



**BROKEN
ARROW
SENIORS**

Silver Notes

The Official Newsletter of Broken Arrow Seniors, Inc.

January 2024 Vol. 34, No. 1

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

www.baseniors.org

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S.E.A.T.



Tai Chi for Balance



Limited Exercise

New Year New You! Take That First Step!

As the calendar flips to a new date, you might be making a new year's resolutions to be more active. Or maybe your doctor says you need to exercise, lose weight, or get your BP or A1C under control. Whatever our reasons to be more active, the odds are the promises we make to ourselves are familiar year after year. There's that pesky gap between what we say and what we do.

Coming to the BA Senior Center can be the key and the answer to a lack motivation to exercise. Take the hardest step first. Come to the Center! You'll discover amazing ways to be more active and in no time you will be fulfilling your fitness resolution! No matter your fitness level, strength, or steadiness, the BA Senior Center has a fitness offering to meet your needs!

If you take part in activities already, take the opportunity to discover a fitness class 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 exercise offering that piques your interest. The BA Senior Center is the best place to take a chance and step out and be more active. There's a bonus too! You'll be spending time with other older adults who are just like you! Suddenly you'll discover that you are adding to the quality of your life overall!

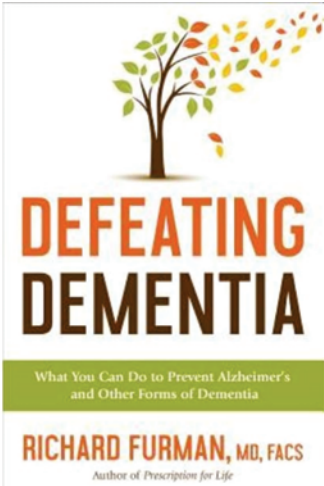
New Year, New You! More information beginning on page 3

Activity Update

Engage and Stay Active!

New Programming

Health & Wellness Book Club – “Be Well Read”



Be Well Read, the new health and wellness book club, will be meeting on Wednesday, January 17 at 10 a.m. in the Game Room of Senior Center East. The group plans to meet monthly.

A discussion of “Drop Dead Healthy”, a journey by author A. J. Jacobs to attain maximal health from head to toe will be discussed in January. “Defeating Dementia” will be the book topic discussion during the

group's February 21 meeting. “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.

No One Has a Life Handbook - Aging Smart Expert Panel to Answer Important Questions

Wouldn't it be great if life came with a handbook?

Although none of us have a handbook offering step-by-step directions in life, there are resources to tap into when we have questions. An upcoming Aging Smart panel discussion will offer exactly that - answers to important questions we all ask as we grow older.

On Wednesday, January 31 at 1 p.m., a panel featuring senior-focused professionals will discuss important and relevant topics and answer your questions. Panelists will include a financial planner, life care coordinator, elder law and estate planning attorney, palliative nurse practitioner, funeral home director and geriatrician.

Sign up today and discover essential insights regarding aging and gain guidance for your life! The panel discussion will be held in the meeting/presentation room of Senior Center East. Signup 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.

Balanced. Keep It That Way!

Balance. We want to keep it. But how? Hyland Physical Therapy will bring their knowledge and expertise to help members understand the reason behind the importance of targeting specific muscle groups to keep and maintain balance to prevent falls. A balance workshop will be held on Thursday, January 25 in the Meeting/Presentation Room of Senior Center East at 1 p.m.

Researchers have found that balance begins to decline in midlife, starting at about the age of 50. Certain muscle groups if neglected as we age make us more susceptible to balance issues. The earlier you learn to maintain the strength of these muscle groups the more likely you can prevent the risk of falling.

This session will explore the value and the how-to of core strengthening. The workshop will be both educational and

interactive. Exercises will be discussed and strengthening routines practiced providing hands-on understanding of muscle maintenance and stabilization. Beth Stepien, the Center's certified Core Yoga instructor will join Dr. Hyland providing her expertise in core



strengthening.

Wear comfortable clothing and bring a yoga mat if you have one. Plan to spend some time on the floor as well as seated and standing. Even if you can't get to the floor, plan to attend to learn ways to strengthen your body to prevent a fall!

Reducing the risk of falls should be a priority in your life today! Plan on attending! Signup 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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Activity Update

Engage and Stay Active!

New Year, New You Fitness Class Descriptions

Strengthen & Tone · Tuesdays & Thursdays · 8:15 – 9:15 a.m. · SCE

Designed specifically for seniors, Strengthen & Tone is for both men and women, to 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. Exercise modifications are provided.

All are welcome regardless of your level of flexibility.

Bonus! Feeling physically strong also promotes mental

and emotional health. Linn Hostetler, the Strengthen & Tone leader, is a certified Active Aging instructor.

Cardio Exercise · Mondays & Wednesdays · 8:15 – 9:15 a.m. · SCE

Cardio Exercise offers easy-to-follow choreography that focuses on balance, range of motion and coordination. 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 including maintaining blood pressure levels. You'll also burn calories while having fun. Several level options are shown for beginners and those that are more agile. All are welcome regardless of your activity level.

Cardio Drumming · Thursdays · 3 – 4 p.m. & Fridays · 8:15 – 9 a.m. · SCE

There's a reason to start beating your own drum! Cardio Drumming is comparatively easier than other classic cardio forms. It involves the movement of your entire body to the music rhythm. This workout can give you all the benefits of classic cardio but with the added aspect of fun! Cardio Drumming can improve the capacity of your heart to pump blood through your veins delivering increased oxygen in your blood offering increased energy levels. Your endurance will improve along with building stronger muscles and bones. Weight loss is also a benefit for those who continue drumming. Because drumming is so much fun, you are more likely to stick with this form of exercise and not give in to fatigue.

Drum to Exercise · Mondays · 9:15 – 10:15 a.m. & Thursdays · 12:15 – 1 p.m. · SCW

Drum to Exercise is an option for those who are looking for a low impact activity that is fun and gets the heart pumping! No matter your current activity level or ability, there is much to gain from drumming. The benefits are many including reducing tension, anxiety, depression, and stress. Drumming also improves joint mobility, posture, and motor skills in addition to a workout for the heart. Drumming is also fun!



Friday Fitness · Fridays · 9:15 – 10:15 a.m. · SCE

The Friday Fitness class provides guided body strengthening for your entire body from your hands to your toes! The class starts with “move & lube” warm up focusing on slow intentional movements to prepare. Hand weights, balls and body weight resistance are used to strengthen the upper and lower body. The class is led standing and while seated. Lean muscle mass naturally decreases with age and is replaced by fat. Even light weight training can help you reverse the trend — at any age.

Tai Chi for Better Balance · Mondays · 12:15 – 1:15 p.m. & Tuesdays · 11:45 a.m. – 12:45 p.m. · SCE

Tai chi is a series of gentle physical exercises and stretches. Each posture flows into the next without pause, 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. Tai chi is sometimes described as meditation in motion because it promotes serenity through gentle movements — connecting the mind and body.

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Activity Update

Engage and Stay Active!

Continued from Page 3

Yin Yoga · Mondays · 9:15 – 10:15 a.m. · SCE

Yin yoga targets your deep connective tissues, like your fascia, ligaments, joints, and bones. The pace is slow and meditative, giving you space to turn inward and tune into both your mind and body. Yin yoga 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. The benefits of Yin Yoga are that it 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 Renfro, a certified yoga instructor.

Soft Yoga · Tuesdays · 9:15 – 10:15 a.m. · SCE

Soft yoga is a style of yoga that is far less strenuous than other forms. Soft yoga is especially helpful for seniors who are simply looking for a more relaxed workout. This practice can also be beneficial to those who already are quite fit but who lack the overall flexibility to be able to do some of the more intense yoga poses. Soft yoga is also a good place to start if you are interested in exploring yoga as a form of exercise. Soft Yoga is led by Lindsey Renfro, a certified yoga instructor.

Core Strength Yoga · Wednesdays · 8:15 – 9 a.m. · SCW

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

Chair Yoga · Wednesdays · 9:15 – 10:15 a.m. · SCW

Chair Yoga is practiced sitting in a chair or standing, using a chair for support. It is especially beneficial if you have limited mobility. Yoga is an excellent way for older adults to loosen and stretch painful muscles, reduce stress and improve circulation. It also reduces anxiety, helps lower blood pressure, protects joints and builds strength and balance. The main benefits of chair yoga for seniors include improved flexibility, better concentration, increased strength, and reduced joint strain. Chair Yoga is led by Lindsey Refroe, a certified yoga instructor.

Power Yoga · Thursdays · 9:15 – 10:15 a.m. · SCE

Power yoga is a fitness-based yoga practice which offers you ultimate fitness benefits including increasing overall 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. Power Yoga is a great way to keep fit and active. Power yoga can keep you essentially fit – both physically and mentally. The Center's Power Yoga class is designed specifically for seniors and is led by Lindsey Renfro, a certified yoga instructor.

Line Dancing

Seniors that line dance enjoy benefits to their 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.



Line dancing also fosters the happiness that results from the social connection of friendships made while line dancing and the increase in

self-confidence from gaining mastery over dancing.

There are multiple opportunities to boogie to the beat in the Center's line dancing classes! Each instructor leads their class differently. Get to know the leaders and others in the class and invest the time to learn and reap the many benefits of line dancing!

Continued on page 5



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Activity Update

Engage and Stay Active!

Continued from Page 4

Line Dancing with Michelle · Tuesdays · 1 – 2 p.m. · SCE

If you have line danced before and are familiar with the basic line dancing steps, Line Dancing with Michelle is the place to get your groove on and enjoy the music while being active!

Line Dancing with Barb · Mondays & Wednesdays · 1:30 – 3 p.m. · SCE

Line Dancing with Barb is an intermediate to advanced class for those that are already familiar with more advanced line dancing steps and turns. Enjoy a full hour and a half of line dancing fun!

Line Dancing with Eugenia · Wednesdays · 10 – 11:30 a.m. & Fridays · 10:30 – 11:45 a.m. · SCE

Jazz box, rocking chair, vine step. If these terms speak to you, then you probably know the basic steps in line dancing. Consider honing your beginning line dancing skills in Line Dancing with Eugenia. Line dance instruction offered on Wednesday is the same on Friday providing a line dance review. Feedback from participants guide instruction.

Fundamentals of Line Dancing with Michelle · Thursdays · 1 – 2:30 p.m. · SCE

If you have never line danced but want to learn, Fundamentals of Line Dancing is the class for you! This class will guide you in the basics of line dancing terms, steps, turns and music. In no time you will gain the confidence you need to hit the floor dancing at the next event you attend and in other Center line dancing classes.

Beginning Tap Dancing · Mondays · 2:45 – 3:30 p.m. · SCW

If you remember taking tap dancing lessons when you were a child and miss that glorious tapping sound, then this class is for you! Or maybe you always want to learn how to tap dance. You may be looking for another fun and exciting way to stay active. Tap dancing is great exercise and helps stimulate your brain activity and creativity. Tap is not just about moving, but about articulating sound and that feels good! If you have questions about tap, please contact Connie Strimple, tap activity leader at okcsd@aol.com.



Continued on page 7

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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Activity Update

Engage and Stay Active!

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Intermediate Tap Dancing · Mondays · 1 – 2:30 p.m. · SCE

Dust off your tap shoes! Tap is a full body workout that improves balance and posture and exercises the mind. The Center's intermediate tap-dancing class will provide instruction on steps with the concept of learning a choreographed dance. Don't have tap shoes any longer? They can come later. If you have questions about tap, please contact Connie Strimple, tap activity leader at okcsd@aol.com.

Clogging · Tuesdays · 2:15 – 3:30 p.m. · SCE

It is possible to exercise and have the best time ever?! Clogging offers a unique and fun way to stay active and form friendships while you're doing it! The Clogging Class offers the opportunity to learn basic clogging steps that will lead to easy routines. The first 15 minutes of each class will offer a review of the basic steps. Designed for anyone and everyone, participation does not require previous dance experience. Wear or bring smooth soled shoes such as smooth tennis shoes. Grab a friend and come join us for the best time ever clogging!

Limited Exercise · Mondays, Wednesdays & Fridays · 10:30 – 11:30 a.m. · Tuesdays & Thursdays · 9:30 – 10:30 a.m. & 10:30 – 11:30 a.m. · SCW

Sponsored by Archwell Health

Don't let the word "Limited" next to the word "Exercise" mislead you! "Limited" may help describe the method but it does not describe the number of benefits received by members that attend this popular class.

The purpose of 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 prevent falls and injury. Much of the class is led while seated or using a chair to maintain balance.



Zumba® · Mondays, Wednesdays & Fridays · 3:15 – 4 p.m. · SCE

Zumba® burns calories, improves heart health, and reduces stress. But this exercise

offers older adults even more! Zumba® has been called exercise in disguise—and for good reason. It's fun and you'll stick with it! "I can't dance" becomes "That was fun! Let's do it again!" Dance to the beat of Latin-inspired tunes while sneaking in both low and high-intensity moves. Zumba® is the perfect fitness class for older adults. It protects your joints and muscles while raising your heart rate and while improving your balance, posture, and coordination. Zumba® also keeps your brain active and focused. Susan Zerr, a certified Zumba® instructor, leads each Basic Zumba® class.

S.E.A.T. - Supported Exercise for Ageless Training · Wednesdays · 9 – 10 a.m. · SCE

Sponsored by Bixby-South Tulsa Funeral Service &
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S.E.A.T. is an award-winning exercise program that strengthens the body and mind, while improving balance and flexibility through functional fitness to get the most out of life. If you're looking for

a low impact yet engaging full body workout, check out S.E.A.T.! You'll receive help with muscular endurance, joint stability, flexibility, and balance. This chair-based exercise program offers a full body, low-impact workout with options to suit the needs of men and women with a range of abilities and skills. Linn Hostetler, a certified S.E.A.T. instructor, leads the class.

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Activity Update

Engage and Stay Active!

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Exercise 101 – Wednesdays & Fridays · 12 :15 – 1 :15 p.m. · SCW

Exercise 101 offers a full body workout for both 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 also 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. Come and enjoy being active with others and begin that pathway to a better, healthier you!

Pickleball Lessons – Tuesdays · 1 – 4 p.m. · SCW

Pickleball Open Play – Mondays · 12:15 – 4 p.m. · Wednesdays & Fridays · 1:30 – 4 p.m. · Thursdays 1:15 – 4 p.m. · SCW

Sponsored by Medicare Prepare®

One of the fastest growing sports throughout the country for older adults is the game of pickleball. This fun, social and active game resembles a combination of tennis, badminton, and ping-pong. Pickleball is an all-age sport which includes all skill levels and is a great way for older adults to stay active and healthy.

Pickleball is a low-impact sport that is easy on the joints, making it an ideal activity for older adults who may be suffering from arthritis or other age-related conditions. The benefits of playing pickleball 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. A pickleball tournament is held monthly.



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A New Year's Resolution You Can Keep

By **Brittany Littleton**

If you've already busted your New Year's resolutions, you still have time to commit to something achievable that will bring real benefit to your life. If you have been reading my column, you may have already correctly guessed that I am talking about estate planning.



If this is the year you resolve to finally get your affairs in order, find motivation in knowing that you won't only benefit now but also for the rest of your life and even the afterlife. A thoughtfully created

estate plan ensures you are taken care of while living and your loved ones are cared for when you're gone. Your estate plan takes a short amount of time to set up and is easy to maintain, as you usually only need a periodic review every few years and updates with major life events. Read on for three steps to get started.

1. Inventory Your Assets

The first step to estate planning is determining the contents of your estate. This means making a list of all real estate, financial accounts, business interests, vehicles, sentimental or particularly valuable personal property, and even digital assets. In a world where lives are increasingly lived online, social media profiles, digital currencies, and virtual possessions such as cryptocurrency have attained real value and so must not be forgotten as you tally your belongings. At this stage in the planning process, it is also important to make note of dependents, special causes you wish to support, and any important passwords or log-in information.

2. Get Your Family Involved

Estate planning is not just about organizing your assets. It is also about assigning key roles to loved ones to ensure your finances and well-being are secure while you are still living. This means that before you can begin executing documents, you need to talk about who will serve as your financial and medical power of attorney and who is best suited to act as executor of your estate or trustee of your trust. Having these conversations also means talking about your estate planning priorities, goals, and wishes and so it is important to take a thoughtful, measured approach to the subject.

3. Find the Right Estate Planning Attorney

The right estate planning attorney invests in learning about your family and calls attention to any complications you may have overlooked. They should also be proactive in thinking about other planning opportunities you have, such as long-term care or asset protection planning. They will not only guide you through drafting documents when the time comes but will take care to ask all the right questions to ensure your plan meets you and your loved one's needs.

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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Activity Update

Engage and Stay Active!

Continued from Page 9

Fitness Machine Orientation – monthly · 2nd Tuesday & 4th Friday · 9 - 10 a.m. · SCE

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? On the 2nd Tuesday of each month, Ryan Jensen, Physical Therapist, with Summit Physical Therapy will be available to provide guidance on how to best use the

equipment in the Center's Fitness Room based on your individual need. On the 4th Friday of each month, Danny Stevens, a certified personal trainer, is available to answer questions and help you meet your fitness goals. This is an opportunity to learn how to use each piece of equipment and make equipment adjustments to remain active all year long!

Around the Center



SCORE! LT West scores a point during game of cornhole at the Center in December. Members met with sponsor of Cornhole, Carla Hall with Bixby-South Tulsa Funeral Service, to discuss Cornhole at the Center. Carla will bring refreshments each Friday for members to enjoy while they play! “We are looking to build excitement, conversation and competition at the Center with Cornhole,” says Carla. “A Cornhole tournament is on tap in the future! It's the perfect game for both men and women to join in on the fun!” Cornhole is held each Friday from 12:30 – 2:30 p.m. in the Fitness Classroom of Senior Center East.

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

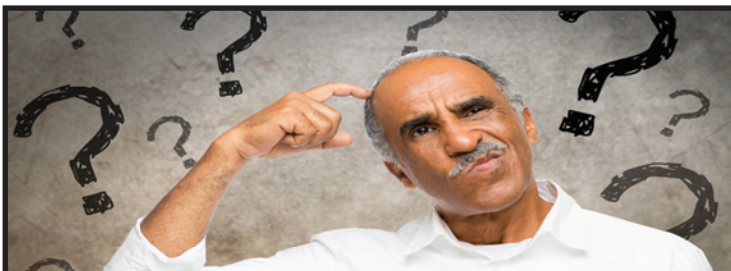
Monday	CLASSES	Time	BLDG	NOTES/Changes etc.
	Dominos	8 a.m.-12		
	Party Bridge	8 a.m.-12	SCE	
	Cardio Exercise	8:15-9 a.m	SCE	The Center is closed January 1
	Ping Pong/Pool for Fun	8 a.m.-4 p.m		Happy New Year
	Shuffleboard	8 a.m.-4 p.m		
	Medicare Questions Answered	9 a.m.-12 p.m.		The Center is closed January 15
	Yin Yoga	9:15-10:15 a.m.	SCE	in honor of
	Crafting	9:30-Noon		Martin L:uther King, Jr. Day
	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.		Canceled Jan., 22
	Intermediate Tap Dancing	1:00-2:30 p.m.		Canceled Jan., 8, 29, 2
	Experienced Mahjong Players	1:00-4 p.m.	SCE	
	Line Dancing with Barb	1:30-3 p.m.	SCE	
	Beginning Tap Dancing	2:45.-3:30 p.m		Canceled Jan., 8, 22, 29
	Zumba	3:15-4 p.m	SCE	

Other Scheduled Activities

Circle of Readers	10-11:30 a.m.		Jan., 8 & 22
Photography Group	1:30-3:30 p.m.	SCE	Jan., 8 & 22 (2nd & 4th Monday)

Monday Special Events

Pickleball Tournament	12:30 – 4 p.m.	Jan., 22	
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JANUARY 2024						
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	8:15-4 p.m.		
	Beginning Guitar Lessons	9-10 a.m.	SCE	
	Train Dominos	9 a.m.-12 p.m.		
	Soft Yoga	9:15-10:15 a.m.	SCE	
	Scrapbooking	9:30 a.m.-12 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	8 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	
	Painting	1-3:30 p.m.		
	Pickleball Lessons	1-4 p.m.		
	Clogging Class	2:15-3:30p.m.	SCE	

Other Scheduled Activities

Domino Tournament	9 a.m.-Conclusion		Jan., 9, 2nd Tues.
Fitness Machine Orientation with PT	9-10 a.m.	SCE	Jan., 9, 2nd Tues
Board of Directors	3:30 p.m. Conclusion	SCE	Jan., 16, 3rd Tues.

Tuesday Special Events

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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
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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.		
	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	Canceled Jan., 3
	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	Canceled Jan., 3
	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.		
	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	Jan., 10 & 24 (2nd and 4th Wed.)
Bunco	12:30-2:30 p.m.		Jan., 10 (2nd Wednesday)
Let's Play Bingo	1-2:30 p.m.		Jan., 3 (1st Wednesday)
Be Well Read-Health & Wellness Book Club	10-11:30 a.m.	SCE	Jan., 17

Wednesday Special Events

Aging Smart Panel Discussion	1-2 p.m.	SCE	Jan., 31 (More info on Pg 2)
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21	22	23	24	25	26	27
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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	11:45 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	1-4 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		Jan., 18 (3rd Thurs.)
Poker Tournament	9:30 a.m.-12 p.m.		Jan., 18 (3rd Thurs.)
Grief Healing Group	10-11:30 a.m.	SCE	Jan., 18 (3rd Thurs.)
Third Thursday Thanks - Volunteer Event	10-11 a.m.	SCE	Jan., 18

Thursday Special Events

Balanced Keep It That Way (workshop)	1-2:30 p.m.	SCE	Jan., 25 (More information on page 2)
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SUN	MON	TUE	WED	THU	FRI	SAT
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14	15	16	17	18	19	20
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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.	SCE	
	Friday Fitness	9:15-10:15 a.m.	SCE	
	Singing Group	9:30-10:30 a.m.		
	Creative Writing	10 a.m.-12 p.m.		
	Limited Exercise	10:30-11:30 a.m.		
	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.		
	Cornhole	12:30-2:30 p.m.	SCE	
	Individual Quilt Layout	1-3 p.m.		
	Pickleball Open Play	1:30-4 p.m.		
	Zumba	3:15-4 p.m.	SCE	

Other Scheduled Activities

Alzheimers Support Group	10 a.m.-12 p.m.	SCE	Jan., 5 & 19 (1st & 3rd Friday)
Bingo, Singo	1-2:30 p.m.		Bingo, Jan., 5, 12 & 26 Singo, Jan., 19
Fitness Machine Orientation w/ Danny S	9-10 a.m.	SCE	Jan., 26(4th Friday)
Parkinsons Support Group	1-2:30 p.m.	SCE	Jan., 26(4th Friday)

Friday Special Events

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JANUARY 2024

SUN	MON	TUE	WED	THU	FRI	SAT
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14	15	16	17	18	19	20
21	22	23	24	25	26	27
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Activity Update

Engage and Stay Active!

Continued from Page 2

Are You Interested?

Rural Remembrances (our version of Chicken Soup for the Soul™)

Did you spend any of your childhood years on a family farm or ranch? Then you have also noticed they have all but disappeared. The rural culture that once colored America's history and landscape will soon be gone unless those experiences are passed on to others. Rural Remembrance is a potential new interactive gathering where you can:

- hear stories about life in rural America
- stimulate personal memory recall
- practice sharing your experiences with others
- capture and preserve those experiences
- get ideas on how to share your memories with your family, your friends or a wider audience
- how far you go is up to you

Never experienced rural living? No problem. You may have second-hand stories from others; or wish you had (you can get them here).

If you would be interested in attending the Rural Remembrances group, sign up today! The group will be facilitated by a local published author who has his own rural remembrances. If there is enough interest, you will be contacted regarding a date, time and location the group will meet. Signup 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.

Together, we'll recall our rural remembrances and discover a little "Chicken Soup for the Soul"™ in each of us.



Upcoming Events

Community BUNCO Bash in February!

Save the date and get ready to purchase your BUNCO Bash tickets! The event is set for Friday, February 16 from 6 to 9 p.m. at Senior Center East. Tickets for the February event can be purchased in advance beginning, Tuesday, January 16 for \$10 in the west office or \$12 at the door (as event space allows).

More than 140 people attended the last event in November! Join us and enjoy an evening of fun and laughter! Delectable appetizers and desserts are a highlight in addition to the chance to win fabulous door and raffle prizes and cash in the 50/50 raffle!



Volunteers are needed to help before, during and after the event! Please contact Candy Byers, Volunteer Coordinator, volunteer@baseniors.org, regarding various volunteer opportunities.

Attention Member Artisans! BA Senior Center 1st Annual Craft Fair

Would you like the opportunity to showcase your talents and sell your handcrafts? Sign up to express interest in the BA Senior Center's 1st Annual Craft Fair! There will be two opportunities to participate!

Friday, March 8 - 10 a.m. to 2 p.m. – Senior Center West

Opportunity for members to showcase and sell handcrafts to members as a vendor. Complimentary table space for all participating member vendors.

Saturday, March 9 – 10 a.m. to 2 p.m. – Senior Center East

Opportunity for community vendors (including members to purchase table space to display to the public. **Signup 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. Sign up by January 31 and we will be in contact with you regarding further details. **Sign up for** one or both Craft Fair days.

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Jingle, Mingle & a Little Bit of Kringle Highlights!



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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:

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

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Hearing Screenings & Hearing Aid Maintenance:

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IT'S TIME TO WRITE A NEW CHAPTER



Begin this year with a Legacy Giving Plan.

In today's world, it can be difficult to slow down and consider the impact we are making on our community. As we step into 2023, we have the perfect opportunity to take inventory of our personal giving and estate planning. Are you confident in your current retirement or estate plan? Is it time to do a check-up and find out what tax saving strategies you might be missing out on?

The pen is in your hand. Now is the time

to write a new chapter in your story. Our Legacy Giving Team is here to help you design a holistic and unique Legacy Plan providing steady support for you, your loved ones and the charitable organizations you are most passionate about.

Your legacy matters! Why not take the next step and give our Legacy Giving Team a call? We will be with you every step of the way as you unlock a brighter future for the charities you support.



Kim Crenshaw — Executive Director
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Tournament Winners!

Pool Tournament -

November Breakfast Sponsored by
 Christina Culver - Better Health Group | VIPcare Clinics



November Winners: 1st Place - Cecil Jones;
 2nd Place - Chester McDonald; 3rd Place - John Baker

Domino Tournament -

Prizes provided by White River Fish Market &
 Ron's Hamburgers & Chile



November Winners: Dick Saul and Don Stiles

Poker Tournament -

Prizes provided by Joel Hitsman - Global Health



November Winners:
 1st Place - Elbert Shackelford
 2nd - Karen Duty



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