

# Calendar of Events

## Monday, April 1

8:30 - 9:45 a.m.	Fitness for Ladies
9 a.m. - 3 p.m.	Foot Clinic
9:30 - 11 a.m.	Bible Study
10:15 a.m. - 3 p.m.	ACBL Duplicate Bridge
10 - 11 a.m.	Circle of Readers
10 a.m. - 3 p.m.	Crafting
11:30 a.m. - noon	Lunch
1 - 3 p.m.	Novel Idea Class
1 - 2 p.m.	Beginning Tap Dance
1 - 2 p.m.	Fishing Group Meeting
2:30 - 4:45 p.m.	Intermediate Tap Dance
3:15 - 4:10 p.m.	Zumba Gold
4:30 - 9 p.m.	Monday Night Pool Tournament
6 - 9 p.m.	Party Bridge
6:30 - 9 p.m.	Monday Night Dance

*Sponsored by St. John Home Health & Hospice*

## Tuesday, April 2

8 - 9 a.m.	Tai Chi
8:30 - 11:30 a.m.	Party Bridge
9:05 - 9:50 a.m.	Limited Exercise
9:30 - 11:30 a.m.	Computer Training Appointments
9:30 a.m. - noon	Train Dominoes
10 - 11 a.m.	Yoga
10 a.m. - 4 p.m.	Paper Crafting
11:10 a.m. - 12:10 p.m.	Intermediate/Advanced Line Dance
11:30 a.m. - noon	Lunch
12:15 - 1:15 p.m.	Tai Chi for Balance
12:45 - 2 p.m.	Bingo for Prizes
1:30 - 2:30 p.m.	Intermediate Line Dance
2:45 - 3:10 p.m.	Chair Zumba
3:15 - 4:10 p.m.	Zumba Gold

*Sponsored by Forest Hills Care Center*

## Wednesday, April 3

8:30 - 9:45 a.m.	Fitness for Ladies
9 a.m. - noon	Bags to Mats
9:30 - 10 a.m.	Beginning Ukulele Lessons
9:30 - 10:30 a.m.	Singing
9:30 - 10:15 a.m.	Beginning Bridge Lessons
10:15 a.m. - 3 p.m.	ACBL Duplicate Bridge
10 a.m. - noon	Ukulele Jam Session
10 a.m. - 4 p.m.	Quilting
11:30 a.m. - noon	Lunch
Noon - until it's over	Movie & Popcorn • Failure to Launch • rated PG • 96 minutes
1 - 2 p.m.	Beginning Guitar Lessons
1 - 3 p.m.	Needle Crafters
3:15 - 4:10 p.m.	Zumba Gold

## Thursday, April 4

8 - 9 a.m.	Tai Chi
9:05 - 9:50 a.m.	Limited Exercise
9:30 a.m. - noon	Poker Lessons
9:30 - 10:30 a.m.	Guitar Jam Session
9:30 - 11:30 a.m.	Computer Training Appointments
9:30 - noon	Train Dominoes
10 - 11 a.m.	Yoga
10 a.m. - noon	Learn to Knit
11:30 a.m. - noon	Basic Line Dance
11:30 a.m. - noon	Lunch
Noon - 1 p.m.	Beginning Line Dance
12:30 - 2:30 p.m.	Crochet Group
12:30 - 3 p.m.	Party Bridge
1 - 2 p.m.	Travel Group Meeting
1:30 - 2:30 p.m.	Intermediate Line Dance
2 - 2:30 p.m.	New Volunteer Meeting
2:30 - 3:30 p.m.	Volunteer Meeting
2:45 - 3:10 p.m.	Chair Zumba
3:15 - 4:10 p.m.	Zumba Gold

## Friday, April 5

8:30 - 9:45 a.m.	Fitness for Ladies
9 - 10 a.m.	Singing
10 a.m. - noon	Alzheimer's Support Group
10 a.m. - 12:30 p.m.	Individual Quilt Layout
10:30 a.m. - noon	Creative Writing
10:30 - 11 a.m.	Line Dance for Fitness Review
11 a.m. - noon	Line Dance for Fitness
11:30 a.m. - noon	Lunch
Noon - until it's over	Movie & Popcorn • Indiana Jones and the Kingdom of the Crystal Skull • rated PG-13 • 122 minutes
12:45 - 2:15 p.m.	Bingo for SSS
12:15 - 1:15 p.m.	Tai Chi for Balance
1-3:30 p.m.	Canasta
1 - 4 p.m.	Painting/All Mediums

*Sponsored by Senior Star of Woodland Terrace*



## Marsha's Place Residential Care

Home/Family-Like Environment  
Offering Assistance With

- Bathing • Dressing
- Laundry • Meals
- Medication distribution

305 S. Fir Ave. • Broken Arrow  
(918) 706-5686



# Calendar of Events

## Monday, April 8

8:30 - 9:45 a.m.	Fitness for Ladies
9:30 - 11 a.m.	Bible Study
10:15 a.m. - 3 p.m.	ACBL Duplicate Bridge
10 a.m. - 3 p.m.	Crafting
11:30 a.m. - noon	Lunch
1 - 2 p.m.	Beginning Tap Dance
1 - 3 p.m.	Novel Idea Class
1:30 - 3 p.m.	Photography
2:30 - 4:45 p.m.	Intermediate Tap Dance
3:15 - 4:10 p.m.	Zumba Gold
4:30 - 9 p.m.	Monday Night Pool
6 - 9 p.m.	Party Bridge
6:30 - 9 p.m.	Monday Night Dance

*Sponsored by Floral Haven Funeral Home & Cemetery*

## Tuesday, April 9

8 - 9 a.m.	Tai Chi
8:30 - 11:30 a.m.	Party Bridge
9 a.m. - until it's over	Dominoes Tournament
9:05 - 9:50 a.m.	Limited Exercise
10 a.m. - until it's over	Fitness Machine Training

*Sponsored by Summit Physical Therapy*

9:30 - 11:30 a.m.	Computer Training Appointments
9:30 - noon	Train Dominoes
10 - 11 a.m.	Yoga
10 a.m. - 4 p.m.	Paper Crafting
11:10 a.m. - 12:10 p.m.	Intermediate/Advanced Line Dance
11:30 a.m. - noon	Lunch
12:15 - 1:15 p.m.	Tai Chi for Balance
12:45 - 2 p.m.	Bingo for Prizes

*Sponsored by Terri Haggard/Health Markets*

1:30 - 2:30 p.m.	Intermediate Line Dance
2:45 - 3:10 p.m.	Chair Zumba
3:15 - 4:10 p.m.	Zumba Gold

## Wednesday, April 10

8:30 - 9:45 a.m.	Fitness for Ladies
9 a.m. - noon	Bags to Mats
9:30 - 10 a.m.	Beginning Ukulele Lessons
9:30 - 10:30 a.m.	Singing
9:30 - 10:15 a.m.	Beginning Bridge Lessons
10:15 a.m. - 3 p.m.	ACBL Duplicate Bridge
10 a.m. - noon	Ukulele Jam Session

10 a.m. - 4 p.m.	Quilting
11:30 a.m. - noon	Lunch
Noon - until it's over	Movie & Popcorn • RV • rated PG • 99 minutes
1 - 2 p.m.	Beginning Guitar Lessons
1 - 3 p.m.	Needle Crafters
3:15 - 4:10 p.m.	Zumba Gold

## Thursday, April 11

8 - 9 a.m.	Tai Chi
9 - 11 a.m.	Blood Pressure, Blood Sugar and Pulse Ox Checks

*Sponsored by Cura Hospice & Palliative Care*

9:05 - 9:50 a.m.	Limited Exercise
9:30 - noon	Poker Lessons
9:30 - 10:30 a.m.	Guitar Jam Sessions
9:30 - 11:30 a.m.	Computer Training Appointments
9:30 - noon	Train Dominoes
10 a.m. - noon	Learn to Knit
10 - 11 a.m.	Yoga
11:30 a.m. - noon	Basic Line Dance
11:30 a.m. - noon	Lunch
Noon - 1 p.m.	Beginning Line Dance
12:30 - 2:30 p.m.	Crochet Group
12:30 - 3 p.m.	Party Bridge
1:30 - 2:30 p.m.	Intermediate Line Dance

## Friday, April 12

**Birthday Potluck Luncheon**

11:30 a.m.	Centennial Hall • More information on page 14
9 - 10 a.m.	Singing
10 a.m. - 12:30 p.m.	Individual Quilt Layout
10 a.m. - noon	Creative Writing
1 - 4 p.m.	Painting/All Mediums



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- Laundry • Meals
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## Monday, April 15

8:30 - 9:45 a.m.	Fitness for Ladies
9:30 - 11 a.m.	Bible Study
10:15 a.m. - 3 p.m.	ACBL Duplicate Bridge
10 a.m. - 3 p.m.	Crafting
11:30 a.m. - noon	Lunch
1 - 2 p.m.	Beginning Tap Dance
1 - 3 p.m.	Novel Idea Class
2:30 - 4:45 p.m.	Intermediate Tap Dance
3:15 - 4:10 p.m.	Zumba Gold
4:30 - 9 p.m.	Monday Night Pool
6 - 9 p.m.	Party Bridge
6:30 - 9 p.m.	Monday Night Dance

## Tuesday, April 16

8 - 9 a.m.	Tai Chi
8:30 - 11:30 a.m.	Party Bridge
9:05 - 9:50 a.m.	Limited Exercise
9:30 - 11:30 a.m.	Computer Training Appointments
9:30 - noon	Train Dominoes
10 - 11 a.m.	Yoga
10 a.m. - 4 p.m.	Paper Crafting
11:10 - 12:10 p.m.	Intermediate/Advanced Line Dance
11:30 a.m. - noon	Lunch
12:15 - 1:15 p.m.	Tai Chi for Balance
12:45 - 2 p.m.	Bingo for Prizes
<i>Sponsored by New Century Hospice</i>	
1:30 - 2:30 p.m.	Intermediate Line Dance
2:45 - 3:10 p.m.	Chair Zumba
3:15 - 4:10 p.m.	Zumba Gold
3:30 - until it's over	Board of Directors

## Wednesday, April 17

8:30 - 9:45 a.m.	Fitness for Ladies
9:30 - 10:30 a.m.	Singing
9 a.m. - noon	Bags to Mats
9:30 - 10 a.m.	Beginning Ukulele Lessons
9:30 - 10:15 a.m.	Beginning Bridge Lessons
10:15 a.m. - 3 p.m.	ACBL Duplicate Bridge
10 a.m. - noon	Ukulele Jam Session
10 a.m. - 4 p.m.	Quilting
11:30 a.m. - noon	Lunch
Noon - until it's over	Movie & Popcorn • Notting Hill • rated PG 13 • 124 minutes
1 - 2 p.m.	Beginning Guitar Lessons
1 - 3 p.m.	Needle Crafters
3:15 - 4:10 p.m.	<i>canceled</i> Zumba Gold

## Thursday, April 18

8 - 9 a.m.	Tai Chi
9 a.m. - until it's over	Pool Tournament
<i>Sponsored by Cedarhurst of Woodland Hills Independent Living</i>	
9:05 - 9:50 a.m.	Limited Exercise
9:30 - 10:30 a.m.	Guitar Jam Session
9:30 - 11:30 a.m.	Computer Training Appointments
9:30 - noon	Train Dominoes
9:30 - noon	Poker Lessons
10 a.m. - noon	Learn to Knit
10 - 11 a.m.	Yoga
11:30 a.m. - noon	Basic Line Dance
11:30 a.m. - noon	Lunch
Noon - 1 p.m.	Beginning Line Dance
12:30 - 2:30 p.m.	Crochet Group
12:30 - 3 p.m.	Party Bridge
1:30 - 2:30 p.m.	Intermediate Line Dance
2:45 - 3:10 p.m.	<i>canceled</i> Chair Zumba
3:15 - 4:10 p.m.	<i>canceled</i> Zumba Gold

## Friday, April 19

Closed in observance of Good Friday

## Monday, April 22

8:30 - 9:45 a.m.	Fitness for Ladies
9:30 - 11 a.m.	Bible Study
10:15 a.m. - 3 p.m.	ACBL Duplicate Bridge
10 a.m. - 3 p.m.	Crafting
11:30 a.m. - noon	Lunch
1 - 2 p.m.	Beginning Tap Dance
1 - 3 p.m.	Novel Idea Class
1:30 - 3 p.m.	Photography
2:30 - 4:45 p.m.	Intermediate Tap Dance
3:15 - 4:10 p.m.	<i>canceled</i> Zumba Gold
4:30 - 9 p.m.	Monday Night Pool
6 - 9 p.m.	Party Bridge
6:30 - 9 p.m.	Monday Night Dance
<i>Sponsored by Silver Arrow Estates</i>	

## Complimentary retirement plan reviews.



**Brad Buxton, AAMS\***  
Financial Advisor

1145 S Aspen Ave  
Broken Arrow, OK 74012  
918-258-6932

**Edward Jones**  
MAKING SENSE OF INVESTING

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# Calendar of Events

## Tuesday, April 23

8 - 9 a.m.	Tai Chi
8:30 - 11:30 a.m.	Party Bridge
9:05 - 9:50 a.m.	Limited Exercise
9:30 - 11:30 a.m.	Computer Training Appointments
9:30 - noon	Train Dominoes
10 - 11 a.m.	Advanced Line Dance
10 - 11 a.m.	Yoga
10 a.m. - 4 p.m.	Paper Crafting
11:10 a.m. - 12:10 p.m.	Intermediate/Advanced Line Dance
11:30 a.m. - noon	Lunch
12:15 - 1:15 p.m.	Tai Chi for Balance
12:45 - 2 p.m.	Bingo for Prizes
<i>Sponsored by Floral Haven Funeral Home &amp; Cemetery</i>	
1:30 - 2:30 p.m.	Intermediate Line Dance
2:45 - 3:10 p.m.	<b>canceled</b> Chair Zumba
3:15 - 4:10 p.m.	<b>canceled</b> Zumba Gold

## Wednesday, April 24

8:30 - 9:45 a.m.	Fitness for Ladies
9 a.m. - noon	Bags to Mats
9:30 - 10 a.m.	Beginning Ukulele Lessons
9:30 - 10:30 a.m.	Singing
9:30 - 10:15 a.m.	Beginning Bridge Lessons
10:15 a.m. - 3 p.m.	ACBL Duplicate Bridge
10 a.m. - noon	Ukulele Jam Session
10 a.m. - 4 p.m.	Quilting
11:30 a.m. - noon	Lunch
Noon - until it's over	Movie & Popcorn • Casablanca • rated PG • 103 minutes
1 - 2 p.m.	Beginning Guitar Lessons
1 - 3 p.m.	Needle Crafters
3:15 - 4:10 p.m.	<b>canceled</b> Zumba Gold

## Thursday, April 25

8 - 9 a.m.	Tai Chi
9 - 11 a.m.	Blood Pressure and Blood Sugar Checks and Ask the Pharmacist
<i>Sponsored by Quality First Pharmacy</i>	
9:05 - 9:50 a.m.	Limited Exercise
9:30 - 10:30 a.m.	Guitar Jam Session
9:30 - 11:30 a.m.	Computer Training Appointments
9:30 - noon	Train Dominoes
9:30 - noon	Poker Lessons
10 a.m. - noon	Learn to Knit
10 - 11 a.m.	Yoga
11:30 a.m. - noon	Basic Line Dance
11:30 a.m. - noon	Lunch
Noon - 1 p.m.	Beginning Line Dance
12:30 - 2:30 p.m.	Crochet Group
12:30 - 3 p.m.	Party Bridge
1:30 - 2:30 p.m.	Intermediate Line Dance
2:45 - 3:10 p.m.	Chair Zumba
3:15 - 4:10 p.m.	Zumba Gold

## Friday, April 26

*The Center is closed. Come to the Senior Resource & Health Fair  
9 a.m. to 2 p.m. • Central Park Community Center*

## Monday, April 29

8:30 - 9:45 a.m.	Fitness for Ladies
9:30 - 11 a.m.	Bible Study
10:15 a.m. - 3 p.m.	ACBL Duplicate Bridge
10 a.m. - 3 p.m.	Crafting
11:30 a.m. - noon	Lunch
1 - 2 p.m.	Beginning Tap Dance
1 - 3 p.m.	Novel Idea Class
2:30 - 4:45 p.m.	Intermediate Tap Dance
3:15 - 4:10 p.m.	Zumba Gold
4:30 - 9 p.m.	Monday Night Pool
6 - 9 p.m.	Party Bridge
6:30 - 9 p.m.	Monday Night Dance

## Tuesday, April 30

8 - 9 a.m.	Tai Chi
8:30 - 11:30 a.m.	Party Bridge
9:05 - 9:50 a.m.	Limited Exercise
9:30 - 11:30 a.m.	Computer Training Appointments
9:30 a.m. - noon	Train Dominoes
10 - 11 a.m.	Yoga
10 a.m. - 4 p.m.	Paper Crafting
11:10 a.m. - 12:10 p.m.	Intermediate/Advanced Line Dance
11:30 a.m. - noon	Lunch
12:15 - 1:15 p.m.	Tai Chi for Balance
12:45 - 2 p.m.	Bingo for Prizes
<i>Sponsored by Seasons Hospice</i>	
1:30 - 2:30 p.m.	Intermediate Line Dance
2:45 - 3:10 p.m.	Chair Zumba
3:15 - 4:10 p.m.	Zumba Gold

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