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Silver Notes

The official newsletter of Broken Arrow Seniors, Inc.

May 2022 • Vol. 32, No. 5

2022 SENIOR FAIR

Official Program Guide



Broken Arrow Senior Center

1800 S. Main St.
Broken Arrow, Okla. 74012
918-259-8377

sean@baseniors.org
www.baseniors.org
f @BrokenArrowSeniors

Office Hours:
Monday-Thursday
8 a.m. to 4 p.m.
Friday: 8 a.m. to 3 p.m.

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Amanda O'Brien

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**Join us and our
Senior Center partners
as we celebrate the
30th Senior Resource & Health Fair!**

**Friday, April 29 • 9 a.m. to 1:30 p.m.
Central Park Community Center
1500 South Main St.**

Senior Resource & Health Fair Business Partner Map - Page 5
Senior Resource & Health Fair General Information - Pages 2-9
May Newsletter - Pages 10-24

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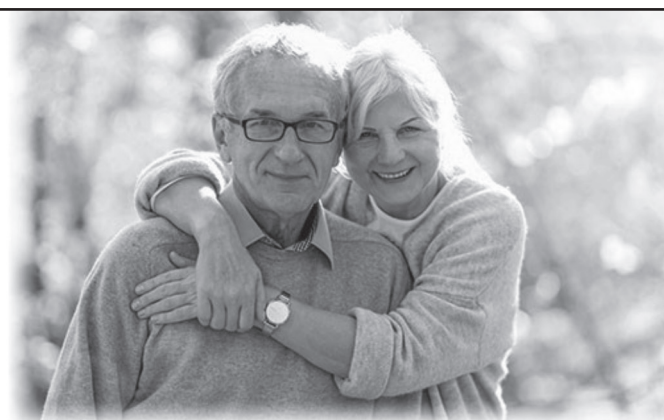
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Senior Health Plan (HMO)

Plan Ahead To 'Age Your Way'



By Brittany Littleton

Every May, the Administration for Community Living¹ leads the celebration of Older Americans Month, honoring seniors for the vital and positive role they play in our communities. This year's theme is "Age My Way."

Just as every person is unique, so too is how they age and how they choose to do it – and there is no "right" way. Still, most people over 50 say it's important to keep living in their current home for as long as possible. However, the reality is that many of them have not prepared to "age in place." While Age My Way will look different for each person, here are common things everyone can consider, ensuring they can live independently in the comfort of their home for as long as possible.

• **Connection:** Maintain social activities and relationships to combat social isolation and stay connected to your community. The BA Senior Center is a great place to do this!

• **Access:** Make home improvements and modifications, use assistive technologies and customize supports to help you better age in place. Consider implementing any smart technologies before you need them in case there is a learning curve.

• **Engagement:** The toll of COVID on older adults, especially those in nursing homes and long-term care facilities, has brought the issue of living independently at home into the national spotlight. As a result, there are policy proposals around changing the ability of Medicare and Medicaid to pay for virtual care and in-home help. Consider reaching out to your lawmakers to voice your support for expanding Medicare and Medicaid to include home health care and assisted living services that can quickly drain your savings when you need to pay out-of-pocket. Remain involved and contribute to your community through work, volunteer and civic participation opportunities.

• **Planning:** Think about what you will need and want in the future, from home and community-based services to community activities that interest you. Speak with a financial advisor to make a plan for how you'll pay for things like home health care. Consult with an estate planning attorney to legally document your wishes, appoint trusted decision makers, avoid the need

for an adult guardianship and increase the likelihood that your plans will be honored.

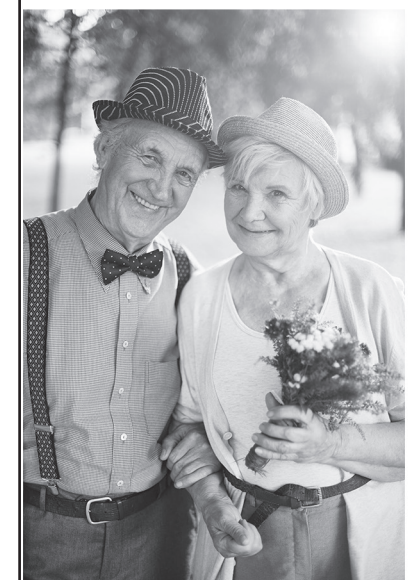
Diverse communities are strong communities. Older adults play vital, positive roles in our communities – as family members, friends, mentors, volunteers, civic leaders, members of the workforce and more. When older adults can remain involved and included in our communities for as long as possible, everyone benefits. Start planning now to "Age Your Way." We need you!

¹The Administration for Community Living is an office under the U.S. Department of Health & Human Services. Learn more at www.acl.gov.

Brittany Littleton owns and operates Littleton Legal. Her practice focuses on business law, estate planning, elder law, trust administration and probate. She is a firm believer that clients are best served when their legal, financial and accounting advisors are working collaboratively to strategize and advocate on their behalf.

A Signature Partner with BA Seniors, Littleton will write a column each month covering issues such as how to avoid probate court, mistakes to avoid in leaving an inheritance or emergency decision documents every senior needs. If you have a question that you would like answered or a topic you would like to see covered, send your thoughts to Sean Simpson at sean@baseniors.com.

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Here, retirement is a verb.

Look up *retirement* in any dictionary and it says it's a noun. It also says it's *when you withdraw from an active life*. Obviously they didn't stop by The Linden at Stonehaven Square when they wrote such nonsense. Here retirement is proudly a verb and *when you live life with gusto!* Come see what we mean.

Call 918.553.8566 to schedule your complimentary lunch and tour. And bring your dictionary and a pen. It's time to do a little editing.

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2022 SENIOR FAIR

Enjoy • Celebrate • Discover • Learn • Connect

The photo on the front cover from a past Senior Fair resonates with each of us. It is a photo of



people who are happy, connecting, discovering and building relationships. That's what the Senior Center and the Senior Resource & Health Fair are all about. After three long years, the event has finally returned! The Fair in many ways is the culmination and fulfillment of the Center's mission statement: "We are the model in the region for promoting healthy social, emotional and physical engagements for adults 55 and older through programmed activities and social opportunities."

The Senior Fair is the Center's largest fundraising event. Help us

make it a success! Join us in welcoming our 100 business partners who are exhibiting. They are on-site for you to meet and learn about resources that are available for you. A listing of companies who are exhibiting is on page 4, and a map of the exhibit area is on page 5. Come enjoy, celebrate, discover, learn and connect!

Read and take note of the important information below regarding the Senior Fair to make the most of this important, exciting day.

Senior Fair Parking Choices

The Senior Center Bus

More than 1,000 people have attended the Senior Fair in the past. It's a community event that draws attendance well beyond our membership. Parking spaces at the community center are limited. We want everyone who attends to have a place to park.

Here's your chance to

forgo the trek to your vehicle at the community center when attending the Senior Fair. Catch a ride on the Senior Center bus from the familiar parking lot at the Senior Center and from the Performing Arts Center parking lot located on Main Street north of the Education Service Center. The bus will transport attendees every 15 minutes to and from the community center, making it easy to attend Senior Fair. Pick up and drop off at the Center will be located at the back of the building in the west parking lot. Pick up and drop off at the Central Park Community Center will be at the east entrance, facing Main Street.

As a member of the Center, please take advantage of parking at the Senior Center or the PAC and catch

a ride on us! This will save the parking spaces at the Community Center for others who are not members of the Center and are looking forward to attending.

(Continued on page 6)



DO YOU HAVE A FAMILY HISTORY OF ALZHEIMER'S?

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7. American Hearing and Audiology

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9. Saint Francis Hospice

10. Saint Francis Health System - Volunteer Services

11. Broken Arrow Police Department

12. City of Broken Arrow Solid Waste & Recycling

13. Country Club At Woodland Hills

14. Wilson Investment Consulting LLC

15. Seasons Hospice

16. Prairie House Assisted Living and Memory Care

17. Senior Helpers

18. HealthRide

19. Aspen Insurance Consultants

20. A-Vow Hospice

21. Right at Home - NE OK

22. Oklahoma Department of Rehabilitation Services, Services for the Blind and Visually Impaired

23. Oklahoma Senior Law

24. Bellarose Senior Living

25. Tulsa Bone & Joint

26. Senior Living Transition Team

27. Amedisys Hospice

28. Cox Healthcare

29. RespirCare Open Access

30. Medicare Prepare

31. NanoPac, Inc.

32. Brookdale Senior Living

33. United Health Care-Terri Haggard and Mike Ross

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35. LeafFilter Gutter Protection

36. Miller Hospice

37. MCM Insurance/ Navigating Medicare

38. Broken Arrow Magazine

39. Perfect Turf

40. Central State Research

41. Senior Star

42. The Linden at Stonehaven Square

43. CareFirst Pharmacy

44. LIFE Senior Services

45. Clear-tone Hearing Aid Labs

46. The Museum Broken Arrow

47. Community Care

48. Indian Health Care Resource Center of Tulsa

49. Canoe Brook
50. Nature Guard Pest & Lawn

51. Broken Arrow Physical Therapy

52. Wilhoit Properties

53. Broken Arrow Family Drug

54. New View Oklahoma

55. Oklahoma Library for the Blind and Physically Handicapped

56. Aspen Health and Rehab

57. Tulsa City-County Library

58. Beehive Broken Arrow

59. BlueCross BlueShield of Oklahoma

60. Hometown Hospice/Outreach Home Health

61. Medicare Prepare

62. Oxford HealthCare

63. Oak Street Health

64. Humana MarketPoint, Inc.

65. Humana MarketPoint, Inc.

66. Littleton Legal

67. Graddy Chiropractic

68. Active Lifestyle Medical

69. My Choice In-Home Senior Services

70. Cedar Ridge Senior Living

71. INCOG Area Agency On Aging

72. Tulsa and Creek County Senior Nutrition

73. Hospice Of Green Country

74. Broken Arrow Community Playhouse

75. Centenarians

76. Bison Extracts

77. Hamiltons Bud and Bloom

78. Hayhurst Funeral Home

79. Covenant Living of Bixby

80. Summit Physical Therapy

81. Forest Hills Assisted & Independent Living

82. Cearu Medical Resort

83. Edward Jones Investments

84. Heritage Point of Tulsa

85. Grady Insurance Agency

86. Craft Body Scan

87. The Villages at Southern Hills

88. Visiting Angels

89. ArchWell Health

90. BA Lions Club

91. BA Lions Club

92. BA Lions Club

93. Broken Arrow Performing Arts Center

94. Broken Arrow Neighbors

95. Broken Arrow Rose District Farmers Market

96. Domestic Violence Intervention Services (DVIS)

97. A New Leaf

98. Compassus

99. Complete Home Health & Hospice

100. The Eye Institute

Activity Update

Engage and Stay Active!

Exercise 101 - Wednesdays and Fridays – 12:15 p.m. to 1:15 p.m. – Centennial

We have all heard the phrase, “use it or lose it.” Pursuing an active lifestyle remains the single most important aspect in maintaining quality of life. Remaining active doesn’t have to be hard and strenuous. Just “moving” in ways that are different from everyday life will lead to a healthier body. That’s what Exercise 101 is all about!

Exercise 101 is the latest addition to the Center’s fitness offerings. The class will offer a full-body workout, targeting stretching, range of motion and specific muscle groups. Your lungs will benefit from Exercise 101, too! The class also will focus on encouraging breathing from the diaphragm.

Exercise 101 is wheelchair and walker friendly and will help anyone who wants to be more limber.

Circle of Readers

Circle of Readers is the Center’s book club. It meets the first and third Monday of each month at 10 a.m. in the Center’s Conference Room. Here are their discussion plans for the weeks ahead:

May 2: “Project Hail Mary,” by Andy Weir • SciFi;

May 16: Discussion on books we are reading;

June 6: “Last Bus to Wisdom,” by Ivan Doig • Fiction;

June 20: Discussion on books we are reading;

July 11: “Fountains of Silence,” by Ruta Sepetys • Historical Fiction;

July 18: Discussion on books we are reading.

Theater Workshop Production

Plan to laugh until you cry and be thoroughly entertained by the mini-theater production by members of the Center on May 9 in Activity Room 3. The one-act play is the sensational result of the Theater Workshop offered by the BA Community Playhouse in March. “The Committee Meeting,” written by Joellen Bland, is a one-act comedy featuring Center members Linda Amling, Keith Costigan, Nancy Blass, Suzan Ewton, Cathy Niemeyer and Sharon Barnett. Dana VanArdsdel is the stage manager. Two performances are planned, at 12:30 p.m. and 1:15 p.m.

At the Movies

Love is in the air! If you love a good romance movie, you won’t want to miss the award-winning films set for May. Movie presentations begin at noon in the Lounge.

Freshly made popcorn is always served!

Friday, May 13: “Dear John” starring Channing Tatum and Amanda Seyfried – rated PG-13

It was two weeks that would change their lives forever. Soon after John and Savannah fall madly on love, their relationship is put on hold – one leaving to complete his service and the other to finish her education. They pass the time by exchanging love letters. When war breaks out, their separation is extended indefinitely.

Friday, May 27: “The Wedding Planner” starring Matthew McConaughey and Jennifer Lopez – rated PG-13

In this romantic comedy, Mary Fiore is an ambitious and hardworking wedding planner, but, when she falls for a handsome doctor, her busy life is turned upside down. Her new love is the groom in the biggest wedding of her career.

Office Hours - Chris Crawford - Humana

Do you have questions regarding your health care coverage but feel like you don’t have a trusted person you can turn to? Beginning May 2 and every Monday, you will have the opportunity to talk with a trusted health care insurance expert at the Center. The Center’s ongoing partnership with Humana will offer “office hours” with Humana agent Chris Crawford.

Chris is passionate about his work and enjoys offering advice to Senior Center members. He will review any plan you currently have with any insurance provider to ensure you are getting the most out of their planned benefits.

Please look for Chris on Mondays in the Center from 9 a.m. to 1 p.m. Activity Room 1 will be available to talk with him one-on-one. Where will you find Chris? Check the domino room, the lounge, the lunchroom or the pool hall, and follow the laughter and conversation!



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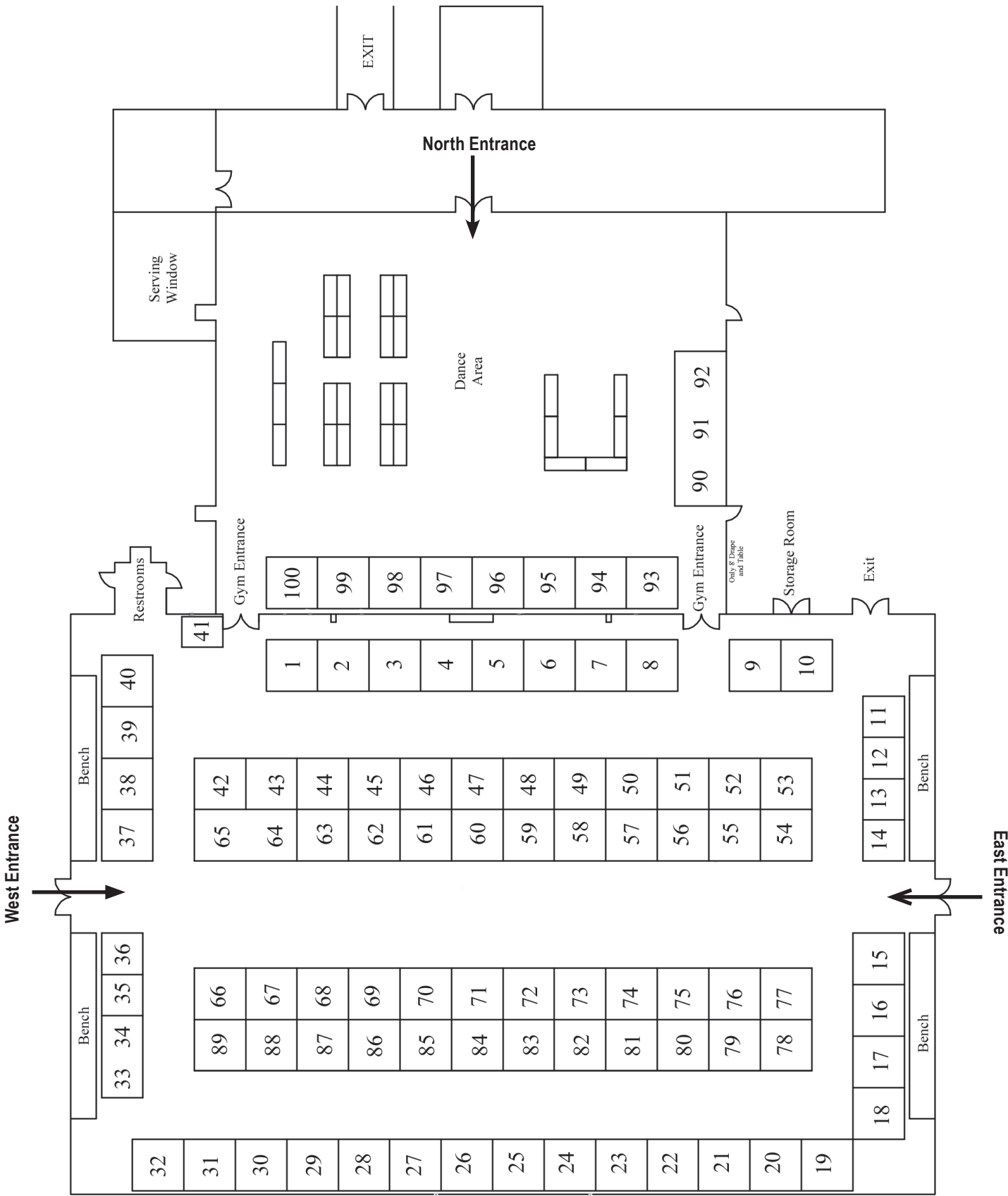
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Senior Resource & Health Fair - Friday, April 29 - 9 a.m. to 1:30 p.m.
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SENIOR FAIR

Golf Cart Shuttles –
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Additional parking will also be available near the tennis courts past the Community Center. Signage will direct you to the area. Golf cart shuttles will make a continuous 10-minute loop from this parking area to the Community Center. Pick up and drop off at the Central Park Community Center will be at the east entrance that faces Main Street.

Enjoy Lunch At
The Senior Fair

Have you ever had the pleasure of eating a Civitan burger basket? Hamburgers, cheeseburgers and more will be freshly prepared on the Civitan grill at the Senior Fair! Not only will you enjoy a tasty lunch, you will also be supporting this BA service organization. Our thanks to the BA Civitans for preparing the following Senior Fair lunch items:

Hamburger Basket or Cheeseburger Basket - \$8 (with lettuce, tomato, onion and pickle)

Pulled Pork Sandwich Basket - \$8

Baskets include chips and pop.

Complimentary water bottles generously provided by Terri Haggard and Mike Ross with **HealthMarkets**.

Fitness Class
Demonstrations



Have you always wanted to know more about the Center's fitness classes? Come and see what our activities are all about. Demonstrations of the following Senior Center fitness classes will be held in the small gym of the Central Park Community Center:

Strengthen & Tone -
9:30 a.m.-9:45 a.m.

Zumba Gold/Cardio Dance -
10 a.m.-10:15 a.m.

Limited Exercise -
10:30 a.m. to 10:45 a.m.



Line Dancing -
11:30 a.m. to 11:45 a.m.

Senior Center Exhibit

Are you inviting friends and family to the Senior Fair? Have you always wanted to share with someone what you know is the best senior activity center in the region? Along with having them pick up a Senior Fair program guide/newsletter, have them stop at the Senior Center booth located in the smaller gym.

Photos, activity descriptions and items will be available for them to discover all the benefits of membership.

Also available is the best testimonial of all – Senior Center member volunteers available to answer

(Continued on page 8)

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How Did I Miss All This Bad News?



Sleeping fewer than six hours a night in midlife raises your risk of dementia by 30%. This would have been good information to have 20 to 30 years ago.

Being more conscientious and extroverted can keep mild cognitive impairment at bay longer, while being more neurotic increases the chances of cognitive decline.

Why am I just now finding out about this?

Having high cholesterol and blood sugar in your 30s may raise your risk for Alzheimer's disease decades later in life. Seriously? Did I miss this life lesson, too? For every 15 points that your blood sugar goes up, your risk of Alzheimer's goes up by 14.5% later in life. And high cholesterol may not cause Alzheimer's, but it presses the fast-forward button on the disease pathology, according to researchers.

A balanced diet that includes lots of greens and vegetables has always been linked to heart health and other nutritional well-being. I think I've heard that before. But now there is increasing evidence that such a diet is also good for brain health.

Kale. Spinach. Lettuce. Nature's superfoods. Rich in vitamin E, folic acid, vitamin K and beta carotene. Now research suggests that some or all of these nutrients may play a role in protecting the brain against inflammation and damage.

My doctor explained it this way: You and Sherri are the same age. You have a plate of healthy fresh green salad every day, and your friend rarely eats salad. Your memory

and cognitive skills are likely to be stronger than Sherri's.

Here's the kicker. Research indicates that over the next five years – if all other habits continue – your friend's memory and cognitive ability will decline twice as fast as yours. What?

By the time you're both 75, a battery of exercises that test several types of memory could show that your mental age is typical of a 70-year-old's. Meanwhile, Sherri's performance on the same cognitive tests may look more like that of an 81-year-old.

Leafy greens are one part of a healthy diet consisting of healthy fats, grains and protein. We serve a nutritious meal each day, Monday through Friday, at 11:30 a.m. here at the BA Senior Center.

The Weekender

Each Friday older adults are welcome to share a meal. After lunch, members will play a game or participate in a group activity. Thanks to a new program through our partnership with Broken Arrow Neighbors, at 1 p.m., members can shop for groceries to stock their pantries and refrigerators for the weekend.

Gas costs more. Goods and services cost more. And groceries certainly cost more. This innovative and much-needed program makes an immediate impact in addressing food insecurity needs in our older adults.

One more piece of good news – this is the first season that shoppers at the Rose District Farmers Market can use the Supplemental Nutrition Assistance Program and Senior Farmers Market Nutrition Program to purchase fresh, locally grown fruits and vegetables.

A Closer Look

By Sean Simpson
Broken Arrow Senior Center
President/CEO

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SENIOR FAIR



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SENIOR FAIR

questions regarding our activities and programming.

Shredding

Did you know that older adults are at an increased risk of identity theft? More than 10 million people over the age of 50 became victims of identity theft in 2018 alone, accounting for more than 43% of total victims. One of the easiest prevention methods is to shred unwanted documents that contain your private information. ADS will provide free shredding at the Senior Fair from 9 a.m. to 11 a.m. Donations will be accepted. Take advantage of this opportunity to protect your identity.

Unused Medication Dropoff

About one-third of Americans



haven't cleaned out their old medicines in the past year. This adds up to about 200 million pounds of unused medication each year. Disposing of unused medications safely is critical to avoid harm to the environment and to other people. The preferred way to dispose of medicines is through prescription drug take-back programs. The BA Police Department will have an unused medication

drop off box on-site at the Senior Fair, at booth 11 on the northeast side of the main exhibit area.

Health Screenings

For a number of years, the BA Lions Club has played an important role in offering basic but important health screenings to attendees at the Senior Fair. The event provides the perfect opportunity for you to learn more about your general health. The following screenings will be provided by health care workers free of charge: visual acuity, hearing, glaucoma, blood pressure, diabetes and bone-density testing. The BA Lions Club screening booths are located in the small gym in booth spaces 90, 91 and 92.



"We are family!" Nutrition volunteers pose for a photo with the Quilting group to celebrate! Quilting generously handcrafted aprons for those who help to provide the nutrition program meal each day at the Center.



Susan Ewton, left, and Linda Amling are in character as Edith and Sue as they practice for "The Committee Meeting" production at the Center on May 9.



Keith Costigan looks over the script during practice. Costigan and others participated in the Theater Workshop offered by the BA Community Playhouse in March. The group will present a short production at the Center, "The Committee Meeting," on Monday, May 9 at 12:30 p.m. and 1:15 p.m. in Activity Room 3.



Peggy Harris embraces Alice Young at the conclusion of a Crafting class, with Alice's project pictured in front. "I love the Crafting group," noted Alice. "But the people are what makes it special."

AROUND THE CENTER



Pam Crutchfield and Joni Longmire, front, share their creative ideas while making bracelets in Jewelry Making, held the second and fourth Mondays in Activity Room 2. Donations of broken jewelry and jewelry making supplies will be gladly accepted in the Center office for this budding group.



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Sally Avila is delighted with the card she handcrafted in Creative Card Making.



Patty Coleman smiles as she works on a card in Creative Card Making, which is held each Thursday in Activity Room 1 from 10 a.m. to noon.



"Looking good, Art!" Art Fabrizio rarely misses Friday Fitness. He knows that remaining active is the key to a long, quality life. Friday Fitness is held from 9 a.m. to 10:15 a.m. each week in Centennial.



"Creativity is the brain's invisible muscle – that when used and exercised routinely – becomes better and stronger." Creativity with words is the focus of Creative Writing, held each Friday from 10 a.m. to noon in Activity Room 1. The "exercise" provided is quite obviously delightful and fun! Doris Jones, back, Julie Patrick, center and Della Appel, front.

AROUND THE CENTER



Terry Stewart, left, takes on Mark Tozzio during a game of chess as Carl Amling waits to play the winner. Chess is a new offering at the Center and is scheduled on Mondays, beginning at 12:30 p.m. in the Domino, Card and Game Room.

Calendar of Events

Tuesday, May 24

8:15-9 a.m. Strengthen & Tone

9 a.m.-noon Party Bridge

9 a.m.-noon Train Dominoes

9:15-10:15 a.m.....Soft Yoga

10-11 a.m. Beginning Guitar Lesson Workshop

10 a.m.-1 p.m. Scrapbooking

10:30-11:30 a.m. Limited Exercise

11:30-noon..... Lunch

11:45 a.m.-12:45 p.m..... Tai Chi For Better Balance

Noon-3 p.m. Canasta

1-2 p.m.Line Dancing With Michelle

1-3:30 p.m..... Painting

Wednesday, May 25

8:15-9 a.m.Zumba/Cardio Dance

9 a.m.-noon Needle Crafting

9:15-10:15 a.m..... Chair Yoga

10 a.m.-noon Ukulele Jam

10 a.m.-2 p.m. Quilting

11:30-noon..... Lunch

12:15-1:15 p.m.... **New**Exercise 101

More information on page 21

12:30-3 p.m.Chess

1-4 p.m. Mahjong

1:30-2:30 p.m.Line Dancing With Barb

2:45-3:30 p.m. Fundamentals Of Line Dancing

Thursday, May 26

8:15-9 a.m. Strengthen & Tone

9 a.m.-noon Train Dominoes

9:15-10:15 a.m..... Power Yoga

9:30-10:30 a.m. Guitar Jam

9:30-Noon Poker Tournament Practice

10 a.m.-Noon.....Creative Card Making



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10:30-11:30 a.m. Limited Exercise

11:30-noon..... Lunch

12:30-2:30 p.m. Crochet For The Community

12:30-3 p.m. Party Bridge

1-2 p.m.Line Dancing With Michelle

Friday, May 27

9-10:15 a.m. Friday Fitness

9:30-10:30 a.m.Singin Group

10 a.m.-noon Creative Writing

10 a.m.-12:30 p.m..... Individual Quilt Layout

11:30-noon..... Lunch

Noon-3 p.m.Canasta

Noon-to Conclusion..... Movie & Popcorn

“The Wedding Planner,” starring Matthew McConaughey and Jennifer Lopez, rated PG-13

12:15-1:15 p.m.... **New**Exercise 101

More information on page 21

Monday, May 30 - The Center will be closed in observance of Memorial Day

Tuesday, May 31

8:15-9 a.m. Strengthen & Tone

9 a.m.-noon Party Bridge

9 a.m.-noon Train Dominoes

9:15-10:15 a.m.....Soft Yoga

10-11 a.m. Beginning Guitar Lesson Workshop

10 a.m.-1 p.m. Scrapbooking

10:30-11:30 a.m. Limited Exercise

11:30-noon..... Lunch

11:45 a.m.-12:45 p.m..... Tai Chi For Better Balance

Noon-3 p.m. Canasta

1-2 p.m. Line Dancing With Michelle

1-3:30 p.m..... Painting



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Calendar of Events

Please note the following Center information.

Accommodations – If the activity you want to attend is held at the front of the building and handicap accommodation is needed, please contact the office to allow entry through the front of the building. Front parking accommodations are for those who have a handicap tag to hang in their car.

Entry – Members will enter through the west/back entry.

Name tags – All members will be required to wear their name tag while engaged in activities at the Center. Name tags are available in the office. You must wear one for identification purposes while in the building.

Center hours – All activities Monday through Thursday will end by 4 p.m. The last activity on Friday will end by 3 p.m.

Guests – Guests who are 55 or older and considering

membership are welcome. They are required to check in with the office so a guest form can be completed.

Perfumes and scents – Many members are highly sensitive to strong scents. Please refrain from using strongly scented perfumes, after-shaves and lotions while at the Center.

Lunch – Lunch is provided at the Center by the Tulsa & Creek County Senior Nutrition Program at 11:30 a.m. each day. Reservations are required and must be made the day before by 11 a.m. Please call 918-259-8377, extension 106. For those over 60, the suggested donation is \$2 per meal.

Transportation – Questions regarding transportation to and from the Center on the Center’s bus can be answered by calling the office at 918-259-8377.

Monday, May 2

8:15-9 a.m. Zumba/Cardio Dance

9:15-10:15 a.m..... Yin Yoga

9:30-11 a.m..... Bible Study

9:30 a.m.-noon..... Crafting

10-11 a.m. Circle Of Readers

10:30 a.m.-noonLine Dancing With Eugenia

11:30-noon.....Lunch

12:15-1:15 p.m.. Tai Chi For Better Balance With Vanessa

12:30-2:30 p.m. Card Game Of The Day

1:30-2:30 p.m. Line Dancing With Barb

2:45-3:30 p.m. Fundamentals Of Line Dancing

2:45-3:45 p.m.Tap Dancing

Tuesday, May 3

8:15-9 a.m.Strengthen & Tone

9 a.m.-noon Party Bridge

9 a.m.-noonTrain Dominoes

9:15-10:15 a.m..... Soft Yoga

10-11 a.m.Beginning Guitar Lesson Workshop

10 a.m.-1 p.m. Scrapbooking

10:15-11:45 a.m..... Improv

10:30-11:30 a.m.Limited Exercise

11:30-noon.....Lunch

11:45 a.m.-12:45 p.m..... Tai Chi For Better Balance

noon-3 p.m. Canasta

1-2 p.m. Line Dancing With Michelle

1-3:30 p.m..... Painting

Wednesday, May 4

8:15-9 a.m. Zumba/Cardio Dance

9 a.m.-noon Needle Crafting

9:15-10:15 a.m..... Chair Yoga

10 a.m.-noon Ukulele Jam

10 a.m.-2 p.m. Quilting

11:30-noon.....Lunch

12:15-1:15 p.m..... **New** Exercise 101

More information on page 21

12:30-3 p.m. Chess

1-4 p.m. Mahjong

1:30-2:30 p.m. Line Dancing with Barb

2:45-3:30 p.m. Fundamentals Of Line Dancing

(Continued on page 12)



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Calendar of Events

Thursday, May 5	
8:15-9 a.m.	Strengthen & Tone
9 a.m.-noon	Train Dominoes
9:15-10:15 a.m.	Power Yoga
9:30-10:30 a.m.	Guitar Jam
9:30-Noon	Poker Tournament Practice
10 a.m.-Noon	Creative Card Making
10:30-11:30 a.m.	Limited Exercise
11:30-noon	Lunch
12:30-2:30 p.m.	Crochet For The Community
12:30-3 p.m.	Party Bridge
1-2 p.m.	Line Dancing With Michelle

Friday, May 6	
9-10:15 a.m.	Friday Fitness
9:30-10:30 a.m.	Singing Group
10 a.m.-noon	Creative Writing
10 a.m.-noon	Alzheimer’s Support Group
10 a.m.-12:30 p.m.	Individual Quilt Layout
11:30-noon	Lunch
Noon-3 p.m.	Canasta
12:15-1:15 p.m.	<div>New</div> Exercise 101
More information on page 21	

Monday, May 9	
8:15-9 a.m.	Zumba/Cardio Dance
9:15-10:15 a.m.	Yin Yoga
9:30-11 a.m.	Bible Study
9:30 a.m.-noon	Crafting
10:30 a.m.-noon	Line Dancing With Eugenia
11:30-noon	Lunch
12:15-1:15 p.m.	Tai Chi For Better Balance With Vanessa
12:30-1 p.m.	Theater Workshop Play
More information on page 21	
12:30-2:30 p.m.	Card Game Of The Day
1-3 p.m.	Jewelry Making
1:15-1:45 p.m.	Theater Workshop Play
More information on page 21	
1:30-2:30 p.m.	Line Dancing With Barb
1:30-3 p.m.	Photography Group
2:45-3:30 p.m.	Fundamentals Of Line Dancing
2:45-3:45 p.m.	Tap Dancing

Tuesday, May 10	
8:15-9 a.m.	Strengthen & Tone
9 a.m.	Fitness Machine Training
9 a.m.-noon	Party Bridge
9 a.m.-noon	Train Dominoes

9:15-10:15 a.m.	Soft Yoga
10-11 a.m.	Beginning Guitar Lesson Workshop
10 a.m.-1 p.m.	Scrapbooking
10:30-11:30 a.m.	Limited Exercise
11:30-noon	Lunch
11:45 a.m.-12:45 p.m.	Tai Chi For Better Balance
Noon-3 p.m.	Canasta
1-2 p.m.	Line Dancing With Michelle
1-3:30 p.m.	Painting

Wednesday, May 11	
8:15-9 a.m.	Zumba/Cardio Dance
9 a.m.-noon	Needle Crafting
9:15-10:15 a.m.	Chair Yoga
10 a.m.-noon	Ukulele Jam
10 a.m.-2 p.m.	Quilting
11:30-noon	Lunch
12:15-1:15 p.m.	<div>New</div> Exercise 101
More information on page 21	
12:30-2:30 p.m.	Bunco
12:30-3 p.m.	Chess
1-4 p.m.	Mahjong
1:30-2:30 p.m.	Line Dancing With Barb
2:45-3:30 p.m.	Fundamentals Of Line Dancing

Thursday, May 12	
8:15-9 a.m.	Strengthen & Tone
9 a.m.-noon	Train Dominoes
9:15-10:15 a.m.	Power Yoga
9:30-10:30 a.m.	Guitar Jam
9:30-noon	Poker Tournament Practice
10 a.m.-noon	Creative Card Making
10:30-11:30 a.m.	Limited Exercise
11:30-noon	Lunch
12:30-2:30 p.m.	Crochet For The Community
12:30-3 p.m.	Party Bridge
1-2 p.m.	Line Dancing With Michelle

Friday, May 13	
9-10:15 a.m.	Friday Fitness
9:30-10:30 a.m.	Singing Group
10 a.m.-noon	Creative Writing
10 a.m.-12:30 p.m.	Individual Quilt Layout
11:30-noon	Lunch
Noon to Conclusion.	Movie & Popcorn
“Dear John,” starring Channing Tatum, rated PG-13	
12:15-1:15 p.m.	<div>New</div> Exercise 101
More information on page 21	
Noon-3 p.m.	Canasta

Calendar of Events

Monday, May 16	
8:15-9 a.m.	Zumba/Cardio Dance
9:15-10:15 a.m.	Yin Yoga
9:30-11 a.m.	Bible Study
9:30 a.m.-noon	Crafting
10-11 a.m.	Circle of Readers
10:30 a.m.-noon	Line Dancing With Eugenia
11:30-noon	Lunch
12:15-1:15 p.m.	Tai Chi For Better Balance With Vanessa
12:30-2:30 p.m.	Card Game Of The Day
1:30-2:30 p.m.	Line Dancing With Barb
2:45-3:30 p.m.	Fundamentals Of Line Dancing
2:45-3:45 p.m.	Tap Dancing

Tuesday, May 17	
8:15-9 a.m.	Strengthen & Tone
9 a.m.-noon	Party Bridge
9 a.m.-noon	Train Dominoes
9:15-10:15 a.m.	Soft Yoga
10-11 a.m.	Beginning Guitar Lesson Workshop
10 a.m.-1 p.m.	Scrapbooking
10:15-11:45 a.m.	Improv
10:30-11:30 a.m.	Limited Exercise
11:30-noon	Lunch
11:45 a.m.-12:45 p.m.	Tai Chi for Better Balance
Noon-3 p.m.	Canasta
1-2 p.m.	Line Dancing with Michelle
1-3:30 p.m.	Painting
3:30 p.m.-Conclusion.	Board of Directors

Wednesday, May 18	
8:15-9 a.m.	Zumba/Cardio Dance
9 a.m.-noon	Needle Crafting
9:15-10:15 a.m.	Chair Yoga
10 a.m.-noon	Ukulele Jam
10 a.m.-2 p.m.	Quilting
11:30-noon	Lunch
12:15-1:15 p.m.	<div>New</div> Exercise 101
More information on page 21	
12:30-3 p.m.	Chess
1-4 p.m.	Mahjong
1:30-2:30 p.m.	Line Dancing With Barb
2:45-3:30 p.m.	Fundamentals Of Line Dancing

Thursday, May 19	
8:15-9 a.m.	Strengthen & Tone
9 a.m.-Conclusion	Pool Tournament
9 a.m.-noon	Train Dominoes
9:15-10:15 a.m.	Power Yoga
9:30-10:30 a.m.	Guitar Jam
9:30-noon	Poker Tournament Practice
10 a.m.-noon	Creative Card Making
10:30-11:30 a.m.	Limited Exercise
11:30-noon	Lunch
12:30-2:30 p.m.	Crochet For The Community
12:30-3 p.m.	Party Bridge
1-2 p.m.	Line Dancing With Michelle

Friday, May 20	
9-10:15 a.m.	Friday Fitness
9:30-10:30 a.m.	Singing Group
10 a.m.-noon	Creative Writing
10 a.m.-12:30 p.m.	Individual Quilt Layout
10 a.m.-noon	Alzheimer’s Support Group
11:30-noon	Lunch
Noon-3 p.m.	Canasta
12:15-1:15 p.m.	<div>New</div> Exercise 101
More information on page 21	

Monday, May 23	
8:15-9 a.m.	Zumba/Cardio Dance
9:15-10:15 a.m.	Yin Yoga
9:30-11 a.m.	Bible Study
9:30 a.m.-noon	Crafting
10:30 a.m.-noon	Line Dancing With Eugenia
11:30-noon	Lunch
12:15-1:15 p.m.	Tai Chi For Better Balance With Vanessa
12:30-2:30 p.m.	Card Game Of The Day
1-3 p.m.	Jewelry Making
1:30-2:30 p.m.	Line Dancing With Barb
1:30-3 p.m.	Photography Group
2:45-3:30 p.m.	Fundamentals Of Line Dancing
2:45-3:45 p.m.	Tap Dancing

(Continued on page 14)