

# 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 Thursday will end by 4 p.m. The last activity on Friday will end by 3 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.

## Thursday, Sept. 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, Sept. 2

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. . . . . **New** . . . Limited Exercise  
 11:30 a.m.-noon . . . . . Lunch  
 Noon-3 p.m. . . . . Canasta  
 12:15-1:15 p.m. . . . . Exercise 101

## Monday, Sept. 5

**The Center will be closed in observance of Labor Day**

## Tuesday, Sept. 6

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 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

(Continued on page 10)

**Edward Jones**

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MKT-5894M-A

# Calendar of Events

## Wednesday, Sept. 7

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. . . . **New** . . . . 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  
 2:45-3:30 p.m. . . . . Fundamentals Of Line Dancing

## Thursday, Sept. 8

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

## Friday, Sept. 9

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. . . . **New** . . . . Limited Exercise  
 11:30 a.m.-noon . . . . . Lunch  
 Noon-3 p.m. . . . . Canasta  
 12:15-1:15 p.m. . . . . Exercise 101

## Monday, Sept. 12

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  
 1-2:30 p.m. . . . . Improv  
 1:30-2:30 p.m. . . . . Line Dancing With Barb  
 1:30-3 p.m. . . . . Photography Group  
 2:45-3:30 p.m. . . . . Fundamentals Of Line Dancing  
 2:45-3:45 p.m. . . . . Tap Dancing

## Tuesday, Sept. 13

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  
 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 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, Sept. 14

8:15-9 a.m. . . . . Cardio Dance  
 9 a.m.-noon . . . . . Needle Crafting  
 9 a.m.-noon . . . **New** . . . . Fall Risk Assessment  
 More information on page 6  
 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. . . . **New** . . . . Limited Exercise  
 11:30 a.m.-noon . . . . . Lunch  
 Noon To Conclusion . . . . . At The Movies  
**“The First Wives Club,” Rated PG**  
 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  
 1:30-2:30 p.m. . . . . Line Dancing With Barb  
 2:45-3:30 p.m. . . . . Fundamentals Of Line Dancing

# Calendar of Events

## Thursday, Sept. 15

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, Sept. 16

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. . . . . **New** . . . . . Limited Exercise  
11:30 a.m.-noon . . . . . Lunch  
Noon-3 p.m. . . . . Canasta  
12:15-1:15 p.m. . . . . Exercise 101  
12:30-1:30 p.m. . . . . **New** . . . . . Living Well With Diabetes  
More information on page 7

## Monday, Sept. 19

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  
1-2:30 p.m. . . . . Improv  
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, Sept. 20

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 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, Sept. 21

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. . . . . **New** . . . . . 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  
2:45-3:30 p.m. . . . . Fundamentals Of Line Dancing

## Thursday, Sept. 22

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  
1 p.m. . . . . **New** . . . . . Medicare Panel Discussion  
More information on page 13

(Continued on page 12)

# Calendar of Events

## Friday, Sept. 23

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. . . . . **New** . . . . Limited Exercise  
 11:30 a.m.-noon . . . . . Lunch  
 Noon-3 p.m. . . . . Canasta  
 12:15-1:15 p.m. . . . . Exercise 101

## Monday, Sept. 26

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  
 1-2:30 p.m. . . . . Improv  
 1:30-2:30 p.m. . . . . Line Dancing With Barb  
 1:30-3 p.m. . . . . Photography Group  
 2:45-3:30 p.m. . . . . Fundamentals Of Line Dancing  
 2:45-3:45 p.m. . . . . Tap Dancing

## Tuesday, Sept. 27

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 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, Sept. 28

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. . . . . **New** . . . . Limited Exercise  
 11:30 a.m.-noon . . . . . Lunch  
 Noon To Conclusion . . . . . At The Movies

## “Maverick,” Rated PG

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  
 2:45-3:30 p.m. . . . . Fundamentals Of Line Dancing

## Thursday, Sept. 29

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, Sept. 30

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. . . . . **New** . . . . Limited Exercise  
 11:30 a.m.-noon . . . . . Lunch  
 Noon-3 p.m. . . . . Canasta  
 12:15-1:15 p.m. . . . . Exercise 101