

# Calendar of Events

Please note the following Center information.

**Accommodations** – If the activity you want to attend is held at the front of the 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/back entry.

**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. You must wear one for identification purposes while in the building.

**Center hours** – All activities Monday through Thursday will end by 4 p.m. The last activity on Friday will end by 3 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 & Creek County Senior Nutrition Program at 11:30 a.m. each day. Reservations are required and must be made the day before by 11 a.m. Please call 918-259-8377, extension 106. 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. 105.

## Monday, August 1

8:15-9 a.m. . . . . Cardio Dance  
 9:15-10:15 a.m. . . . . Yin Yoga  
 9:30-11 a.m. . . . . Bible Study  
 9:30 a.m.-noon . . . . . Crafting  
 10-11 a.m. . . . . Circle Of Readers  
 10:30 a.m.-noon . . . . . Line Dancing With Eugenia  
 11:30 a.m.-noon . . . . . Lunch  
 12:15-1:15 p.m. . Tai Chi For Better Balance With Vanessa  
 1-2:30 p.m. . . . . Improv  
 1:30-2:30 p.m. . . . . Line Dancing With Barb  
 1-4 p.m. . . . . Card Game Of The Day  
 2:45-3:30 p.m. . . . . Fundamentals Of Line Dancing  
 2:45-3:45 p.m. . . . . Tap Dancing

## Tuesday, August 2

8:15-9 a.m. . . . . Strengthen & Tone  
 9 a.m.-noon . . . . . Party Bridge  
 9 a.m.-noon . . . . . Train Dominoes  
 9:15-10:15 a.m. . . . . Soft Yoga  
 10-11 a.m. . . . . Beginning Guitar Lessons  
 10 a.m.-1 p.m. . . . . Scrapbooking  
 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 Balance With Julie  
 Noon-3 p.m. . . . . Canasta  
 1-2 p.m. . . . . Line Dancing With Michelle  
 1-3:30 p.m. . . . . Painting  
 2:15-3:30 p.m. . . . . Clogging Workshop

## Wednesday, August 3

8:15-9 a.m. . . . . Cardio Dance  
 9 a.m.-noon . . . . . Needle Crafting  
 9:15-10:15 a.m. . . . . Chair Yoga  
 10 a.m.-noon . . . . . Ukulele Jam  
 10 a.m.-2 p.m. . . . . Quilting  
 11:30 a.m.-noon . . . . . Lunch  
 12:15-1:15 p.m. . . . . Exercise 101  
 12:30-3 p.m. . . . . Chess  
 1-4 p.m. . . . . Mahjong  
 1:30-2:30 p.m. . . . . Line Dancing With Barb  
 2:45-3:30 p.m. . . . . Fundamentals Of Line Dancing

(Continued on page 10)

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MKT-5894M-A

# Calendar of Events

## Thursday, August 4

8:15-9 a.m. . . . . Strengthen & Tone  
9 a.m.-noon . . . . . Train Dominoes  
9:15-10:15 a.m. . . . . Power Yoga  
9:30-10:30 a.m. . . . . Guitar Jam  
9:30-noon . . . . . Poker Tournament Practice  
10 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  
12:30-2:30 p.m. . . . . Crochet For The Community  
12:30-3 p.m. . . . . Party Bridge  
1-2 p.m. . . . . Line Dancing With Michelle

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## Friday, August 5

9-10:15 a.m. . . . . Friday Fitness  
9:30-10:30 a.m. . . . . Singing Group  
10 a.m.-noon . . . . . Creative Writing  
10 a.m.-noon . . . . . Alzheimer's Support Group  
10 a.m.-12:30 p.m. . . . . Individual Quilt Layout  
11:30 a.m.-noon . . . . . Lunch  
Noon-3 p.m. . . . . Canasta  
12:15-1:15 p.m. . . . . Exercise 101

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## Monday, August 8

8:15-9 a.m. . . . . Cardio Dance  
9:15-10:15 a.m. . . . . Yin Yoga  
9:30-11 a.m. . . . . Bible Study  
9:30 a.m.-noon . . . . . Crafting  
10:30 a.m.-noon . . . . . Line Dancing With Eugenia  
11:30 a.m.-noon . . . . . Lunch  
12:15-1:15 p.m. . Tai Chi For Better Balance With Vanessa  
1-2:30 p.m. . . . . Improv  
1-3 p.m. . . . . Jewelry Making  
1-4 p.m. . . . . Card Game Of The Day  
1:30-2:30 p.m. . . . . Line Dancing With Barb  
1:30-3 p.m. . . . . Photography Group  
2:45-3:30 p.m. . . . . Fundamentals Of Line Dancing  
2:45-3:45 p.m. . . . . Tap Dancing

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## Tuesday, August 9

8:15-9 a.m. . . . . Strengthen & Tone  
9 a.m. . . . . Fitness Machine Training

9 a.m.-noon . . . . . Party Bridge  
9 a.m.-noon . . . . . Train Dominoes  
9:15-10:15 a.m. . . . . Soft Yoga  
10-11 a.m. . . . . Beginning Guitar Lessons  
10 a.m.-1 p.m. . . . . Scrapbooking  
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 Balance With Julie  
Noon-3 p.m. . . . . Canasta  
1-2 p.m. . . . . Line Dancing With Michelle  
1-3:30 p.m. . . . . Painting  
2:15-3:30 p.m. . . . . Clogging Workshop

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## Wednesday, August 10

8:15-9 a.m. . . . . Cardio Dance  
9 a.m.-noon . . . . . Needle Crafting  
9:15-10:15 a.m. . . . . Chair Yoga  
10 a.m.-noon . . . . . Ukulele Jam  
10 a.m.-2 p.m. . . . . Quilting  
11:30 a.m.-noon . . . . . Lunch  
Noon To Conclusion . . . . . At The Movies  
**"Home Run," Rated PG-13**  
12:15-1:15 p.m. . . . . Exercise 101  
1-2:30 p.m. . . . . Bunco  
12:30-3 p.m. . . . . Chess  
1-4 p.m. . . . . Mahjong  
1:30-2:30 p.m. . . . . Line Dancing With Barb  
2:45-3:30 p.m. . . . . Fundamentals Of Line Dancing

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## Thursday, August 11

8:15-9 a.m. . . . . Strengthen & Tone  
9 a.m.-noon . . . . . Train Dominoes  
9:15-10:15 a.m. . . . . Power Yoga  
9:30-10:30 a.m. . . . . Guitar Jam  
9:30-noon . . . . . Poker Tournament Practice  
10 a.m.-noon . . . . . Abstract Painting  
10 a.m.-noon . . . . . Creative Card Making  
10:30-11:30 a.m. . . . . Limited Exercise  
11:30 a.m.-noon . . . . . Lunch  
12:30-2:30 p.m. . . . . Crochet For The Community  
12:30-3 p.m. . . . . Party Bridge  
1-2 p.m. . . . . Line Dancing With Michelle

# Calendar of Events

## Friday, August 12

9-10:15 a.m. . . . . Friday Fitness  
9:30-10:30 a.m. . . . . Singing Group  
10 a.m.-noon. . . . . Creative Writing  
10 a.m.-12:30 p.m. . . . . Individual Quilt Layout  
11:30 a.m.-noon . . . . . Lunch  
Noon-3 p.m. . . . . Canasta  
12:15-1:15 p.m. . . . . Exercise 101

11:30 a.m.-noon . . . . . Lunch  
12:15-1:15 p.m. . . . . Exercise 101  
12:30-3 p.m. . . . . Chess  
1-4 p.m. . . . . Mahjong  
1:30-2:30 p.m. . . . . Line Dancing With Barb  
2:45-3:30 p.m. . . . . Fundamentals Of Line Dancing

## Monday, August 15

8:15-9 a.m. . . . . Cardio Dance  
9:15-10:15 a.m. . . . . Yin Yoga  
9:30-11 a.m. . . . . Bible Study  
9:30 a.m.-noon. . . . . Crafting  
10-11 a.m. . . . . Circle Of Readers  
10:30 a.m.-noon . . . . . Line Dancing With Eugenia  
11:30 a.m.-noon . . . . . Lunch  
12:15-1:15 p.m. Tai Chi For Better Balance With Vanessa  
12:30-1:30 p.m. . . . . TED Talk  
More information on page 6  
1-2:30 p.m. . . . . Improv  
1:30-2:30 p.m. . . . . Line Dancing With Barb  
1-4 p.m. . . . . Card Game Of The Day  
2:45-3:30 p.m. . . . . Fundamentals Of Line Dancing  
2:45-3:45 p.m. . . . . Tap Dancing

## Thursday, August 18

8:15-9 a.m. . . . . Strengthen & Tone  
9 a.m.-Conclusion . . . . . Pool Tournament  
9 a.m.-noon . . . . . Train Dominoes  
9:15-10:15 a.m. . . . . Power Yoga  
9:30-10:30 a.m. . . . . Guitar Jam  
9:30-noon . . . . . Poker Tournament Practice  
10 a.m.-noon . . . . . Abstract Painting  
10 a.m.-noon . . . . . Creative Card Making  
10:30-11:30 a.m. . . . . Limited Exercise  
11:30 a.m.-noon . . . . . Lunch  
12:30-2:30 p.m. . . . . Crochet For The Community  
12:30-3 p.m. . . . . Party Bridge  
1-2 p.m. . . . . Line Dancing With Michelle

## Tuesday, August 16

8:15-9 a.m. . . . . Strengthen & Tone  
9 a.m.-noon . . . . . Party Bridge  
9 a.m.-noon . . . . . Train Dominoes  
9:15-10:15 a.m. . . . . Soft Yoga  
10-11 a.m. . . . . Beginning Guitar Lessons  
10 a.m.-1 p.m. . . . . Scrapbooking  
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 Balance With Julie  
Noon-3 p.m. . . . . Canasta  
1-2 p.m. . . . . Line Dancing With Michelle  
1-3:30 p.m. . . . . Painting  
2:15-3:30 p.m. . . . . Clogging Workshop  
3:30 p.m.-Conclusion. . . . . Board Of Directors

## Friday, August 19

9-10:15 a.m. . . . . Friday Fitness  
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 a.m.-noon . . . . . Alzheimer's Support Group  
11:30 a.m.-noon . . . . . Lunch  
Noon-3 p.m. . . . . Canasta  
12:15-1:15 p.m. . . . . Exercise 101

## Wednesday, August 17

8:15-9 a.m. . . . . Cardio Dance  
9 a.m.-noon . . . . . Needle Crafting  
9:15-10:15 a.m. . . . . Chair Yoga  
10 a.m.-noon . . . . . Ukulele Jam  
10 a.m.-2 p.m. . . . . Quilting

## Monday, August 22

8:15-9 a.m. . . . . Cardio Dance  
9:15-10:15 a.m. . . . . Yin Yoga  
9:30-11 a.m. . . . . Bible Study  
9:30 a.m.-noon. . . . . Crafting  
10:30 a.m.-noon . . . . . Line Dancing With Eugenia  
11:30 a.m.-noon . . . . . Lunch  
12:15-1:15 p.m. . . . . Tai Chi For Better Balance With Vanessa  
1-2:30 p.m. . . . . Improv  
1-3 p.m. . . . . Jewelry Making  
1-4 p.m. . . . . Card Game Of The Day  
1:30-2:30 p.m. . . . . Line Dancing With Barb  
1:30-3 p.m. . . . . Photography Group  
2:45-3:30 p.m. . . . . Fundamentals Of Line Dancing  
2:45-3:45 p.m. . . . . (Canceled). . . . . Tap Dancing

*(Continued on page 12)*

# Calendar of Events

## Tuesday, August 23

8:15-9 a.m. . . . . Strengthen & Tone  
9 a.m.-noon . . . . . Party Bridge  
9 a.m.-noon . . . . . Train Dominoes  
9:15-10:15 a.m. . . . . Soft Yoga  
10-11 a.m. . . . . Beginning Guitar Lessons  
10 a.m.-1 p.m. . . . . Scrapbooking  
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 Balance With Julie  
Noon-3 p.m. . . . . Canasta  
1-2 p.m. . . . . Line Dancing With Michelle  
1-3:30 p.m. . . . . Painting  
2:15-3:30 p.m. . . . . Clogging Workshop

## Wednesday, August 24

8:15-9 a.m. . . . . Cardio Dance  
9 a.m.-noon . . . . . Needle Crafting  
9:15-10:15 a.m. . . . . Chair Yoga  
10 a.m.-noon . . . . . Ukulele Jam  
10 a.m.-2 p.m. . . . . Quilting  
11:30 a.m.-noon . . . . . Lunch  
Noon To Conclusion . . . . . At The Movies  
**“Miracle Dogs Too,” Not Rated**  
12:15-1:15 p.m. . . . . Exercise 101  
12:30-3 p.m. . . . . Chess  
1-4 p.m. . . . . Mahjong  
1:30-2:30 p.m. . . . . Line Dancing With Barb  
2:45-3:30 p.m. . . . . Fundamentals Of Line Dancing

## Thursday, August 25

8:15-9 a.m. . . . . Strengthen & Tone  
9 a.m.-noon . . . . . Train Dominoes  
9:15-10:15 a.m. . . . . Power Yoga  
9:30-10:30 a.m. . . . . Guitar Jam  
9:30-Noon . . . . . Poker Tournament Practice  
10 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  
12:30-2:30 p.m. . . . . Crochet For The Community  
12:30-3 p.m. . . . . Party Bridge  
1-2 p.m. . . . . Line Dancing With Michelle

## Friday, August 26

9-10:15 a.m. . . . . Friday Fitness  
9:30-10:30 a.m. . . . . Singing Group

10 a.m.-noon . . . . . Creative Writing  
10 a.m.-12:30 p.m. . . . . Individual Quilt Layout  
11:30 a.m.-noon . . . . . Lunch  
Noon-3 p.m. . . . . Canasta  
12:15-1:15 p.m. . . . . Exercise 101

## Monday, August 28

8:15-9 a.m. . . . . Cardio Dance  
9:15-10:15 a.m. . . . . Yin Yoga  
9:30-11 a.m. . . . . Bible Study  
9:30 a.m.-noon . . . . . Crafting  
10:30 a.m.-noon . . . . . Line Dancing With Eugenia  
11:30 a.m.-noon . . . . . Lunch  
12:15-1:15 p.m. . . . . Tai Chi For Better Balance With Vanessa  
1-2:30 p.m. . . . . Improv  
1:30-2:30 p.m. . . . . Line Dancing With Barb  
1-4 p.m. . . . . Card Game Of The Day  
2:45-3:30 p.m. . . . . Fundamentals Of Line Dancing  
2:45-3:45 p.m. . . . . Tap Dancing

## Tuesday, August 30

8:15-9 a.m. . . . . Strengthen & Tone  
9 a.m.-noon . . . . . Party Bridge  
9 a.m.-noon . . . . . Train Dominoes  
9:15-10:15 a.m. . . . . Soft Yoga  
10-11 a.m. . . . . Beginning Guitar Lessons  
10 a.m.-1 p.m. . . . . Scrapbooking  
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 Balance With Julie  
Noon-3 p.m. . . . . Canasta  
1-2 p.m. . . . . Line Dancing With Michelle  
1-3:30 p.m. . . . . Painting  
2:15-3:30 p.m. . . . . Clogging Workshop

## Wednesday, August 31

8:15-9 a.m. . . . . Cardio Dance  
9 a.m.-noon . . . . . Needle Crafting  
9:15-10:15 a.m. . . . . Chair Yoga  
10 a.m.-noon . . . . . Ukulele Jam  
10 a.m.-2 p.m. . . . . Quilting  
11:30 a.m.-noon . . . . . Lunch  
12:15-1:15 p.m. . . . . Exercise 101  
12:30-3 p.m. . . . . Chess  
1-4 p.m. . . . . Mahjong  
1:30-2:30 p.m. . . . . Line Dancing With Barb  
2:45-3:30 p.m. . . . . Fundamentals Of Line Dancing