

# 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 918-835-4160. For those over 60, the suggested donation is \$2 per meal.

## Tuesday, March 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 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

## Wednesday, March 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  
 11:30-noon.....Lunch  
 1:30-2:30 p.m. .... Line Dancing with Barb  
 2:45-3:30 p.m. .... Fundamentals Of Line Dancing

## Thursday, March 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  
 11:30-noon.....Lunch  
 12:30-2:30 p.m. .... Crochet  
 12:30-3 p.m. .... Party Bridge  
 1-2 p.m. .... Line Dancing with Michelle

## Friday, March 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  
 11:30-noon.....Lunch  
 Noon-3 p.m. ....Canasta

*(Continued on page 10)*

**Edward Jones**

**Complimentary portfolio review.**



**Brad Buxton, AAMS®**

Financial Advisor  
 1145 S Aspen Ave  
 Broken Arrow, OK 74012  
 918-258-6932

> [edwardjones.com](http://edwardjones.com)  
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MKT-5894M-A

# Calendar of Events

## Monday, March 7

- 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
- Contact dorothyminor10@gmail.com for  
meeting information and Zoom link
- 10 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, March 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. . . . . 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
  - 2-3:30 p.m. . . . . **New** Theater Workshop
- See page 4 for more information

## Wednesday, March 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
- 11:30-noon. . . . . Lunch
- 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, March 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
- 11:30-noon. . . . . Lunch
- 12:30-2:30 p.m. . . . . Crochet
- 12:30-3 p.m. . . . . Party Bridge
- 1-2 p.m. . . . . Line Dancing With Michelle

## Friday, March 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
- 11:30-noon. . . . . Lunch
- Noon to Conclusion. . . . . Movie & Popcorn
- Funny Face, starring Audrey Hepburn  
and Fred Astaire, not rated
- Noon-3 p.m. . . . . Canasta

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[edwardjones.com](http://edwardjones.com)  
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Medicare.Help



Cindy Sansone

Licensed Agent  
5800 E Skelly Dr Ste 560  
Tulsa, OK 74135  
**(918) 906-3535**  
[cindy.ssansone@farmersagency.com](mailto:cindy.ssansone@farmersagency.com)

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# Calendar of Events

## Monday, March 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  
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, March 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 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  
2-3:30 p.m. . . . . **New** Theater Workshop  
See page 4 for more information  
3:30 p.m.-Conclusion. . . . . Board of Directors

## Wednesday, March 16

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

## Thursday, March 17

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  
12:30-3 p.m. . . . . Party Bridge  
1-2 p.m. . . . . Line Dancing With Michelle

## Friday, March 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  
11:30-noon. . . . . Lunch  
Noon-3 p.m. . . . . Canasta

## Monday, March 21

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  
Contact dorothyminor10@gmail.com for  
meeting information and Zoom link  
10 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, March 22

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  
2-3:30 p.m. . . . . **New** Theater Workshop  
See page 4 for more information

(Continued on page 12)

# Calendar of Events

## Wednesday, March 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  
 11:30-noon . . . . . Lunch  
 1:30-2:30 p.m. . . . . Line Dancing With Barb  
 2:45-3:30 p.m. . . . . Fundamentals Of Line Dancing

## Thursday, March 24

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  
 12:30-3 p.m. . . . . Party Bridge  
 1-2 p.m. . . . . Line Dancing With Michelle

## Friday, March 25

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 Train Robbers, starring John Wayne  
 and Ann Margaret, rated PG

## Monday, March 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.-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, March 29

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  
 2-3:30 p.m. . . . . **New** Theater Workshop  
 See page 4 for more information

## Wednesday, March 30

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

## Thursday, March 31

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  
 12:30-3 p.m. . . . . Party Bridge  
 1-2 p.m. . . . . Line Dancing With Michelle



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