

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.

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

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.

Tuesday, February 1

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
 10-11:30 a.m. . . . **New** Improv
 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, February 2

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
 1:30-2:30 p.m. . . . (Canceled) . . Line Dancing with Barb
 2:45-3:30 p.m.(Canceled) Fundamentals Of Line Dancing

Thursday, February 3

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, February 4

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 And Play

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Calendar of Events

Monday, February 7

- 8:15-9 a.m. Zumba/Cardio Dance
 9:15-10:15 a.m. Yin Yoga
 9:30-11 a.m. Occupational Therapy Students
 See page 14 for more information
 9:30-11 a.m. Bible Study
 10-11 a.m. Circle of Readers
 Contact dorothyminor10@gmail.com for
 meeting information and Zoom link
 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
 12:30-2:30 p.m. . . . **New** . . . 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. **New** Tap Dancing

Tuesday, February 8

- 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. **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, February 9

- 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
 12:30-2:30 p.m. Bunco
 1:30-2:30 p.m. Line Dancing With Barb
 2:45-3:30 p.m. Fundamentals Of Line Dancing

Thursday, February 10

- 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, February 11

- 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. Movie & Popcorn
 On Golden Pond (Henry Fonda), rated PG
 Noon-3 p.m. Canasta
 12:30-2:30 p.m. Poker Lessons And Play

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Medicare Made Simple

Calendar of Events

Monday, February 14

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
 12:30-2:30 p.m. . . . **New** . . . Card Game Of The Day
 1-3 p.m. **New** 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. **New** Tap Dancing

Tuesday, February 15

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
 10-11:30 a.m. . . . **New** Improv
 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
 3:30 p.m.-Conclusion. Board of Directors

Wednesday, February 16

8 a.m.-noon BP & BMI Checks - TU Nursing
 See page 14 for more information.
 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
 1:30-2:30 p.m. Line Dancing with Barb
 2:45-3:30 p.m. Fundamentals Of Line Dancing

Thursday, February 17

8 a.m.-noon BP & BMI Checks - TU Nursing
 See page 14 for more information.
 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
 12:30-2:30 p.m. Crochet
 12:30-3 p.m. Party Bridge
 1-2 p.m. Line Dancing With Michelle

Friday, February 18

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 And Play

(Continued on page 12)



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Calendar of Events

Monday, February 21

The Center will be closed in honor of
Presidents Day

Tuesday, February 22

8:15-9 a.m.Strengthen & Tone
9 a.m.-noonParty Bridge
9 a.m.-noonTrain 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, February 23

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
1:30-2:30 p.m. Line Dancing With Barb
2:45-3:30 p.m. Fundamentals Of Line Dancing

Thursday, February 24

8:15-9 a.m.Strengthen & Tone
9 a.m.-noonTrain Dominoes
9:15-10:15 a.m..... Power Yoga

9:30-10:30 a.m. Guitar Jam
9:30-NoonPoker 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, February 25

9-10:15 a.m. Friday Fitness
9:30-10:30 a.m. Singing Group
10 a.m.-noonCreative Writing
10 a.m.-12:30 p.m..... Individual Quilt Layout
Noon-3 p.m. Canasta
Noon-to Conclusion.....Movie & Popcorn
Forces of Nature (Sandra Bullock), rated PG-13
12:30-2:30 p.m. Poker Lessons And Play

Monday, February 28

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.-noonLine Dancing With Eugenia
12:15-1:15 p.m... Tai Chi for Better Balance With Vanessa
12:30-2:30 p.m. ... **New** ... Card Game Of The Day
1-3 p.m. **New** ... 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. **New** Tap Dancing

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