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Silver Notes

The official newsletter of Broken Arrow Seniors, Inc.

July 2021 • Vol. 31, No. 7



Broken Arrow Senior Center

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Together Again!

The Center's Long-Awaited Re-Opening



Left: The money may not be real, but the excitement and competition are. Poker Lessons and Play was off to a great start in June. The group meets every Thursday from 9:30 until noon and Fridays from 12:30 to 2:30 p.m. in Activity Room 3.



Right: Spending the afternoon crocheting with friends at the Center! Crochet meets each Thursday from 12:30 to 2:30 p.m. in Activity Room 3.

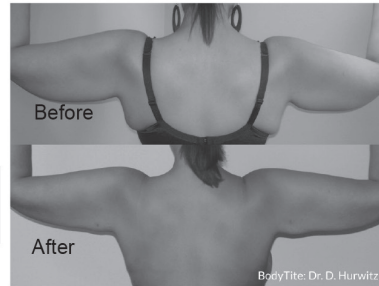


Left: Shooting pool was a long-awaited activity at the Center, both for players and spouses. The friendly competition that has always been present, along with conversation and smiles, filled the room each day the Center was open in June.

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How Divorce Affects Estate Plans



After the turmoil of a divorce, the last thing you probably want to do is meet with another attorney, but this major life change will almost certainly mean you need to make changes to your existing estate plan. Here are four reasons why:

1. Your ex-spouse may still be a beneficiary of your estate plan and financial accounts and/or be in charge of your estate upon your incapacity or death - Most

married people designate their spouse as the primary beneficiary of their will or trust, their retirement account and their life insurance policies. A spouse is also usually named as the first person to make financial and health decisions for them if the other is incapacitated. Divorce does not automatically nullify these gifts or designations.

2. Divorce has a dramatic effect on your financial holdings and taxes. Estate planning – such as the creation or revision of an existing trust – may be able to help reduce any new tax liabilities you are facing - An

estate plan can be key to structuring your post-divorce assets, so consider making necessary changes as soon as possible after a divorce is finalized. Even if you have been divorced for years, planning is vital to address how alimony or child support payments may impact your estate.

3. The division of assets in your divorce may conflict with your original intent regarding gifts in your existing estate plan - For example, what if your plan leaves a

house to your daughter and a financial account of similar value to your son? If you no longer own the house, you may have accidentally disinherited your daughter. Similarly, if you had a joint estate plan, you and your ex-spouse may have designated gifts to extended families or charities that no longer reflect your wishes. If your priorities have changed, you can reflect that through updates to your will or trust.

4. You deserve to choose who will speak for you if you cannot speak for yourself - Sometimes married people

can slide by without financial powers of attorney and health care directives because accounts are owned jointly, and doctors may assume a spouse is authorized to act on your behalf. If you are living independently, you must be proactive in designating your emergency decision makers. Failure

to nominate someone can delay you from getting assistance when you need it most and create conflict among family members who disagree about who should act and how – and could result in an adult guardianship proceeding.

Whether you need to update your existing documents or create a new plan for the first time, estate planning is a key part of becoming empowered to move into the next stage of your life. It is easy to think of divorce as cutting ties with your past, but you will benefit if you take the time to also plan for your future.

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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Tips For Older Adults to Regain Their Game After Being Cooped Up For More Than a Year



I planned to write a column about addressing the physical, emotional and social issues associated with re-emerging after a year of the COVID pandemic. We've talked with dozens of people this past month who are facing these concerns head on and with gusto. Rather than summarizing what people should do to address challenges of this kind, we are reprinting an article from Kaiser Health that is quite comprehensive.



By Judith Graham

Alice Herb, 88, an intrepid New Yorker, is used to walking miles around Manhattan. But after this year of being shut inside trying to avoid COVID-19, she's noticed a big difference in how she feels.

"Physically, I'm out of shape," she told me. "The other day I took the subway for the first time, and I was out of breath climbing two flights of stairs to the street. That's just not me."

Emotionally, Herb, a retired lawyer and journalist, is unusually hesitant about resuming activities, even though she's fully vaccinated.

"You wonder: What if something happens? Maybe I shouldn't be doing that. Maybe that's dangerous," she said.

Millions of older Americans are similarly struggling with physical, emotional and cognitive challenges following a year of being cooped up inside, stopping usual activities and seeing few, if any, people.

If they don't address issues that have arisen during the pandemic – muscle weakness, poor nutrition, disrupted sleep, anxiety, social isolation and more – these older adults face the prospect of poorer health and increased frailty, experts warn.

What should people do to address challenges of this kind? Several experts shared advice.

Reconnect with your physician - Large numbers of older adults have delayed medical care for fear of COVID. Now that most seniors have been vaccinated, they should schedule visits with primary care physicians and pre-

ventive care screenings, such as mammograms, dental cleanings, eye exams and hearing checks, said Dr. Robert MacArthur, chief medical officer of the Commonwealth Care Alliance in Massachusetts.

Have your functioning assessed - Primary care visits should include a basic assessment of how older patients are functioning physically, according to Dr. Jonathan Bean, an expert in geriatric rehabilitation and director of

the New England Geriatric Research, Education and Clinical Center at the Veterans Affairs Boston Healthcare System. At a minimum, doctors should ask, "Are you having difficulty walking a quarter-mile or climbing a flight of stairs? Have you changed the way you perform ordinary tasks such as getting dressed?" Bean suggested.

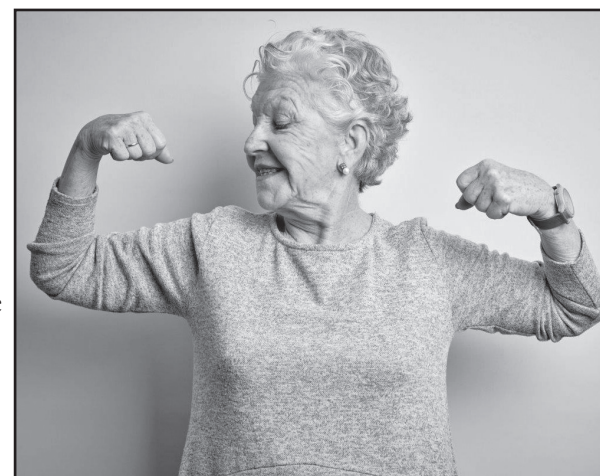
Get a referral to therapy - If you're having trouble moving around or doing things you used to do, get a referral to a physical or occupational therapist.

A physical therapist can work with you on strength, balance, range of motion and stamina. An occupational therapist can help you change the way you perform various tasks, evaluate your home for safety and identify needed improvements, such as installing a second railing on a staircase.

Don't wait for your doctor to take the initiative; too often this doesn't happen - "Speak up and say: Please, can you write me a referral? I think a skilled evaluation would be helpful," said James Nussbaum, clinical and research director at ProHealth & Fitness in New York City, a therapy provider.

Start slow and build steadily and be realistic about your current abilities - "From my experience, older adults are eager to get out

(Continued on page 5)





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Above: Bust a move! Zumba/Cardio Dance was a new fitness class introduced in June on Mondays and Wednesdays at 8:15 a.m.

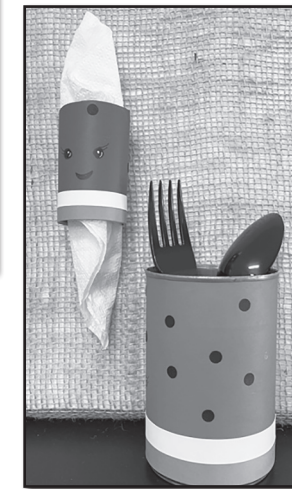


Above: Friday Fitness is a new class offered at the Center from 9 a.m. to 10:15 a.m. The class was introduced in June on a trial basis and was already well-attended by men and women.

AROUND THE CENTER



Above: Always a popular game at the Center, canasta is now meeting on Tuesdays from Noon to 3 p.m. in Activity Room 3.



Above: The 30th Annual Senior Resource & Health Fair is set for Friday, Aug. 27. Seniors and their families attend to learn about the latest products and services helping older adults maintain quality of life. Consider volunteering to help the Center host a successful event. Many types of volunteer opportunities are available. Sign up in the office.

Left: The Crafting Group met for the first time in person in June. Crafting meets Mondays in July from 10 a.m. until noon in Activity Room 2. On July 12, the group will be making happy watermelon utensil holders and on July 19 decorative flower pens. A pot of handcrafted flowers is planned for the July 26 project. Come and enjoy!

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How To Recognize A Scam (Continued from page 14)

agents or Treasury Department officials are out there once again, calling to convince taxpayers that they owe back taxes and face immediate arrest. Know this: The IRS will initially contact you through the mail if you owe back taxes. If you receive an unexpected phone call, an email or a text indicating it's from the IRS, do not engage. Report the scam attempt to the IRS at 800-366-4484.

Social Security Scams

2020 was the year of new twists on scams. There were COVID testing scams, miracle cure scams, stimulus scams and vaccine scams, but one scam stood out above them all: the Social Security impostor scam.

Social Security impostor scams continue to be the most prevalent in the United States. In 2020, the Social Security Office of Inspector General received well over 700,000 reports of Social Security impostor scams, and 70% of the calls to the AARP Fraud Watch Network Helpline were related to Social Security impostors.

Remember, the real Social Security Administration will not call you unless you are already in discussions with the agency on a particular issue. They certainly won't threaten to cut off your benefits or seek to "help" with an identity theft problem. Anyone who does is NOT from the Social Security Administration.

Do Me A Favor Clergy Scams

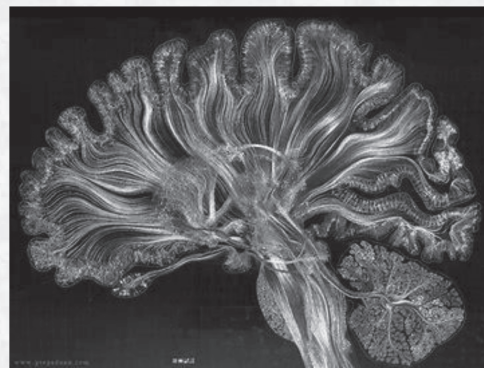
The ongoing remote world we're living in has many of us getting used to doing more of our activities virtually. When we can't be face to face, it makes for rich targets for adept scammers.

One trending scam is when a criminal impersonates clergy. Crooks spoof the email address of a given faith leader and send a message to a congregant requesting a favor. They will claim they are busy or out of town and just need you to purchase a dozen gift cards that

will be used to help congregants in need. All you need to do is buy them – say, \$100 each – and email a picture of the front and back of the cards. And, of course, you will be reimbursed.

If you're ever asked to do a favor like this, take a pause and think, "Would this person really ask me to do this?" Contact the person yourself and get validation that they are who they say they are. And if the request was for gift cards, you'll learn it was a scam attempt.

Visit the AARP Fraud Watch Network at www.aarp.org/fraudwatchnetwork or call the AARP Fraud Watch Network Helpline at 877-908-3360 to report a scam or get help if you've fallen victim.



Be part of an important **aging research study** called ACEs and Aging on Brain Health, which is happening at OSU Stillwater and OSU CHS.

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Please contact her for more information (**405.548.5708**) or cindy.tsotsoros@okstate.edu or

Go online to complete the eligibility survey: redcap.link/acesandaging

- 1. You take an online screener that takes about 10 minutes to see if you qualify. Cindy can come to the Senior Center to help you fill out this screener on her laptop.**
- 2. If you qualify, she will ask you to participate in a second part of the study. In this part, she draws your blood and has you take some simple computer tests. This can be done at the Hardesty Center for Clinical Research and Neuroscience, at your home or at the Senior Center.**

Tips For Older Adults (Continued from page 3)

of the house and do what they did a year ago. And guess what. After being inactive for more than a year, they can't," said Dr. John Batsis, associate professor of geriatrics at the University of North Carolina-Chapel Hill.

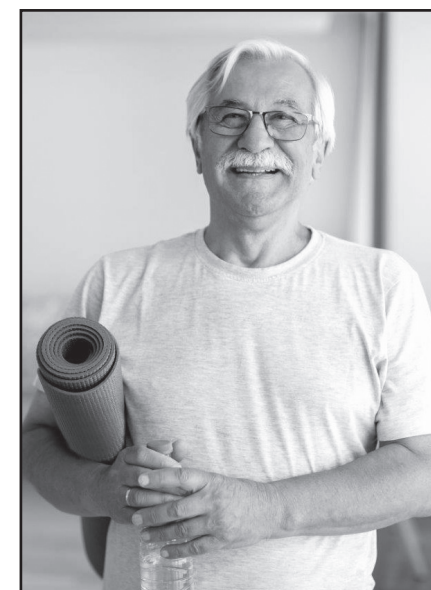
"I'm a fan of start low, go slow," Batsis continued. "Be honest with yourself as to what you feel capable of doing and what you are afraid of doing. Identify your limitations. It's probably going to take some time and adjustments along the way."

Nina DePaola, vice president of post-acute services for Northwell Health, the largest health care system in New York, cautioned that getting back in shape may take time.

"Pace yourself. Listen to your body. Don't do anything that causes discomfort or pain. Introduce yourself to new environments in a thoughtful and a measured fashion," she said.

Be physically active - Engaging regularly in physical activity of some kind – a walk in the park, chair exercises at home, video fitness programs – is the experts' top recommendation. The Go4Life program, sponsored by the National Institute on Aging, is a valuable resource for those getting started, and you can find videos of some sample exercise routines on YouTube. The YMCA has put exercise classes online, as have many senior centers. For veterans, the VA has Gerofit, a virtual group exercise program that's worth checking out.

Bienvenido Manzano, 70, of Boston, who retired from the Coast Guard after 24 years and has significant lower back pain, attends Gerofit classes three times a week.



"This program, it strengthens your muscles and involves every part of your body, and it's a big help," he told me.

Have realistic expectations - If you're afraid of getting started, try a bit of activity and see how you feel. Then try a little bit more and see if that's OK.

"This kind of repeated exposure is

a good way to deal with residual fear and hesitation," said Rachel Botkin, a physical therapist in Columbus, Ohio.



"Understand that this has been a time of psychological trauma for many people, and it's impacted the way we behave," said Dr. Thomas Cudjoe, a geriatrician and assistant professor at Johns Hopkins Medicine in Baltimore. "We're not going to go back to prepandemic activity and engagement like turning on a light switch. We need to respect what people's limits are."

Eat well - Make sure you're eating a well-balanced diet that includes a good amount of protein. Adequate protein consumption is even more important for older adults during times of stress or when they're sedentary and not getting much activity, noted a recent study on healthy aging during COVID-19.

Re-establish routines - "Having a structure to the day that involves social interactions, whether virtual or in person, and various activities, including some time outside when the weather is good, is important to older adults," said Dr. Lauren Beth Gerlach, a geriatric psychiatrist and assistant professor of psychiatry at the University of Michigan.

Routines are especially true for older adults with cognitive impairment, who tend to do best when their days have a dependable structure and they know what to expect, she noted.

End-of-day routines are also useful in addressing sleep problems, which have become more common during the pandemic. According to a University of Michigan poll, administered in January, 19% of adults ages 50 to 80 report sleeping worse than they did before the pandemic.

Reconnect socially - Mental health problems have also worsened for a segment of older adults. According to the University of Michigan

(Continued on page 6)

Tips For Older Adults (Continued from page 5)

poll, 19% reported experiencing more sadness or depression, while 28% reported being more anxious or worried.

Social isolation and loneliness may be contributing, and it's a good idea to start "shoring up social support" and seeing other people in person if seniors are vaccinated, Gerlach said.

Families have an important role to play in re-engaging loved ones with the world around them, Batsis suggested: "You've had 15 months or so of only a few face-to-face interactions. Make it up now by visiting more often. Make the effort."

Laura Collins, 58, has been spending a lot of time this past month with her mother, Jane Collins, 92, since restrictions on visitation at Jane's nursing home in Black Mountain, North Carolina, eased and both women were vaccinated. Over the past year, Jane's dementia progressed rapidly, and she became depressed, sobbing often to Laura on the phone.

"She loves getting outside, and that has been wonderful," Laura said. "Her mood immediately shifts when she gets out of the building. She's just happy, almost child-

like, like a kid going out for ice cream. And, in fact, that's what we do – go out for ice cream."

Judith Graham, contributing columnist, writes the Navigating Aging column for Kaiser Health News. She has covered health care for more than 30 years. She's been an investigative reporter, national correspondent and senior health reporter at the Chicago Tribune and a regular contributor to The New York Times' New Old Age blog.

Kaiser Health News is a national newsroom that produces in-depth journalism about health issues. Together with policy analysis and polling, KHN is one of the three major operating programs at Kaiser Family Foundation. KFF is an endowed nonprofit organization providing information on health issues to the nation.

KHN reports on how the health care system – hospitals, doctors, nurses, insurers, governments, consumers – works. Its stories are published by news organizations throughout the country, and its website features daily summaries of major health care news.



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How To Recognize A Scam (Continued from page 13)

completes the demo work and never returns to finish the job. This is an example of a repair scam.

Disaster Repair Scams

Following extreme weather events, dubious contractors and outright scammers descend on affected communities, offering quick, cheap fixes. While some reputable contractors occasionally solicit door-to-door, many are scams.

After storms, shady contractors and outright scammers canvas neighborhoods searching for “work” that they may or may not even attempt to do. Many will specifically target older homeowners who they perceive as more trusting, more likely to have savings and – they think – may be experiencing cognitive decline.

It is safest to only trust contrac-

tors that you proactively reach out to. Also, regardless of who you are talking to, get written estimates and compare bids from multiple contractors before starting any work. Finally, pay no more than a third of the total cost before the work begins – and then only when materials arrive.

Weight Loss Scams

Are you looking to slim down for summer? If so, you are not alone. More than 100 million Americans are watching their diet, spending more than \$70 billion a year to lose weight. It is not surprising that bogus diet products and programs ranked first among health care scams reported to the Federal Trade Commission last year.

While there are legitimate diet and weight loss programs out there, many

do not work and are just out for your money. First, engage your inner skeptic – does it sound too good to be true to lose weight while eating as much as you want? Second, just because a product is touted as “natural” or “herbal” does not mean it is “safe” or “wholesome,” and some herbal ingredients are toxic in certain doses.

Lastly, many subscription programs encourage you to sign up for a free trial. When you read the tiny print, they automatically opt you into getting charged for regular orders or additional products. Be careful: It can be very hard to untangle your “opt-in,” so read everything before you make a move.

IRS Collection Scams

Scammers posing as Internal Revenue Service (Continued on page 16)

Reconnecting And Engaging Once Again

A Message from Member Services Manager Ami Bucher

“It’s wonderful to have the Center back open again!”

This was the sentiment expressed by so many members during the first weeks following the Center’s re-opening on June 1. We’ve never before weathered a pandemic or any event that created the necessity for limiting activities or closing, so June 1 marked a day of joy and celebration.

I was overwhelmed by the joy I felt as members streamed into the building on opening day. Up until that moment, my thoughts were centered on preparing the building for re-opening, finalizing the schedule of activities, taking the tape off the water fountains, moving chairs and tables, cleaning up rooms and more. My joy was inspired by members returning to the Center walking shoulder-to-shoulder, maskless, smiles bursting, laughing, talking and expectant.

Members are returning. Take a look at the photos in this issue of the newsletter. As of mid-June, there have been nearly 1,300 check-ins for the 32 weekly activities offered during the month. The pool room, canasta, crochet, party bridge, painting and more have given our members the chance to reconnect and engage once again. Members are enjoying the new Zumba/Cardio dance class and loving the cardio workout it provides – even at 8:15 a.m.! Strengthen & Tone, Yoga, Limited Exercise and the variety of line dancing classes are providing our members with the chance to be active again with familiar faces and new friends. Volunteer leaders have returned to lead classes, following their passion for their activity and devotion to the Center and its members.

While taking in the sights and sounds of having people in the Center and watching more members return each day, it occurred to me how much the Center is like a family. The relationships forged at the Center are long-standing and meaningful. You don’t play pool, sit across from someone playing cards or dominoes or roll out your yoga mat every week and not make a connection with people. Social interaction is what the Center has been all about for all these years, and this will continue. A year-plus pandemic cannot end relationships and positive feelings that return as members come together again.

Will everything and everyone return? Probably not. People and organizations cannot emerge from a pandemic unchanged. Some people may have found new places to

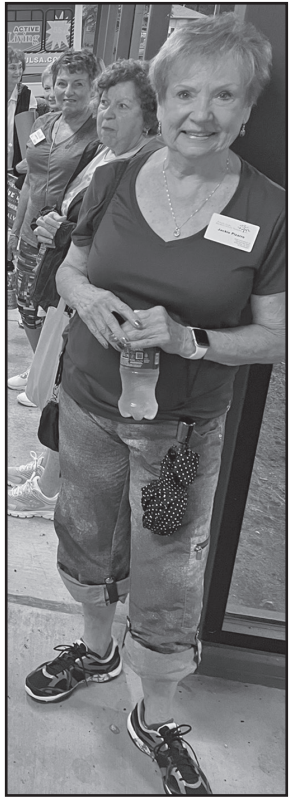
engage, or life could have changed in some way. To move ahead is to change. The Center must plan for the future and the addition of a new building with new and expanded activities. The staff and board would not be good stewards of the Center if everything remained the same as it always has been. If we hold all the same thoughts and opinions, undertake no new challenges and risk no new adventures, we are sitting still, and the possibility of a new and exciting future will pass by.

The BA Senior Center must evolve, and in that way we will be honoring our long-standing history. We can point to that evolution with new activities like Friday Fitness that give members yet another way to be active and spend time with others. A new partnership established during the pandemic has changed how and when our building is thoroughly cleaned, saving the Center thousands of dollars and providing a job-training site for A New Leaf. Moving Poker Lessons & Play, Bunco and

Canasta to Activity Room 3 will give these activities room to expand. Many additional activities have been added to the July calendar, providing more ways for members to engage and be social. Bus service to and from the Center and the daily lunch program will return in the near future as well.

If you have not yet returned to the Center, we invite you to come and see that the Center remains the one place in our community where seniors can remain active and discover ways to maintain quality of life and spend time engaging with other seniors. Be a part of the Center’s history in the making as we grow to be the cornerstone of BA’s South Main Street.

June 1 was a turning point for the Center and marks the beginning of a new day. Let’s hold onto this positive moment, share in the joy and look forward to a bright future together. I’ll see you around the Center.



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How To Recognize A Scam When You See One

Each year, millions of elderly Americans fall victim to some type of financial fraud or confidence scheme. Last month, we heard from several people who have or know someone who has been the target of a scam. Unfortunately, elderly individuals are the most frequent targets of fraud scams.



supply detailed information to investigators.

With COVID-19 numbers plunging and people resuming their normal activities, scammers are ramping up their efforts to target seniors. The population of older adults is growing, and seniors are racking up more than \$3 billion in losses annually, so elder fraud is likely to be a growing

problem. Criminals will gain their targets' trust and may communicate with them directly by computer, phone and mail or indirectly through TV and radio. Once successful, scammers are likely to keep a scheme going because of the prospect of significant financial gain.

problem.

How Scammers Take Advantage Of The Elderly

Seniors are often targeted because they tend to be trusting and polite. They also usually have financial savings, own a home and have good credit – all of which make them attractive to scammers.

Scammers use different tactics to get the elderly to fall victim to their schemes. They can be friendly, sympathetic and willing to help in some cases or use fear tactics in others. The tactic used is generally dependent upon the type of situation the fraudster finds himself in with the elderly person. For example, a fraudster might focus on home ownership. This tactic worked for one person who brought it to our attention.

Seniors also may be less inclined to report fraud because they don't know how – or they may be too ashamed at having been scammed. In addition, they might be concerned that their relatives will lose confidence in their ability to manage their own financial affairs. And when elderly victims do report crimes, they may be unable to

The fraudster will recommend a "friend" who can perform necessary home repairs at a reasonable price. This "friend" may require the individual to pay for half of the repairs up front. The faux contractor (Continued on page 14)



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Protect Yourself From Scammers

- ✓ Recognize scam attempts and end all communication with the perpetrator.
- ✓ Search online for the contact information – name, email, phone number, addresses – and the proposed offer. Other people have likely posted information online about individuals and businesses trying to run scams.
- ✓ Resist the pressure to act quickly. Scammers create a sense of urgency to produce fear and lure victims into immediate action. Call the police immediately if you feel there is a danger to yourself or a loved one.
- ✓ Be cautious of unsolicited phone calls, mailings and door-to-door offers.
- ✓ Never give or send any personally identifiable information, money, jewelry, gift cards, checks or wire information to unverified people or businesses.
- ✓ Make sure all computer anti-virus and security software and malware protections are up to date. Use reputable antivirus software and firewalls.
- ✓ Disconnect from the internet and shut down your device if you see a pop-up message or locked screen. Pop-ups are regularly used by perpetrators to spread malicious software. Enable pop-up blockers to avoid accidentally clicking on a pop-up.
- ✓ Be careful what you download. Never open an email attachment from someone you don't know, and be wary of email attachments forwarded to you.
- ✓ Take precautions to protect your identity if a criminal gains access to your device or account. Immediately contact your financial institutions to place protections on your accounts, and monitor your accounts and personal information for suspicious activity.

Source: Courtesy of the Federal Bureau of Investigation.

Calendar of Events

Monday, July 26

8:15-9 a.m. Zumba/Cardio Dance
 9:15-10:15 a.m. Yin Yoga
 10 a.m.-noon **New** 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, July 27

8:15-9 a.m. Strengthen & Tone
 9 a.m.-noon Party Bridge
 9 a.m.-noon **New** Train Dominoes
 9 a.m.-3 p.m. Paper Crafting
 9:15-10:15 a.m. Soft Yoga
 10:30-11:30 a.m. Limited Exercise
 11:45 a.m.-12:45 p.m. Tai Chi for Better Balance with Bernadette
 noon-3 p.m. Canasta
 1-2 p.m. Line Dancing with Michelle
 1-3:30 p.m. Painting

Wednesday, July 28

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.-3 p.m. Quilting
 1:30-2:30 p.m. Line Dancing with Barb

Thursday, July 29

8:15-9 a.m. Strengthen & Tone
 9 a.m.-noon **New** 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, July 30

9-10:15 a.m. **New** Friday Fitness
 9:30-10:30 a.m. **New** Singing Group
 10 a.m.-noon **New** Creative Writing
 10 a.m.-12:30 p.m. Individual Quilt Layout
 12:30-2:30 p.m. **New** Poker Lessons & Play

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Calendar of Events

Please note the following updated Center information.

Entry – Members will enter through the west/back entry. This will be the only entrance into the Center. When the new building is complete, it, too, will have one entrance, so this is the sensible evolution of our check-in procedure.

Membership – If your membership has lapsed, we encourage you to reinstate it prior to returning to the Center. Memberships can be paid online at www.baseniors.org, by phone or by stopping the Center.

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.

Vaccine – The board of directors is highly recommending that members be fully vaccinated before returning to the Center. However, a COVID vaccine is not required, and staff will not ask for proof of vaccination. The Center is not requiring members to get a COVID-19 vaccination to return.

Masks – Masks are not required to be worn while at the Center, but wearing masks is encouraged. Members are

encouraged to determine their own level of comfort as they re-enter and re-engage at the Center.

Space – Social/physical distancing guidelines are encouraged but not required. Once again, you can determine how you interact with others while at the Center.

Meals – At this time, we will continue to have meal pickup 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.

Schedule – Several additional activities have been added to the July Calendar of Events. Review the calendar, newsletter, Facebook page and website – baseniors.org – for updated activities.

UPDATED JULY HOURS – All activities Monday through Thursday will end by 4 p.m. The last activity on Friday will end by 3 p.m.

Guests – All guests are required to check in with the office so a guest form can be completed.

Thursday, July 1

8:15-9 a.m. Strengthen & Tone
 9 a.m.-noon **New** Train Dominoes
 9:15-10:15 a.m. Power Yoga
 9:30-10:30 a.m. Guitar Jam
 9:30 a.m.-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, July 2

9-10:15 a.m. **New** Friday Fitness
 9:30-10:30 a.m. **New** Singing Group
 10 a.m.-noon **New** Creative Writing
 10 a.m.-12:30 p.m. Individual Quilt Layout
 10 a.m.-noon Alzheimer's Support Group
 12:30-2:30 p.m. **New** Poker Lessons & Play

Monday, July 5

The Center is closed for the July 4 holiday

Tuesday, July 6

8:15-9 a.m. Strengthen & Tone
 9 a.m.-noon Party Bridge
 9 a.m.-noon **New** Train Dominoes
 9 a.m.-3 p.m. Paper Crafting
 9:15-10:15 a.m. Soft Yoga
 10:30-11:30 a.m. Limited Exercise
 11:45 a.m.-12:45 p.m. Tai Chi for Better Balance with Bernadette
 noon-3 p.m. Canasta
 1-2 p.m. Line Dancing with Michelle
 1-3:30 p.m. Painting

(Continued on page 10)

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Calendar of Events

Wednesday, July 7

8:15-9 a.m. Zumba/Cardio Dance
 9:15-10:15 a.m. Chair Yoga
 9 a.m.-noon Bags to Mats
 10 a.m.-3 p.m. Quilting
 10 a.m.-noon Ukulele Jam
 1:30-2:30 p.m. Line Dancing with Barb

Thursday, July 8

8:15-9 a.m. Strengthen & Tone
 9 a.m.-noon **New** Train Dominoes
 9:15-10:15 a.m. Power Yoga
 9:30-10:30 a.m. Guitar Jam
 9:30 a.m.-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, July 9

9-10:15 a.m. **New** Friday Fitness
 9:30-10:30 a.m. **New** Singing Group
 10 a.m.-noon **New** Creative Writing
 10 a.m.-12:30 p.m. Individual Quilt Layout
 12:30-2:30 p.m. **New** Poker Lessons & Play

Monday, July 12

8:15-9 a.m. Zumba/Cardio Dance

9:15-10:15 a.m. Yin Yoga
 10 a.m.-noon **New** 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

Tuesday, July 13

8:15-9 a.m. Strengthen & Tone
 9 a.m.-noon Party Bridge
 9 a.m.-noon **New** Train Dominoes
 9 a.m.-3 p.m. Paper Crafting
 9:15-10:15 a.m. Soft Yoga
 10:30-11:30 a.m. Limited Exercise
 11:45 a.m.-12:45 p.m. Tai Chi for Better Balance with Bernadette
 noon-3 p.m. Canasta
 1-2 p.m. Line Dancing with Michelle
 1-3:30 p.m. Painting

Wednesday, July 14

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.-3 p.m. Quilting
 12:30-2:30 p.m. **New** Bunco
 1:30-2:30 p.m. Line Dancing with Barb

Thursday, July 15

8:15-9 a.m. Strengthen & Tone
 9 a.m.-noon **New** 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
 1-2 p.m. Line Dancing with Michelle
 12:30-2:30 p.m. Crochet
 12:30-3 p.m. Party Bridge

Calendar of Events

Friday, July 16

9-10:15 a.m. **New** Friday Fitness
 9:30-10:30 a.m. **New** Singing Group
 10 a.m.-noon **New** Creative Writing
 10 a.m.-noon Alzheimer's Support Group
 10 a.m.-12:30 p.m. Individual Quilt Layout
 12:30-2:30 p.m. **New** Poker Lessons & Play

Monday, July 19

8:15-9 a.m. Zumba/Cardio Dance
 9:15-10:15 a.m. Yin Yoga
 10-11 a.m. on Zoom. Circle of Readers
 Meeting on Zoom - Please contact Dorothy Minor at dorothymminor10@gmail.com for more information regarding joining this group.
 10 a.m.-noon **New** 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, July 20

8:15-9 a.m. Strengthen & Tone
 9 a.m.-noon Party Bridge
 9 a.m.-noon **New** Train Dominoes
 9 a.m.-3 p.m. Paper Crafting
 9:15-10:15 a.m. Soft Yoga
 10:30-11:30 a.m. Limited Exercise
 11:45 a.m.-2:45 p.m. Tai Chi for Better Balance with Bernadette
 noon-3 p.m. Canasta

1-2 p.m. Line Dancing with Michelle
 1-3:30 p.m. Painting

Wednesday, July 21

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.-3 p.m. Quilting
 1:30-2:30 Line Dancing with Barb

Thursday, July 22

8:15-9 a.m. Strengthen & Tone
 9 a.m.-noon **New** 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, July 23

9-10:15 a.m. **New** Friday Fitness
 9:30-10:30 a.m. **New** Singing Group
 10 a.m.-noon **New** Creative Writing
 10 a.m.-12:30 p.m. Individual Quilt Layout
 12:30-2:30 p.m. **New** Poker Lessons & Play

(Continued on page 12)

Happy Independence Day



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