoing basis. Watch for more information in upcoming newsletters.







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Here we are, already a month in to 2023 – I can hardly believe it!

Many people we visit with have heard horror stories regarding Medicare Advantage Prescription Drug plans (MAPDs) so we thought this would be a great time to bust just a few myths about MAPDs. We are not suggesting this is the best fit for everyone as that is a case-by-case scenario; however, we do hope to shed some light for those of you who may have some of these very common misconceptions:

If you enroll in a MAPD you no longer have Medicare.

Medicare Advantage is also known as Part C, and it is just another way to receive Medicare coverage. You receive your Part A & Part B benefits from a private health insurance company instead of the federal government, and you also receive additional benefits.

Once you enroll in a MAPD, you cannot change your coverage.

Every year, you can switch plans during the Annual Election Period (AEP) or return to Original Medicare.

MAPDs can make changes to your healthcare coverage without telling you.

Each year, prior to the start of Open Enrollment (10/15 – 12/7), MAPDs contact enrollees about changes in their plans through the Annual Notice of Change, which details the changes in the following year.

While more myths exist, we're all out of room in this ad. Give us a call for more info!

**Wendi Schoonover, Owner**

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