

# 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. Reservations are required and must be made the day before by 11 a.m. Please call 918-259-8377, extension 106. For those over 60, the suggested donation is \$2 per meal.

**Transportation** – Questions regarding transportation to and from the Center on the Center's bus can be answered by calling the office at 918-259-8377, ext. 105.

## Monday, October 3

8:15-9 a.m. . . . . Cardio Dance  
 9 a.m. to 12:30 p.m. . . . . Medicare Questions Answered  
 9:15-10:15 a.m. . . . . Yin Yoga  
 9:30-11 a.m. . . . . Bible Study  
 9:30 a.m.-noon . . . . . Crafting  
 10-11 a.m. . . . . Circle Of Readers  
 10:30 a.m.-noon . . . . . Line Dancing With Eugenia  
 11:30 a.m.-noon . . . . . Lunch  
 12:15-1:15 p.m. . Tai Chi For Better Balance With Vanessa  
 1:30-2:30 p.m. . . . . Line Dancing With Barb  
 2:45-3:30 p.m. . . . . Fundamentals Of Line Dancing  
 2:45-3:45 p.m. . . . . Tap Dancing

## Tuesday, October 4

8:15-9 a.m. . . . . Strengthen & Tone  
 9 a.m.-noon . . . . . Party Bridge  
 9 a.m.-noon . . . . . Train Dominoes  
 9:15-10:15 a.m. . . . . Soft Yoga  
 10-11 a.m. . . . . Beginning Guitar Lessons  
 10 a.m.-1 p.m. . . . . Scrapbooking  
 10:30-11:30 a.m. . . . . Limited Exercise  
 11:30 a.m.-noon . . . . . Lunch  
 11:45 a.m.-12:45 p.m. . Tai Chi For Better Balance With Julie  
 Noon-3 p.m. . . . . Canasta  
 1-2 p.m. . . . . Line Dancing With Michelle  
 1-3:30 p.m. . . . . Painting  
 2:15-3:30 p.m. . . . . (Canceled) . . . . Clogging Class

## Wednesday, October 5

8:15-9 a.m. . . . . Cardio Dance  
 9 a.m.-noon . . . . . Needle Crafting  
 9:15-10:15 a.m. . . . . Chair Yoga  
 10 a.m.-noon . . . . . Ukulele Jam  
 10 a.m.-2 p.m. . . . . Quilting  
 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  
 1-3 p.m. . . . . **New** . . . . . Drawing Workshop  
 For more information, see page 6  
 1-4 p.m. . . . . Mahjong  
 1:30-2:30 p.m. . . . . Line Dancing With Barb  
 2:45-3:30 p.m. . . . . Fundamentals Of Line Dancing

(Continued on page 10)

**Edward Jones**<sup>®</sup>

Member SIPC

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 Let's talk.**



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# Calendar of Events

## Thursday, October 6

- 8-10 a.m. . . . . **New** . . . . . Medicare Fair  
 More information on page 1
- 8:15-9 a.m. . . . . Strengthen & Tone
- 9 a.m.-noon . . . . . Train Dominoes
- 9:15-10:15 a.m. . . . . Power Yoga
- 9:30-10:30 a.m. . . . . Guitar Jam
- 9:30-noon. . . . . Poker Tournament Practice
- 10 a.m.-noon. . . . . Creative Card Making
- 10 a.m.-noon. . . . . Abstract Painting
- 10:30-11:30 a.m. . . . . Limited Exercise
- 11:30 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
- 1-2 p.m. . . . . Fundamentals Of Line Dancing

## Friday, October 7

- 9-10:15 a.m. . . . . Friday Fitness
- 9:30-10:30 a.m. . . . . Singing Group
- 10 a.m.-noon. . . . . Creative Writing
- 10 a.m.-noon . . . . . Alzheimer's Support Group
- 10 a.m.-12:30 p.m. . . . . Individual Quilt Layout
- 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, October 10

- 8:15-9 a.m. . . . . Cardio Dance
- 9 a.m.-12:30 p.m. . . . . Medicare Questions Answered
- 9:15-10:15 a.m. . . . . Yin Yoga
- 9:30-11 a.m. . . . . Bible Study
- 9:30 a.m.-noon. . . . . Crafting
- 10:30 a.m.-noon . . . . . Line Dancing With Eugenia
- 11:30 a.m.-noon . . . . . Lunch
- 12:15-1:15 p.m. Tai Chi For Better Balance With Vanessa
- 1:30-2:30 p.m. . . . . (Canceled) . . . . . Line Dancing With Barb
- 2-3:30 p.m. . . . . Photography Group
- 2:45-3:30 p.m. (Canceled). Fundamentals Of Line Dancing
- 2:45-3:45 p.m. . . . . (Canceled) . . . . . Tap Dancing

## Tuesday, October 11

- 8:15-9 a.m. . . . . Strengthen & Tone
- 9 a.m. . . . . Fitness Machine Training

- 9 a.m.-noon . . . . . Party Bridge
- 9 a.m.-noon . . . . . Train Dominoes
- 9:15-10:15 a.m. . . . . Soft Yoga
- 9:30 a.m.-12:30 p.m. . . . . Flu Shot Clinic  
 More information on page 6
- 10-11 a.m. . . . . Beginning Guitar Lessons
- 10 a.m.-1 p.m. . . . . Scrapbooking
- 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
- Noon-3 p.m. . . . . Canasta
- 1-2 p.m. . . . . Line Dancing With Michelle
- 1-3:30 p.m. . . . . Painting
- 2:15-3:30 p.m. . . . . (Canceled) . . . . . Clogging Class

## Wednesday, October 12

- 8:15-9 a.m. . . . . Cardio Dance
- 9 a.m.-noon . . . . . Needle Crafting
- 9:15-10:15 a.m. . . . . Chair Yoga
- 10 a.m.-noon . . . . . Ukulele Jam
- 10 a.m.-2 p.m. . . . . Quilting
- 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
- 1-3 p.m. . . . . **New** . . . . . Drawing Workshop  
 More information on page 6
- 1-4 p.m. . . . . Mahjong
- 1:30-2:30 p.m. . . . . Line Dancing With Barb
- 2:45-3:30 p.m. . . . . Fundamentals Of Line Dancing

## Thursday, October 13

- 8-10 a.m. . . . . **New** . . . . . Medicare Fair  
 More information on page 1
- 8:15-9 a.m. . . . . Strengthen & Tone
- 9 a.m.-noon . . . . . Train Dominoes
- 9:15-10:15 a.m. . . . . Power Yoga
- 9:30-10:30 a.m. . . . . Guitar Jam
- 9:30-noon. . . . . Poker Tournament Practice
- 10 a.m.-noon. . . . . Abstract Painting
- 10 a.m.-noon. . . . . Creative Card Making
- 10:30-11:30 a.m. . . . . Limited Exercise
- 11:30 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
- 1-2 p.m. . . . . Fundamentals Of Line Dancing

# Calendar of Events

## Friday, October 14

9-10:15 a.m. . . . . Friday Fitness  
9:30-10:30 a.m. . . . . Singing Group  
10 a.m.-noon . . . . . Creative Writing  
10 a.m.-12:30 p.m. . . . . Individual Quilt Layout  
10:30-11:30 a.m. . . . . Limited Exercise  
11:30 a.m.-noon . . . . . Lunch  
Noon-3 p.m. . . . . Canasta  
Noon To Conclusion. . . . . At The Movies  
**"Young Frankenstein," Rated PG**  
12:15-1:15 p.m. . . . . Exercise 101

## Monday, October 17

8:15-9 a.m. . . . . Cardio Dance  
9 a.m.-12:30 p.m. . . . . Medicare Questions Answered  
9:15-10:15 a.m. . . . . Yin Yoga  
9:30-11 a.m. . . . . Bible Study  
9:30 a.m.-noon. . . . . Crafting  
10-11 a.m. . . . . Circle Of Readers  
10:30 a.m.-noon . . . . . Line Dancing With Eugenia  
11:30 a.m.-noon . . . . . Lunch  
12:15-1:15 p.m. . Tai Chi For Better Balance With Vanessa  
1:30-2:30 p.m. . . . . Line Dancing With Barb  
2:45-3:30 p.m. . . . . Fundamentals Of Line Dancing  
2:45-3:45 p.m. . . . . Tap Dancing

## Tuesday, October 18

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

## Wednesday, October 19

8:15-9 a.m. . . . . Cardio Dance  
9 a.m.-noon . . . . . Needle Crafting  
9:15-10:15 a.m. . . . . Chair Yoga  
10 a.m.-noon . . . . . Ukulele Jam  
10 a.m.-2 p.m. . . . . Quilting  
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  
1-3 p.m. . . . . **New** . . . . . Drawing Workshop  
More information on page 6  
1-4 p.m. . . . . Mahjong  
1:30-2:30 p.m. . . . . Line Dancing With Barb  
2:45-3:30 p.m. . . . . Fundamentals Of Line Dancing

## Thursday, October 20

8-10 a.m. . . . . **New** . . . . . Medicare Fair  
More information on page 1  
8:15-9 a.m. . . . . Strengthen & Tone  
9 a.m.-conclusion . . . . . Pool Tournament  
9 a.m.-noon . . . . . Train Dominoes  
9:15-10:15 a.m. . . . . Power Yoga  
9:30-10:30 a.m. . . . . Guitar Jam  
9:30-noon . . . . . Poker Tournament Practice  
10 a.m.-noon . . . . . Abstract Painting  
10 a.m.-noon . . . . . Creative Card Making  
10:30-11:30 a.m. . . . . Limited Exercise  
11:30 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  
1-2 p.m. . . . . Fundamentals Of Line Dancing

## Friday, October 21

9-10:15 a.m. . . . . Friday Fitness  
9:30-10:30 a.m. . . . . Singing Group  
10 a.m.-noon . . . . . Creative Writing  
10 a.m.-12:30 p.m. . . . . Individual Quilt Layout  
10 a.m.-noon . . . . . Alzheimer's Support Group  
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  
1-2 p.m. . . . . "Cons, Frauds And Scams" - Lori Fullbright  
More information on page 7

(Continued on page 12)

# Calendar of Events

## Monday, October 24

8:15-9 a.m. . . . . Cardio Dance  
 9 a.m.-12:30 p.m. . . . . Medicare Questions Answered  
 9:15-10:15 a.m. . . . . Yin Yoga  
 9:30-11 a.m. . . . . Bible Study  
 9:30 a.m.-noon . . . . . Crafting  
 10:30 a.m.-noon . . . . . Line Dancing With Eugenia  
 11:30 a.m.-noon . . . . . Lunch  
 12:15-1:15 p.m. . Tai Chi For Better Balance With Vanessa  
 1:30-2:30 p.m. . . . . Line Dancing With Barb  
 2-3:30 p.m. . . . . Photography Group  
 2:45-3:30 p.m. . . . . Fundamentals Of Line Dancing  
 2:45-3:45 p.m. . . . . Tap Dancing

## Tuesday, October 25

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

## Wednesday, October 26

8:15-9 a.m. . . . . Cardio Dance  
 9 a.m.-noon . . . . . Needle Crafting  
 9:15-10:15 a.m. . . . . Chair Yoga  
 10 a.m.-noon . . . . . Ukulele Jam  
 10 a.m.-2 p.m. . . . . Quilting  
 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  
 1:30-2:30 p.m. . . . . Line Dancing With Barb  
 1-3 p.m. . . . . **New** . . . . . Drawing Workshop  
 More information on page 6  
 2:45-3:30 p.m. . . . . Fundamentals Of Line Dancing

## Thursday, October 27

8-10 a.m. . . . . **New** . . . . . Medicare Fair  
 More information on page 1  
 8:15-9 a.m. . . . . Strengthen & Tone  
 9 a.m.-noon . . . . . Train Dominoes  
 9:15-10:15 a.m. . . . . Power Yoga  
 9:30-10:30 a.m. . . . . Guitar Jam  
 9:30-Noon . . . . . Poker Tournament Practice  
 10 a.m.-noon . . . . . Creative Card Making  
 10 a.m.-noon . . . . . Abstract Painting  
 10:30-11:30 a.m. . . . . Limited Exercise  
 11:30 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  
 1-2 p.m. . . . . Fundamentals Of Line Dancing

## Friday, October 28

9-10:15 a.m. . . . . Friday Fitness  
 9:30-10:30 a.m. . . . . Singing Group  
 10 a.m.-noon . . . . . Creative Writing  
 10 a.m.-12:30 p.m. . . . . Individual Quilt Layout  
 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  
 Noon To Conclusion . . . . . At The Movies  
**"Hocus Pocus," Rated PG**

## Monday, October 31

8:15-9 a.m. . . . . Cardio Dance  
 9 a.m. to 12:30 p.m. . . . . Medicare Questions Answered  
 9:15-10:15 a.m. . . . . Yin Yoga  
 9:30-11 a.m. . . . . Bible Study  
 9:30 a.m.-noon . . . . . Crafting  
 10:30 a.m.-noon . . . . . Line Dancing With Eugenia  
 11:30 a.m.-noon . . . . . Lunch  
 12:15-1:15 p.m. . Tai Chi For Better Balance With Vanessa  
 1:30-2:30 p.m. . . . . Line Dancing With Barb  
 2:45-3:30 p.m. . . . . Fundamentals Of Line Dancing  
 2:45-3:45 p.m. . . . . Tap Dancing