



**BROKEN
ARROW
SENIORS**

Silver Notes

The Official Newsletter of Broken Arrow Seniors, Inc.

December 2023 Vol. 33, No. 12

West Building
1800 S. Main St. and
East Building
1811 S Main St.
Broken Arrow, Okla. 74012
918-259-8377

www.baseniors.org

 @BrokenArrowSeniors

Office Hours:
Monday-Friday
8 a.m. to 4 p.m.

Annual Membership
Broken Arrow residents - \$40
Non-Residents - \$50

Executive Director
Kimberly Crenshaw

Member Services Manager
Ami Bucher

Office Coordinator
Terry Drummond

Events Coordinator
Erica Decker

Volunteer Coordinator
Candy Byers

Transportation
Phil Byers & Randall Graybill



An Invitation to “Jingle, Mingle & a Little Bit of Kringle”

Holiday Event!

Friday, December 8 - 1 p.m. to 3 p.m.

Come and enjoy a cookie or two, visit with friends old and new,
listen to some holiday tunes and win a door prize.

Creative Arts activity will be on display
Unique, handcrafted holiday gift ideas for purchase!
Holiday tunes by our own Guitar Jam group (aka “The Misfits”)
Door Prize drawings

Bring your favorite holiday dessert to share and receive
a second door prize ticket!
Cookies, fudge and bars, other holiday specialties
easily served.

**Come and celebrate the season and the community
we share at the BA Senior Center!**

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Expressions of Gratefulness at the Center

The BA Senior Center membership has grown by 242% in the last year! Gratefulness is often expressed by new members joining the Center. “\$40 a month, right?” That’s the question often asked when new people inquire about membership. People thinking about joining the Center and their family members are surprised and grateful for how accessible membership at the BA Senior Center is. They see both buildings and take in all the activities and programming and hear the laughter and conversation and share their surprise and gratitude.

The next question is often, “how do you do it?” The truth is that membership dues alone do not support all that the Center offers – even before the new east annex opened. A year and a half ago the cost to operate the Center was \$100 per member, per year. Today, that cost has more than doubled per member.

The BA Senior Center is a 501(c)(3) non-profit organization. By definition, the Center operates for the benefit of the public, reinvesting income in mission-oriented goals.

If you love the Center and are wondering what you can do to help, take a moment to learn what’s already being done that we all can be grateful for.

- The new building opened for our members just over a year ago. The new, beautiful, spacious facility has made it possible for the Center to expand our activities and programming. The new annex was built by the City of Broken Arrow through a General Obligation Bond election and support from the citizens of BA who voted “yes” in August 2018. The City is the Center’s most valued partner. Our buildings are owned and operated by the City. Without them, we would not be the organization we are today.

We are grateful for their support!

- The BA Senior Center is also a Tulsa Area United Way partner organization. The United Way provides a percentage of our operating budget each year. Did you attend the “Great Ladle Throwdown” event? Local companies, Center members, and the community came out to support the event hosted by the Center to benefit the United Way. By supporting the United Way, you also help to support the Center. Without the United Way, we

We are grateful for their support!

- Sponsorships through company partnerships listed in this newsletter on page 7 also provide funding, making it possible for the Center to purchase equipment and support programming. Without these partnerships we would not be the organization we are today. The sole reason the Center offers pickleball is because Medicare Prepare made a generous donation giving the Center the opportunity to purchase equipment. The beautiful furniture in the entryway of the annex was donated by Local Insurance Advisors. The pool tournament breakfasts are sponsored by VIPcare Clinics. Netlink Solutions was a part of providing the new computer stations at the annex. These are just some of the ways company partnerships help the Center.

We are grateful for their support!

- Do you enjoy Creative Card Making, Drum to Exercise, Limited Exercise? Maybe you’ve learned how to play the guitar, crochet or line dance. Most of the Center’s activities and programming are led by volunteers each day. THIS is the magic of the Center. Our activity leaders are passionate about their activity, members benefit, and are inspired by each of them. Without them, we would not be the organization we are today.

We are grateful for their support!

- Grants from a variety of sources have helped purchase much of what you see and utilize at the Center each day. The balls and bases used in Cardio Drumming and Drum to Exercise, in addition to chairs and tables, and even the shelving in the fitness classroom all came from grants. The sound system in the fitness classroom, the 133-inch screen at the annex, and the technology for people with hearing aids to access the sound system directly was provided through grant money. A grant from the BA Rotary organization provided funding for computer stations. Even the dollars needed to transport members on our bus to the Center and back home again is supplemented through a grant.

We are grateful for their support!

The equipment in the workout room at the annex was

Continued on page 3

Continued from Page 2

donor. The TVs in the entryway annex and the AED system ready to save a life were also made possible by a member donating money to make those purchases possible. Many smaller member donations also help the Center carry out its mission.

An aged hand of an older gentleman who has worked hard all his life quietly placed \$40 in a staff member's hand. He was not able to participate in many activities at the Center, but he came each day to eat lunch and enjoy conversation. The staff member resisted accepting his donation because it did not come from his abundance. He quickly insisted and said that he was so grateful for the Center. His expression of gratefulness was deep and sincere, and he acted on it.

Donations made by members like those mentioned above were made because those members are keenly aware that they are a part of a community. A community that supports each other.

Without these donors, small and large, we would not be the organization we are today, and we are grateful for their support.

- Your \$40 or \$50 dues payment (15 and 19 cents per day) also helps to run the Center.

We are grateful for your support!

If you feel that you receive more from the Center than 15 or 19 cents each day, consider making a donation beyond your dues to help the Center carry out its mission. Large or small donations all make a difference and will help the Center continue today but also in the years ahead. Members of the Center will be receiving a letter inviting

you to get involved in our Membership Giving Campaign. We are asking that you give a one-time or monthly gift to support the ongoing mission of the BA Senior Center. Your tax-deductible gift will help us sustain operation expenses, as well as buy new equipment, offer more programs, and depending on your donation, earn you a special recognition event in early 2024!

Act on your gratefulness by donating to the BA Senior Center today! Every \$5, \$10, \$20 or more adds up quickly to make a difference. We need your financial commitment as much as we need your ideas and suggestions to build, grow and develop additional programs. Each of us has an obligation to give something back to the community – the BA Senior Center community, that gives so much to each of us. Whether you only enjoy activities at the west building or spend your time at the east building, we are ONE community of people who love the diverse activities offered for all.

With your donations, we can be the organization of tomorrow that we dream of today.

And we will be grateful for your support.

Acting on your gratefulness can start today by making a donation to the place where you have friends, that adds quality to your life, and where you like to spend the day and be active - the BA Senior Center!

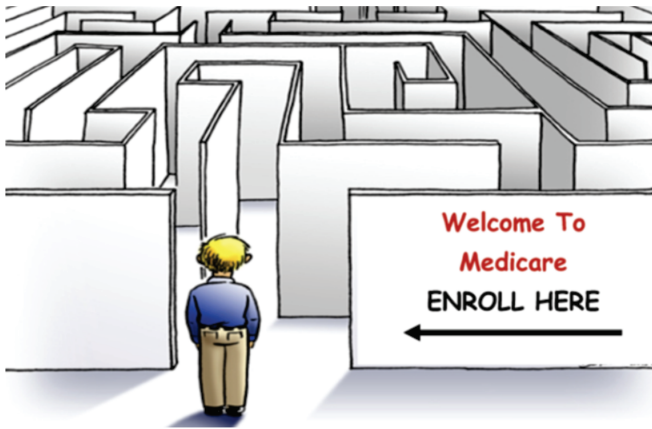


Another Way to Donate and Give Back!

If you would rather purchase items directly that the Center needs, please check out our Amazon Wish List! Items like staplers, printer ink, storage containers, hand weights, and more, are all items that we need to help us continue to carry out the mission of the Center. Items are available at various price points and will be used every day. Visit Amazon.com and enter <https://a.co/2Vxrg2x> into the search bar. The link information will also be available in the donation letter members will be receiving.

We will be grateful for your support!

Activity Update



Medicare Questions? Medicare Fair Concludes December 7

Don't wait! The opportunity to review your health coverage for 2024 is quickly coming to a close! Thursday, December 7 is the last day of open enrollment - the time that you can change and update your health coverage if you are on Medicare. The Center has partnered with the following 8 trusted Medicare partners who are experts in all the choices available to you:

Aspen Insurance Coaches
Blue Cross/Blue Shield of Oklahoma
Crawford Insurance Advisors
Farmers Insurance/Rebecca Morton
Local Insurance Advisors
Medicare Prepare®
Strong Family Financial
Sullivan Financial/Tina Beebe

The Center has also prepared a complimentary Medicare Fair Participant guide to help you ask the right questions to get the right coverage at the best price for you. Each year, Medicare health and drug plans can change costs, coverage, and what providers and pharmacies are in their networks. Healthcare needs change as well driven by health changes, finances and other factors. The Medicare Fair is located at Senior Center East on Thursday, December 7 from 12:30 to 3 p.m. Appointments are not required.

“Holiday Blues” – Navigating Grief

The holiday season is a time full of joy, cheer, parties, and family gatherings. However, for many people, it is a time of self-evaluation, loneliness, reflection on past failures, and anxiety about uncertainty. Learning how to cope positively during the holidays is one way that will keep you calm and in control. Acknowledging our feelings is the first step toward learning how to cope with our emotions.

Come and learn how to cope during the holiday season.



Lucinda Morte, M.S.,
Clinical Coordinator
with the Mental
Health Association
Oklahoma will offer a
presentation and
discussion regarding
navigating grief

during the holiday season. The session will be held in the Meeting/Presentation Room of Senior Center East on Wednesday, December 13 at 1 p.m.

Signup sheets to attend this timely and relevant session are located near the Center Events Bulletin Board at the top of the ramp in the West building and near the kiosk in the East building.

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Activity Update

Engage and Stay Active!

Wanna Play Cornhole?

Cornhole! It's everywhere! Backyards, breweries, social and tournament events. It is a testament to how popular and well-loved this game is as people of all ages love the game! If you want to learn more about playing Cornhole



at the Center, an organizational meeting and playing time for members wanting to play will be held at Senior Center East in the Fitness Classroom on Friday, December 15 beginning at 12:30. Cornhole at the Center now has a sponsor, and they want to get the fun rolling!

If you remember playing "the beanbag game" as a child, then you already know the basics of cornhole. Cornhole is a game where players take turns throwing bean bags at the opposite board

aiming the bag to go through the target hole. Why should you consider playing cornhole? Here are the top 8 benefits of playing cornhole:

1. Playing Cornhole Counts as an Exercise
2. Cornhole Can Promote Cardiovascular Health
3. You Can Burn Some Calories Playing Cornhole
4. Playing Cornhole Boosts Cognitive Skills
5. Cornhole Supports Overall Balance and Hip Mobility
6. Cornhole Improves Hand-Eye Coordination
7. It Helps Build Strong Bonds
8. Playing Cornhole Reduces Stress Levels
9. Cornhole can be played by everyone!

Come in December and play cornhole, enjoy some refreshments and brainstorm about ideas. Men vs. women, team development, co-ed teams, individual play, tournaments? Bring your ideas for team names too! You don't need a partner to play. All ideas will be discussed to get cornhole underway in a big way starting in 2024! Signup sheets to attend on December 15 are located near the Center Events Bulletin Board at the top of the ramp in the West building and near the kiosk in the East building.

ABC MedicareHelp.com



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Activity Update

Engage and Stay Active!

Bible Study – New Book Study in December

The Bible Study group will be offering a new book study beginning in December. Life Lessons from John by Max Lucado will be the focus of the group's study beginning Monday, December 11.



Lucado's book provides a view from the Apostle John's perspective complete with cultural and historical settings. Life Lessons from John is one of a series of books by Lucado. The series helps to bring the Bible to life offering intriguing questions, inspirational stories, and poignant reflections to take the reader deeper into the words of the Bible.

Purchasing the book is not required to come and enjoy the discussions offered by Bible Study scheduled each Monday at Senior Center East from 9:30 to 11 a.m. Life Lessons from John is available to purchase at local stores and online.



Bags on a Plane that talk to each other? Many enjoyed the hilarious comedic one-act play presented by the Main Street Players group in November. The play was written by Center members Nancy Blass and Marla Taylor. Main Street Players is a collaborative group with the Center and BA Community Playhouse.



BA Senior Center Sponsors

We thank you for your support!

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Activity Sponsors:

Poker Tournament:

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Domino Tournament:

White River Fish Market, Ron's Hamburgers & Chili, Billy Ray's Catfish & BBQ, Jimmy's Egg, & Fish Shack

Pool Tournament:

VIPCare Clinics

Bingo & Singo:

Evergreen Hospice, American Hearing & Audiology, Cedarhurst of Woodland Hills, Archwell Health (Singo), Oak Street Health, Bixby-South Tulsa Funeral Service

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Annual Open Enrollment Period:
October 15 - December 7

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Activity Update

Engage and Stay Active!

Circle of Readers to Meet with Authors

The Center's Circle of Readers group will kick off their December with an in-person author visit! On Monday, December 4, Julia Bryan Thomas will be on hand to discuss her book, *The Radcliffe Ladies Reading Club*. In January they will be visiting with author, John Morgan, member of the Center, talented guitarist and vocalist and a member of the Center's Guitar Jam group!

Check out Circle of Readers plans for the weeks ahead! Circle of Reader's meets twice each month on Mondays from 10 to 11:30 a.m. in the Conference Room of Senior Center West.

Dec. 4: *The Radcliffe Ladies' Reading Club* · by Julia Bryan Thomas · historical fiction · in-person author Visit;

Dec. 18: Discussion on other books the group is reading.

Jan. 8: *The Secret Life of Albert Entwistle* by Matt Cain · fiction;

Jan. 22: Discussion on other books the group is reading. In-person visit with John Morgan, author of *Beyond and Blood: A Story of The Old New Cherokee Nation*;

Feb. 5: *The Museum of Ordinary People* · by Mike Gayle · fiction;

Feb. 12: Discussion on other books the group is reading;

Feb. 20: Clean Out Your Bookcase Day!



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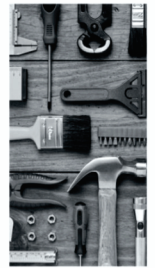
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Take a Close Look at Your End-of-the-Year Checklist

By Brittany Littleton



By the time that you read this article, there will be only a few weeks left in 2023. 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 seven 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 \$17,000 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 and/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 decisionmakers 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 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.

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.

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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, then commit to yourself that you will start the process before the year ends so that you ring in 2024 with peace of mind.

A Signature Partner with BA Seniors, Littleton writes a column each month covering issues such as how to avoid probate court, mistakes to avoid in leaving an inheritance or emergency decision documents every senior needs. If you have a question that you would like answered or a topic you would like to see covered, send your thoughts to Kimberly Crenshaw, BA Seniors Executive Director, at kim@baseniors.org.



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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 West 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 entry of the West building and through the east entry of the East building.

Name tags - All members will be required to wear their name tag while engaged in activities at the Center.

Center hours - All activities Monday through Friday will end by 4 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 and Creek County Senior Nutrition Program at 11:30 a.m. each day in the West Building. Lunches cannot be served after 12 p.m.. Reservations are required and must be made the day before at 11 a.m. Please call (918) 259-8377, extension 16. For those over 60, the suggested donation is \$2 per meal.

Transportation - Questions regarding transportation to and from the Center on the Center's bus can be answered by calling the office at (918) 259-8377, ext. 15.

The Calendar - The notation **SCE** follows activities that are held in the East Building.



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Calendar of Events

Regularly Scheduled Monday Activities

Monday	CLASSES	Time	BLDG	NOTES/Changes etc.
	Dominos	8 a.m.-12		
	Party Bridge	8 a.m.-12	SCE	
	Cardio Exercise	8:15-9 a.m	SCE	The Center is closed December 25 Merry Christmas!
	Ping Pong/Pool for Fun	8 a.m.-4 p.m		
	Shuffleboard	8 a.m.-4 p.m		
	Medicare Questions Answered	9 a.m.-12 p.m.		
	Yin Yoga	9:15-10:15 a.m.	SCE	
	Crafting	9:30-Noon		
	Drum to Exercise	9:15-10:15		
	Bible Study	9:30-11 a.m.	SCE	
	Limited Exercise	10:30-11:30 a.m.		
	Lunch	11:30 a.m.-12 p.m.		
	Canasta	12-4 p.m.		
	Tai Chi for Better Balance - Vanessa	12:15-1:15 p.m.	SCE	
	Pickleball Open Play	12:15-4 p.m.		
	Intermediate Tap Dancing	1:00-2:30 p.m.		Class canceled Dec. 11 & 18
	Experienced Mahjong Players	1:00-4 p.m.	SCE	
	Line Dancing with Barb	1:30-3 p.m.	SCE	Class canceled Dec. 11
	Beginning Tap Dancing	2:45.-3:30 p.m		Class canceled Dec. 11 & 18
	Zumba	3:15-4 p.m	SCE	

Other Scheduled Activities

Circle of Readers	10-11:30 a.m.		Dec., 4 & 18
Photography Group	1:30-3:30 p.m.	SCE	Dec. 11 (2nd & 4th Monday)

Monday Special Events

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My Grateful Heart

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Senior Mondays

Booth Discounts for Seniors 55+

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DECEMBER 2023						
SUN	MON	TUE	WED	THU	FRI	SAT
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

Calendar of Events

Regularly Scheduled Tuesday Activities

Tuesday	CLASSES	Time	BLDG	NOTES/Changes etc.
	Dominos	8 a.m.-12 p.m.		
	Party Bridge	8 a.m.-12 p.m.	SCE	
	Strength & Tone	8:15-9 a.m	SCE	
	Shuffleboard	8-4 p.m		
	Beginning Guitar Lessons	9-10 a.m.	SCE	
	Pool Instructions	9-11 a.m.		Last instruction day - Dec. 19
	Train Dominos	9 a.m.-12 p.m.		
	Soft Yoga	9:15-10:15	SCE	
	Scrapbooking	9:30 a.m.-12:30 p.m.		
	Limited Exercise	9:30-10:30 a.m.		
	Guitar Lessons	10-11 a.m.	SCE	
	Limited Exercise	10:30-11:30 a.m.		
	Ping Pong/Pool for Fun	11 a.m.-4 p.m.		
	Lunch	11:30 a.m.-12 p.m.		
	Tai Chi for Balance with Julie	11:45 a.m.-12:45 p.m.	SCE	
	Canasta	12-4 p.m.		
	Chess	12-4 p.m.	SCE	
	Line Dancing with Michelle	1-2 p.m.	SCE	Canceled Dec. 26
	Painting	1-3:30 p.m.		
	Pickleball Lessons	1-4 p.m.		
	Clogging Class	2:15-3:30p.m.	SCE	Canceled Dec. 26

Other Scheduled Activities

Domino Tournament	9 a.m.-Conclusion		Dec. 12, 2nd Tues.
Fitness Machine Orientation with PT	9-10 a.m.	SCE	Dec. 12, 2nd Tues.
Board of Directors	3:30 p.m. Conclusion	SCE	Dec. 19, 3rd Tues

Tuesday Special Events

Medicare Assistance Program-MAP Part D	12:30-3 p.m.	SCE	Tues, Dec. 5
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DECEMBER 2023						
SUN	MON	TUE	WED	THU	FRI	SAT
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10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

Calendar of Events

Regularly Scheduled Wednesday Activities

Wednesday	CLASSES	Time	BLDG	NOTES/Changes etc.
	Dominos	8 a.m.-12		
	Ping Pong/Pool for Fun	8-4 p.m		
	Shuffleboard	8-4 p.m		
	Cardio Exercise	8:15-9 a.m.	SCE	
	Core Strength Yoga	8:15-9 a.m.		
	Music Theory 101	8:45-9:30 a.m.	SCE	Canceled - Returning Feb/Mar
	Needle Crafting	9-11:30 a.m.		
	S.E.A.T.	9-10 a.m.	SCE	
	Chair Yoga	9:15-10:15 a.m.		
	Beginning Ukulele	9:30-10 a.m.	SCE	
	Blood Pressure Checks	10 -11 a.m.		
	Line Dancing with Eugenia	10 -11:30 a.m.	SCE	
	Abstract Painting	10 a.m.-12 p.m.		
	Ukulele Jam	10 a.m.-12 p.m.	SCE	
	Quilting	10 a.m.-3 p.m.		
	Limited Exercise	10:30-11:30 a.m.		
	Exercise 101	12:15-1:15p.m.		
	Lunch	11:30 a.m.-12 p.m.		
	Drawing Class	1-3 p.m.		Canceled Dec. 6, 13, 20 & 27
	Beginning Mahjong	1-4 p.m.	SCE	
	Line Dancing with Barb	1:30-3 p.m.	SCE	
	Pickleball Open Play	1:30-4 p.m.		
	Zumba	3:15-4 p.m.	SCE	

Other Scheduled Activities

At the Movies	12:30 to Conclusion	SCE	Dec. 27 only (2nd and 4th Wed.)
Bunco	12:30-2:30 p.m.		Dec. 13 (2nd Wednesday)
Let's Play Bingo	1-2:30 p.m.		Dec. 6 (1st Wednesday)

Wednesday Special Events

"Holiday Blues" - Navigating Grief	1-2 p.m.	SCE	Dec. 13 (More info on Pg 4)
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24	25	26	27	28	29	30
31						

Calendar of Events

Regularly Scheduled Thursday Activities

Thursday	CLASSES	Time	BLDG	NOTES/Changes etc.
	Dominos	8 a.m.-12 p.m.		
	Ping Pong/Pool for Fun	8 a.m.-4 p.m.		
	Shuffleboard	8 a.m.-4 p.m.		
	Strength and Tone	8:15-9 a.m.	SCE	
	Train Dominos	9 a.m.-12 p.m.		
	Power Yoga	9:15-10:15 a.m.	SCE	
	Limited Exercise	9:30-10:15 a.m.		
	Guitar Jam	9:30-11:30 a.m.	SCE	
	Creative Card Making	9:30-11 a.m.		
	Play Money Poker	9:30 a.m.-12 p.m.		
	Limited Exercise	10:30-11:30 a.m.		
	Lunch	11:30 a.m.-12 p.m.		
	Party Bridge	11:30 a.m.-3 p.m.	SCE	
	Drum to Exercise	12:15-1 p.m.		
	Creative Card Making	12:30-2 p.m.		
	Happy Hookers - Crochet	12:30-2:30 p.m.		
	Card Game of the Day	12:30-4 p.m.		
	Simply Faith	1-2 p.m.		
	Fundamentals of Line Dancing w/ Michelle	1-2:30 p.m.	SCE	
	Pickleball Open Play	1:15-4 p.m.		
	Cardio Drumming	3-4 p.m.	SCE	

Other Scheduled Activities

Pool Tournament	9 a.m.-Conclusion		Dec. 21 (3rd Thurs.)
Poker Tournament	9:30 a.m.-12 p.m.		Dec. 21 (3rd Thurs.)
Grief Healing Group	10-11 a.m.	SCE	Dec 21 (3rd Thurs.)
Third Thursday Thanks - Volunteer Event	10-11 a.m.	SCE	Canceled Dec. 21 See You in January

Thursday Special Events

Medicare Fair	12:30-3:30 p.m.	SCE	Dec, 7
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DECEMBER 2023						
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Calendar of Events

Regularly Scheduled Friday Activities

Friday	CLASSES	Time	BLDG	NOTES/Changes etc.
	Dominos	8 a.m.-12 p.m.		
	Ping Pong/Pool for Fun	8a.m.-4 p.m.		
	Cardio Drumming	8:15-9 a.m.		
	Friday Fitness	9:15-10:15 a.m.	SCE	
	Singing Group	9:30-10:30 a.m.		The Center is closed December 22
	Creative Writing	10 a.m.-12 p.m.		Merry Christmas!
	Limited Exercise	10:30-11:30 a.m.		Canceled Dec. 8
	Line Dancing with Eugenia	10:30-11:45 a.m.	SCE	
	Shuffleboard	10:30 a.m.-4 p.m.		
	Lunch	11:30 a.m.-12 p.m.		
	Canasta	12-4 p.m.		
	Exercise 101	12:15-1:15 p.m.		Canceled Dec. 8
	Cornhole	12:30-2:30 p.m.	SCE	
	Individual Quilt Layout	1-3 p.m.		
	Pickleball Open Play	1:30-4 p.m.		Canceled Dec. 8
	Zumba	3:15-4 p.m.	SCE	

Other Scheduled Activities

Alzheimers Support Group	10 a.m.-12 p.m.	SCE	Dec. 1 & 15 (1st & 3rd Friday)
Bingo, Singo	1-2:30 p.m.		Bingo, Dec. 1 & 29 Singo, Dec. 15
Fitness Machine Orientation w/ Danny S	9-10 a.m.	SCE	Canceled Dec 22 (4th Friday)
Parkinsons Support Group	1-2:30 p.m.	SCE	Dec. 15

Friday Special Events

Annual Membership Meeting	1 p.m. - Conclusion	SCE	Dec. 1
“Jingle, Mingle & a Little Bit of Kringle”	1-3 p.m.		Dec. 8

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November Community BUNCO Bash Highlights!



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Activity Update

Engage and Stay Active!

Discover Programming at the BA Senior Center

Last year, the Center provided a description of every activity offered at the Center in the December newsletter. This year, that was not possible due to the sheer number of activities and programming offered! Starting with the December newsletter and in the months ahead, we will try and provide a description of programming offered at the Center by categories. In December, the activity descriptions provided focus on “building knowledge” at the Center! If you take part in activities already, you may discover an activity that encourages you to step out of your comfort zone and try something new. If you are new to the Center, you may find an activity that piques your interest. The BA Senior Center is the best place to take a chance and step out and be more active, learn a new skill and enjoy social time with other older adults and discover ways to add to the quality of your life!

Building Knowledge

Circle of Readers - 1st & 3rd Monday – 10:00 a.m. to 11:30 a.m. – SC West Conference Room – (Please check the meeting dates in the monthly Silver Notes newsletter.)

"Circle of Readers" is for anyone who loves a good book and enjoys discussing books with other avid readers. If you enjoy reading you are also reaping mental benefits. Not only is reading relaxing, a study of researchers also found that reading is especially helpful for seniors who want to stay up to date with what's going on in society. This dynamic group often meets with authors in person and on Zoom.

Creative Writing - Friday -10 a.m. to noon – SC West Activity Room 2

Creative Writing offers the chance to spend time with people who aspire to enhance their writing abilities and help others become better and more adventurous writers. Members try to stretch their imaginations with the anecdotes and stories they write. It is a safe environment where members encourage each other to be creative writers. Members suggest topics and decide on one to write about to present the following week. The group also writes impromptu pieces for 10 minutes to share with the group.

Bible Study - Monday- 9:30 a.m. to 11 a.m.- SCE Meeting/Presentation Room

Have you ever wanted to take a deeper dive into the Bible? This group comes together and offers meaningful and lively discussions about the “word” of the Bible. The group delves into interesting conversations around the Bible's meaning and its influence in life. Recently the group has been focusing on Max Lucado's Life Lessons books.

Simply Faith” Class – Thursday – 1:00 p.m. to 2 p.m. – SC West Conference Room

The Simply Faith Class will offer a deeper understanding of the doctrines of Christianity. A sample of some of the subjects that will be covered include: How to Read the Bible, How to Know the Bible is True, Why Evil?, Healing, Holy Spirit, End Times, and more. The Simply Faith Class addresses many complicated subjects and will be presented in a straightforward manner offering time for discussion and interaction.

Borrow, Read & Return Library - Monday thru Friday - 8 a.m. to 4 p.m. – SC West Lounge

If you love to get lost in a great book, there are a wide assortment of hardback books available to peruse in the Center's library. The selection of books is arranged by author name, including both nonfiction and fiction. Borrow a book, read it and return it to the Center and find your next read. Donations of hardback books to include in this always changing library can be dropped off in the office.



Activity Update

Engage and Stay Active!

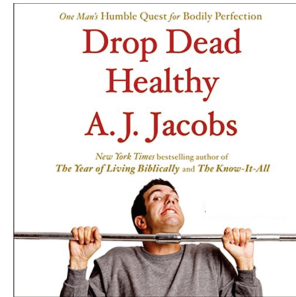
Be Well Read - A Health & Wellness Book Club

Do you want to learn more about health and wellness? The *Be Well Read*, a book club led by Wellness Specialist Vana Moore will begin in January!

Moore recently facilitated the popular 8 Dimensions of Wellness sessions at the Center. The new offering will provide the opportunity to read books and then discuss topics that delve into relevant health and wellness issues such as building quality of life and improving the odds of longevity. The *Be Well Read* group will provide an opportunity for a spirited exchange of ideas with peers guided by Moore.

Be Well Read will begin meeting on Wednesday, January 17 at Senior Center East at 10 a.m. in the Game Room. A discussion on the book “*Drop Dead Healthy*”, a journey by author A. J. Jacobs to attain maximal health from head to toe will be discussed. Moore notes that readers describe the book as entertaining and inspiring.

“*Defeating Dementia*” will be the book topic discussion in February. “*Defeating Dementia*” by Richard Furman, MD, reveals what you can do to prevent Alzheimer's and other forms of dementia. Both books are available in various forms to borrow from the local library and to buy on Amazon.



Take a look at the books that are planned for discussion and sign up if you are interested in reading, learning and discussing the various topics that involve health and wellness.

Sign up sheets are located near the Center Events Bulletin Board at the top of the ramp in the West building and near the kiosk in the East building.

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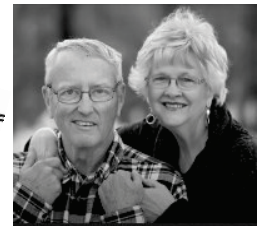
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Tournament Winners!

Pool Tournament -

October Breakfast Sponsored by
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October Winners: 1st Place - Cecil Jones;
 2nd Place - Harry Adams; 3rd Place - Randy Jones

Domino Tournament -

Prizes provided by Billy Ray's Catfish & BBQ



October Winners: Robert Riggs and Louis Williams

Poker Tournament -

Prizes provided by Joel Hitsman - Global Health



October Winners:

1st Place - Jacinta Marling
 2nd - Debbie Sealoover-Cook

Activity Update

Engage and Stay Active!

Tournament Winners!

Pickleball Tournament



October Winners:

1st Place: John Rogers & Tee Higgins

2nd Place: Barbara Wood & Gene Osborn



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