



**BROKEN
ARROW
SENIORS**

Silver Notes

The Official Newsletter of Broken Arrow Seniors, Inc.

March 2024 Vol. 34, No. 3

CRAFT FAIR

**Friday, March 8
10 a.m. - 2 p.m.**

Centennial - Senior Center West

Come and celebrate the talents of our
Senior Center community at the Craft Fair!

- Handcrafted items made by artisan members.
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East Building
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www.baseniors.org

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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

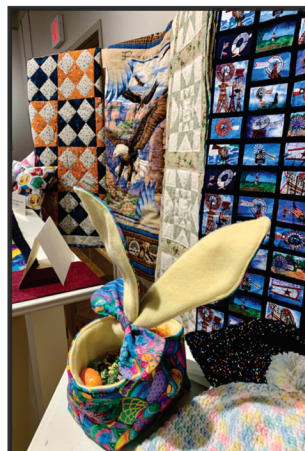
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Beautiful Crafts



Unique Cards



Exquisite Quilts



Stunning Paintings



Colorful Crochet

Activity Update

Engage and Stay Active!



LEADERSHIP BROKEN ARROW

Step into Technology

Sessions to Offer Smartphone Basics

Smartphones.

No one over the age of 55 grew up with a smart phone in their pocket. Many people are intimidated by the learning curve that comes with smartphone technology. Stepping into the digital world can be time-consuming and frustrating. The *Step into Technology* classes are scheduled for Tuesday, April 2nd and Wednesday, April 3rd, offering the opportunity to learn smartphone basics and receive one-on-one guidance!

Many older adults own a smart phone for a variety of reasons, including safety the ability to stay in touch so you never miss an important call. If you find yourself limiting the use of your smartphone to phone calls because you're unsure of other uses, or if you're just not interested in learning on your own, *Step into Technology* is the education session for you! Join us in April and discover the many ways smartphones can add to quality to your life!

The *Step into Technology* sessions will start by clarifying the basics of smartphones including:

Smartphone Terminology Explained – Learn the “tech soup” of smartphone terminology and acronyms, including iOS, mobile data, apps, icons, and more.

Navigation Basics – Learn about the differences between Android and iPhone, as well as how to navigate on both.

Managing Contacts – How to create contacts and manage your lists.

Making Phone Calls – The “how-to” regarding making

and receiving calls, putting someone on hold, and finding phone numbers.

How to Take, View, Edit, Save, Send Photos and Videos – Here's the chance to wow your friends and family with your tech knowledge!

Managing Smartphone Privacy and Security – Discover the security basics to keep you and the information on your phone safe.

The one-on-one help will be the most beneficial portion of these sessions, providing the opportunity to ask specific questions. One-on-one assistance will follow the basics presentation. This will be your time to ask questions regarding specific topics and receive individual guidance. Do you want to know how to install/uninstall apps, make a video call, use email, save passwords securely, etc.? Four stations will be available to learn from your current level of smartphone knowledge.

Step into Technology sessions are planned and hosted by the 2024 Leadership Broken Arrow class through the Broken Arrow Chamber of Commerce. Knowledgeable, trusted, local professionals have built educational sessions for all of your smartphone needs, and are prepared to answer questions and teach skills for easier use of your device.

Step into Technology and take advantage of exploring the incredible world of smartphone use and how they can enhance your life. You will discover how easy smartphone navigation can be!

Sign up today for one of the *Step into Technology* sessions on Tuesday, April 2nd or Wednesday, April 3rd! Both sessions will be held at Senior Center East in the meeting and presentation room from 1-3pm.

What do you need to do? Come and be ready to learn! Please have your smartphone fully charged and know your smartphone password. *Step into Technology* will offer the help you need from there!

Space will be limited so sign up today! Sign-up sheets are located at the top of the ramp in the West building and near the kiosk in the East building.



Activity Update

Engage and Stay Active!

How Strong Are You? How Fast Are You?

These are two important points you can discover about yourself by talking with occupational therapy assistant students from Connors State College when they visit the Center once again on Thursday, March 14 from 8:30 a.m. to 10:30 a.m. in the Heritage Hall (nutrition) in the West building.

Therapy items will be available for you to try that may help you with everyday life.

The adaptive equipment may offer help to those suffering from arthritis, COPD, fatigue or joint replacement. Grip strength, agility and fall risk will be assessed by the students. Members will learn how to stay active and conserve energy and techniques and methods to prevent falls.

Everyone is welcome to attend, whether you have physical challenges or not, to help students learn from real-life situations. You will also discover what your strengths and weaknesses are in your daily life. Occupational therapy assistant students look forward to talking with and learning more about active, healthy older adults as they prepare to enter the field of occupational therapy.

“This is an opportunity for members of the Center to share their life experiences and wisdom in regard to successful aging,” said Brittany Goodnight, instructor and fieldwork coordinator of the OTA program at Connors State College. “Our students will also

suggest individualized activities that will help members stay successful and healthy.”

Sign up to participate on the sign-up sheet 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. Sessions with the students will be available in half-hour increments.



Senior Resource & Health Fair Set for April!

It's time to celebrate with the BA Senior Center during our centerpiece event: the Senior Resource & Health Fair set for Friday, April 26 at the Central Park Community Center, 1500 S. Main Street! It is the Center's goal that older adults have access to

information so they can make informed decisions about their physical, emotional, social and intellectual health and



the Senior Fair event does just that!

The event is the only event in Broken Arrow designed to help people 55 and older and their families discover the many resources that are available to them. More than 1,000 people from Broken Arrow and the surrounding area attend the Center's largest fundraising event of the year. Over 100 informational and health screening booths will be on-site.

Volunteers

Another aspect that makes this event so special is our volunteers. Before, during and after the Fair, volunteers are needed to ensure a successful event. Helping with the senior fair is a great way to support the Center and enjoy time with other members and partners. If you are

For questions regarding volunteering, please contact Erica Decker, Special Events Coordinator, events@baseniors.org or Candy Byers Volunteer Coordinator, volunteer@baseniors.org There are a variety of volunteer opportunities on Thursday and Friday, and a choice of shifts is available.

Activity Update

Engage and Stay Active!

DEMENTIA CONVERSATIONS

Driving, Doctor Visits,
Legal & Financial Planning

Dementia – Tips Guiding Difficult Conversations

When someone is showing signs of dementia, it's time to talk. Often, conversations with family about dementia and their changing behaviors can be challenging and uncomfortable. On Tuesday, March 19, Dr. Laura Garrett, Associate Professor of Psychology at Tulsa Community College, will provide helpful tips that will help guide difficult conversations regarding dementia. The presentation will take place at 1 p.m. in the meeting/presentation room of Senior Center East. If you have a family member that you feel could be showing signs of dementia, the number one consideration is preparation. Common difficult conversations are about going to the doctor, deciding when to stop driving and making legal and financial plans.

When having difficult conversations there are four tips to initially consider:

1. Sooner is better than later - don't wait for a crisis to occur.
2. Develop a plan to gently position the discussion for a positive outcome.
3. Take notes about the changes you see in the person's behavior.
4. Practice in advance.
5. Try to be relaxed and comfortable when you have the discussion.

Who should attend? Everyone. Why?

Dementia will likely touch your life. At some point you will probably know a friend or have a family member that will be diagnosed and being informed ahead of time will be critical to making plans. As our country's large baby boomer population ages, the total number of people with dementia will rise. More than 9 million Americans could have dementia by 2030. Facing a dementia diagnosis and the difficult conversations that ensue can be managed with grace and understanding with preparation. Dr. Garrett will provide tips for breaking the ice with your family to reduce the stress that accompanies the disease and get the support you and your family need.

Sign up to attend this important presentation on the sign-up sheet 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!

Are You Interested?

Senior Center Choir

If you ever sang in a choir whether it was in church or school, you already know how the experience added to your life. Maybe you love joining the Singing Group at the Center on Friday filling and the air with music! You may even sing in the car while listening to your favorite artist or song.



Whatever your experience with singing or desire to sing, there may be a chance to join others in creating beautiful music together at the Center. A Senior Center choir, (possibly called the Sound of Broken Arrow!) may be in the works at the Center! The group would review easy music and singing basics using a variety of music.

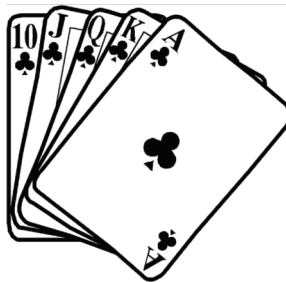
If you miss singing in a choir or would like to join others in song, sign up to express your interest. Interest signup sheets are located near the Center events bulletin board at the top of the ramp in the West building and near the kiosk in the East building.

No choir experience or the ability to read music are required. The Sound of Broken Arrow would be meeting on Monday and/or Wednesdays from 10 to 11:30 a.m.

Bridge Lessons Anyone?

One of the most entertaining and beloved card games of all time, Bridge is the perfect game for all seasons. If you always wanted to learn how to play bridge or haven't

played in years and would like to learn again, a six week bridge course may be offered beginning in April.



Lessons would be held from 3:15 to 4 p.m. on Thursdays at Senior Center East. A book to help you learn the game would be available for a cost of \$5 with the option to keep the book at the conclusion or receive a refund. The Center's Party Bridge groups meet three times each week.

Bridge Lessons would offer the opportunity to learn and benefit from this challenging game, keeping your brain sharp and enjoying time with others!

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Newly Established Membership Advisory Committee

The newly established Membership Advisory Committee serves as the vital “bridge” between the members of the Center, BA Seniors Board of Directors, and the City of Broken Arrow. The committee is comprised of dedicated members of the Center. The purpose of the committee is to provide insights, feedback, and recommendations on various aspects of the Center's overall operation with the help from members of the Center.

As an organization, the Center unites in the following: The mission of Broken Arrow Seniors Inc., is to provide a welcoming environment that encourages enrichment, social engagement, and an active lifestyle for the 55 and over community.

The Membership Advisory Committee will help ensure the Center is fulfilling the mission regarding programs, activities, services, and facilities. The committee plans to work with Center leadership to ensure member's needs, preferences, and concerns are heard and addressed effectively.

The committee's first meeting was held on Thursday, February 4. Discussion was held regarding Center closure during inclement weather and the various ways the Center



communicates the information to members and the community. Future committee discussions will be based on suggestions from Center members and leadership.

The Membership Advisory Committee chair is Ron Whitaker

who also serves on the Board of Directors. Other members of the committee served on the City of Broken Arrow's task force that visited senior centers across the State of Oklahoma to see and experience how other communities serve their 55+ population.

If there is a topic you would like the Membership Advisory Committee to discuss, please contact Ron Whitaker at (918) 808-8561 or ronwhitaker66@yahoo.com. Opportunities to present to the committee will be available by contacting the chair prior to the meeting.

The Membership Advisory Committee meets the first Thursday of each month at 4 p.m. at the Senior Center East (annex) Conference Room. Come, listen and observe and be a part of enhancing the overall experience for all members of the BA Senior Center!

Learn About New BA Transportation Options During March Informational Session

Affordable transportation is on the way to Broken Arrow as a part of the Micro Transit pilot program that will launch in March thanks to the City of Broken Arrow. An informational session will be held on Monday, March 11 for members to learn about the details of the service and launch date.

The Micro Transit program is a demand-response service that will be available using smart phone apps or a phone call. The program's goal is to improve quality of life within the region by creating an efficient, affordable, and sustainable public transportation system that is accessible for all.

The Broken Arrow City Council approved the purchase of all-electric passenger vehicles for the program in addition to a van. The van has seven semi-ambulatory seats, plus a wheelchair area and a side-mounted wheelchair lift. With this van, the city hopes to improve mobility for seniors and individuals with disabilities by removing barriers to transportation services.

The need for this type of program is real, according to the Broken Arrow Transit Study completed in 2022. The study indicated that 27 percent of the City's households have only limited access to one or fewer vehicles; 15 percent of the population is elderly; eight percent of the population lives below the federal poverty level, and seven percent are disabled.

Much of the funding for the program comes from a federally funded Congested Mitigation and Air Quality (CMAQ) grant. It provides resources for state and local transportation programs to help meet the Federal Government's Clean Air Act requirements.

The informational meeting led by city officials with the Micro Transit program on March 11 will be held from 1 to 2 p.m. at Senior Center East Meeting/Presentation Room. Signup sheets to attend 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.

Plan to attend and learn more regarding launch date, how to utilize the service, service area, affordable cost and more!





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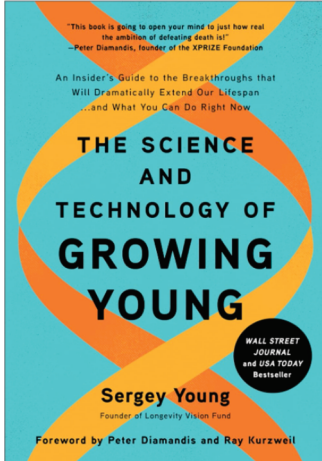
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Activity Update

Engage and Stay Active!

Health & Wellness Book Club – “Be Well Read”

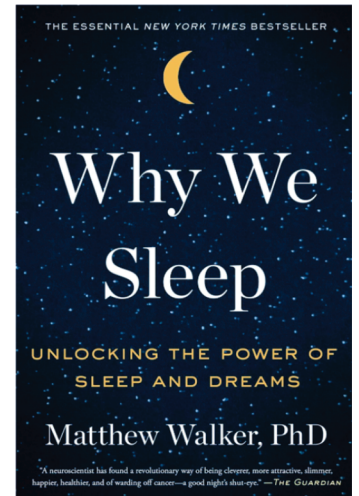
Be Well Read, a health and wellness book club, will be meeting on Wednesday, March 13 at 10 a.m. in the Game Room of Senior Center East.



The group will be discussing the book, *The Science and Technology of Growing Young* by Sergey Young. The author gathers insights from world-leading health experts offering longevity with the prospect of living to 100 and beyond and while maintaining quality of life.

The group will meet again, on Wednesday, April 10 to discuss the book, *Why We Sleep: Unlocking the Power of Sleep and Dreams* by Matthew Walker.

Facilitated by Vana Moore, a professional wellness coach, “Be Well Read” meets to discuss books that offer timely and relevant information provided by authors specializing in health and wellness of older adults. Books are available in various forms to borrow from the local library and to purchase on Amazon other retail businesses.



Please sign up to attend the March 13 meeting. Sign-up 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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The Five Most Dangerous Myths about Medicaid

By Brittany Littleton

Anticipating health setbacks is an essential part of preparing for retirement and advancing age. Even more crucial is having a plan should a crisis arise. The common misconception that estate planning only concerns financial matters often leads these concerns to be neglected. Misunderstandings concerning Medicaid compound the problem by turning even more people away from planning for their future well-being.



1. Medicaid Is Only for Low-Income Adults

This myth is wrong twice. First, almost half of the 92 million people in America currently receiving Medicaid are children. Second, while some people are simply too wealthy to ever qualify for Medicaid, the number is far smaller than most people realize. There are well-established estate planning strategies to help people qualify for Medicaid.

2. Medicaid Planning Is Illegal or Unethical

Some asset protection planning strategies involve moving assets into a Medicaid Asset Protection Trust. The doubts and criticism of those who believe the need to move certain assets out of your name in order to qualify for Medicaid is misplaced. Instead of taking issue with Medicaid planning, they should take issue with a national healthcare system that forces people to liquidate all assets to pay for time in an ever more expensive nursing home.

Medicaid planning is not illegally avoiding creditors and does not involve hiding assets. In fact, most of the steps you take to complete Medicaid planning are reported directly to DHS when you apply. An honest, experienced attorney can walk you through planning approaches to both preserve your assets and income and remain well within the bounds of the law.

3. I Can't Keep My Income If My Spouse Receives Medicaid for Nursing Home Costs

It is true that both spouses' assets are considered when one spouse is applying for Medicaid, but income is treated separately. Oklahoma goes by a "name on the check" rule, which means they only count the Medicaid applicant's income toward eligibility. If the spouse who lives at home has insufficient income, then some of the spouse's income who lives in the nursing home can be redirected to the spouse who is living independently.

4. I Must Get Rid of All My Assets to Receive Medicaid

In Oklahoma, an individual is allowed only \$2,000 in countable assets to receive Medicaid. However, not everything you own is counted toward eligibility. Medicaid has exemptions for certain assets that you can keep and still qualify. For example, if you plan to return home or your spouse lives at home – or in some cases, an adult child acting as a caregiver – your home is exempt. You can also retain a vehicle, household furnishings and personal property, pre-paid funeral plans, burial spaces, and assets that cannot be converted to cash like certain single premium annuities. A spouse is also entitled to keep up to

\$154,140 (under current law) in countable resources.

5. It Is Too Late to Get Started

The mechanisms by which a person may apply for Medicaid vary from individual to individual. It is true that the earlier you plan, the more options you have. Medicaid will look back five years when investigating your finances and so starting to plan while you are still healthy provides many more options for asset preservation. This is even true if you are already of advanced age. No matter how old you are or what your current situation is, it is never too late to begin planning for your health and well-being. You can begin building a health care plan at any stage in 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.

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Activity Update

Engage and Stay Active!

Join Our Senior Activities Center Volunteer Team!

Are you looking for a meaningful way to give back to your community while enjoying a variety of activities? Look no further! The BA Senior Center is actively recruiting volunteers to join our dynamic team. With a range of opportunities to choose from, there's something for everyone to get involved in.

Greet and Tour: Spend an hour or two welcoming guests and giving tours at both our East and West buildings, where you can share your enthusiasm for our center with newcomers.

Newsletter Support: Help us once a month by folding the monthly Silver Notes newsletter, ensuring our members stay informed about upcoming events and activities.

Special Event Assistance: Join us at events like Rooster Days, Safety Spooktacular, etc., where your enthusiasm and energy will make a difference in creating memorable experiences for attendees.

Nutrition Team Support: Consider joining the kitchen crew by obtaining your food handler permit and assisting our nutrition team in providing delicious meals for our members.

Office Assistance: Make a difference by making phone calls for our office staff when needed, contributing to the smooth operation of the Center.

Event Setup: Help set tables and chairs for different occasions. This is a much needed and appreciated task! Volunteering at our Senior Activities Center not only benefits our Center community but also offers you the opportunity to give back and spend time with others. Ready to make a difference? Contact Candy Byers at 918-259-8377 to learn more about how you can become a valued member of our volunteer team. Join us in creating a vibrant and welcoming community for our members while reaping the many rewards of volunteering!

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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Increment Weather Closing Notifications

If the Center closes due to weather, a notification will be posted on the home page of the Center's website – www.baseniors.org

A notification will also be posted on our Facebook page at Broken Arrow Senior Activity Center.

We will make every effort to post the night before a closing. Postings will be made by 7 a.m. on the morning of a closing.

If you are unable to check the website or the Facebook page, please call the Center a few minutes after 8 a.m. at (918) 259-8377. If there is no answer, we have closed due to weather conditions.

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	9:30-Noon		
	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 March 25
	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.		March 4 & 18
Photography Group	1:30-3:30 p.m.	SCE	March 25 Only - Canceled March 11

Monday Special Events

New BA Transportation Option-Micro Transit	1-2 p.m.	SCE	March 11, More Information on Page 7
Women's Pickleball Tournament	12:30-4 p.m.		March 25, Sign up at SCW



Medicare Questions?

Get the answers you need from a licensed local agent.
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March 2024						
SUN	MON	TUE	WED	THU	FRI	SAT
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

Calendar of Events

Regularly Scheduled Tuesday Activities

Tuesday	CLASSES	Time	BLDG	NOTES/Changes etc.
	Dominos	8 a.m.-12 p.m.		
	Party Bridge	8 a.m.-12 p.m.	SCE	
	Strength & Tone	8:15-9 a.m.	SCE	
	Ping Pong/Pool for Fun	8-4 p.m.		
	Shuffleboard	8-4 p.m.		
	Beginning Guitar Lessons	9-10 a.m.	SCE	
	Train Dominos	9 a.m.-12 p.m.		
	Soft Yoga	9:15-10:15	SCE	
	Scrapbooking	9:30 a.m.-12 p.m.		
	Limited Exercise	9:30-10:30 a.m.		
	Guitar Lessons	10-11:30 a.m.	SCE	
	Limited Exercise	10:30-11:30 a.m.		
	Lunch	11:30 a.m.-12 p.m.		
	Tai Chi for Balance with Julie	11:45 a.m.-12:45 p.m.	SCE	
	Canasta	12-4 p.m.		
	Chess	12-4 p.m.	SCE	
	Line Dancing with Michelle	1-2 p.m.	SCE	
	Painting	1-3:30 p.m.		
	Pickleball Lessons	1-4 p.m.		
	Clogging Class	2:15-3:30p.m.	SCE	

Other Scheduled Activities

Domino Tournament	9 a.m.-Conclusion		March 12, 2nd Tues.
Fitness Machine Orientation with PT	9-10 a.m.	SCE	March 12, 2nd Tues
Board of Directors	3:30 p.m. Conclusion	SCE	March 19, 3rd Tues.

Tuesday Special Events

Dementia - Guiding Difficult Conversations	1-2 p.m.	SCE	March 19, More information on page 5
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March 2024						
SUN	MON	TUE	WED	THU	FRI	SAT
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

Calendar of Events

Regularly Scheduled Wednesday Activities

Wednesday	CLASSES	Time	BLDG	NOTES/Changes etc.
	Dominos	8 a.m.-12		
	Ping Pong/Pool for Fun	8-4 p.m		
	Shuffleboard	8-4 p.m		
	Cardio Exercise	8:15-9 a.m.	SCE	
	Core Strength Yoga	8:15-9 a.m.		
	Needle Crafting	9-11:30 a.m.		
	S.E.A.T.	9-10 a.m.	SCE	
	Chair Yoga	9:15-10:15 a.m.		
	Beginning Ukulele	9:30-10 a.m.	SCE	
	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	12:15-1:15p.m.		
	Lunch	11:30 a.m.-12 p.m.		
	Drawing Class	1-3 p.m.		
	Beginning Mahjong	1-4 p.m.	SCE	
	Line Dancing with Barb	1:30-3 p.m.	SCE	
	Pickleball Open Play	1:30-4 p.m.		
	Zumba	3:15-4 p.m.	SCE	

Other Scheduled Activities

At the Movies	12:30 to Conclusion	SCE	March 13 & 27 (2nd and 4th Wed.)
Bunco	12:30-2:30 p.m.		March 13 (2nd Wed.)
Let's Play Bingo	1-2:30 p.m.		March 6 (1st Wed.)
Be Well Read-Health & Wellness Book Club	10-11:30 a.m.	SCE	March 13 More information on page 9

Wednesday Special Events

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March 2024						
SUN	MON	TUE	WED	THU	FRI	SAT
					1	2
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10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

Calendar of Events

Regularly Scheduled Thursday Activities

Thursday	CLASSES	Time	BLDG	NOTES/Changes etc.
	Dominos	8 a.m.-12 p.m.		
	Ping Pong/Pool for Fun	8 a.m.-4 p.m.		
	Shuffleboard	8 a.m.-4 p.m.		
	Strength and Tone	8:15-9 a.m.	SCE	
	Train Dominos	9 a.m.-12 p.m.		
	Power Yoga	9:15-10:15 a.m.	SCE	
	Limited Exercise	9:30-10:15 a.m.		
	Guitar Jam	9:30-11:30 a.m.	SCE	
	Creative Card Making	9:30-11 a.m.		
	Play Money Poker	9:30 a.m.-12 p.m.		
	Limited Exercise	10:30-11:30 a.m.		
	Lunch	11:30 a.m.-12 p.m.		
	Party Bridge	11:45 a.m.-3 p.m.	SCE	
	Drum to Exercise	12:15-1 p.m.		
	Creative Card Making	12:30-2 p.m.		
	Rural Remembrances	12:30-2:00 p.m.		
	Happy Hookers - Crochet	12:30-2:30 p.m.		
	Card Game of the Day	1-4 p.m.		
	Simply Faith	1-2 p.m.		
	Fundamentals of Line Dancing w/ Michelle	1-2:30 p.m.	SCE	
	Pickleball Open Play	1:15-4 p.m.		
	Cardio Drumming	3-4 p.m.	SCE	

Other Scheduled Activities

Pool Tournament	9 a.m.-Conclusion		March 21 (3rd Thurs.)
Poker Tournament	9:30 a.m.-12 p.m.		March 21 (3rd Thurs.)
Grief Healing Group	10-11:30 a.m.	SCE	March 21(3rd Thurs.)
Third Thursday Thanks - Volunteer Event	10-11 a.m.	SCE	March 21(3rd Thurs.)
Membership Advisory Committee		SCE	March 7 (1st Thurs.) Info on Page 7

Thursday Special Events

Occupational Therapy Session - Connors State	8:30-10:30 a.m.		March 14 More Information on Page 3
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March 2024						
SUN	MON	TUE	WED	THU	FRI	SAT
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10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
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Calendar of Events

Regularly Scheduled Friday Activities

Friday	CLASSES	Time	BLDG	NOTES/Changes etc.
	Dominos	8 a.m.-12 p.m.		
	Ping Pong/Pool for Fun	8a.m.-4 p.m.		
	Cardio Drumming	8:15-9 a.m.	SCE	The Center is closed March 29
	Friday Fitness	9:15-10:15 a.m.	SCE	in honor of Good Friday
	Singing Group	9:30-10:30 a.m.		
	Creative Writing	10 a.m.-12:30 p.m.		
	Limited Exercise	10:30-11:30 a.m.		Canceled March 8
	Line Dancing with Eugenia	10:30-12:00 a.m.	SCE	
	Shuffleboard	10:30 a.m.-4 p.m.		
	Lunch	11:30 a.m.-12 p.m.		
	Canasta	12-4 p.m.		
	Exercise 101	12:15-1:15 p.m.		Canceled March 8
	Cornhole	12:30-2:30 p.m.	SCE	
	Individual Quilt Layout	1-4 p.m.		
	Pickleball Open Play	1:30-4 p.m.		Canceled March 8
	Zumba	3:15-4 p.m.	SCE	

Other Scheduled Activities

Alzheimers Support Group	10 a.m.-12 p.m.	SCE	March, 1 & 15(1st & 3rd Friday)
Bingo only in March	1-2:30 p.m.		March 1, 8, 15, & 22
Fitness Machine Orientation w/ Danny S	9-10 a.m.	SCE	March 22 (4th Friday)
Parkinsons Support Group	1-2:30 p.m.	SCE	March 22 (4th Friday)

Friday Special Events

Craft Fair	10 a.m. - 2 p.m.		March 8, More information on cover
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March 2024

SUN	MON	TUE	WED	THU	FRI	SAT
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Domino Tournament -

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January Winners: Dean Haywood & Butch Williams

Poker Tournament -

Prizes provided by Joel Hitsman - Global Health



January Winners:

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Tournament Winners!

 Pickleball

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January Winners



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2nd Place:

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