



**BROKEN
ARROW
SENIORS**

Silver Notes


The Official Newsletter of Broken Arrow Seniors, Inc.

July 2023 Vol. 33, No. 7

Broken Arrow Senior Center

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

www.baseniors.org
[@BrokenArrowSeniors](https://www.facebook.com/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

Office Coordinator
Terry Drummond

Transportation
Phil Byers & Randall Graybill



*Celebrating
35
Years!*



Our Mission Statement: We are the model in the region for promoting healthy social, emotional, and physical engagements for adults 55 and older through programmed activities and social opportunities.

BA Senior Center - Membership Dues

During the May Board of Directors meeting, the board unanimously voted to increase the membership dues for the BA Senior Center. Beginning with memberships that renew in July 2023, membership dues are \$40 per year for members living in Broken Arrow and \$50 per year for members living outside of Broken Arrow.

We make a promise to our members each day. That promise is to fulfill the Center's mission statement - *We are the model in the region for promoting healthy, social, emotional, and physical engagements for adults 55 and older through programmed activities and social opportunities.*

In the last year, the Senior Center East Annex opened, and we now offer nearly 90 activities each week for our members to choose from adding quality to your life. Costs to fulfill our promise and to support our expanding program base have increased within the last year. The Center is tasked with paying for things our members value. We are focused on maintaining quality and delivering activities and programming that our members look forward to.

New programming is offered monthly, and the additional costs associated with adding and maintaining current programming have increased. It is rare that costs go down for something we value – it is far more likely the costs go up to keep pace with the expense of delivering value.

Our members' input regarding activities and programming is always welcomed. If you have any questions or suggestions regarding programming offered at the Center, please contact Kimberly Crenshaw, Executive Director. We also invite you to attend the Board of Directors meeting held the 3rd Tuesday of each month.

The future is bright at the BA Senior Center, and we look forward to sharing it with you!



**Social, Recreational, Educational
Health and Fitness**

The advertisement for Hayhurst Funeral Home features a large background image of the funeral home's building. In the upper left corner, there is a framed black and white photograph of a man and a woman. The text "Hayhurst FUNERAL HOME" is prominently displayed in a large, elegant font across the middle of the image. Below this, the contact information "(918) 258-9623 | www.hayhurstfuneralhome.com" is provided. At the bottom, a white box contains the text: "For over 31 years Hayhurst Funeral Home has stood by our motto 'A helping hand in a time of need' Families have come to call on Hayhurst Funeral Home for their professional, caring and compassionate manner in handling every detail."

Activity Update

Engage and Stay Active!

Allfit BA Fitness Training

Erick Croke, personal trainer and owner of Allfit BA Fitness Training will continue to work with small groups of members interested in learning about how to meet their fitness goals. In July, Erick is meeting with members who have registered in the Fitness Room of Senior Center East to focus on the benefits of circuit weight training for older adults. The training opportunity will be held on Mondays in July beginning at 10 a.m.

Incorporating safe and healthy exercises like weight training into our daily lives is one way to promote physical health and well being at any age. From building muscle to improving balance, weight training can be particularly beneficial throughout the aging process. A comprehensive weight training program involves all of the major muscles of your body – the chest, back, shoulders, legs, and core. By consistently working these areas, you can build strength and muscle mass, which can help increase your confidence and motivation to continue an exercise program that's suitable for your body.

Here are just a few possible weight training benefits for older adults:

- Improves balance and endurance.
- Increases strength and muscle mass.
- Helps manage weight.
- Reduces some age-related symptoms.
- Helps improve sleep.

Erick offers the following mind set: Don't set a goal for your body. Set a goal for your fitness destination. Ask yourself, "I want to _____" and set your fitness goals from that point. Weight training can help you arrive at your destination.

Make sure you check with your physician first before starting a weight training program. Allfit BA Fitness Training will be held on Mondays in July at 10 a.m. at Senior Center East in the Fitness Room. Sign-up sheets are located near the Center Events Bulletin board at the top of the ramp in the West building and near the kiosk in the East building. A limited number of spots to meet with Erick Croke can be offered to ensure members have the opportunity to develop a plan to meet your fitness goals moving forward. Please sign up for one Monday in July and a later date will be established to answer questions and determine your next step to strength and confidence!



June Tournament Winners!

Pool Tournament -

Breakfast Sponsored by Lori Allen - Morada Broken Arrow



June Winners: 1st Place - Chester McDonald

2nd Place - Cecil Jones; 3rd Place - Keith Costigan

Domino Tournament -

Prizes provided by White River Fish Market & Billy Ray's BBQ



Don Stiles and Mike Allamon

Poker Tournament -

Prizes provided by Joel Hitsman - Global Health



Denise Henson and Max Lewis
Joel Hitsman (right)



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Activity Update

Engage and Stay Active!

Circle of Readers

Circle of Readers meets the first and third Monday (unless noted) each month in the Center's Conference Room at SC West at 10 a.m. Below are the great reads and discussions they are planning in the weeks ahead. Author visits are often scheduled virtually and in-person offering interesting, dynamic and engaging conversations! Check out the groups upcoming virtual author visits!

July 10: **Black Girls Must Have It All** by Jayne Allen · fiction · virtual author visit;

July 24: Discussions on other books the group is reading;

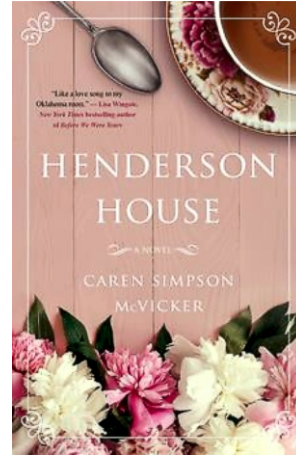
Aug 7: **Henderson House** by Caren Simpson McVicker · historical fiction · virtual author visit;

Aug 21: Discussions on other books the group is reading;

Sep 11: **The Reading List** by Sarah Nisha Adams · fiction;

Sep 18: **Night Swim** by Jessica Keener · fiction · virtual author visit;

Oct 2: **Some Danger Involved** by Will Thomas · mystery · in-person author visit.



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Activity Update

Engage and Stay Active!

Senior Living - Evaluating Your Options

If you missed attending the Senior Living 101 session in June or if you want to learn more, Evaluating Senior Living Options is the next session in this important education series.

There are many senior living options available for older adults, but which option would be the right one for you? On Monday, July 17, members of the Center will have the opportunity to get the facts and answers to questions regarding evaluating the various living options available to you. Allen Usry, Senior Star Community Relations Consultant will present this invaluable education course that will be held at 1 p.m. in the Meeting/Presentation Room of Senior Center East.

This session is designed for seniors researching senior living options and provides the knowledge and understanding to effectively evaluate the myriad of senior living options currently available. The following important questions will be discussed:

- When would independent living be appropriate?
- What services are needed/provided?
- Are activities organized with wellness in mind?
- What should you look for in an assisted living community?

Senior Living – Evaluating Your Options is offered at Jenks Community Education an extension of Jenks Public Schools and the course is now available at the Center for free.

Find the information you need and develop an understanding of the available options to help you prepare for the future. Please sign up to attend! Sign-up sheets are located near the Center Events Bulletin board at the top of the ramp in the West building and near the kiosk in the East building.



What is Abuse Later in Life

Do you get that uneasy feeling when you talk with a friend or family member that something isn't quite right? Maybe you feel fear or anxiety regarding your relationship with your family, caregiver or acquaintance. Sandy Leatherman, Later in Life Advocate with DVIS, Domestic Violence Intervention Services, Inc. of Tulsa is offering an education session regarding the red flags and signs of abuse later in life. The session will be held, Tuesday, July 25 at 1 p.m. in the Senior Center West Conference Room.

Mickey Rooney was famous for over 300 films and his career spanned 90 years. However, at the end of his life he was living in near poverty due to misappropriation of funds, repeated verbal, emotional, physical, financial abuse and neglect by his stepson and his wife. Mr. Rooney died in 2014 at the age of 93 with only \$18,000 in financial assets. This abuse was subtle and happened over a long period of time.

Domestic violence, sexual abuse, stalking, elder abuse, and dating violence can happen to anyone regardless of age, socioeconomic background, ethnicity, race, or religious affiliation. Here are some facts:

- 1 in 10 older adults will experience abuse every year
- Only 1 in 24 cases of abuse are reported
- Older adults being abused are 300% higher risk of death compared to those who are not abused.
- Financial abuse can cause devastating financial losses that may not be easily overcome due to their age.

Come learn about the red flags and signs of abuse and statistics for our state and Tulsa County and learn what abuse is and who you can call to prevent abuse. Sign up sheets to attend are located near the Center Events Bulletin Board at the top of the ramp in the west building and near the kiosk in the east building.

Each and every older adult is someone's parent, grandparent, sibling and friend. They deserve to be heard, respected and safe from violence.



Around the Center



The BA Senior Center staff recently celebrated the evening together during an employee appreciation dinner at Charleston's made possible by the gracious members of the Center. Thank you for your generous hearts and your expressions of appreciation for the work we have always enjoyed doing for you



New members Janet D'Arcy, left and Carol Carlson stopped in at Senior Center East recently to work on at the puzzle table before heading off to Exercise 101 at 12:15 at Senior Center West.



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Donna Grady

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Around the Center



Cardio Drumming is one of the Center's latest fitness offerings with a popular following – even for staff! Kim Crenshaw, Executive Director (bottom left) joined in on the fun for a few minutes during a recent class! Cardio Drumming is held at Senior Center East on Thursdays beginning at 3 p.m. and Fridays at 8:15 a.m.

Activity Location Changes

Chess is now scheduled on Tuesdays, noon to 4 p.m. in the Game Room of Senior Center East.

Painting, held on Tuesdays from 1 to 3:30 p.m., is moving to the Creative Arts Room.

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Happy Independence Day



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Center T-shirts – Order Today!

“Love your T-Shirt!” If you are excited about all that the BA Senior Center has to offer and would like to spread the word, wearing the new Center T-Shirt will be a great conversation starter!

The t-shirt design was created by member and volunteer, Josey Ketcher. The new design features the Center logo and captures the excitement being generated by the Center's activities and programs!



Shirts are now available in gray and white in a variety of unisex sizes including adult (small, medium, large & x-large) in addition to 2X, 3X and 4X. Prices range from \$23 to \$28. Check out the beautiful design on display at both Senior Center East and pick up an order form to order your Center t-shirt today! All proceeds from t-shirt sales support programming at the Center.

A Third Thursday Thanks - A Volunteer “Get Together

We want to celebrate our volunteers and invite new recruits into our community of helpers. Starting Thursday, July 20 at 10 a.m. at Senior Center East, we will host a short monthly reception to thank our volunteers and encourage new participants! There will be a brief (15-minute) presentation and then time for refreshments and open discussion at your leisure. Please come as you are



able and get to know each other better while staying informed about upcoming and opportunities to grow and serve. We (tiny heart image) our volunteers and want to say thanks for giving of yourselves to help others.



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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 West building, and handicap accommodation is needed, please contact the office to allow entry through the front of the building. Front parking accommodations are for those who have a handicap tag to hang in their car.

Entry - Members will enter through the west entry of the West building and through the east entry of the East building.

Name tags - All members will be required to wear their name tag while engaged in activities at the Center.

Center hours - All activities Monday through Friday will end by 4 p.m.

Guests - Guests who are 55 or older and considering membership are welcome. They are required to check in with the office so a guest form can be completed.

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

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

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

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

Monday, July 3

8 a.m.- Noon. Dominoes
 8:15-9 a.m. . . . **Cancelled** Cardio Dance • **SCE**
 8 a.m.-Noon Party Bridge • **SCE**
 9 a.m.-Noon. Medicare Questions Answered
 9:15-10:15 a.m. Yin Yoga • **SCE**
 9:30 - 10:15 a.m. Drumming to Exercise • **SCW**
 9:30-11 a.m. Bible Study • **SCE**
 9:30 a.m.-Noon. Crafting
 10:30-11:15 a.m. Limited Exercise
 10:00-Noon. Allfit BA Fitness Training • **SCE**
 More information on page 3
 11:30 a.m.-Noon. Lunch
 Noon-4 p.m. Canasta
 12:15-1:15 p.m. Tai Chi for Better
 Balance with Vanessa • **SCE**
 1-2:30 p.m. . . . **Cancelled** Intermediate Tap Dancing
 1:30-3:00 p.m. **Cancelled** .Line Dancing with Barb • **SCE**
 12:15 a.m.4 p.m. Pickleball Open Play
 1:30-2:30 p.m. Life Coach • **SCE**
 2:45-3:30 p.m. **Cancelled** Beginning Tap Dancing

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.-Noon. Ukulele Jam • **SCE**
 10 a.m.-11:30 a.m. Line Dancing with Eugenia • **SCE**
 10 a.m.-Noon Abstract Painting
 10 a.m. to 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
 1-3 p.m. Drawing Class
 1:30-3:00 p.m. **Cancelled** Line Dancing with Barb • **SCE**
 1-4 p.m. Mahjong • **SCE**
 1:30-4 p.m. Pickleball Open Play

Tuesday, July 4

Closed in observance of the July 4 holiday.

Wednesday, July 5

8 a.m.- Noon. Dominoes
 8:15-9 a.m. Cardio Dance • **SCE**
 8:15-9:15 a.m. Core Strength Yoga
 9 a.m.-noon. Needle Crafting

Thursday, July 6

8 a.m.- Noon Dominoes
 8:15-9 a.m. Strengthen & Tone • **SCE**
 9 a.m.-Noon Train Dominoes
 9:15-10:15 a.m. Power Yoga • **SCE**
 9:30-10:15 a.m. Limited Exercise
 9:30-11:30 a.m. Guitar Jam • **SCE**
 9:30 a.m.-Noon Play Money Poker
 9:30 a.m.-Noon Creative Card Making
 10:30-11:30 a.m. Limited Exercise
 11:30 a.m.-Noon Lunch
 12:15-3 p.m. Pickleball Open Play
 12:30-2:30 p.m. Happy Hookers - Crochet
 12:30-4 p.m. Card Game of The Day
 12:30-4 p.m. Party Bridge • **SCE**
 1-2:30 p.m. Fundamentals of Line Dancing • **SCE**
 1-2 p.m. Simply Faith Class
 3:00-4 p.m. Cardio Drumming • **SCE**

Calendar of Events

Friday, July 7

8 a.m.- Noon Dominoes
 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
 8 a.m.-4 p.m. Dominoes
10 a.m.-Noon Alzheimer's Support Group • SCE
 10 a.m.-Noon Creative Writing
 1-3 p.m. Individual Quilt Layout
 10:30-11:45 a.m. Line Dancing with Eugenia • SCE
 10:30-11:30 a.m. Limited Exercise
 11:30 a.m.-Noon Lunch
 Noon-4 p.m. Canasta
 12:15-1:15 p.m. Exercise 101
 1-2:30 p.m. Bingo
 1:30-4 p.m. Pickleball Open Play

9:15-10:15 a.m. Soft Yoga • SCE
 9:30-10:15 a.m. Limited Exercise
 9:30 a.m.-12:30 p.m. Scrapbooking
 10-11 a.m. Guitar Lessons • SCE
 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
 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

Monday, July 10

8 a.m.- Noon. Dominoes
 8:15-9 a.m. Cardio Dance • SCE
 8 a.m.-Noon Party Bridge • SCE
 9 a.m.-Noon. Medicare Questions Answered
 9:15-10:15 a.m. Yin Yoga • SCE
 9:30 - 10:15 a.m. Drumming to Exercise • SCW
 9:30 - 11 a.m. Bible Study • SCE
 9:30 a.m.-Noon. Crafting
 10-11 a.m. Circle of Readers
 10:30 - 11:15 a.m. Limited Exercise
 10:00-Noon. Allfit BA Fitness Training • SCE
 More information on page 3
 11:30 a.m.-Noon. Lunch
 Noon-4 p.m. Canasta
 12:15-1:15 p.m. Tai Chi for Better
 Balance with Vanessa • SCE
 1:30-3 p.m. Photography Group • SCE
 1-2:30 p.m. Intermediate Tap Dancing
 1:30-3:00 p.m. Line Dancing with Barb • SCE
 12:15 a.m.-4 p.m. Pickleball Open Play
 2-3 p.m. **New** .8 Dimensions of Wellness
 "Pre-registration required. More information on page 17"
 2:45-3:30 p.m. Beginning Tap Dancing
 3:15-4 p.m. **New** Zumba
 More Information on page 16

Wednesday, July 12

8 a.m.- Noon Dominoes
 8:15-9 a.m. Cardio Dance • SCE
 8:15-9:15 a.m. Core Strength Yoga
 9 a.m.-Noon. Needle Crafting
 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.-Noon. Ukulele Jam • SCE
 10 a.m.-Noon Abstract Painting
 10 a.m.-2 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.-Noon. Lunch
 12:30 p.m. **New** At the Movies
 More Information on page 20
 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. Mahjong • SCE
 1:30-4 p.m. Pickleball Open Play
 3:15-4 p.m. **New** Zumba
 More Information on page 16

Tuesday, July 11

8 a.m.- Noon Dominoes
 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
 8 a.m.-Noon. Party Bridge • SCE
 9 a.m.-Noon Train Dominoes

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Calendar of Events

Thursday, July 13

8 a.m.- Noon Dominoes
 8:15-9 a.m. Strengthen & Tone • **SCE**
 9 a.m.-Noon Train Dominoes
 9:15-10:15 a.m. Power Yoga • **SCE**
 9:30-10:15 a.m. Limited Exercise
 9:30-11:30 a.m. Guitar Jam • **SCE**
 9:30 a.m.-Noon Play Money Poker
 9:30 a.m.-Noon Creative Card Making
 10:30-11:30 a.m. Limited Exercise
 11:30 a.m.-Noon Lunch
 12:15-3 p.m. Pickleball Open Play
 12:30-2:30 p.m. Happy Hookers - Crochet
 12:30-4 p.m. Card Game of The Day
 12:30-4 p.m. Party Bridge • **SCE**
 1-2:30 p.m. Fundamentals of Line Dancing • **SCE**
 1-2 p.m. Simply Faith Class
 2-3 p.m. **New** 8 Dimensions of Wellness
 “Pre-registration required. More information on page 17”
 3:00-4 p.m. Cardio Drumming • **SCE**

9:30 a.m.-Noon. Crafting
 10:30 - 11:15 a.m. Limited Exercise
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 More information on page
 11:30-1:30 a.m.-Noon. Lunch
 Noon-4 p.m. Canasta
 12:15-1:15 p.m. Tai Chi for Better
 Balance with Vanessa • **SCE**
 1:00 -2:00 p.m. **New**Senior Living– Evaluating Options
 More information on page 23
 1:00-2:30 p.m. Intermediate Tap Dancing
 1:00-3:00 p.m. Line Dancing with Barb • **SCE**
 12:15 a.m.-4 p.m. Pickleball Open Play
 1:30-2:30 p.m. Life Coach
 2:45-3:30 p.m. Beginning Tap Dancing
 2-3 p.m. **New**8 Dimensions of Wellness
 “Pre-registration required. More information on page 17”
 3:15-4 p.m. **New** Zumba
 More Information on page16

Tuesday, July 18

Friday, July 14

8 a.m.- Noon Dominoes
 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
 8 a.m.-4 p.m. Dominoes
 10 a.m.-Noon Creative Writing
 1-3 p.m. Individual Quilt Layout
 10:30-11:45 a.m. Line Dancing with Eugenia • **SCE**
 10:30-11:30 a.m. Limited Exercise
 11:30 a.m.-Noon Lunch
 Noon-4 p.m. Canasta
 12:15-1:15 p.m. Exercise 101
 1-2:30 p.m. Bingo
 1:30-4 p.m. Pickleball Open Play
 3:15-4 p.m. **New** Zumba
 More Information on page16

8 a.m.- Noon Dominoes
 8:15-9 a.m. Strengthen & Tone • **SCE**
 9 -10 a.m. Beginning Guitar Lessons • **SCE**
 8 a.m.-Noon. Party Bridge • **SCE**
 9 a.m.-Noon Train Dominoes
 9:15-10:15 a.m. Soft Yoga • **SCE**
 9:30-10:15 a.m. Limited Exercise
 9:30 a.m.-12:30 p.m. Scrapbooking
 10 - 11 a.m. Guitar Lessons • **SCE**
 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**
 12-4 p.m. Canasta
 12-4 p.m. Chess • **SCE**
 1-2 p.m. Line Dancing with Michelle • **SCE**
 1-2 p.m. **New**How to Spot a Scam
 More Information on page 18
 1-3:30 p.m. Painting
 1-4 p.m. Pickleball Lessons
 2:15-3:30 p.m. Clogging Class • **SCE**
3:30 p.m.-ConclusionBoard of Directors

Wednesday, July 19

Monday, July 17

8 a.m.- Noon. Dominoes
 8:15-9 a.m. Cardio Dance • **SCE**
 8 a.m.-Noon Party Bridge • **SCE**
 9:30-11 a.m. Bible Study • **SCE**
 9 a.m.-Noon. Medicare Questions Answered
 9:15-10:15 a.m. Yin Yoga • **SCE**
 9:30 - 10:15 a.m. Drumming to Exercise • **SCW**

8 a.m.- Noon Dominoes
 8:15-9 a.m. Cardio Dance • **SCE**
 8:15-9:15 a.m. Core Strength Yoga
 9 a.m.-Noon. Needle Crafting
 9:30-10 a.m. Beginning Ukulele • **SCE**
 10-11 a.m. Blood Pressure Checks
 10 a.m.-Noon. Ukulele Jam • **SCE**
 10 a.m.-Noon Abstract Painting
 10 a.m.-2 p.m. Quilting

Calendar of Events

10 a.m.-2 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.-Noon. Lunch
 1-2 p.m. SCORE Informational Mtg.
 12:15-1:15 p.m. Exercise 101
 1-3 p.m. Drawing Class
 1:30-3:00 p.m. Line Dancing with Barb • SCE
 1-4 p.m. Mahjong • SCE
 1:30-4 p.m. Pickleball Open Play
 3:15-4 p.m. **New** Zumba
 More Information on page16

10 a.m.-Noon Creative Writing
10 a.m.-Noon Alzheimer's Support Group • SCE
 1-3 p.m. Individual Quilt Layout
 10:30-11:45 a.m. . . . Line Dancing with Eugenia • SCE
 10:30-11:30 a.m. Limited Exercise
 11:30 a.m.-Noon Lunch
 Noon-4 p.m. Canasta
 12:15-1:15 p.m. Exercise 101
 1-2:30 p.m. Singo
 1:30-4 p.m. Pickleball Open Play
 3:15-4 p.m. **New** Zumba
 More Information on page16

Thursday, July 20

8 a.m.- Noon Dominoes
 8:15-9 a.m. Strengthen & Tone • SCE
 9 a.m.-Noon Train Dominoes
 9:15-10:15 a.m. Power Yoga • SCE
9 a.m. – Conclusion Pool Tournament
 9:30-10:15 a.m. Limited Exercise
 9:30-11:30 a.m. Guitar Jam • SCE
 9:30 a.m.-Noon Poker Tournament
 9:30 a.m.-Noon Creative Card Making
 11:30 a.m.-Noon Lunch
 12:15-3 p.m. Pickleball Open Play
 12:30-2:30 p.m. Happy Hookers - Crochet
 12:30-4 p.m. Card Game of The Day
 12:30-4 p.m. Party Bridge • SCE
 1-2:30 p.m. Fundamentals of Line Dancing • SCE
 1-2 p.m. Simply Faith Class
 2-3 p.m. **New** 8 Dimensions of Wellness
 “Pre-registration required. More information on page 17”
 3:00-4 p.m. Cardio Drumming • SCE

Monday, July 24

8 a.m.- Noon. Dominoes
 8:15-9 a.m. Cardio Dance • SCE
 8 a.m.-Noon Party Bridge • SCE
 9 a.m.-Noon. Medicare Questions Answered
 9:15-10:15 a.m. Yin Yoga • SCE
 9:30 - 10:15 a.m Drumming to Exercise • SCW
 9:30-11 a.m. Bible Study • SCE
 9:30 a.m.-Noon. Crafting
 10:30 - 11:15 a.m Limited Exercise
 10-11 a.m. Circle of Readers
 10:00-Noon. Allfit BA Fitness Training • SCE
 More information on page 3
 11:30 a.m.-Noon. Lunch
 Noon-4 p.m. Canasta
 12:15-1:15 p.m. Tai Chi for Better
 Balance with Vanessa • SCE
 1:30-3 p.m. Photography Group • SCE
 1-2:30 p.m. Intermediate Tap Dancing
 1:30-3:00 p.m. Line Dancing with Barb • SCE
 12:15 a.m.-4 p.m. Pickleball Open Play
 2-3 p.m. **New** 8 Dimensions of Wellness
 “Pre-registration required. More information on page 17”
 2:45-3:30 p.m. Beginning Tap Dancing
 3:15-4 p.m. **New** Zumba
 More Information on page16

Friday, July 21

8 a.m.- Noon Dominoes
 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

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Calendar of Events

Tuesday, July 25

8 a.m.-4 p.m. Dominoes
 8:15-9 a.m. Strengthen & Tone • **SCE**
 8 a.m.-Noon. Party Bridge • **SCE**
 9 -10 a.m. Beginning Guitar Lessons • **SCE**
 9 a.m.-Noon Train Dominoes
 9:15-10:15 a.m. Soft Yoga • **SCE**
 9:30-10:15 a.m. Limited Exercise
 9:30 a.m.-12:30 a.m. Scrapbooking
 10 - 11 a.m. 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**
 12-4 p.m. Canasta
 12-4 p.m. Chess • **SCE**
 1-2 p.m. Line Dancing with Michelle • **SCE**
 1-2 p.m. **New** Abuse Later in Life
 More Information on page 23
 1-3:30 p.m. Painting
 1-4 p.m. Pickleball Lessons
 2:15-3:30 p.m. Clogging Class • **SCE**

Wednesday, July 26

8 a.m.- Noon Dominoes
 8:15-9 a.m. Cardio Dance • **SCE**
 8:15-9:15 a.m. Core Strength Yoga
 9 a.m.-noon. Needle Crafting
 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.-Noon. Ukulele Jam • **SCE**
 10 a.m.-11:30 a.m. Line Dancing with Eugenia • **SCE**
 10 a.m.-Noon Abstract Painting
 10 a.m. to 2 p.m. Quilting
 10:30-11:30 a.m. Limited Exercise
 11:30 a.m.-Noon. Lunch
 12:30 p.m. **New** At the Movies
 More Information on page 20
 12:15-1:15 p.m. Exercise 101
 1-3 p.m. Drawing Class
 1:30-3:00 p.m. Line Dancing with Barb • **SCE**
 1-4 p.m. Mahjong • **SCE**
 1:30-4 p.m. Pickleball Open Play
 3:15-4 p.m. **New** Zumba
 More Information on page 16

Thursday, July 27

8 a.m.- Noon Dominoes
 8:15-9 a.m. Strengthen & Tone • **SCE**
 9 a.m.-Noon Train Dominoes
 9:15-10:15 a.m. Power Yoga • **SCE**
 9:30-10:15 a.m. Limited Exercise
 9:30-11:30 a.m. Guitar Jam • **SCE**
 9:30 a.m.-Noon Play Money Poker
 9:30 a.m.-Noon Creative Card Making
 10:30-11:30 a.m. Limited Exercise

10:30-11:30 a.m. Limited Exercise
 11:30 a.m.-Noon Lunch
 12:15-3 p.m. Pickleball Open Play
 12:30-2:30 p.m. Happy Hookers - Crochet
 12:30-4 p.m. Card Game of the Day
 12:30-4 p.m. Party Bridge • **SCE**
 1-2:30 p.m. Fundamentals of Line Dancing • **SCE**
 1-2 p.m. Simply Faith Class
 2-3 p.m. **New** 8 Dimensions of Wellness
 "Pre-registration required. More information on page 17"
 3:00-4 p.m. Cardio Drumming • **SCE**

Friday, July 28

8 a.m.- Noon Dominoes
 8:15-9 a.m. Cardio Drumming • **SCE**
 9:15-10:15 a.m. Friday Fitness • **SCE**
9-10 a.m. Fitness Machine Orientation • SCE
 9:30-10:30 a.m. Singing Group
 10 a.m.-Noon Creative Writing
 1-3p.m. Individual Quilt Layout
 10:30-11:45 a.m. Line Dancing with Eugenia • **SCE**
 10:30-11:30 a.m. Limited Exercise
 11:30 a.m.-Noon Lunch
 12-4 p.m. Canasta
 12:15-1:15 p.m. Exercise 101
 1- 2:30 p.m. Bingo
1-2:30 p.m. Parkinson's Support Group • SCE
 1:30-4 p.m. Pickleball Open Play
 3:15-4 p.m. **New** Zumba
 More Information on page 16

Monday, July 31

8 a.m.- Noon. Dominoes
 8:15-9 a.m. Cardio Dance • **SCE**
 8 a.m.-Noon Party Bridge • **SCE**
 9 a.m.-Noon. Medicare Questions Answered
 9:15-10:15 a.m. Yin Yoga • **SCE**
 9:30 - 10:15 a.m. Drumming to Exercise • **SCW**
 9:30-11 a.m. Bible Study • **SCE**
 9:30 a.m.-Noon. Crafting
 10:30 - 11:15 a.m. Limited Exercise
 10:00-Noon. Allfit BA Fitness Training • **SCE**
 More information on page 3
 11:30 a.m.-Noon. Lunch
 Noon-4 p.m. Canasta
 12:15-1:15 p.m. Tai Chi for Better
 Balance with Vanessa • **SCE**
 1:30-3 p.m. Photography Group • **SCE**
 1-2:30 p.m. Intermediate Tap Dancing
 1:30-3:00 p.m. Line Dancing with Barb • **SCE**
 12:15 a.m.-4 p.m. Pickleball Open Play
 2:45-3:30 p.m. Beginning Tap Dancing
 3:15-4 p.m. **New** Zumba
 More Information on page 16

Activity Update

Engage and Stay Active!

ZUMBA® - It's Back!

Zumba®, the popular exercise class that many members loved in the past is back – 3 times each week! Monday, Wednesday and Friday beginning the week of July 10, members can get their groove on while getting the exercise benefits of Zumba®!

Susan Zerr, a certified Zumba® instructor and new member of the Center will be leading this all-new fitness offering. Susan moved to Broken Arrow from California where she taught Zumba® for over 10 years. “I am very excited to teach Zumba® at the Center!”, she says. “Zumba® is my passion and I became a member of the Center to remain active and discover new friends that love Zumba® as much as I do!”



Susan's focus will be a basic

Zumba® class. “It will be the perfect fit for members that are already familiar with the steps and for those that are new to Zumba®”, she adds.

Zumba® burns calories, improves heart health, and reduces stress. But this exercise offers older adults even more! Zumba® has been called exercise in disguise—and for good reason. During a class, you'll dance to the beat of Latin-inspired tunes while sneaking in both low- and high-intensity moves.

6 Surprising Benefits of Zumba

- Easy on the Joints – Zumba® protects your joints and muscles while raising your heart rate and improving your balance, posture, and coordination.
- Moving Meditation - Zumba® gives your mind a chance to rest. It clears the chatter and teaches you to be present in the here and now.
- A Chance to Let Go and Laugh – Laughter is always a key ingredient in any Zumba® class! Laughter boosts mental health, aerobic endurance, and confidence regarding exercise.
- It Keeps Your Brain Sharp - Unlike many forms of exercise, Zumba® offers an endless variety of movements starting with the basics and then gradually adds new techniques. This footwork keeps your brain active and focused.
- You'll Never Stop Improving—In and Out of Class - Mastering each new Zumba® movement is a small win. This success will likely inspire you to challenge yourself again in other areas of life.

- It Helps You Stick to an Exercise Routine – “I can't dance” becomes “That was fun! Let's do it again!”



Join in on the Zumba® fun each Monday, Wednesday and Friday in the fitness classroom of Senior Center West from 3:15 to 4 p.m.

ABC Medicare.Help



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Activity Update

8 Dimensions of Wellness

The response to the opportunity to meet with a trained wellness coach to discuss the 8 Dimensions of Wellness was well received. This small group session allows for 8 participants. Members have been contacted to confirm their participation in the July session that will begin Monday, July 10 and will be held in Activity Room 2 of Senior Center West at 2 p.m. on Mondays and Thursdays. If you expressed interest but have not been contacted regarding the July session, additional sessions will be held in August and September.

What are the 8 dimensions of wellness? When you think of wellness what comes to mind? For many wellness centers around the idea of physical wellbeing, but there is so much more to health and wellness. Wellness involves targeting separate areas of ourselves to incorporate and achieve our physical, spiritual, and mental wellbeing. There are 8 dimensions of wellness that work with one another and have a direct impact on our health. When too much or too little focus is put into one dimension, there can be adverse effects on the body.

Take advantage of this important and in-depth education opportunity. Watch for updates regarding additional sessions in upcoming newsletters.

Around the Center

“Peace, Love, Jewels” This artful and fun bag was just one of the many raffle prizes for the June 23 Community BUNCO Bash! The July newsletter was going to print prior to what promised to be a funfilled evening! Watch for highlights of the June Community BUNCO Bash in the August newsletter!



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Activity Update

Engage and Stay Active!

How to Spot a Scam

"Hello. I'm calling from the Centers for Medicare and Medicaid Services. I'm calling to so that you can receive an updated Medicare ID card."

This is just one tactic used by scammers targeting older adults each year. What are the most prevalent scams that target older adults? Is Broken Arrow a hot spot for scams?

Get the answers to these questions and more during the "How to Spot a Scam" session set for Tuesday, July 18 at 1 p.m. in the Meeting/Presentation Room of Senior Center East. This informative session will be presented by the BA Police Department and Chris Crawford, with Humana. Did you know that one in 18 older Americans falls victim to financial fraud or scams annually? This figure excludes seniors who've been financially abused by friends and relatives. Scams target millions of older Americans annually and according to the BA Police Department, scams are reported daily in our community.



"I'd never fall for a scam" is a common thought. But think again. Fraudsters are successful because they have perfected their pitches. One way to protect yourself is to be aware of the tactics scammers use and by staying up-to-date with the most

Broken Arrow Seniors with Parkinson's!

Are you afraid of losing quality of life and precious time with friends and family?
Hyland Physical Therapy and Wellness serves BA Seniors Members and this is what they are saying:



"Dr. Michael has been so professional and knowledgeable in helping me know more about my Parkinson's and guiding me in my path to achieving the most quality of life I can. He doesn't tell me what to do, he does the exercises with me. Always patient and encouraging. I can see results and my friends and family see improvement, too." - J. Acree, BA Senior Center Member

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Poker Tournament:

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Domino Tournament:

White River Fish Market, Ron's Hamburger & Chili, Jimmy's Egg,
Walmart

Pool Tournament:

Local Insurance Advisors/Lynn Novak-Roach

Bingo & Singo:

Evergreen Hospice, American Hearing & Audiology, Cedarhurst
Archwell Health (Singo), Oak Street Health

Blood Pressure Checks:

Miller Hospice, Hillcrest Hospital South, Seasons Hospice
Faith Home Care Service, LLC, Oak Street Health

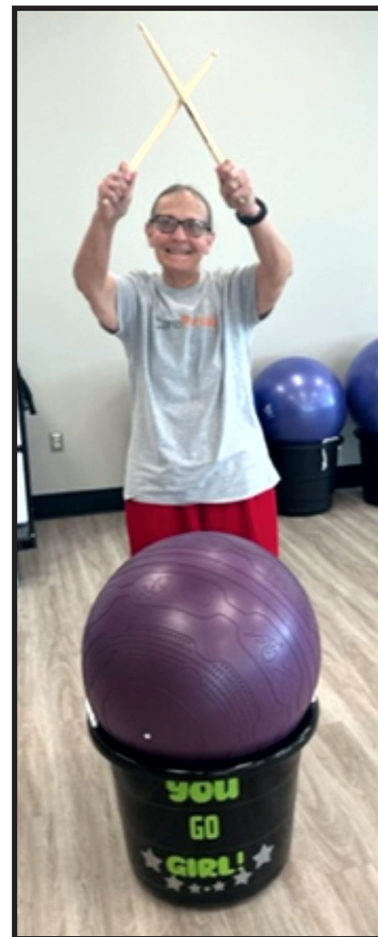
Continued from page 18

common scams that are being used today. This is your opportunity to learn about the different types of scams how scams work and how to protect yourself. If you think you have been a target of a scam, the steps to take to get help will also be discussed.

Crawford will discuss Medicare scams and the Police Department representatives will help you discover current scams making their way in Broken Arrow in addition to other most common scams that specifically target older adults.

Sign up today and stay informed. Register at Senior Center West near the Center events bulletin board at the top of the ramp and near the kiosk in the East building.

Around the Center



“You Go Girl!” is Diane Graham's mantra on her Cardio Drumming base! Cardio Drumming is held on Thursdays at 3 p.m. and on Fridays at 8:15 a.m. at Senior Center East – “You Go Girl!”

Activity Update

Engage and Stay Active!

At the Movies – Now at Senior Center East!

The state-of-the-art technology of the Senior Center East provides the best place to enjoy a movie with others! Beat the July heat and enjoy a movie on the Center's 133-inch screen in the Meeting & Presentation Room of Senior Center East! Check out what's on tap in this all-new location during At the Movies now on Wednesdays!

Wednesday, July 12 – 12:30 p.m.

Anna's Storm – rated PG-13 - When a barrage of meteors hurtles through the atmosphere straight for Mayor Anna McPherson's town, Anna must lead the desperate fight to save the town and her family from the flaming balls of destruction shooting down from the sky. This movie is action packed from beginning to end!

Wednesday, July 26 – 12:30 p.m.

The Space Between Us – rated PG-13 – 12:30 p.m.

“You don't realize how far away you are until there's someone you want to be near,” says Gardner Elliot the boy born on Mars experiencing life on earth for the first time. Traveling to discover his father, Gardner meets a girl named Tulsa and embarks on a race against time to unravel the mysteries of how he came to be, and where he belongs in the universe.



Has Parkinson's Disease or another issue caused balance problems or fear of falling?



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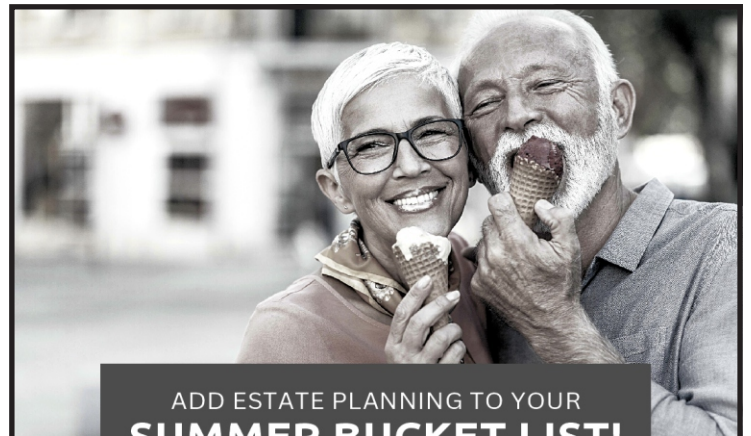
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Now a days, people are creating summer bucket lists - things they hope to do during the upcoming summer. Because family is important, we are here to help you plan. No matter how simple or complex your will or estate plan may be, you can create a sound strategy and plan for the future. There is so much that goes into this process, and Broken Arrow Seniors can teach you simple ways to take the first steps and assist you along the way.

No matter what season of life it is, now is the time to take action and rest assured you've provided yourself and your family the best opportunities! Add estate planning to your summer bucket list and contact our Legacy Office today!

LEARN MORE

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The Perils of Joint Property Ownership

By Brittany Littleton



There are many ways to transfer your assets to those you love. Planning for convenience, it is common for seniors to add a family member as a joint owner on financial accounts and property deeds. The appeal of joint ownership is simplicity; when one owner dies, the survivor automatically owns the property and avoids probate. But is it really that easy? Before you decide joint ownership is the best way to pass on assets to your heirs, consider these

common unintended consequences.

- The co-owner's debts become your problem. While your intent may have been convenient transfer upon your death, a creditor will argue that the gift to the co-owner is complete. If that person files for bankruptcy, loses a lawsuit or has a tax lien, then your jointly owned asset could be seized to collect the debt.

- Your property could end up belonging to someone you don't intend. If you own property jointly with your spouse, your spouse gets the property if you die first. Are you concerned that someone other than your heirs would eventually inherit your assets if your spouse remarried? This can get especially complicated in blended families, as your children can be disinherited in favor of stepchildren.

- You could accidentally disinherit family members. If you designate someone as a joint owner, you can't control what she does with your property after your death. Perhaps you added your adult child as a co-owner of a bank account so that she could help you pay bills if you got sick but have the intention that whatever is left over will be divided among all your kids. You should know that jointly owned property all passes to the surviving owner, regardless of your intention or what your will says.

- You could have difficulty selling or refinancing your home. All joint owners must sign off on a property sale. If you disagree, you could end up at a standstill. What if your co-owner becomes incapacitated through accident or illness? You may have to petition a court to appoint a guardian to represent the co-owner's interest in the sale. An appointed guardian may see his responsibility as protecting the other owner's interest, which may not be the same as yours.

- You might trigger unnecessary capital gains taxes and the need to file a gift tax return. When you sell a home, you pay capital gains taxes on the increase in value. If you make your child a co-owner during your lifetime,

their tax basis is the same as yours. But if you make a gift at the time of your death, their tax basis is the value of the property at the date of your death. This can be a significant income tax savings for your heirs if the home has appreciated in value. Also, any time you make a lifetime gift to someone other than your spouse in excess of the annual limit – in 2020, that's \$15,000 – the IRS considers that a taxable gift. You can avoid taxes by using your lifetime exemption, but you still have to file the necessary paperwork.

So, what can you do? These decisions are too important and complex to be left to chance. The best choice for how you manage your property depends on your needs and goals.xx

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. 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 at kim@baseniors.

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Activity Update

Engage and Stay Active!

African Violets – Learn How to Bloom

If you love to grow African Violets and want to learn more about this favorite houseplant, the African Violet “Dr.”, Roy Roberts, will be returning to the Center in September. Roy is the Vice President and Program Chair for the African Violet Society of Great Tulsa. He has offered fascinating “how to” presentations at the Center earlier in the year. Watch for updates regarding future presentations this fall.



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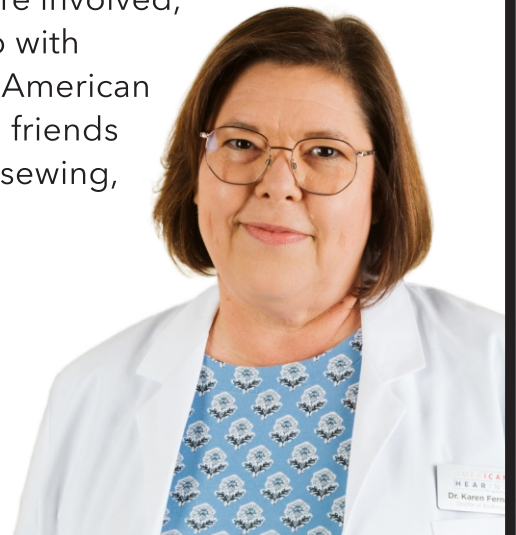
TROUBLES HEARING?

Dr. Fernow, Au.D., CCC-A, is an expert in the diagnosis, management, treatment and prevention of hearing and balance disorders. With a passion for audiology, Dr. Fernow delights in being able to help her patients hear, become more involved, and enjoy an improved quality of life. She enjoys keeping up with advances in technology that benefit her patients. Outside of American Hearing + Audiology, Dr. Fernow keeps busy with family and friends by spending time outdoors, playing board and card games, sewing, painting and various crafts.

Give Dr. Fernow a call today at **(918) 418-5717**.



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