

# Calendar of Events

## Friday, November 1

8:30 - 9:45 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

## Monday, November 4

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

## Tuesday, November 5

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. . . . . 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, November 6

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 • Spider Man: Far From Home • Released  
 July 2019 • rated PG-13 • 129 minutes  
 1 - 2 p.m. . . . . Beginning Guitar Lessons  
 1 - 3 p.m. . . . . Needle Crafters  
 3:15 - 4:10 p.m. . . . . Zumba Gold

## Happy Thanksgiving



**Brad Buxton, AAMS®**  
 Financial Advisor  
 1145 S Aspen Ave  
 Broken Arrow, OK 74012  
 918-258-6932

**Edward Jones®**  
 MAKING SENSE OF INVESTING

# Calendar of Events

## Thursday, November 7

- 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 Sessions
- 9:30 - 11:30 a.m. . . . . Computer Training Appointments
- 9:30 a.m. - noon . . . . *Canceled* . . . . . 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, November 8

### Birthday 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, November 11

### Closed - Veterans Day

## Tuesday, November 12

- 8 - 9 a.m. . . . . Tai Chi
  - 8:30 - 11:30 a.m. . . . . Party Bridge
  - 9 a.m. - until it's over . . . . . Dominoes Tournament
- Sponsored by LPL Financial - White River Fish Market***
- 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
- 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

## Wednesday, November 13

- 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 • X-Men Dark Phoenix • Released  
June 2019 • rated PG-13 • 113 minutes
- 1 - 2 p.m. . . . . Beginning Guitar Lessons
- 1 - 3 p.m. . . . . Needle Crafters
- 3:15 - 4:10 p.m. . . . . Zumba Gold

## Happy Thanksgiving



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# Calendar of Events

## Thursday, November 14

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

## Friday, November 15

- 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

## Monday, November 18

- 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, November 19

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

## 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

## Wednesday, November 20

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 • Yesterday • Released  
 June 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, November 21

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, November 22

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

## Monday, November 25

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, November 26

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  
 1 - 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, November 27

## Thursday, November 28

## Friday, November 29

**Closed - Thanksgiving Holiday**