

Calendar of Events

Tuesday, October 1

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, October 2

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 • A Dog's Journey • Released May 2019 • rated PG • 109 minutes
1 - 2 p.m.	Beginning Guitar Lessons
1 - 3 p.m.	Needle Crafters
3:15 - 4:10 p.m.	Zumba Gold

Thursday, October 3

8 - 9 a.m.	Tai Chi
8 - 9:30 a.m.	Guitar Jam Session
9 a.m. - noon	Learn to Knit
9:05 - 9:50 a.m.	Limited Exercise
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, October 4

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, October 7

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
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

The market changes.
Are you prepared?



Brad Buxton, AAMS®
Financial Advisor

1145 S Aspen Ave
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Edward Jones®
MAKING SENSE OF INVESTING

Calendar of Events

Tuesday, October 8

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, October 9

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 • After • Released
 April 2019 • rated PG-13 • 105 minutes

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

Thursday, October 10

8 - 9 a.m. Tai Chi
 8 - 9:30 a.m. Guitar Jam Sessions
 9 a.m. - noon Learn to Knit
 9 - 11 a.m. Blood Pressure 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 - 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, October 11

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, October 14

Center closed for staff professional development

Tuesday, October 15

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, October 16

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 • Alita: Battle Angel • Released
 February 2019 • rated PG-13 • 122 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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 MAKING SENSE OF INVESTING

Calendar of Events

Thursday, October 17

8 - 9 a.m.	Tai Chi
8 - 9:30 a.m.	Guitar Jam Session
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 - 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, October 18

8:30 - 9:45 a.m.	Fitness for Ladies
9 - 10 a.m.	Singing
9 - 11:30 a.m.	Alzheimer's Support Group
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 a.m. - 2:30 p.m.	BUNCO
1 - 4 p.m.	Painting/All Mediums

Monday, October 21

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

Tuesday, October 22

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, October 23

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 Replacements • Released August 2000 • rated PG-13 • 118 minutes
1 - 2 p.m.	Beginning Guitar Lessons
1 - 3 p.m.	Needle Crafters
3:15 - 4:10 p.m.	Zumba Gold

GIVE A *GIFT* THAT SAVES TAX DOLLARS

If you are 70 ½ or older, it's time to think about the Required Minimum Distribution (RMD) from your IRA account or inherited IRA.

Consider gifting your RMD amount and investing in the Broken Arrow Seniors Community Center. By making a direct transfer of all or a portion of your RMD (up to \$100,000), **you will not pay federal or state income tax.** Plus, your gift will help Broken Arrow Seniors Community Center!

Learn more by calling our Planned Giving Office at 918-491-0079.



Calendar of Events

Thursday, October 24

8 - 9 a.m.	Tai Chi
8 - 9:30 a.m.	Guitar Jam Session
9 a.m. - noon	Learn to Knit
9:05 - 9:50 a.m.	Limited Exercise
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, October 25

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, October 28

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, October 29

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 Seasons Hospice	
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, October 30

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 • La Bamba • Released July 1987 • 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, October 31

8 - 9 a.m.	Tai Chi
8 - 9:30 a.m.	Guitar Jam Session
9 a.m. - noon	Learn to Knit
9:05 - 9:50 a.m.	Limited Exercise
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