

# Calendar of Events

## Wednesday, January 1 Closed - New Year's Day

### Thursday, January 2

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*

### Friday, January 3

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 Better Balance
1 - 2:15 p.m.	Bingo for SS
1 - 3:30 p.m.	Canasta
1 - 4 p.m.	Painting/All Mediums
1:15 - 1:45 p.m.	Chair Tai Chi

### Monday, January 6

8:30 - 9:30 a.m.	Fitness for Ladies
9 a.m. - 3 p.m.	Foot Clinic
9:30 - 11 a.m.	Bible Study
9:45 - 10:45 a.m.	<b>New Class</b> Zumba Gold
<i>Sponsored by Miracle Ear</i>	
10 - 11 a.m.	Circle of Readers
10 a.m. - 1 p.m.	Crafting
11 a.m. - noon	<b>New Class</b> Yin Yoga
11:30 a.m. - noon	Lunch
12:15 - 1:15 p.m.	<b>New Class</b> Tai Chi for Better Balance
1 - 3 p.m.	Novel Idea Class
1 - 2 p.m.	Beginning Tap Dance
1:30 - 2 p.m.	Line Dance for Fitness Review
2 - 3 p.m.	<b>New Class</b> Line Dance for Fitness
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, January 7

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 Better 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, January 8

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
9:45 - 10:45 a.m.	<b>New Class</b> Zumba Gold

*Sponsored by Miracle Ear*

10 a.m. - noon	Ukulele Jam Session
10 a.m. - 4 p.m.	Quilting
11 - 11:45 a.m.	<b>New Class</b> Chair Yoga
11:30 a.m. - noon	Lunch
Noon - 1:30 p.m.	<b>New Class</b> Self Defense and 24 Form Tai Chi
Noon - ?	Movie & Popcorn • Judy • Released

October 2019 • rated PG-13 • 118 minutes

1 - 2 p.m.	Guitar Jam
1 - 3 p.m.	Needle Crafters
2 - 3 p.m.	<b>New Class</b> January Dance Workshop: Two Step
3:15 - 4:10 p.m.	Zumba Gold

*Sponsored by Miracle Ear*

## Financial strategies built just for you.



**Brad Buxton, AAMS®**

Financial Advisor

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Broken Arrow, OK 74012  
918-258-6932

**Edward Jones®**

MAKING SENSE OF INVESTING  
edwardjones.com

Member SIPC

# Calendar of Events

## Thursday, January 9

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	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, January 10

**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, January 13

8:30 - 9:45 a.m.	Fitness for Ladies
9:30 - 11 a.m.	Bible Study
9:45 - 10:45 a.m.	<b>New Class</b> Zumba Gold

*Sponsored by Miracle Ear*

10 a.m. - 1 p.m.	Crafting
11 a.m. - noon	<b>New Class</b> Yin Yoga
11:30 a.m. - noon	Lunch
12:15 - 1:15 p.m.	<b>New Class</b> Tai Chi for Better Balance
1 - 2 p.m.	Beginning Tap Dance
1 - 3 p.m.	Novel Idea Class
1:30 - 3 p.m.	Photography
1:30 - 2 p.m.	Line Dance for Fitness Review
2 - 3 p.m.	<b>New Class</b> Line Dance for Fitness

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, January 14

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 Better Balance
12:30 - 2:30 p.m.	Pinochle
1 - 2 p.m.	Beginning Guitar Lessons

1 - 2 p.m.	Bingo for Prizes
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*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*

## Wednesday, January 15

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
9:45 - 10:45 a.m.	<b>New Class</b> Zumba Gold

*Sponsored by Miracle Ear*

10 a.m. - noon	Ukulele Jam Session
10 a.m. - 4 p.m.	Quilting
11 - 11:45 a.m.	<b>New Class</b> Chair Yoga
11:30 a.m. - noon	Lunch
Noon - 1:30 p.m.	<b>New Class</b> Self Defense and 24 Form Tai Chi
Noon - ?	Movie & Popcorn • Downtown Abbey • Released September 2019 • rated PG • 122 minutes

1 - 2 p.m.	Guitar Jam
1 - 3 p.m.	Needle Crafters
2 - 3 p.m.	<b>New Class</b> January Dance Workshop: Two Step
3:15 - 4:10 p.m.	Zumba Gold

*Sponsored by Miracle Ear*

## Thursday, January 16

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*

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# Calendar of Events

## Friday, January 17

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 . . . . . **New Class** . . . . . Line Dance for Fitness  
 11:30 a.m. - noon . . . . . Lunch  
 12:15 - 1:15 p.m.. . . . . Tai Chi for Better Balance  
 12:30 - 2:30 p.m.. . . . . BUNCO  
 1 - 4 p.m.. . . . . Painting/All Mediums  
 1:15 - 1:45 p.m. . . . . **New Class** . . . . . Chair Tai Chi

## Monday, January 20 Closed - Martin Luther King Jr. Day

## Tuesday, January 21

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 Better 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

## Wednesday, January 22

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  
 9:45 - 10:45 a.m.. . . . . **New Class** . . . . . Zumba Gold

*Sponsored by Miracle Ear*

10 a.m. - noon . . . . . Ukulele Jam Session  
 10 a.m. - 4 p.m. . . . . Quilting  
 11 - 11:45 a.m.. . . . . **New Class** . . . . . Chair Yoga  
 11:30 a.m. - noon . . . . . Lunch  
 Noon - 1:30 p.m. . . . . **New Class** . . . . . Self Defense and 24 Form Tai Chi  
 Noon - ? . . . . . Movie & Popcorn • Overcomer •

Released August 2019 • rated PG-13 • 119 minutes

1 - 2 p.m.. . . . . Guitar Jam  
 1 - 3 p.m.. . . . . Needle Crafters  
 2 - 3 p.m.. . . . . **New Class** . . . . . January Dance Workshop: Two Step  
 3:15 - 4:10 p.m. . . . . Zumba Gold

*Sponsored by Miracle Ear*

## Thursday, January 23

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

*Sponsored by Miracle Ear*



## WHEN IS THE LAST TIME YOU HAD A BENEFICIARY CHECK-UP?

Just as we go to the doctor for a health check up, beneficiary check ups should be done, too! These check ups may reveal old employer accounts, IRAs or other assets that haven't been thought about.

Take the time to think about your wishes and your beneficiary designations. It's likely to be mutually beneficial to all involved.

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

## Friday, January 24

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 Better Balance  
 1 - 2:15 p.m. . . . . Bingo for \$\$  
 1 - 3:30 p.m. . . . . Canasta  
 1 - 4 p.m. . . . . Painting/All Mediums  
 1:15 - 1:45 p.m. . . . . **New Class** . . . . . Chair Tai Chi

## Monday, January 27

8:30 - 9:45 a.m. . . . . Fitness for Ladies  
 9:30 - 11 a.m. . . . . Bible Study  
 9:45 - 10:45 a.m. . . . . **New Class** . . . . . Zumba Gold  
*Sponsored by Miracle Ear*  
 10 a.m. - 3 p.m. . . . . Crafting  
 11 a.m. - noon . . . . . **New Class** . . . . . Yin Yoga  
 11:30 a.m. - noon . . . . . Lunch  
 12:15 - 1:15 p.m. . . . . **New Class** . . . . . Tai Chi for Better Balance  
 1 - 2 p.m. . . . . Beginning Tap Dance  
 1 - 3 p.m. . . . . Novel Idea Class  
 1:30 - 3 p.m. . . . . Photography  
 1:30 - 2 p.m. . . . . Line Dance for Fitness Review  
 2 - 3 p.m. . . . . **New Class** . . . . . Line Dance for Fitness  
 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, January 28

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  
 9:45 - 10:45 a.m. . . . . Zumba Gold  
*Sponsored by Miracle Ear*  
 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 Better Balance  
 12:30 - 2:30 p.m. . . . . Pinochle  
 1 - 2 p.m. . . . . Beginning Guitar Lessons  
 1 - 2 p.m. . . . . Bingo for Prizes  
*Sponsored by Floral Haven Funeral Home & Cemetery*  
 1:30 - 2:30 p.m. . . . . Beginning Line Dance  
 1:30 - 3 p.m. . . . . Line Dance for Fitness  
 2:45 - 3:10 p.m. . . . . Chair Zumba  
 3:15 - 4:10 p.m. . . . . Zumba Gold  
*Sponsored by Miracle Ear*

## Wednesday, January 29

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  
 9:45 - 10:45 a.m. . . . . **New Class** . . . . . Zumba Gold  
*Sponsored by Miracle Ear*  
 10 a.m. - noon . . . . . Ukulele Jam Session  
 10 a.m. - 4 p.m. . . . . Quilting  
 11 - 11:45 a.m. . . . . **New Class** . . . . . Chair Yoga  
 11:30 a.m. - noon . . . . . Lunch  
 Noon - 1:30 p.m. . . . . **New Class** . . . . . Self Defense and 24 Form Tai Chi  
 Noon - ? . . . . . Movie & Popcorn • Ad Astra • Released  
 September 2019 • rated PG-13 • 123 minutes  
 1 - 2 p.m. . . . . Guitar Jam  
 1 - 3 p.m. . . . . Needle Crafters  
 2 - 3 p.m. . . . . **New Class** . . . . . January Dance Workshop: Two Step  
 3:15 - 4:10 p.m. . . . . Zumba Gold  
*Sponsored by Miracle Ear*

## Thursday, January 30

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 . . . . . Texas Hold 'em Poker Tournament  
 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, January 31

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 Better Balance  
 1 - 2:15 p.m. . . . . Bingo for \$\$  
 1 - 3:30 p.m. . . . . Canasta  
 1 - 4 p.m. . . . . Painting/All Mediums  
 1:15 - 1:45 p.m. . . . . **New Class** . . . . . Chair Tai Chi