

Calendar of Events

Monday, September 2 Closed - Labor Day Holiday

Tuesday, September 3

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
<i>Sponsored by Forest Hills Care Center</i>	
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, September 4

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
10 a.m. - noon	Ukulele Jam Session
10 a.m. - 4 p.m.	Quilting
11:30 a.m. - noon	Lunch
Noon - ?	Movie & Popcorn • Aquaman • Released December 2018 • rated PG-13 • 143 minutes
1 - 2 p.m.	Beginning Guitar Lessons
1 - 3 p.m.	Needle Crafters
3:15 - 4:10 p.m.	Zumba Gold

Thursday, September 5

8 - 9 a.m.	Tai Chi
9 a.m. - noon	Learn to Knit
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 - 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, September 6

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 \$\$
<i>Sponsored by Senior Star of Woodland Terrace</i>	
1 - 3:30 p.m.	Canasta
1 - 4 p.m.	Painting/All Mediums

Monday, September 9

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 - 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
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 and Cemetery

Keep a level head in an up and down market.



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

Tuesday, September 10

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, September 11

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
 10 a.m. - noon Ukulele Jam Session
 10 a.m. - 4 p.m. Quilting
 11:30 a.m. - noon Lunch
 Noon - ? Movie & Popcorn • The Sun is Also a Star • Released
 May 2019 • rated PG-13 • 100 minutes
 1 - 2 p.m. Beginning Guitar Lessons
 1 - 3 p.m. Needle Crafters
 3:15 - 4:10 p.m. Zumba Gold

Thursday, September 12

8 - 9 a.m. Tai Chi
 9 a.m. - noon Learn to Knit
 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 - 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

Friday, September 13

Birthday Potluck Luncheon

11:30 a.m. • Centennial Hall • More information on page 19
 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, September 16

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

Keep a level head in an
 up and down market.



Brad Buxton, AAMS®
 Financial Advisor

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

Edward Jones®
 MAKING SENSE OF INVESTING

Member SIPC

Calendar of Events

Tuesday, September 17

- 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, September 18

- 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
- 10 a.m. - noon Ukulele Jam Session
- 10 a.m. - 4 p.m. Quilting
- 11:30 a.m. - noon Lunch
- Noon - ? Movie & Popcorn • The Hustle • Released May 2019 •
rated PG-13 • 93 minutes
- 1 - 2 p.m. Beginning Guitar Lessons
- 1 - 3 p.m. Needle Crafters
- 3:15 - 4:10 p.m. Zumba Gold

Thursday, September 19

- 8 - 9 a.m. Tai Chi
 - 9 a.m. - noon Learn to Knit
 - 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 - 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, September 20

- 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
- 11:30 a.m. - 1:30 p.m. BUNCO
- 1 - 4 p.m. Painting/All Mediums



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

Monday, September 23

8:30 - 9:45 a.m.	Fitness for Ladies
9:30 - 11 a.m.	Bible Study
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, September 24

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, September 25

8:30 - 9:45 a.m.	Fitness for Ladies
9 - 9:30 a.m.	<i>Canceled</i> Music Theory for Ukulele
9 a.m. - noon	Bags to Mats
9:30 - 10 a.m.	<i>Canceled</i> Beginning Ukulele Lessons
9:30 - 10:30 a.m.	Singing
10 a.m. - noon	Ukulele Jam Session
10 a.m. - 4 p.m.	Quilting
11:30 a.m. - noon	Lunch
Noon - ?	Movie & Popcorn • Poms • Released May 2019 • rated PG-13 • 90 minutes
1 - 2 p.m.	Beginning Guitar Lessons
1 - 3 p.m.	Needle Crafters

3:15 - 4:10 p.m.	Zumba Gold
------------------	------------

Thursday, September 26

8 - 9 a.m.	Tai Chi
9 a.m. - noon	Learn to Knit
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 - 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, September 27

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, September 30

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