

Calendar of Events

Wednesday, May 1

8:30 - 9:45 a.m. Fitness for Ladies
 9 - 9:30 a.m. Music Theory for Ukulele
 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 - ? Movie & Popcorn • 50 First Dates • rated PG-13 • 99 minutes
 1 - 2 p.m. Beginning Guitar Lessons
 1 - 3 p.m. Needle Crafters
 3:15 - 4:10 p.m. Zumba Gold

Thursday, May 2

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
 2:45 - 3:10 p.m. Chair Zumba
 3:15 - 4:10 p.m. Zumba Gold

Friday, May 3

8:30 - 9:45 a.m. Fitness for Ladies
 9 - 10 a.m. Singing
 9 a.m. - noon Texas Hold 'Em Tournament
 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 - ? Movie & Popcorn • Paint Your Wagon • rated PG-13 • 164 minutes
 12:45 - 2:15 p.m. Bingo for SSS
Sponsored by Senior Star of Woodland Terrace
 12:15 - 1:15 p.m. Tai Chi for Balance
 1-3:30 p.m. Canasta
 1 - 4 p.m. Painting/All Mediums

Monday, May 6

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

Tuesday, May 7

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
Sponsored by Forest Hills Care Center
 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, May 8

8:30 - 9:45 a.m. Fitness for Ladies
 9 - 9:30 a.m. Music Theory for Ukulele
 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 • The Way We Were • rated PG • 119 minutes
 1 - 2 p.m. Beginning Guitar Lessons
 1 - 3 p.m. Needle Crafters
 3:15 - 4:10 p.m. Zumba Gold

Worried about market volatility? Let's talk.



Brad Buxton, AAMS®
Financial Advisor

1145 S Aspen Ave
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Edward Jones®

Calendar of Events

Thursday, May 9

8 - 9 a.m.	Tai Chi
9 - 11 a.m.	Blood Pressure, Blood Sugar and Pulse Ox Checks
<i>Sponsored by Cura Hospice & Palliative Care</i>	
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, May 10

Birthdays Potluck Luncheon

11:30 a.m. • Centennial Hall • More information on page 3

9 - 10 a.m.	Singing
10 a.m. - 12:30 p.m.	Individual Quilt Layout
10 a.m. - noon	Creative Writing
1 - 3:30 p.m.	Canasta
1 - 4 p.m.	Painting/All Mediums

Monday, May 13

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 Tournament
6 - 9 p.m.	Party Bridge
6:30 - 9 p.m.	Monday Night Dance

Sponsored by Floral Haven Funeral Home & Cemetery

Tuesday, May 14

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
<i>Sponsored by Summit Physical Therapy</i>	
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
<i>Sponsored by Terri Haggard/Health Markets</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, May 15

8:30 - 9:45 a.m.	Fitness for Ladies
9 - 9:30 a.m.	Music Theory for Ukulele
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 - ?	Movie & Popcorn • The Sentinel • rated PG 13 • 108 minutes
1 - 2 p.m.	Beginning Guitar Lessons
1 - 3 p.m.	Needle Crafters
3:15 - 4:10 p.m.	Zumba Gold

Thursday, May 16

8 - 9 a.m.	Tai Chi
9 a.m. - until it's over	Pool Tournament
<i>Sponsored by Sand Plum Independent and Assisted 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.	Chair Zumba
3:15 - 4:10 p.m.	Zumba Gold

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Calendar of Events

Friday, May 17

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 - ?	Movie & Popcorn • John Wayne is Cahill U.S. Marshal, PG, 103 Min
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, May 20

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

Sponsored by Silver Arrow Estates

Tuesday, May 21

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

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, May 22

8:30 - 9:45 a.m.	Fitness for Ladies
9 - 9:30 a.m.	Music Theory for Ukulele
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 - ?	Movie & Popcorn • How to Lose a Guy in 10 Days • rated PG-13 • 115 minutes
1 - 2 p.m.	Beginning Guitar Lessons
1 - 3 p.m.	Needle Crafters
3:15 - 4:10 p.m.	Zumba Gold
3:15 - 4:10 p.m.	Zumba Gold



IS ESTATE PLANNING ON YOUR SUMMER BUCKET LIST?

There are many excuses made when it comes to completing or revising your estate plan. However, ensuring peace of mind for you and your loved ones should always be a priority.

Take the steps today to deliver peace of mind for you and your loved ones – knowing they will be cared for according to your wishes if the unexpected was to happen.

CONTACT OUR PLANNED GIVING OFFICE AND TAKE ADVANTAGE OF THESE COMPLIMENTARY FINANCIAL SERVICES.

CALL 918-491-0079 TODAY!

Calendar of Events

Thursday, May 23

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

Friday, May 24

8:30 - 9:45 a.m.	Fitness for Ladies
9 - 10 a.m.	Singing
9 a.m. - noon	Texas Hold 'Em Tournament
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 - ?	Movie & Popcorn • The Cowboys • rated PG • 135 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

Monday, May 27

The Center will be closed in observance of Memorial Day.

Tuesday, May 28

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 & Cemetery</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, May 29

8:30 - 9:45 a.m.	Fitness for Ladies
9 - 9:30 a.m.	Music Theory for Ukulele
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 - ?	Movie & Popcorn • Julie and Julia • rated PG-13 • 123 minutes
1 - 2 p.m.	Beginning Guitar Lessons
1 - 3 p.m.	Needle Crafters
3:15 - 4:10 p.m.	Zumba Gold

Thursday, May 30

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
2:45 - 3:10 p.m.	Chair Zumba
3:15 - 4:10 p.m.	Zumba Gold

Friday, May 31

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 - ?	Movie & Popcorn • The Devil Wears Prada • PG-13 • 109 Min
12:15 - 1:15 p.m.	Tai Chi for Balance
1 - 3:30 p.m.	Canasta
1 - 4 p.m.	Painting/All Mediums
6 p.m.	Dinner
7 p.m.	Community BUNCO Bash