



## Broken Arrow Senior Center

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

[www.baseniors.org](http://www.baseniors.org)

 @BrokenArrowSeniors

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

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

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

Executive Director  
Kimberly Crenshaw

Member Services Manager  
Ami Bucher

Volunteer And Special  
Events Coordinator  
Julie Robeck

Office Coordinator  
Terry Drummond

Transportation Coordinator  
Donald Stockton

## Tuesday, October 4 - Senior Center East Ribbon Cutting!



## Tuesday, October 11 - Senior Center East Welcomes Members!





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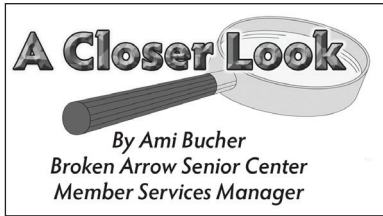
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# We Should Always Be Grateful

Did you notice the “fill ’er up” water bottles available at the Center? The fundraising effort began when the building opened. The purchase of a BA Seniors water bottle will help support the Center. Purchasing a water bottle gives you the opportunity to act on your gratefulness.

So many expressions of thankfulness and gratitude have been made regarding the new Senior Center East building. We are also grateful for the opportunity to share this new beginning with each of our members. Sharing in our members’ lives brings meaning and depth to



the work we do at the Center. We are thankful for you.

The new building finally opened for our members to use on Tuesday, Oct. 11. This new, beautiful, spacious facility was made possible by the city of Broken Arrow through the general obligation bond election and support from voters in August 2018. Broken Arrow is the Center’s most valued partner. Our buildings are owned and operated by the city, and, without the city, we would not be the organization we are today. We are grateful for its support.

The BA Senior Center is also a Tulsa Area United Way partner organization. The United Way provides a percentage of our operating budget each year. When you support the United Way, you are also helping to support the Center. Without the United Way, we would not be the organization we are today. We are grateful for its support.

meaning and depth to

Grants and sponsorships through company partnerships like our yearly Senior Fair also provide a portion of our operating budget. Without these partnerships, we would not be the organization we are today. We are grateful for their support.

Most of the Center’s activities and programming are led by volunteers each day. This is the magic of the Center. Our activity leaders are passionate about their activity, and members benefit and are inspired by each of them. Without them, we would not be the organization we are today. We are grateful for their support.

Recently, an older gentleman who has worked hard all of his life quietly placed \$40 in my hand. He is not able to participate in many activities at the Center, but he comes each day to eat lunch and enjoy conversation. I resisted taking his donation because I am quite

*(Continued on page 4)*



## More Ways To Give Back

### Giving Tuesday

Giving Tuesday is a global generosity movement that unleashes the power of radical generosity around the world. The idea behind Giving Tuesday is simple: to build a world in which the power of generosity is at the heart of the society we build together, unlocking dignity, opportunity and equity. Giving Tuesday

is Tuesday, Nov. 29, 2022. Make the BA Senior Center a part of your generosity on this important day.

### Amazon Smile

Shopping on Amazon this holiday season? Amazon allows you to shop and donate to charities at no extra cost because it’s Amazon that makes the donation. Amazon

donates a percentage of your purchase to the charitable organization of your choice. Amazon Smile is the same Amazon you are familiar with, offering the same products, same prices and same service. Donate to the BA Senior Center while shopping on Amazon. Use the Center’s unique charity link: <https://smile.amazon.com/ch/73-1325797>.

sure it did not come from his abundance. He quickly insisted and said that he was so grateful for the Center. His expression of gratefulness was deep and sincere and he acted on it.

The birthday challenge that was made by one member in last month's newsletter was successfully matched by member donations.

The equipment in the all-new fitness room in the new building was made possible by a single donation from a private member donor.

Without these donors, we would not be the organization we are today. We are grateful for their support.

The BA Senior Center is a member organization and a 501(c)(3) nonprofit organization. Your \$30 dues payment (13 cents per day) also helps to run the Center. Did you know that the cost per year to operate the Center is actually about \$175 per member? And that was before the new building opened.

Hydration concerns for our members was just part of the reason to sell the new BA Senior Center water bottles. Selling the water bottles is just one way we can raise ad-

ditional funds.

Consider doing your part. The donations I mentioned were made by members because they are keenly aware that they are a part of a community that supports one another. Are you grateful for your yoga, crafts, tai chi, line dance or Strengthen & Tone class? Are you grateful that you get to play dominoes or shoot pool or play BUNCO or cards?

Act on your gratefulness by making a donation to the BA Senior Center today. Every \$5, \$10, \$20 or more adds up quickly to make a difference. We need your financial commitment as much as we need your ideas and suggestions to build, grow and develop additional programs. Each of us has an obligation to give something back to the community that gives so much to us.

With your donations, we can be the organization of tomorrow that we dream of. And we will be grateful for your support.

Acting on your gratefulness can start today by purchasing a water bottle and making a donation to the place that adds quality to your life and where you like to spend the day and be active – the BA Senior Center.



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# Activity Update

Engage and Stay Active!

## Are You Interested In Learning More About Christianity?

A “Simply Faith” class will be held each Thursday beginning Nov. 3 in the Conference Room at 1 p.m. The class will offer a deeper understanding of the doctrines of Christianity. A sample of some of the subjects that will be covered include: how to read the Bible; how to know the Bible is true; why evil?; healing; Holy Spirit; end times; and more.

Charlotte Rahrig will lead the class. She has more than 30 years of Christian ministry experience, including 13 years as an associate pastor and teaching full time in a Bible college in West Africa, in addition to evangelism, teaching and preaching in Russia and most of the United States.

The Simply Faith Class will address many complicated subjects and will be presented in a straightforward manner, offering time for discussion and interaction.

## Circle Of Readers Hosts Author Visits

See below for what is in store for those who love to read and share the experience with others. Circle of Readers offers the opportunity to meet the authors and participate in lively discussions regarding books you have enjoyed. Join this dynamic group on the Mondays listed below at 10 a.m. in the Conference Room.

**Nov 7:** “The Next Ship Home,” by Heather Webb • historical fiction • author visit;

**Nov 21:** Discussion on other

books the group is reading;

**Dec 5:** “The Secret of Snow,” by Viola Shipman • fiction • author visit;

**Dec 19:** Book exchange and cookies to celebrate our year together;

**Jan 9:** “The Book Woman’s Daughter,” by Kim Richardson • historical fiction.

## Pickleball Now Available At Senior Center West

Sponsored By:



Center members can now learn how to play pickleball, one of the fastest-growing sports in the country for older adults. Thanks to the Center’s activity expansion into the Senior Center East building and a generous donation from Medicare Prepare®, pickleball lessons and time and space to play will begin in November.

If you haven’t heard of pickleball, you will. The fun, social and active game of pickleball resembles a combination of tennis, badminton and pingpong. Pickleball is an all-age sport that includes all skill levels, and it’s a great way for older adults to stay active and healthy.

The pickleball net is low on the court – like in tennis. The object players hit is a plastic ball with holes – similar to a wiffle ball but larger than a tennis ball. A paddle is used to lob the ball over the net, back and

forth, much like you see in pingpong or tennis.

As we age, we often wonder if we are staying active enough. For older adults who love playing sports, pickleball is a great option that offers many health benefits. The sport requires skill rather than pure strength.

Pickleball is a low-impact sport that is easy on the joints, making it an ideal activity for seniors who may be suffering from arthritis or other age-related conditions. The benefits of playing pickleball are numerous, including improved cardiovascular health, balance and agility. The game will also burn those calories in

addition to boosting your mood and energy.

In addition to its physical benefits, pickleball is a great way for seniors to socialize and



meet new people. The game is typically played in doubles, so players interact with their opponents as well as with their partners.

Senior Center member and experienced pickleball player L.T. West will be on hand during the month of November to teach the basics of the game.

*(Continued on page 7)*





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# Activity Update

Engage and Stay Active!

Continued From Page 5

Pickleball lessons will be held Tuesdays and Thursdays from 1 p.m. to 2:30 p.m. and 2:30 p.m. to 4 p.m. Register for one of these sessions by calling the office or by signing up at the Center events bulletin board at the top of the ramp in the West building. Additional lesson times may be scheduled in December.

You should also sign up if you are interested in playing pickleball Monday, Wednesday or Friday afternoons. Playing times will be available in November and, with enough interest, a pickleball league could start in December for various skill levels.

Thanks to Medicare Prepare®, you won't have to bring a thing other than your enthusiasm, tennis shoes

and comfortable clothes. The court, net and paddles were purchased through a generous sponsorship from Medicare Prepare®.

Sign up today and plan on catching pickleball fever! Pickleball will keep you on your feet and keep you active and social.

## Holiday Happenings In December

*Jingle & Mingle (and a little bit of Kringle!)*

If you missed last year's Jingle & Mingle event, you're in luck! Archwell Health will be returning this year to host and sponsor what is now an annual event. Mark your calendars for Friday, Dec. 9, at 1 p.m., and

plan on joining in on the fun and fellowship as we celebrate the holiday season at the Senior Center.

Are you wondering what the "and a little bit of Kringle" is all about? A special guest, Kris, may be on hand this year to make this celebration complete. Will your stocking be filled with goodies or coal this year? Find out on Dec. 9.

## Musical Concert – One Magic Christmas

The Andersen Sound, a fifth grade honor choir group from Andersen Elementary in Union Public Schools, will perform a musical program called *(Continued on page 9)*

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# Medicare Annual Enrollment Starts October 15th

The new 2023 Medicare Advantage plans will be out on October 1 with lots of new options.

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Donna Grady

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**Annual Open Enrollment Period:**  
October 15 - December 7

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## Happy Thanksgiving



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# Activity Update

Engage and Stay Active!

Continued From Page 7

“One Magic Christmas.” The warm and entertaining Christmas revue will celebrate Christmas past, present and future. The concert will include many Christmas favorites. The 25 members of the choir are looking forward to sharing their holiday program with us. Mark your calendars for Wednesday, Dec. 7, at 11:15 a.m. Look for more information in the December newsletter.

## Hope For The Holidays

Hope for the Holidays is a session that will offer strategies for those dealing with loss. It is scheduled for Friday, Nov. 18, at 1 p.m. in the Conference Room at Senior Center West.

Family, traditions, decorations, food, laughter and gifts all bring much joy during the holiday season in the best of times but can make you feel empty when you are alone. Facing this season as a widow or widower can be tough, but there is hope. We will explore strategies for surviving and even enjoying the holidays after loss. Whether you have been widowed for one month or 20 years, this session will offer hope-filled ideas

to help guide you. Justine Foster will lead this session. She has been leading the Widows Might group at Destiny Church for more than 11 years.

Register for this timely session by calling the office or by signing up at the Center events bulletin board at the top of the ramp in the West building.

## Core Strength Yoga

One of the many advantages of having a Senior Center East and a Senior Center West is the opportunity to offer two different fitness classes at the same time. Core Strength



Yoga is now offered at Senior Center West on Wednesdays from 8:15 a.m.

to 9:15 a.m. in Centennial.

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

## Veterans Medicare Coverage Presentation

Are you a veteran or spouse of a veteran? Do you also have Medicare? Do you have VA benefits, Champ VA or TriCare for Life? Do you know how Medicare and the VA benefits work? An educational session will be held on Monday, Nov. 14, at 10 a.m. in Activity Room 1. During this important session, you will discover how Medicare and the VA work or don't work together. You also will learn about additional benefits you could be eligible

*(Continued on page 15)*



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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.

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# Calendar of Events

Please note the following Center information.

**Accommodations** – If the activity you want to attend is held at the front of the 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 Friday will end by 4 p.m. **Guests** – Guests who are 55 or older and considering membership are welcome. They are required to check in with the office so a guest form can be completed.

**Perfumes and scents** – Many members are highly sensitive to strong scents. Please refrain from using strongly scented perfumes, after-shaves and lotions while at the Center.

**Lunch** – Lunch is provided at the Center by the Tulsa & Creek County Senior Nutrition Program at 11:30 a.m. each day. Lunches cannot be served after 12 p.m. Reservations are required and must be made the day before by 11 a.m. Please call 918-259-8377, extension 16. For those over 60, the suggested donation is \$2 per meal.

**Transportation** – Questions regarding transportation to and from the Center on the Center's bus can be answered by calling the office at 918-259-8377, ext. 15.

**The Calendar** - The notation **SCE** follows activities that are held in the East Building.

## Tuesday, November 1

- 8 a.m.-4 p.m. . . . . Dominoes
- 8:15-9 a.m. . . . . Strengthen & Tone • SCE
- 9 a.m.-noon . . . . . Party Bridge • SCE
- 9 a.m.-noon . . . . . Train Dominoes
- 9:15-10:15 a.m. . . . . Soft Yoga • SCE
- 9:30 a.m.-12:30 p.m. . . . . Scrapbooking
- 10-11 a.m. . . . . Beginning Guitar Lessons
- 10:30-11:30 a.m. . . . . Limited Exercise
- 11:30 a.m.-noon . . . . . Lunch
- 11:45 a.m.-12:45 p.m. . . . . Tai Chi For Better Balance With Julie • SCE
- Noon-3 p.m. . . . . Canasta
- 1-2 p.m. . . . . Line Dancing With Michelle • SCE
- 1-2:30 p.m. . . . . **New** Pickleball Lessons  
More Information On Page 5
- 1-3:30 p.m. . . . . Painting
- 2:15-3:30 p.m. . . . . Clogging Class • SCE

## Wednesday, November 2

- 8 a.m.-4 p.m. . . . . Dominoes
- 8:15-9 a.m. . . . . Cardio Dance • SCE
- 8:15-9:15 a.m. . . . . **New** Core Strength Yoga  
More Information On Page 15
- 9 a.m.-noon . . . . . Needle Crafting
- 9:15-10:15 a.m. . . . . Chair Yoga
- 10 a.m.-noon . . . . . Ukulele Jam
- 10 a.m.-2 p.m. . . . . Quilting
- 10:30-11:30 a.m. . . . . Limited Exercise
- 11:30 a.m.-noon . . . . . Lunch
- 12:15-1:15 p.m. . . . . Exercise 101
- 12:30-3 p.m. . . . . Chess
- 1-4 p.m. . . . . Mahjong • SCE
- 1:30-2:30 p.m. . . . . Line Dancing With Barb • SCE
- 1:30-3:30 p.m. . . . . Drawing Workshop
- 2:45-3:30 p.m. . . . . Fundamentals Of Line Dancing • SCE

## Thursday, November 3

- 8 a.m.-4 p.m. . . . . Dominoes
- 8-noon . . . . . **New** Medicare Fair • SCE  
More information on page 19
- 8:15-9 a.m. . . . . Strengthen & Tone • SCE
- 9 a.m.-noon . . . . . Train Dominoes
- 9:15-10:15 a.m. . . . . Power Yoga • SCE
- 9:30-10:30 a.m. . . . . Guitar Jam • SCE
- 9:30 a.m.-noon . . . . . Poker Tournament Practice
- 9:30 a.m.-noon . . . . . Creative Card Making
- 10 a.m.-noon. . . . . Abstract Painting
- 10:30-11:30 a.m. . . . . Limited Exercise
- 11:30 a.m.-noon . . . . . Lunch
- 12:30-2:30 p.m. . . . . Crochet For The Community
- 12:30-3 p.m. . . . . Card Game Of The Day
- 12:30-3 p.m. . . . . Party Bridge • SCE
- 1-2 p.m. . . . . Fundamentals Of Line Dancing • SCE
- 1-2 p.m. . . . . **New** Simply Faith Class  
More Information On Page 5

(Continued on page 12)

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**Happy Thanksgiving**



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# Calendar of Events

## Friday, November 4

8 a.m.-4 p.m. . . . . Dominoes  
9-10:15 a.m. . . . . Friday Fitness • SCE  
9:30-10:30 a.m. . . . . Singing Group  
10 a.m.-noon. . . . . Creative Writing  
10 a.m.-noon . . . . . Alzheimer's Support Group  
10 a.m.-12:30 p.m. . . . . Individual Quilt Layout  
10:30-11:30 a.m. . . . . Limited Exercise  
11:30 a.m.-noon . . . . . Lunch  
Noon-3 p.m. . . . . Canasta  
12:15-1:15 p.m. . . . . Exercise 101

## Monday, November 7

8 a.m.-4 p.m. . . . . Dominoes  
8:15-9 a.m. . . . . Cardio Dance • SCE  
9-11 a.m. . . . **New** . . . Personal Training Sessions • SCE  
More Information On Page 15  
9 a.m.-noon . . . . . Party Bridge • SCE  
9 a.m. to 12:30 p.m. . . . Medicare Questions Answered  
9:15-10:15 a.m. . . . . Yin Yoga • SCE  
9:30-11 a.m. . . . . Bible Study  
9:30 a.m.-noon. . . . . Crafting  
10-11 a.m. . . . . Circle Of Readers  
11:30 a.m.-noon . . . . . Lunch  
12:15-1:15 p.m. . . . . Tai Chi For Better  
Balance With Vanessa • SCE  
1:30-2:30 p.m. . . . . Line Dancing With Barb • SCE  
2:45-3:30 p.m. . . . Fundamentals Of Line Dancing • SCE  
2:45-3:45 p.m. . . . . Tap Dancing

## Tuesday, November 8

8 a.m.-4 p.m. . . . . Dominoes  
8:15-9 a.m. . . . . Strengthen & Tone • SCE  
9 a.m. . . . . Fitness Machine Training • SCE  
9 a.m.-noon . . . . . Party Bridge • SCE  
9 a.m.-noon . . . . . Train Dominoes  
9:15-10:15 a.m. . . . . Soft Yoga • SCE  
9:30 a.m.-12:30 p.m. . . . . Scrapbooking  
10-11 a.m. . . . . Beginning Guitar Lessons  
10:30-11:30 a.m. . . . . Limited Exercise  
11:30 a.m.-noon . . . . . Lunch  
11:45 a.m.-12:45 p.m. . . . . Tai Chi For Better  
Balance With Julie • SCE  
Noon-3 p.m. . . . . Canasta  
1-2 p.m. . . . . Line Dancing With Michelle • SCE

1-2:30 p.m. . . . **New** . . . . . Pickleball Lessons  
More Information On Page 5  
1-3:30 p.m. . . . . Painting  
2:15-3:30 p.m. . . . . Clogging Class • SCE

## Wednesday, November 9

8 a.m.-4 p.m. . . . . Dominoes  
8:15-9 a.m. . . . . Cardio Dance • SCE  
8:15-9:15 a.m. . . . **New** . . . . Core Strength Yoga  
More Information On Page 15  
9 a.m.-noon . . . . . Needle Crafting  
9:15-10:15 a.m. . . . . Chair Yoga  
10 a.m.-noon . . . . . Ukulele Jam  
10 a.m.-2 p.m. . . . . Quilting  
10:30-11:30 a.m. . . . . Limited Exercise  
11:30 a.m.-noon . . . . . Lunch  
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 • SCE  
1:30-3:30 p.m. . . . . Drawing Workshop  
1:30-2:30 p.m. . . . . Line Dancing With Barb • SCE  
2:45-3:30 p.m. . . . Fundamentals Of Line Dancing • SCE

## Thursday, November 10

8 a.m.-4 p.m. . . . . Dominoes  
8 a.m.-noon . . . **New** . . . . Medicare Fair • SCE  
More information on page 19  
8:15-9 a.m. . . . . Strengthen & Tone • SCE  
8:15-9:15 a.m. . . . **New** . . . . Core Strength Yoga  
More Information On Page 15  
9 a.m.-noon . . . . . Train Dominoes  
9:15-10:15 a.m. . . . . Power Yoga • SCE  
9:30-10:30 a.m. . . . . Guitar Jam • SCE  
9:30 a.m.-noon . . . . . Poker Tournament Practice  
9:30 a.m.-noon . . . . . Creative Card Making  
10 a.m.-noon. . . . . Abstract Painting  
10:30-11:30 a.m. . . . . Limited Exercise  
11:30 a.m.-noon . . . . . Lunch  
12:30-2:30 p.m. . . . . Crochet For The Community  
12:30-3 p.m. . . . . Card Game Of The Day  
12:30-3 p.m. . . . . Party Bridge • SCE  
1-2 p.m. . . . . Fundamentals Of Line Dancing • SCE  
1-2 p.m. . . . **New** . . . . . Simply Faith Class  
More Information On Page 5

The BA Senior Center will be closed on  
Friday, November 11, in honor of Veterans Day

# Calendar of Events

## Monday, November 14

- 8 a.m.-4 p.m. . . . . Dominoes  
8:15-9 a.m. . . . . Cardio Dance • **SCE**  
9 a.m.-noon . . . . . Party Bridge • **SCE**  
9 a.m.-12:30 p.m. . . . . Medicare Questions Answered  
9:15-10:15 a.m. . . . . Yin Yoga • **SCE**  
9:30-11 a.m. . . . . Bible Study  
9:30 a.m.-noon . . . . . Crafting  
10-11 a.m. . . . **New** . . . . Veterans Medicare Presentation  
More Information On Page 9  
11:30 a.m.-noon . . . . . Lunch  
12:15-1:15 p.m. . . . . Tai Chi For Better  
Balance With Vanessa • **SCE**  
1-3 p.m. . . . . **New** . . . . Personal Training Sessions • **SCE**  
More Information On Page 15  
1:30-2:30 p.m. . . . . Line Dancing With Barb • **SCE**  
2:30-4 p.m. . . . . Photography Group  
2:45-3:30 p.m. . . . Fundamentals Of Line Dancing • **SCE**  
2:45-3:45 p.m. . . . . Tap Dancing

## Tuesday, November 15

- 8 a.m.-4 p.m. . . . . Dominoes  
8:15-9 a.m. . . . . Strengthen & Tone • **SCE**  
9 a.m.-noon . . . . . Party Bridge • **SCE**  
9 a.m.-noon . . . . . Train Dominoes  
9:15-10:15 a.m. . . . . Soft Yoga • **SCE**  
9:30 a.m.-12:30 p.m. . . . . Scrapbooking  
10-11 a.m. . . . . Beginning Guitar Lessons  
10:30-11:30 a.m. . . . . Limited Exercise  
11:30 a.m.-noon . . . . . Lunch  
11:45 a.m.-12:45 p.m. . . . . Tai Chi For Better  
Balance With Julie • **SCE**  
Noon-3 p.m. . . . . Canasta  
1-2 p.m. . . . . Line Dancing With Michelle • **SCE**  
1-2:30 p.m. . . . . **New** . . . . Pickleball Lessons  
More Information On Page 5  
1-3:30 p.m. . . . . Painting  
2:15-3:30 p.m. . . . . Clogging Class • **SCE**  
3:30 p.m.-Conclusion . . . . . Board Of Directors

## Wednesday, November 16

- 8 a.m.-4 p.m. . . . . Dominoes  
8:15-9 a.m. . . . . Cardio Dance • **SCE**  
8:15-9:15 a.m. . . . **New** . . . . Core Strength Yoga  
More Information On Page 15  
9 a.m.-noon . . . . . Needle Crafting  
9:15-10:15 a.m. . . . . Chair Yoga  
10 a.m.-noon . . . . . Ukulele Jam

- 10 a.m.-2 p.m. . . . . Quilting  
10:30-11:30 a.m. . . . . Limited Exercise  
11:30 a.m.-noon . . . . . Lunch  
12:15-1:15 p.m. . . . . Exercise 101  
12:30-3 p.m. . . . . Chess  
1:30-3:30 p.m. . . . . Drawing Workshop  
1-4 p.m. . . . . Mahjong • **SCE**  
1:30-2:30 p.m. . . . . Line Dancing With Barb • **SCE**  
2:45-3:30 p.m. . . . Fundamentals Of Line Dancing • **SCE**

## Thursday, November 17

- 8 a.m.-4 p.m. . . . . Dominoes  
8 a.m.-noon . . . . **New** . . . . Medicare Fair  
More information on page 19  
8:15-9 a.m. . . . . Strengthen & Tone • **SCE**  
9 a.m.-conclusion . . . . . Pool Tournament  
9 a.m.- noon . . . . . Train Dominoes  
9:15-10:15 a.m. . . . . Power Yoga • **SCE**  
9:30-10:30 a.m. . . . . Guitar Jam • **SCE**  
9:30-noon . . . . . Poker Tournament Practice  
9:30 a.m.-noon . . . . . Creative Card Making  
10 a.m.-noon . . . . . Abstract Painting  
10:30-11:30 a.m. . . . . Limited Exercise  
11:30 a.m.-noon . . . . . Lunch  
12:30-2:30 p.m. . . . . Crochet For The Community  
12:30-3 p.m. . . . . Card Game Of The Day  
12:30-3 p.m. . . . . Party Bridge • **SCE**  
1-2 p.m. . . . . Fundamentals Of Line Dancing • **SCE**  
1-2 p.m. . . . . **New** . . . . . Simply Faith Class  
More Information On Page 5

## Friday, November 18

- 8 a.m.-4 p.m. . . . . Dominoes  
9-10:15 a.m. . . . . Friday Fitness • **SCE**  
9:30-10:30 a.m. . . . . Singing Group  
10 a.m.-noon . . . . . Creative Writing  
10 a.m.-noon . . . . . Alzheimer's Support Group  
10 a.m.-12:30 p.m. . . . . Individual Quilt Layout  
10:30-11:30 a.m. . . . . Limited Exercise  
11:30 a.m.-noon . . . . . Lunch  
Noon-3 p.m. . . . . Canasta  
12:15-1:15 p.m. . . . . Exercise 101  
12:30 p.m. . . . . **New** . . . . . Singo  
More Information On Page 15  
1-2 p.m. . . . . **New** . . . . . Hope For The Holidays  
More Information On Page 9

(Continued on page 14)

# Calendar of Events

## Monday, November 21

8 a.m.-4 p.m. . . . . Dominoes  
 8:15-9 a.m. . . . . Cardio Dance • **SCE**  
 9-11 a.m. . . . **New** . Personal Training Sessions • **SCE**  
 More Information On Page 15  
 9 a.m.-noon . . . . . Party Bridge • **SCE**  
 9 a.m.-12:30 p.m. . . . . Medicare Questions Answered  
 9:15-10:15 a.m. . . . . Yin Yoga • **SCE**  
 9:30-11 a.m. . . . . Bible Study  
 9:30 a.m.-noon . . . . . Crafting  
 10-11 a.m. . . . . Circle Of Readers  
 11:30 a.m.-noon . . . . . Lunch  
 12:15-1:15 p.m. . . . . Tai Chi For Better  
 Balance With Vanessa • **SCE**  
 1:30-2:30 p.m. . . . . Line Dancing With Barb • **SCE**  
 2:45-3:30 p.m. . . . Fundamentals Of Line Dancing • **SCE**  
 2:45-3:45 p.m. . . . . Tap Dancing

## Tuesday, November 22

8 a.m.-4 p.m. . . . . Dominoes  
 8:15-9 a.m. . . . . Strengthen & Tone • **SCE**  
 9 a.m.-noon . . . . . Party Bridge • **SCE**  
 9 a.m.-noon . . . . . Train Dominoes  
 9:15-10:15 a.m. . . . . Soft Yoga • **SCE**  
 9:30 a.m.-12:30 p.m. . . . . Scrapbooking  
 10-11 a.m. . . . . Beginning Guitar Lessons  
 10:30-11:30 a.m. . . . Limited Exercise  
 11:30 a.m.-noon . . . . . Lunch  
 11:45 a.m.-12:45 p.m. . . . Tai Chi For Better  
 Balance With Julie • **SCE**  
 Noon-3 p.m. . . . . Canasta  
 1-2 p.m. . . . . Line Dancing With Michelle • **SCE**  
 1-2:30 p.m. . . . **New** . Pickleball Lessons  
 More Information On Page 5  
 1-3:30 p.m. . . . . Painting  
 2:15-3:30 p.m. . . . . Clogging Class • **SCE**

## Wednesday, November 23

8 a.m.-4 p.m. . . . . Dominoes  
 8:15-9 a.m. . . . . Cardio Dance • **SCE**  
 8:15-9:15 a.m. . . **New** . Core Strength Yoga  
 More Information On Page 15  
 9 a.m.-noon . . . . . Needle Crafting  
 9:15-10:15 a.m. . . . . Chair Yoga  
 10 a.m.-noon . . . . . Ukulele Jam  
 10 a.m.-2 p.m. . . . . Quilting  
 10:30-11:30 a.m. . . . Limited Exercise  
 11:30 a.m.-noon . . . . . Lunch  
 12:15-1:15 p.m. . . . . Exercise 101  
 12:30-3 p.m. . . . . Chess  
 1-4 p.m. . . . . Mahjong • **SCE**  
 1:30-2:30 p.m. . . . . Line Dancing With Barb • **SCE**  
 1:30-3:30 p.m. . . . . Drawing Workshop  
 2:45-3:30 p.m. . . . Fundamentals Of Line Dancing • **SCE**

The BA Senior Center will be closed Thursday, November 24 and Friday, November 25 for the Thanksgiving holiday.

## Monday, November 28

8 a.m.-4 p.m. . . . . Dominoes  
 8:15-9 a.m. . . . . Cardio Dance • **SCE**  
 9 a.m.-noon . . . . . Party Bridge • **SCE**  
 9 a.m.-12:30 p.m. . . . Medicare Questions Answered  
 9:15-10:15 a.m. . . . . Yin Yoga • **SCE**  
 9:30-11 a.m. . . . . Bible Study  
 9:30 a.m.-noon . . . . . Crafting  
 11:30 a.m.-noon . . . . . Lunch  
 12:15-1:15 p.m. . . . . Tai Chi For Better Balance • **SCE**  
 1-3 p.m. . . . **New** . Personal Training Sessions • **SCE**  
 More Information On Page 15  
 1:30-2:30 p.m. . . . . Line Dancing With Barb • **SCE**  
 2:30-4 p.m. . . . . Photography Group  
 2:45-3:30 p.m. . . . Fundamentals Of Line Dancing • **SCE**  
 2:45-3:45 p.m. . . . . Tap Dancing

## Tuesday, November 29

8 a.m.-4 p.m. . . . . Dominoes  
 8:15-9 a.m. . . . . Strengthen & Tone • **SCE**  
 9 a.m.-noon . . . . . Party Bridge • **SCE**  
 9 a.m.-noon . . . . . Train Dominoes  
 9:15-10:15 a.m. . . . . Soft Yoga • **SCE**  
 9:30 a.m.-12:30 p.m. . . . Scrapbooking  
 10-11 a.m. . . . . Beginning Guitar Lessons  
 10:30-11:30 a.m. . . . Limited Exercise  
 11:30 a.m.-noon . . . . . Lunch  
 11:45 a.m.-12:45 p.m. . . . Tai Chi For Better  
 Balance With Julie • **SCE**  
 Noon-3 p.m. . . . . Canasta  
 1-2 p.m. . . . . Line Dancing With Michelle • **SCE**  
 1-2:30 p.m. . . . **New** . Pickleball Lessons  
 More Information On Page 5  
 1-3:30 p.m. . . . . Painting  
 2:15-3:30 p.m. . . . . Clogging Class • **SCE**

## Wednesday, November 30

8 a.m.-4 p.m. . . . . Dominoes  
 8:15-9 a.m. . . . . Cardio Dance • **SCE**  
 8:15-9:15 a.m. . . **New** . Core Strength Yoga  
 More Information On Page 15  
 9 a.m.-noon . . . . . Needle Crafting  
 9:15-10:15 a.m. . . . . Chair Yoga  
 10 a.m.-noon . . . . . Ukulele Jam  
 10 a.m.-2 p.m. . . . . Quilting  
 10:30-11:30 a.m. . . . Limited Exercise  
 11:30 a.m.-noon . . . . . Lunch  
 12:15-1:15 p.m. . . . . Exercise 101  
 12:30-3 p.m. . . . . Chess  
 1-4 p.m. . . . . Mahjong • **SCE**  
 1:30-2:30 p.m. . . . . Line Dancing With Barb • **SCE**  
 1:30-3:30 p.m. . . . . Drawing Workshop  
 2:45-3:30 p.m. . . . Fundamentals Of Line Dancing • **SCE**

# Activity Update

Engage and Stay Active!

Continued From Page 9

for through Medicare to enhance your VA benefits, Champ VA and TriCare for Life.

Register for this timely session by calling the office or by signing up at the Center events bulletin board at the top of the ramp in the West building.

In addition, plan on attending the Broken Arrow Veterans Day Parade on Nov. 5. Following the Veterans Day parade, a pinning ceremony for Vietnam veterans will be hosted by Humana, the city of Broken Arrow, the VFW and the American Legion at noon at Veterans Park in Broken Arrow.

Vietnam veterans will be recognized for their service with an official pinning and presented with a certificate for their service.

## Personal Trainer Available In The All-New Fitness Room

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If you find the equipment in the new fitness room intimidating or are not sure what equipment to use



Danny Stephens

to attain your fitness goals, a personal trainer will be on hand during the month of November. Training times will be offered on Monday,

Nov. 7 and 21, from 9 a.m. to 11 a.m., and Monday, Nov. 14 and 28, from 1 p.m. to 3 p.m.



Danny Stephens is a licensed Medicare specialist with Integrity Insurance, but he is also an experienced personal trainer and a certified master health coach. He will be available to meet with members to explain how to use the equipment in



the Center's all-new fitness room.

Danny began his journey as a personal trainer 20 years ago in

Westminster, Maryland. His passion started with a desire to help people live a healthier life, which developed into a focus on medical and corrective exercise strategies for older adults. He was the fitness services director for Sky Fitness & Wellbeing, which operated three locations in the Tulsa area from 2006 until its acquisition by Genesis Health Clubs in 2021.

Please join Danny as he shares his passion for fitness coaching with members of the BA Senior Center on Mondays throughout November. Sign-up sheets for those who are interested are available at Senior Center East near the check-in kiosk.

A physical therapist from Summit Physical Therapy will also be on hand to answer your questions on Tuesday, Nov. 8, beginning at 9 a.m.

## Singo – The All-New Spin On The Game Of Bingo!

One of the most requested games at the Center is bingo, and the fun-



filled game is back but with a spin. Archwell Health is the sponsor for this new bingo-like game that will be held the third Friday of each month. And, yes, there will be prizes.

Each player receives a "Singo" card printed with the titles of popular songs. While Singo randomly plays song clips of "the good parts," players sing along

*(Continued on page 16)*

# Activity Update

Engage and Stay Active!

Continued From Page 15

and mark matching song titles on their cards.

If you love listening to oldies popular music and can identify song titles, you are already a winner! Andrea Timmons with Archwell Health will be playing songs instead

of calling numbers for this fun-filled game beginning on Friday, Nov. 18, in Heritage Hall, from 1 p.m. to 2:30 p.m.

Join in on the fun and laughter while bebopping to your favorite tunes! Singo promises to be a new

favorite pastime at the Center. Please sign up at the Center events bulletin board at the top of the ramp in the West building to participate.

Look for the addition of traditional bingo games in the coming months.



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Congratulations to the September Pool Tournament winners. Left to right: first place - Larry Johnston; second place - Cecil Jones; and third place - Chester McDonald. The Pool Tournament is held the third Thursday of each month. Lynn Novak, with Local Insurance Advisors, is the sponsor of the monthly Pool Tournament breakfast.

The Limited Exercise class, now held on Tuesday, Wednesday, Thursday and Friday at 10:30 a.m. at the Senior Center West building, helps both men and women stay active and limber. No matter your fitness level, all who attend benefit. Check out all the people gettin' in the game.



## AROUND THE CENTER



Who dunnit? The Center's recent Theater Workshop, through a partnership with the BA Community Playhouse, inspired two people to catch the theater bug! Nancy Blass, left, and Linda Amling performed as cast members in the Playhouse production of "Murder in the Heir." Well done, ladies.



Tai Chi for Balance is a series of gentle physical exercises and stretches. Each posture flows into the next without pause, ensuring your body is in constant motion. Tai Chi for Balance is held on Mondays from 12:15 p.m. to 1:15 p.m. and on Tuesdays from 11:45 a.m. to 12:45 p.m. at Senior Center East.



## Annual Membership Meeting

The 2022 Annual Membership Meeting of the BA Senior Center will be held at 10 a.m. at Senior Center East

building on Friday, Dec. 2, in the Presentation/Theater Room. Current members of Center are invited to attend.



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# Get Answers To Your Medicare Questions

What is the cost of Medicare for 2023? How much does Medicare usually cost a month? Is Medicare



free when you turn 65? How much is Medicare Part A and Part B?

For older adults on a budget, these are common questions – and they are the reason the Center has partnered with local experts in the Medicare industry during the annual Medi-

care open enrollment period. Every Thursday in November from 8 a.m. to noon, trusted representatives will be on hand to answer your questions.

Medicare encompasses a wide range of medical services and can play an instrumental role in helping seniors stay healthy and well. You need to have accurate information to choose a plan that will meet your health care needs and is cost effective for you.

**Medicare is not free** – and it does not cover everything. People with Medicare pay for a portion of their expenses that depends on their coverage – Parts A and B (original Medicare), Part C (a private Medicare Advantage plan), a Part D prescription drug plan or a medigap plan (supplemental coverage).

### Medicare costs include:

**Premiums** – the amount you pay each month for Part B, your Medicare Advantage plan, Part D and medigap. Some people who do not have a work history may also have to pay a premium for Part A.

**Deductibles** – This is the amount you must spend before Medicare pays for your insurance benefit. For example, if you had a hospital stay covered under Part A in 2023, you

### Medicare Experts

Representatives from the following companies are attending the Medicare Fair:

- Aspen Insurance Coaches
- Blue Cross Blue Shield of Oklahoma
- Humana – Chris Crawford
- Integrity Insurance
- Terri Haggard and Mike Ross – Health Markets
- Local Insurance Advisors – Lynn Novak
- Medicare Prepare®

would have to pay \$1,600 before Medicare kicks in.

### Co-payments/co-insurance –

You may have to pay a portion of the costs of a covered drug or service. It is sometimes called cost-sharing.

The Medicare Fair will be held at Senior Center East on Thursday, Nov. 3, 10, and 17 and Dec. 1 from 8 a.m. to noon. Take advantage of this opportunity to get the answers to your Medicare questions. The Center has prepared a booklet of questions to ask as you speak with each representative.



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Congratulations to Stephanie Martin, right, winner of the over 60 category in the BA Festival Chalk It Up art contest. Stephanie won a first-place blue ribbon and \$75 with her painting "I never promised you a rose garden." The contest theme was "for the love of art and roses." Ralph Krause, left, teaches the Abstract Painting class, which is held each Thursday from 10 a.m. to noon in Activity Room 2. "Ralph inspires and challenges us each day," said Stephanie. "I credit him for guiding me in technique and pushing me to discover my inner artist."



Cecil Jones, left, and JD Pippins, right, welcome Lynn Novak with Local Insurance Advisors. Lynn is sponsoring the monthly Pool Tournament breakfast through 2022 and into 2023. Thank you, Lynn and Local Insurance Advisors, for your generous support of the Center.

## AROUND THE CENTER



Lori Fullbright, left, news anchor with Channel 6, spoke to a packed house of members at the Senior Center East building regarding how to prevent being taken advantage of by "Cons, Frauds and Scams" during a presentation in October. Country Club of Woodland Hills sponsored the event and brought sweet treats, to the delight of all who attended. Country Club of Woodland Hills Senior Lifestyle Counselor Amy Huntley, right, welcomed members to this very special event in our new building.



If you like to create with words, the Center's Creative Writing group is right for you! Each person has their own flare and style as they share their individual writings using various words to inspire. This fun and personable group meets each Friday from 10 a.m. to noon in Activity Room 1.

# Don't Forget To Consider Your End-Of-Year Checklist



By **Brittany Littleton**

By the time you read this article, there will be only a couple of months left in 2022. As you start preparing your year-end and holiday season to-do lists, do not forget to add making sure that your own personal affairs are in order. Here are seven things to consider as you review your estate plan:

**1. Financial Gifts.** Have you made a substantial financial gift to a loved one this year? Make sure you are meeting your gift goals by the end of December, especially if you make gifts as part of your estate- or tax-planning strategy. Remember that any gift more than \$15,000 to an individual must be reported by the giver on a gift-tax return. However, gift taxes are due only if you have already used your lifetime exemption.

**2. Review Your Beneficiaries.** Your beneficiaries are the people you have said will receive your assets after you die. As time passes, peoples' needs, wishes and goals change. Consider whether your currently named beneficiaries still align with your intent. You will want to review not only the current beneficiaries identified in your will or trust but also any transfer-on-death beneficiaries of retirement accounts, bank accounts and investment accounts.

**3. Review Your Fiduciaries.** Is the person whom you nominated to make health care and/or financial decisions for you upon your incapacity still the best person for the job? Is the person you chose as your executor or trustee still willing and able to administer your estate upon your death? If the answer to either of these questions is no, then update your estate plan to identify the decision-makers you would like to act on your behalf instead.

**4. Inventory Your Assets.** Have you purchased a new home, sold a business or been left an inheritance? You don't want new assets to be subject to probate or other unintended costs, and you don't want to cause a problem

for your beneficiaries by leaving valuables out of your will or trust. If you have a high net worth, you should speak to your estate-planning attorney and tax advisor about potential changes to the law that, if passed, could significantly impact your estate-plan strategies.

**5. Document Your Competency.** If you are concerned that your estate plan could be challenged by scorned heirs arguing that your mental incapacity or ill health should void your plan, ask your estate-planning attorney to help you show you were competent. The options are having a signed doctor's statement of competency, having a trained professional complete a competency assessment and having the witnesses of your estate plan sign that you were "of sound mind and memory" when you signed your documents.

*(Continued on page 22)*

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**6. Review Your Plan for Long-Term Care.** Do you know how you will pay for long-term care if you should need it in the future? Options include paying out-of-pocket as you need care, purchasing long-term care insurance, proactive asset protection planning and crisis planning to expedite Medicaid qualification if you need to be in a nursing home. The best choice for you depends on your assets, your health, your family circumstances and your risk tolerance.

**7. Talk To Your Family.** Family conflict is the biggest threat to estate planning. Schedule a time to sit down with your spouse, adult children, parents and other key family members to review your estate plan. If you are concerned about privacy, you can share general information instead of specifics.

These tips address things to do to review your existing plan. However, if you still have not yet completed at least a basic estate plan, then commit to yourself that you will start the process before the year ends so that you ring in 2023 with 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.*

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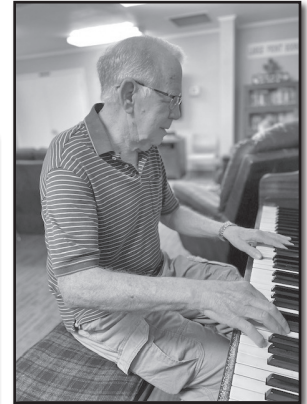
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Congratulations to the October Pool Tournament winners. Right to left: first place - Jack Melton; second place - Chester McDonald; and third place - Cecil Jones. Join in on the fun during the next tournament on Thursday, Nov. 17. Lynn Novak, with Local Insurance Advisors, is the sponsor of the Pool Tournament breakfast.



Together is better. Kim and Tim Talley are learning the basics of drawing during the Drawing Workshop held each Wednesday from 1:30 p.m. to 4 p.m.



Who knew that J.D. Pippins, expert pool player, could also tickle the ivories? J.D. stepped in to accompany the Singing Group recently on a Friday at 9:30. JD – you are amazing.

**AROUND THE CENTER**



If you like a little bit of friendly competition combined with strategy and great conversation, then consider playing dominoes at the Center. Most domino players meet in the morning in the Domino, Card and Game Room or the Lounge, but the game is available to play all day.



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Hello! I wanted to take a moment to introduce myself and my company. I founded Integrity Insurance Group in 2018 after a sixteen-year (at the time) career in the insurance industry. I chose to start my own agency with the vision of helping our clientele make informed decisions with regards to their healthcare coverage, life insurance program, long-term care planning and wealth protection.

We are brokers: meaning – we contract with MULTIPLE companies such as Humana, Aetna, Cigna, United Health Care, Mutual of Omaha, and many others. This way, we can work for our clients, NOT an insurance company.

We also conduct Medicare’s suggested annual review for recipients – so rather than relying on your “Medicare & You” booklet alone – we have a process that takes about 5 minutes and updates our clients on all cost changes and other pertinent information. All our services are completely free – guaranteed.

Our primary purpose is to help recipients better understand Medicare, stay up to date on changes and (most importantly) insure they aren’t missing any benefits or overpaying for any coverage.

I’ve been asked several times what ‘integrity’ means to me; and, although it can vary in its dictionary meaning – ‘integrity’ shows up for me in one’s character. Doing the right thing in all circumstances. Practicing the principles of honestly and moral uprightness in all areas of life. Integrity is strength, it’s commitment to service, and it’s doing what is right for the right reasons: always.

Please allow this to be our introduction as we move forward in nurturing a relationship with the Broken Arrow Senior Center and continuing our efforts in supporting ‘Crocheting for Community’. We look forward to opportunities to be of service to you.

Kind Regards,  
Wendi Schoonover

**Office: 918.973.0156 · Web: [www.integrityinsurancegroups.com](http://www.integrityinsurancegroups.com) · Email: [info@integrityinsurancegroups.com](mailto:info@integrityinsurancegroups.com)**