



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
and American Express
are accepted for payment.

President/CEO
Sean Simpson

Member Services Manager
Ami Bucher

Volunteer and Special
Events Coordinator
Amanda O'Brien

Office Coordinator
Bonnie Stout

Transportation Coordinator
Donald Stockton

Take Control Of Your Health Care Decisions

From Oct. 15 through Dec. 7, you are in control of decisions that can affect your health and budget for years to come. Medicare plans change each year. It's a good idea to make sure your coverage still meets your needs.

The Center has partnered with trusted companies to help make sense out of all the mailers, robo calls and advertisements. Take advantage of the opportunity to simplify all the information – or ask for advice – so you feel confident in your ability to age well. The Medicare Fair held at the Center each Thursday, Nov. 4, 11 and 18 and Dec. 2, from 1 p.m. to 3:30 p.m., offers the opportunity to do just that.

Each year, insurance companies make changes to Medicare plans that can impact out-of-pocket costs – monthly premiums, deductibles, drug costs and provider or pharmacy networks. Ask questions. Are Medicare Advantage plans worth it? This is something only you can decide, but you can make these decisions with help from experts.

The Center also has created a helpful booklet that provides questions you can ask regarding various plans.

It is not necessary to make an appointment to attend the Medicare Fair.

Representatives from the following companies are attending the Medicare Fair:

- ✓ American Senior Benefits;
- ✓ Blue Cross and Blue Shield of Oklahoma;
- ✓ Community Care;
- ✓ Healthmarkets/Terri Haggard, Mike Ross;
- ✓ Humana Insurance/Chris Crawford;
- ✓ MedicarePrepare®.



Members of the Center talk with Medicare experts during the Medicare Fair, held each Thursday from 1 p.m. to 3:30 p.m.



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It's Your Senior Center: Imagine The Possibilities



For adults 55 and older, our senior activity center offers a wide variety of programs and activities that engage both the body and the mind.

Senior Centers serve a purpose – to help keep older adults active both mentally and physically. Staying active is the key to healthy aging, and having a senior center available gives you the opportunity to do just that. And, in the spring, we will have an additional 12,400 square feet in the Senior Center East to further expand our program offerings.

Senior centers typically have a large dining room, a fitness center with workout equipment, computer stations, a library, an activity room used for exercise classes and activities, conference rooms for club meetings, a billiards room, games and crafts and more. The programs, classes and activities senior centers offer can also raise your quality of life and be fun and enjoyable.

We offer art classes, card games, dance, exercise classes, creative writing and quilting, tai chi, yoga and more. And we are asking our members what activities they'd like to see when we have additional space to expand. Are you

interested in a corn-hole league? Would you attend two crochet classes a week? Want to become a master gardener?

There's a walking track around the softball fields, so a morning, noon or afternoon walking group could be started. Expanding your knowledge base

is a surefire way to stay mentally alert and engaged. We are looking to re-establish a speaker's series to cover issues specific to adults over the age of 55.

Board games and card games provide great ways to so-

cialize and benefit from the joyful challenges of friendly competition. Puzzles can help sharpen your mind and give you a sense of progress and accomplishment. You can play Uno, Scrabble, mahjong, Pictionary, Yahtzee, bingo, checkers or chess. Seriously – why is there not a chess activity?

Making necklaces or bracelets is another fun craft that can help seniors improve fine motor skills and provide an outlet for creativity – plus, participants get the bonus of wearing, gifting or even selling the beautiful items they create.

So give it some thought, and, if you don't see what you're interested in, let us know, and we'll see if there's enough interest to expand or to add a new activity.

Social Security COLA set to happen January 2022

This is a typical good news/bad news situation.

Social Security recipients will receive an annual cost of living adjustment of 5.9% in 2022, the largest increase since 1982, the Social Security Administration announced last month. But that doesn't mean they'll be able to go on a shopping binge. The reason for the COLA hike is because inflation is soaring, too. The annual increase hasn't kept pace with the rising cost of the goods and services that retirees typically use.

The Social Security Administration usually announces the amount of the annual adjustment, if any, in October. The increase in benefits typically goes into effect in January.

The spike will boost retirees' monthly payments by \$92 to an estimated average of \$1,657 for 2022.

In contrast, the increase that went into effect in January 2021 was 1.3%, or an average of about \$20 a month for individuals.

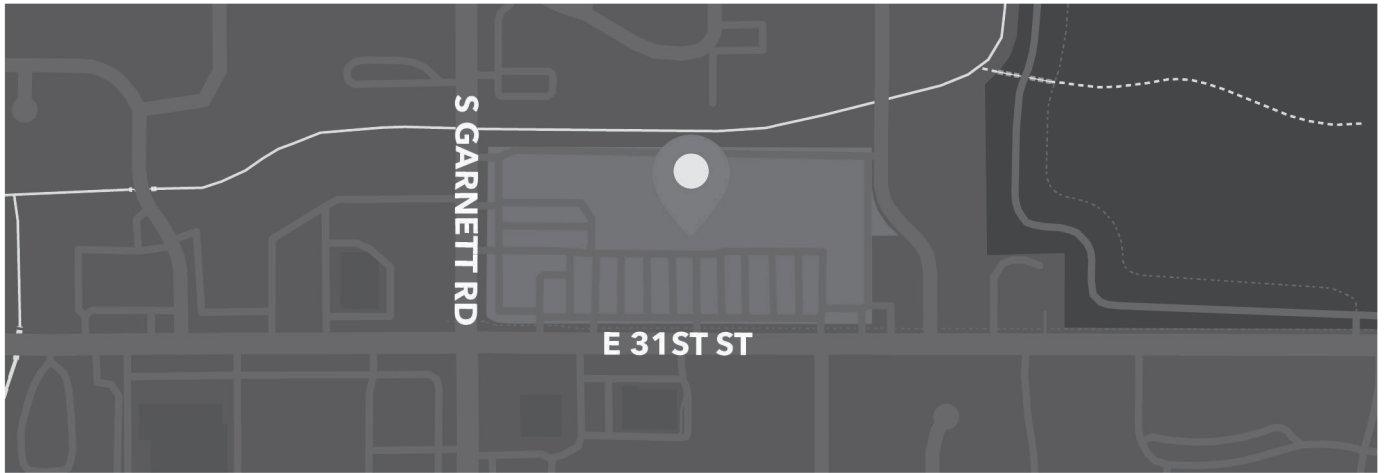




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7 Reasons To Change Your Medicare Coverage

Each fall, Medicare patients get a chance to switch their insurance plans – but only about 10% actually do. And that means millions of people are potentially missing out on thousands of dollars of savings and leaving themselves open to nasty surprises about their benefits or health care choices.

Here are some common situations that might cause you to consider a change during the annual open enrollment window, from Oct. 15 to Dec. 7. Answers are based on interviews with several Medicare experts and guidance from Medicare itself.

1. My prescription costs have jumped.

That happens usually due to one of two scenarios: You've been prescribed a new drug your Plan D policy doesn't cover, or your current medicines have fallen off your Plan D's formulary – the list of covered medicines. Each September, Part D prescription plans will send out a list of changes to drug coverage, giving you time to make sure your medicines are still covered. If not, you can shop around for another plan or ask your doctor to apply for an exception in covering your favored medicine.

2. I need surgery and prefer a specific doctor.

Original Medicare allows patients to choose any doctor or hospital that accepts Medicare. But if you're in a Medicare Advantage plan and its surgeons don't meet your needs, you may need a different Medicare Advantage plan or to switch to Original Medicare.

3. I'm super healthy and rarely need a doctor.

If you're in original Medicare, all should be well: As a "pay-for-service" arrangement, not seeing the doctor isn't costing you anything extra beyond your mandatory parts B and D monthly insurance premiums. If you're in a Medicare Advantage plan in which you're paying a monthly premium on top of your standard Part B premium, that may be for a plan that offers lots of extras, such as gym memberships. Consider switching to a lower-cost Medicare Advantage plan that doesn't offer services you don't plan to use in the coming year.

4. I've been diagnosed with a chronic condition.

A serious medical change should trigger a full review of your Medicare coverage. Make sure your Plan D policy pays for new prescriptions. Consider the care you'll need.

5. My income has dropped sharply.

If you are in Original Medicare, your Part B monthly premium is locked in, but your Part D drug plan isn't. And there's a chance you can find a lower-cost policy that covers the medicines you are on. If you're in an Advantage plan, consider a switch to a plan in which there is no extra payment on top of the mandatory Part B premium. You might qualify for extra help, but you have to ask.

6. My former employer is changing its retiree health benefits.

Some companies provide retirees with Medigap supplemental insurance, which covers many health costs not covered by Original Medicare. If you have changes to your retiree benefit coverage or for some reason that coverage no longer is offered, contact Medicare's Benefits Coordination & Recovery Center at 855-798-2627. Someone can tell you whether you fall in the window in which Medigap insurers cannot deny you coverage based on pre-existing conditions.

7. My regular doctor is no longer in network for my plan.

If you really want to stay with a doctor, ask directly whether he or she is moving to a different Medicare Advantage plan, accepting Original Medicare patients or dropping out of Medicare completely. If you decide to make a change, make sure a short-term decision won't affect your long-term coverage. It might be safer to ask your doctor to recommend a colleague in your current plan.

Reprinted courtesy of AARP.

Does Medicare Cover That?

Take this quiz to learn what's covered and what isn't under Medicare.

<https://www.aarp.org/health/medicare-insurance/info-2019/coverage-quiz.html#quest1>

What Goes In The Recycling Carts?

The Tulsa Recycling Center caught fire earlier this year. It will reopen next month, so now is the perfect time to review what goes in the Broken Arrow blue recycling carts.

GLASS BOTTLES AND JARS

- ✓ Clear, brown and green beverage bottles.
- ✓ Clear, brown and green food containers.

ALUMINUM AND STEEL CANS

- ✓ Steel food cans.
- ✓ Aluminum cans.
- ✓ Empty aerosol spray cans.

PAPER AND CARDBOARD

- ✓ Advertising/junk mail and envelopes.
- ✓ Cardboard boxes.
- ✓ Cardboard egg cartons.
- ✓ Catalogs, magazines and phone books.
- ✓ Cereal and dry food boxes without liners.
- ✓ Colored or white paper.
- ✓ Frozen food boxes.
- ✓ Newspaper.
- ✓ Paperback books.
- ✓ Wrapping paper – nonmetallic only.
- ✓ Empty pizza boxes.

PLASTIC BOTTLES AND JUGS

- ✓ Bathroom, kitchen and laundry cleaning bottles – emptied.
- ✓ Clam shell containers.



- ✓ Clear deli trays.
- ✓ Conditioner and shampoo bottles – emptied.
- ✓ Dairy, margarine and yogurt tubs – emptied.
- ✓ Detergent and fabric softener bottles – emptied.
- ✓ Durable, reusable containers and lids – Tupperware-type materials.
- ✓ Food containers and squeezable bottles – emptied.
- ✓ Milk, juice, soda and other beverage bottles and their caps – emptied.

Help Is Available For Those Who Need It

BA residents who are older adults or have physical limitations that prevent them from safely rolling their carts to the curb on their service day should visit <https://www.brokenarrowok.gov/home/showpublisheddocument/3601/637661705711970000> to download a form that will grant them walk-up service. A solid waste and recycling crew member will move the cart from the garage area to empty it and return it back to the garage area. This service is available for residents ages 72 years and older and for those with physical limitations as confirmed by their doctor.

The completed form can be emailed to: action1@brokenarrowok.gov or mailed to 485 N. Poplar Ave., Broken Arrow, Oklahoma 74012.

The Early Warning Signs Of A Heart Attack



Learning the facts about the early warning signs of a heart attack and what actions to take to address them will be the topic of the Center's November Health and Wellness session. The Friday, Nov. 5, session will be presented by Dr. Stanley K. Zimmerman, the director of the Catheterization Laboratory and Peripheral Vascular Services at Hillcrest Hospital South.

Heart disease is the No. 1 cause of death for both men and women in the United States, accounting for nearly 1 in every 4 deaths. About every 40 seconds, someone in the United States has a myocardial infarction – a heart attack.

Dr. Zimmerman is board certified in both internal medicine and cardiovascular disease. He also serves as the medical director of the vascular imaging laboratory at Oklahoma Heart Institute, specializing in interventional cardiology.

Plan now to attend this important and informative session on Friday, Nov. 5, at noon at the BA Community

Playhouse next door to the Center. Sign up to attend near the bulletin board at the top of the ramp or call the Center office at 918-259-8377. Please plan on wearing a mask to attend this presentation.

"Heart disease is the No. 1 cause of death for both men and women in the United States, accounting for nearly 1 in every 4 deaths. "



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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 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.

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.

Monday, November 1

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
 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, November 2

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

Wednesday, November 3

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.-2 p.m. Quilting
 11 a.m.-noon Nutrition distribution
 1:30-2:30 p.m. Line Dancing with Barb

Thursday, November 4

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, November 5

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, November 8

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
 1:30-3 p.m. Photography Group

Tuesday, November 9

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

Wednesday, November 10

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.-2 p.m. Quilting
 12:30-2:30 p.m. Bunco
 1:30-2:30 p.m. Line Dancing with Barb

Thursday, November 11

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 a.m.-noon Creative Card Making
 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, November 12

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

Monday, November 15

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
 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, November 16

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

Happy Thanksgiving



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Calendar of Events

Wednesday, November 17

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.-2 p.m. Quilting
 11 a.m.-noon Nutrition Distribution
 1:30-2:30 p.m. Line Dancing with Barb

Thursday, November 18

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 a.m.-noon Creative Card Making
 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, November 19

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, November 22

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 **Canceled** 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 Group

Tuesday, November 23

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

(Continued on page 12)

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Calendar of Events

Wednesday, November 24

Thursday, November 25

Friday November 26

The Center is closed for the Thanksgiving holiday

Monday, November 29

- 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

Tuesday, November 30

- 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

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Take A Close Look At Your End-Of-The-Year Checklist



By the time you read this article, there will be only a couple of months left in 2021. As you start preparing your year-end and holiday season to-do lists, do not forget to add making sure that your own personal affairs are in order. Here are eight things to consider as you review your estate plan:

1. Financial gifts - Have you made a substantial financial gift to a loved one this year? Make sure you are meeting your gift goals by the end of December, especially if you make gifts as part of your estate or tax planning strategy. Remember that any gift of more than \$15,000 to an individual must be reported by the gift giver on a gift tax return. However, gift taxes are only due if you have already used your lifetime exemption.

2. Review your beneficiaries - Your beneficiaries are the people you have said will receive your assets after you die. As time passes, peoples' needs, wishes and goals change. Consider whether your currently named beneficiaries still align with your intent. You will want to review not only the current beneficiaries identified in your will or trust but also any transfer-on-death beneficiaries of retirement accounts, bank accounts and investment accounts.

3. Review your fiduciaries - Is the person whom you nominated to make health care or financial decisions for you upon your incapacity still the best person for the job? Is the person you chose as your executor or trustee still willing and able to administer your estate upon your death? If the answer to either of these questions is no, then update your estate plan to identify the decision-makers you would like to act on your behalf instead.

4. Inventory your assets - Have you purchased a new home, sold a business or been left an inheritance? You don't want new assets to be subject to probate or other unintended costs, and you don't want to cause a problem

for your beneficiaries by leaving valuables out of your will or trust. If you have a high net worth, you should speak to your estate planning attorney and tax advisor about potential changes to the law that, if passed, could significantly impact your estate plan strategies.

5. Document your competency - If you are concerned that your estate plan could be challenged by scorned heirs arguing that your mental incapacity or ill health should void your plan, ask your estate planning attorney to help you show you were competent. Options include having a signed doctor's statement of competency, having a trained professional complete a competency assessment and having the witnesses of your estate plan sign that you were "of sound mind and memory" when you signed your documents.

(Continued on page 14)

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Take A Close Look (Continued from page 13)

6. Review your plan for long-term care - Do you know how you will pay for long-term care if you should need it in the future? Options include paying out-of-pocket as you need care, purchasing long-term care insurance, proactive asset protection planning and crisis planning to expedite Medicaid qualification should you need to be in a nursing home before you plan. The best choice for you depends on your assets, your health, your family circumstances and your risk tolerance.

7. Talk to your family - Family conflict is the biggest threat to estate planning. Schedule a time to sit down with your spouse, adult children, parents and other key family members to review your estate plan. If you are concerned about privacy, you can share general information instead of specifics.

The tips above address things to do to review your existing plan. However, if you still have not yet completed at least a basic estate plan, commit to yourself that you will start the process before the year ends so that you ring in 2022 with peace of mind.

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.

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Activity Update ... Engage And Stay Active!

Is Playing The Guitar On Your Bucket List?

Is learning how to play the guitar on your bucket list? Are you a budding guitarist and would like to spend time playing with others who are learning? Check out the Beginning Guitar Lessons workshop held on Tuesdays in Activity Room 2 from 10 a.m. to 11 a.m. – led by David



Hicks and Greg Holleyman. Both have played the guitar for a number of years.

“This workshop is designed to

teach the basics and offer instruction for those who are learning,” noted Hick.

Hicks and Holleyman teach together and are available to offer one-on-one help for anyone who would like to learn to play the guitar.

Horseshoe Pits And More

The Center has a new addition to our outside back courtyard – horseshoe pits. Community Baptist Church of Coweta donated all the supplies and manpower to create this bound-to-be-popular outside activity area for the Center. In addition to the horseshoe pits, this generous, hardworking group crafted seating areas flanked with planters and a flower or vegetable box.

Come try your luck and your skill at the competitive game of horseshoes, which offers exercise, fun and camaraderie. Let’s see who can beat who at this game! Can’t wait to get started? Horseshoes are available to be “checked out” in the office. If you are interested in starting a competition or a planned horseshoe league, contact Member Services Manager Ami Bucher at ami@base-niors.org or call the office at 918-259-8377.

The Return Of The Circle Of Readers

The Center’s popular and dynamic reading group, Circle of Readers, is returning to meet in-person at the Center beginning Monday,

(Continued on page 16)

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Activity Update ... Engage And Stay Active (Continued from page 15)

Nov. 1. The group will meet from 10 a.m. to 11 a.m. in the Conference Room. Join them and enjoy reading and discussing the following:

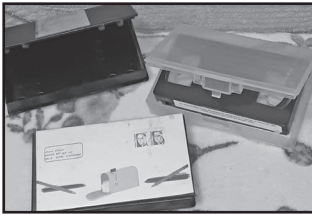
Nov 1: "Blind Tiger," by Sandra Brown • historical fiction.

Nov 15: Discussion on books we are reading and SPECIAL BOOKISH-FUN ACTIVITIES!

Dec 6: "Last Christmas in Paris," by Hazel Gaynor and Heather Webb • historical fiction

Crafting For Service Members

The crafting group is in need of VHS tape boxes for a crafting project for the local chapter of Blue Star Mothers. The group plans to cover the boxes and include first aid, letter writing, nail care supplies and more for those serving our country. Blue Star Mothers will forward the kits for service members who are deployed.



You can drop off VHS tape boxes at the Center office.

Scrapbooking Class Beginning Soon

It was once said that "scrapbooking is a work of the heart." Scrapbooking is a long-standing hobby offering a way to create special pages and books for treasured photos and mementos. If you would like to return to the hobby or if you always wanted to learn more about scrapbooking, the Center is considering offering a class after the first of the year. Sign up today, and we will contact you to let you know when scrapbooking will be offered. A sign-up sheet is located at the top of the ramp across from the puzzle tables.

Tap Dancing Is Coming Back

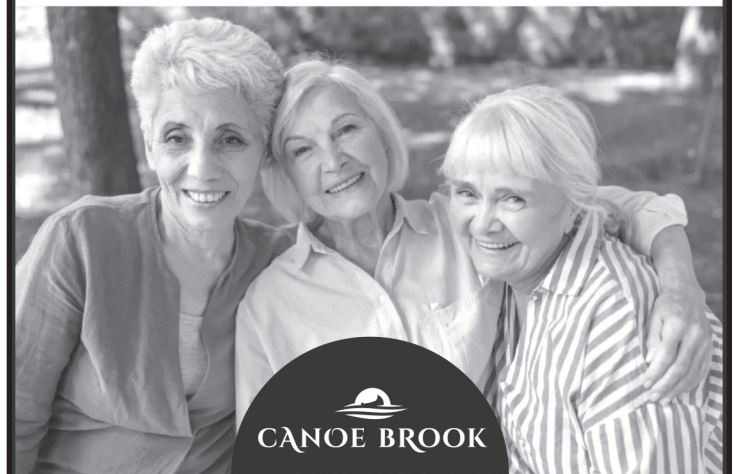
Dust off those tap shoes and get ready to kick up your heels! The Center will once again offer Beginning Tap Dancing after the first of the year. Maybe tap dancing is something you truly enjoyed as a child or maybe you have continued to dance and would like to enjoy learning more with others. The Beginning Tap class will help you learn the basic steps and offer a great way to stay in shape both physically and mentally. Sign up today and we will contact you to let you know when Beginning Tap will be offered. A sign-up sheet is located at the top of the ramp across from the puzzle tables.

Movies At The Center

We all have a list of favorite movies, old and new. What makes movies more enjoyable is watching our favorites with other people while laughing and even crying. Sign up at the Center events bulletin board at the top of the ramp and we'll consider offering "popcorn & a movie" at the Center. If there is enough interest, you will be contacted regarding proposed movies and the day and time for this activity.

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Medicare Made Simple



Below: The Center's Crochet Group certainly enjoys their time together as they work on projects to help various community organizations. Crochet meets each Thursday in Activity Room 3 from 12:30 p.m. to 2:30 p.m.

Above: There is always an air of creativity, fun and laughter in Crafting. The group meets each Monday from 10 a.m. to noon in Activity Room 2.



Above: Jim Dresher takes a nice long stretch during Limited Exercise, which offers range-of-motion exercise benefits to all who attend. The class is held in Centennial every Tuesday and Thursday from 10:30 a.m. to 11:30 a.m.



Left: Freda Keef smiles as she begins warming up during Friday Fitness, held from 9 a.m. to 10:15 a.m. in Centennial.

AROUND THE CENTER



Left: Charlotte Dennison smiles as she makes a play while Berniece Rumsey looks on during a recent train domino game. Train Dominoes takes place each Tuesday and Thursday from 9 a.m. to noon in the Domino, Card and Game Room.



"Close only counts in horseshoes and hand grenades." Ask Charles Mosley and Bill Claggett if they were able to get "close" to a ringer as they christened the Center's newly installed horseshoe pits located on the west side of the building.

Right: Creativity abounds at the Center! Wanetta Layton concentrates as she finishes a beautiful painting. Painting is held each Tuesday from 1 p.m. to 3:30 p.m. in Activity Room 2.



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. The program 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 at the link below or by calling 918-894-5466 for more information.

Knowledge and skills: Establishing and maintaining effective working relationships with staff and volunteers; following instructions and working independently with established guidelines and procedures.

Education and experience: High school diploma or general educational development. One year full-time employment experience in an aging program preferred.

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- ✘ Log onto smile.amazon.com and click the "Get Started" box.
- ✘ On the left of the screen is a box where you choose your charity. Type in Broken Arrow Seniors Incorporated. Click search and click select.
- ✘ The next window provides a box that you'll click saying, "I understand that I must always start at smile.amazon.com to support the Broken Arrow Senior Center."
- ✘ Click "start shopping" and it's that easy to have your

Amazon purchases benefit the Center!

- ✘ Once you start shopping, you will notice that AmazonSmile looks just like regular Amazon except that Broken Arrow Seniors Incorporated is displayed on the top left corner of your screen as the organization you are supporting.

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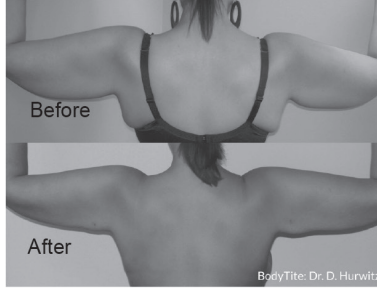
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