


Calendar of Events

Regularly Scheduled **MONDAY** Activities


CLASSES	TIME	BLDG	NOTES
Dominoes	8 a.m. - 12 p.m.	W	
Party Bridge	8 a.m. - 12 p.m.	E	
Cardio Exercise	8:15 a.m. - 9 a.m.	E	
Ping Pong/Pool for Fun	8 a.m. - 4 p.m.	W	
Shuffleboard	8 a.m. - 4 p.m.	W	
Yin Yoga	9:15 a.m.- 10:15 a.m.	E	
Crafting	9:30 a.m. - 12 p.m.	W	2nd & 4th Monday
Drum to Exercise	9: 15 a.m.- 10:15 a.m.	W	
Bible Study	9:30 a.m. - 11 a.m.	E	
Circle of Readers	10 a.m. - 11:30 a.m.	W	Aug 5th & 19th
Limited Exercise	10:30 a.m. - 11: 30 a.m.	W	
Line Dancing with Eugenia	10:30 a.m.—12 p.m.	E	Temporary class thru September
LUNCH	11:30 a.m. - 12 p.m.	W	
Canasta	12 p.m. - 4 p.m.	W	
Tai Chi for Better Balance - Vanessa	12:15 p.m. - 1:15 p.m.	E	
Pickleball Open Play	12:15 p.m. - 4 p.m.	W	
Intermediate Tap Dancing	1 p.m. - 2:30 p.m.	W	
Experienced Mahjong	1 p.m. - 4 p.m.	E	
Line Dancing with Barb	1:30 p.m. - 3 p.m.	E	Class Cancelled 8/26
Photography Group	1:30 p.m. - 3:30 p.m.	E	2nd & 4th Monday
Beginning Tap Dancing	2:45 a.m. - 3:30 p.m.	W	
Zumba	3:15 p.m. - 4 p.m.	E	

Monday Special Events

Medicare "Birthday Rule"	10 a.m.—11:00 a.m.	W	August 12th - Conference Room
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Member SIPC

Concerned about interest rates?
Come talk to a person.



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

MKT-5894P-A AECSPAD edwardjones.com

2024 AUGUST

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

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Calendar of Events

Regularly Scheduled **TUESDAY** Activities

CLASSES	TIME	BLDG	NOTES
Dominoes	8 a.m. - 12 p.m.	W	
Party Bridge	8 a.m. - 12 p.m.	E	
Strength & Tone	8:15 a.m.- 9 a.m.	E	
Ping Pong/Pool for Fun	8 a.m. - 4 p.m.	W	
Shuffleboard	8 a.m. - 4 p.m.	W	
Blues Guitar Jam	8:30 a.m. - 10 a.m.	E	**New Class**
Fitness Machine Orientation w/ PT	9 .m. - 10 a.m.	E	2nd Tuesday
Train Dominoes	9 a.m. - 12 p.m.	W	
Scrabble	9 a.m.—12 p.m.	W	
Soft Yoga	9:15- 10:15 a.m.	E	
Scrapbooking	9: 30 a.m.– 12 p.m.	W	
Limited Exercise	9:30 a.m. - 10:30 a.m.	W	
Guitar Lessons—Intermediate	10 a.m. - 11: 30 a.m.	E	
Limited Exercise	10:30 a.m.-11:30 a.m.	W	
LUNCH	11:30 a.m. - 12 p.m.	W	
Tai Chi for Balance with Julie	11:45 a.m.-12:45 p.m.	E	
Canasta	12 p.m. - 4 p.m.	W	
Chess	12 p.m. - 4 p.m.	E	
Line Dancing with Michelle	1 p.m. - 2 p.m.	E	
Beginning Guitar Lessons	1 p.m. - 2 p.m.	W	
Painting	1 p.m. - 3:30 p.m.	W	
Beginner Pickleball Play	12:30 p.m. - 2 p.m.	W	
Pickleball Open Play	2 p.m.- 4 p.m.	W	
Clogging Class	2:15 p.m. - 3:30 p.m.	E	Cancelled 8/20 & 8/27

Tuesday Special Events

Domino Tournament	9 a.m.	W	2nd Tuesday
Parkinson's Exercise	10:30 a.m.—11:30 a.m.	E	Invitation Only
Medicare "Birthday Rule"	1 p.m.—2 p.m.	E	August 20th - Presentation Room
Board of Directors	3:30 p.m.	E	3rd Tuesday
Sizzlin' Summer Send Off	4 p.m.—6:30 p.m.	E	August 27th



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Calendar of Events

Regularly Scheduled **WEDNESDAY** Activities

CLASSES	TIME	BLDG	NOTES
Dominoes	8 a.m. - 12 p.m.	W	
Ping Pong/Pool for Fun	8 a.m. - 4 p.m.	W	
Shuffleboard	8 a.m. - 4 p.m.	W	
Cardio Exercise	8:15 a.m. - 9 a.m.	E	
Core Strength Yoga	8:15 a.m. - 9 a.m.	W	
S.E.A.T.	9 a.m. - 10 a.m.	E	
Needle Crafting	9 a.m. - 11:30 a.m.	W	
Chair Yoga	9:15 a.m. - 10:15 a.m.	W	
Beginning Ukelele	9:30 a.m. - 10 a.m.	E	
Blood Pressure Checks	10 a.m. - 11 a.m.	W	
Line Dancing with Eugenia	10 a.m. - 11:30 a.m.	E	
The Sound of Broken Arrow—Choir	10 a.m. - 11:30 a.m.	W	
Abstract Painting	10 a.m. - 12 p.m.	W	
Ukulele Jam	10 a.m. - 12 p.m.	E	
Quilting	10 a.m. - 3 p.m.	W	
Limited Exercise	10:30 a.m. - 11:30 a.m.	W	
LUNCH	11:30 a.m. - 12 p.m.	W	
Exercise 101	12:15 p.m. - 1:15 p.m.	W	
At the Movies	12:30 - Conclusion	W	2nd & 4th Wednesday
Bunco	12:30 p.m. - 2:30 p.m.	W	2nd Wednesday
Bingo	1 p.m. - 2:30 p.m.	W	1st Wednesday
Drawing Class	1 p.m. - 3 p.m.	W	
Experienced Mahjong	1 p.m. - 4 p.m.	E	
Line Dancing with Barb	1:30 p.m. - 3 p.m.	E	
Pickleball Open Play	1:30 p.m. - 4 p.m.	W	
Zumba	3:15 p.m. - 4 p.m.	E	

Wednesday Special Events

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Mike Ward

512 W. Atlanta St., Suite F
Broken Arrow, OK 74012
1 Blk. S. & 1 Blk. E. of 91st & Elm

(918) 258-6612 Office

(918) 625-1783 Cell

mike@mikeward-insurance.com

2024 AUGUST

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	
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Calendar of Events

Regularly Scheduled THURSDAY Activities

CLASSES	TIME	BLDG	NOTES
Dominoes	8 a.m. - 12 p.m.	W	
Ping Pong/Pool for Fun	8 a.m. - 4 p.m.	W	
Shuffleboard	8 a.m.- 4 p.m	W	
Strength & Tone	8:15 a.m. - 9 a.m.	E	
Train Dominoes	9 a.m. - 12 p.m.	W	
Power Yoga	9:15 a.m. - 10:15 a.m.	E	
Limited Exercise	9:30 a.m. - 10:15 a.m.	W	
Creative Card Making	9: 30 a.m. – 11 a.m.	W	
Guitar Jam	9:30 a.m. - 11:30 a.m.	E	
Play Money Poker	9:30 a.m. - 12 p.m.	W	
Grief Healing Group	10 a.m. - 11:30 a.m.	E	3rd Thursday
Limited Exercise	10:30 a.m. - 11:30 a.m.	W	
LUNCH	11:30 a.m. - 12 p.m.	W	
Party Bridge	11:45 a.m. – 3 p.m.	E	
Drum to Exercise	12:15 p.m.- 1 p.m.	W	
Creative Card Making	12:30 p.m. - 3 p.m.	W	
Happy Hookers—Crochet	12:30 p.m.– 2 :30 p.m.	W	
Card Game of the Day	1 p.m. - 4 p.m.	W	
Fundamental of Line Dancing—Michelle	1 p.m. - 2:30 p.m.	E	
Pickleball Open Play	1:15 p.m. - 4 p.m.	W	
Cardio Drumming	3 p.m. - 4 p.m.	E	

Thursday Special Events

Pool Tournament	9 a.m. - Conclusion	W	3rd Thursday
Poker Tournament	9:30 a.m. - 12 p.m.	W	3rd Thursday
Parkinson's Exercise	10:30 a.m.—11:30 a.m.	E	Invitation Only
Membership Advisory Committee	4 p.m.	E	1st Thursday

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Calendar of Events

Regularly Scheduled **FRIDAY** Activities

CLASSES	TIME	BLDG	NOTES
Dominoes	8 a.m. - 12 p.m.	W	
Ping Pong/Pool for Fun	8 a.m. - 4 p.m.	W	
Cardio Drumming	8:15 a.m. - 9 a.m.	E	
Fitness Machine Orientation w/Danny	9 a.m. - 10 a.m.	E	4th Friday
Friday Fitness	9:15 a.m. - 10:15 a.m.	E	
S.E.A.T.	*9:15 a.m.- 10:15 a.m.	W	
Singing Group	9:30 a.m. - 10:30 a.m.	W	
Alzheimers Support Group	10 a.m. - 12 p.m.	E	1st and 3rd Friday
Creative Writing	10 a.m.- 12:30 p.m.	W	
Quilting	10 a.m.- 2 p.m.	W	
Limited Exercise	10:30 a.m. - 11:30 a.m .	W	
Line Dancing with Eugenia	10:30 a.m. - 12 p.m.	E	
Shuffleboard	10:30 a.m. - 4 p.m.	W	
LUNCH	11:30 a.m.-12 p.m.	W	
Canasta	12 p.m. - 4 p.m.	W	
Exercise 101	12:15 p.m. - 1:15 p.m.	W	
Cornhole	12:30 p.m. - 2:30 p.m.	E	
Bingo	1 p.m. - 2:30 p.m.	W	1st, 2nd, 4th, 5th Friday
Singo	1 p.m.- 2:30 p.m.	W	3rd Friday
Parkinson's Support Group	1 p.m. - 2:30 p.m.	E	4th Friday
Pickleball Open Play	1:30 p.m. - 4 p.m.	W	
Zumba	3:15 p.m. - 4 p.m.	E	

Friday Special Events

Main Street Players Skit Performance	9:30 a.m. & 10:30 a.m.	W	August 9th
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Jan Collins

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