

Calendar of Events

Monday, July 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. - 1 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, July 2

8 - 9 a.m.	<i> canceled </i>	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, July 3

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 • Tyler Perry's A Madea Family Funeral • Released 3/19 • rated PG-13 • 109 minutes
1 - 2 p.m.	Beginning Guitar Lessons
1 - 3 p.m.	Needle Crafters
3:15 - 4:10 p.m.	Zumba Gold

Thursday, July 4 • Closed

Friday, July 5 • Closed

Monday, July 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. - 1 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, July 9

8 - 9 a.m.	<i> canceled </i>	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

**Big isn't always impersonal.
Let us show you.**



Brad Buxton, AAMS*
Financial Advisor

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

Edward Jones
MAKING SENSE OF INVESTING

MKT-58941-A

Calendar of Events

Wednesday, July 10

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 • Marvel Studio's Captain Marvel • Released
 3/19 • 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, July 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
 11:15 - 11:35 a.m. Intro to Line Dance
 11:30 a.m. - noon Lunch
 11:35 a.m. - 12:30 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

Friday, July 12

Birthday Potluck Luncheon

11:30 a.m. • Centennial Hall • More information on page 18

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, July 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. - 1 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 Tournament
 6 - 9 p.m. Party Bridge
 6:30 - 9 p.m. Monday Night Dance
Sponsored by Senior Suites

Tuesday, July 16

8 - 9 a.m. *canceled* 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, July 17

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 • Captive State • Released 3/19 •
 rated PG-13 • 109 minutes
 1 - 2 p.m. Beginning Guitar Lessons
 1 - 3 p.m. Needle Crafters
 3:15 - 4:10 p.m. Zumba Gold

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MKT-5894I-A

Calendar of Events

Thursday, July 18

- 8 - 9 a.m. Tai Chi
 9 a.m. - until it's over Pool Tournament
Sponsored by Sand Plum Independent & Assisted 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
 11:15 - 11:35 a.m. Intro to Line Dance
 11:30 a.m. - noon Lunch
 11:35 a.m. - 12:30 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, July 19

- 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
 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, July 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. 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, July 23

- 8 - 9 a.m. *canceled* 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
Sponsored by Floral Haven Funeral Home & Cemetery
 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



HOW CAN I GIVE AND SUPPORT BROKEN ARROW SENIORS AND OTHER CHARITIES?

No matter the size of any individual donation, collectively, every gift adds up to helping ensure the Broken Arrow Seniors Center is here for generations to come. You can establish your legacy of belief in this center and other charities when you include the organizations you are most passionate about in your estate plans and other financial preparations – otherwise known as planned giving.

**CONTACT THE BROKEN ARROW SENIOR'S
PLANNED GIVING OFFICE AND TAKE ADVANTAGE
OF COMPLIMENTARY FINANCIAL SERVICES.**

CALL 918-491-0079 TODAY!

Calendar of Events

Wednesday, July 24

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 • Five Feet Apart • Released 3/19
 • rated PG-13 • 116 minutes
 1 - 2 p.m. Beginning Guitar Lessons
 1 - 3 p.m. Needle Crafters
 3:15 - 4:10 p.m. Zumba Gold

Thursday, July 25

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 Texas Hold 'em Poker Tournament
Sponsored by Sand Plum Independent & Assisted Living
 10 a.m. - noon Learn to Knit
 10 - 11 a.m. Yoga
 11:15 - 11:35 a.m. Intro to Line Dance
 11:30 a.m. - noon. Lunch
 11:35 a.m. - 12:30 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, July 26

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
 12:15 - 1:15 p.m. Tai Chi for Balance
 12:45 - 2:15 p.m. Bingo for \$\$
 1 - 3:30 p.m.. Canasta
 1 - 4 p.m. Painting/All Mediums

Monday, July 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. - 1 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 Tournament
 6 - 9 p.m. Party Bridge
 6:30 - 9 p.m. Monday Night Dance

Tuesday, July 30

8 - 9 a.m. *canceled* 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
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 Seasons 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

Wednesday, July 31

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 • Miss Bala • Released
 2/19 • rated PG-13 • 104 minutes
 1 - 2 p.m. Beginning Guitar Lessons
 1 - 3 p.m. Needle Crafters
 3:15 - 4:10 p.m. Zumba Gold