

Calendar of Events

Tuesday, September 1

- 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, September 2

- 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 Nutrition Program frozen meal pickup
 11 - 11:45 a.m. Chair Yoga
 12:15 - 3 p.m. Bags to Mats
 12:15 - 3 p.m. Quilting

Thursday, September 3

- 8 - 9 a.m. Self-Defense and 24 Form Tai Chi
 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, September 4 (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, September 7 (Labor Day - Center is closed)

Tuesday, September 8

- 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

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

Wednesday, September 9

- 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 Nutrition Program frozen meal pickup
 11 - 11:45 a.m. Chair Yoga
 12:15 - 3 p.m. Bags to Mats
 12:15 - 3 p.m. Quilting

Thursday, September 10

- 8 - 9 a.m. Self-Defense and 24 Form Tai Chi
 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, September 11 (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, September 14

- 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 - 3 p.m. Line Dance for Fitness

**You deserve a break.
Happy Labor Day.**



Brad Buxton, AAMS®
Financial Advisor

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Member SIPC

Calendar of Events

Tuesday, September 15

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, September 16

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. Nutrition Program frozen meal pickup
11 - 11:45 a.m. Chair Yoga
12:15 - 3 p.m. Bags to Mats
12:15 - 3 p.m. Quilting

Thursday, September 17

8 - 9 a.m. Self-Defense and 24 Form Tai Chi
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, September 18 - (Center is closed)

10 - 11 a.m. Alzheimer's Support Group
Meeting on Zoom - Please contact Jean Righter at
nanabanato7@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, September 21

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 - 3 p.m. Line Dance for Fitness

Tuesday, September 22

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, September 23

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. Nutrition Program frozen meal pickup
11 - 11:45 a.m. Chair Yoga
12:15 - 3 p.m. Bags to Mats
12:15 - 3 p.m. Quilting

Thursday, September 24

8 - 9 a.m. Self-Defense and 24 Form Tai Chi
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, September 25 - (Center is closed)

10 - 11 a.m. Alzheimer's Support Group
Meeting on Zoom - Please contact Jean Righter at
nanabanato7@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, September 28

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 - 3 p.m. Line Dance for Fitness

Tuesday, September 29

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, September 30

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. Nutrition Program frozen meal pickup
11 - 11:45 a.m. Chair Yoga
12:15 - 3 p.m. Bags to Mats
12:15 - 3 p.m. Quilting

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