

Calendar of Events

Thursday, August 1

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
11:15 - 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
2:45 - 3:10 p.m.	Chair Zumba
3:15 - 4:10 p.m.	Zumba Gold

Friday, August 2

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	Alzheimer's Support Group
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, August 5

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

Sponsored by St. John Home Health & Hospice

Tuesday, August 6

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
12:30 - 2:30 p.m.	Pinochle
12:45 - 2 p.m.	Bingo for Prizes

Sponsored by Forest Hills Care Center

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

Wednesday, August 7

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

Movie & Popcorn • Little • Released April 2019 • rated PG-13 • 109 minutes

Noon - ?	Movie & Popcorn • Little • Released April 2019 • 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, August 8

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	Intro to 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

Know whom to call when your bonds are called.



Brad Buxton, AAMS®
Financial Advisor

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

Edward Jones
MAKING SENSE OF INVESTING

MKT-5894I-A

Member SIPC

Calendar of Events

Friday, August 9

Birthdays Potluck Luncheon

11:30 a.m. • Centennial Hall • More information on page 1

- 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, August 12

- 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, August 13

- 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 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
- 12:30 - 2:30 p.m. Pinochle
- 12:45 - 2 p.m. Bingo for Prizes

Sponsored by Terri Haggard/Health Markets

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

Wednesday, August 14

- 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 • Breakthrough • Released
April 2019 • 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, August 15

- 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
 - 11:30 a.m. - noon Intro to 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

Know whom to call when your bonds are called.



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MAKING SENSE OF INVESTING

MKT-5894I-A

Member SIPC

Calendar of Events

Friday, August 16

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, August 19

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, August 20

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. Beginning 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, August 21

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 • The Public • Released July 2019 •
 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

Thursday, August 22

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 Intro to 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



HOPE IS AN EVERLASTING LEGACY

A gift in your will to the organization(s) you passionately support can be the open door to a better future for the most vulnerable in our community.

Planned giving opportunities can provide benefits for your family and the organizations you support.

If you would like to consider a planned gift, and transfer your values through your giving, we invite you to contact our Planned Giving Office.

CALL 918-491-0079 TODAY!

Calendar of Events

Friday, August 23

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 \$\$

Sponsored by Michael Hassan with Legal Shield

1 - 3:30 p.m. Canasta
 1 - 4 p.m.. Painting/All Mediums

Monday, August 26

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, August 27

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

Sponsored by Floral Haven Funeral Home & Cemetery

1:30 - 2:30 p.m. Beginning Line Dance
 12:30 - 2:30 p.m.. Pinochle
 2:45 - 3:10 p.m. Chair Zumba
 3:15 - 4:10 p.m. Zumba Gold

Wednesday, August 28

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 • The Best of Enemies • Released
 April 2019 • rated PG-13 • 133 minutes

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

Thursday, August 29

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
 11:30 a.m. - noon. Intro to 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, August 30

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