

# Calendar of Events

Welcome back, members! Here is what you can initially expect when returning to the Center:

- Please be sure you have renewed your membership. Renew online at [baseniors.org](http://baseniors.org), call the office to pay your dues or call to set an appointment to stop by and renew your membership.
- The Center is following CDC guidelines\*, which include social distancing and wearing masks properly, entering and exiting and throughout all activities.
- The west (back) door will be unlocked 15 minutes before an activity begins to enter the building.
- Fitness class offerings will continue to be available on the Center's Facebook page and YouTube channel.
- The Fitness Room is open by appointment only. You can contact the office to schedule your workout times 918-259-8377. The Fitness Room will be open for two members at a time.

\* "Until more is known, fully vaccinated people should continue to wear masks and stay 6 feet apart from other people in other settings, like when they are in public or visiting with unvaccinated people from multiple households." *Source: CDC.gov*

## Monday, April 12

9:15 - 10:15 a.m. . . . . Yin Yoga  
 9:15 - 10:15 a.m. . . . . Fitness room, by appointment  
 10:30 a.m. - noon . . . . . Line Dancing with Eugenia  
 10:30 - 11:30 a.m. . . . . Fitness room, by appointment

## Tuesday, April 13

8:15 - 9 a.m. . . . . **NEW** . . . . . Strengthen & Tone  
 9:15 - 10:15 a.m. . . . . Soft Yoga  
 9:15 - 10:15 a.m. . . . . Fitness room, by appointment  
 10:30 - 11:30 a.m. . . . . Limited Exercise  
 10:30 - 11:30 a.m. . . . . Fitness room, by appointment  
 11:45 a.m. - 12:45 p.m. . . . . Tai Chi for Better Balance  
 11:45 a.m. - 12:45 p.m. . . . . Fitness room, by appointment  
 1 - 2 p.m. . . . . Line Dancing with Michelle  
 1 - 2 p.m. . . . . Fitness room, by appointment

## Wednesday, April 14

9:15 - 10:15 a.m. . . . . Chair Yoga

9:15 a.m. - noon . . . . . Bags to Mats  
 9:15 - 10:15 a.m. . . . . Fitness room, by appointment

## Thursday, April 15

8:15 - 9 a.m. . . . . **NEW** . . . . . Strengthen & Tone  
 9:15 - 10:15 a.m. . . . . Power Yoga  
 9:15 a.m. - 10:15 a.m. . . . . Fitness room, by appointment  
 10:30 - 11:30 a.m. . . . . Limited Exercise  
 10:30 - 11:30 a.m. . . . . Fitness room, by appointment  
 12:30 - 1:30 p.m. . . . . Fitness room, by appointment  
 12:30 - 2 p.m. . . . . Crochet  
 1 - 2 p.m. . . . . Line Dancing with Michelle

## Friday, April 16

10 - 11 a.m. . . . . Alzheimer's Support Group Meeting on Zoom - Please contact Jean Righter at [nanabananato7@gmail.com](mailto:nanabananato7@gmail.com) for more information regarding joining this group.

# Calendar of Events

10 - 11 a.m. . . . . Creative Writing  
Meeting on Zoom - Please contact Doris Jones at  
dljones463@gmail.com for more information regarding  
joining this group.

## Monday, April 19

9:15 - 10:15 a.m. . . . . Yin Yoga  
9:15 - 10:15 a.m. . . . . Fitness room, by appointment  
10 - 11 a.m. . . . . Circle of Readers  
Meeting on Zoom - Please contact Dorothy Minor at  
DorothyMinor10@gmail.com for more information  
regarding joining this group.

10:30 a.m. to noon. . . . . Line Dancing with Eugenia  
10:30 a.m. to noon. . . . . Fitness room, by appointment

## Tuesday, April 20

8:15 - 9 a.m. . . . . **NEW** . . . . Strengthen & Tone  
9:15 - 10:15 a.m. . . . . Soft Yoga  
9:15 - 10:15 a.m. . . . . Fitness room, by appointment  
10:30 - 11:30 a.m. . . . . Limited Exercise  
10:30 - 11:30 a.m. . . . . Fitness room, by appointment  
11:45 a.m. - 12:45 p.m. . . . . Tai Chi for Better Balance  
11:45 a.m. - 12:45 p.m. . . . . Fitness room, by appointment  
1 - 2 p.m. . . . . Line Dancing with Michelle  
1 - 2 p.m. . . . . Fitness room, by appointment

## Wednesday, April 21

9:15 - 10:15 a.m. . . . . Chair Yoga  
9:15 a.m. - noon . . . . . Bags to Mats  
9:15 - 10:15 a.m. . . . . Fitness room, by appointment

## Thursday, April 22

8:15 - 9 a.m. . . . . **NEW** . . . . Strengthen & Tone  
9:15 - 10:15 a.m. . . . . Power Yoga  
9:15 a.m. - 10:15 a.m. . . . . Fitness room, by appointment  
10:30 - 11:30 a.m. . . . . Limited Exercise  
10:30 - 11:30 a.m. . . . . Fitness room, by appointment

1 p.m. . . . . BA Museum virtual presentation  
Childers' log cabin  
Email Ami at ami@baseniors.org for Zoom connection  
details and to register for this session.

12:30 - 2 p.m. . . . . Crochet  
12:30 - 1:30 p.m. . . . . Fitness room, by appointment  
1 - 2 p.m. . . . . Line Dancing with Michelle

## Friday, April 23

10 - 11 a.m. . . . . Alzheimer's Support Group  
Meeting on Zoom - Please contact Jean Righter at  
nanabananato7@gmail.com for more information  
regarding joining this group.

10 - 11 a.m. . . . . Creative Writing  
Meeting on Zoom - Please contact Doris Jones at  
dljones463@gmail.com for more information regarding  
joining this group.

**Members play poker online each day with virtual money.  
Contact Meichelle Culhane at  
meichellec@yahoo.com to join the group.**

## Call for our upcoming webinar schedule.



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# Calendar of Events (Continued from page 11)

## Monday, April 26

9:15 - 10:15 a.m. . . . . Yin Yoga  
 9:15 - 10:15 a.m. . . . . Fitness room, by appointment  
 10:30 - 11:30 a.m. . . . . Fitness room, by appointment  
 10:30 a.m. to noon . . . . . Line Dancing with Eugenia

9:15 - 10:15 a.m. . . . . Fitness room, by appointment  
 10:30 - 11:30 a.m. . . . . Limited Exercise  
 10:30 - 11:30 a.m. . . . . Fitness room, by appointment  
 12:30 - 1:30 p.m. . . . . Fitness room, by appointment  
 12:30 - 2 p.m. . . . . Crochet  
 1- 2 p.m. . . . . Line Dancing with Michelle

## Tuesday, April 27

8:15 - 9 a.m. . . . . **NEW** . . . . Strengthen & Tone  
 9:15 - 10:15 a.m. . . . . Soft Yoga  
 9:15 - 10:15 a.m. . . . . Fitness room, by appointment  
 10:30 - 11:30 a.m. . . . . Limited Exercise  
 10:30 - 11:30 a.m. . . . . Fitness room, by appointment  
 11:45 a.m. - 12:45 p.m. . . . . Tai Chi for Better Balance  
 11:45 a.m. - 12:45 p.m. . . . Fitness room, by appointment  
 1 - 2 p.m. . . . . Line Dancing with Michelle  
 1 - 2 p.m. . . . . Fitness Room by appointment

## Friday, April 30

10 - 11 a.m. . . . . Alzheimer's Support Group Meeting on Zoom - Please contact Jean Righter at nanabananato7@gmail.com for more information regarding joining this group.  
 10 - 11 a.m. . . . . Creative Writing Meeting on Zoom - Please contact Doris Jones at dljones463@gmail.com for more information regarding joining this group.

## Wednesday, April 28

9:15 - 10:15 a.m. . . . . Chair Yoga  
 9:15 a.m. - noon . . . . . Bags to Mats  
 9:15 - 10:15 a.m. . . . . Fitness room, by appointment

## Thursday, April 29

8:15 - 9 a.m. . . . . **NEW** . . . . Strengthen & Tone  
 9:15 - 10:15 a.m. . . . . Power Yoga

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## Celebrate Health



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