

Calendar of Events

Monday, August 3

8:30 - 9:30 a.m. Fitness for Ladies
 9:45 - 10:45 a.m. Zumba Gold

Sponsored by Miracle Ear

10 - 11 a.m. Circle of Readers
 Meeting on Zoom - Please contact Dorothy Minor at DorothyMinor10@gmail.com for more information regarding joining this group.

11 a.m. - noon Yin Yoga
Sponsored by Harmon Insurance

12:15 - 1:15 p.m. Tai Chi for Better Balance
 1:30 - 2 p.m. Line Dance for Fitness Review
 2 - 3 p.m. Line Dance for Fitness

Tuesday, August 4

8 - 9 a.m. Tai Chi
 9:05 - 9:50 a.m. Limited Exercise
 10 - 11 a.m. Soft Yoga

Sponsored by Harmon Insurance

11:10 a.m. - 12:10 p.m. Advanced Line Dance
 12:15 - 1:15 p.m. Tai Chi for Better Balance
 1:30 - 2:30 p.m. Beginning Line Dance

Wednesday, August 5

8:30 - 9:30 a.m. Fitness for Ladies
 9:45 - 10:45 a.m. Zumba Gold

Sponsored by Miracle Ear

11:30 a.m. - 12:30 p.m. Nutrition Program frozen meal pickup
 11 - 11:45 a.m. Chair Yoga
 Noon - 1:30 p.m. Self Defense and 24 Form Tai Chi

Thursday, August 6

9:05 - 9:50 a.m. Limited Exercise
 10 - 11 a.m. Power Yoga

Sponsored by Harmon Insurance

11:30 a.m. - 1 p.m. Beginning Line Dance
 1:30 - 2:30 p.m. Intermediate Line Dance

Friday, August 7 - (Center is closed)

10 - 11 a.m. Alzheimer's Support Group
 Meeting on Zoom - Please contact Jean Righter at nanabananato7@gmail.com for more information regarding joining this group.

10 - 11 a.m. Creative Writing
 Meeting on Zoom - Please contact Rita Fagan at saltvinegar70@gmail.com for more information regarding joining this group.

Members play poker online each day with virtual money. Contact Meichelle Culhane at meichelle@yahoo.com to join the group.

Monday, August 10

8:30 - 9:30 a.m. Fitness for Ladies
 9:45 - 10:45 a.m. Zumba Gold

Sponsored by Miracle Ear

11 a.m. - noon Yin Yoga
Sponsored by Harmon Insurance

12:15 - 1:15 p.m. Tai Chi for Better Balance
 1:30 - 2 p.m. Line Dance for Fitness Review
 2 - 3 p.m. Line Dance for Fitness

Tuesday, August 11

8 - 9 a.m. Tai Chi
 9:05 - 9:50 a.m. Limited Exercise
 10 - 11 a.m. Soft Yoga

Sponsored by Harmon Insurance

11:10 a.m. - 12:10 p.m. Advanced Line Dance
 12:15 - 1:15 p.m. Tai Chi for Better Balance
 1:30 - 2:30 p.m. Beginning Line Dance

Wednesday, August 12

8:30 - 9:30 a.m. Fitness for Ladies
 9:45 - 10:45 a.m. Zumba Gold

Sponsored by Miracle Ear

11:30 a.m. - 12:30 p.m. Nutrition Program frozen meal pickup
 11 - 11:45 a.m. Chair Yoga
 Noon - 1:30 p.m. Self Defense and 24 Form Tai Chi

Thursday, August 13

9:05 - 9:50 a.m. Limited Exercise
 10 - 11 a.m. Power Yoga

Sponsored by Harmon Insurance

11:30 a.m. - 1 p.m. Beginning Line Dance
 1:30 - 2:30 p.m. Intermediate Line Dance

Friday, August 14 - (Center is closed)

10 - 11 a.m. Alzheimer's Support Group
 Meeting on Zoom - Please contact Jean Righter at nanabananato7@gmail.com for more information regarding joining this group.

10 - 11 a.m. Creative Writing
 Meeting on Zoom - Please contact Rita Fagan at saltvinegar70@gmail.com for more information regarding joining this group.

Worried about market volatility? Let's talk.



Brad Buxton, AAMS®

Financial Advisor

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

Edward Jones®

MAKING SENSE OF INVESTING

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Member SIPC

Calendar of Events

Monday, August 17

8:30 - 9:30 a.m. Fitness for Ladies
9:45 - 10:45 a.m. Zumba Gold

Sponsored by Miracle Ear

10 - 11 a.m. Circle of Readers
Meeting on Zoom - Please contact Dorothy Minor at DorothyMinor10@gmail.com for more information regarding joining this group.

11 a.m. - noon Yin Yoga
Sponsored by Harmon Insurance

12:15 - 1:15 p.m. Tai Chi for Better Balance
1:30 - 2 p.m. Line Dance for Fitness Review
2 - 3 p.m. Line Dance for Fitness

Tuesday, August 18

8 - 9 a.m. Tai Chi
9:05 - 9:50 a.m. Limited Exercise
10 - 11 a.m. Soft Yoga

Sponsored by Harmon Insurance

11:10 a.m. - 12:10 p.m. Advanced Line Dance
12:15 - 1:15 p.m. Tai Chi for Better Balance
1:30 - 2:30 p.m. Beginning Line Dance

Wednesday, August 19

8:30 - 9:30 a.m. Fitness for Ladies
9:45 - 10:45 a.m. Zumba Gold

Sponsored by Miracle Ear

11:30 a.m. - 12:30 p.m. Nutrition Program frozen meal pickup
11 - 11:45 a.m. Chair Yoga
Noon - 1:30 p.m. Self Defense and 24 Form Tai Chi

Thursday, August 20

9:05 - 9:50 a.m. Limited Exercise
10 - 11 a.m. Power Yoga

Sponsored by Harmon Insurance

11:30 a.m. - 1 p.m. Beginning Line Dance
1:30 - 2:30 p.m. Intermediate Line Dance

Friday, August 21 - (Center is closed)

10 - 11 a.m. Alzheimer's Support Group
Meeting on Zoom - Please contact Jean Righter at nanabananato7@gmail.com for more information regarding joining this group.

10 - 11 a.m. Creative Writing
Meeting on Zoom - Please contact Rita Fagan at saltvinegar70@gmail.com for more information regarding joining this group.

Members play poker online each day with virtual money. Contact Meichelle Culhane at meichellec@yahoo.com to join the group.

Monday, August 24

8:30 - 9:30 a.m. Fitness for Ladies
9:45 - 10:45 a.m. Zumba Gold

Sponsored by Miracle Ear

11 a.m. - noon Yin Yoga
Sponsored by Harmon Insurance

12:15 - 1:15 p.m. Tai Chi for Better Balance
1:30 - 2 p.m. Line Dance for Fitness Review
2 - 3 p.m. Line Dance for Fitness

Tuesday, August 25

8 - 9 a.m. Tai Chi
9:05 - 9:50 a.m. Limited Exercise
10 - 11 a.m. Soft Yoga

Sponsored by Harmon Insurance

11:10 a.m. - 12:10 p.m. Advanced Line Dance
12:15 - 1:15 p.m. Tai Chi for Better Balance
1:30 - 2:30 p.m. Beginning Line Dance

Wednesday, August 26

8:30 - 9:30 a.m. Fitness for Ladies
9:45 - 10:45 a.m. Zumba Gold

Sponsored by Miracle Ear

11:30 a.m. - 12:30 p.m. Nutrition Program frozen meal pickup
11 - 11:45 a.m. Chair Yoga
Noon - 1:30 p.m. Self Defense and 24 Form Tai Chi

Thursday, August 27

9:05 - 9:50 a.m. Limited Exercise
10 - 11 a.m. Power Yoga

Sponsored by Harmon Insurance

11:30 a.m. - 1 p.m. Beginning Line Dance
1:30 - 2:30 p.m. Intermediate Line Dance

Friday, August 28 - (Center is closed)

10 - 11 a.m. Alzheimer's Support Group
Meeting on Zoom - Please contact Jean Righter at nanabananato7@gmail.com for more information regarding joining this group.

10 - 11 a.m. Creative Writing
Meeting on Zoom - Please contact Rita Fagan at saltvinegar70@gmail.com for more information regarding joining this group.

Monday, August 31

8:30 - 9:30 a.m. Fitness for Ladies
9:45 - 10:45 a.m. Zumba Gold

Sponsored by Miracle Ear

11 a.m. - noon Yin Yoga
Sponsored by Harmon Insurance

12:15 - 1:15 p.m. Tai Chi for Better Balance
1:30 - 2 p.m. Line Dance for Fitness Review
2 - 3 p.m. Line Dance for Fitness