



Silver Notes

The official newsletter of Broken Arrow Seniors, Inc.

January 2023 • Vol. 33, No. 1



Broken Arrow Senior Center

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

www.baseniors.org

@BrokenArrowSeniors

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

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

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

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8 Goals for the New Year and a New You!

Embrace 8 goals for 2023! Try something new, make a promise to be more active, engage and socialize! It's all here at the BA Senior Center!

1. Keep a positive mindset
2. Commit to 10 minutes of exercise daily
3. Make better dietary choices
4. Stimulate your mind
5. Reach out to old friends and make new ones
6. Help other people - volunteer
7. Engage in the arts
8. Maintain your purpose in life





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Activity Update

Engage and Stay Active!

Are You Interested?

The following activities and programming may be offered in February if there is enough interest. Sign-up sheets to express interest will be available in both the West Building – puzzle table area – and East Building – past the kiosk – beginning in January. Sign up today, and stay tuned for information in the February newsletter regarding the following potential offerings.

Drawing Class

If you always wanted to learn how to draw, a weekly drawing class may be offered in February focusing on the basics of portrait, architectural and cartoon drawing. The class will begin by teaching the basics of line drawings and move toward shading to accomplish more complex drawings. All skill levels are welcome to attend this class, which will be scheduled on Wednesdays from 1 p.m. to 3 p.m. in Activity Room 3.

The drawing class instructor is degreed in art and taught interior design, architectural drawing and rendering at the University of Oklahoma.

Drawing and learning how to draw provides an escape and helps improve critical thinking skills as we age – not to mention that it's fun. Sign up today.

Beginning Tap Dancing

Did you take tap dancing lessons when you were a child? Did you always want to tap dance? Are you looking for another fun and exciting way to stay active? Do you like the idea of making sounds with your feet?



A beginning tap

dancing class may be offered at the Center.

This new offering will be for those who always wanted to learn how to tap dance or would like to brush up on those tap-dancing skills you learned years ago. The class will provide basic instruction on the primary steps. The class will be held on Mondays from 2:45 p.m. to 3:30 p.m. Intermediate tap class will continue to be held from 1 p.m. to 2:30 p.m. for more experienced dancers.

Tap dancing is great exercise and helps stimulate brain activity and creativity. Tap is not just about moving but about articulating sound. Making noise feels

good! Sign up today and feel positive about re-inforcing what you love about living, being active and being part of a community.

Learning How To Live Your Best Life

Gone are the days when retirement and advancing years were associated with being fragile, incapacitated, inactive and unhappy. Today, the image of aging is changing for the better. Part of learning to live your best life in retirement is living in the here and now without the baggage from the past and fears of the future. A new class is being considered that will help you live your best life starting today. The class will be facilitated by a retired marriage and family counselor who has a Ph.D. in child development and family relationships.

These group sessions will provide the tools you need to learn how to invest in healthy relationships as opposed to toxic relationships. Discussions will be held about how to take responsibility without blaming others and how to listen without judgment. Learn how to live in the here and now and take reliance off the past.

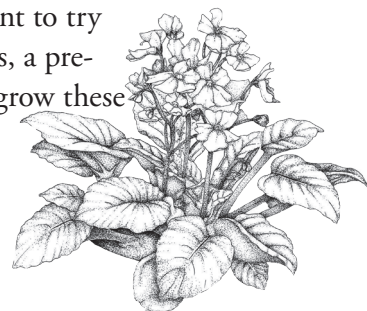
Sign up today to invest in yourself and learn how to live your best life in a safe place.

January Programing Notes

African Violets – Learn How To Bloom

If you always wanted to have show-stopping African violets – saintpaulia – or want to try your hand at growing violets, a presentation regarding how to grow these stunning houseplants will be held on Tuesday, Jan. 10, at 1 p.m. in the Conference Room, Senior Center West.

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



(Continued on page 4)

Activity Update

Engage and Stay Active!

Continued From Page 3

requirements to help guarantee beautiful blooms. It will be led by Roy Roberts, a representative of the African Violet Society of Greater Tulsa and a plant expert.

African violets are beautiful houseplants that flower in a variety of colors. With their wonderfully shaped fuzzy leaves and compact structure, this plant's bright and beautiful blooms offer charm and can cheer up your indoor space.

Get those green thumbs out and ready in January. If you are new to growing African violets or just want to learn more about keeping your plants healthy, this fascinating session is sure to be informative.

January Doughnut Meet And Greet

Wendi Schoonover, owner of Integrity Insurance, will host a meet and greet event on Friday, Jan. 20, from 8 a.m. to 9:30 a.m. in the lounge of the West Building.

"I have thoroughly enjoyed meeting and getting to know the members of the BA Senior Center," said Wendi.

"I believe in the mission of the Center and love that older adults gather each day to spend time with others and participate in activities. This event is our thank you for the warm welcome we have received."

Integrity Insurance participated in the Medicare panel discussion and Medicare Fair in the fall and has provided supplies for the Happy Hookers Crochet Group, in addition to providing fitness equipment training in the Center's new fitness room in November.

Join Integrity Insurance for coffee and doughnuts in the lounge on Jan. 20. Sign up at the west building to reserve a spot and a doughnut.

Pickleball Play Update

Members of the Center are embracing the game of pickleball.

Due to the strong interest, a few minor changes are necessary to ensure that we meet the needs of a majority of our members.

(Continued on page 5)



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Activity Update

Engage and Stay Active!

In January, we will continue to have pickleball lessons on Tuesday and Thursday from 1 p.m. to 2:30 p.m. and from 2:30 p.m. to 4 p.m. Signing up for lessons will be required.

Beginning in January, on Monday from 1 p.m. to 4 p.m. and Wednesday and Friday from 1:30 p.m. to 4 p.m., the Center is going to an open play format.

- Everyone who is able should have a chance to play and learn this exciting game.
- The primary objective of our program is for everyone to enjoy the social interaction, get some exercise and, most importantly, have fun.



- Open play will be for all skill levels. The more advanced players started as beginners. We encourage the more advanced players to work with and help those who might not be as skilled yet.
- There will be no sign up for open play. Please continue to check at the kiosk.

• Upon arrival, the first four in the room will play the first game. Upon completion of that game, the first four will rotate out and the next four will play. If, for example, there are only two people waiting, two people from the game that just ended will play with the two who were waiting.

- Open play will follow all the rules and scoring methods that are taught at the Center.
- Open play will be self-directed and is expected to be fair to those who come to play.

With the above changes, we hope open play will better serve our growing pickleball family.

Look for the possibility of having monthly pickleball tournaments starting in February. More information will be available in the February newsletter.

Sponsored by: 

Line Dancing With Eugenia – A Beginning Class

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 a new class that will be offered in January – Line Dancing with Eugenia. The class will be held on Wednesdays and Fridays from 10:30 a.m. to 11:30 a.m. at Senior Center East.

Eugenia Cook has taught line dancing at the Center for a number of years. This new class will be for those who are familiar with line dancing terms and the basic steps and want to practice and build on their skills. Line dance instruction offered on Wednesday will be the same on Friday, providing a line dance review. Feedback from participants will guide instruction.

Get your groove on to move it or lose it. Learning to line dance is a great activity for men and women alike, offering exercise both for mind and body.

Bingo And Singo At The Center

One of the most requested activities is finally resuming at the Center. We are fortunate to partner with companies that look forward to spending time at the Center, getting to know our members and bringing fabulous Bingo and Singo prizes.

Bingo will be held on every Friday in the nutrition room – Heritage Hall – from 1 p.m. to 2:30 p.m. Please welcome the following companies and their representatives as our Friday Bingo sponsors:

First Friday • Bingo with Maisie Wapkins - Brookdale Broken Arrow.

Second Friday • Bingo with Dr. Karen Fernow - American Hearing and Audiology.

Third Friday • Singo with Andrea Timmons – Archwell Health.

Fourth Friday • Bingo with Kristen Lamont - Cedarhurst Independent Living.

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, from Feb. 1 through April 12, from 9:30 a.m. to 3:30 p.m.

How to schedule an appointment:
Scan the QR code with the camera of a smartphone and *(Continued on page 7)*





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Activity Update

Engage and Stay Active!

Continued From Page 5

click on the link that appears. Or, on a computer, enter the following link into your web browser: tinyurl.com/BATaxaide or call 918-200-9827

Plan on bringing these required documents to your appointment: photo ID, Social Security card – a Social Security card is necessary for everyone noted on the return – all income documents, including W2, 1099R, 1099 Int, 1099 G, K1, Social Security statement, W2G – reporting gambling winnings and any federal income tax withheld on those winnings – and brokerage statements. If you are itemizing, also bring a total of all medical expenses, a copy of ad valorem taxes and total of all cash and charitable contributions,

It is always helpful to bring copy of your previous year's return. Plan on taking advantage of this free service.

Parkinson's Support Group

A Parkinson's support group will be offered at the Center for caregivers the fourth Friday of every month, from

1 p.m. to 2:30 p.m., starting Jan. 27 at Senior Center East Meeting/Presentation Room.

Nearly 1 million people are living with Parkinson's disease in this country. This number is expected to rise to 1.2 million by 2030. Parkinson's is the second-most common neurodegenerative disease, after Alzheimer's disease. It is a progressive condition, meaning it worsens over time. Caring for someone with Parkinson's can be rewarding. Caregivers act out of care and concern for their loved one. Caregiving also has its challenges. The disease progresses slowly, and caregivers may be in this role for many years. Learning more about how to navigate as a caregiver provides tools for the role, answers to questions and respite.

The Parkinson's group provides support, education and resources for Parkinson's caregivers. If you would benefit from participating with this group, plan on attending and pass the meeting information on to others who would also benefit. *(Continued on page 8)*

Has Parkinson's Disease or another issue caused balance problems or fear of falling?



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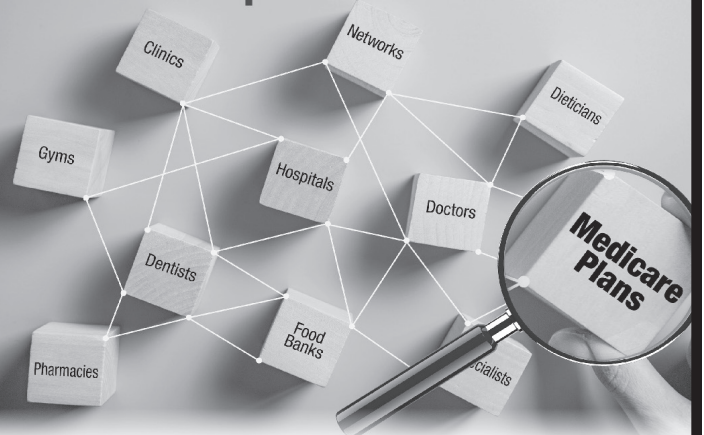
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Activity Update

Engage and Stay Active!

Continued From Page 7

Fitness Equipment Orientation At Senior Center East

If you find the equipment in the new fitness room intimidating or are not sure what equipment to use to attain your fitness goals, members will have two opportunities each month to ask questions of the experts.

Ryan Jensen, DPT, with Summit Physical Therapy, will be on hand at 9 a.m. on the second Tuesday in each month. If you have had a recent knee, hip or shoulder replacement or heart procedure and your physician suggested you stay active, Ryan will answer your questions about the types of exercises and equipment to use. Ryan will be available to answer other questions about the equipment as well.

On the fourth Friday of each month, beginning Jan. 27, from 9 a.m. to 10 a.m., Danny Stephens, an experienced personal trainer and a certified master health coach, will be on hand in the fitness room. Danny helped many members become acquainted with the equipment during November. If you missed meeting him, take advantage of this opportunity to ask him questions about the equipment that will help you meet your fitness goals. Danny is also a licensed Medicare specialist with Integrity Insurance.



in the past, then you remember the sights and sounds of 180 people playing BUNCO. That's right. You also remember the fabulous prizes.

The BUNCO Bash is back and set for Friday evening, Feb. 17.



Tickets to attend this one-of-a-kind event will go on sale Tuesday, Jan. 17. The event is a fundraising event for the Center. In an effort to continue to make the event affordable for all, ticket prices will remain the same as they have in years past – \$10 prior to the event and \$12 at the door. Due to rising costs, this will be a dessert event with a delectable variety of desserts to choose from during the evening.

Mark those calendars now to make plans to attend this fun-filled evening laughing, talking and playing BUNCO at the BUNCO Bash. This event is open to the public, so let your adult friends, neighbors and family members know today. This is a fundraising event for the Center.

Volunteers are needed to make this event a success. Sign-up sheets for a variety of volunteer opportunities are available at both buildings.

Look for more information on your ticket and in the February newsletter.

(Continued on page 9)

BUNCO Bash

If you ever attended the Center's BUNCO Bash events



Donna Grady

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Activity Update

Engage and Stay Active!

Circle Of Readers Upcoming Events

Circle of Readers meets the first and third Monday – unless noted – of each month at 10 a.m in the Center’s Conference Room at SC West. Below are the great reads and discussions that are planned for the weeks ahead. Author visits are often scheduled, offering interesting, dynamic and engaging conversations.

Jan. 9: “The Book Woman’s Daughter,” by Kim M. Richardson · historical fiction;

Jan. 23: Discussions on other books the group is reading;

Feb. 6: “For Those Who Are Lost,” by Julia Thomas · historical fiction - author visit;

Feb. 13: Discussions on other books the group is reading;

March 6: “The Last Bookshop in London,” and/or “The Librarian Spy,” by Madeline Martin · historical fiction - author visit

At the Movies

It is time for a good laugh and to be entertained with blasts from the past with special editions of television

shows we all remember from years ago. Grab a seat and a bag of popcorn and get ready to chuckle.

Friday, Jan. 13

Red Skelton, “America’s Clown”

The Red Skelton Show is an American television comedy/variety show that aired from 1951 to 1971. Relive the days with this famous comedian’s best characters, including Freddie the Freeloader; Clem Kadiddlehopper; Junior The Mean Widdle Kid; Cauliflower McPugg; Sheriff Deadeye; George Appleby; and others.

Friday, Jan. 27

The Best of the Dean Martin Variety Show

The Dean Martin Variety Show first aired in 1965 and remains a one-of-a-kind in the history of television. Avid Martin fans were captivated by an entertainer who could do it all. The entertainer captured all with his easy informality and incomparable charm and talent. Special guests include Ann Margaret, Jack Benny, Jimmy Stewart and Frank Sinatra.



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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.

The Senior Center will be closed Monday, Jan. 2, in observance of New Year's Day.

Tuesday, January 3


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. Limited Exercise
 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, January 4


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. **New** Line Dancing With Eugenia • SCE
 More Information On Page 5
 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 Open Play • SCW

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Calendar of Events

Thursday, January 5

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. Limited Exercise
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

More Information On Page 8

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. Limited Exercise
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
1-2 p.m. African Violets - Learn How To Bloom • SCW
More Information On Page 3
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

Friday, January 6

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. **New** Line Dancing With Eugenia • SCE
More Information On Page 5
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
1-2:30 p.m. **New** Bingo
More Information On Page 5
1:30-4 p.m. Pickleball Open Play • SCW

Wednesday, January 11

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. **New** Line Dancing With Eugenia • SCE
More Information On Page 5
10:30-11:30 a.m. Limited Exercise
11:30 a.m.-noon Lunch
12:15-1:15 p.m. Exercise 101
12:30-2:30 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 Open Play • SCW

Monday, January 9

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
1-2:30 p.m. Intermediate Tap Dancing
1-4 p.m. Pickleball Open Play • SCW
1:30-2:30 p.m. Line Dancing With Barb • SCE

Thursday, January 12

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. Limited Exercise
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

Tuesday, January 10

8 a.m.-4 p.m. Dominoes
8:15-9 a.m. Strengthen & Tone • SCE
9 a.m. Fitness Machine Orientation • SCE

Calendar of Events

Friday, January 13

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. **New** Line Dancing With Eugenia • SCE
More Information On Page 5
10:30-11:30 a.m. Limited Exercise
11:30 a.m.-noon Lunch
Noon To Conclusion. At The Movies
“Red Skelton - America's Clown”
Noon-3 p.m. Canasta
12:15-1:15 p.m. Exercise 101
1-2:30 p.m. **New** Bingo
More Information On Page 5
1:30-4 p.m. Pickleball Open Play • SCW

The Senior Center will be closed Monday, Jan. 16, in observance of Martin Luther King Day.

Tuesday, January 17

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. Limited Exercise
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

Wednesday, January 18

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. **New** Line Dancing With Eugenia • SCE
More Information On Page 5
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 Open Play • SCW

1:30-2:30 p.m. Line Dancing With Barb • SCE

Thursday, January 19

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. Limited Exercise
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, January 20

8-9:30 a.m. **New** Doughnut Meet & Greet
More Information On Page 3
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. **New** Line Dancing With Eugenia • SCE
More Information On Page 5
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 Open Play • SCW

Monday, January 23

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
1-2:30 p.m. Intermediate Tap Dancing
1-4 p.m. Pickleball Open Play • SCW
1:30-2:30 p.m. Line Dancing With Barb • SCE

(Continued on page 14)

Calendar of Events

Tuesday, January 24

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. Limited Exercise
 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**
 1-2:30 p.m. Pickleball Lessons • Sign-up Required • **SCW**
 1-3:30 p.m. Painting
 2:15-3:30 p.m. Clogging Class • **SCE**

Wednesday, January 25

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. **New** Line Dancing With Eugenia • **SCE**
 More Information On Page 5
 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 Open Play • **SCW**

Thursday, January 26

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. Limited Exercise
 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, January 27

8 a.m.-4 p.m. Dominoes
 9-10 a.m. . . . **New** Fitness Machine Orientation
 More Information On Page 8
 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. **New** Line Dancing With Eugenia • **SCE**
 More Information On Page 5
 10:30-11:30 a.m. Limited Exercise
 11:30 a.m.-noon Lunch
 Noon to Conclusion At The Movies
 The Best of the Dean Martin Variety Show
 Noon-3 p.m. Canasta
 12:15-1:15 p.m. Exercise 101
 1-2:30 p.m. . . . **New** Bingo
 More Information On Page 5
 1-2:30 p.m. . . **New** Parkinson's Support Group • **SCE**
 More Information On Page 7
 1:30-4 p.m. Pickleball Open Play • **SCW**

Monday, January 30

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
 11:30 a.m.-noon Lunch
 12:15-1:15 p.m. Tai Chi For Better
 Balance With Vanessa • **SCE**
 1-2:30 p.m. Intermediate Tap Dancing
 1-4 p.m. Pickleball Open Play • **SCW**
 1:30-2:30 p.m. Line Dancing With Barb • **SCE**

Tuesday, January 31

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. Limited Exercise
 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**
 1-2:30 p.m. Pickleball Lessons • Sign-up Required • **SCW**
 1-3:30 p.m. Painting
 2:15-3:30 p.m. Clogging Class • **SCE**



The Center's Ukulele Jam group thoroughly entertained everyone at lunch in December, playing a variety of Christmas music. The group is continuing to grow because it's so much fun. Did you know the ukulele is one of the easiest string instruments to play? If you always wanted to learn, this is the group to join each Wednesday, from 10 a.m. to noon, in Activity Room 3.



Everyone likes puzzles. Vivian Cyphert, left, and Joanne Yarwood enjoy the puzzle table and great conversation. The puzzle tables in both the East and West buildings are a fun place to pass the time.



Five women in a car on a Christmas light tour. What could go wrong? Plenty, when the talking begins. There was lots of laughter to go around during "The Christmas Home Tour" comedy offered by members of the Center in December in cooperation with the Broken Arrow Community Playhouse. Nancy Blass, left, Judy Striegel, Marmie Apsley, Smitty Smith and Carol Kennedy played the perfect roles of Clara, Dorothy, Marge, Irma and Helen, all with their unique personalities. Look for more productions from this partnership in 2023. You won't want to miss them.

AROUND THE CENTER



Congratulations to the November, right, and December Pool Tournament winners. In November: first place, Cecil Jones; second place, Pat (Rabbit) Delisle; third place, Keith Costigan. In December: first place, Cecil Jones; second place, JD Pippins; third place – Chester McDonald. The pool tournament is held on the third Thursday of every month. Lynn Roach with Local Insurance Advisors is the sponsor of the Pool Tournament breakfast.

Meet The Senior Center's 2023 Board of Directors

The board meets at the Senior Center Annex on the third Tuesday of each month at 3:30 p.m. Members of the Center are encouraged to attend.



Robert Andrews has been a longtime member of the Center. He stays active by using the new fitness room and attending the Tai Chi for Balance classes. He enjoys visiting with members during lunch every day. Robert graduated from Truman State College in Kirksville, Missouri, then he worked in manufacturing production. Robert is veteran and a member of the American Legion at the Broken Arrow Veterans Building.



Makala Barton/nonvoting ex-officio, is the community relations liaison with the city of Broken Arrow. Makala was raised in Colorado but has made Broken Arrow home to be closer to Oklahoma family and friends. She brings to the board 13 years of experience in local government, the private sector and as a small business owner. Her most recent role was in Rio Blanco County, Colorado, as the economic development and public relations director.



Christi Gillespie loves to tell of moving to Oklahoma when she was an elementary school student and falling in love with our city. She has enjoyed volunteering in some form since she was a child and feels City Council is a natural progression in her lifelong love of service to her community. She was elected to City Council in 2019 and became vice mayor in 2021. Christi attended Oklahoma Christian University, where she graduated cum laude with a degree in mass communications - public relations/advertising. She has been in sales since college, currently as the director of sales and Training, North America, for SeneGence International. Christi and her husband Michael have been married since 2008. They have a daughter, Madison, who graduated from BAHS and attends Tulsa Community College; and two grandsons.

Laura Garrett, Ed.D., is currently serving as an assistant



professor of psychology at Tulsa Community College. In the past, she was the director of resident life at Epworth Villa Retirement Community. She also served as an adjunct professor at the University of Central Oklahoma in the areas of sociology, gerontology and substance abuse. Laura has presented to a variety of organizations regarding a number of topics, including “Changing Demographics of the Older Population and the Impact on Society.” In addition to her involvement with various TCC initiatives, Laura has had leadership roles in Rotary International and the Oklahoma Alzheimer’s Association.



Steve Juett founded Project Veteran Assistance in 2008 as a community service to assist veterans, widows of veterans and their families. The organization’s primary mission is to raise the awareness regarding eligibility of VA benefits and help families legally obtain those benefits. Steve is also owner/manager of Senior Options, LLC. The company coordinates professionals including estate planning attorneys, CPAs and financial planners to pursue the best planning techniques available to assist older adults. He is also a member of Tulsa Interagency Council, a nonprofit organization dedicated to keeping abreast of the needs and services available to people in the Tulsa Metropolitan area and surrounding towns.



Brittany Littleton owns and operates Littleton Legal PLLC, headquartered in Broken Arrow. She started the firm to help Oklahoma families and businesses thrive through compassionate, high-quality but affordable legal services. Her practice focuses on estate planning, special needs and elder law, trust administration and probate, and business law. Brittany is a firm believer that clients are best served when their legal, financial and accounting advisors are working collaboratively to strategize and advocate on their behalf. As the owner of Littleton Legal, she expands on that experience to help individuals and families from all walks of life plan for life’s unexpected events.

Meet The Senior Center's 2023 Board of Directors



Michayne Morris is a health and long-term care executive. Following the call to servant leadership in her career for over two decades, she has served in administrative management, human resources, accounting, compliance, marketing and direct patient care. She began her journey at Saint Francis Hospital, answered the call to hospice care, then to a physician's office practice manager and now serves aging adults as executive director of The Parke Assisted Living. Throughout her career, she has used her skills as a certified coach and facilitator to educate and empower groups of professionals across many industries. Michayne has volunteered her time to the Parent Child Center, Tulsa Little League, Jenks Youth Baseball and Northeastern Oklahoma Hospice and Palliative Nurses board of directors. She is currently serving as chair of the Broken Arrow Seniors board of directors.



Jody M. Manning is a lifelong Oklahoma resident with 25 years of accounting experience in the financial services sector of Oklahoma's economy. He has been with local businesses providing services to individuals and small-to-intermediate businesses. Currently, he is with AVB Bank, working in the areas of special projects and loan services. He also served as a controller for Spirit Bank and as an auditor for Finley & Cook, PLLC. Jody has been fortunate to volunteer and serve multiple community-based organizations with a focus on serving the people of Oklahoma. Jody currently serves as a member of the Oklahoma Accountancy Board.



Johnnie Parks has been highly respected throughout the Broken Arrow community for nearly 50 years. He formerly owned and operated Parks Plumbing for 30 years before selling it in 1995. He then turned to teaching plumbing and mechanical contracting through the state's technical schools and retired from the Tri-County Technology Center in Bartlesville. He has served several stints on the Broken Arrow City Council, including when Broken Arrow Seniors was formed in 1982, as well as on the Broken Arrow Planning Commission and the BA Chamber board of directors. He is

currently serving on the City Council as member at large through 2023.



Reid Patrick grew up in Memphis and moved to Tulsa after meeting his future wife, Grace, at the University of Mississippi. Shortly after they were married, they acquired the Senior Helpers of Tulsa office. Reid and Grace both have their own personal experience with caring for loved ones and the struggle of finding trustworthy, compassionate care. They have a strong passion for serving and caring for the elderly in the Tulsa community and surrounding areas because they know how important it is to have an in-home senior care service that feels like family. Reid currently serves on the Owners Advisory Council for Senior Helpers, which works as an intermediary between the Senior Helpers Franchisor Executive Team and the franchisees. After having several strong years of growth, Reid and his brother-in-law acquired HealthRide, a nonemergency medical transportation business.



Michael Peale is a police officer for the city of Broken Arrow, serving on patrol and in public affairs for the Department. In the past, he was a professional bull rider and personal trainer. At 52 years old, he feels not far removed from many of the Senior Center members and has an easy rapport when he interacts at the Center. Michael felt that it would be advantageous to have someone from the Police Department serve on the board to stay abreast regarding concerns of members and administrators, as well as to convey safety practices. He has seen firsthand how invaluable the Senior Center is in providing the opportunity for fellowship in addition to activities and services for local older adults. Michael was appointed by the board to fill an unexpired board term.



Although **Jackie Pizarro's** home address is in Bixby, Jackie's friends tell her it should be 1800 S. Main at the Broken Arrow Senior Center. You will generally find her at the Center Monday through Friday each week. Jackie feels the Senior Center offers so much for everyone. The activities Jackie *(Continued on page 18)*

Meet The Senior Center's 2023 Board of Directors

Continued From Page 17

has enjoyed include Party Bridge, Circle of Readers Book Club, Cardio Dance, Tai Chi and Line Dance. She has also volunteered in the Center office and very much enjoys interacting with members, introducing new members to the Center and assisting staff with daily administrative duties. Jackie feels the greatest benefit of being a member of the BA Senior Center is the friendships she's gained through all the amazing activities offered. She has served on the board of the Salvation Army Tulsa Women's Auxiliary for many years.

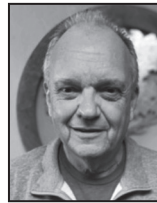


Debbie Stumps has been the director of external relations with Purview Life for five years. Prior to that, Debbie did education and business development in hospice for over 10 years. She graduated from the University of Oklahoma with a BA in letters and a juris doctorate. The combination of her health care and legal background made Debbie an ideal candidate for her current position. Purview Life collaborates with estate planning attorneys, trust officers, CPAs and financial advisors, working with the aging population to ensure their safety and their physical and financial well-being. Debbie is involved with several organizations in Tulsa. She currently serves on the board of the Tulsa Estate Planning Forum, is a member of the downtown Rotary, the Tulsa Interagency Council and the Tulsa Chamber. Debbie was appointed by the board to fill an unexpired board term.

Raymond C. Viel is community service-minded. Currently, he is volunteering with the BA Blue Star Mothers



of America organization, Military History Center and the BA Veterans Center. In the past, he was involved with Boy Scouts of America and Sons of the American Legion, Post 110. Raymond worked for Bank of Oklahoma in the credit services and commercial lending group. Prior to that, he worked for Williams Communications as a technical analyst in project management and business process development.



Jim Wykoff has been an active member of the Center since 2021. Most days, Jim can be found in the Center's pool room, surrounded by friends enjoying conversation and camaraderie. In the past, he served as a ministry leader for Celebrate Recovery at Believer's Church in Tulsa. He worked for AT & T for many years as a project coordinator and customer service and technical manager, in addition to operations management.

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Don Niemeyer holds the weights he and his wife Kathy recently donated to the Center's fitness classroom at Senior Center East. Donations are always welcomed at the Center. If you are interested in donating an item or two, check with the office and we'll provide the list of current items that are needed.

Kim Crenshaw, BA Senior Center's executive director, and the pool room's Christmas tree. Those tiny wooden pool sticks were once chopsticks, sanded and painted by Kim, complete with blue chalk on the tips. That's effort and caring. "Thank you, Kim, for your creativity and holiday spirit."



There's nothing better than the Center's Yin Yoga class to stretch those rarely-used muscles. Yin will also help calm and balance the mind to reduce stress and anxiety. Yin Yoga is held on Mondays from 9:15 a.m. to 10:15 a.m. at Senior Center East.

**AROUND
THE
CENTER**



Eileen Wade, Friday Fitness instructor, leads members in stretches and exercises. The class is perfect for all fitness levels, providing strengthening for your entire body. Friday Fitness is held at SC East from 9 a.m. to 10:15 a.m.



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We All Need Asset Protection: Here's What You Should Know



By **Brittany Littleton**

Everyone needs asset protection. It's why we use bank accounts, purchase insurance and, of course, establish an estate plan. People with complex assets, significant wealth or unstable family dynamics may need more protection than others, however. For them, a plethora of tools exists, the most powerful of which may be an irrevocable trust.

Protecting wealth can take a range of forms, depending on individual needs. Maybe you anticipate a divorce. Maybe you're worried about creditors or about minimizing estate taxes. Or maybe you run a business or are concerned about qualifying for Medicaid. An asset protection trust has an answer to each of these concerns but does not provide a one-size-fits-all solution. Different types of trusts serve different purposes. Here is what you need to know.

Understanding Trusts

All asset protection trusts share the common characteristic of being irrevocable. This means that when you place assets in this type of trust, you surrender ownership, a measure of control and valuable roadblocks to getting them back in your name. While the disadvantages here are obvious, there are plenty of situations in which an irrevocable trust is the only way of preserving your life's work.

Domestic Asset Protection Trusts

Established within the United States, domestic asset protection trusts provide the advantage of not requiring you to move your money abroad. Nonetheless, these are a relatively new type of trust and are not allowed by all states. If you're considering a domestic trust, it's important to speak with an experienced estate planning attorney who can walk you through its numerous pros and cons.

Foreign Asset Protection Trusts

Sometimes referred to as an "offshore" trust, these are more well-known than their domestic counterparts and

more powerful, too. By virtue of being set up outside the United States, foreign asset protection trusts are less accessible to creditors or claimants. Their use is governed by the laws of the country in which they are held, which are often designed to attract investment in such legal tools. Nevertheless, most countries cooperate with law enforcement and so a foreign asset protection trust does not shield assets gained through criminal activity.

However powerful, foreign asset protection trusts are neither cheap nor risk-free. Setting one up sometimes requires creating an offshore company – which may carry tax implications – and holding assets in a foreign country means accepting the danger of any possible political instability.

Medicaid Asset Protection Trusts

Only the extraordinarily wealthy can afford to pay for long-term care out of

(Continued on page 22)

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Asset Protection

(Continued From Page 21)

pocket. The rest of us must rely on some form of insurance, and, for many, this means Medicaid. However, qualifying for Medicaid depends on meeting minimal asset and income limitations, which many middle-class families exceed. A Medicaid asset protection trust is one tool that allows families in this position to reduce their assets such that they may gain needed coverage. However, because Medicaid employs a five-year look-back period, a Medicaid asset protection trust only works best if created at least five years before Medicaid is required.

Many people have the misconception that asset protection is only for the rich. While it is true that domestic asset protection trusts and foreign asset protection trusts are mostly utilized by the very wealthy, Medicaid asset protection trusts can be a great tool for everyday families who want to protect their hard-earned savings while also making sure they get the long-term care they deserve so they can age with dignity. If you have questions about whether these or other estate planning strategies make sense for you, reach out to an experienced estate planning and elder law attorney while you have the ability to make your own plan.

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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Highlights From Jingle & Mingle & A Little Bit Of Kringle



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Hello Broken Arrow Seniors!

Well, another year has started and we've all survived the holidays! I hope each you enjoyed time with your friends and family!

Some of you took advantage of Medicare's Annual Election Period (AEP) that takes place from October 15th - December 7th each year. Whether you just had an insurance professional conduct Medicare's suggested annual review, or you made some changes for 2023 - we hope you took advantage of the Medicare Fair and met with an advisor!

What some of you may not be aware of, is Medicare's less advertised Open Enrollment Period which is held each year starting January 1st through March 31st. This would be pertinent to anyone who missed the deadline during AEP and wishes to make Medicare Advantage Plan changes.

Also, please always keep in mind: you NEVER have to wait for ANY specific enrollment period when considering a change between Medigap/Medicare Supplement Plans. Those can be changed any time of year to save premium dollars OR to increase coverage from one plan to another.

I hope 2023 sees all your hopes to fruition & we look forward to seeing you around the center!

Happy New Year!

Wendi Schoonover, Owner

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