



**BROKEN
ARROW
SENIORS**

Silver Notes

The Official Newsletter of Broken Arrow Seniors, Inc.

October 2023 Vol. 33, No. 10

Medicare Fair

Helping You Make Sense of the Medicare Maze

Helping you navigate the maze of Medicare information and plans that encompass healthcare coverage is what the Medicare Fair is all about. Each year the Center hosts the event providing members the opportunity to speak with insurance advisors in-person at the Center during the Medicare Annual Enrollment Period (AEP).

The Annual Medicare Fair is set for each Thursday in October, beginning October 5 in Heritage Hall (nutrition) from 8 a.m. to 10 a.m. in the West Building. In November, the Medicare Fair will be available in the East Annex on Thursdays from 12:30 to 3:30 pm.

Health care is one of the biggest expenses that we all need to prepare for in retirement that can affect quality of life both physically and financially. Decisions regarding healthcare coverage should be reviewed yearly as your unique situation could change.

Whether you are enrolling in Medicare at the standard eligibility age of 65 or have been enrolled for years, take the time to review your healthcare coverage. Yearly changes to Medicare in addition to individual changes in medical conditions and related prescriptions are just two reasons to review your coverage.

These free events are your chance to speak directly with insurance plan representatives in a safe environment about your healthcare coverage for the coming year.

The Center is partnering with the following companies that will be attending the Medicare Fair 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

We will also provide a list of questions (see page 2) that can be asked of each company representative so you can decide the best healthcare coverage to best meet your needs.

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

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

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Questions You Should Ask A

Medicare Plan Representative

COVERAGE

How much will I have to pay?

- ✓ Each month (premium);
- ✓ Before my plan helps me pay for my care or medicines (deductible);
- ✓ When I go to the doctor, have tests, stay in the hospital or get other care (Co-pay and co insurance).

Does the plan include prescription drug coverage (Part)?

Yes No

Does the plan offer additional benefits such as dental, vision or hearing coverage?

Dental Yes No
Vision Yes No
Hearing Yes No

Will I be covered if I need care when I'm traveling away from home?

Yes No

SERVICE

What is the plan's quality rating? (Medicare rates each plan on a 5-star scale, with 5 being "excellent".)

Who can help me if I have questions about my coverage or my bill, and how can I reach them?

DOCTORS

Can I keep my current doctors?

Yes No

If I need to see a new doctor, do I have to pick her/him from a specific list (network)?

Yes No

If I need to see a new doctor that specializes in certain care, can I make an appointment myself?

Yes No

PERKS AND DISCOUNTS

Does this plan have a fitness program or discounts on my gym membership?

Yes No

What other perks and discounts will I get if I am a member?

MEDICINE

Are my regular medicines covered?

Yes No

How do I know if any new medicines will be covered?

Can I get my medicines at my regular pharmacy? What about through the mail?

Pharmacy Yes No
Mail Yes No

Activity Update

Engage and Stay Active!

Join Us on October 19 - Third Thursday Volunteer Gathering!

We're excited to invite all our current and potential volunteers to our upcoming Third Thursday gathering on October 19 at 3 p.m. at the East Annex. This event promises to be an excellent opportunity to connect, collaborate, and discuss exciting developments within our organization.

The gracious host, Erica Decker, our dedicated Events Coordinator, will be leading the gathering. She's prepared a warm and welcoming atmosphere for all attendees, with light refreshments to keep everyone energized. What to Expect:

This Third Thursday gathering will serve as a forum to discuss upcoming events, volunteer opportunities, and the various ways in which you can get involved in our mission. It's a fantastic opportunity to connect with fellow volunteers, share your experiences and ideas, learn about our upcoming projects and discover new ways to make a positive impact.

Whether you're a seasoned volunteer or considering joining our dedicated team for the first time, we welcome you with open arms. Your support is invaluable, and we can't wait to see how we can work together to create positive change.

Join us and feel free to invite other members who might be interested in getting involved. Together, we can achieve great things for our community. See you there!

Financial Fraud! It's a Jungle Out There

MidFirst Bank is offering a fraud prevention workshop on Wednesday, October 18 at 1 p.m. in the Meeting/Presentation Room of Senior Center East. During this one-hour presentation MidFirst Bank "jungle guides" will take you on a treacherous journey through the financial fraud jungle.

Are you motivated by love ... or money? Most fraud scams are designed to appeal to victims emotionally or financially, in hopes of ensnaring the sympathetic giver, the bargain shopper, the hopeful entrepreneur, or the relationship seeker. Fraudsters use the Internet, mail, telephone, and classified services as hunting grounds for their prey, offering anything from work-from-home job opportunities to soul mates.

The Federal Bureau of Investigation 2022 Elder Fraud Report shows the total financial losses in elder fraud cases rose sharply in 2022. Nationwide, the total losses reported to the FBI's Internet Crime Complaint Center, also known as IC3, increased by 84% in 2022 from 2021.

MidFirst Banks' MoneyMoment\$ presentation specifically designed for older adults, will cover the most recent information regarding identity theft, common fraud scams and social media risks. Learn how to identify the latest fraud techniques and avoid being a victim and exposing yourself to the emotional and financial toll fraud can impose on your life.



Scammers are constantly devising new methods to find victims. Understanding how common scams work can help you avoid becoming a victim.

Signup today for this important presentation. Signup sheets are located at the top of the ramp across from the puzzle tables in the West building and near the kiosk in the East building.

Help with Choosing the Right Prescription Drug Plan

LIFE Senior Services Medicare Assistance Program (MAP) will be offering help with choosing the best prescription drug plan (Medicare Part D) to meet your needs in 2024. Beginning on October 17 through December 5, MAP volunteers will be at the Center each Tuesday and Thursday from 12:30 to 3 p.m. The only exception to these hours is Tuesday, October 17 when the hours will be 12:30 to 2 p.m. There will be no MAP hours on Tuesday, November 21.

During last year's open enrollment period, over 47% of the people assisted either enrolled in a Part D drug plan for the first time or switched their Part D plans for 2023. In doing so, almost all of the people assisted saved money on their 2022 drug costs, with an average savings of \$1,950 per person.

To schedule an appointment at the Center to compare, select or enroll in a Medicare Drug Plan or apply for Medicare Part D Extra Help, call the Medicare Assistance Program at (918) 664-9000, ext. 1189



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Activity Update

Engage and Stay Active!

S.E.A.T. – A New Fitness Offering

S.E.A.T. is the Center's latest and exciting fitness class offering at the Center! S.E.A.T. stands for Supported Exercise for Ageless Training, an evidence-based, chair-assisted functional fitness class. S.E.A.T. is now offered on Wednesday morning from 9:15 to 10 a.m. in the Fitness Classroom of Senior Center East.

S.E.A.T. is an award-winning program that strengthens the body and mind, while improving balance and flexibility through functional fitness to get the most out of life. Linn Hostetler will be leading the class and is a certified S.E.A.T. instructor.

Who will benefit from S.E.A.T.?

Active aging adults looking for a low impact yet engaging full body workout.
Individuals with balance challenges or mobility issues.

What Will S.E.A.T. Do For You?

This chair-based exercise program offers a full body, low-impact workout with options to suit the needs of men and women with a range of abilities and skills.

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S.E.A.T.

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Activity Update

Engage and Stay Active!



“A Spooky Good Time!” Center to Participate in BA's 2023 Safety Spooktacular

Calling all Center members! Get ready to make a spooktacular impact in your community! The Broken Arrow Police Department and the Center is gearing up for the 2023 Safety Spooktacular, and we need your help to make it a candy-filled extravaganza! Last year, over 35,000 people attended this family-friendly event, and this year promises to

be even bigger. Join us on Saturday, October 28, from 6 to 8 p.m. in the Rose District for a fantastic evening of fun, music, and neighborhood spirit.

But here's the sweet deal: we need your support to make this event truly magical. Help the Center light up the night by donating a bag or two of Individually wrapped candy for the kiddos attending this year's Safety Spooktacular event! Your contribution will not only make Halloween extra special for the children but also play a vital role in engaging families, promoting public safety, and raising awareness about crime and drug prevention. The event is also a great way to showcase the Center as we support our community! Let's come together as a community to create lasting memories and strengthen the bond that makes Broken Arrow special! Drop off your individually wrapped candy donations at the Senior Center office in the West building and near the kiosk in the East building by Friday, October 27.

Volunteers are needed for this fun-filled evening too! Meet and greet the kids while filling their Halloween buckets and bags with candy! Signup sheets are located at the top of the ramp across from the puzzle tables and in the West building and near the kiosk in the East building. Let's show our commitment to community safety and have a blast while doing it! Your generosity will make a significant impact, and we can't wait to see you at the 2023 Safety Spooktacular!

LIVING EXPENSES GOING UP?

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As a local and licensed insurance agent, I can help you navigate your **Medicare plan options**:

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- P Prescription Drug Plans
- + Medicare Supplement Insurance Plans
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Annual Enrollment Period - Oct 15 – Dec 7

Whether you're *new to Medicare* or need a thorough plan review, I'm happy to help!

CONTACT ME TODAY

Schedule your **no-cost** appointment with **no obligation** to enroll.



Rebecca Morton
Licensed Insurance Agent

918-265-1507
rebecca@rebeccamortonins.com
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Annual Open Enrollment Period:
October 15 - December 7

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Activity Update

Engage and Stay Active!

The Great Ladle Throwdown Event

Imagine the tantalizing aromas and delectable flavors of delicious soups, stews and chili that accompany the fall season! Plan on attending the first annual Great Ladle Throwdown at the Center on Thursday, October 12 and get ready to taste the best soups, stews and chili that Broken Arrow has to offer! Your tasting will also help to benefit the Tulsa Area United Way (TAUW)! The BA Senior Center in partnership with A New Leaf is hosting the event on October 12 from 4 to 7 p.m. at Senior Center East. Both the Center and A New Leaf are TAUW partner agencies hosting the event to support our local United Way.

35 various Broken Arrow organizations and individuals will be preparing the best soups, stews and chili. Your part is to determine “the best” by tasting all of the entries and voting with dollar bills. Join us in celebrating the art of cooking, the joy of sharing and the spirit of giving back to the community!

“Big Spirit- Little Trees” – Take Part in Helping Local Families

Big Spirit – Little Trees is an annual tradition in Broken Arrow held at the Museum Broken Arrow helping local families in need through BA Neighbors. The Center has participated in years past by donating Christmas trees with handcrafted decorations created by members. The Center is participating again this year by donating two 4-foot trees and inviting members to handcraft tree decorations at the Center.

On Friday, October 20, members will be gathering to make decorations in the Creative Arts Room of Senior Center West from 9 a.m. to 2 p.m. Rita Belding, Center volunteer, is spearheading the event.

“All are welcome to drop in any time between 9 a.m. and 2 p.m. and create a themed decoration or two or three,” says Rita. “All materials will be supplied, and no talent or skill is required.”

Big Spirit – Little Trees is an annual event hosted by the Museum Broken Arrow and BA Neighbors to brighten the holidays for local families in need. Various community groups participate each year by donating trees decorated with themed decorations. The trees are on display at the Museum Broken Arrow for the community to view as the holiday season gets underway. Broken Arrow Neighbors then distributes the decorated trees to BA families who are in need.



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Member SIPC

Concerned about interest rates? Let's talk.



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Managing Financial Security After Losing a Loved One

By Brittany Littleton



If you're reading this article, you're probably a member of the baby boomer generation. Did you know that your generation owns more than 50% of the overall wealth in the United States? In comparison, millennials collectively own only 5%. With so much collective wealth at stake, it is crucial that the boomer generation understands how to efficiently transfer their wealth to the next generation.

It's hard enough to cope with the loss of a family member without dealing with the monetary repercussions. Thankfully, in July 2022, a new IRS revenue procedure (Rev. Proc. 2022-32) went into effect to make things a little easier to plan for financial security after a loved one passes. The new rule helps by allowing a surviving spouse to apply a deceased spouse's unused estate tax credit to their own estate for up to five years after death.

This tax credit is called a "Deceased Spouse Unused Election" or "DSUE" and is also commonly referred to as a "portability election". The term "election" here means a decision made by checking a box on a tax form 706, which is the Federal Estate Tax return. Historically, a DSUE election must have been made by filing form 706 within nine months of a spouse's death. A few years ago, the rules changes to allow to request an extension of up to two years, but you still had to request the extension within nine months. Despite the extension period, the IRS was receiving many requests from estates that missed the deadline since it was not uncommon for the surviving spouse to not even think about tax issues before the opportunity to file passed. This resulted in significant use of IRS resources to issue denial letters and handle appeals. While the tax credit is a no-brainer in theory, in practice the procedure for claiming it can be burdensome and time intensive. This, coupled with historically high estate tax exemptions, meant that very few families planned to utilize this tax break. However, since it is likely that the estate tax exemption will be reduced in upcoming years, more taxpayers who may have dismissed the idea of utilizing the tax credit are now considering it. Now that families have five years to leverage the DSUE, both the IRS and the surviving spouse should experience relief.

Attempting to deal with the financial issues after the death

of a loved one can be messy and complicated. The good news is that there is something you can do today to make things easier for your family after you are gone. Certain types of trusts can be created in addition to or in lieu of filing a DSUE election. Make a decision today to complete your estate planning. A thoughtfully drafted, custom estate plan will ensure the smooth transfer of your estate to your loved ones while also addressing future tax issues and concerns.

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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Calendar of Events

9-11:30 a.m. Needle Crafting
9:15-10 a.m. New **S.E.A.T. • SCE**
 More Information on page 5
 9:15-10:15 a.m. Chair Yoga
 9:30-10 a.m. Beginning Ukulele • SCE
 10-11 a.m. Blood Pressure Checks
 10 a.m.-11:30 a.m. Line Dancing with Eugenia • SCE
 10 a.m.-12 p.m. Abstract Painting
 10 a.m.-12 p.m. Ukulele Jam • SCE
 10 a.m. to 3 p.m. Quilting
 10:30-11:30 a.m. Limited Exercise
 11:30 a.m.-12 p.m. Lunch
 12:15-1:15 p.m. Exercise 101
 1-3 p.m. Drawing Class
 1-4 p.m. Beginning Mahjong • SCE
 1:30-3:00 p.m. Line Dancing with Barb • SCE
 1:30-4 p.m. Pickleball Open Play
 3:15-4 p.m. Zumba • SCE

First - Thursday, October 5

8-10 a.m. New Medicare Fair
 More Information on Front page
 8 a.m.-12 p.m. Dominoes
8 a.m.-4p.m. New Shuffleboard
 More Information on page 20?
8 a.m.-4 p.m. New Ping Pong/Pool for Fun
 More Information on page 20
 8:15-9 a.m. Strengthen & Tone • SCE
 9 a.m.-12 p.m. Train Dominoes
 9:15-10:15 a.m. Power Yoga • SCE
 9:30-10:30 a.m. Limited Exercise
 9:30-11 a.m. Creative Card Making
 9:30-11:30 a.m. Guitar Jam • SCE
 9:30 a.m.- 12 p.m. Play Money Poker
 10:30-11:30 a.m. Limited Exercise
 11:30 a.m.- 12 p.m. Lunch
 11:30-3 p.m. Party Bridge • SCE
 12:15-1 p.m. Drumming to Exercise
 12:30-2 p.m. Creative Card Making
 12:30-2:30 p.m. Happy Hookers - Crochet
 12:30-4 p.m. Card Game of The Day
 1-2 p.m. Simply Faith Class
 1-2:30 p.m. Fundamentals of Line Dancing
 with Michelle • SCE
 1:15-4 p.m. Pickleball Open Play
 3-4 p.m. Cardio Drumming • SCE

First - Friday, October 6

8 a.m.-12 p.m. Dominoes
8 a.m.-4p.m. New Shuffleboard
 More Information on page 20
8 a.m.-4 p.m. New Ping Pong/Pool for Fun
 More Information on page 20
 8:15-9 a.m. Cardio Drumming • SCE
 9:15 -10:15 a.m. Friday Fitness • SCE
 9:30-10:30 a.m. Singing Group
 10 a.m.-12 p.m. Alzheimer's Support Group • SCE
 10 a.m.-12 p.m. Creative Writing
 10:30-11:30 a.m. Limited Exercise
 10:30-11:45 a.m. Line Dancing with Eugenia • SCE
 11:30 a.m.-12 p.m. Lunch
 12-4 p.m. Canasta
 12:15-1:15 p.m. Exercise 101
12:30-2:30 p.m. New Cornhole • SCE
 More Information on page 19
 1-2:30 p.m. Bingo
 1-3 p.m. Individual Quilt Layout
 1:30-4 p.m. Pickleball Open Play
 3:15-4 p.m. Zumba • SCE

Second - Monday, October 9

8 a.m.-12 p.m. Dominoes
 8 a.m.-12 p.m. Party Bridge • SCE
8 a.m.-4p.m. New Shuffleboard
 More Information on page 20
8 a.m.-4 p.m. New Ping Pong/Pool for Fun
 More Information on page 20
 8:15-9 a.m. Cardio Exercise • SCE
 9 a.m.-12 p.m. Medicare Questions Answered
 9:15-10:15 a.m. Yin Yoga • SCE
 9:15-10:15 a.m. Drumming to Exercise
 9:15-11 a.m. Crafting

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Calendar of Events

9:30-11 a.m. Bible Study • **SCE**
 10:30-11:30 a.m. Limited Exercise
 11:30 a.m.-12 p.m. **Cancelled** Lunch
 12-4 p.m. Canasta
 12:15-1:15 p.m. Tai Chi for Better Balance
 with Vanessa • **SCE**
Cancelled
 12:15-4 p.m. Pickleball Open Play
 1:00-2:30 p.m. Intermediate Tap Dancing
 1-4 p.m. Experienced Mahjong Players • **SCE**
 1:30-3:00 p.m. Line Dancing with Barb • **SCE**
 1:30-3:30 p.m. Photography Group • **SCE**
 2:45-3:30 p.m. Beginning Tap Dancing
 3:15-4 p.m. Zumba • **SCE**

Second - Tuesday, October 10

8 a.m.-12 p.m. Dominoes
 8 a.m.-12 p.m. Party Bridge • **SCE**
 8 a.m.-4p.m. **New** Shuffleboard
 More Information on page 20
 8:15-9 a.m. Strengthen & Tone • **SCE**
 9-10 a.m. Fitness Machine Orientation • **SCE**
 9-10 a.m. Beginning Guitar Lessons • **SCE**
 9 a.m to Conclusion Domino Tournament
 9-11 a.m. Pool Instruction by Mr. Keith Costigan
 9 a.m.-12 p.m. Train Dominoes
 9:15-10:15 a.m. Soft Yoga • **SCE**
 9:30-10:30 a.m. Limited Exercise
 9:30 a.m.-12:30 p.m. Scrapbooking
 10-11:30 a.m. a.m. Guitar Lessons • **SCE**
 10:30-11:30 a.m. Limited Exercise
 11 a.m.-4 p.m. **New** Ping Pong/Pool for Fun
 More Information on page 20
 11:30 a.m.-12 p.m. Lunch
 11:45 a.m.-12:45 p.m. Tai Chi for Better
 Balance with Julie • **SCE**
 12-4 p.m. Canasta
 12-4 p.m. Chess • **SCE**
 1-2 p.m. Line Dancing with Michelle • **SCE**
 1-3:30 p.m. Painting
 1-4 p.m. Pickleball Lessons
 2:15-3:30 p.m. Clogging Class • **SCE**

Second - Wednesday, October 11

8 a.m.-12 p.m. Dominoes
 8 a.m.-4p.m. **New** Shuffleboard
 More Information on page 20
 8 a.m.-4 p.m. **New** Ping Pong/Pool for Fun
 More Information on page 20
 8:15-9 a.m. Core Strength Yoga
 8:15-9 a.m. Cardio Exercise • **SCE**

8:45-9:30 a.m. **New** Music Theroy 101 • **SCE**
 More Information on page 23
 9-11:30 a.m. Needle Crafting
 9:15-10 a.m. **New** S.E.A.T. • **SCE**
 More Information on page 5
 9:15-10:15 a.m. Chair Yoga
 9:30-10 a.m. Beginning Ukulele • **SCE**
 10-11 a.m. Blood Pressure Checks
 10 a.m.-12 p.m. Ukulele Jam • **SCE**
 10 a.m.-12 p.m. Abstract Painting
 10 a.m.-3 p.m. Quilting
 10 a.m.-11:30 a.m. Line Dancing with Eugenia • **SCE**
 10:30-11:30 a.m. Limited Exercise
 11:30 a.m.-12 p.m. Lunch
 12:30 p.m.-Conclusion At the Movies • **SCE**
 12:15-1:15 p.m. Exercise 101
 12:30-2:30 p.m. Bunco
 1-3 p.m. Drawing Class
 1:30-3:00 p.m. Line Dancing with Barb • **SCE**
 1-4 p.m. Beginning Mahjong • **SCE**
 1:30-4 p.m. Pickleball Open Play
 3:15-4 p.m. Zumba • **SCE**

Second - Thursday, October 12

8-10 a.m. **New** Medicare Fair
 More Information on Front page
 8 a.m.-12 p.m. Dominoes
 8 a.m.-4p.m. **New** Shuffleboard
 More Information on page 20
 8 a.m.-4 p.m. **New** Ping Pong/Pool for Fun
 More Information on page 20
 8:15-9 a.m. Strengthen & Tone • **SCE**
 9 a.m.-12 p.m. Train Dominoes
 9:15-10:15 a.m. Power Yoga • **SCE**
 9:30-10:30 a.m. Limited Exercise
 9:30-11 a.m. Creative Card Making
 9:30-11:30 a.m. Guitar Jam • **SCE**
 9:30 a.m.-12 p.m. Play Money Poker
 10:30-11:30 a.m. Limited Exercise
 11:30 a.m.-12 p.m. Lunch
 11:30-3 p.m. Party Bridge • **SCE**
 12:15-1 p.m. Drumming to Exercise
 12:30-2 p.m. Creative Card Making
 12:30-2:30 p.m. Happy Hookers - Crochet
 12:30-4 p.m. Card Game of The Day
 1-2 p.m. Simply Faith Class
 1-2:30 p.m. Fundamentals of Line Dancing
 with Michelle • **SCE**
 1:15-4 p.m. Pickleball Open Play
 3:00-4 p.m. Cardio Drumming • **SCE**
 4-7 p.m. **New** The Great Ladle Throwdown • **SCE**
 More information on page 23

Calendar of Events

Fourth - Friday, October 27

8 a.m.-12 p.m. Dominoes
8 a.m.-4p.m. New Shuffleboard
More Information on page ?
8 a.m.-4 p.m. New Ping Pong/Pool for Fun
More Information on page ??
 8:15-9 a.m. Cardio Drumming • **SCE**
 9-10 a.m. Fitness Machine Orientation • SCE
with Danny Stephens
 9:15-10:15 a.m. Friday Fitness • **SCE**
 9:30-10:30 a.m. Singing Group
 10 a.m.-12 p.m. Creative Writing
 10:30-11:30 a.m. Limited Exercise
 10:30-11:45 a.m. Line Dancing with Eugenia • **SCE**
 11:30 a.m.-12 p.m. Lunch
 12-4 p.m. Canasta
 12:15-1:15 p.m. Exercise 101
12:30-2:30 p.m. Cornhole • SCE
New More Information on page 19
 1-2:30 p.m. Bingo
 1-2:30 p.m. Parkinson's Support Group • SCE
 1-3 p.m. Individual Quilt Layout
 1:30-4 p.m. Pickleball Open Play
 3:15-4 p.m. Zumba • **SCE**

8:15-9 a.m. Cardio Exercise • **SCE**
 9 a.m.-12 p.m. Medicare Questions Answered
 9:15-10:15 a.m. Yin Yoga • **SCE**
 9:15-10:15 a.m. Drumming to Exercise
 9:15-11 a.m. Crafting
 9:30-11 a.m. Bible Study • **SCE**
10:30-11:30 a.m. Cancelled Limited Exercise
 11:30 a.m.-12 p.m. Lunch
 12 p.m.-4 p.m. Canasta
12:15-1:15 p.m. Cancelled Tai Chi for Better Balance
with Vanessa • **SCE**
 12:15 a.m.-4 p.m. Pickleball Open Play
 1-2:30 p.m. Intermediate Tap Dancing
 1:30-3:00 p.m. Line Dancing with Barb • **SCE**
 1-4 p.m. Experienced Mahjong Players • **SCE**
 2:45-3:30 p.m. Beginning Tap Dancing
 3:15-4 p.m. Zumba • **SCE**

Fifth - Tuesday October 31

8 a.m.-12 p.m. Dominoes
 8 a.m.-12 p.m. Party Bridge • **SCE**
8 a.m.-4p.m. New Shuffleboard
More Information on page ?
 8:15-9 a.m. Strengthen & Tone • **SCE**
 9 -10 a.m. Beginning Guitar Lessons • **SCE**
 9-11 a.m. Pool Instruction by Mr. Keith Costigan
 9 a.m.-12 p.m. Train Dominoes
 9:15-10:15 a.m. Soft Yoga • **SCE**
 9:30-10:30 a.m. Limited Exercise
 9:30 a.m.-12:30 a.m. Scrapbooking
 10 - 11 a.m. Guitar Lessons • **SCE**
 10:30-11:30 a.m. Limited Exercise
11 a.m.-4 p.m. New Ping Pong/Pool for Fun
More Information on page ??
 11:30 a.m.-12 p.m. Lunch
 11:45 a.m.-12:45 p.m. Tai Chi for Better
Balance with Julie • **SCE**
 12-4 p.m. Canasta
 12-4 p.m. Chess • **SCE**
12:30-3. New MAP-Helping Choose the Right
Prescription Drug Plan • **SCE**
More Information on page 2
 1-2 p.m. Line Dancing with Michelle • **SCE**
 1-3:30 p.m. Painting
 1-4 p.m. Pickleball Lessons
 2:15-3:30 p.m. Clogging Class • **SCE**

Fifth - Monday, October 30

8 a.m.-12 p.m. Dominoes
 8 a.m.-12 p.m. Party Bridge • **SCE**
8 a.m.-4p.m. New Shuffleboard
More Information on page ?
8 a.m.-4 p.m. New Ping Pong/Pool for Fun
More Information on page ??

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Activity Update

Engage and Stay Active!

Cornhole Now at the Center!

In August, cornhole pros visited the Center offering tips and tricks of the game and about 50 people attended to learn more about the game of corhhole! Now the opportunity to play cornhole every week is available at the Center!

The Fitness Classroom of Senior Center East will be transformed into cornhole courts each Friday beginning at 12:30 p.m. Open cornhole play will be available to all members.

Cornhole, also known as bean bag toss, is a popular game that is enjoyed by people of all ages. The game involves tossing bean bags through a hole in a slanted board, with the goal of getting them into the hole or as close as possible. While it may seem like just a simple, leisurely activity, there are actually numerous health benefits to playing cornhole. Cornhole provides a cardio workout, stress relief, helps to improve balance and hand-eye coordination.

Come and enjoy the game of cornhole and spending time with others! Cornhole boards and bags are located in the fitness classroom. Set up and play!

October Pickleball Tournament

Members have embraced the game of pickleball at the Center! To celebrate the skill that members have garnered, the first Pickleball Tournament will be held at the Center on Monday, October 23! The tournament is intended for Center members only and those that regularly play at the Center.

This first tournament will be for the first 10 people that sign up. A blind draw will create five doubles teams. Each team will be guaranteed five games and from those five games there will be a game for the runners up (3rd & 4th place) and then the championship game between the 1st and 2nd teams. All games will be regular scoring to 11. Warmup will begin at 12:30 p.m. with tournament play beginning promptly at 1 p.m.

There are many more pickleball players than spots for the October tournament. The first ten that signup will play in the October tournament and the remaining members will play in upcoming monthly tournaments.

Signups will begin Monday, October 2 in the West building at the top of the ramp across from the puzzle tables. The tournament will last the entire afternoon. If you sign up, please commit to staying for the entire tournament. Further details will be provided prior to the tournament. If you have any questions, please speak with a pickleball instructor.



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Activity Update

Engage and Stay Active!

Community BUNCO Bash in November!

Save the date and get ready to purchase your BUNCO Bash tickets! The event is set for Thursday, November 9 from 6 to 9 p.m. at Senior Center East and our premier sponsor is Lynn Novak-Roach with Local Insurance Advisors. Tickets for the November event can be purchased in advance beginning, Monday, October 9 for \$10 in the west office or \$12 at the door (as event space allows).

More than 140 people attended the last event in June! Join us and enjoy an evening of fun and laughter! Delectable appetizers and desserts are a highlight in addition to the chance to win fabulous door and raffle prizes and cash in the 50/50 raffle!



Shuffleboard, Ping Pong and Pool for Fun Now at the Center

The opportunity to engage in a little friendly competition and have some fun is available for members.

Shuffleboard – located in the West building near the South door across from the Creative Art Room. Rules of play are posted for you to enjoy the full shuffleboard experience! Shuffleboard pucks are ready for checking out in the office.

Pool for Fun – If you want some solo time to practice your bank shot or play a quiet game with a partner, a pool table is ready for play in Activity Room 1 in the West building. Pool lessons are available with Mr. Keith Costigan in this location on Tuesday mornings from 9 to 11 a.m.

The pool table converts to an all-new game . . .

Ping Pong - If you haven't played in years or if you consider your self to be a ping pong expert, the pool table converts to a ping pong table! Please check with the office and allow staff to assist with the conversion. All that you need is available for play!

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Activity Update

Engage and Stay Active!

Music Theory 101

Have you ever wanted to be able to read music? Would you like to understand what all the lines and squiggly circles mean on a sheet of music? A Music Theory 101 class is now being offered every Wednesday beginning on October 4. The 45-minute class will be led by Karol Haskins, a music educator. The session will begin at 8:45 a.m. in the Meeting Presentation Room of Senior Center East.

If you have played any instrument for years or don't know anything about music but always wanted to be able to read music, Music Theory 101 is for you. You will discover the



history of the musical staff and how to read it in addition to how to build chords and perform rhythms.

“This class will help those who play guitar or ukulele and

singers,” says Karol. “It will give you the ability to understand what you are already doing and help you move to the next level of musical understanding.” As an educator, Karol also believes that music is one of the joys of life! Everyone can learn music and music lessons should be fun!

Take advantage of this opportunity to learn.

African Violet Society of Greater Tulsa Fall Plant Sale

Saturday - October 7, 2023

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