

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

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

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

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 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

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

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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

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Medicare Made Simple

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.-noonTrain 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.-noonTrain 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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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

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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