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Silver Notes

The official newsletter of Broken Arrow Seniors, Inc.

April 2022 • Vol. 32, No. 4



Broken Arrow Senior Center

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

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

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

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*The Center Will Be Closed • Come And Enjoy The Senior Fair!
More Information On Page 7.*

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If You Know More, You Can Save More

An information session regarding Medicare savings programs and Extra Help will be held on Monday, April 18.

Have you talked with people who pay a different cost for their prescriptions and are on the same Medicare plan that you have? Did you discover that they take the same medications that you do and even use the same pharmacy but they don't pay the same cost for their prescriptions that you do? Have you ever wondered why?

It could be because they qualify for Medicare Extra Help and Medicaid help. What is this program and how do people qualify for it? What does the program do? Is

help through Medicaid different than Medicare? Can I get my Medicare Part B premium paid for? People also often wonder about the TV commercials talking about getting the \$170.10 Medicare part B premiums paid back to them.

It is confusing, but these are all questions that Chris Crawford, Humana Medicare plan specialist, can answer.

Find the answers to all your questions during this Medicare savings programs and Extra Help presentation. The Q&A session will be held at 12:30 in Activity Room 3.

Medicare Savings Programs And Extra Help

Monday, April 18 - 12:30 p.m.

Activity Room 3


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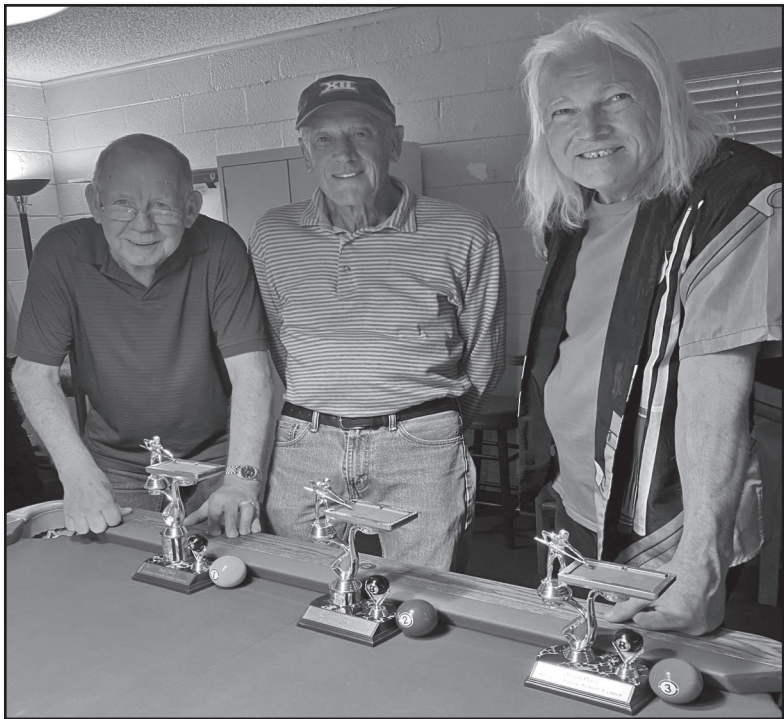
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Sue Fowler Business Owner
sfowler@merlenormanstudio.com

You will always find Art Fabrizius in the Friday Fitness class, keeping active and moving! The class is held each Friday from 9 a.m. to 10:15 a.m. in Centennial.



Smiles and expressive creativity abound in Creative Writing, held each Friday from 10 a.m. to noon in Activity Room 1. Della Appel, front, Julie Patrick, center, and activity leader Doris Jones.



Congratulations to the Center's March Pool Tournament winners! Left to right: first place – J.D. Pippins; second place – Larry Johnston; and third place – Keith Costigan. Twenty-four players competed during this full-day event that was held Thursday, March 17.

Sandy Crutchfield helps Anna Dennis choose a bead during the Jewelry Making class, held the second and fourth Monday in Activity Room 2. The class would gladly accept donations of jewelry-making supplies, which can be dropped off at the Center office.



Members look over an assortment of beads as they prepare for their project in Jewelry Making. Donations of broken jewelry or beads that are no longer wanted would be a wonderful addition for this class. They can be brought to the office.

AROUND THE CENTER

The Perfect Recipe

Nutrition + Relationships + Community

Let me set the scene for you. You see smiles. You hear the sound of laughter and conversation. You sense the aroma of a delicious meal. The setting goes beyond a family gathering or a singular celebration because, you see, the people are not related.

The setting takes place each day at the Broken Arrow Senior Center. The opportunity to sit and share a lunch with others returned in February, just a few short weeks



ago. The transformation within our walls has been remarkable. Yes, the Center re-opened with activities in June. And, yes, activities and programming have returned with more options added each month.

There is something magical that occurs with a shared meal that goes beyond an exercise class or playing a game. It is the element of hospitality.

When I take prospective members on a tour, I offer a description of our nutrition program that is provided by Tulsa & Creek Counties Senior Nutrition: "The nutri-

tion program fulfills many needs," I say. "Nutrition is the program's primary focus. Relationships and community are the other goals."

Nutrition

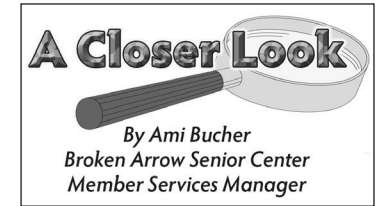
A recent study found that the quality of diets is declining among older adults. Nearly two-thirds of adults 65 years and older in the United States eat an unhealthy diet. Diet quality has actually deteriorated over the past 20 years – one reason is the rising consumption of ultraprocessed foods. Older adults are increasingly turning to eating processed meats, sugar-sweetened beverages and food items high in salt. At the same time, the consumption of healthier options such as fruit and vegetables, fish and whole grains has declined. Easy food is not better food.

The result has been devastating. A poor diet is a major risk factor for a wide variety of adverse health outcomes that affect older adults, such as chronic diseases, disability, frailty and death.

The TCCSN program provides the food choices that we all need to remain healthy. Healthy meat choices, vegetables and fruit are available to eat at every meal TCCSN serves.

Community

Yes, eating a healthy, balanced diet goes a long way toward maintaining a long, quality life. It is the community of our Center and the meal that people share that offers the intangible, magical element that we all seek and allows us to thrive. Take a look at the photos on this page. You see relationships and community mixed with a bit of St. Patrick's Day fun.



If you come to the Center, you will hear the laughter and conversation and catch the aroma of a great meal. It is the perfect recipe.

Activity Update

Engage and Stay Active!

Mahjong (learn and play)

Wednesdays - 1 p.m. to 4 p.m. – Conference Room

The Center is now offering the opportunity to learn and play mahjong! This charming, competitive game is similar to rummy. The game is played with engraved tiles, usually with four players. The mahjong set includes a pair of dice, a quantity of tokens or chips used for scorekeeping and a rack used to keep the tiles upright and their faces hidden from other players. The object of play is to obtain sets of tiles. The strategy of mahjong, like that of rummy, is both offensive and defensive: to complete a winning hand as quickly as possible, to block other players by not discarding tiles useful to them and to build a high-scoring hand. Playing mahjong helps keep the mind sharp as you spend time with others.



Chess (learn and play)

Wednesdays - 12:30 p.m. to 4 p.m.

Domino, Card and Game Room

Do you love the mental challenge of playing a worthy opponent in a competitive game? Has it been a while since you played chess and would enjoy taking up the game again? Have you always wanted to learn how to play chess? The Center is now offering a time for chess players and those who want to learn the game to meet and compete with others.

It is generally believed that chess is suitable for intellectual individuals only. All ages, however, benefit from playing this sport. Even though chess does not build muscles, it provides excellent mental health benefits. When playing chess, players have to analyze logically and think critically to reach an optimum solution. Although there are six types of chess pieces, the movement pattern for each is unique. When trying to remember the move-

The Perils Of Joint Property Ownership



By Brittany Littleton

There are many ways to transfer your assets to those you love. Planning for convenience, it is common for seniors to add a family member as a joint owner on financial accounts and property deeds. The appeal of joint ownership is simplicity; when one owner dies, the survivor automatically owns the property and avoids probate. But is it really that easy? Before you decide joint ownership is the best way to pass on assets to your heirs, consider these common unintended consequences.

✓ The co-owner's debts become your problem. While your intent may have been a convenient transfer upon your death, a creditor will argue that the gift to the co-owner is complete. If that person files bankruptcy, loses a lawsuit or has a tax lien, then your jointly owned asset could be seized to collect the debt.

✓ Your property could end up belonging to someone you don't intend. If you own property jointly with your spouse, your spouse gets the property if you die first. Are you concerned that someone other than your heirs would eventually inherit your assets if your spouse remarried? This can get especially complicated in blended families, as your children can be disinherited in favor of stepchildren.

✓ You could accidentally disinherit family members. If you designate someone as a joint owner, you can't control what she does with your property after your death. Perhaps you added your adult child as a co-owner of a bank account so that she could help you pay bills if you got sick but have the intention that whatever is left over will be divided among all your kids. You should know that jointly owned property all passes to the surviving owner, regardless of your intention or what your will says.

✓ You could have difficulty selling or refinancing your home. All joint owners must sign off on a property sale. If you disagree, you could end up at a standstill. What if your co-owner becomes incapacitated through accident or illness? You may have to petition a court to appoint a guardian to represent the co-owner's interest in the sale. An appointed guardian may see his responsibility as protecting the other owner's interest, which may not be the same as yours.

✓ You might trigger unnecessary capital gains taxes and the need to file a gift tax return. When you sell a home, you pay capital gains taxes on the increase in value. If you make your child a co-owner during your lifetime, their tax

basis is the same as yours. But if you make a gift at the time of your death, their tax basis is the value of the property at the date of your death. This can be a significant income tax savings for your heirs if the home has appreciated in value. Also, any time you make a lifetime gift to someone other than your spouse in excess of the annual limit – in 2020, that's \$15,000 – the IRS considers that a taxable gift. You can avoid taxes by using your lifetime exemption, but you still have to file the necessary paperwork.

So what can you do? These decisions are too important and complex to be left to chance. The best choice for how you manage your property depends on your needs and goals.

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 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 Sean Simpson at sean@baseniors.

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ment, your cognitive memory is boosted. Playing chess can help people be conscious, intelligent and stay healthy in mind in addition to relieving anxiety and stress. The added benefit is spending time with others!

Circle of Readers

Circle of Readers, the Center's reading group, meets the first and third Monday of each month at 10 a.m. in the Conference Room. The following discussions are scheduled in the coming weeks:

April 4: "The Girls in the Stilt House" • Kelly Mustain • fiction;

April 18: Discussion on books we are reading;

May 2: "Project Hail Mary" • Andy Weir • science fiction;

May 16: Discussion on books we are reading.



At The Movies

Snow showers prevented many from enjoying our first movie in March, "Funny Face" with Audrey Hepburn, in our "step back in time" series. We decided to offer a

second showing of "Funny Face" in April, in addition to offering another classic John Wayne movie that will appeal both to men and women.

Friday, April 8 - "Funny Face," starring Audrey Hepburn and Fred Astaire – not rated

Paris, the City of Lights, shines even brighter when Audrey Hepburn and Fred Astaire team up for their only time and bring their luminous star power to this exquisite 1957 musical featuring songs by George and Ira Gershwin.

Friday, April 22 - "The Shootist," starring John Wayne, Lauren Bacall, Ron Howard and James Stewart – rated PG

No one would know at the time, but "The Shootist" would be John Wayne's last movie in his career of more than 250 films. In this forever classic, Wayne plays the role of a legendary gunslinger, John Bernard Books, who is dying of cancer. The role had particular meaning because the actor was battling the disease in real life. The film was recognized as one of the top 10 films of 1976.

Coming In May

Exercise 101

Similar to Limited Exercise, Exercise 101 will offer a full body workout that will be scheduled in the early afternoon on Wednesdays and Fridays. This exercise offering will target stretching and range of motion movements to help both men and women

with flexibility. The class will be wheelchair and walker friendly and will help anyone who wants to be more limber. Look for more information about this class in the May newsletter.

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City Set To Study Its Services To Seniors

The Broken Arrow City Council has unanimously approved two measures to examine how to improve services to senior citizens.

City Manager Michael Spurgeon requested the measures, the first of which requires the appointment of two city councilors to the Broken Arrow Seniors board of directors. The organization's bylaws will be amended to reflect that change.

The second is the creation of a Senior Services Advisory Committee that will review and analyze the city's current operational model for its services to seniors and that of other Oklahoma communities. The committee will make a recommendation to the City Council on how to provide services efficiently and effectively now and in the future.

"As Broken Arrow continues to grow rapidly, it's important to consider the quality of life for all residents," Spurgeon said. "According to the 2020 census, about 15%, or approximately 16,500 people in the city, are age 65 or over. The senior demographic is a vital demographic in our community."

Council members Lisa Ford and Scott Eudey will serve on the Senior Services Advisory Committee once

it's established this spring. Vice Mayor Christie Gillespie will join Councilor Johnnie Parks on the Broken Arrow Senior Center Board.

"We have an obligation to participate in this and to make sure our seniors get the best possible services available," Eudey said.

Parks said he is excited about the Council's involvement in the Senior Center.

"I've visited other senior centers across the state, and I feel like they are very different from ours," he said. "And for the sake of transparency and for the amount of money the city provides, it's important that we have representation on the Broken Arrow Senior Center Board."

Spurgeon recommended that other members of the inaugural Senior Center Advisory Committee be individuals with experience working with seniors and someone from the Chamber's Broken Arrow Young Professionals organization.

The Council hopes to have the Senior Services Advisory Committee positions filled by April and hear its report sometime in December 2022. Each recommendation will serve as part of a broader look at how the community provides services to senior citizens in Broken Arrow.

Broken Arrow's Trash Bash Is Back

It's back! Join us on Saturday, April 9, 2022, for the annual Trash Bash and Recycling Rally.

The Trash Bash, in its 20th year, is Broken Arrow's litter cleanup day, where groups of people volunteer to beautify their neighborhoods by picking up trash and debris from roads and waterways.

The second annual Recycling Rally is a recycling drop-off event for hard-to-recycle items such as electronics, sharps, batteries, tires – limit of 10 – and more.

You do not need to sign up or volunteer to clean up litter to participate in the drive-through Recycling Rally. Just show up with your recyclables, our friendly volunteers will remove the items from your car and you'll be good to go.

The city will be collecting the

following recyclable items at Events Park from 9 a.m. to 1 p.m:

- ✓ Tires - limit of 10 tires: no tractor tires, no tires with rims;
- ✓ Pharmaceuticals;
- ✓ Cardboard;
- ✓ Electronics/E-waste - \$26 for TVs, \$10 for CRT monitors; all others free;

- ✓ Batteries;
- ✓ Plastic grocery bags;
- ✓ Sharps;
- ✓ Ammunition - 50 caliber or less only;
- ✓ Paper shredding - limit of 3 boxes.

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In today's world, it can be difficult to slow down and consider the impact we are making on our community. As we step into 2020, we have the perfect opportunity to take inventory of our personal giving and estate planning. Are you confident in your current retirement or estate plan? Is it time to do a check-up and find out what tax saving strategies you might be missing out on?

The pen is in your hand. Now is the time to write a new chapter in your story. Our Legacy Giving Team is here to help you design a wholistic and unique Legacy Plan providing steady support for you, your loved ones and the charitable organizations you are most passionate about.

Your legacy matters! Why not take the next step and give our Legacy Giving Team a call? We will be with you every step of the way as you unlock a brighter future for the charities you support.

Call 918-491-0079 for more information today!

2022 Health Fair Set For April 29

The 30th 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 29. Activities are set from 9 a.m. to 1:30 p.m. Hosted by the Broken Arrow Senior Center and Humana as a champion sponsor, the Health Fair will be held at the Central Park Community Center at 1500 S. Main St. "This health fair is successful year after year because it

draws a wide audience, and it's the only event in Broken Arrow designed to help people 55+ and their families discover resources available to them," according to Sean Simpson, president and chief executive officer of the Center. Along with Humana, there will be more than 100 informational and health screening booths on-site. In addition to valuable and timely information, free health screenings will be offered. "Preventive care is a primary focus of our programming," Simpson said. "It is more than just helping raise awareness about

(Continued on page 8)



Volunteers Needed For Fundraising Event

The Center's annual Senior Resource & Health Fair is our largest fundraising event of the year. Help guarantee a successful event for both the Senior Center and our business partners. You will especially enjoy spend-

ing the day with other members during this exciting event. Volunteers are needed in a variety of areas. Sign up near the Center events bulletin board at the top of the ramp or call the center at 918-259-8377.

Logistics

Date: Friday, April 29
 Time: 9 a.m. until 1:30 p.m.
 Location: Central Park Community Center • 1500 S. Main St.
 Setup: Thursday, April 28 • 1:30 p.m. to 5 p.m.
 Tear Down: Begins at 1:30 p.m., Friday, April 29

Volunteer Opportunities

Thursday

- **Electrical set up to vendor booths:** A volunteer is needed to oversee, and volunteers are needed to assist. This involves 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:** Bringing items into the community center. Volunteers must be able to lift 20 pounds.

Friday

- **Vendor Assistance/Hosts:** 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:** Welcome attendees and answer questions. Some standing is required. Two 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. Two people are needed from 10 a.m. to 3 p.m.
- **Golf Cart Drivers:** Early Friday morning to transport vendors from the pool area and to transport attendees from other parking areas throughout the day.
- **Tear Down:** Volunteers are needed to move tables and chairs used by the BA Senior Center and assist vendors as needed. Tear down begins at 1:30 p.m.

Health Fair (Continued From Page 7)

the importance of health screenings and healthy living. It's our goal that older adults have access to informa-

Whether you are considering a medical procedure, aging in place, Medicare supplements, home maintenance, independent living or long-term care, you will find the answers to all your questions at the Health & Resource Fair. The goal of this event is to familiarize seniors and their families with products, services and resources available to them. This is the only event of its kind



tion so they can make informed decisions about their physical, emotional, social and intellectual health."

and their families with products, services and resources available to them. This is the only event of its kind



where companies have the opportunity to meet face-to-face with older adults in Broken Arrow.

Volunteers are essential to the success of this event. If you are interested in volunteering or helping out with the event, please call the office at 918-259-8377.

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NEW *Adventures*
AND FRIENDSHIPS
ARE AROUND THE CORNER!



CANOE BROOK

2621 S. Elm Place, Broken Arrow, OK 74012 [CanoeBrookBrokenArrow](https://www.facebook.com/CanoeBrookBrokenArrow)

BrokenArrowAssistedLiving.com **(918) 218-3338**

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

— Medicare Accepted • Referral Not Required —

918-251-7199 • hylandpt.com



- In the Comfort of Your Own Home
- Specializing in Parkinson's Disease

Here, retirement is a verb.

Look up *retirement* in any dictionary and it says it's a noun. It also says it's *when you withdraw from an active life*. Obviously they didn't stop by The Linden at Stonehaven Square when they wrote such nonsense. Here retirement is proudly a verb and *when you live life with gusto!* Come see what we mean.

Call 918.553.8566 to schedule your complimentary lunch and tour. And bring your dictionary and a pen. It's time to do a little editing.

OPEN FOR TOURS



THE LINDEN
AT **STONEHAVEN SQUARE**

10802 E. 81st Street • Tulsa
918.553.8566 • LindenSeniorLiving.com

A LEISURE CARE ASSISTED LIVING & MEMORY CARE COMMUNITY

Calendar of Events

Friday, April 22

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-noon Lunch
 Noon-3 p.m. Canasta
 Noon-to Conclusion. Movie & Popcorn
 "The Shootist," starring John Wayne
 and Lauren Bacall, rated PG

Monday, April 25

8:15-9 a.m. Zumba/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-noon Lunch
 12:15-1:15 p.m. Tai Chi For Better Balance With Vanessa
 12:30-2:30 p.m. Card Game Of The Day
 1-3 p.m. Jewelry Making
 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

Tuesday, April 26

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. Scrapbooking
 10:30-11:30 a.m. Limited Exercise
 11:30-noon Lunch
 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, April 27

8:15-9 a.m. Zumba/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-noon Lunch
 12:30-3 p.m. **New** Chess
 1-4 p.m. **New** Mahjong
 1:30-2:30 p.m. Line Dancing With Barb
 2:45-3:30 p.m. Fundamentals Of Line Dancing

Thursday, April 28

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
 11:30-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, April 29

2022 Senior Resource & Health Fair

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

Central Park Community Center • 1500 S. Main St.

The Center is Closed – See you at the Senior Fair!

Changing jobs or retiring?

Take your retirement savings with you. Rolling over your 401(k) to a State Farm IRA is easy. I can take care of the paperwork while helping you with a retirement plan that meets your needs.

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 Broken Arrow, OK 74012
 Bus: 918-258-3531
 www.toddbrown.org

1001136.1 State Farm, Home Office, Bloomington, IL

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.

Friday, April 1

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-noon Lunch
 Noon-3 p.m. Canasta

Monday, April 4

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

Tuesday, April 5

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. Scrapbooking
 10:15-11:45 a.m. Improv
 10:30-11:30 a.m. Limited Exercise
 11:30-noon Lunch
 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

(Continued on page 10)

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 Broken Arrow, OK 74012
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 Member SIPC

Calendar of Events

Wednesday, April 6

8:15-9 a.m. Zumba/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-noon Lunch
 12:30-3 p.m. **New** Chess
 1-4 p.m. **New** Mahjong
 1:30-2:30 p.m. Line Dancing with Barb
 2:45-3:30 p.m. Fundamentals Of Line Dancing

Thursday, April 7

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
 11:30-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, April 8

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-noon Lunch
 Noon to Conclusion Movie & Popcorn
 "Funny Face," starring Audrey Hepburn
 and Fred Astaire, not rated
 Noon-3 p.m. Canasta

Monday, April 11

8:15-9 a.m. Zumba/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-noon Lunch
 12:15-1:15 p.m. Tai Chi For Better Balance With Vanessa
 12:30-2:30 p.m. Card Game Of The Day
 1-3 p.m. Jewelry Making
 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

Tuesday, April 12

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 Lesson Workshop
 10 a.m.-1 p.m. Scrapbooking
 10:30-11:30 a.m. Limited Exercise
 11:30-noon Lunch
 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, April 13

8:15-9 a.m. Zumba/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-noon Lunch
 12:30-2:30 p.m. Bunco
 12:30-3 p.m. **New** Chess
 1-4 p.m. **New** Mahjong
 1:30-2:30 p.m. Line Dancing With Barb
 2:45-3:30 p.m. Fundamentals Of Line Dancing

Calendar of Events

Thursday, April 14

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
 11:30-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, April 15

**The Center will be closed in
 observance of Good Friday**

Monday, April 18

8:15-9 a.m. Zumba/Cardio Dance
 9:15-10:15 a.m. Yin Yoga
 9:30-11 a.m. Bible Study
 10-11 a.m. Circle of Readers
 9:30 a.m.-noon Crafting
 10:30 a.m.-noon Line Dancing With Eugenia
 11:30-noon Lunch
 12:15-1:15 p.m. Tai Chi For Better Balance With Vanessa
 12:30-2 p.m. Medicare Savings Programs/Extra Help
 More Information On Page 19
 12:30-2:30 p.m. Card Game Of The Day
 1:30-2:30 p.m. Line Dancing With Barb
 2:45-3:30 p.m. Fundamentals Of Line Dancing
 2:45-3:45 p.m. (Canceled) Tap Dancing

Tuesday, April 19

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. Scrapbooking
 10:15-11:45 a.m. Improv
 10:30-11:30 a.m. Limited Exercise
 11:30-noon Lunch
 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, April 20

8:15-9 a.m. Zumba/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-noon Lunch
 12:30-3 p.m. **New** Chess
 1-4 p.m. **New** Mahjong
 1:30-2:30 p.m. Line Dancing With Barb
 2:45-3:30 p.m. Fundamentals Of Line Dancing

Thursday, April 21

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 Creative Card Making
 10:30-11:30 a.m. Limited Exercise
 11:30-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

(Continued on page 12)