



**BROKEN
ARROW
SENIORS**

Silver Notes

The Official Newsletter of Broken Arrow Seniors, Inc.

April 2024 Vol. 35, No. 4

Plan to Attend the 32nd Annual Senior Resource & Health Fair

Friday, April 26 • 9 a.m. to 1:30 p.m.
Central Park Community Center • 1500 S. Main St.



**Over 100 Exhibit Booths with the Latest Resources
For Those 55 + and their Families**



- Center Programming Demonstrations
- Unused Medication Drop-Off - BA Police Department Booth
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- Visual Acuity
- Glaucoma
- Blood Pressure
- Blood Sugar
- Bone-Density Testing
- Body Mass Index (BMI)
- Cholesterol
- Lung Capacity

**The Center Will Be Closed April 26 • Come and Enjoy the Senior Fair!
More Information on pages 2,3 & 7**

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
Kimberly Crenshaw

Member Services Manager
Ami Bucher

Office Coordinator
Terry Drummond

Events Coordinator
Erica Decker

Volunteer Coordinator
Candy Byers

Transportation
Phil Byers & Randall Graybill

2024 Senior Resource & Health Fair Set for April 26

The 32nd Annual Senior Resource & Health Fair, a free event held to benefit older adults and their families in the Tulsa and Broken Arrow area, is scheduled for Friday, April 26.

Hosted by the Broken Arrow Senior Center, the Health Fair will be held at the Central Park Community Center at 1500 S. Main St. from 9 a.m. to 1:30 p.m.

This health fair is successful year after year because it draws a wide audience, and it is the only event in Broken Arrow designed to help people 55+ and their families discover resources available to them. Over 100 informational booths will be on-site. In addition to offering valuable and timely information, there will also be free basic health screenings. It is the Center's goal that older adults have access to information so they can make informed decisions about their physical, emotional, social and intellectual health.

Whether you are interested in health care options, aging in place, local leisure choices, city resources, Medicare supplements, healthy aging, or independent living options, you will find the answers to all your questions at the Resource & Health Fair.

We will see you at the Senior Fair!



Volunteers Needed – Resource & Health Fair Fundraising Event!

The Center's annual Senior Resource & Health Fair is our largest fund-raising event of the year! Help guarantee a successful event for both the Senior Center and our business partners. You will also especially enjoy spending the day with other members during this exciting event! Volunteers are needed in a variety of areas. If you can assist in one of these areas, please sign up! Sign-up sheets for the following specific volunteer opportunities 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.

Senior Fair Volunteer Opportunities

Thursday, April 25:

Electrical set up to vendor booths. Volunteers are needed to assist running extension cords from power sources and securing them to the floor.

Senior Center Assistance: Bringing items from the Center, setting up a few tables and assisting with posting signage.

Assist vendors: Assisting vendors sets our event apart from similar events. Assisting vendors involves helping them bring items into the Central Park Community Center. Volunteers must be able to lift 20 lbs. safely.



2023
Senior Fair Volunteers
Brenda Downs &
Jane Knowles greeted
event attendees with
smiles

Logistics

Date: Friday April 26

Time: 9 a.m. until 1:30 p.m.

Location: Central Park Community Center,
1500 South Main Street

Setup: Thursday, April 25 1:30 p.m. to 5 p.m.

Tear Down: Begins at 1:30

Friday, April 26:

Vendor Ambassadors: Meet and greet vendors and offer to sit in their booths if they need to take a short break. This volunteer opportunity requires walking. Shifts are available from 8:30 a.m. to 11 a.m. and 11 a.m. to 1:30 p.m.

Entry Tables: Welcomes attendees and answers questions, hand out attendee bags and program guides and click count attendees. Some standing is required. Three people will be needed per shift (8:30 a.m. to 11 a.m. and 11 a.m. to 1:30 p.m.) at the east, west and north doors.

Trash Removal: We are responsible for removing all trash from the Community Center during the event and after. Two volunteers from 10 a.m. to 3 p.m. are needed.

Senior Center Booth: The Senior Center has a booth to showcase our wide variety of activities and to answer questions from people who are not yet members. Two people will be needed per shift (8:30 a.m. to 11 a.m. and 11 a.m. to 1:30 p.m.)

Tear Down: Volunteers are needed to move tables and chairs used by the BA Senior Center and assist vendors as needed. Volunteers are also needed to dismantle the Senior Center Booth and transport those items back to the Center

WE LOVE
OUR VOLUNTEERS

Activity Update

Engage and Stay Active!

The Aging Voice and Swallowing

If you or someone you know has age-related voice and swallowing changes, take advantage of learning why these changes occur and as well as therapies to improve quality of life. Amy Jacks, M.D. with OU Health will provide a presentation on Tuesday, April 30 at 1 p.m. in the Senior Center East Meeting/Presentation Room. Dr. Jacks is board certified by the American Board of Otolaryngology-Head and Neck Surgery and a post-graduate member of the American Broncho Esophagological Association.

Trouble with swallowing and a raspy voice is common in older adults as in Bill's case. Bill loved nothing more than enjoying a fine meal with his wife, Sylvia. But two years ago, he began noticing that food often got caught in the back of his throat when he ate. "I had to drink water so I wouldn't choke," says Bill. The problem worsened over time, until just about anything he ate or drank got stuck on the way down and made him cough. Bill finally decided to seek help with his problem and learned that difficulty with swallowing had a name: dysphagia.

When our bodies function normally, a network of muscles moves food and liquid from the mouth into the throat and down the esophagus to the stomach. There are a number of conditions that can interfere with this process. Dr. Jacks will discuss the reasons behind these conditions and discuss various treatment options in addition to other conditions relating to voice and swallowing.

Amy Jacks, M.D. joins OU Health as the first fellowship-trained laryngology physician who specializes in the medical and surgical care of voice, swallowing and airway disorders. She brings experience in many office-based procedures.

Dr. Jacks is passionate about providing each patient the best multi-disciplinary care to give them the best possible outcomes when it comes to the critical quality of life functions of breathing, talking and eating. Her relationship with the patient is centered around listening and education so they can feel empowered to make informed decisions regarding their care.

Sign-up sheets to attend this informative session 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.

Senior Center Choir

"The Sound of Broken Arrow"

The Sound of Broken Arrow is a new activity at the Center that offers members the opportunity to sing in a choir and enjoy time with others making beautiful music! Members interested in participating will be meeting for the first time on Wednesday, April 3 at 10 a.m. for a meet and greet and organizational meeting in Activity Room 3 of Senior Center West. The first rehearsal for The Sound of Broken Arrow will be held Wednesday, April 10 from 10 to 11:30 a.m. in the same location.

Please consider attending on April 3! The group will be discussing various volunteer opportunities within the group including weekly room set up and the need for a music librarian in addition to other opportunities. Choir volunteers will add quality to the choir experience at the Center and ensure that the weekly choir time is devoted entirely to singing and practicing!

Why sing and why sing in a choir? Singing in a choir improves the way we hear music. It draws out your innate musical ability and intensifies your appreciation of harmony. There is a natural learning curve that occurs because of singing regularly in a group that strengthens your ear. Where choral singing is concerned, the whole really is the sum of its parts, and choir members soon become aware of how harmonies combine and complement each other. Studies also show that the mental health benefits of choral singing include enhanced brain function, strengthened feelings of togetherness, and helps to reduce stress and depression. Singing also improves your posture and tones your stomach muscles.

Whatever your experience with singing or desire to sing, now is your chance to join others in creating beautiful music together at the Center. Choir experience or the ability to read music are not required.

Please note: The Sound of Broken Arrow is looking for a donation of a metal music stand in addition to a weighted 88 key electric keyboard. Please contact the Center's Member Services Manager at ami@baseniors.org.

Activity Update

Engage and Stay Active!

“Get Ready, Set, Win!” Cornhole Tournament

Cornhole at the Center has really taken off! May 3 is the day to test your tossing skills during the first Cornhole Tournament! Tournament winners will walk away with a handcrafted trophy made by Center member, Jim Droge.

Tournament time is set for 12:30 to 3 p.m. on Friday, May 3 and signing up prior to the tournament is required. Partners are encouraged to sign up but having a partner is not required to play in the tournament. Ten teams will play. This first Cornhole tournament will be a double elimination tournament providing a chance to win! Ten teams will be determined from the first 20 people signing up. Sign up as a team or a single player. Single players will be matched with a partner.

What's great about Cornhole? No previous Cornhole experience is needed to play and win! Cornhole is that easy to learn and play! All are welcome to play in the tournament. A fun-loving group plays cornhole every Friday from 12:30 to 2:30 in the SCE Fitness Classroom. Get your throwing practice time in each Friday in April, scout out the competition and talk with potential partners!

Are there benefits to playing Cornhole – You bet!

- Mobility and Leg Strength – Being mindful of walking heel-toe to improves mobility and leg strength. This movement occurs naturally when throwing a Cornhole bag.
- Balance and Hip Mobility - When tossing a
- Cornhole bag one generally takes a large stride from one leg to another. This motion is good not only for balance but also for hip mobility.
- Cornhole is fun! - You will enjoy playing the game and spending time with other people! You will be hooked in no time!

Sign-up sheets to participate in the tournament 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. The sign-up deadline to participate is Tuesday, April 30. Plan to arrive at noon tournament day.

The Anatomy of a Scam Symposium

Scams, fraud, theft – You may not think you are at risk, but you are. A criminal's single focus is perfecting their technique, and their methods constantly change. Scams, fraud and theft are on the increase and older adults are often the target.

Knowledge is power! If you want to learn the latest news on scams, fraud and theft, plan to attend The Anatomy of a Scam Symposium on Tuesday, April 23 at 1 p.m. at Senior Center East. Take advantage of hearing from experts in their fields:

- Broken Arrow Police Department will explain the latest deceptions in regard to scams and how the department is combatting them.
- Communications Federal Credit Union, Vice President, Heather Converse has 20 years of fraud and compliance experience and is extremely knowledgeable regarding financial exploitation of the elderly.
- Medicare Specialist, Chris Crawford with Crawford Insurance Advisors brings knowledge of the newest Medicare scams and other fraud.

Each expert will help you understand the identifying marks of a crime targeting your finances, your identity and your security.

Sign up today for this important and relevant education session. Sign-up sheets to attend 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.



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William "Craig" Cook, M.D.

2024 Senior Resource & Health Fair Exhibitors

Check out the list of companies partnering with the Center as exhibitors at the Senior Resource & Health Fair set for Friday April 26, 9 a.m. to 1:30 p.m., at the Central Park Community Center. Plan to attend to learn about resources available for you. Make note of the companies you want to visit! The May newsletter will provide the exhibit layout and where companies are located in the exhibit area to plan your day at the Fair! Additional sponsors and exhibitors will be added to the listing in the May newsletter.

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Senior Resource & Health Fair Exhibitors

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Aspen Insurance Coache

BA Community Playhouse
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Brookdale Broken Arrow

Canoe Brook & Oxford Springs Assisted Living
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Donna Grady

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Activity Update

Engage and Stay Active!

Pickleball Update

Sixteen months ago, Pickleball was introduced at the Center. The interest in learning to play the game has transformed into a sizable number of players and pickleball tournaments!



To help accommodate the expanding pickleball interest at the Center, minor scheduling changes will begin in April. Pickleball lessons for members just starting to play will continue and open play time for members who are more experienced players will be added.

On Tuesdays, Beginner Pickleball Play will be from 12:30 to 2:00 p.m. This

time is set aside for members who are new to Pickleball

and want to learn the rules, how to play the game and pickleball technique. This time will also be for those members that have just started to play but feel they need more instruction.

Starting at 2 p.m. on Tuesdays, Open Play will begin and conclude at 4 p.m. Pickleball Open Play is intended to be for all skill levels. Beginning pickleball players should have a good understanding of all aspects of the game before starting Open Play. Beginning pickleball players are encouraged to stay and watch Open Play. If you feel comfortable with the level of play, jump in and give it a try!

Take advantage of learning how to play this exciting game that offers a great workout! If you plan on coming to Beginner Pickleball Play, please arrive at the start time – 12:30 – to learn all that our pickleball instructors have to offer!

Pickleball at the Center is generously sponsored by Medicare Prepare®.

Edward Jones

Member SIPC

The economy making you uneasy?
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Brad Buxton, AAMS
Financial Advisor
1145 S Aspen Ave
Broken Arrow, OK 74012
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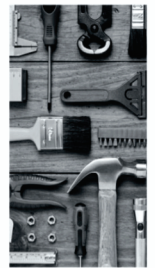
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Trusting Your Estate Plan: Make Sure Your Trust is the Best Option for Your Family

Estate plans can be as unique as the individuals and families they are created to protect. Do not assume that you need the same type of will or trust option that your parents or friends chose. There are many types of trusts. Below are a few that you may want to consider.

Revocable Living Trust

A revocable living trust is a trust that you create during your lifetime and can change at any time prior to your incapacity or death. It allows you to set out in writing how the assets will be distributed after you die. Assets can include real estate, bank accounts, investments, and other valuable possessions. This type of trust has many benefits, including enabling you to continue to manage your assets while also providing protection for your beneficiaries upon your death. Its primary purpose is the orderly administration of your estate upon your incapacity or death.

Irrevocable Asset Protection Trusts

Unlike revocable trusts, irrevocable asset protection trusts hold property that has increased protection out of the reach of creditors, including the IRS. These types of trusts are often used to minimize death taxes. When irrevocable trusts are used, assets are transferred into the irrevocable trust and are no longer owned by you or your estate. Someone other than you is usually the trustee, meaning you trade complete control of your assets for creditor protection. You cannot alter, change, modify, or revoke this trust after execution without significant planning.

Irrevocable Life Insurance Trust

An irrevocable life insurance trust is created to control a permanent life insurance policy while you are still alive and to name beneficiaries to receive the life insurance payout after you pass. The money can be held in trust and managed by a trustee for asset protection and tax planning purposes.

Medicaid Asset Protection Trusts

This type of irrevocable trust is beneficial for those who want to preserve their life savings or family home in case they one day need care in a skilled nursing facility. After a five year “look back” period has passed, the assets transferred to a Medicaid Asset Protection Trust are not counted against you for determining Medicaid eligibility. Like most irrevocable trusts, you trade control for asset protection, so it must be structured thoughtfully.

Veterans Asset Protection Trusts

A qualifying combat veteran (or their surviving spouse) may be eligible to create a veterans asset protection trust. This type of trust is like a Medicaid asset trust in that its main purpose is to expedite qualification for needs-based benefits, specifically a pension that qualifying combat veterans are eligible to receive if they have income and resources below a certain threshold. This trust option has a three-year “look back” period.

Special Needs Trust

Also known as a supplemental needs trust, a special needs trust can be established for an individual with special needs so the assets it holds do not interfere with any needs-based benefits the beneficiary may be receiving, such as supplemental security income, Veteran's benefits, or Medicaid. If this trust is established by someone other than the person who is disabled, outside organizations will not see this financial support as a portion of their personal assets. This trust is a powerful alternative to the common but risky practice of disinheriting a special needs family member

Continued on page 11

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Continued from Page 10

and instead leaving that share to someone else with the hope that it'll be used for the disinherited person's care.

Establishing a Trust

These are a few of the different types of trusts that are available to help protect your assets and the people you care about most. Work with your estate planning attorney to explore create a custom estate plan that will benefit you and your family most.

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.

— Activity Update —

Engage and Stay Active!

Are You Interested?

Computer Technology Sessions

Are you interested in learning more about technology? The Center will be partnering with the Dallas Lowry Foundation to offer technology training at the SCE Technology Center. Future sessions will be held quarterly and will offer one-on-one help regarding computer technology. The first session will provide training regarding email, web browsing, saving files, printing, flash drive usage. Sign up to express interest. Dates and times for this session and future sessions will be announced.

Who's Ready for Some Scrabble?

Triple letter score – double word score. If placing lettered tiles on a Scrabble game board makes your heart sing, sign up to be a part of the Center's Scrabble group! Dates, times and location for Scrabble will be announced!

Current Programming Updates

Mahjong is played from 1 to 4 p.m. on Mondays and Wednesdays in the SCE game room. Beginning in April, both opportunities to play will be for experienced Mahjong players. If you want to learn to play Mahjong, lessons will be offered in the fall.

At the Movies – Beginning in April, At the Movies will be held at SCW in the lounge on the 2nd and 4th Wednesdays.

Beginning Guitar Lessons – Starting in April, Beginning Guitar Lessons will be held on Tuesdays in the Conference Room of SCW from 1 to 2 p.m.

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.

Inclement 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 p.m.		
	Party Bridge	8 a.m.-12 p.m.	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.		
	Yin Yoga	9:15-10:15 a.m.	SCE	
	Crafting	9:30-12 p.m.		
	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.		
	Zumba	3:15-4 p.m.	SCE	

Other Scheduled Activities

Circle of Readers	10-11:30 a.m.		April 1 & 15
Photography Group	1:30-3:30 p.m.	SCE	April 15 & 29

Monday Special Events



Medicare Questions?
Get the answers you need from a licensed local agent.
Rebecca Morton Insurance Agency, LLC
3840 S. 103rd East Ave Suite 123, Tulsa, OK 74146
Ph: 918-252-4280 Email: rebecca@rebeccamortonins.com

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April 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
28	29	30				

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	
	Ping Pong/Pool for Fun	8-4 p.m.		
	Shuffleboard	8-4 p.m.		
	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 - Intermediate	10-11:30 a.m.	SCE	
	Limited Exercise	10:30-11:30 a.m.		
	Lunch	11:30 a.m.-12 p.m.		
	Tai Chi for Balance with Julie	11:45 a.m.-12:45	SCE	
	Canasta	12-4 p.m.		
	Chess	12-4 p.m.	SCE	
	Line Dancing with Michelle	1-2 p.m.	SCE	
	Beginning Guitar Lessons	1-2 p.m.		New Location! SCW Conference Room
	Painting	1-3:30 p.m.		
	Beginner Pickleball Play	12:30-2 p.m.		
	Pickleball Open Play	2-4 p.m.		
	Clogging Class	2:15-3:30 p.m.	SCE	

Other Scheduled Activities

Domino Tournament	9 a.m.-Conclusion		April 9, 2nd Tues.
Fitness Machine Orientation with PT	9-10 a.m.	SCE	April 9, 2nd Tues
Board of Directors	3:30 p.m. Conclusion	SCE	April 16, 3rd Tues.

Tuesday Special Events

Step Into Technology - Smartphone Basics	1-3 p.m.	SCE	April 2, More information on page 21
The Anatomy of a Scam Symposium	1-2 p.m.	SCE	April 23, More information on page 5
The Aging Voice and Swallowing	1-2 p.m.	SCE	April 30, More information on page 4



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	1	2	3	4	5	6
7	8	9	10	11	12	13
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21	22	23	24	25	26	27
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Calendar of Events

Regularly Scheduled Wednesday Activities

Wednesday	CLASSES	Time	BLDG	NOTES/Changes etc.
	Dominos	8 a.m.-12 p.m.		
	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.		
	S.E.A.T.	9-10 a.m.	SCE	
	Needle Crafting	9-11:30 a.m.		
	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	
	The Sound of Broken Arrow - Choir	10-11:30 a.m.		NEW, More information on page 4
	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	12:15-1:15 p.m.		
	Lunch	11:30-12:30 a.m.		
	Drawing Class	1-3 p.m.		
	Experienced 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		April 10 & 24 (2nd and 4th Wed.)
Bunco	12:30-2:30 p.m.		April 10 (2nd Wed.)
Let's Play Bingo	1-2:30 p.m.		April 3 (1st Wed.)
Be Well Read-Health & Wellness Book Club	10-11:30 a.m.	SCE	April 10, More information on page 19

Wednesday Special Events

Step Into Technology - Smartphone Basics	1-3 p.m.	SCE	April 3, More Information on page 21
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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.		
	Creative Card Making	9:30-11 a.m.		
	Guitar Jam	9:30-11:30 a.m.	SCE	
	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.		Canceled April 4
	Creative Card Making	12:30-3 p.m.		
	Rural Remembrances	12:30-2:00 p.m.		
	Happy Hookers - Crochet	12:30-2:30 p.m.		
	Parkinsons Support Group	1-2:30 p.m.	SCE	
	Card Game of the Day	1-4 p.m.		
	Simply Faith	1-2 p.m.		
	Fundamentals of Line Dancing w/ Michelle	1-2:30 p.m.	SCE	
	Pickleball Open Play	1:15-4 p.m.		
	Cardio Drumming	3-4 p.m.	SCE	

Other Scheduled Activities

Pool Tournament	9 a.m.-Conclusion		April 18 (3rd Thurs.)
Poker Tournament	9:30 a.m.-12 p.m.		April 18 (3rd Thurs.)
Grief Healing Group	10-11:30 a.m.	SCE	April 18 (3rd Thurs.)
Third Thursday Thanks - Volunteer Event	3-4 p.m..	SCE	April 18 (3rd Thurs.)
Membership Advisory Committee	4 p.m.	SCE	April 4 (1st Thurs.)

Thursday Special Events

J. Pollock Abstract Painting Workshop	9:30-11:30 a.m.		April 18, More Information on page 21
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In April, the Parkinson's Support Group will be meeting, Thursday, April 25, 1-2:30 p.m. at SCE

April 2024						
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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	
	Friday Fitness	9:15-10:15 a.m.	SCE	
	S.E.A.T.	9:30-10:15 a.m.		NEW, More Information on page 21
	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.		The Center is closed April 26
	Line Dancing with Eugenia	10:30-12:00 a.m.	SCE	Plan to attend the
	Shuffleboard	10:30 a.m.-4 p.m.		Senior Resource and Health Fair
	Lunch	11:30 a.m.-12 p.m.		Central Park Community Center
	Canasta	12-4 p.m.		1500 S Main Street
	Exercise 101	12:15-1:15 p.m.		9 a.m.-1:30 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	

Other Scheduled Activities

Alzheimers Support Group	10 a.m.-12 p.m.	SCE	April 5 & 19 (1st & 3rd Friday)
Bingo, Singo	1-2:30 p.m.		April 5 & 12 Singo April 19
Fitness Machine Orientation w/ Danny S	9-10 a.m.	SCE	Canceled April 26 (4th Friday)
Parkinsons Support Group	1-2:30 p.m.	SCE	In April - Thursday 4/25

Friday Special Events

32nd Annual Senior Resource & Health Fair	9 a.m.-1:30 p.m.		April 26, More information on cover

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Activity Update

Engage and Stay Active!

Heaven and Hell - Simply Faith Class to Offer Discussion & Study

Did you know that there are over 853 references to heaven and hell in the Bible? There are 691 direct references to heaven in the Bible as well as over 162 direct references to hell. In the New Testament, Jesus spoke of heaven and hell 70 times. From a Biblical perspective, these two subjects are worthy of study.

Beginning Thursday, April 25 at 1 p.m., the Simply Faith class will offer an 8-week non-denominational conversation and teaching session regarding the subjects of heaven and hell.

The Simply Faith class meets each Thursday at Senior Center West in the Conference Room from 1 to 2 p.m. Join the group for this fascinating study! 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.

Health & Wellness Book Club "Be Well Read"

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

The group will be discussing the book *Why We Sleep: Unlocking the Power of Sleep and Dreams* by Matthew Walker.

Please sign up to attend the April 10 meeting. 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.

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 other retail businesses.

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Pool Tournament:

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Activity Update

Engage and Stay Active!

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 Thursday, April 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. The deadline to sign up will be Monday, April 8. 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 ARTIST202GREAT@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!

S.E.A.T. - Supported Exercise for Ageless Training – Now at Senior Center West!

S.E.A.T is an award-winning exercise program that strengthens the body and mind, while improving balance and flexibility through functional fitness to get the most out of life. Starting on April 5, S.E.A.T. will also be available on Fridays in the Centennial Room of the West building from 9:30 to 10:15 a.m.!



If you're looking for a low impact yet engaging full body workout, check out S.E.A.T.! You'll receive help with muscular endurance, joint stability, flexibility, and balance. This chair-based exercise program offers a full body, low-impact workout with options to suit the needs of men and women with a range of abilities and skills. Linn Hostetler, a certified S.E.A.T. instructor, leads the class.

"Step into Technology" Sessions to Offer Smartphone Basics

Smartphones. No one over the age of 55 grew up with a smart phone in their pocket! Many people are intimidated by the technology learning curve that comes with smartphones. Stepping into the digital world can be time consuming and frustrating. The Step into Technology classes set for Tuesday, April 2 and Wednesday April 3 offer the opportunity to learn smartphone basics and receive one-on-one guidance! Step Into Technology will be held at 1 p.m. at Senior Center East in the Meeting/Presentation Room.





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February Winners: 1st Place - Roy Sensitaffar;
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Domino Tournament -

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February Winners: Don Stiles & John Wishall

Poker Tournament -

Prizes provided by Joel Hitsman - Global Health



February Winners:
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