

# Calendar of Events

Please note the following Center information.

**Activity locations and accommodations** – Some activities are being held in different rooms. Please check the standing sign as you enter the building, or call the office to learn where activities are held. 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 that have a handicap tag to hang in their car. Parking in the front of the building is not available on the Wednesdays nutrition distribution is held.

**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.

**Meals** – At this time, we will continue to have meal pick-up every other Wednesday. We will move toward daily meals in the Center but need time for Tulsa & Creek County Senior Nutrition to staff up before changing our current procedures. If you would like to participate in the nutrition program, please call 918-894-5466.

**Updated August hours** – All activities Monday through Thursday will end by 4 p.m. The last activity on Friday will end by 3 p.m.

**Guests** – All guests are required to check in with the office so a guest form can be completed.

## Monday, August 2

8:15-9 a.m. . . . . Zumba/Cardio Dance  
 9:15-10:15 a.m. . . . . Yin Yoga  
 9:30-11 a.m. . . . . **New** . . . . . Bible Study  
 10-11 a.m. on Zoom. . . . . Circle of Readers  
 Meeting on Zoom - Please contact Dorothy Minor at  
 dorothyminor10@gmail.com for more  
 information regarding joining this group.  
 10 a.m.-noon . . . . . Crafting  
 10:30 a.m.-noon . . . . . Line Dancing with Eugenia  
 12:15-1:15 p.m. . . . . Tai Chi for Better Balance with Vanessa  
 1:30-2:30 p.m. . . . . Line Dancing with Barb

## Tuesday, August 3

8:15-9 a.m. . . . . Strengthen & Tone  
 9 a.m.-noon . . . . . Party Bridge  
 9 a.m.-noon . . . . . Train Dominoes  
 9 a.m.-3 p.m. . . . . Paper Crafting  
 9:15-10:15 a.m. . . . . Soft Yoga  
 10:30-11:30 a.m. . . . . Limited Exercise  
 11:45 a.m.-12:45 p.m. . . . . Tai Chi for Better Balance with Bernadette  
 Noon-3 p.m. . . . . Canasta

1-2 p.m. . . . . Line Dancing with Michelle  
 1-3:30 p.m. . . . . Painting

## Wednesday, August 4

8:15-9 a.m. . . . . Zumba/Cardio Dance  
 9:15-10:15 a.m. . . . . Chair Yoga  
 9 a.m.-noon . . . . . Bags to Mats  
 10 a.m.-3 p.m. . . . . Quilting  
 10 a.m.-noon . . . . . Ukulele Jam  
 1:30-2:30 p.m. . . . . Line Dancing with Barb

## Thursday, August 5

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 a.m.-noon . . . . . Poker Lessons & Play  
 10:30-11:30 a.m. . . . . Limited Exercise  
 12:30-2:30 p.m. . . . . Crochet  
 12:30-3 p.m. . . . . Party Bridge  
 1-2 p.m. . . . . Line Dancing with Michelle

*(Continued on page 10)*

# Calendar of Events

## Friday, August 6

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  
 Noon-3 p.m. .... **New** ..... Canasta  
 12:30-2:30 p.m. .... Poker Lessons & Play

## Monday, August 9

8:15-9 a.m. .... Zumba/Cardio Dance  
 9:15-10:15 a.m. .... Yin Yoga  
 9:30-11 a.m. .... **New** ..... Bible Study  
 10 a.m.-noon ..... Crafting  
 10:30 a.m.-noon ..... Line Dancing with Eugenia  
 12:15-1:15 p.m. .... Tai Chi for Better Balance with Vanessa  
 1:30-2:30 p.m. .... Line Dancing with Barb

## Tuesday, August 10

8:15-9 a.m. .... Strengthen & Tone  
 9 a.m.-noon ..... Party Bridge  
 9 a.m.-noon ..... Train Dominoes  
 9 a.m.-3 p.m. .... Paper Crafting  
 9:15-10:15 a.m. .... Soft Yoga  
 10:30-11:30 a.m. .... Limited Exercise  
 11:45 a.m.-12:45 p.m. .... Tai Chi for Better Balance with Bernadette  
 Noon-3 p.m. .... Canasta  
 1-2 p.m. .... Line Dancing with Michelle  
 1-3:30 p.m. .... Painting

## Wednesday, August 11

8:15-9 a.m. .... Zumba/Cardio Dance  
 9 a.m.-noon ..... Bags to Mats  
 9:15-10:15 a.m. .... Chair Yoga  
 10 a.m.-noon ..... Ukulele Jam  
 10 a.m.-3 p.m. .... Quilting  
 11 a.m.-noon ..... Nutrition distribution  
 12:30-2:30 p.m. .... Bunco  
 1:30-2:30 p.m. .... Line Dancing with Barb

## Thursday, August 12

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 Lessons & Play  
 10:30-11:30 a.m. .... Limited Exercise  
 1-2 p.m. .... Line Dancing with Michelle  
 12:30-2:30 p.m. .... Crochet  
 12:30-3 p.m. .... Party Bridge

## Friday, August 13

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  
 Noon-3 p.m. .... **New** ..... Canasta  
 12:30-2:30 p.m. .... Poker Lessons & Play

## Monday, August 16

8:15-9 a.m. .... Zumba/Cardio Dance  
 9:15-10:15 a.m. .... Yin Yoga  
 9:30-11 a.m. .... **New** ..... Bible Study  
 10-11 a.m. on Zoom ..... Circle of Readers  
 Meeting on Zoom - Please contact Dorothy Minor at  
 dorothyminor10@gmail.com for more  
 information regarding joining this group.  
 10 a.m.-noon ..... Crafting  
 10:30 a.m.-noon ..... Line Dancing with Eugenia  
 12:15-1:15 p.m. .... Tai Chi for Better Balance with Vanessa  
 1:30-2:30 p.m. .... Line Dancing with Barb

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# Calendar of Events

## Tuesday, August 17

8:15-9 a.m. .... Strengthen & Tone  
 9 a.m.-noon ..... Party Bridge  
 9 a.m.-noon ..... Train Dominoes  
 9 a.m.-3 p.m. .... Paper Crafting  
 9:15-10:15 a.m. .... Soft Yoga  
 10:30-11:30 a.m. .... Limited Exercise  
 11:45 a.m.-2:45 p.m. . Tai Chi for Better Balance with Bernadette  
 Noon-3 p.m. .... Canasta  
 1-2 p.m. .... Line Dancing with Michelle  
 1-3:30 p.m. .... Painting  
 3:30 p.m.-conclusion ..... Board of directors

## Wednesday, August 18

8:15-9 a.m. .... Zumba/Cardio Dance  
 9 a.m.-noon ..... Bags to Mats  
 9:15-10:15 a.m. .... Chair Yoga  
 10 a.m.-noon ..... Ukulele Jam  
 10 a.m.-3 p.m. .... Quilting  
 1:30-2:30 p.m. .... Line Dancing with Barb

## Thursday, August 19

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 a.m.-noon ..... Poker Lessons & Play  
 10:30-11:30 a.m. .... Limited Exercise  
 12:30-2:30 p.m. .... Crochet  
 12:30-3 p.m. .... Party Bridge  
 1-2 p.m. .... Line Dancing with Michelle

## Friday, August 20

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  
 Noon-3 p.m. .... **New** ..... Canasta  
 12:30-2:30 p.m. .... Poker Lessons & Play

## Monday, August 23

8:15-9 a.m. .... Zumba/Cardio Dance  
 9:15-10:15 a.m. .... Yin Yoga  
 9:30-11 a.m. .... **New** ..... Bible Study  
 10 a.m.-noon ..... Crafting  
 10:30 a.m.-noon ..... Line Dancing with Eugenia  
 12:15-1:15 p.m. .... Tai Chi for Better Balance with Vanessa  
 1:30-2:30 p.m. .... Line Dancing with Barb

## Tuesday, August 24

8:15-9 a.m. .... Strengthen & Tone  
 9 a.m.-noon ..... Party Bridge  
 9 a.m.-noon ..... Train Dominoes  
 9 a.m.-3 p.m. .... Paper Crafting  
 9:15-10:15 a.m. .... Soft Yoga  
 10:30-11:30 a.m. .... Limited Exercise  
 11:45 a.m.-12:45 p.m. .... Tai Chi for Better Balance with Bernadette  
 Noon-3 p.m. .... Canasta  
 1-2 p.m. .... Line Dancing with Michelle  
 1-3:30 p.m. .... Painting

*(Continued on page 12)*

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# Calendar of Events

## Wednesday, August 25

- 8:15-9 a.m. .... Zumba/Cardio Dance
- 9 a.m.-noon .... Bags to Mats
- 9:15-10:15 a.m. .... Chair Yoga
- 10 a.m.-noon .... Ukulele Jam
- 10 a.m.-3 p.m. .... Quilting
- 11 a.m.-noon .... Nutrition distribution
- 1:30-2:30 p.m. .... Line Dancing with Barb

## Thursday, August 26

- 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 Lessons & Play
- 10:30-11:30 a.m. .... Limited Exercise
- 12:30-2:30 p.m. .... Crochet
- 12:30-3 p.m. .... Party Bridge
- 1-2 p.m. .... Line Dancing with Michelle

## Friday, August 27

The Center is closed.

Come to the 30th Annual Resource & Health Fair

9 a.m. to 1:30 p.m.

Central Park Community Center

1500 S. Main St.

## Monday, August 30

- 8:15-9 a.m. .... Zumba/Cardio Dance
- 9:15-10:15 a.m. .... Yin Yoga
- 9:30-11 a.m. .... **New** Bible Study
- 10 a.m.-noon .... Crafting
- 10:30 a.m.-noon .... Line Dancing with Eugenia
- 12:15-1:15 p.m. .... Tai Chi for Better Balance with Vanessa
- 1:30-2:30 p.m. .... Line Dancing with Barb
- 1:30-3 p.m. .... Photography

## Tuesday, August 31

- 8:15-9 a.m. .... Strengthen & Tone
- 9 a.m.-noon .... Party Bridge
- 9 a.m.-noon .... Train Dominoes
- 9 a.m.-3 p.m. .... Paper Crafting
- 9:15-10:15 a.m. .... Soft Yoga
- 10:30-11:30 a.m. .... Limited Exercise
- 11:45 a.m.-12:45 p.m. .... Tai Chi for Better Balance with Bernadette
- noon-3 p.m. .... Canasta
- 1-2 p.m. .... Line Dancing with Michelle
- 1-3:30 p.m. .... Painting

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