

# Calendar of Events

## Friday, March 1

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 • Between God, the Devil and a Winchester • not rated • 98 minutes
12:45 - 2:15 p.m.	Bingo for \$\$\$
<i>Sponsored by Senior Star of Woodland Terrace</i>	
12:15 - 1:15 p.m.	Tai Chi for Balance
1 - 4 p.m.	Painting/All Mediums

## Monday, March 4

8:30 - 9:45 a.m.	Fitness for Ladies
9 a.m. - 3 p.m.	Foot Clinic
9:30 - 11 a.m.	Bible Study
9:45 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
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, March 5

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 Forest Hills Care Center</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

## Wednesday, March 6

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
9:45 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 • Fool's Gold • rated PG • 112 minutes
1 - 2 p.m.	Beginning Guitar Lessons
1 - 3 p.m.	Needle Crafters
3:15 - 4:10 p.m.	Zumba Gold

## Thursday, March 7

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



## 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

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## Friday, March 8

### Birthday Potluck Luncheon

11:30 a.m. • Centennial Hall • More information on page 4.

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

## Monday, March 11

8:30 - 9:45 a.m.	Fitness for Ladies
9:30 - 11 a.m.	Bible Study
9:45 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, March 12

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, March 13

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
9:45 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 • Message in a Bottle • rated PG • 131 minutes
1 - 2 p.m.	Beginning Guitar Lessons
1 - 3 p.m.	Needle Crafters
3:15 - 4:10 p.m.	Zumba Gold

## Thursday, March 14

8 - 9 a.m.	Tai Chi
9 - 11 a.m.	Blood Pressure, Blood Sugar & Pulse-ox 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
2:45 - 3:10 p.m.	Chair Zumba
3:15 - 4:10 p.m.	Zumba Gold

## Friday, March 15

8:30 - 9:45 a.m.	Fitness for Ladies
9 - 10 a.m.	Singing
10 a.m. - noon	Creative Writing
10 a.m. - 12:30 p.m.	Individual Quilt Layout
10:30 - 11 a.m.	Line Dance for Fitness Review
11 a.m. - noon	Line Dance for Fitness



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11:30 a.m. - noon . . . . . Lunch  
 Noon - until it's over . . . . . Movie & Popcorn • Sherlock Holmes •  
 rated PG • 128 minutes  
 12:15 - 1:15 p.m. . . . . Tai Chi for Balance  
 12:30 - 2:30 p.m. . . . . BUNCO  
 1 - 4 p.m. . . . . Painting/All Mediums

## Monday, March 18

8:30 - 9:45 a.m. . . . . Fitness for Ladies  
 9:30 - 11 a.m. . . . . Bible Study  
 9:45 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, March 19

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 - 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 New Century Hospice*  
 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, March 20

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  
 9:45 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 • What Woman Want  
 Rated PG 13 • 126 minutes  
 1 - 2 p.m. . . . . Beginning Guitar Lessons  
 1 - 3 p.m. . . . . Needle Crafters  
 3:15 - 4:10 p.m. . . . . Zumba Gold

## Thursday, March 21

8 - 9 a.m. . . . . Tai Chi  
 9 a.m. - until it's over . . . . . Pool Tournament  
*Sponsored by Forest Hills Assisted & Independent Living*  
 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  
 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, March 22

8:30 - 9:45 a.m. . . . . Fitness for Ladies  
 9 - 10 a.m. . . . . Singing  
 10 a.m. - 12:30 p.m. . . . . Individual Quilt Layout  
 10 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 • The Sundowners • not rated  
 12:15 - 1:15 p.m. . . . . Tai Chi for Balance  
 12:45 - 2:15 p.m. . . . . Bingo for \$\$\$  
 1 - 4 p.m. . . . . Painting/All Mediums

**CD coming due?  
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 Financial Advisor

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

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# Calendar of Events

## Monday, March 25

8:30 - 9:45 a.m.	Fitness for Ladies
9:30 - 11 a.m.	Bible Study
9:45 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 Silver Arrow Estates

## Tuesday, March 26

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
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 Floral Haven Funeral Home & Cemetery

## Wednesday, March 27

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
9:45 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 • Akeelah and the Bee Rated PG • 111 minutes

1 - 2 p.m.	Beginning Guitar Lessons
1 - 3 p.m.	Needle Crafters
3:15 - 4:10 p.m.	Zumba Gold

## Thursday, March 28

8 - 9 a.m.	Tai Chi
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, March 29

8:30 - 9:45 a.m.	Fitness for Ladies
9 - 10 a.m.	Singing
10 a.m. - noon	Creative Writing
10 a.m. - 12:30 p.m.	Individual Quilt Layout
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 • Amelia • rated PG • 111 minutes
12:15 - 1:15 p.m.	Tai Chi for Balance
12:45 - 2:15 p.m.	Bingo for \$\$\$
1 - 4 p.m.	Painting/All Mediums

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