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Silver Notes

The Official Newsletter of Broken Arrow Seniors, Inc.

May 2023 • Vol. 33, No. 5

Broken Arrow Senior Center

2023 SENIOR FAIR

Official Program Guide

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

www.baseniors.org

 @BrokenArrowSeniors

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

Annual Membership
Broken Arrow residents - \$30
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Executive Director
Kimberly Crenshaw

Member Services Manager
Ami Bucher

Office Coordinator
Terry Drummond

Transportation Coordinator
Donald Stockton



Join us and our
Senior Center Partners
as we celebrate
31st Annual Senior Resource & Health Fair!

Friday, April 28 9 a.m. to 1:30 p.m.
Central Park Community Center
1500 South Main Street

Senior Resource & Health Fair Business Partner Map - Page 5
Senior Resource & Health Fair General Information - Pages 2-7
May Newsletter - Pages 8-24

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31st Annual Senior Resource & Health Fair

Join me at the upcoming Senior Resource & Health Fair event on April 28th from 9:00am-1:30pm as your Local Medicare Resource. I will be available to discuss topics on:

- Medicare Advantage
- Medicare Supplements
- Prescription Drug Plans
- Dental & Vision Plans
- Medicaid and More...



Lynn Novak-Roach



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2023 SENIOR FAIR

Enjoy • Celebrate • Discover • Learn • Connect

The photo on the front cover is from last year's Senior Fair event. Members of the Center and others who are learning, connecting, discovering and building relationships. That's what the Senior Center and the

regarding senior fair to make the most of this important, exciting day:

Senior Fair Parking

Over 1,000 people have attended the Senior Fair in the past. The senior fair is a community event that draws attendance well beyond our membership. Parking spaces at the Central Park Community Center are limited. We want everyone who attends to have a place to park. As a member of the Senior Center, if you are able, please take advantage of parking at the tennis court area and catch a ride on the golf cart shuttles! This will save the parking spaces at the Community Center for others who are not members of the Center and are looking forward to attending.

Signage will direct you to the area. Golf cart shuttles will make a continuous 10-minute loop from this parking area to the Community Center. Pick up and drop off at the Central Park Community Center will be at the East entrance that faces Main Street.

Enjoy Lunch at the Senior Fair

Have you ever had the pleasure of eating a Civitan "Burger Basket"? Hamburgers, cheeseburgers and more will be freshly prepared on the Civitan grill at the Senior Fair! Not only will you enjoy a tasty lunch, you will also be supporting this BA service organization. The Senior Fair lunch is a fundraising event for the Broken Arrow Civitans who support organizations that help children with developmental disabilities. Our thanks to the BA Civitans for preparing the following Senior Fair lunch items:

Continued on page 6



Senior Resource & Health Fair are all about. The Fair in many ways is the culmination and fulfillment of 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.*

The Senior Fair is the Center's largest fund-raising event. Help us make it a success! Join us in welcoming our 112 business partners who are exhibiting. They are onsite for you to meet and learn about resources that are available for you. A listing of companies who are exhibiting is on page 4 and a map of the exhibit area is on page 5 for you to refer to. Come enjoy, celebrate, discover, learn and connect!

Read and take note of the important information below



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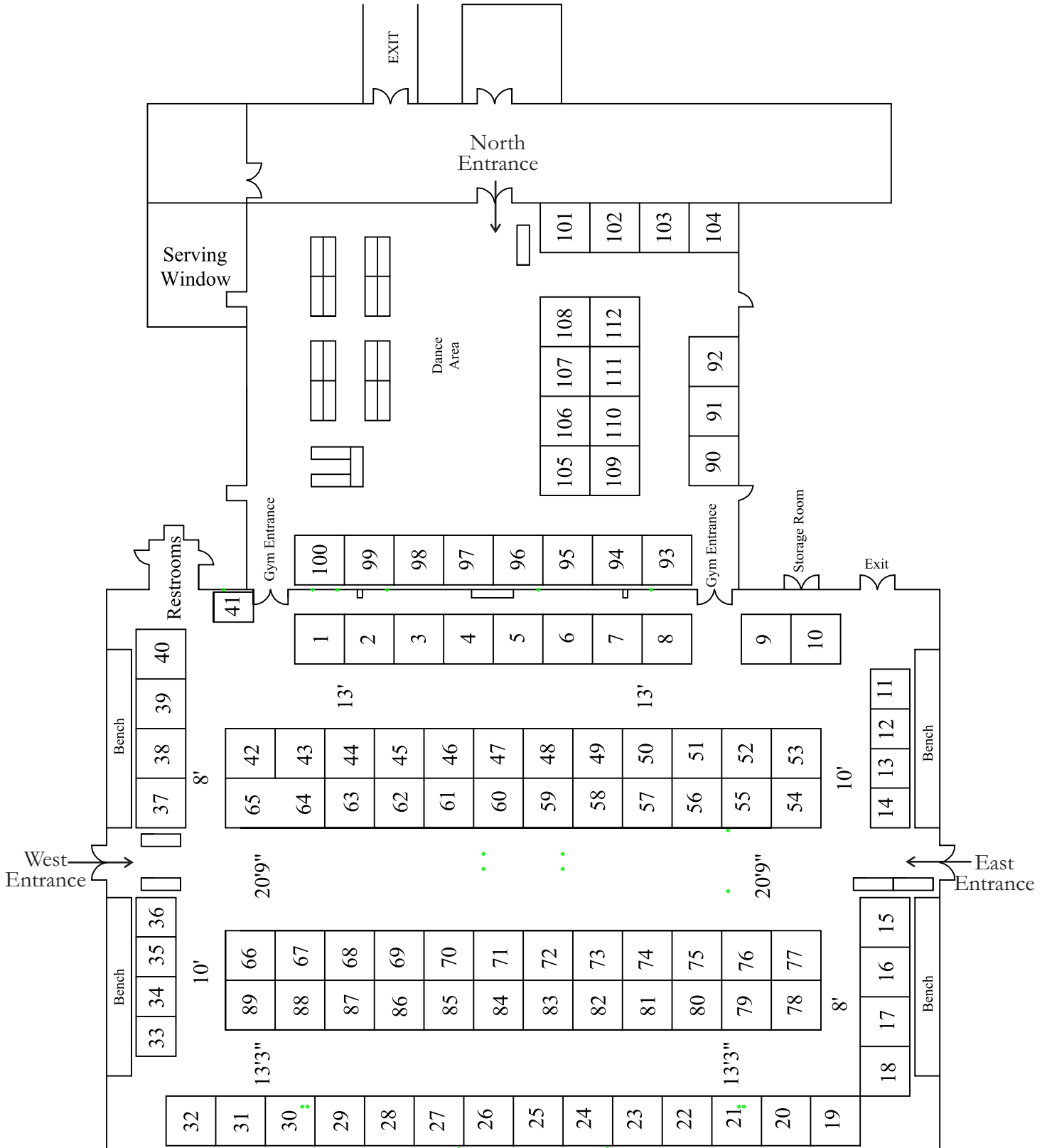


**7318 S Yale Ave
Tulsa, OK 74137
(918)645-5400**

2023 Senior Resource & Health Fair Exhibitors

1. Local Insurance Advisors
2. Ambrosia Wellness
3. American Hearing and Audiology
4. Craft Bodyscan
5. Cox Healthcare
6. Navigating Medicare
7. New View Oklahoma
8. Beehive Homes of Broken Arrow
9. Humana
10. Humana
11. Broken Arrow Police Department
12. Broken Arrow Solid Waste & Recycling
13. Country Club of Woodland Hills
14. Osher Lifelong Learning Institute
15. Ascension St. John Broken Arrow
16. Prairie House Assisted Living
17. Senior Helpers
18. Oklahoma Senior Law
19. Blue Cross Blue Shield
20. Bellarose Senior Living
21. Seasons Hospice
22. OK Department of Rehabilitation
23. Emerald Care Center
24. McGraw Realtors
25. Sand Plum Retirement Living
26. Miller Hospice
27. Alliance CBD
28. A-Vow Hospice
29. Medicare Prepare
30. Medicare Prepare
31. Leaf Filter
32. Senior Star
33. HIA & Associates, LLC
34. DVIS
35. Entrusted Transport
36. Better Health Group/VIP Care Clinic
37. Forest Hills Assisted Living
38. Broken Arrow Sentinel
39. OK Senior Games
40. Central States Research
41. Tulsa City County Library
42. St. John Rehabilitation Center
43. Centenarian Club of Oklahoma
44. Mary Kay Cosmetics
45. Alzheimer's Association
46. Summit Physical Therapy
47. Aspen Insurance Coaches
48. Perfect Fit Home Care
49. Canoe Brook of Broken Arrow
50. St. Francis Hospice
51. St. Francis Volunteers
52. Community Care
53. Cedarhurst Senior Living
54. Purview Life
55. Ronda Butler - Keller Williams Realty
56. The Parke Assisted Living
57. Arts @ 302
58. Complete OK/Pinnacle Care
59. Hillcrest Medical Center
60. Ability Resources
61. Oak Street Health
62. Gentiva
63. OK Library for the Blind and Physically Handicapped
64. Diakonos
65. Integrity Insurance Group
66. Littleton Legal
67. INCOG - Area Agency on Aging
68. Compassus Hospice
69. Sibley Insures
70. Hyland Physical Therapy
71. Broken Arrow Military History Museum
72. Cornerstone Caregiving
73. United Energy Workers Healthcare
74. Tulsa Bone & Joint Associates
75. Life Senior Services
76. Town Village Independent Living
77. Kinetic by Windstream
78. American Parkinson's Disease Association - OK Chapter
79. Covenant Living of Bixby
80. Grady Insurance
81. Clear Tone Hearing Aid Labs
82. Amedysis Home Health
83. Edward Jones
84. Millenium Home Health
85. Trusted Brokerage Group
86. Legends at Tulsa Hills
87. My Choice In-Home Senior Services
88. Broken Arrow Chamber of Commerce
89. ArchWell Health
90. BA Lions Club
91. BA Lions Club
92. BA Lions Club
93. Broken Arrow Performing Arts Center
94. Broken Arrow Community Playhouse
95. Broken Arrow Farmers Market
96. Broken Arrow Neighbors
97. A New Leaf
98. Perfect Turf
99. Broken Arrow Magazine
100. Broken Arrow Museum
101. Blue Star Mothers
102. Pending
103. Pending
104. Pending
105. Tier One Roofing & Construction
106. Mature Transitions of Tulsa
107. Redbud Physical Therapy
108. Tulsa Rehabilitation Hospital
109. Quality First Pharmacy
110. Pain Management of Oklahoma
111. Healthmarkets
112. Pending

Senior Resource & Health Fair - Friday, April 28 - 9 a.m. to 1:30 p.m. Central Park Community Center - 1500 South Main St. - Broken Arrow



2023 SENIOR FAIR

Continued from Page 3

- Hamburger - \$6
- Cheeseburger - \$7
- Hot Dog - \$3
- Hamburger Basket - \$8
- Cheeseburger Basket - \$9
- Hot Dog Basket - \$5
- Chips - \$2
- Drinks - \$2



Basket choices are accompanied by chips and a drink.

Activity Demonstrations

health markets Generously donated complimentary water bottles for Senior Fair attendees!

Have you always wanted to know more about the Center's activities? Come and see and hear what our activities are all about. Demonstrations of the following Senior Center classes will be held in the small gym of the Central Park Community Center:



- 9 to 9:15 a.m. Ukulele Jam
- 9:30 to 9:45 a.m. Clogging
- 10 to 10:15 a.m. Limited Exercise
- 10:30 to 10:45 a.m. Line Dancing with Eugenia
- 11 to 11:15 a.m. Friday Fitness
- 11:30 to 11:45 a.m. Strengthen & Tone
- 12 to 12:15 p.m. Cardio Drumming
- 12:30 to 12:45 p.m. Tai Chi for Balance

Senior Center Exhibit



Are you inviting friends and family to the Senior Fair? Have you always wanted to share what you know is the best senior activity center in the region? Along with having them pick up a Senior Fair program

guide/newsletter, have them stop at the Senior Center

booth that is located in the smaller gym at the Senior Fair! Photos, activity descriptions and items will be available for them to discover all the benefits of membership. Also available is the best testimonial of all - Senior Center member volunteers available to answer questions regarding our activities and programming.

Health Screenings

For a number of years, the BA Lions Club has played an important role in offering basic but important health screenings at the senior fair for attendees. The event provides the perfect opportunity for you to learn more about your general health. The following screenings will be provided by health care workers free of charge during the senior fair. The BA Lions Club screening booth is located in the small gym.

- Visual Acuity
- Glaucoma
- Blood Pressure
- Diabetes
- Bone-Density Testing
- Pulmonary Function Testing



Unused Medication Drop-off

About one-third of Americans haven't cleaned out their old medicines in the past year. This adds up to about 200 million pounds of unused medication each year. Disposing of unused medications safely is critical to avoid harm to the environment and other people. The preferred way to dispose of medicines is through prescription drug take-back programs. The BA Police Department will have an unused medication drop off box onsite at the senior fair at their exhibit booth which will be located in booth 11 at the northwest side of the main exhibit area.



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(Continued on page 5)

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Donna Grady

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Activity Update

Engage and Stay Active!

Learn How to Play the Ukulele – Beginning Sessions Now Available!

If you always wanted to learn how to play a stringed instrument, learning how to play the ukulele is probably a great place to start! The Center's ukulele group will be expanding in May providing a time for ukulele instruction. The first Beginning Ukulele session will be offered on Wednesday, May 3 from 9:30 to 10 a.m. in Activity Room 3 of Senior Center West. These sessions will be designed for members who have never picked up a ukulele before. You will learn the basics of how to strum, pick and play the ukulele. A beginner packet will be provided. Plan on coming to Beginning Ukulele before you purchase an instrument to learn more and discover how much fun playing the ukulele can be!

Do you already know the basics of the ukulele? For those who already know how to play the basic 12 chords, Ukulele Jam is for you! The group meets from 10 to 11:30 a.m. on Wednesdays in Activity Room 3 of Senior Center West. You will also get more tools for your ukulele toolbox including music theory, scales, strumming patterns

during Ukulele Jam.

AND the group has so much fun! Ukulele Jam performing at the Senior Fair event on Friday, April 28 and performed for the Center's nutrition lunch crowd in December. Last summer they learned more than 80 songs! Join them and plan on “makin' music” and add quality to your life!

African Violet – Learn How to Bloom “Is There A Violet Doctor In The House?”

Bring your tired, your poor, your long neck African violet to see the “Violet Doctor”, Roy Roberts, Vice President and Program Chair for the African Violet Society of Great Tulsa. The next meeting of the African Violet Learn How to Bloom education group will be held Tuesday, May 9 at 1 p.m. in the Conference Room of Senior Center West.

If you have an African Violet that is not growing, blooming or is in general sub-par health, bring it on May 9 meeting for diagnosis and/or treatment recommendations. Please bring only one plant, sealed in a plastic bag, to help prevent the potential spread of diseases or pests. Each

Continued on page 10



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Activity Update

Engage and Stay Active!

Continued from page 9

plant will be reviewed in front of the group, so everyone can learn how to grow more beautiful plants. With the permission from the grower, a few plants may be selected to treat on site. Roy will also discuss potential diseases and pests that can impact African Violets.

The best part is the African violet doctor's house call is free of charge! Plan on attending and take advantage of "the doctor's" advice for more beautiful and healthy



Maximize Your Potential and Achieve Your Goals - Life Coach Group Sessions

Discover how you can maximize your potential and achieve your goals with the help of a life coach. Dr. Aletha Oglesby, a trained personal life coach, will be meeting with members interested in learning more on Monday, May 1 and 15 in the Game Room of Senior Center East from 2 to 3 p.m. This group session will provide the opportunity to learn about the benefits of partnering with a life coach by raising issues and facilitating discussion within the group.

What is a life coach? A life coach is a partner who helps people make decisions, set, and reach goals, or deal with problems in their lives. Life coaches work with individuals who want to improve the quality of their lives and attain greater fulfillment. Life coaches act as unbiased thinking and accountability partners. Coaching is not therapy, counseling, or advising. All decisions are the responsibility of the person being coached.

Dr. Aletha Oglesby a Broken Arrow resident and Senior Center member, who has recently retired from her medical practice.

Continued on page 18



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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, May 1

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 -11 a.m. Access the Library • **SCE**
 10:30-11:15 a.m. Limited Exercise
 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. Line Dancing with Barb • **SCE**
 12:15 a.m.-4 p.m. Pickleball Open Play • **SCW**
 2-3 p.m. **New** Life Coach
 More Information page on 10
 2:45-3:30 p.m. **Cancelled** Beginning Tap Dancing

9:30 a.m.-12:30 a.m. Scrapbooking
 10 - 11 a.m. Guitar Lessons • **SCE**
 10:30-11:30 a.m. Limited Exercise
 11:30 a.m.-Noon Lunch
 Noon-4 p.m. Canasta
 11:45 a.m.-12:45 p.m. Tai Chi for Better
 Balance with Julie • **SCE**
 Noon-4 p.m. Canasta
 1-2 p.m. Line Dancing with Michelle • **SCE**
 1-3:30 p.m. Painting
 1-4 p.m. Pickleball Lessons • **SCW**
 2:15-3:30 p.m. Clogging Class • **SCE**

Wednesday, May 3

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. . . . **New** Beginning Ukulele
 More Information page on 9
 10 a.m.-Noon. Ukulele Jam
 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
 12:30-3 p.m. Chess • **SCE**
 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 • **SCW**

Tuesday, May 2

8 a.m.- Noon. Dominoes
 8:15-9 a.m. Strengthen & Tone • **SCE**
 8 a.m.-Noon. Party Bridge • **SCE**
 9 a.m.-Noon Train Dominoes
 9 -10 a.m. Beginning Guitar Lessons • **SCE**
 9:15-10:15 a.m. Soft Yoga • **SCE**
 9:30-10:15 a.m. Limited Exercise

Calendar of Events

Thursday, May 4

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
 3:15-4 p.m. Cardio Drumming

Friday, May 5

8 a.m.- Noon Dominoes
 8:15-9 a.m. Cardio Drumming
 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
 9-10 a.m. Fitness Machine Orientation • 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. Bingo
 1:30-4 p.m. Pickleball Open Play • SCW

Monday, May 8

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
 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. Intermediate Tap Dancing
 1:30-3:00 p.m. Line Dancing with Barb • SCE
 12:15 a.m.-4 p.m. Pickleball Open Play • SCW
 2:45-3:30 p.m. Beginning Tap Dancing

Tuesday, May 9

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
 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 a.m. Senior Bachelorette Party Play
 10:30 a.m. **New** More Information page on 18
 Senior Bachelorette Party Play
 10:30 a.m. **New** More Information page on 18
 Limited Exercise
 11:30 a.m.-Noon Lunch
 11:45 a.m.-12:45 p.m. Tai Chi for Better
 Balance with Julie • SCE
 Noon 4 p.m. Canasta
 1-2 p.m. Line Dancing with Michelle • SCE
 1 to 2 p.m. African Violets-Learn How to Bloom
 1-3:30 p.m. Painting
 1-4 p.m. Pickleball Lessons • SCW
 2:15-3:30 p.m. Clogging Class • SCE

Wednesday, May 10

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. **New** Beginning Ukulele
 More Information page on 9
 10 a.m.-Noon Ukulele Jam
 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

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Calendar of Events

12:15-1:15 p.m. Exercise 101
 12:30-2:30 p.m. Bunco
 12:30-3 p.m. Chess • **SCE**
 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 • **SCW**

Thursday, May 11

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
 3:15-4 p.m. Cardio Drumming

Friday, May 12

8 a.m.- Noon Dominoes
 8:15-9 a.m. Cardio Drumming
 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
 9-10 a.m. Fitness Machine Orientation • **SCE**
 1-2 p.m. **New** Heart Attack Education
 More Information page on 17
 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 • **SCW**
 2-3 p.m. **New** CPR Training
 More Information on Page 17, Must pre-register

Monday, May 15

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**
 9:30 a.m.-Noon. Crafting
 10:30 - 11:15 a.m. Limited Exercise
 10-11 a.m. Circle of Readers
 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. Intermediate Tap Dancing
 1:00-3:00 p.m. Line Dancing with Barb • **SCE**
 12:15 a.m.-4 p.m. Pickleball Open Play • **SCW**
 2-3 p.m. **New** Life Coach
 More Information page on 10
 2:45-3:30 p.m. Beginning Tap Dancing

Tuesday, May 16

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**
 Noon 4 p.m. Canasta
 1-2 p.m. Line Dancing with Michelle • **SCE**
 1-3:30 p.m. Painting
 1-4 p.m. Pickleball Lessons • **SCW**
 2:15-3:30 p.m. Clogging Class • **SCE**
 3:30 p.m.-Conclusion Board of Directors

Wednesday, May 17

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. **New** Beginning Ukulele
 More Information page on 9
 10 a.m.-Noon. Ukulele Jam
 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
 Noon. SCORE Informational Mtg.
 More Information on 22
 12:15-1:15 p.m. Exercise 101
 12:30-3 p.m. Chess • **SCE**
 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 • **SCW**

Calendar of Events

Thursday, May 18

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 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
 3:15-4 p.m. Cardio Drumming

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 a.m. Essential Oils
 10:30 - 11:15 a.m. Limited Exercise
 10-11 a.m. Circle of Readers
 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. Intermediate Tap Dancing
 1:30-3:00 p.m. Line Dancing with Barb • **SCE**
 12:15 a.m.-4 p.m. Pickleball Open Play • **SCW**
 2:45-3:30 p.m. Beginning Tap Dancing

Friday, May 19

8 a.m.- Noon Dominoes
 8:15-9 a.m. Cardio Drumming
 9:15-10:15 a.m. Friday Fitness • **SCE**
 9:30-10:30 a.m. Singing Group
 10 a.m.-Noon Creative Writing
 10 a.m.-Noon Alzheimer's Support Group • **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 • **SCW**

Tuesday, May 23

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**
 Noon-4 p.m. Canasta
 1-2 p.m. Line Dancing with Michelle • **SCE**
 1-3:30 p.m. Painting
 1-4 p.m. Pickleball Lessons • **SCW**
 1:30 p.m. Essential Oils
 2:15-3:30 p.m. Clogging Class • **SCE**

Monday, May 22

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

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Calendar of Events

Wednesday, May 24

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. **New** Beginning Ukulele
 More Information page on 9
 10 a.m.-Noon. Ukulele Jam
 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
 12:30-3 p.m. Chess • **SCE**
 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 • **SCW**

Thursday, May 25

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
 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
 3:15-4 p.m. Cardio Drumming

Friday, May 26

8 a.m.- Noon Dominoes
 8:15-9 a.m. Cardio Drumming
 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
 Noon-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 • **SCW**

Monday, May 29

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

Tuesday, May 30

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**
 Noon-4 p.m. Canasta
 1-2 p.m. Line Dancing with Michelle • **SCE**
 1-3:30 p.m. Painting
 1-4 p.m. Pickleball Lessons • **SCW**
 2:15-3:30 p.m. Clogging Class • **SCE**

Wednesday, May 31

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. **New** Beginning Ukulele
 More Information page on 9
 10 a.m.-Noon. Ukulele Jam
 10 a.m.-Noon Abstract Painting
 10 a.m.-2 p.m. Quilting
 10:00-11:30 a.m. Line Dancing with Eugenia • **SCE**
 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. Drawing Class
 1:00-3:00 p.m. Line Dancing with Barb • **SCE**
 1-4 p.m. Mahjong • **SCE**
 1:30-4 p.m. Pickleball Open Play • **SCW**

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Almost every person we speak with has either been scammed, or had a scam attempted against them. We're here to tell you: you're not alone. Even WE get those calls! Scammers aren't particular about whom they scam, they just want your money.



Here are some red flags to watch out for IF you pick up the phone:

- Scammers use your personal information they found online (usually after it was leaked by a data breach) to build trust. They may already have your date of birth and sometimes your social security number.
- Scammers will create a sense of urgency to try & evoke an emotional reaction.
- They may claim your Medicare card is going to expire or they need to send you a duplicate Medicare card.
- They will ask you to 'VERIFY' your Medicare number. Do NOT give out this information. They may become angry when you deny the information.

Always remember: if an honest, trustworthy, licensed & certified Medicare Specialist calls you, they will NEVER get angry, rushed or ever DEMAND any private information. They may require this information at some point; however, you are always welcome to request an in-person appointment to help validate their credentials. You may also ask for the representative's Oklahoma State Insurance License Number.

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Activity Update

Engage and Stay Active!

Heart Attack Education Starts Here



Dr. Zimmerman

Learning the facts about the early warning signs of a heart attack and what actions to take to address them will be the topic of the Center's May Health and Wellness session. The Friday, May 12 session will be presented by Dr. Zimmerman, the Director of the Catheterization Laboratory and Peripheral Vascular Services at Hillcrest Hospital South. Dr. Zimmerman is also the Chest Pain Medical Director at Hillcrest Hospital South.

Heart disease is the number one cause of death for both men and women in the United States accounting for nearly 1 in every 4 deaths. About every 40 seconds, someone in the United States has a myocardial infarction (heart attack).

Dr. Zimmerman is Board Certified in both Internal Medicine and Cardiovascular Disease. He is a specialist in interventional cardiology, including cardiac catheterization, coronary angioplasty and related interventional procedures such as coronary stents, atherectomy, vascular ultrasound and peripheral interventional procedures. He also serves as the medical director of the vascular imaging laboratory at Oklahoma Heart Institute specializing in interventional cardiology.

Plan now to attend this important and informative session on Friday, May 12 at 1 p.m. in the meeting/presentation room of Senior Center East. Please sign up to attend near the bulletin board at the top of the ramp at Senior Center west or near the kiosk of Senior Center east.

CPR Training – Learn How to Save a Life

Cardiopulmonary resuscitation (CPR) training session will be offered at 2 p.m. in the Fitness Classroom of Senior Center East following Dr. Zimmerman's presentation. The training will be provided by the Hillcrest Hospital nursing staff along with the Broken Arrow Fire Department.

The information and skills training will include:

Learning what to do if someone is having a heart attack

Practicing on a mannequin to understand how to perform effective chest compressions

Being able to use an Automatic External Defibrillator (AED)



Why should everyone learn the lifesaving skill CPR?

Brain death occurs four to six minutes after the heart stops beating. CPR effectively keeps blood flowing and provides oxygen to the brain and other vital organs, giving the victim a better chance for a full recovery. Everyday Health reports that If CPR is given within the first two minutes of cardiac arrest, the chances of survival double.

According to the CDC, heart disease is the leading cause of death in the U.S., claiming the lives of more than 600,000 people each year. While heart disease is on the rise, CPR can help save lives. According to the American Heart Association, more than 350,000 out-of-hospital cardiac arrests occur each year.

Sadly, 88% of people who suffer from a cardiac arrest outside of the hospital die. However, when properly and promptly performed, CPR can dramatically improve a person's chance of survival.

Learn how to save a life today! Space will be limited for CPR training. Please sign up to attend at the bulletin board at the top of the ramp at Senior Center west or near the kiosk of Senior Center east.

Activity Update

Engage and Stay Active!

Continued from Page 10



The Senior Bachelorette Party Play Performance

The Main Street Players are back with another hilarious production, The Senior Bachelorette Party. There will be two opportunities to see this hilarious production on Tuesday, May 9. Both performances will be held in the Conference Room of Senior Center West – 10 a.m. and 10:30 a.m.

A group of ladies fly to Las Vegas to celebrate a “later in life” marriage of one of their friends. As we all know “what happens in Vegas, stays in Vegas” – or does it?! Performed by members of the Center, Marmie Apsley, Nancy Blass, Keith Costigan, Carol Kennedy, Sharon Barnett, Kathy Niemeyer, Judy Striegel, Marla Taylor, Janet Brister and Debbie “Smitty” Jamar. The Senior Bachelorette Party was written by Kathy Niemeyer. What exactly happens during a senior bachelorette party? Find out on Tuesday, May 9!



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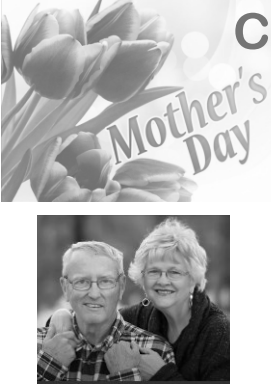


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Elder Law Month: Understanding What It Is and Why It Matters



By **Brittany Littleton**

As we age, we often face unique legal challenges that we may not have encountered earlier in life. That's where elder law comes in, a specialized field of law that during Elder Law Month, a time to raise awareness of this important area of law and the resources available to help seniors navigate it.

So, what exactly is elder law? In short, it covers a wide range of legal issues that seniors may face, such as estate planning, retirement benefits, long-term care planning, elder abuse, and more. It's a complex field that requires expertise and experience to navigate successfully.

Why is elder law relevant to the readers of this newsletter? Many Broken Arrow Senior Center Members are approaching or have already entered their golden years and are likely to encounter legal issues related to aging. Younger members likely have friends, parents, or other loved ones who are facing these issues and need guidance on how to help them.

Here are some actions you can take to ensure that you are prepared for potential legal challenges as you age:

1. Get your estate planning in order. This includes creating a will or trust, appointing a financial power of attorney and health care power of attorney, and making end-of-life health care directives. Your legal documents should be drafted specifically with the needs of seniors in mind. A qualified elder law attorney can help you with this process and ensure that your wishes are carried out in the event of incapacity or death.

2. Plan for long-term care. As we age, the likelihood of needing long-term care increases. Many people wrongly assume that Medicare will pay for nursing home care. Skilled nursing facilities are costly and may deplete your savings if you're not prepared. This is especially critical in a situation where one spouse may need nursing home care and the other one may be healthy enough to stay home because you'll have two separate sets of expenses. An elder law attorney can help you explore options such as Medicaid planning and long-term care insurance so you can protect your assets and stretch your resources farther.

3. Know your rights. According to the National Council on Aging, 10% of Americans over the age of 60 experience some form of elder abuse, with financial exploitation being the most common type of abuse.

Seniors in the US lose over \$3 billion in financial scams each year. Financial fraud takes the form of phone scams, investment scams, identity theft, and caregiver theft. Familiarize yourself with the signs of abuse, such as sudden changes in financial accounts, unexplained withdrawals or transfers, and unusual purchases or expenditures. File a report with Adult Protective Services and law enforcement if you suspect someone is being financially exploited. Seniors who are isolated or have cognitive impairments may be particularly vulnerable to financial fraud. Sometimes legal guardianship may be required if a senior does not have the capacity to represent their own best interest. **Elder Law Month** focuses on the needs and concerns of older adults.

4. Stay informed. Laws and regulations related to elder law are constantly changing. Stay up to date on the latest developments by reading reputable sources and consulting with a knowledgeable attorney.

Elder Law Month is a reminder of the importance of this specialized field of law and the resources available to seniors and their families. By taking the necessary steps to prepare for potential legal challenges, we can ensure that our golden years are as comfortable and stress-free as possible.

Continued on page 22

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BROKEN ARROW, OK 74012

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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 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.

— **Activity Update** —

Engage and Stay Active!

Continued from Page 18

Your Experience Can Help a BA Business Through SCORE

Did you miss the April SCORE meeting? Are you looking for an opportunity to do something for yourself and provide support for a local business? The SCORE group will be meeting again to review opportunity assessments on Wednesday, May 17 at 1 p.m. in the Conference Room of Senior Center West.

Whether you are a retired accountant, worked in human resources or banking, managed a restaurant or are a retired machinist, your work experience can help a local business just getting started or needing guidance.

Be a part of something greater than yourself. Consider volunteering with SCORE!



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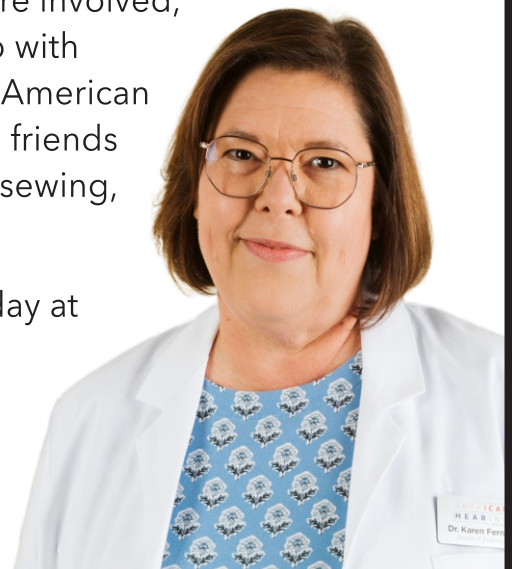
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