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The official newsletter of Broken Arrow Seniors, Inc.

July 2022 • Vol. 32, No. 7



Broken Arrow Senior Center

1800 S. Main St.
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sean@baseniors.org
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Our New Check-in System: Progress And Change Are Underway

It was once said that progress is impossible without change.

"I love the new system! It's so easy to use!"

This is just one of the many positive comments regarding the new My Senior Center check-in system. Members registering in the new system are finding that it is fast and easy to use.



Progress is underway! The Center's outdated Access database and check-in system is in the process of being replaced by the My Senior Center database. Members coming to the Center in June have registered in the new system and received a sign-in key tag. All members will be required to use their key tags to sign into the new system beginning July 5 at the west building entrance. My Senior Center check-in will also be available in the office and near Centennial. Our mobile office will be on-site at the west entrance through Friday, July 1.

Starting Tuesday, July 5, members who have not signed up for the new system will need to come by the front office to get their picture taken and receive a key tag.

President and Chief Executive Officer Sean Simpson provides answers to the most commonly asked questions regarding My Senior Center on page 3.



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Don't Forget About Your Beloved Pets



By Brittany Littleton

Protecting your family should always be a top priority when planning for your future. This includes thinking about your beloved pets. For many, the animals that provided years of joy and companionship, maybe even growing alongside their children, are in fact family members. The same can be said about support and therapy animals that help people who live with disabilities. Have you thought about what will happen to these special family members when you are gone?

Pet planning is a common extension of estate planning. If your estate plan is based around a revocable living trust, you can include what is called a “pet trust.” Its goals may include: designating caretakers; arranging transportation to another residence; daily care instructions; veterinary care; and setting aside funds to pay for your wishes to be followed.

Just like a trust created for the purpose of protecting your family, a pet trust needs to be drafted in a manner that reflects your wishes and objectives for when you are no longer able to care for your pets. Such a situation does not have to be limited to passing away; the trust can also be crafted with provisions related to illness and disability. The terms during which these trusts are in effect generally conform to how long the animals will live and how much it costs to take care of them. For example, a pet trust set up to care for young horses would likely need significantly more funds allocated to it than a pet trust created for an elderly cat.

In essence, a pet trust helps pet owners plan for the future by letting them nominate a caregiver and a trustee to manage funds intended to foster the quality of life for their animals. The caregiver and trustee do not have to be the same person. The trustee of your pet trust can be the same or different from the successor trustee of your revocable living trust. If for some reason your nominated caregivers are not available, your pet trust can direct the trustee to make shelter or sanctuary arrangements for the animals.

Even though pet trusts are created to ensure the welfare of companion animals, pets are not the actual trust beneficiaries because they cannot legally own money – and, if they could, they probably wouldn’t spend it wisely! (I’m imagining Garfield spending all his money on lasagna and Snoopy spending his money on root beer and fine art.) Trustees can be named beneficiaries during the lifetime of the pet so they can distribute money to themselves to pay for the pet’s expenses. If there are funds remaining in the

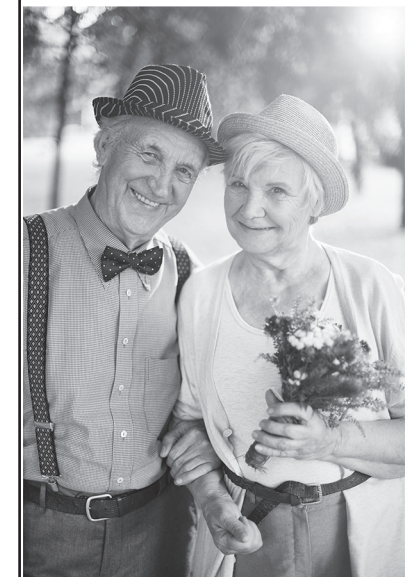
pet trust upon your pet’s death, you can redirect it however you want. Most of my clients distribute it to the human beneficiaries of their revocable living trust. It is also common to distribute it to their favorite animal charity.

Protecting your family with proper estate planning requires you to think of every angle and cover all bases. Whether your family rescued a stray kitten or raised a pedigreed puppy, chances are you want to make sure they are taken care of if they outlive you. If this is true for you, talk to your estate planning attorney about making sure your documents protect all your family members – including the furry ones. You and Fido both will have peace of mind.

Brittany Littleton owns and operates Littleton Legal. Her practice focuses on business law, estate planning, elder law, trust administration and probate. She is a firm believer that clients are best served when their legal, financial and accounting advisors are working collaboratively to strategize and advocate on their behalf.

A Signature Partner with BA Seniors, Littleton will write a column each month 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 Sean Simpson at sean@baseniors.org.

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Activity Update

Engage and Stay Active!

Continued From Page 17

At The Movies Now On Wednesdays

At the Movies will be moving to the second and fourth Wednesdays in July. Plan to beat the heat with entertainment and laughter during the comedies set for the July! The Center's At the Movies events come complete with popcorn and begin at noon in the Lounge.

Wednesday, July 13 – “The Pink Panther Strikes Again” – rated PG: Peter Sellers stars in this award-winning, hilarious, slapstick film. Charles Dreyfus finally cracks over Inspector Jacques Clouseau's antics, escapes from a mental institution and launches an elaborate plan to get rid of Clouseau once and for all.

Wednesday, July 27 – “The Spy Next Door” – rated PG: Played by Jackie Chan, former CIA spy Bob Ho takes on his toughest assignment to date: looking after his girlfriend's three kids, who haven't exactly warmed to their mom's beau. “Jackie Chan has never been funnier!”

New Start Time For BUNCO

The Center's monthly game of BUNCO will now be starting at 1 p.m. on the second Wednesday, beginning in July in the Conference Room.

For those not familiar with the game, BUNCO is lively and fun, 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 progressively. What is a BUNCO? That's when a player rolls and the end result is the same number of all five die. A few more rules apply, but the game is easy enough to learn while enjoying laughter and conversation.



Here, retirement is a verb.

Look up *retirement* in any dictionary and it says it's a noun. It also says it's *when you withdraw from an active life*. Obviously they didn't stop by The Linden at Stonehaven Square when they wrote such nonsense. Here retirement is proudly a verb and *when you live life with gusto!* Come see what we mean.

Call 918.553.8566 to schedule your complimentary lunch and tour. And bring your dictionary and a pen. It's time to do a little editing.



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We Must Embrace Change To Make Progress Possible



Progress is impossible without change. The future success of the Center depends on embracing new ways to operate, not just by adding programming activities and looking forward to a new building but with technology that offers efficiency. The advent of My Senior Center helps us improve how we serve our members. I thought it might be helpful to provide answers to the most commonly asked questions members asked regarding the My Senior Center check-in system during the initial registration in June.

Q. How does the key tag work?

A. A barcode on the back of your new key tag is assigned to your member profile. Simply place the tag in front of the scanner and it will beep. Your name will populate in the top left-hand corner of the computer screen. Touch the screen to choose all the activities you are taking for the day and then push FINISH in the bottom right-hand corner of the screen. You have just checked in!

Q. Where are my activities? I don't see them on the screen.

A. Activities are listed by time in a large font for easy viewing. Click the NEXT button to see more activities for the day.

Q. Is there a keyboard to go with the kiosk?

A. No. You can touch the screen to choose the activities you are participating in for the day.

Q. Do I still need my name tag?

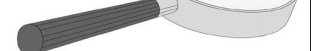
A. Yes. Name tags are important for identification purposes. If there is an emergency and you need medical help, the administration team will need to identify you and reach out to emergency contacts. Another reason to wear your name tag is so people can get to know your first and last name.

Q. Why do you need a picture of me?

A. The office will use pictures for our purposes only.

Your photo and identity will be accessible to Center staff only. With nearly 2,000 members, staff will finally be able to match names with faces. Please continue to wear your name tag for identification purposes.

A Closer Look



By Sean Simpson
Broken Arrow Senior Center
President/CEO

Q. Do I have to use the new system? I like the old one.

A. Yes. After July 5, the old kiosks will not be available. The old system served the Center well for many years. The system and touch screens, however, often went down and took valuable staff time to troubleshoot. The new system offers many new features that will help the Center operate more efficiently.

Q. Why is it important for members to sign in?

A. The BA Senior Center is a 501(c)3 nonprofit organization that relies on funding from various sources. Signing in helps the Center track various demographics and the number of people utilizing the Center and attendance at specific activities. The information is also used to make activity changes and plan future programming. Make sure you choose all the activities you are participating in for the day by browsing through the pages. They are listed according to time and in a large font for easy reading.

Q. Do I need my key tag to sign in?

A. Yes, but if you accidentally leave your key tag at home, you will be able to sign into the kiosk using your first name and phone number. This action will populate your profile and all the classes for the day.

Q. I'm not a member and don't want to be because I only come here one day a week. Do I have to join?

A. Yes. The BA Senior Center is a member organization. Membership is required to attend activities and programming.

Please stop by the office with any further questions regarding My Senior Center. We know you will welcome the progress that will come with the change to the new system!



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Activity Update

Engage and Stay Active!

If you have any questions regarding the supplies, please text Jewelry Making activity leader Paulette Bryson at 928-713-0238.

Jewelry Making is held the second and fourth Monday of each month, this month on July 11 and July 25, from 1 p.m. to 3 p.m. in Activity Room 2.

Nutrition Volunteers Needed

The aroma of a great meal and the sound of conversation and laughter can be heard in the Center each day at 11:30 a.m. The nutrition program offered by the Tulsa



& Creek County Senior Nutrition Program touches so many lives

in so many ways daily at the Center. Volunteer help for this important program is currently needed.

LEAVE A LEGACY AND A PATH TO A DESTINATION OF HOPE!

We all understand that there are many paths we take in our life to reach a certain destination. The path we decide to take is often determined by the goal we are wanting to achieve. We often find joy during our journey in life when we are able to see that our purpose can be tied to helping others.

One way of fulfilling your purpose and paving a path that leads to hope is through leaving a Legacy gift in support of a cause or organization you value. The impact of your gift can affect generations to come.

Contact our Legacy Giving Team today to learn more about our complimentary legacy services. Call our 918-491-0079 today!



Nutrition volunteers help in the kitchen to prepare the room for lunch, serve meals that are already prepared and help with cleanup. This is your chance to make a difference in so many lives by simply volunteering as little as one day each week or several days.

Stop in the Center office to speak with Amanda O'Brien, volunteer and special events coordinator, for more information. *(Continued on page 18)*

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Activity Update

Engage and Stay Active!

Continued From Page 15

on a fascinating journey as she describes in colorful detail what happened to her perceptions of reality as her brain functions began to shut down. This story is about how our brain defines us and connects us to the world and to one another.

TED Talk presentations will be held monthly and will be facilitated by Amanda O'Brien, volunteer and special events coordinator. The series will include a 20-minute video presentation followed by a deep dive on the presenter's topic.

TED Conferences, LLC, is a nonprofit media organization that posts short, powerful talks online for free distribution under the slogan "ideas worth spreading." TED Talks are a recorded public-speaking presentation on a global platform showcasing experts from around the world. "TED" stands for technology, entertainment and design, and presentations began as an annual satellite event conference.

Jewelry Making - A Beautiful Bracelet

Members have genuinely enjoyed learning how to make beautiful bracelets during the Center's Jewelry Making class. The group plans to continue this project in July and welcome newcomers to learn how to handcraft jewelry.



The supplies you will need to bring to these sessions are available at local craft stores or Amazon and include 6 pound FireLine beading thread – other types of thread are available in class – and a size 10 beading needle.

Some seed beads will be available in class. If you would like to work with specific colors, please plan on purchasing beads for the project. Bead sizes to bring include 8/0 seed beads; 6 mm

round beads for the core; and 4 mm round beads on the outside.

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Win! Win! Win! Giving back to the community, enjoying time with others and doing something you love. That's what Crochet for the Community group is all about. The group meets every Thursday from 12:30 p.m. to 2:30 p.m. in Activity Room 3.



Needless to say, Limited Exercise is a popular class at the Center. Has your physician said that you need to be more active? If you don't know where to start when it comes to upping your activity game, Limited Exercise offers step-by-step instruction, and you can spend time with other older adults seeking to add to their quality of life! Limited Exercise is held Tuesdays and Thursdays at 10:30 a.m. in Centennial.

AROUND THE CENTER



If you haven't been active in a while or you would like to work on your flexibility, Exercise 101, the Center's latest fitness class, is the way to go! Exercise 101 is held on Wednesdays from 12:15 p.m. to 1:15 p.m. and on Fridays from 1:30 p.m. to 2:30 p.m. in Centennial.



Left: Abstract painting instructor Ralph Krause encourages Mark Tozzio as he works on his first "paint pour." Right: Marilyn Rice, an experienced painter, tries her hand at abstract painting. Abstract Painting is held on Thursdays in Activity Room 2, from 10 a.m. to noon. Check with the office regarding supplies needed for this class.



Activity Update

Engage and Stay Active!



Congratulations to the Center's May pool tournament winners! Left to right: first place – Cecil Jones; second place – Jack Melton; and third place – Chester McDonald. The pool tournament is held the third Thursday of each month.



Dominoes! It's a big deal at the Center! Train Dominoes meets every Tuesday and Thursday morning from 9 a.m. to noon. Dominoes is available to play all day at the Center, but most people participate in the morning, in the Domino, Card and Game Room.

AROUND THE CENTER



Marty McKee, a longtime member of the Center and former line dancing instructor, recently celebrated her 102nd birthday. Marty came to the Center to celebrate with a Line Dancing class. Left to right: Carmella Wharburton, Sandy Mortimer, Michelle Howard, Robin McKee and Marty, seated.



Julie Hodge leads one of the Center's Tai Chi for Balance classes. If you are interested in maintaining your balance and staying active and strong, check it out. Tai Chi for Balance is offered on Mondays at 12:15 p.m. and Tuesdays at 11:45 in Centennial.

ing and check on reading challenge;

Aug. 1: "The Nature of Fragile Things," by Susan Meissner and author visit · historical fiction;

Aug. 15: Discussion on other books the group is reading;

Sept. 12: "The Thursday Murder Club," by Richard Osman · mystery;

Sept. 19: Discussion on other books the group is reading.



Fundamentals Of Line Dancing

Interest has been expressed in having another day and time to learn the beginning elements of line dancing. A Fundamentals of Line Dancing class will be available on Thursdays during a July workshop, to be held on July 7, 14, 21 and 28.

This is your chance to learn the basic steps involved in line dancing in this month-long workshop. Plan on developing the confidence to join the Center's line dancing classes, led by Michelle,

Barb and Eugenia, and perhaps "cut a rug" at the next event you attend! Line dancing is a great exercise for your body and your brain, combining choreographed dances with repeating a series of steps performed in unison. You will love movin' to the music, too!

The workshop will be led by Michelle Howard, from 1 to 2 p.m. on Thursdays in Centennial.

TED Talk - 'My Stroke of Insight'

Based on member feedback from the Center's March survey regarding new programs, the Center will begin offering monthly TED Talks. "My Stroke of Insight: A Brain Scientist's Personal Journey," will be presented by Dr. Jill Bolte Taylor, a Harvard-trained neuroanatomist, on Monday, July 18, at 12:30 in Activity Room 3. Please call the office or sign up to attend this session at the Center events bulletin board at the top of the ramp.

During the 20-minute video, Dr. Bolte tells the harrowing story of her own experience with having a stroke. This story takes the audience *(Continued on page 16)*

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Activity Update

Engage and Stay Active!

Clogging Workshop To Start In July

Is it possible to exercise and have the best time ever? According to those who clog, it is! A beginning clogging workshop will begin at the Center in July. The eight-week workshop will offer the opportunity to learn basic clogging steps that will lead to easy routines. Designed for anyone and everyone, participation in the workshop does not require previous dance experience.

What do you need to clog? Plan on wearing cool clothing that you can move in, and wear or bring smooth-soled shoes such as smooth tennis shoes.

Much of the joy and gratification of clogging is the sound of the rhythmic, lyrical tap of the steps. Clogging instructor Lea Wimmer will order clogging taps for those who want to get the full experience of clogging throughout the workshop. If you would like to order taps to attach to your smooth tennis shoes, you will have that opportunity during the first class, at a cost of \$20. Taps will be available the following week.

The clogging workshop will begin on Tuesday, July 12, and be offered through Tuesday, Aug. 30, from 2:15 p.m. to 3:30 p.m. in Centennial. Please contact Wimmer at lea.wimmer@cox.net with any questions regarding the workshop.

Grab a friend and come join us for the best time ever!

New Focus For Bible Study

The Center's Bible Study group will be discussing Max Lucado's book, "Life Lessons from James," beginning in July.

Lucado's book covers the topics of faith and works addressed in the Book of James. Both are needed, Lucado



offers, but works do not save the Christian – they mark the Christian.

This fascinating study

will begin on July 11. You don't have to buy the book to participate in the Bible Study group. Books are available to purchase at local bookstores and on Amazon for about \$10.

Bible Study meets each Monday from 9:30 a.m. to 11 a.m. in Activity Room 3.

Horseshoes Are The Pits

Have you noticed the horseshoe pits in the grassy area on the west side of our building? It's time to test your horseshoe-throwing skill and enjoy some friendly competition with others. Members are expressing interest in playing horseshoes.



A sign-up sheet will be available at the Center events bulletin board at the top of the ramp for those who are interested in participating and finding out who's the best! Since the summer heat is upon us, horseshoe games will be set in the morning until fall.

Playing horseshoes offers both physical and mental benefits without taxing the body. Breathe the fresh air, enjoy time and conversation with others and toss a few shoes! Who is the best horseshoe player at the Center? Grab a friend and start practicing or practice on your own to hone those horseshoe skills. Horseshoes are available to check out in the office.

Author To Visit Circle Of Readers

Mark your calendars for Monday, Aug. 1! Susan Meissner, author of "The Nature of Fragile Things," will attend the Center's Circle of Readers group to discuss her book.

Meissner was named as USA Today's bestselling author of historical fiction, with more than three-quarters of a million books in print in 18 languages.

"The Nature of Fragile Things" is Meissner's latest award winning book. The story takes place in 1906, when a massive earthquake rocks San Francisco just before daybreak, igniting a devouring inferno. Lives are lost and lives are shattered, but some rise from the ashes forever changed.

In July, Circle of Readers will be meeting on Monday, July 11, and Monday, July 18, because of the July 4 holiday. The group meets in the Conference Room. Get reading and enjoy these upcoming discussions:

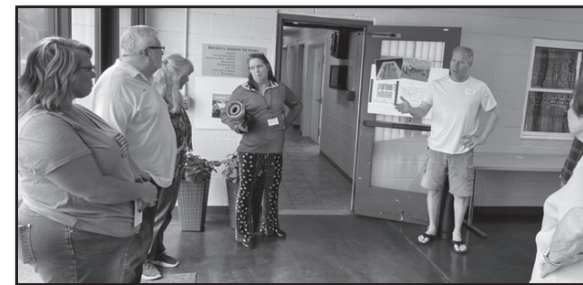
July 11: "Fountains of Silence," by Ruta Sepetys · historical fiction;

July 18: Discussion on other books the group is read-

Andrew with A New Leaf enjoys helping to take care of the planter boxes near the west entrance. Plants were provided by the A New Leaf Greenhouse. The BA Senior Center is a job training site for the organization. Great job, Andrew, and the entire A New Leaf team!



Cathey Bowling with Summit Physical Therapy talks with Don Niemeier about one of the Center's treadmills. Summit offers guidance and help in the Center's fitness room the second Tuesday of each month at 9 a.m. If you have questions regarding how to use the equipment, Cathey will be glad to assist.



Joe and Anita Mace talk with members of the Senior Advisory Committee, which toured the Center recently to learn about our activities and programming. The Senior Advisory Committee was established by the Broken Arrow City Council this year to learn about the BA Senior Center and other senior centers around the state and to offer recommendations to the city.

AROUND THE CENTER



Jill Morris, left and Resa Johnson share a funny moment in Improv, where creativity and laughter abound. The group is having so much fun, they will begin meeting weekly in July, on Mondays from 1 p.m. to 2:30 p.m. in Activity Room 1.



Members of the Center's Mahjong group recently played in the Mahjong for Memories Tulsa event in support of the Alzheimer's Association. Thousands play worldwide to benefit the Alzheimer's Association. Left to right: Jim Rice, Linda Thomas, Jack Fortman, Meichelle Culhane and Pat Roberts. The group raised more than \$300 for the Association. The Center's Mahjong group plays every Wednesday from 1 p.m. to 4 p.m. in the Domino, Card and Game Room.

Edward Jones

Happy Independence Day



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Calendar of Events

Friday, July 22

9-10:15 a.m. Friday Fitness
 9:30-10:30 a.m. Singing Group
 10 a.m.-noon Creative Writing
 10 a.m.-12:30 p.m. Individual Quilt Layout
 11:30-noon. Lunch
 Noon-3 p.m. Canasta
 1:30-2:30 p.m. Exercise 101

Monday, July 25

8:15-9 a.m. Cardio Dance
 9:15-10:15 a.m. Yin Yoga
 9:30-11 a.m. Bible Study
 9:30 a.m.-noon. Crafting
 10:30 a.m.-noon Line Dancing With Eugenia
 11:30-noon. Lunch
 12:15-1:15 p.m. Tai Chi For Better Balance With Vanessa
 1-2:30 p.m. Improv
 1-3 p.m. Jewelry Making
 1-4 p.m. Card Game Of The Day
 1:30-2:30 p.m. Line Dancing With Barb
 1:30-3 p.m. Photography Group
 2:45-3:30 p.m. Fundamentals Of Line Dancing
 2:45-3:45 p.m. Tap Dancing

Tuesday, July 26

8:15-9 a.m. Strengthen & Tone
 9 a.m.-noon Party Bridge
 9 a.m.-noon Train Dominoes
 9:15-10:15 a.m. Soft Yoga
 10-11 a.m. Beginning Guitar Lessons
 10 a.m.-1 p.m. Scrapbooking
 10:30-11:30 a.m. Limited Exercise
 11:30-noon. Lunch
 11:45 a.m.-12:45 p.m. Tai Chi For Balance With Julie
 Noon-3 p.m. Canasta
 1-2 p.m. Line Dancing With Michelle
 1-3:30 p.m. Painting
 2:15-3:15 p.m. **New** Clogging Workshop
 See page 14 for more information

Wednesday, July 27

8:15-9 a.m. Cardio Dance
 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
 11:30-noon. Lunch
 Noon To Conclusion At The Movies
 "The Spy Next Door," Rated PG
 12:15-1:15 p.m. Exercise 101
 12:30-3 p.m. Chess
 1-4 p.m. Mahjong
 1:30-2:30 p.m. Line Dancing With Barb
 2:45-3:30 p.m. Fundamentals Of Line Dancing

Thursday, July 28

8:15-9 a.m. Strengthen & Tone
 9 a.m.-noon Train Dominoes
 9:15-10:15 a.m. Power Yoga
 9:30-10:30 a.m. Guitar Jam
 9:30-Noon Poker Tournament Practice
 10 a.m.-Noon. Creative Card Making
 10 a.m.-Noon. Abstract Painting
 10:30-11:30 a.m. Limited Exercise
 11:30-noon. Lunch
 12:30-2:30 p.m. Crochet For The Community
 12:30-3 p.m. Party Bridge
 1-2 p.m. **New** Fundamentals Of Line Dancing Workshop

Friday, July 29

9-10:15 a.m. Friday Fitness
 9:30-10:30 a.m. Singing Group
 10 a.m.-noon Creative Writing
 10 a.m.-12:30 p.m. Individual Quilt Layout
 11:30-noon. Lunch
 Noon-3 p.m. Canasta
 1:30-2:30 p.m. Exercise 101

Calendar of Events

Please note the following Center information.

Accommodations – If the activity you want to attend is held at the front of the 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/back entry.

Name tags – All members will be required to wear their name tag while engaged in activities at the Center. Name tags are available in the office. You must wear one for identification purposes while in the building.

Center hours – All activities Monday through Thursday will end by 4 p.m. The last activity on Friday will end by 3 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. Reservations are required and must be made the day before by 11 a.m. Please call 918-259-8377, extension 106. 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. 105.

Friday, July 1

9-10:15 a.m. Friday Fitness
 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
 11:30-noon. Lunch
 Noon-3 p.m. Canasta
 1:30-2:30 p.m. Exercise 101

Monday, July 4

The Center will be closed in observance of Independence Day

Tuesday, July 5

8:15-9 a.m. Strengthen & Tone
 9 a.m.-noon Party Bridge
 9 a.m.-noon Train Dominoes
 9:15-10:15 a.m. Soft Yoga
 10-11 a.m. Beginning Guitar Lessons
 10 a.m.-1 p.m. Scrapbooking
 10:30-11:30 a.m. Limited Exercise
 11:30-noon. Lunch
 11:45 a.m.-12:45 p.m. Tai Chi For Balance With Julie
 noon-3 p.m. Canasta
 1-2 p.m. Line Dancing With Michelle
 1-3:30 p.m. Painting
 2:15-3:15 p.m. **New** Clogging Workshop
 See page 14 for more information

Wednesday, July 6

8:15-9 a.m. Zumba/Cardio Dance
 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
 11:30-noon. Lunch
 12:15-1:15 p.m. Exercise 101
 12:30-3 p.m. Chess
 1-4 p.m. Mahjong
 1:30-2:30 p.m. Line Dancing With Barb
 2:45-3:30 p.m. Fundamentals Of Line Dancing

(Continued on page 10)

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Calendar of Events

Thursday, July 7

8:15-9 a.m.Strengthen & Tone
 9 a.m.-noon Train Dominoes
 9:15-10:15 a.m.....Power Yoga
 9:30-10:30 a.m. Guitar Jam
 9:30-NoonPoker Tournament Practice
 10 a.m.-Noon..... Creative Card Making
 10:30-11:30 a.m. Limited Exercise
 11:30-noon.....Lunch
 12:30-2:30 p.m. Crochet For The Community
 12:30-3 p.m. Party Bridge
 1-2 p.m. **New** Fundamentals Of Line Dancing Workshop

Friday, July 8

9-10:15 a.m. Friday Fitness
 9:30-10:30 a.m. Singing Group
 10 a.m.-noonCreative Writing
 10 a.m.-12:30 p.m..... Individual Quilt Layout
 11:30-noon.....Lunch
 Noon-3 p.m. Canasta
 1:30-2:30 p.m. Exercise 101

Monday, July 11

8:15-9 a.m. Cardio Dance
 9:15-10:15 a.m.....Yin Yoga
 9:30-11 a.m.....Bible Study
 9:30 a.m.-noon..... Crafting
 10-11 a.m. Circle Of Readers
 10:30 a.m.-noonLine Dancing With Eugenia
 11:30-noon.....Lunch
 12:15-1:15 p.m..Tai Chi For Better Balance With Vanessa
 1-2:30 p.m.....Improv
 1-3 p.m. Jewelry Making
 1-4 p.m. Card Game Of The Day
 1:30-2:30 p.m. Line Dancing With Barb
 1:30-3 p.m..... Photography Group
 2:45-3:30 p.m. Fundamentals Of Line Dancing
 2:45-3:45 p.m. Tap Dancing

Tuesday, July 12

8:15-9 a.m.Strengthen & Tone
 9 a.m..... Fitness Machine Training
 9 a.m.-noon Party Bridge
 9 a.m.-noon Train Dominoes
 9:15-10:15 a.m..... Soft Yoga
 10-11 a.m. Beginning Guitar Lessons
 10 a.m.-1 p.m. Scrapbooking
 10:30-11:30 a.m. Limited Exercise
 11:30-noon.....Lunch
 11:45 a.m.-12:45 p.m.... Tai Chi For Balance With Julie

Noon-3 p.m. Canasta
 1-2 p.m. Line Dancing With Michelle
 1-3:30 p.m..... Painting
 2:15-3:15 p.m..... **New** Clogging Workshop
 See page 14 for more information

Wednesday, July 13

8:15-9 a.m. Cardio Dance
 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
 11:30-noon.....Lunch
 Noon To Conclusion At The Movies
 "The Pink Panther Strikes Again," Rated PG
 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
 1:30-2:30 p.m. Line Dancing With Barb
 2:45-3:30 p.m. Fundamentals Of Line Dancing

Calendar of Events

Thursday, July 14

8:15-9 a.m.Strengthen & Tone
 9 a.m.-noon Train Dominoes
 9:15-10:15 a.m.....Power Yoga
 9:30-10:30 a.m. Guitar Jam
 9:30-noon Poker Tournament Practice
 10 a.m.-noon Abstract Painting
 10 a.m.-noon Creative Card Making
 10:30-11:30 a.m. Limited Exercise
 11:30-noon.....Lunch
 12:30-2:30 p.m. Crochet For The Community
 12:30-3 p.m. Party Bridge
 1-2 p.m. **New** Fundamentals Of Line Dancing Workshop

Friday, July 15

9-10:15 a.m. Friday Fitness
 9:30-10:30 a.m. Singing Group
 10 a.m.-noonCreative Writing
 10 a.m.-12:30 p.m..... Individual Quilt Layout
 10 a.m.-noonAlzheimer's Support Group
 11:30-noon.....Lunch
 Noon-3 p.m. Canasta
 1:30-2:30 p.m. Exercise 101

Monday, July 18

8:15-9 a.m. Cardio Dance
 9:15-10:15 a.m.....Yin Yoga
 9:30-11 a.m.....Bible Study
 9:30 a.m.-noon..... Crafting
 10-11 a.m. Circle Of Readers
 10:30 a.m.-noonLine Dancing With Eugenia
 11:30-noon.....Lunch
 12:15-1:15 p.m..Tai Chi For Better Balance With Vanessa
 12:30-1:30 p.m. **New** TED Talk
 More information on page 15
 1-2:30 p.m..... Improv
 1:30-2:30 p.m. Line Dancing With Barb
 1-4 p.m. Card Game Of The Day
 2:45-3:30 p.m. Fundamentals Of Line Dancing
 2:45-3:45 p.m. Tap Dancing

Tuesday, July 19

8:15-9 a.m.Strengthen & Tone
 9 a.m.-noon Party Bridge
 9 a.m.-noon Train Dominoes
 9:15-10:15 a.m..... Soft Yoga
 10-11 a.m. Beginning Guitar Lessons
 10 a.m.-1 p.m. Scrapbooking
 10:30-11:30 a.m. Limited Exercise
 11:30-noon.....Lunch
 11:45 a.m.-12:45 p.m.... Tai Chi For Balance With Julie
 Noon-3 p.m. Canasta
 1-2 p.m. Line Dancing With Michelle
 1-3:30 p.m..... Painting
 2:15-3:15 p.m..... **New** Clogging Workshop
 See page 14 for more information
 3:30 p.m.-Conclusion..... Board Of Directors

Wednesday, July 20

8:15-9 a.m. Cardio Dance
 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
 11:30-noon.....Lunch
 12:15-1:15 p.m..... Exercise 101
 12:30-3 p.m. Chess
 1-4 p.m. Mahjong
 1:30-2:30 p.m. Line Dancing With Barb
 2:45-3:30 p.m. Fundamentals Of Line Dancing

Thursday, July 21

8:15-9 a.m.Strengthen & Tone
 9 a.m.-Conclusion Pool Tournament
 9 a.m.-noon Train Dominoes
 9:15-10:15 a.m.....Power Yoga
 9:30-10:30 a.m. Guitar Jam
 9:30-noon Poker Tournament Practice
 10 a.m.-noon Abstract Painting
 10 a.m.-noon Creative Card Making
 10:30-11:30 a.m. Limited Exercise
 11:30-noon.....Lunch
 12:30-2:30 p.m. Crochet For The Community
 12:30-3 p.m. Party Bridge
 1-2 p.m. **New** Fundamentals Of Line Dancing Workshop

(Continued on page 12)