



**Broken Arrow  
Senior Center**

1800 S. Main St.  
Broken Arrow, Okla. 74012  
918-259-8377

[www.baseniors.org](http://www.baseniors.org)

 @BrokenArrowSeniors

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

**Annual Membership**  
Broken Arrow residents • \$30  
Non-residents • \$40

Discover, MasterCard, VISA and  
American Express are accepted for  
payment.

**Executive Director**  
Kimberly Crenshaw

**Member Services Manager**  
Ami Bucher

**Volunteer And Special  
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Julie Robeck

**Office Coordinator**  
Terry Drummond

**Transportation Coordinator**  
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*An Invitation To*  
**"Jingle And Mingle  
& A Little Bit Of Kringle"**

*Holiday Event!*  
Friday, Dec. 9 • 1 p.m. to 3 p.m.  
*Centennial*

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

*Enjoy the Center's activity displays on exhibit during the event.  
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# Activity Update

Engage and Stay Active!

## At The Movies

Friday, Dec. 9 • Noon • Lounge

“It’s a Wonderful Life” • not rated

Voted the #1 most inspiring film of all time, “It’s a Wonderful Life” is a holiday classic. This heartwarming masterpiece and the message that “no one is a failure with friends” continues to endure. James Stewart and Donna Reed star in this beloved classic now more than 75 years old. “It’s a Wonderful Life” is a “must-see” holiday classic.

## AARP Tax Preparation

AARP income tax preparation will be available for free tax preparation and help beginning in February. Tax preparation will be available in the Senior Center East building on Wednesdays starting Feb. 8, through Wednesday, April 12, from 9:30 a.m. to 3:30 p.m. More information regarding reserving an appointment time will be available in the January and February newsletters.

## Musical Concert • “One Magic Christmas”

The Andersen Sound, a fifth grade honor choir from Andersen Elementary in the Union Public Schools system, will perform a musical program called “One Magic Christmas.” The warm and entertaining Christmas revue will celebrate Christmas past, present and

future. The concert will include many Christmas favorites. The 25-member choir is looking forward to sharing their holiday program with members of the Center. Mark your calendars for Wednesday, Dec. 7, at 11:15 a.m. in Heritage Hall, which is the lunchroom.

## African Violets • Learn How To Bloom

African violets (*saintpaulia*) are common houseplants for many; for others, violets have thrived and then died. If you always wanted to have stunning violets or want to try your hand at growing violets, sign up for the African violet education session that may be offered in January.

The session will cover various African violet types and sizes in addition to the plant’s soil, water and light

requirements to help guarantee beautiful blooms. A representative of the African Violet Society of the Greater Tulsa area and a plant expert will lead the presentation.

If you are new to growing African violets or just want to learn more about keeping your plants healthy, sign up for this fascinating session at the Center events bulletin board at the top of the ramp in the West building. If there is enough interest, we will be in contact with you regarding the date and time of the presentation in January.

## Expanded Limited Exercise Classes

Limited Exercise continues to be one of the most popular classes at the Center. Beginning in December, more opportunities to take advantage of this beneficial class will be available.

Two new class times on Tuesday and Thursday immediately preceding the current Limited Exercise classes at 10:30 a.m. are scheduled. The added classes will start



at 9:30 a.m. and conclude at 10:15 a.m. Consider arriving 10 to 15 minutes prior to the class start time to set out the chairs and enjoy talking to the class attendees.

## Interested In A Beginning Line Dance Class?

Jazz box, rocking chair, vine step. If these terms speak to you, then you probably know the basic steps in line dancing. Hone your line dancing skills in a new class being considered for January. The class would take place on Wednesdays and Fridays from 10:30 a.m. to 11:30 a.m. at Senior Center East. Line dance instruction offered on Wednesday will be the same on Friday, providing a line dance review. Feedback from interested participants will guide instruction. *(Continued on page 4)*

# Activity Update

Engage and Stay Active!

Continued From Page 3

Sign up for this beginning line dancing class in the Senior Center East building. If there is enough interest, we will be in contact with you regarding a start date in January.

## Main Street Players Holiday Play

Get ready to enjoy some holiday frivolity. The Main Street Players will present a hilarious short play, "The

### Notice of Annual Membership Meeting

An annual membership meeting of Broken Arrow Seniors, Inc. will be held Friday, Dec. 2, at 10 a.m. at the East Senior Center Annex. Participation is limited to Broken Arrow Senior members in good standing, defined as those whose 2022 membership dues have been paid in full. Members are highly encouraged to pay any delinquent dues by Thursday, Dec. 1. Election of 2023 board members will be held.

Christmas Home Tour" by Linda LaRocque, on Monday, Dec. 12, at 10 a.m. in Activity Room 3.

It's a ladies' day outing and the friends have tickets to their town's annual Christmas Home Tour. This year, a newcomer to the group, Helen, has offered to be the chauffeur. Before they even get to their first home, she transforms from merry to harried thanks to her passengers' rudeness, irritating habits and short attention spans. Just when Helen is about to toss in her Santa hat, the group decides it's time to stage an intervention to improve her spirits. This 30-minute audience-pleaser is guaranteed to keep everyone laughing from the very beginning through the production's delightful end.

Sign up to attend this hilarious production at the Center Events bulletin board at the top of the ramp in the West building.

Main Street Players is a performing Group formed as a partnership between the Senior Center and BA Community Playhouse.

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# Add To The Quality Of Your Life At The Broken Arrow Senior Center

The BA Senior Center is the model in the region for promoting healthy social, emotional and physical engagements for adults 55 and older through programmed activities and social opportunities. This is the Center's mission statement. Without a doubt, we are the model in the region, offering the largest selection and most diverse activities for older adults in the area. The following is a review of all the Center's monthly activities and programming. 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. **Please note:** Activities are held in both the Senior Center West building and the Senior Center East building. Building, locations and times are noted with each activity.

## Fitness Classes

### Strengthen & Tone - Tuesday and Thursday

**8:15 a.m. to 9 a.m. - SC East in Fitness Classroom**

Designed specifically for seniors, Strengthen & Tone helps both men and women gain physical strength, improve balance and tone muscles. Light weights may be used to up your game. Optional mat work at the conclusion offers core strength training. All are welcome, regardless of your level of flexibility. Feeling physically strong also promotes mental and emotional health. Linn

Hostetler, the Strengthen & Tone leader, is a certified active aging instructor.



### Cardio Dance - Monday and Wednesday

**8:15 a.m. to 9 a.m. - SC East in the Fitness Classroom**

Cardio Dance offers easy-to-follow choreography that focuses on balance, range of motion and coordination with dance moves. You will also strengthen those important abdominal/core muscles through balance stabilization exercises. It's a great way for men and women to improve cardiovascular fitness and maintain blood pressure levels. You'll also burn calories while having fun. Options are available for beginners and more agile dancers.

### Friday Fitness - Friday

**9 a.m. to 10:15 a.m. - SC East in Fitness Classroom**

The Friday Fitness class provides guided strengthening for your entire body, from your hands to your toes! The class starts with a "move and lube" warm-up focusing on slow intentional movements. Hand weights, balls

and body weight resistance are used to strengthen the upper and lower body. The class is led standing and while seated.

### Tai Chi for Better Balance

**Monday - 12:15 p.m. to 1:15 p.m.**

**Tuesday - 11:45 a.m. to 12:45 p.m.**

**SC East in Fitness Classroom**

Tai chi is a series of gentle physical exercises and stretches. Each posture flows into the next, ensuring that your body is in constant motion.

Tai chi helps improve balance because it targets all the physical components needed to stay upright – leg strength, flexibility, range of motion and reflexes – all of which tend to decline with age.



### Yin Yoga - Monday

**9:15 a.m. to 10:15 a.m. - SC East in the Fitness Classroom**

Yin Yoga targets your deep connective tissues. It helps you stretch and lengthen those rarely used tissues by holding yoga poses and teaching you how to breathe through discomfort and sit with your thoughts. Yin Yoga calms and balances the mind and body, reduces stress and anxiety, increases circulation and improves flexibility and joint mobility. Yin Yoga is led by Lindsey Renfroe, a certified yoga instructor.

### Soft Yoga - Tuesday

**9:15 a.m. to 10:15 a.m. - SC East in the Fitness Classroom**

Soft Yoga is far less strenuous than other forms of yoga. It is especially helpful for seniors who are looking for a more relaxed workout and can

*(Continued on page 7)*



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# Add To The Quality Of Your Life

Continued From Page 5

also be beneficial to those who already are fit but who lack the flexibility to be able to do some of the more intense yoga poses. Soft Yoga is a good place to start if you are interested in exploring yoga as a form of exercise. Soft Yoga is led by Lindsey Renfrow, a certified yoga instructor.

## Core Strength Yoga - Wednesday

**8:15 a.m. to 9 a.m. - SC West in Centennial**

Core Strength Yoga will help tighten and tone muscles of the midsection. As we age, poor posture and increased belly fat, coupled with muscle loss, lead to insufficient core stability. This class will help counteract these tendencies, strengthen the back and regain supportive tissues and abdominal muscles. Core Strength Yoga is led by certified yoga instructor Beth Stephen.

## Chair Yoga - Wednesday

**9:15 a.m. to 10:15 a.m. - SC West in Centennial**

Chair Yoga, practiced sitting in a chair or standing, using a chair for support, is especially beneficial if you have limited mobility. Yoga is an excellent way for older adults to loosen and stretch painful muscles, reduce stress,

improve circulation, reduce anxiety, lower blood pressure, protect joints and build strength and balance. Chair Yoga is led by Lindsey Renfrow, a certified yoga instructor.

## Power Yoga - Thursday

**9:15 a.m. to 10:15 a.m. - SC East in the Fitness Classroom**

Power Yoga is a fitness-based yoga practice that offers you ultimate fitness benefits, including increasing energy, building up stamina, strength and flexibility, mental calmness and stress relief. The maximum emphasis of Power Yoga is on strength-building, muscle-building and weight loss. The class is led by Lindsey Refroe, a certified yoga instructor.

## Line Dancing With Michelle - Tuesday

**1 p.m. to 2 p.m. - SC East in the Fitness Classroom**

## Line Dancing With Barb - Monday and Wednesday -

**1:30 p.m. to 2:30 p.m. - SC East in the Fitness Classroom**

There are multiple opportunities to boogie to the beat in the Center's line dancing classes. Seniors who line dance enjoy benefits to their

*(Continued on page 8)*

## Broken Arrow Seniors with Parkinson's!

Are you afraid of losing quality of life and precious time with friends and family?

Hyland Physical Therapy and Wellness serves BA Seniors Members and this is what they are saying:



*"Dr. Michael has been so professional and knowledgeable in helping me know more about my Parkinson's and guiding me in my path to achieving the most quality of life I can. He doesn't tell me what to do, he does the exercises with me. Always patient and encouraging. I can see results and my friends and family see improvement, too." - J. Acree, BA Senior Center Member*

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# Add To The Quality Of Your Life

Continued From Page 7

physical and mental health as well as their emotional health and general well-being. Research shows that line dancing improves cardiovascular function, bone strength and brain function.

**Fundamentals of Line Dancing - Thursday**  
**1 p.m. to 2 p.m. - SC East in the Fitness Classroom**  
**Monday and Wednesday**  
**2:45 p.m. to 3:30 p.m. (This offering will conclude after Wednesday, Dec. 28)**

Learn the basic steps involved in line dancing and develop the confidence to join the Center's line dancing classes. Line dancing is a great exercise for your body and your brain, combining choreographed dances with repeating a series of steps that are performed in unison.

**Tap Dancing - Monday**  
**2:45 p.m. to 3:45 p.m. - SC**  
**West in Activity Room 3**

The Center's tap dancing class will provide basic instruction on the primary steps with the concept of learning a choreo-



graphed dance. Intermediate/experienced dancers will be welcome for instruction, too. Don't have tap shoes? Newbies to tap are encouraged to attend to see if tap dancing is for you. Tap shoes can come later. Tap is a full-body workout that improves balance and posture and exercises the mind. If you have questions, contact Connie Strimble, tap activity leader, at okcsd@aol.com.

**Limited Exercise - Tuesday and Thursday**  
**9:30 a.m. to 10:15 a.m. (starting Dec. 1)**  
**Tuesday, Wednesday, Thursday and Friday**  
**10:30 a.m. to 11:30 a.m. - SC West in Centennial**

Don't let the word "limited" next to the word "exercise" mislead you! Limited Exercise is all about range of motion and mobility – gaining it and keeping it. Maintaining a sense of balance is also critical for longevity because it helps us prevent falls and injury.



**Exercise 101 - Wednesday and Friday**  
**12:15 p.m. to 1:15 p.m. - SC West in Centennial**

Exercise 101 offers a full-body workout for men and women, targeting stretching and range of motion. Specific muscle groups will be targeted as well. Participants will gain knowledge regarding proper form when completing an exercise movement to ensure maximum benefit. Your lungs will benefit from Exercise 101, too. Along with the emphasis on specific muscle groups, the class will focus on breath work and learning to breathe with the movement, encouraging breathing from the diaphragm. Exercise 101 is wheelchair and walker friendly and will help anyone who wants to be more limber.

*(Continued on page 9)*

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# Add To The Quality Of Your Life

Continued From Page 8

**Pickleball Lessons - Tuesday and Thursday - 1 p.m. to 2:30 p.m. and 2:30 p.m. to 4 p.m. - sign-up required**

**Pickleball Play - Monday - 1 p.m. to 4 p.m., Wednesday and Friday - 1:30 p.m. to 4 p.m. - sign-up required.** Sponsored by 

One of the fastest growing sports for older adults is pickleball, and now the opportunity to learn and play pickleball is available at the Center! This fun, social and active game is a combination of tennis, badminton and pingpong. The game is typically played in doubles, so players interact with their opponents as well as with their partners. It is a low-impact sport that is easy on the joints, making it an ideal activity for those who may be suffering from arthritis or other age-related conditions. The benefits are numerous, including improved cardiovascular health and improved balance and agility. The game will also burn those calories in addition to boosting your mood and energy. Thanks to Medicare Prepare®, the Center's pickleball sponsor, you won't have to bring a thing other than your enthusiasm, tennis shoes and comfortable clothes that are easy to move in.



**Fitness Machine Training - Second Tuesday 9 a.m. - SC East in the Fitness Room**

Do you need to be more active? Does the equipment in the Center's fitness room intimidate you? Have you had medical treatment like a knee or hip replacement and were told to exercise for the best outcome? A physical therapist from Summit Physical Therapy will provide guidance on how to best use the equipment in the Center's Fitness Room.

## Building Knowledge

**Circle of Readers - First and third Monday 10 a.m. to 11 a.m. - SC West in the Conference Room (Please check the meeting dates in the 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 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 nationally bestselling authors on Zoom.

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

Creative Writing is for people who aspire to enhance their writing abilities and help others become better and more adventurous writers. Members try to stretch their imagination with the anecdotes and stories they write. Members suggest topics and decide on one to write about to present the following week. The group also writes impromptu pieces to share with the group.

**Bible Study - Monday 9:30 a.m. to 11 a.m. - SC East in the Presentation/Theater 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.

**Simply Faith Class - Thursday 1 p.m. to 2 p.m. - SC West in the Conference Room**

The Simply Faith Class offers 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?; and healing, the Holy Spirit, end times and more. The Simply Faith Class addresses many complicated subjects and will offer time for discussion and interaction.

**Borrow, Read and Return Library Monday thru Friday - 8 a.m. to 4 p.m. SC West in the 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. 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. *(Continued on page 15)*

# ABC Medicare.Help



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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. Name tags are available in the office of the West Building. You must wear one for identification purposes while in the building.

**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 & 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 by 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.

## Thursday, December 1

- 8 a.m.-4 p.m. . . . . Dominoes
- 8-noon . . . . . Medicare Fair • **SCE**
- 8:15-9 a.m. . . . . Strengthen & Tone • **SCE**
- 9 a.m.-noon . . . . . Train Dominoes
- 9:15-10:15 a.m. . . . . Power Yoga • **SCE**
- 9:30-10:15 a.m. . . . . **New** Limited Exercise  
More Information On Page 3
- 9:30-10:30 a.m. . . . . Guitar Jam • **SCE**
- 9:30 a.m.-noon . . . . . Poker Tournament Practice
- 9:30 a.m.-noon . . . . . Creative Card Making
- 10 a.m.-noon. . . . . Abstract Painting
- 10:30-11:30 a.m. . . . . Limited Exercise
- 11:30 a.m.-noon . . . . . Lunch
- 12:30-2:30 p.m. . . . . Happy Hookers - Crochet
- 12:30-3 p.m. . . . . Card Game Of The Day
- 12:30-3 p.m. . . . . Party Bridge • **SCE**
- 1-2 p.m. . . . . Fundamentals Of Line Dancing • **SCE**
- 1-2 p.m. . . . . Simply Faith Class
- 1-4 p.m. . . . Pickleball Lessons • Sign-up Required - **SCW**

## Friday, December 2

- 8 a.m.-4 p.m. . . . . Dominoes
- 9-10:15 a.m. . . . . Friday Fitness • **SCE**
- 9:30-10:30 a.m. . . . . Singing Group
- 10 a.m. . . . . Annual Membership Meeting  
More Information On Page 4
- 10 a.m.-noon. . . . . Creative Writing
- 10 a.m.-noon . . . . . Alzheimer's Support Group
- 10 a.m.-12:30 p.m. . . . . Individual Quilt Layout
- 10:30-11:30 a.m. . . . . Limited Exercise
- 11:30 a.m.-noon . . . . . Lunch
- Noon-3 p.m. . . . . Canasta
- 12:15-1:15 p.m. . . . . Exercise 101
- 1:30-4 p.m. . . . Pickleball Play • Sign-up Required • **SCW**

## Monday, December 5

- 8 a.m.-4 p.m. . . . . Dominoes
- 8:15-9 a.m. . . . . Cardio Dance • **SCE**
- 9 a.m.-noon . . . . . Party Bridge • **SCE**
- 9 a.m. to 12:30 p.m. . . . . Medicare Questions Answered
- 9:15-10:15 a.m. . . . . Yin Yoga • **SCE**
- 9:30-11 a.m. . . . . Bible Study • **SCE**
- 9:30 a.m.-noon. . . . . Crafting
- 10-11 a.m. . . . . Circle Of Readers
- 11:30 a.m.-noon . . . . . Lunch
- 12:15-1:15 p.m. . . . . Tai Chi For Better  
Balance With Vanessa • **SCE**
- 1-4 p.m. . . . . Pickleball Play • Sign-up Required • **SCW**
- 1:30-2:30 p.m. . . . . Line Dancing With Barb • **SCE**
- 2:45-3:30 p.m. . . . Fundamentals Of Line Dancing • **SCE**
- 2:45-3:45 p.m. . . . . Tap Dancing

(Continued on page 12)

**Edward Jones**<sup>®</sup>

Member SIPC

## Merry Christmas



**Brad Buxton, AAMS™**  
Financial Advisor

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# Calendar of Events

## Tuesday, December 6

8 a.m.-4 p.m. . . . . Dominoes  
8:15-9 a.m. . . . . Strengthen & Tone • **SCE**  
9 a.m.-noon . . . . . Party Bridge • **SCE**  
9 a.m.-noon . . . . . Train Dominoes  
9:15-10:15 a.m. . . . . Soft Yoga • **SCE**  
9:30-10:15 a.m. . . . . **New** . . . . . Limited Exercise  
More Information On Page 3  
9:30 a.m.-12:30 p.m. . . . . Scrapbooking  
10-11:30 a.m. . . . . Beginning Guitar Lessons • **SCE**  
10:30-11:30 a.m. . . . . Limited Exercise  
11:30 a.m.-noon . . . . . Lunch  
11:45 a.m.-12:45 p.m. . . . . Tai Chi For Better  
Balance With Julie • **SCE**  
Noon-3 p.m. . . . . Canasta  
1-2 p.m. . . . . Line Dancing With Michelle • **SCE**  
1-3:30 p.m. . . . . Painting  
1-4 p.m. . . . . Pickleball Lessons • Sign-up Required • **SCW**  
2:15-3:30 p.m. . . . . Clogging Class • **SCE**

## Wednesday, December 7

8 a.m.-4 p.m. . . . . Dominoes  
8:15-9 a.m. . . . . Cardio Dance • **SCE**  
8:15-9:15 a.m. . . . . Core Strength Yoga  
9 a.m.-noon . . . . . Needle Crafting  
9:15-10:15 a.m. . . . . Chair Yoga  
10 a.m.-noon . . . . . Ukulele Jam  
10 a.m.-2 p.m. . . . . Quilting  
10:30-11:30 a.m. . . . . Canceled . . . . . Limited Exercise  
11:15 a.m. . . . . Holiday Concert  
More Information On Page 3  
11:30 a.m.-noon . . . . . Lunch  
12:15-1:15 p.m. . . . . Exercise 101  
12:30-3 p.m. . . . . Chess  
1-4 p.m. . . . . Mahjong • **SCE**  
1:30-2:30 p.m. . . . . Line Dancing With Barb • **SCE**  
1:30-4 p.m. . . . . Pickleball Play • Sign-up Required • **SCW**  
2:45-3:30 p.m. . . . . Fundamentals Of Line Dancing • **SCE**

## Thursday, December 8

8 a.m.-4 p.m. . . . . Dominoes  
8:15-9 a.m. . . . . Strengthen & Tone • **SCE**  
9 a.m.-noon . . . . . Train Dominoes  
9:15-10:15 a.m. . . . . Power Yoga • **SCE**  
9:30-10:15 a.m. . . . . **New** . . . . . Limited Exercise  
More Information On Page 3  
9:30-10:30 a.m. . . . . Guitar Jam • **SCE**  
9:30 a.m.-noon . . . . . Poker Tournament Practice

9:30 a.m.-noon . . . . . Creative Card Making  
10 a.m.-noon. . . . . Abstract Painting  
10:30-11:30 a.m. . . . . Limited Exercise  
11:30 a.m.-noon . . . . . Lunch  
12:30-2:30 p.m. . . . . Happy Hookers - Crochet  
12:30-3 p.m. . . . . Card Game Of The Day  
12:30-3 p.m. . . . . Party Bridge • **SCE**  
1-2 p.m. . . . . Fundamentals Of Line Dancing • **SCE**  
1-2 p.m. . . . . Simply Faith Class  
1-4 p.m. . . . . Pickleball Lessons • Sign-up Required • **SCW**

## Friday, December 9

8 a.m.-4 p.m. . . . . Dominoes  
9-10:15 a.m. . . . . Friday Fitness • **SCE**  
9:30-10:30 a.m. . . . . Singing Group  
10 a.m.-noon. . . . . Creative Writing  
10 a.m.-12:30 p.m. . . . . Individual Quilt Layout  
10:30-11:30 a.m. . . . . Canceled . . . . . Limited Exercise  
11:30 a.m.-noon . . . . . Lunch  
Noon To Conclusion . . . . . At The Movies  
"It's A Wonderful Life"  
Noon-3 p.m. . . . . Canasta  
12:15-1:15 p.m. . . . . Exercise 101  
1-3 p.m. . . . . Jingle & Mingle & A Little Bit Of Kringle  
More Information On The Front Cover  
1:30-4 p.m. . . . . Canceled . . . . . Pickleball Play • **SCW**

## Monday, December 12

8 a.m.-4 p.m. . . . . Dominoes  
8:15-9 a.m. . . . . Cardio Dance • **SCE**  
9 a.m.-noon . . . . . Party Bridge • **SCE**  
9 a.m.-12:30 p.m. . . . . Medicare Questions Answered  
9:15-10:15 a.m. . . . . Yin Yoga • **SCE**  
9:30-11 a.m. . . . . Bible Study • **SCE**  
9:30 a.m.-noon . . . . . Crafting  
10-10:30 a.m. . . . . **New** . . . . . Holiday Play  
More Information On Page 4  
11:30 a.m.-noon . . . . . Lunch  
12:15-1:15 p.m. . . . . Tai Chi For Better  
Balance With Vanessa • **SCE**  
1-4 p.m. . . . . Pickleball Play • Sign-up Required • **SCW**  
1:30-2:30 p.m. . . . . Line Dancing With Barb • **SCE**  
2:30-4 p.m. . . . . Canceled . . . . . Photography Group  
2:45-3:30 p.m. . . . . Canceled . . . . . Fund. Of Line Dancing • **SCE**  
2:45-3:45 p.m. . . . . Tap Dancing

# Calendar of Events

## Tuesday, December 13

8 a.m.-4 p.m. . . . . Dominoes  
8:15-9 a.m. . . . . Strengthen & Tone • SCE  
9 a.m. . . . . Fitness Machine Training • SCE  
9 a.m.-noon . . . . . Party Bridge • SCE  
9 a.m.-noon . . . . . Train Dominoes  
9:15-10:15 a.m. . . . . Soft Yoga • SCE  
9:30-10:15 a.m. . . . . **New** . . . . . Limited Exercise  
More Information On Page 3  
9:30 a.m.-12:30 p.m. . . . . Scrapbooking  
10-11:30 a.m. . . . . Beginning Guitar Lessons • SCE  
10:30-11:30 a.m. . . . . Limited Exercise  
11:30 a.m.-noon . . . . . Lunch  
11:45 a.m.-12:45 p.m. . . . . Tai Chi For Better  
Balance With Julie • SCE  
Noon-3 p.m. . . . . Canasta  
1-2 p.m. . . . . Line Dancing With Michelle • SCE  
1-3:30 p.m. . . . . Painting  
1-4 p.m. . . . . Pickleball Lessons • Sign-up Required • SCW  
2:15-3:30 p.m. . . . . Clogging Class • SCE

## Wednesday, December 14

8 a.m.-4 p.m. . . . . Dominoes  
8:15-9 a.m. . . . . Cardio Dance • SCE  
8:15-9:15 a.m. . . . . Core Strength Yoga  
9 a.m.-noon . . . . . Needle Crafting  
9:15-10:15 a.m. . . . . Chair Yoga  
10 a.m.-noon . . . . . Ukulele Jam  
10 a.m.-2 p.m. . . . . Quilting  
10:30-11:30 a.m. . . . . Limited Exercise  
11:30 a.m.-noon . . . . . Lunch  
12:15-1:15 p.m. . . . . Exercise 101  
1-2:30 p.m. . . . . Bunco  
12:30-3 p.m. . . . . Chess  
1-4 p.m. . . . . Mahjong • SCE  
1:30-2:30 p.m. . . . . Line Dancing With Barb • SCE  
1:30-4 p.m. . . . . Pickleball Play • Sign-up Required • SCW  
2:45-3:30 p.m. Canceled Fundamentals Of Line Dancing • SCE

## Thursday, December 15

8 a.m.-4 p.m. . . . . Dominoes  
8:15-9 a.m. . . . . Strengthen & Tone • SCE  
9 a.m.-conclusion . . . . . Pool Tournament  
9 a.m.- noon . . . . . Train Dominoes  
9:15-10:15 a.m. . . . . Power Yoga • SCE  
9:30-10:15 a.m. . . . . **New** . . . . . Limited Exercise  
More Information On Page 3  
9:30-10:30 a.m. . . . . Guitar Jam • SCE  
9:30-noon . . . . . Poker Tournament Practice  
9:30 a.m.-noon . . . . . Creative Card Making  
10 a.m.-noon . . . . . Abstract Painting  
10:30-11:30 a.m. . . . . Limited Exercise  
11:30 a.m.-noon . . . . . Lunch  
12:30-2:30 p.m. . . . . Happy Hookers - Crochet  
12:30-3 p.m. . . . . Card Game Of The Day  
12:30-3 p.m. . . . . Party Bridge • SCE

1-2 p.m. . . . . Fundamentals Of Line Dancing • SCE  
1-2 p.m. . . . . Simply Faith Class  
1-4 p.m. . . . . Pickleball Lessons • Sign-up Required • SWC

## Friday, December 16

8 a.m.-4 p.m. . . . . Dominoes  
9-10:15 a.m. . . . . Friday Fitness • SCE  
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  
10:30-11:30 a.m. . . . . Limited Exercise  
11:30 a.m.-noon . . . . . Lunch  
Noon-3 p.m. . . . . Canasta  
12:15-1:15 p.m. . . . . Exercise 101  
12:30 p.m. . . . . Singo  
1:30-4 p.m. . . . . Pickleball Play • Sign-up Required • SCW

## Monday, December 19

8 a.m.-4 p.m. . . . . Dominoes  
8:15-9 a.m. . . . . Cardio Dance • SCE  
9 a.m.-noon . . . . . Party Bridge • SCE  
9 a.m.-12:30 p.m. . . . . Medicare Questions Answered  
9:15-10:15 a.m. . . . . Yin Yoga • SCE  
9:30-11 a.m. . . . . Bible Study • SCE  
9:30 a.m.-noon . . . . . Crafting  
10-11 a.m. . . . . Circle Of Readers  
11:30 a.m.-noon . . . . . Lunch  
12:15-1:15 p.m. . . . . Tai Chi For Better  
Balance With Vanessa • SCE  
1-4 p.m. . . . . Pickleball Play • Sign-up Required • SCW  
1:30-2:30 p.m. . . . . Line Dancing With Barb • SCE  
2:45-3:30 p.m. . . . . Fundamentals Of Line Dancing • SCE  
2:45-3:45 p.m. . . . . Tap Dancing

## Tuesday, December 20

8 a.m.-4 p.m. . . . . Dominoes  
8:15-9 a.m. . . . . Strengthen & Tone • SCE  
9 a.m.-noon . . . . . Party Bridge • SCE  
9 a.m.-noon . . . . . Train Dominoes  
9:15-10:15 a.m. . . . . Soft Yoga • SCE  
9:30-10:15 a.m. . . . . **New** . . . . . Limited Exercise  
More Information On Page 3  
9:30 a.m.-12:30 p.m. . . . . Scrapbooking  
10-11:30 a.m. . . . . Beginning Guitar Lessons • SCE  
10:30-11:30 a.m. . . . . Limited Exercise  
11:30 a.m.-noon . . . . . Lunch  
11:45 a.m.-12:45 p.m. . . . . Tai Chi For Better  
Balance With Julie • SCE  
Noon-3 p.m. . . . . Canasta  
1-2 p.m. . . . . Line Dancing With Michelle • SCE  
1-3:30 p.m. . . . . Painting  
1-4 p.m. . . . . Pickleball Lessons - Sign-up Required • SCW  
2:15-3:30 p.m. . . . . Clogging Class • SCE  
3:30 p.m.-Conclusion . . . . . Board Of Directors

(Continued on page 14)

# Calendar of Events

## Wednesday, December 21

8 a.m.-4 p.m. . . . . Dominoes  
 8:15-9 a.m. . . . . Cardio Dance • **SCE**  
 8:15-9:15 a.m. . . . . Core Strength Yoga  
 9 a.m.-noon . . . . . Needle Crafting  
 9:15-10:15 a.m. . . . . Chair Yoga  
 10 a.m.-noon . . . . . Ukulele Jam  
 10 a.m.-2 p.m. . . . . Quilting  
 10:30-11:30 a.m. . . . . Limited Exercise  
 11:30 a.m.-noon . . . . . Lunch  
 12:15-1:15 p.m. . . . . Exercise 101  
 12:30-3 p.m. . . . . Chess  
 1-4 p.m. . . . . Mahjong • **SCE**  
 1:30-4 p.m. . . . . Pickleball Play • Sign-up Required • **SCW**  
 1:30-2:30 p.m. . . . . Line Dancing With Barb • **SCE**  
 2:45-3:30 p.m. . . . . Fundamentals Of Line Dancing • **SCE**

## Thursday, December 22

8 a.m.-4 p.m. . . . . Dominoes  
 8:15-9 a.m. . . . . Strengthen & Tone • **SCE**  
 8:15-9:15 a.m. . . . . Core Strength Yoga  
 9 a.m.-noon . . . . . Train Dominoes  
 9:15-10:15 a.m. . . . . Power Yoga • **SCE**  
 9:30-10:15 a.m. **New** . . . . . Limited Exercise  
 More Information On Page 3  
 9:30-10:30 a.m. . . . . Guitar Jam • **SCE**  
 9:30 a.m.-noon . . . . . Poker Tournament Practice  
 9:30 a.m.-noon . . . . . Canceled . . . . . Creative Card Making  
 10 a.m.-noon . . . . . Abstract Painting  
 10:30-11:30 a.m. . . . . Limited Exercise  
 11:30 a.m.-noon . . . . . Lunch  
 12:30-2:30 p.m. . . . . Happy Hookers - Crochet  
 12:30-3 p.m. . . . . Card Game Of The Day  
 12:30-3 p.m. . . . . Party Bridge • **SCE**  
 1-2 p.m. . . . . Fundamentals Of Line Dancing • **SCE**  
 1-2 p.m. . . . . Simply Faith Class  
 1-4 p.m. . . . . Pickleball Lessons • Sign-up Required • **SCW**

**The Center is closed for the Christmas holiday,  
 Friday, Dec. 23 and Monday, Dec. 26.**

## Tuesday, December 27

8 a.m.-4 p.m. . . . . Dominoes  
 8:15-9 a.m. . . . . Strengthen & Tone • **SCE**  
 9 a.m.-noon . . . . . Party Bridge • **SCE**  
 9 a.m.-noon . . . . . Train Dominoes  
 9:15-10:15 a.m. . . . . Soft Yoga • **SCE**  
 9:30-10:15 a.m. **New** . . . . . Limited Exercise  
 More Information On Page 3  
 9:30 a.m.-12:30 p.m. . . . . Scrapbooking  
 10-11:30 a.m. . . . . Beginning Guitar Lessons • **SCE**  
 10:30-11:30 a.m. . . . . Limited Exercise  
 11:30 a.m.-noon . . . . . Lunch  
 11:45 a.m.-12:45 p.m. . . . . Tai Chi For Better  
 Balance With Julie • **SCE**

Noon-3 p.m. . . . . Canasta  
 1-2 p.m. . . . . Canceled . . . . . Line Dancing With Michelle • **SCE**  
 1-2:30 p.m. . . . . Pickleball Lessons  
 1-3:30 p.m. . . . . Painting  
 2:15-3:30 p.m. . . . . Clogging Class • **SCE**

## Wednesday, December 28

8 a.m.-4 p.m. . . . . Dominoes  
 8:15-9 a.m. . . . . Cardio Dance • **SCE**  
 8:15-9:15 a.m. . . . . Core Strength Yoga  
 9 a.m.-noon . . . . . Needle Crafting  
 9:15-10:15 a.m. . . . . Chair Yoga  
 10 a.m.-noon . . . . . Ukulele Jam  
 10 a.m.-2 p.m. . . . . Quilting  
 10:30-11:30 a.m. . . . . Limited Exercise  
 11:30 a.m.-noon . . . . . Lunch  
 12:15-1:15 p.m. . . . . Exercise 101  
 12:30-3 p.m. . . . . Chess  
 1-4 p.m. . . . . Mahjong • **SCE**  
 1:30-2:30 p.m. . . . . Line Dancing With Barb • **SCE**  
 1:30-4 p.m. . . . . Pickleball Play • Sign-up Required • **SCW**  
 2:45-3:30 p.m. . . . . Fundamentals Of Line Dancing • **SCE**

## Thursday, December 29

8 a.m.-4 p.m. . . . . Dominoes  
 8:15-9 a.m. . . . . Strengthen & Tone • **SCE**  
 8:15-9:15 a.m. . . . . Core Strength Yoga  
 9 a.m.-noon . . . . . Train Dominoes  
 9:15-10:15 a.m. . . . . Power Yoga • **SCE**  
 9:30-10:15 a.m. **New** . . . . . Limited Exercise  
 More Information On Page 3  
 9:30-10:30 a.m. . . . . Guitar Jam • **SCE**  
 9:30 a.m.-noon . . . . . Poker Tournament Practice  
 9:30 a.m.-noon . . . . . Creative Card Making  
 10 a.m.-noon . . . . . Abstract Painting  
 10:30-11:30 a.m. . . . . Limited Exercise  
 11:30 a.m.-noon . . . . . Lunch  
 12:30-2:30 p.m. . . . . Happy Hookers - Crochet  
 12:30-3 p.m. . . . . Card Game Of The Day  
 12:30-3 p.m. . . . . Party Bridge • **SCE**  
 1-2 p.m. . . . . Canceled Fundamentals Of Line Dancing • **SCE**  
 1-2 p.m. . . . . Simply Faith Class  
 1-4 p.m. . . . . Pickleball Lessons • Sign-up Required • **SCW**

## Friday, December 30

8 a.m.-4 p.m. . . . . Dominoes  
 9-10:15 a.m. . . . . Friday Fitness • **SCE**  
 9:30-10:30 a.m. . . . . Singing Group  
 10 a.m.-noon . . . . . Creative Writing  
 10 a.m.-12:30 p.m. . . . . Individual Quilt Layout  
 10:30-11:30 a.m. . . . . Limited Exercise  
 11:30 a.m.-noon . . . . . Lunch  
 Noon-3 p.m. . . . . Canasta  
 12:15-1:15 p.m. . . . . Exercise 101  
 1:30-4 p.m. . . . . Pickleball Play • Sign-up Required • **SCW**

## Support

### Alzheimer's Support Group - First and Third Friday

**10 a.m. to noon - SC East in the Presentation/Theater Room**

The Alzheimer's Support Group gives caregivers the opportunity to share stories, seek advice and have others listen to them on a regular basis. Talking with others helps caregivers deal with stress. The group provides the assistance and reassurance caregivers need to manage stress and take time for their own much-needed care. Information regarding community resources on Alzheimer's education and other programs are also available to help ease caregivers' workload.

## Musical Notes

### Singing Group - Friday

**9:30 a.m. to 10:30 a.m. - SC West in Lounge**

Walk into the Senior Center any given Friday morning, and the sound of music and song rings through the halls. The men and women who participate look forward to coming each week to sing hymns and gospel music. Several members who are talented pianists provide accompaniment.

### Beginning Guitar Lessons - Tuesday

**10 a.m. to 11:30 a.m. - SC East in the Presentation/Theater Room**

Is learning 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? This workshop is designed to teach the basics and offer instruction for those who are learning. One-on-one instruction is available.

### Guitar Jam - Thursday

**9:30 a.m. to 11 a.m.**



**SC East - in Presentation/Theater Room**

If you have a passion for playing the guitar, this group is perfect for you. This laid-back group is a great place to practice your skills, learn new songs and sing to a melody with old and new friends.

### Ukulele Jam - Wednesday

**10 a.m. to noon - SC West in Activity Room 3**

A ukulele is a four-stringed instrument, and it's shaped like a little classical guitar. Don't let the size fool you. This instrument produces soft, joyful music that is fun to play. The ukulele is the easiest stringed instrument to play. By learning four or five chords, you will have multiple songs for your repertoire!

## Creative Pursuits

### Creative Card Making - Thursday

**9:30 a.m. to noon - SC West in Activity Room 1**

Handcrafting a beautiful, unique card for someone special is the focus of this class. Whether you're crafty or not, this class will give you the opportunity to learn how to make a special card each week. You will also share time with others



who love making cards. All the materials and guidance to handcraft each beautiful card is available at the Center.

### Crafting - Monday

**9:30 a.m. to noon - SC West in Activity Room 2**

This class puts unique pieces together, creating one-of-a-kind projects. Many of the supplies are donated to the center. Others are made from recycled materials. The activity leaders bring their own artistic experiences and styles making each class interesting, unique and dynamic.

### Painting - Tuesday

**1 p.m. to 4 p.m. - SC West in Activity Room 2**

Whether you've never held a brush before or have been painting for years, this group offers an opportunity to learn and grow as an artist. This group creates beautiful works of art and award-winning artists. Come and observe the class and discover if painting is an art you would like to pursue.

### Abstract Painting - Thursday

**10 a.m. to noon - SC West in Activity Room 2**

You will be exposed to many types of abstract art in this class. There are numerous

*(Continued on page 17)*



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forms of abstract painting, including acrylic pours, watercolor and colored pencil. Palette knife painting also will be discussed. Whether the movement is vertical or



horizontal, the palette knife produces images of reality. You may already have the supplies needed for this class but they are also easily found at Hobby Lobby, Michaels, Target or Walmart. Please contact Ralph at artists2020-great@gmail.com if you have additional questions. Supplies to bring

include student grade acrylic paint in tubes or bottles, Flood Floetrol (medium mix available at Home Depot in the paint section), rubber gloves, craft sticks for stirring, small painter's tape on a roll, paper towels, three-pack canvas, small plastic or paper cups to mix paint and acrylic or watercolor brushes.

## Quilting - Wednesday

**10 a.m. to 2 p.m. - SC West in Activity Room 2**

This group handcrafts beautiful, handmade quilts of all sizes. They piece together cotton cloth and put detail, love and care into every blanket they make. The group gives their blankets to local nonprofits and hospices around Oklahoma.

## Individual Quilt Layout

**Friday - 10 a.m. to 12:30 p.m. - SC West in Activity Room 1**

The day, time and space are set aside for individuals to work on quilts. Spacious tables offer the perfect space to spread out a quilt to block, pin and sew.

## "Happy Hookers" Crochet - Thursday

**12:30 p.m. to 2:30 p.m. - SC West in Activity Room 3**

It has been said that crocheting is both relaxing and rewarding. Members of the group enjoy their craft but also help those in need in our community. The group provides lap-ghans (lap-sized afghans) and shawls to various hospice organizations. Baby blankets and various sizes of

hats are handcrafted to donate to organizations that also help those in need. Their most heartfelt efforts provide angel wraps for stillborn infants. Yarn is provided for this community outreach effort.

## Photography Group - second and fourth Monday 2:30 p.m. to 4 p.m. - SC West in the Conference Room

"A picture is worth a thousand words." We've all taken photographs that are meaningful and beautiful and even memorable. But if you ever felt that with a little bit of knowledge you could improve your photographs or editing skills, then the Senior Center's photography class is worth looking into. The goal of the group is all about improving the result of your photographic endeavors, no matter your skill level.

## Scrapbooking - Tuesday

**9:30 a.m. to 12:30 p.m. - SC West in Activity Room 1**

Scrapbooking is all about creating memories and lifelines for your family to hold onto for generations. It is about telling a story – your story – with photos and mementos. This unique crafting class will be for those who want to learn how to scrapbook and for those who enjoy scrapbooking already and love to share creativity with others. If your photos are gathering dust in shoe boxes and you would like to create a keepsake for years to come, the Center's scrapbooking group will be for you. Many of the materials needed to scrapbook are already available at the Center.

## Needle Crafting - Wednesday

**9 a.m. to noon - SC West in Activity Room 1**

Handcrafting items with any kind of needle will be the focus of the Needle Crafting group at the Center. If you knit, crochet, cross-stitch, hand sew, needle-point or create jewelry with a needle and beads, you can enjoy the



time with others who share your creative passion. Laughter, conversation and, often, small group therapy will all be a part of the creative, social mix. *(Continued on page 18)*

**Fun And Games**

**Pool Room - Monday thru Friday**

**8 a.m. to 4 p.m. - SC West in the Pool Room**

One of the most popular rooms at the Center, the pool room boasts six well-maintained regulation pool tables. Both men and women test their skill and eye-hand coordination in friendly games throughout each day. Cues and chalk are available, or you are welcome to bring your own. Check out the laid-back atmosphere, conversation and camaraderie shared by those who revel in playing pool. Look for the pool tournament, which is a day-long event complete with a breakfast, on the third Thursday of each month.

**Puzzle Tables - Monday thru Friday**

**8 a.m. to 4 p.m. - SC West and SC East**

Do you love the challenge of a good jigsaw puzzle? Do you revel in having that sense of accomplishment when putting the last few pieces together? The Center's puzzle table always has multiple puzzles available in various

stages of completion. Work your brain and enjoy the challenge of a good puzzle in addition to the conversation with others who delight in puzzling! Once completed, puzzles are on display for all to enjoy until the next puzzle is started.

**Dominoes - Monday thru Friday**

**8 a.m. to 4 p.m. - SC West in the Domino, Card and Game Room**



Dominoes is a classic game that is fun, challenging and provides the opportunity to spend time with others. This memory game is

one of the most exciting activities of all time, and playing provides many health benefits. Domino players reap the mental benefits of thinking strategically and honing critical thinking skills. It's also a social game. Currently, dominoes tends to be a

*(Continued on page 19)*

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# Add To The Quality Of Your Life

Continued From Page 18

morning activity at the Center, but there is always space to play anytime throughout the day.

## Card Game of the Day - Thursday - 12:30 to 3 p.m. - SC West in the Domino, Card and Game Room

There's nothing like a good card game. The Card Game of the Day had a grass-roots beginning in January, with members gathering on their own to play cards. Now the activity is officially on the schedule to invite all to enjoy – and enjoy they do. This lively group is currently playing the game blind luck, but any easy-to-learn card game is on tap. Skipbo, Pitch and Uno could be played as well. So come with an open mind and be ready to laugh and truly enjoy the company of others in some lighthearted competition.

## Games - Monday thru Friday

### 8 a.m. to 4 p.m. - SC West and SC East

Yahtzee, Rummikub, Uno, Scrabble, Sequence, Skipbo, mahjong, cards, checkers and more. Multiple types of games are always available to play throughout the day. Playing games with others always brings about laughter and conversation. It's also a great stress relief and breaks up the monotony of the day. Grab a few friends and pull up a chair and play a game at the Center. Various games are located in the cabinet in the Domino, Card and Game room.

## Party Bridge - Monday and Tuesday

### 9 a.m. to noon

### Thursday - 12:30 p.m. to 3 p.m.

### SC East in the Game Room

One of the most entertaining and beloved card games



of all time, bridge is the perfect game for all seasons. Playing bridge is not only fun but also challenging and helps keep brains sharp and social skills in-

tact. Party Bridge is not as competitive as duplicate bridge but still offers a cognitive challenge. If you want to learn how to play bridge or want to brush up on your bridge skills, come and watch a few games. You will be ready to join in and play bridge in no time.

## Train Dominoes - Tuesday and Thursday

### 9 a.m. to noon - SC West in Activity Room 3

The train dominoes group is so much more than a group of people meeting to play dominoes. The group offers a magi-

cal mixture of friends, acquaintances and even family members who enjoy spending several hours together a couple times



a week. The object of the game is quite simple: Play until you have no dominoes remaining. Train dominoes is a different game than regular dominoes. A "train/centerpiece" is used to start the game for each player. The game is competitive but easy to learn and play. *(Continued on page 21)*



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## **Singo - A Different Spin on the Game of Bingo** **Third Friday - 1 p.m. to 2:30 p.m. - Heritage Hall**

If you love listening to oldies popular music and can identify song titles, you are already a winner! Archwell Health is the sponsor for this new bingo-like game! Each player receives a Singo card printed with the titles of popular songs. While Singo randomly plays song clips of “the good parts,” players sing along and mark matching song titles on their cards. Join in on the fun and laughter while bebopping to your favorite tunes! And yes – there are prizes!

## **Canasta - Tuesday and Friday** **Noon to 4 p.m. - Activity Room 3**

Canasta is a card game offering an exciting mix of strategy, luck and skill. Canasta appeals to card players of all skill levels. Canasta players at the Center enjoy the competition of playing along with lively conversation and laughter around each table. New players are always welcome to join in on the fun.



## **Poker Tournament Practice - Thursday** **9:30 a.m. to noon - SC West in the Conference Room**

Have you always wanted to learn how to play poker? Are you already adept at the game and the poker face? Check out the Center’s Poker Tournament Practice. In poker, the cards themselves are almost less important than the ability to read peoples’ reactions, strategize and bluff your way to victory. Chips and bragging rights, not money, are at stake at the Center’s poker tables. Poker Tournament Practice offers Texas Hold ’em fun and competition, complete with laughter and conversation.



## **BUNCO - Second Wednesday** **1 p.m. to 3 p.m. - SC West in the Conference Room**

Lively and fun for those not familiar with the game, BUNCO requires all luck, no skill and is very easy to learn. Players roll five dice, keeping track of the number of ones, twos, threes and so on that are rolled progressive-

ly. What is a BUNCO? A BUNCO occurs when a player rolls and the end result is the same number on all five die. A few more rules apply, but the game is easy enough to learn and still enjoy laughter and conversation.

## **Mahjong (learn and play) - Wednesday** **1 p.m. to 4 p.m. - SC East in the Game Room**

The charming, competitive game of mahjong has similarities with rummy. The game is played with engraved tiles, usually with four players. The mahjong set includes a pair of dice, a quantity of tokens or chips used for scorekeeping and a rack used to keep the tiles upright. The object of play is to obtain sets of tiles. The strategy of mahjong, like that of rummy, is both offensive and defensive: to complete a winning hand as quickly as possible, to block other players by not discarding tiles useful to them and to build a high-scoring hand. Playing mahjong helps keep the mind sharp as you spend time with others.

## **Chess (learn and play) - Wednesday** **12:30 p.m. to 4 p.m. - SC West in Activity Room 1**

Do you love the mental challenge of playing a worthy opponent in a competitive game? Has it been a while since you played chess and would enjoy taking up the game again? Have you always wanted to learn how to play chess? The Center is now offering a time for chess players and those who want to learn the game to meet and compete with others. When playing chess, players must analyze logically and think critically for an optimum solution. Although there are six types of chess pieces, the movement pattern of chess is unique. Remembering the movement boosts cognitive memory. Playing chess can help people be conscious, intelligent and stay healthy in mind in addition to relieving anxiety and stress.

## **Movie & Popcorn - Second and Fourth Friday** **noon until conclusion - SC West in the Lounge**

Love a good movie? Movies are most enjoyable when we watch our favorites with other people while laughing and even crying. If you own a movie you would like to share with the Center, let us know. Look for movies that are scheduled to play each month in the newsletter.

Look for information regarding one-time presentations and short-term workshops in the monthly Silver Notes publication.



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# An Ethical Will: Passing On Your Wisdom And Experience To The Next Generation



**By Brittany Littleton**

You have a great deal to share with your loved ones, regardless of how much money you may have to leave to your heirs. Each of us accumulates a wealth of knowledge, experiences and values during our lifetime. An ethical will is a great way to pass on your unique wisdom.

An ethical will is not a legally binding document. It is simply a letter – or even a video – in which you communicate values, sentiments or life lessons that you would like to share with your loved ones.

## What Might An Ethical Will Include?

- ✓ Expressions of love and gratitude;
- ✓ Beliefs and truths that have guided you;
- ✓ Life lessons learned during difficult circumstances;
- ✓ Apologies for times in your life when you feel you might have hurt others;
- ✓ Stories and traditions that you would like preserved for future generations;
- ✓ An explanation of why your property and money are divided up in a certain way;
- ✓ Blessings, hopes and dreams for your children and loved ones.

## What It Probably Shouldn't Include

Skip the judgments and criticism and instead focus on leaving a sweet legacy of loving words for your family. Think about the impact you hope the document will have and how you want to be remembered when you are gone.

## How To Write An Ethical Will

You do not need to be an accomplished author to write your ethical will. Focus on conveying heartfelt thoughts that you'd like to share as part of your legacy. It doesn't have to be written in one sitting – you can add to it and revise it over time or even write it in a journal format over the course of many years.

## When And How Should It Be Shared?

Many people find that the process of drafting their ethical will helps them convey deep feelings or difficult-

to-express thoughts. If you find that your ethical will brings up things you'd like to discuss with your family, feel free to share it with them during your lifetime. It may draw you closer together. If you decide to share it with your family after you die, it should be kept with your legal papers and other estate planning documents. If you used an attorney to prepare an estate plan, ask him or her to retain a copy.

Your ethical will is a powerful process for you now and an inspiration and encouragement for your loved ones to cherish long after you're gone.

*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 work collaboratively to strategize and advocate on their behalf.*

*A Signature Partner with BA Seniors, Littleton will write 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.*

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From all of us at Integrity Insurance Group, Thank you.

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