

Calendar of Events

Monday, December 2

- 8:30 - 9:30 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

Sponsored by Miracle Ear

- 4:30 - 9 p.m. Monday Night Pool Tournament
- 6 - 9 p.m. Party Bridge
- 6:30 - 9 p.m. Monday Night Dance

Tuesday, December 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
- 1 - 2 p.m. Beginning Guitar Lessons
- 1 - 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

Sponsored by Miracle Ear

Wednesday, December 4

- 8:30 - 9:30 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 • Disney's Aladdin • Released
 May 2019 • rated PG • 128 minutes
- 1 - 2 p.m. Guitar Jam
- 1 - 3 p.m. Needle Crafters
- 3:15 - 4:10 p.m. Zumba Gold

Sponsored by Miracle Ear

Thursday, December 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 a.m. - noon Train Dominoes
- 9:30 a.m. - 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

Sponsored by Miracle Ear

Merry Christmas



Brad Buxton, AAMS®
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MKT-5894J-A

Calendar of Events

Friday, December 6

8:30 - 9:30 a.m. Fitness for Ladies
 9 - 10 a.m. Singing
 10 a.m. - noon 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
 1 - 2:15 p.m. Bingo for \$\$
 1 - 3:30 p.m. Canasta
 1 - 4 p.m. Painting/All Mediums

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
 1 - 2 p.m. Beginning Guitar Lessons
 1 - 2 p.m. Bingo for Prizes

Sponsored by Caring Matters Home Care

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

Sponsored by Miracle Ear

Monday, December 9

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
 1:30 - 3 p.m. Photography
 2:30 - 4:45 p.m. Intermediate Tap Dance
 3:15 - 4:10 p.m. Zumba Gold

Sponsored by Miracle Ear

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, December 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

Wednesday, December 11

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 - 10:30 a.m. Singing
 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 Peanut Butter Falcon • Released
 August 2019 • rated PG-13 • 97 minutes
 1 - 2 p.m. Guitar Jam
 1 - 3 p.m. Needle Crafters
 3:15 - 4:10 p.m. Zumba Gold

Sponsored by Miracle Ear

Merry Christmas



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MKT-5894J-A

Calendar of Events

Thursday, December 12

- 8 - 9 a.m. Tai Chi
 9 a.m. - 11 a.m. Blood Pressure and Pulse Ox Checks
Sponsored by Cura Hospice & Palliative Care
 9 a.m. - noon Learn to Knit
 9:05 - 9:50 a.m. Limited Exercise
 9:30 - 10:30 a.m. Guitar Jam Sessions
 9:30 - 11:30 a.m. Computer Training Appointments
 9:30 a.m. - noon Poker Lessons
 9:30 a.m. - 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, December 13

Birthdays Potluck Luncheon
 11:30 a.m. • Centennial Hall

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

Monday, December 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

Sponsored by Miracle Ear

- 4:30 - 9 p.m. Monday Night Pool Tournament
 6 - 9 p.m. Party Bridge
 6:30 - 9 p.m. Monday Night Dance

Tuesday, December 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 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
 1 - 2 p.m. Beginning Guitar Lessons
 1 - 2 p.m. Bingo for Prizes

Sponsored by Clear Captions

- 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

Sponsored by Miracle Ear

- 3:30 - until it's over Board of Directors



During this wonderful holiday season we often reflect on those who have added so much value to our livelihoods and those we care for most! At Broken Arrow Seniors Inc. we are committed to creating and maintaining a Senior Center that helps our community receive self-help, companionship & wellness.

Broken Arrow Seniors staff can help you leave a lasting legacy, plan for your family and give back to the organizations you most passionately support.

As a friend and partner of our organization - these services are offered to you at no cost!

CALL 918-491-0079 TODAY!

Calendar of Events

Wednesday, December 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 • Dora and the Lost City of Gold •
 Released August 2019 • rated PG • 102 minutes
 1 - 2 p.m. Guitar Jam
 1 - 3 p.m. Needle Crafters
 3:15 - 4:10 p.m. Zumba Gold

Sponsored by Miracle Ear

Thursday, December 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

Sponsored by Miracle Ear

Friday, December 20

8:30 - 9:45 a.m. Fitness for Ladies
 9 - 10 a.m. Singing
 10 - 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 - 2:30 p.m. BUNCO
 1 - 4 p.m. Painting/All Mediums

Friday, December 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. *Cancelled* Line Dance for Fitness Review
 11 a.m. - noon *Cancelled* Line Dance for Fitness
 11:30 a.m. - noon Lunch
 12:15 - 1:15 p.m. Tai Chi for Balance
 1 - 2:15 p.m. Bingo for \$\$
 1 - 3:30 p.m. Canasta
 1 - 4 p.m. Painting/All Mediums

Monday, December 30

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
 2:30 - 4:45 p.m. Intermediate Tap Dance
 3:15 - 4:10 p.m. *Cancelled* 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

Closed:

Monday, December 23
Tuesday, December 24
Wednesday, December 25
Thursday, December 26
Tuesday, December 31
Wednesday, January 1