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Silver Notes

The official newsletter of Broken Arrow Seniors, Inc.

January 2022 • Vol. 32, No. 1



Broken Arrow Senior Center

1800 S. Main St.
Broken Arrow, Okla. 74012
918-259-8377

sean@baseniors.org
www.baseniors.org
f @BrokenArrowSeniors

Office Hours:
Monday-Thursday
8 a.m. to 4 p.m.
Friday: 8 a.m. to 3 p.m.

Annual Membership
Broken Arrow residents • \$30
Non-residents • \$40
Discover, MasterCard, VISA
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are accepted for payment.

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Sean Simpson

Member Services Manager
Ami Bucher

**Volunteer and Special
Events Coordinator**
Amanda O'Brien

Office Coordinator
Bonnie Stout

Transportation Coordinator
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Senior Center East Construction Moving Along On Schedule

We are still planning on a Spring 2022 completion for Senior Center East, a 12,400-square-foot building that will include two multipurpose rooms, a theater for 67 spectators and an exercise room. Work up to this point that will be complete in mid-January 2022 includes:

- Brickwork for building exterior;
- Sheetrock installed inside the building;
- Exterior doors installed around building;
- Windows installed around exterior;
- Curb and gutter poured in the parking area to the east and around islands;
- Prepping for parking lot completion;
- Lighting and ductwork;
- Ductwork being completed as well;
- Millwood and flooring installed;
- First coat of paint.



What's New At The Broken Arrow Senior Center?
Are you interested in finding out more about scrapbooking? Would you like to learn to line dance? Do you think needle crafting might be in your future? Find out what the BA Senior Center has to offer on the schedule on pages 9 through 12.

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Alice Young and her daughter, Lacey Dalby, enjoyed a crafting class in December, when the group made Christmas trees. Crafting is held each Monday from 10 a.m. to noon in Activity Room 2.



Spreading the love by sewing to help others! The Quilting Group prepares a donation of handcrafted stockings for various organizations helping both children and adults. The Quilting Group meets each Wednesday from 10 a.m. to 2 p.m. in Activity Room 2.

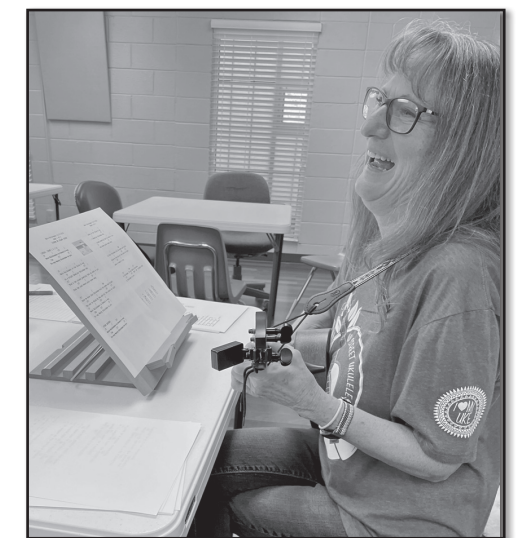


Moving for better balance is the focus of the Center's Tai Chi class, which is designed to improve the strength, balance and physical functioning of older adults, including those with limited physical ability. Tai Chi for Balance is held on Mondays from 12:15 p.m. to 1:15 p.m. and Tuesdays from 11:45 a.m. to 12:45 p.m.



Looks like fun – and it is! Zumba/Cardio Dance offers members a chance to stay in shape and exercise with other older adults. The class is held each Monday and Wednesday at 8:15 a.m.

AROUND THE CENTER



Lea Wimmer enjoys a lighthearted moment during a Ukulele Jam class. Ukulele Jam is held each Wednesday from 10 a.m. to noon in Activity Room 3.



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Taking Care Of Yourself (Continued from page 17)

Cultivate gratitude - Whether this is through prayer, meditation or a gratitude journal, taking time to ponder the things for which we are grateful helps us cultivate optimism and maintain a positive attitude even in the face of significant stress. I am grateful to have had the opportunity to meet so many wonderful members of BA Seniors through this column. Thank you! I look forward to continuing to connect in 2022. Please reach out to me or to Sean if you have any suggestions for topics next year.

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 are working collaboratively to strategize and advocate on their behalf.

A Signature Partner with BA Seniors, Littleton will write a column each month. If you have a question that you would like answered or a topic you would like to see covered, send your thoughts to Sean Simpson at sean@baseniors.org.



Donna Grady

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If You Build It, He Will Come



"If you build it, he will come."

That sentence seeps into my subconscious all the time.

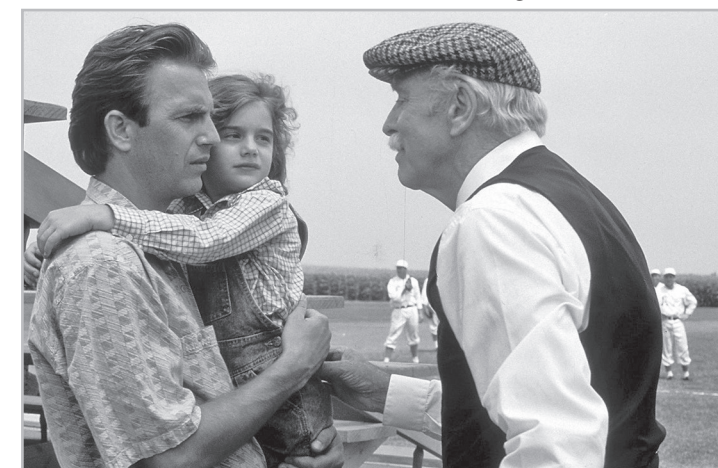
A voice that enters like a whisper. An invisible, ethereal thread taunting me to do something. But what? The suggestion repeats over and over until I make a commitment to do something.

When this happened to Ray Kinsella in the movie "Field of Dreams," it was maddening for me, but not as much as it was for the 107 minutes Kevin Costner's character had to endure. Inspired by a voice he can't ignore to pursue a dream that he and his family can hardly believe, Ray turns his cornfield into a place where dreams come true.

Ray built a 36,000-square-foot baseball field in Iowa. In Broken Arrow, we will soon welcome 12,000 square feet of additional space for members to create more memories and to celebrate additional accomplishments.

I listened to my mind's voice recently, and I am going to build some Adirondack chairs for the backyard as well as some custom wine racks for the bar at home. So the phrase can sometimes elicit a literal response. But when I tackle the DIY projects, I will completely immerse myself in them, just like when I built picnic tables for our squirrels last year. Remember that? Kevin and Bev the squirrels do.

In the movie, Dr. Archibald "Moonlight" Graham,



played by Burt Lancaster, describes what baseball means to him, and it sounds pretty immersive. For Graham, baseball is more than just a bat, ball, glove, cap, grass, dirt and chalk. "To feel the tingle in your arms as you connect with the ball, to run the bases, stretch a double

into a triple and flop face-first into third, wrap your arms around the bag. That is my wish."

That's my wish, too – that each member will chart his or her own path to success. Seeing that day in and day out really makes me appreciate the way in which others see the world. In the movie, you realize that Ray is risking losing his family farm – but he's charting his own path.

What he is doing doesn't make sense to others. Another character in the movie, James Earl Jones as Terence Mann, was doubtful at first but delivered the following iconic message

that sounds an awful lot like joining the BA Senior Center.

"People will come, Ray. They'll come to Iowa for reasons they can't even

fathom. They'll turn up your driveway not knowing for sure why they're doing it. They'll arrive at your door as innocent as children, longing for the past. 'Of course, we won't mind if you look around,' you'll say, 'It's only \$20 per person.' They'll pass over the money without even thinking about it: for it is money they have and peace they lack. And they'll walk out to the bleachers; sit in shirtsleeves on a perfect afternoon. The one constant through all the years, Ray, has been baseball. America has rolled by like an army of steamrollers. It has been erased like a blackboard, rebuilt and erased again. But baseball has marked the time. This field, this game: it's a part of our past, Ray. It reminds us of all that once was good and that could be again. Oh ... people will come Ray. People will most definitely come."

In a couple months, we will have our own version of a field of dreams. You will get a blank slate to discover who you want to be when you grow up.

If a member stops me in the hall and asks, "Is this heaven?" I'll reply, "No. It's the BA Senior Center."

Don't be surprised if I ask if you wanna have a catch.



By Sean Simpson
Broken Arrow Senior Center
President/CEO





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Taking Care Of Yourself During The Most Wonderful Hectic Time of the Year



The holiday season whirlwind is upon us! Sometimes "the most wonderful time of the year" is also the most stressful. It is important to make time to minimize life's stresses with a little self-care. Here are a few suggestions to finish 2021 and start 2022 with peace of mind:

Schedule downtime - A state of constant motion isn't conducive to peace of mind or productivity. As you add holiday parties, gift shopping and family gatherings to your calendar, schedule time where you have no obligations. The rest of the world will function fine while you take a nap, and your to-do list will be there when you wake up.

Get a physical - It is easy to wait until you're sick to see a doctor when you're busy, but regular physicals can help ensure undiagnosed medical problems are caught before they lead to serious health complications. Your insurance coverage likely includes a free annual wellness exam, so take advantage of that each calendar year.

Drink water - Staying hydrated is essential for your body to function well. The fluids in your body are necessary for digestion, absorption and transportation of nutrients, blood circulation, creation of saliva, organ function and maintaining proper body temperature. In addition, sometimes the sensation of hunger is actually an indicator that we're thirsty. Drinking plenty of water can be helpful in regulating the impact of holiday treats and help us recognize sooner that our appetite is satisfied.

Exercise - In addition to countering the effects of holiday blues or seasonal depression from less sunlight, people who exercise regularly have less stress and more energy. They also have stronger muscles and a cardiovascular system that works more efficiently and are often able to get deeper and better sleep. Any amount of regular exercise will help; the key to continued self-care is to choose activities you enjoy so you'll stick with them. The BA Senior Center is a great place to exercise.

Create an estate plan - Extra family time during the holidays can remind us that we want to make sure our spouse, children, pets and assets are protected if we become incapacitated or die. You can alleviate this concern by consulting an estate planning attorney who can help you put your wishes and plans in legally binding writing. A thoughtfully drafted estate plan also allows you to appoint medical and financial decision-makers of your choice. The knowledge that your wishes are documented and will be honored instead of a judge making decisions for you and your family will bring you peace of mind.

"Drinking plenty of water can be helpful in regulating the impact of holiday treats and help us recognize sooner that our appetite is satisfied."

(Continued on page 18)

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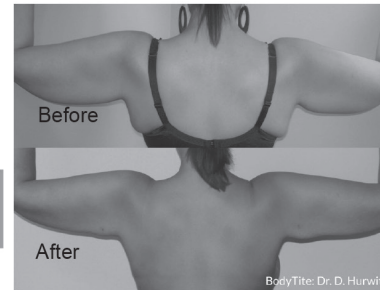
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Above: The Limited Exercise group poses for a group photo while enjoying their time together at the Jingle & Mingle event. Right: Pool players and the "Festive Director" "jingling & mingling."

Right: Our thanks to ArchWell Health, sponsor of the event, which included cookies, cornhole games, group photos, activity displays and door prizes.



Members celebrating the community that is the BA Senior Center!



The Broken Arrow Senior Center held its holiday event, "Jingle And Mingle," Dec. 10 at the Center. Members visited with friends, listened to holiday music and won door prizes. The event was sponsored by ArchWell Health.



Right: Members take a peek at a Jingle & Mingle door prize. Above: Friends enjoying the festivities! "We had so much fun!" Left: Bobby and Freda Keef attended the Jingle & Mingle as the Grumpy Elf and the Chatty Elf. What a fun couple!



Activity Update

Engage and Stay Active!

New Activities

Fundamentals of Line Dancing

Monday, Jan. 3, 10, 24 and 31; Wednesday, Jan. 5, 12, 19 and 26 - 2:45 p.m. to 3:30 p.m. - Centennial

Back by popular demand, this class will now be an ongoing offering! Learn the basic steps involved in line dancing, and develop the confidence to join the Center's line dancing classes and "cut a rug" at the next event you attend! Line dancing is a great exercise for your body and your brain, combining choreographed dances with repeating a series of steps that are performed in unison.

Scrapbooking

Tuesday, Jan. 11 and 25 - 10 a.m. to 1 p.m. - Activity Room 1

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

Fitness Machine Training

Tuesday, Jan. 11 - 9 a.m. - Fitness Room

Do you need to be more active? Does the equipment in the Center's fitness room intimidate you? Have you had medical treatment like a knee or hip replacement and were told to exercise for the best outcome? Cathey Bowling, a physical therapist with Summit Physical Therapy, will be available the second Tuesday of each month to provide guidance on how to best use the equipment in the Center's Fitness Room based on your individual needs. Learn how to use each piece of equipment and make equipment adjustments to remain active all year long.

Needle Crafting

Wednesday, Jan. 5, 12, 19 and 26 - 9 a.m. to noon - Activity Room 1

Handcrafting items with any kind of needle will be

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

Movie & Popcorn

Friday, Jan. 14 and 28 - noon until conclusion

It's Julia Roberts month at the BA Senior Center! "Mona Lisa Smile" was dubbed "Best Picture of the Year by far" by CBS-TV. The movie is a funny, inspiring and uplifting film about an art history professor with a lot to teach about life and much to learn about romance. Rated PG-13 - sexual content and thematic issues.

"Erin Brockovich" is about a real woman and a real story. An unemployed single mother becomes a legal assistant and almost single-handedly brings down a California power company accused of polluting a city's water supply. People magazine labeled the movie "entertaining and inspiring!" Rated - R - language.

Pool Tournament

Thursday, Jan. 20 - 9 a.m. until conclusion

Put your pool shootin' skills to the test with some friendly competition in the pool room. The word on the street is monthly naming rights for winners on trophies that remain in the Center. It's a chance for men and women pool players to shine! A light breakfast will be provided at 9 a.m. Please plan on a \$3 entry fee for the tournament.

In February

Tap Dancing

Mondays - 2:30 p.m. to 3:30 p.m. - Activity Room 3

Tap class will return in February! The Center's tap

Bestselling Author To Meet With Circle Of Readers

Circle of Readers will meet with New York Times and USA Today bestselling author Kate Quinn on Monday, Jan. 10. They will discuss her book "The Rose Code" on Zoom, beginning at noon. Please contact Dorothy Minor at dorothyminor10@gmail.com for the Zoom link to the meeting.

Here is what Circle of Readers has on tap for the coming weeks during its 10 a.m. meetings in the Conference Room. This is your opportunity to learn more about the

group's 2022 reading challenge, in addition to a book bingo virtual event group members will be participating individually in on Thursday, Jan. 13 at 6 p.m.

Jan 24: Discussion on books we are reading;

Feb 7: "The War Nurse," by Tracey N. Wood • historical fiction;

March 7: "Three Ordinary Girls," by Tim Brady • nonfiction.

Nutrition Position Open At The Center

There is nothing like sitting down and eating lunch with other people.

The nutrition program fills many needs at the Center. It offers fellowship, conversation and a great meal. The program also provides the opportunity for our organization to offer the gift of hospitality to seniors in Broken Arrow.

A site coordinator is needed in order to bring meals back to the Center. Apply today by calling Sean Simpson at 918-259-8377.



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Activity Update

Engage and Stay Active!

dancing class will provide basic instruction on the primary steps with the concept of learning a choreographed dance. Intermediate/experienced dancers will be welcomed for instruction, too. Dust off your tap shoes! Don't have tap shoes? Newbies to tap are encouraged to attend to see if tap dancing is for you. Tap shoes can come later. Tap is a full-body workout that improves balance and posture and exercises the mind. Questions about tap? Contact Connie Strimple at okcsd@aol.com.

interest, you will be contacted regarding when and where the activity will begin.

Jewelry Making

Would you like to learn how to make a piece of jewelry for yourself or for a special gift? Jewelry Making will be all about learning the basics of hand-crafting jewelry. The first few classes will provide an introduction to making bracelets using stringing techniques and beautiful beads. If you are interested, sign up near the Center events bulletin board at the top of the ramp. If there is enough interest, you will be contacted regarding when and where the Jewelry Making class will begin.



Proposed Activities Sign Up Today!

Theater Workshop

Have you always wondered what the origins of the phrase "break a leg" were in the theater realm? Would you relish learning more about the theater and the "how to" regarding reading lines from a script, transforming yourself into that character? Members of the Center will have the chance to learn about the theater from the front door to acting on stage to the backstage prop sets and costuming. If you are interested, sign up near the Center events bulletin board at the top of the ramp, or call the Center. You will be contacted regarding when and where the activity will begin.



Chess

Do you love the mental challenge of playing a worthy opponent in a good game of chess? Has it been awhile since you played chess, and would you enjoy taking up the game again? The Center is considering establishing a time for chess players to meet and compete with others who love the game. If you are interested, sign up near the Center events bulletin board at the top of the ramp. If there is enough interest, you will be contacted regarding when and where the activity will begin.



Has Parkinson's Disease or another issue caused balance problems or fear of falling?



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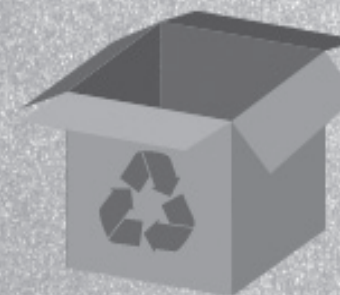
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WHAT CAN I RECYCLE?



Empty Cardboard Boxes



Plastic Bottles



Aluminum Cans

Visit www.RecycleBA.com for a full list of what to recycle.

Calendar of Events

Tuesday, January 25

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 Lesson Workshop
 10 a.m.-1 p.m. **New** Scrapbooking
 10:30-11:30 a.m. Limited Exercise
 11:45 a.m.-12:45 p.m. Tai Chi For Better Balance
 Noon-3 p.m. Canasta
 1-2 p.m. Line Dancing With Michelle
 1-3:30 p.m. Painting

Wednesday, January 26

8:15-9 a.m. Zumba/Cardio Dance
 9 a.m.-noon **New** Needle Crafting
 9:15-10:15 a.m. Chair Yoga
 10 a.m.-noon Ukulele Jam
 10 a.m.-2 p.m. Quilting
 11 a.m.-noon Nutrition Distribution
 1:30-2:30 p.m. Line Dancing With Barb
 2:45-3:30 p.m. **New** . Fundamentals Of Line Dancing

Thursday, January 27

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
 10:30-11:30 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

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Friday, January 28

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. Canasta
 Noon-to Conclusion. **New** Movie & Popcorn
 Erin Brockovich, rated R
 12:30-2:30 p.m. Poker Lessons & Play

Monday, January 31

8:15-9 a.m. Zumba/Cardio Dance
 9:15-10:15 a.m. Yin Yoga
 9:30-11 a.m. 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
 2:45-3:30 p.m. . **New** . Fundamentals Of Line Dancing

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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 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. 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 918-835-4160.

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.

Inclement weather – The Center will close if BA Public Schools close due to the weather.

Monday, January 3

8:15-9 a.m. Zumba/Cardio Dance
 9:15-10:15 a.m. Yin Yoga
 9:30-11 a.m. 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
 2:45-3:30 p.m. **New** . Fundamentals Of Line Dancing

10 a.m.-noon Ukulele Jam
 10 a.m.-2 p.m. Quilting
 1:30-2:30 p.m. Line Dancing with Barb
 2:45-3:30 p.m. **New** . Fundamentals Of Line Dancing

Tuesday, January 4

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 Lesson Workshop
 10:30-11:30 a.m. Limited Exercise
 11:45 a.m.-12:45 p.m. Tai Chi for Better Balance
 noon-3 p.m. Canasta
 1-2 p.m. Line Dancing with Michelle
 1-3:30 p.m. Painting

Thursday, January 6

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
 10:30-11:30 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

Wednesday, January 5

8:15-9 a.m. Zumba/Cardio Dance
 9 a.m.-noon **New** Needle Crafting
 9:15-10:15 a.m. Chair Yoga

Friday, January 7

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. Canasta
 12:30-2:30 p.m. Poker Lessons & Play

(Continued on page 10)

Calendar of Events

Monday, January 10

8:15-9 a.m. Zumba/Cardio Dance
 9:15-10:15 a.m. Yin Yoga
 9:30-11 a.m. Bible Study
 10 a.m.-noon Crafting
 10:30 a.m.-noon Line Dancing With Eugenia
 Noon-1:30 p.m. **Special Time** ... Circle of Readers Meeting on Zoom. Please Contact Dorothy Minor at dorothyminor10@gmail.com for Zoom link
 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 Group
 2:45-3:30 p.m. **New** ... Fundamentals Of Line Dancing

Tuesday, January 11

8:15-9 a.m. Strengthen & Tone
 9 a.m. **New** ... 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 Lesson Workshop
 10 a.m.-1 p.m. **New** ... Scrapbooking
 10:30-11:30 a.m. Limited Exercise
 11:45 a.m.-12:45 p.m. Tai Chi for Better Balance
 Noon-3 p.m. Canasta
 1-2 p.m. Line Dancing With Michelle
 1-3:30 p.m. Painting

Wednesday, January 12

8:15-9 a.m. Zumba/Cardio Dance
 9 a.m.-noon **New** ... Needle Crafting
 9:15-10:15 a.m. Chair Yoga
 10 a.m.-noon Ukulele Jam
 10 a.m.-2 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
 2:45-3:30 p.m. **New** ... Fundamentals Of Line Dancing

Thursday, January 13

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
 10:30-11:30 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, January 14

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 to Conclusion. **New** ... Movie & Popcorn
 Mona Lisa Smile, rated PG-13
 Noon-3 p.m. Canasta
 12:30-2:30 p.m. Poker Lessons & Play

Calendar of Events

Monday, January 17

The Center will be closed in honor of
Martin Luther King Jr. Day

Tuesday, January 18

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 Lesson Workshop
 10:30-11:30 a.m. Limited Exercise
 11:45 a.m.-12:45 p.m. Tai Chi for Better Balance
 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, January 19

8:15-9 a.m. Zumba/Cardio Dance
 9 a.m.-noon **New** ... Needle Crafting
 9:15-10:15 a.m. Chair Yoga
 10 a.m.-noon Ukulele Jam
 10 a.m.-2 p.m. Quilting
 1:30-2:30 p.m. Line Dancing with Barb
 2:45-3:30 p.m. **New** ... Fundamentals Of Line Dancing

Thursday, January 20

8:15-9 a.m. Strengthen & Tone
 9 a.m.-Conclusion **New** ... 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 Creative Card Making
 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, January 21

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. Canasta
 12:30-2:30 p.m. Poker Lessons & Play

Monday, January 24

8:15-9 a.m. Zumba/Cardio Dance
 9:15-10:15 a.m. Yin Yoga
 9:30-11 a.m. Bible Study
 10 a.m.-noon Crafting
 10 a.m.-noon Circle Of Readers
 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 Group
 2:45-3:30 p.m. **New** ... Fundamentals Of Line Dancing

(Continued on page 12)

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