



**BROKEN
ARROW
SENIORS**

Silver Notes

The Official Newsletter of Broken Arrow Seniors, Inc.

November 2023 Vol. 33, No. 11

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

www.baseniors.org

 @BrokenArrowSeniors

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

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

Executive Director
Kimberly Crenshaw

Member Services Manager
Ami Bucher

Office Coordinator
Terry Drummond

Events Coordinator
Erica Decker

Volunteer Coordinator
Candy Byers

Transportation
Phil Byers & Randall Graybill

Community **BUNCO Bash** Thursday November 9th Senior Center East

Check in begins - 6pm

Bunco 7 pm

Enjoy the fun at the Broken Arrow Senior Center
More than 150 people have attended this popular event in the past.
Players have a chance to win door prizes and fabulous raf e prizes.

Fabulous Prizes...



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VIPcare Clinics

Thank you for your support
of the BA Senior Center

Tickets for the November Community BUNCO Bash are available for purchase in advance for \$10 in the West office or \$12 at the door (as event space allows). Volunteers are needed to help before, during and after the event! Please contact Erica Decker or Candy Byers at events@baseniors.org and volunteer@baseniors.org regarding various opportunities.

Notice of Annual Membership Meeting – Friday, December 1

An annual membership meeting of Broken Arrow Seniors, Inc. will be held Friday, December 1, at 1p.m. at the East Senior Center Annex. Participation is limited to Broken Arrow Senior members in good standing, defined as those whose 2023 membership dues have been paid in full. Members are highly encouraged to pay any delinquent dues by Thursday, November 30. Election of new board members brought forth by the board's nominating committee will be held. Biographies of proposed board members are included in this newsletter. The Center's amended bylaws as approved by the board, will also be presented for ratification by members of the Center. Copies of the proposed amended bylaws are available in the West Center Office beginning Wednesday, November 14.



Debbie Firestone is a skilled business attorney dedicated to offering comprehensive legal guidance to entrepreneurs, small businesses, and commercial property owners. An associate attorney at Littleton Legal PLLC, she has expertise in corporate governance, mergers and acquisitions, contract negotiation, LLC formation, and corporate law, Debbie aids clients in setting

up businesses for success. Debbie also helps clients avoid probate and adult guardianship and plan for long-term care and preserve their legacies through estate planning services. Holding a J.D. and L.L.M in Energy and Natural Resources Law with highest honors from the University of Tulsa College of Law, she is licensed to practice in Oklahoma, Texas, and Florida, including admission to the Eastern District Court of Oklahoma. Beyond her legal prowess, Debbie's passion extends to meaningful community service through board memberships like the Broken Arrow Seniors Board.



Lisa Ford currently serves as a Broken Arrow City Councilor. In 2021, Ford spent 20 years as the Crime Prevention Specialist for the Broken Arrow Police Department.

Lisa has served and continues to serve on many nonprofit Board of Directors, Broken Arrow Neighbors, Tulsa YMCA, Tulsa

Police Officers Memorial, and Broken Arrow Seniors. Lisa also serves on many local, state, and national committees Representing Broken Arrow.

Lisa has been married for 43 years to State Rep. Ross

Ford, has two children, Kasey and Ryan, and four grandchildren, Reece, Alexis, Adeline, and Rowe, with another due in November.

She has previously served five terms as well as serving as president for Broken Arrow Seniors and would be honored to have the opportunity to serve again.



Lauren Smith is a Senior Vice President of Commercial Lending at Vast Bank, with over 16 years in banking. She earned her B.A. from the University of Arkansas and is a graduate of the Southwest Graduate School of Banking. Lauren has been involved with the Broken Arrow Chamber of Commerce since 2013, serving as the Treasurer for several years and

the Chairperson of the Board in 2021, and she is a 2014 graduate of Leadership Broken Arrow. Lauren lives in Broken Arrow with her husband Nick and their twin 13-year-old daughters, Isla and Adley, who attend Broken Arrow Schools. Lauren loves plants, reading, playing cards with her family, and loving on the family's fur babies, Teddy and Bear.



Ronald (Ron) Whitaker has been active in community service since moving to Broken Arrow in 1985. From head usher at First United Methodist Church BA to Vice President for the civic organization, Optimist International. Along the way he served his community as City Counselor, alumni of the Broken

Arrow Police Academy, member of Broken Arrow

Continued on page 3

Chamber of Commerce, graduate of Leadership Broken Arrow, and most recently Vice Chair for the Broken Arrow city committee studying the Broken Arrow Senior Center operation. Ron was chair of a 501C(3) group which was one of several entities responsible for the building of the community center at Nienhaus Park. On the international level of Optimist, he has served as member and chair of the Governance, marketing, and international convention committees. Before coming to Broken Arrow Ron managed and supervised T.G. & Y. stores and at retirement, radio/tv/digital consultant for Cox Media Group.



Farrah Fulps is a fourth generation Broken "Arrowan" with a big love for her hometown and the people in it. She partners with Larry Pennington, Pennington and Associates—commercial, residential, and land brokerage, a transition from her former role as Executive Director of her late

grandfather, J.W. Bud Fulps' 70-year-old Main Street Broken Arrow company, Arrow Exterminators. She is a K-12 graduate of Broken Arrow High School and attended NSU and OSU, earning a B. A. in English. Her twenty-five-year career path has focused on Marketing and Business Development, beginning with Glaxo Smith Kline, Director of Business Development for Tulsa Regional Medical Center, helping to establish branding for OSU Medical Center.

Farrah is impassioned by her involvement with the local community and philanthropy. She currently serves on the Board of Directors for the Broken Arrow Senior Center and Broken Arrow Chamber and in the past served on the Board of Directors for The Museum Broken Arrow. She is a member of the Chamber Total Resource Campaign and serves as the founding vice-president for the newly formed Broken Arrow Police Foundation. Farrah has also worked closely with agencies such as: DVIS, Family and Children's Services, ArtsOK, BA Economic Development Commission Campaign, and A Soldier's Wish. She is a 2020 Graduate of Leadership Broken Arrow and serves on the LBA Alumni committee. Farrah is involved in commercial/development associations at state and national levels.

Farrah Fulps was previously appointed to the board and will be ratified as a board member during the 2023 Annual Membership Meeting.

BA Senior Center Sponsors

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Activity Sponsors:

Poker Tournament:

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Domino Tournament:

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

Pool Tournament:

VIPCare Clinics

Bingo & Singo:

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

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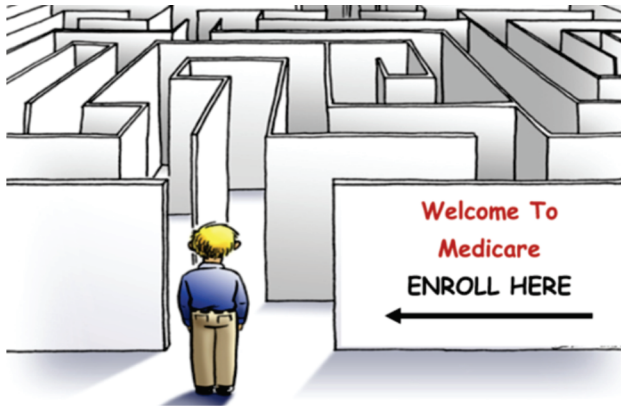
Hearing Screenings & Hearing Aid Maintenance:

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Activity Update

Engage and Stay Active!

The Medicare Maze – So Much At Stake



Medicare open enrollment period begins October 15 and runs through December 7. Like you, more than 65 million Americans are being bombarded with ads for Medicare health care plans.

Each year, Medicare health and drug plans can change things like cost, coverage, and what providers and pharmacies are in their networks. For example, there are a few new features for 2024, including a lower out-of-pocket cost limit for some patients taking expensive drugs. During open enrollment, people with Medicare can change their health plans and prescription drug coverage for the following year to better meet their needs. Healthcare needs change yearly driven by health changes, finances, and other factors.

The choices include the federal government's original Medicare and its drug supplement, or pick from a growing number of Medicare Advantage plans offered by private insurers approved by Medicare. Last year, nearly 4,000 Medicare Advantage plans were available nationwide. The average Medicare beneficiary could choose from 43 of those plans, more than double the average number available in 2018.

No wonder choosing a health care plan can feel overwhelming and confusing – like a maze! Nevertheless, it's an important decision that can hit your budget hard if you're not careful.

With so much at stake, here's what you need to do to make the right decision and feel confident navigating the maze – come to the Center's Medicare Fair. The Center is partnering with the following companies to help answer

your questions.

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

Pick up the Center's free Medicare Fair Participant Guide that will provide guidance to ask the right questions of each company to ensure the best health coverage at the price you can afford. In November, the Medicare Fair will be held Thursday, November 2, 9, 16 and 30 from 12:30 to 3:30 p.m. at Senior Center East.

Fall Prevention Workshop - "LEAVE THE FALLING TO THE LEAVES!"

It's a fact. No one plans on falling. But now you can take advantage of an interactive approach to fall prevention. Dr. Michael Hyland, Physical Therapist and owner of Hyland Physical Therapy is offering a fall prevention workshop on Tuesday, November 14 at 10 a.m. in the Conference Room of Senior Center West.

During this important workshop discover if you are worried about falling. Did you know that the fear of falling increases the likelihood of falling? Dr. Hyland will also help you determine if you need help to prevent a fall from happening. If you have experienced a fall, learn ways to reduce your risk of another fall. Screenings for your balance and strength will be provided to determine your individual fall risk. In addition, you will discover proactive ways that you can make your home safer, what exercises you can do to improve your balance, and methods of getting up from the floor.

Beth Stepien, Director of Business Development with Senior Care Referral Services of OK, and certified core yoga instructor at the Center, will be joining Dr. Hyland in the presentation.



Activity Update

Engage and Stay Active!

Healthy Living for Your Brain and Body: Tips from the Latest Research

For centuries, we've known that the health of the brain and the body are connected. But now, science can provide insights into how to make lifestyle choices that may help you keep your brain and body healthy as you age. Healthy Living for Your Brain and Body will be held Monday, November 6 at 1 p.m. in the Meeting/Presentation room of Senior Center East. This is a follow up session to Alzheimer's Is Not Normal Aging presentation that was offered by Dr. Laura Garrett in September.

Learn about research in the areas of diet and nutrition, exercise, cognitive activity and social engagement, and use hands-on tools to help you incorporate these recommendations into a plan for successful aging. Signup sheets to attend Healthy Living for Your Brain and Body 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.

"Hope for the Holidays" - Grief Healing Group November Discussion Topic

Grieving the loss of a loved one or the sadness that comes with a significant life change can be a deep and difficult challenge at any time. The holiday season can magnify the sense of loss and sorrow. Seasonal events can especially be painful reminders of the absence of loved ones or the sorrow that accompanies health or life changes.

"Hope for the Holidays" will be the November discussion topic at the Grief Healing Group. The group will meet on Thursday, November 16 from 10 to 11:30 a.m. in the Game Room of Senior Center East. The Grief Healing Group is facilitated by Beth England, Bereavement Coordinator for Elara Caring Hospice.

If you think you may be struggling with any type of grief during the upcoming holiday season, plan to attend the November meeting. Receiving support and ways to help navigate the upcoming weeks ahead may help you and to realize that you are not alone in your journey. Signing up to attend is not required.



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Activity Update

Engage and Stay Active!

“Bags on a Plane” – A Play by the Center's Main Street Players

Have you ever been on an airplane and wondered what might be going on in the baggage compartment below your feet? Nancy Blass and Marla Taylor did exactly that and wrote a short play about what they imagined might be happening in a baggage compartment!

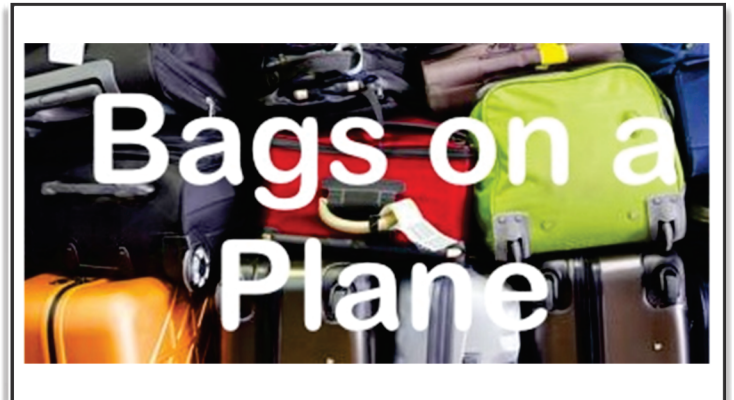
Get ready for some hilarious fun on Wednesday, November 15, at 10 and 10:45 a.m. when the Center's Main Street Players present “Bags on a Plane”! The play will be presented in Activity Room 3 of Senior Center West.

The 10 a.m. showing will feature cast members Judy Striegel, Smitty Jamar, Carol Kennedy and Janet Brister. The 10:45 cast features Percy Brown, Sharon Barnett, Kathy Niemeyer and Jim Vaughan.

In addition to the main feature, members of the Main Street Players will share some fun Thanksgiving poems. Sign up to attend one or both plays. Sign up sheets are located in the West building near the Center Events

Bulletin Board at the top of the ramp in the West building and near the kiosk in the East building.

“Break a leg folks and we'll see you in the baggage compartment on your next flight!” You just might want to take in both productions to keep the laughter going!



“Rewind and Repeat” – African Violets: Learn How to Bloom



If you missed any of the African Violets: Learn How to Bloom sessions this year, now is your chance to revisit and review this fascinating subject! The session will be held Tuesday, November 14 at 1 p.m. in the Conference Room of Senior Center West. You may

go home with a new African Violet to enjoy!

“Since we have been meeting for almost a year, I thought it would be helpful to provide a “rewind and repeat” session,” says Roy Roberts, session presenter and representative of the African Violet Society of Greater Tulsa. The November 14 presentation will briefly cover the topics previously discussed including general growing basics of African Violets, starting new plants from leaves, and repotting plants.

Roy will also bring African Violet plants from the African Violet Society October plant sale that will be available for members to purchase. Proceeds from the sale will be donated to the Center.

Signup sheets to attend the African Violet: Learn How to Bloom session are located near the Center Events Bulletin Board at the top of the ramp in the West building and near the kiosk in the East building.

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Upcoming School Bond Election Broken Arrow Public Schools Superintendent to Speak at the Center



Broken Arrow Public Schools is asking voters to consider a bond election on November 14. This is a chance for the community to secure the future for today's students with an investment that won't raise taxes if approved. As both past and present leaders of the BA community, your voice matters!

passed the 20,000 student mark for the first time in history, and this bond will also allow the district, to add classroom space and purchase additional buses to keep pace with growth.

You can vote by absentee ballot, early, or in-person on election day, so don't forget to get out and vote on November 14.

Superintendent Chuck Perry will be at the BA Senior Center on Thursday, November 9 at 1 pm in the Senior Center East Meeting/Presentation room to share information about the district and answer questions about the bond package. If you can't be in attendance with us that day, you can also find information on the district website, www.baschools.org/2023bond.

This \$52 million bond proposal will NOT increase taxes, and it will provide much-needed funding for safety, technology and facility maintenance. Last year the district

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Enhancing Your Legacy: The IRA Inheritance Trust

By **Brittany Littleton**

For many people, their IRA is their largest asset other than their home. Thanks to tax-free compounding, an IRA tends to grow more rapidly over time than any other asset.



The Long-Term Value of a Properly Planned IRA

If you have an IRA (or other company retirement plan), you can stretch out the income taxable minimum distributions over a very long period—not only over your lifetime but, after you're gone, for at least another 10 years (and in some cases, the lifetime of your surviving spouse or other beneficiaries).

As an example: Let's assume you have an IRA valued at \$250,000 at the time of your death. It is inherited by your child when she is 50. If the IRA continues to grow an average of 7% per year, and your child allows the money to compound for 10 years, it will grow to about \$500,000. If your child qualifies for a stretch-out of minimum distributions over her lifetime, the total value could be well over \$1 million. In other words, the inherited IRA could represent much more of a financial legacy than you may have anticipated.

The Challenges: Tax Reduction and Asset Protection

When your IRA goes directly to your child (or whoever you name as the beneficiary) there is nothing to protect it from lurking income tax and asset protection problems. Unfortunately, the distributions from the inherited IRA that your child takes out will likely be taxed at her highest combined federal and state rates unless you take steps to minimize the tax rate on distributions. The inherited IRA may also be at risk of being frivolously spent by a financially careless beneficiary, or even worse, subject to her creditors (including a divorcing spouse, medical bills related to a catastrophic illness like cancer, lawsuits related to an accident, and ordinary money problems). The inherited IRA could also disqualify your child from disability or nursing care benefits. When your child eventually dies, the inherited IRA could then pass to unintended beneficiaries – like a spouse or some other your grandchildren or other kids. When your child passes away, your IRA could then pass to unintended beneficiaries, like the child's spouse or some other third party rather than to your grandchildren.

The Solution: The IRA Inheritance Trust

The good news is that you can take steps during your lifetime to minimize income taxes on the IRAs your loved ones will later inherit, as well as maximize its protection against bad habits and creditor claims. There is a cutting-edge and powerful legal tool called an IRA Inheritance Trust that, when drafted properly, complies with IRS regulations and rulings to enhance the IRA that you pass on to your heirs. Despite limitations to inherited retirement accounts due to the SECURE Act (a federal law passed that went into effect on Jan. 1, 2020), the IRA Inheritance Trust is still a viable estate planning strategy. In fact, it can actually help your beneficiaries regain some of the flexibility they lost regarding inherited IRAs due to the changes in distribution rules within the SECURE Act.

How the Trust Works

The IRA Inheritance Trust is not a substitute for your foundational estate plan. Most people that utilize this strategy still need a revocable living trust. The IRA Inheritance Trust is a separate legal tool that once in effect is named either the primary or secondary beneficiary of

Continued on page 11

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Continued from Page 10

your IRAs, depending on your circumstances and goals. Upon your death, your IRA distributions pour-over into the IRA Inheritance Trust that benefits your spouse, your children, or other named beneficiaries. The terms of the IRA Inheritance Trust can then help assure the maximum tax “stretch out” period, minimize the income taxes paid on distributions, and better protect your spouse, children, and grandchildren from the influence and claims of spouses, caretakers, unwanted third parties, lawsuits and creditors. If you have a blended family, it is also an effective way to make sure your second spouse receives the benefit of your retirement income during their lifetime without risking that your children will later be (intentionally or accidentally) disinherited by their stepparent.

Before setting up an IRA Inheritance Trust, you should consult with a qualified attorney to find out if this strategy makes sense for you. You owe it to yourself and your loved ones to determine if an IRA Inheritance Trust will help your family save and protect potentially hundreds of thousands of dollars and preserve their future quality of life.

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.

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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**Check out the new
Calendar of Events
starting on page 12!**



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	
	Ping Pong/Pool for Fun	8 a.m.-4 p.m		
	Shuffleboard	8 a.m.-4 p.m		
	Medicare Questions Answered	9 a.m.-12 p.m.		
	Yin Yoga	9:15-10:15 a.m.	SCE	
	Crafting	9:15-11 a.m.		Class canceled on Nov. 20
	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 on Nov 27
	Intermediate Tap Dancing	1:00-2:30 p.m.		
	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		
	Zumba	3:15-4 p.m	SCE	

Other Scheduled Activities

Circle of Readers	10-11:30 a.m.		Nov. 6 & 20
Photography Group	1:30-3:30 p.m.	SCE	Nov. 13 & 27 (2nd & 4th Monday)

Monday Special Events

Pickleball Tournament	12:30-4 p.m.		Nov. 27
Healthy Living for Your Brain and Body:	1-2 p.m.	SCE	Nov. 6 (More info on Pg 5)

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

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	
	Strengthen & Tone	8:15-9 a.m	SCE	
	Shuffleboard	8-4 p.m		
	Beginning Guitar Lessons	9-10 a.m.	SCE	
	Pool Instructions	9-11 a.m.		
	Train Dominos	9 a.m.-12 p.m.		
	Soft Yoga	9:15-10:15	SCE	
	Scrapbooking	9:30 a.m.-12:30 p.m.		
	Limited Exercise	9:30-10:30 a.m.		
	Guitar Lessons	10-11 a.m.	SCE	
	Limited Exercise	10:30-11:30 a.m.		
	Ping Pong/Pool for Fun	11 a.m.-4 p.m.		
	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		Nov. 14, 2nd Tues.
Fitness Machine Orientation with PT	9-10 a.m.	SCE	Nov. 14, 2nd Tues.
Board of Directors	3:30 p.m. Conclusion	SCE	Nov. 21, 3rd Tues

Tuesday Special Events

Medicare Assistance Program-MAP Part D	12:30-3 p.m.	SCE	Tues, Nov. 7, 14, & 28
Fall Prevention Workshop	10-11:30 a.m.		Tues, Nov. 14 (More info on Pg. 4)
African Violets Learn How to Bloom	1-2 p.m.		Tues, Nov. 14 (More info on Pg 7)

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

Calendar of Events

Regularly Scheduled Wednesday Activities

Wednesday	CLASSES	Time	BLDG	NOTES/Changes etc.
	Dominos	8 a.m.-12		
	Ping Pong/Pool for Fun	8-4 p.m		
	Shuffleboard	8-4 p.m		
	Cardio Exercise	8:15-9 a.m.	SCE	
	Core Strength Yoga	8:15-9 a.m.		
	Music Theory 101	8:45-9:30 a.m.	SCE	
	Needle Crafting	9-11:30 a.m.		
	S.E.A.T.	9-10 a.m.	SCE	
	Chair Yoga	9:15-10:15 a.m.		
	Beginning Ukulele	9:30-10 a.m.	SCE	
	Blood Pressure Checks	10 -11 a.m.		
	Line Dancing with Eugenia	10 -11:30 a.m.	SCE	
	Abstract Painting	10 a.m.-12 p.m.		
	Ukulele Jam	10 a.m.-12 p.m.	SCE	
	Quilting	10 a.m.-3 p.m.		
	Limited Exercise	10:30-11:30 a.m.		
	Exercise 101	12:15-1:15 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	12:3-ToConclusion	SCE	Nov. 8 & 22, (2nd and 4th Wed.)
Bunco	12:30-2:30 p.m.		Nov. 8 (2nd Wednesday)
Let's Play Bingo	1-2:30 p.m.		Nov' 1 (1st Wednesday) NEW

Wednesday Special Events

Main Street Players Play-"Bags on Plane	10 & 10:45 a.m.	Nov 15, (More info on Pg 7)
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SUN	MON	TUE	WED	THU	FRI	SAT
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5	6	7	8	9	10	11
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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.		
	Strengthen and Tone	8:15-9 a.m.	SCE	
	Train Dominos	9 a.m.-12 p.m.		The Center is closed Thursday, November 23 for the Thanksgiving Holiday
	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.		
	Party Bridge	11:30 a.m.-3 p.m.	SCE	
	Drum to Exercise	12:15-1 p.m.		
	Creative Card Making	12:30-2 p.m.		
	Happy Hookers - Crochet	12:30-2:30 p.m.		(More Info on Pg 20)
	Card Game of the Day	12:30-4 p.m.		
	Simply Faith	1-2 p.m.		
	Fundamentals of Line Dancing w/ Michelle	1-2:30 p.m.	SCE	
	Pickleball Open Play	1:15-4 p.m.	SCE	
	Cardio Drumming	3-4 p.m.	SCE	Class canceled on Nov. 9

Other Scheduled Activities

Pool Tournament	9 a.m.-Conclusion		Nov. 16, (3rd Thurs.)
Poker Tournament	9:30 a.m.-12 p.m.		Nov. 16, (3rd Thurs.)
Grief Healing Group	10-11 a.m.	SCE	Nov. 16, (3rd Thurs. More Info on Pg 5)
Third Thursday Thanks - Volunteer Event	10-11 a.m.	SCE	Nov. 16, (3rd Thurs.)

Thursday Special Events

Medicare Assistance Program - MAP (Part D)	12:30-3 p.m.	SCE	Nov. 2, 9, 16 & 30
Medicare Fair	12:30-3:30 p.m.	SCE	Nov. 2, 9, 16 & 30
Upcoming School Bond Election- BAPS Superintendent	1 p.m.	SCE	Nov. 9, (More Information on Page 9)
Community BUNCO Bash	6-9 p.m.	SCE	Nov. 9, (More information on Front Cover)

NOVEMBER 2023						
SUN	MON	TUE	WED	THU	FRI	SAT
			1	2	3	4
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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.		Center closed November, 10 in observance of Veterans Day
	Cardio Exercise	8:15-9 a.m.		
	Friday Fitness	9:15-10:15 a.m.	SCE	
	Singing Group	9:30-10:30 a.m.	SCE	
	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.		
	Shuffleboard	10:30 a.m.-4 p.m.	SCE	Center closed November, 24 for the Thanksgiving Holiday
	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	Class canceled November 17

Other Scheduled Activities

Alzheimers Support Group	10 a.m.-12 p.m.	SCE	Fri Nov. 3 & 17, (1st & 3rd Friday)
Bingo, Singo	1-2:30 p.m.		Bingo, Nov. 3, Singo, Nov 17
Fitness Machine Orientation w/ Danny S	9-10 a.m.	SCE	Canceled Nov. 24 (4th Friday)
Parkinsons Support Group	1-2:30 p.m.	SCE	Canceled Nov. 24 (4th Friday)

Friday Special Events

Annual Membership Meeting	1 p.m. - Conclusion	SCE	Friday December 1 (More Info on Pg 2)
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SUN	MON	TUE	WED	THU	FRI	SAT
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Activity Update

Engage and Stay Active!

Health & Wellness Book Club – “Be Well Read”

Do you want to learn more about health and wellness? Then sign up to express interest in attending Be Well Read, a book club led by Wellness Specialist Vana Moore.

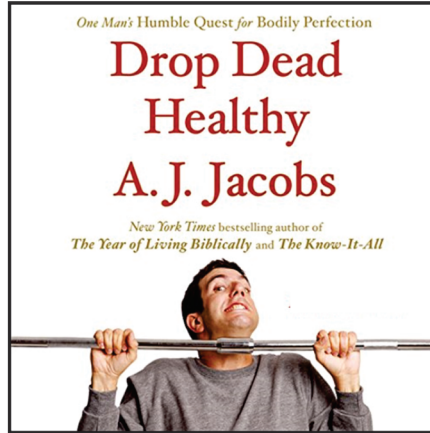
Moore recently facilitated the popular 8 Dimensions of Wellness sessions at the Center. The new potential offering will provide the opportunity to read books and then discuss topics that delve into relevant health and wellness issues such as building quality of life and improving the odds of longevity.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

Be Well Read plans to meet in January 2024 if there is enough interest in the group. 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. Moore notes that readers describe the book as entertaining and inspiring.

“Defeating Dementia” will be the book topic discussion in February. “Defeating Dementia” by Richard Furman, MD, reveals what you can do to prevent Alzheimer's and other forms of dementia.

Both books are available in various forms to borrow from the local library and to buy on Amazon.

Take a look at the books that are planned for discussion and sign up if you are interested in reading, learning and



discussing the various topics that involve health and wellness.

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!

“Touching Lives Through 350,000 Yards of Yarn!”

The Center's crochet group, Happy Hookers Crochet, touches the lives of hundreds of people in our local community. They love making their handiwork, but they love giving back to the Broken Arrow community more. During the last year the group used 350,000 yards of yarn to make over 500 hats for cancer centers and the Head Start program. The group also made 300 “lapkins” (lap sized blankets) for various hospice organizations and nursing facilities including red, white and blue “lapkins” for veterans.

While the hearts and hands holding the crochet needles want to continue their community projects, the yards of yarn needed is dwindling.

How YOU can help!

Even if you don't crochet, you can still be a part of the group's effort by purchasing yarn. JoAnn Fabric's “Big Twist” yarn and Hobby Lobby's “I Love This Yarn” offer the best quality and type of yarn for the group's projects. Any color yarn would be appreciated. Donations of gift cards or money to purchase yarn is also an option. All donations can be dropped off at the Center West office.



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Tournament Winners!

Pool Tournament -

September Breakfast Sponsored by
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September Winners: 1st Place - Chester McDonald;
 2nd Place - Seneca McIntosh; 3rd Place - Mr. Keith Costigan

Domino Tournament -

Prizes provided by Ron's Hamburger & Chile
 and Jimmy's Egg



September Winners: Don Stiles and George Salley

Poker Tournament -

Prizes provided by Joel Hitsman - Global Health



September Winners:
 1st Place - Debbie Sealover-Cook
 2nd - Connie Herron

Activity Update

Engage and Stay Active!

Author Visits Circle of Readers

Caren Simpson McVicker, author of the book *Henderson House* attended the Circle of Readers meeting on Monday, October 16! "She is warm and friendly and enjoys sharing her writing journey," noted Dorothy Minor, Circle of Readers leader regarding the authors visit.

Here is what Circle of Readers has planned in the weeks ahead:

Nov 6: *Remarkably Bright Creatures* by Shelby Van Pelt · fiction;

Nov 20: Discussion on other books the group is reading;

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

Dec 18: Book exchange & cookies & more! Stay tuned for some exciting news about this meeting!

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

Jan 22: Discuss other books the group is reading and in-person visit with John Morgan. Morgan is a member of the BA Senior Center and authored the book *Beyond Blood: A Story of the Old New Cherokee Nation*.

Circle of Readers meet twice each month from 10 to 11:30 a.m. in the Conference Room of Senior Center West.



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