Broken Arrow Seniors
Physically active. Socially engaged.

1800 South Main St.
Broken Arrow, OK

LIVE UNITED
United Way
Tulsa Area United Way
Partner Agency

Board of Directors

Chair . . . . . Johnnie Parks
Treasurer/Chair-elect . . . . . Yvette Martinez
Secretary . . . . . Michayne Morris
Immediate Past Chair . . . . . Lisa Ford

Directors

Makala Barton
Kimberly Crenshaw
Melissa Cruts
Brittany Littleton
Laura Voss-Phillips
Jackie Pizarro
Phil Scott
Walter Still

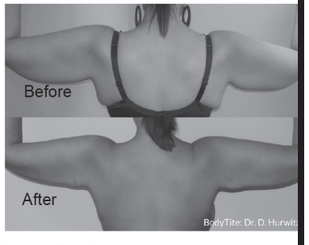
Return service requested

PRESORT STD
US POSTAGE
PAID
BROKEN ARROW,
OK 74012
PERMIT NO. 4

One Procedure.
Significant, Long-Lasting Results.

FACEtite by INMODE

BODYtite by INMODE



Safe, gentle, effective minimally invasive procedures for the face & neck and body contouring

Dr. Lee Bottem
LASER & SKIN CLINIC/ FACIAL PLASTICS
Functional & Cosmetic Surgery

4700 W. URBANA ST - BROKEN ARROW, OK
CALL US FOR AN APPOINTMENT TODAY! 918.290.2300

FACEtite by INMODE
A new procedure that is comparable to a surgical facelift, without the large scars.

BODYtite by INMODE
A great solution for individuals who are looking to reduce fat without the saggy wrinkly skin.

Silver Notes

The official newsletter of Broken Arrow Seniors, Inc. December 2021 • Vol. 31, No. 12

Broken Arrow Seniors
Physically active. Socially engaged.

Broken Arrow Senior Center

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

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

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

Annual Membership
Broken Arrow residents • $30
Non-residents • $40
Discover, MasterCard, VISA and American Express are accepted for payment.

President/CEO
Sean Simpson

Member Services Manager
Ami Bucher

Volunteer and Special Events Coordinator
Amanda O'Brien

Office Coordinator
Bonnie Stout

Transportation Coordinator
Donald Stockton

An invitation to

"Jingle And Mingle"

at the Center's holiday event!
Friday, Dec. 10
11:30 a.m. to 1:30 p.m.
Centennial

Come and enjoy a cookie or two, visit with friends, listen to some holiday music and win a door prize.

Individual and Center group photos will be available by the tree.

Enjoy the Center activity displays on exhibit during the event. Come and celebrate the season and the community we share at the BA Senior Center!

Sponsored by:

ArchWell HEALTH™

Aspen
HEALTH & REHAB

We Offer

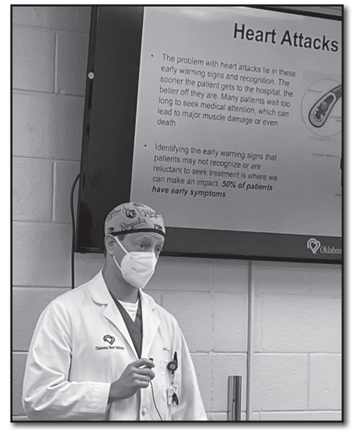
Rehabilitation
Respite
Long-Term Services
Physical Therapy
Occupational Therapy
Speech Therapy

Call us today to see how we can make a difference!

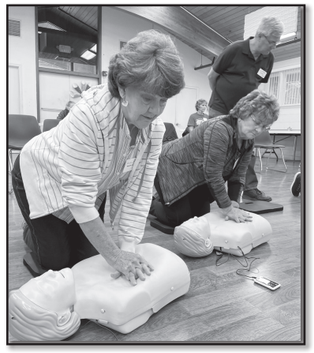
1251 W. HOUSTON STREET • BROKEN ARROW, OK 74012
539.367.4500 • 539.367.4510 (F) • WWW.ASPENHEALTHREHAB.COM

Bustin' a move! Fundamentals of Line Dancing class has given members the chance to learn the basics and brush up on their line dancing skills. The class will return in January on Mondays and Wednesdays because of its popularity.

Dr. Stanley K. Zimmerman of the Oklahoma Heart Institute and Hillcrest Hospital South provided insight to members about early heart attack care during a November presentation. Members learned the facts about the early signs of heart attack and what actions to take to save a life.



AROUND THE CENTER



Gary Moore waits for his turn to learn how to perform "hands-only" CPR as Wanetta Layton and Pat Gillespie practice. These members and others took advantage of learning how to perform this life-saving technique at the Center. The training was conducted by the Broken Arrow Fire Department and Hillcrest Hospital South.

Members are taking advantage of learning from the experts when it comes to reviewing their Medicare coverage. Trusted health insurance representatives have been at the Center throughout October and November on Thursdays from 1 p.m. to 3:30 p.m. in Heritage Hall.

Crafting class handcrafted shadow boxes during one class in November. Eddy Haley's shadow box is charming and unique! It may be a gift for someone special. Crafting is held every Monday from 10 a.m. to noon in Activity Room 2.

Do you want to improve your balance and core strength? Do you want to find an activity that brings you happiness? Check out the Center's Line Dancing class with Michelle or any of the Center's line dancing classes, held Mondays at 10:30 a.m. and 1:30 p.m., Tuesdays at 1 p.m., Wednesdays at 1:30 p.m. and Thursdays at 1 p.m.

There's so much to LOVE about Broken Arrow's BEST SENIOR COMMUNITY!

Discover the vibrant lifestyle, heartfelt care, & peace of mind that Green Country families trust and embrace for their loved ones.

PRAIRIE HOUSE
ASSISTED LIVING AND MEMORY CARE
In collaboration with St. John Broken Arrow

(918) 249-8000
PrairieHouseSeniorLiving.com
2450 North Stone Ridge Drive
Broken Arrow, OK 74012

A New Holiday Tradition *(Continued from page 21)*

can even incite lawsuits between heirs who want to fight over an estate.

Offer to help - If your family is intimidated by the thought of meeting an attorney, offer to introduce them to yours and to help them get their information organized.

A family that plans well to take care of each other is truly something to be grateful for. This holiday season, I hope you create lasting memories through holiday traditions and a lasting legacy through an estate plan.

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. 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.org.

Donna Grady
5128 S. 95th E. Ave. Ste B
Tulsa, OK 74145

Annual Open Enrollment Period:
October 15 - December 7

Life offers you many choices. Let me help you choose the right Medicare plan.

Grady Insurance Agency

Call or email me for an appointment.
918-691-6979 or dgrady97@gmail.com

Licensed Agent for:
• Oklahoma Blue Cross Blue Shield
• Aetna/SilverScripts • CommunityCare
• GlobalHealth/Generations Healthcare
• AARP/UnitedHealthcare • Humana
• Mutual of Omaha

"Have Yourself a Merry Little Christmas"

Ken & Jan Collins

YOUNG LIVING™
ESSENTIAL OILS
Independent Distributor

blessed2binhealth@gmail.com • 918-694-7232

Empathy. Community. Jingle. Mingle. Joy.

A Closer Look
By Sean Simpson
Broken Arrow Senior Center President/CEO

People are experiencing stress in nearly every aspect of their lives. It is affecting their happiness, sleep, relationships, mood, holiday visitation schedule and emotions. Now, I'm not a doctor, but I think we could all use a prescription for 20 milligrams of empathy.

Empathy is an emotional link between yourself and others. It is feeling "with" someone. Empathy is how we understand what others are experiencing as if we were actually feeling it ourselves.

When was the last time you consciously chose to focus on a conversation with someone? Observe. Listen. Share. Relate. Do you personally consider other people's feelings when you see and talk with them? Do you listen and ask questions when people are facing adversity or challenges? Do you let people know that you care and that it is OK to not be OK?

According to a 2021 global study by the market research firm Qualtrics, 42% of people have experienced a decline in mental health. Specifically, 67% of people are experiencing increases in stress while 57% have increased anxiety and 54% are emotionally exhausted. More than half – 53% – of people are sad, 50% are irritable, 28% are having trouble concentrating, 20% are taking longer to finish tasks, 15% are having trouble thinking and 12% are challenged to juggle their responsibilities.

I added that up and I'm sitting at 378%. At least I was until Ami told me that I can't just add everything together to prove I'm stressed.

Fine. I'm stressed. OK. And I'm anxious. Sure. And my wife will tell you that I have trouble thinking: She says, "Sean, what were you thinking?" a lot. I'll admit it – I need help from time to time.

Do you want to pay it forward? You can help out with a project championed by our partners at BA Neighbors, who have supported and supplemented our senior nutrition program. Please consider making a difference in someone's life by supporting their "Joy For Your Neighbors" initiative.

We are asking you, as a family, a line dance class, a business or a community, to sponsor a family this holiday season.

Families with children ages 15 and under have registered with BA Neighbors, which has compiled each child's "Want, Need and Read"– something that they want (a toy), something they need (a coat) and something they would like to read (every child needs a book to call their own).

You can sponsor a family by contacting BA Neighbors at 918-251-7781 or emailing Holidays@baneighbors.org. All gifts purchased for families must be brought unwrapped to BA Neighbors by Friday, Dec. 10.

All About The Community

Community is everything: Just ask ArchWell Health, the sponsor for the BA Seniors Jingle And Mingle event on Dec. 10. ArchWell is a new addition to our community that shares the same commitment to improving lives as BA Seniors, BA Neighbors, A New Leaf and the other social service organizations in Broken Arrow.

ArchWell's mission is to help older adults lead healthier, happier lives through superior, holistic primary care. They vow to improve lives through a focus on wellness and community.

We hope you come join your BA Seniors family and your friends Dec. 10. Take a holiday photo, win a door prize, eat a cookie – or three – wear your ugly holiday sweater, crochet your own ugly holiday sweater, knit your own ugly holiday sweater – someone please take the hint and make me a showstopper – come and join us in fellowship and celebrate community!

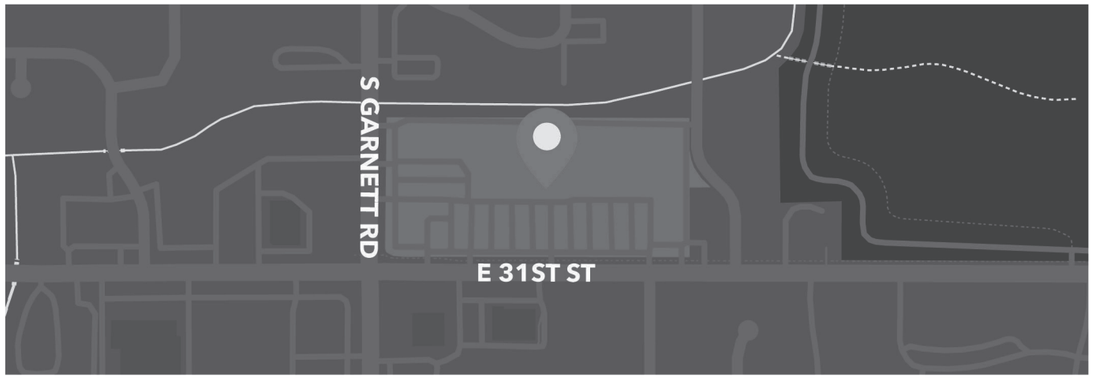
Brings Your Gifts To The Jingle And Mingle

We are making it even easier for you to make an impact in your community by supporting the "Joy For Your Neighbors" initiative.

When you attend the Holiday Jingle And Mingle on Dec. 10, you can bring your gifts to the celebration. BA Neighbors will be on hand to welcome you and to say thank you.

OAK STREET HEALTH | Doctors for Adults on Medicare

Now Accepting Patients



Oak Street Health - Garnett Plaza
11511 E. 31st Street
Tulsa, OK 74146-1908

Call us today to learn more
(918) 739-6375

The Oak Street Health Difference

- Choice of in-person, phone or video visits
- Help navigating Medicare benefits
- 24/7 support line for around-the-clock care
- Preventative care plans to meet your health goals
- Rides to and from center appointments*
- Connections to trusted insurance agents

*Transportation available to and from Oak Street Health appointments for eligible individuals

A New Holiday Tradition: Planning For The Future

As you gather with your family this holiday season, consider adding something new to your holiday traditions: a family check-in regarding your respective estate plans. I am not suggesting you ask Grandma about her end-of-life choices at the dinner table, but, after the food coma wears off, you may want to share your plan in case you unexpectedly fall into an actual coma.

One thing we all should have learned since the onset of the pandemic is that everyone is at risk of unexpected death or incapacitation. This includes your college-age nephew who needs to appoint someone to make financial or health care decisions if he can't make his own, your daughter with young children who needs to appoint a backup guardian, your sister who donates regularly to her favorite charity, your uncle who considers his dogs to be his children and your parents who need to plan for long-term care. There are estate planning tools that benefit all of them.

Gather your family together somewhere comfortable and start a conversation about why estate planning is essential. Here are some tips to help make the conversation as successful as your secret holiday dessert:

Give the best advice at the table - An easy segue into the conversation is to discuss your own estate plan. No one should be expected to disclose their heirs, but you can pass along the wise advice that estate plans should be reviewed at least every five years and always after a major life event such as marriage, divorce, significant medical diagnosis, birth, death or moving out of state. And you can share what motivated you to do your own plan, what your experience was like and the peace of mind you now have.

Explain why estate planning is important for everyone - It is not true that estate planning is only for the wealthy. Estate plans are customized to meet each individual's needs and goals and can be very simple or very complex, depending on where you are or what you want in life. The benefits of estate planning include making sure your wishes are honored, avoiding court intervention, promoting family harmony, maintaining privacy, protecting assets, mitigating taxes, nominating decision makers and caregivers of your choice and so on.

Estate planning helps everyone in the family - Estate planning is an opportunity to minimize the eventual burden on other family members and maximize the transfer of generational wealth. It is a lot of work to figure out what to do with someone's stuff, how to access important accounts and to go through guardianship or probate court. Seniors who fail to plan for long-term care can quickly go through their savings paying for nursing home care and then be forced to rely on family to bridge the gap between the cost of care and government benefits. Failing to plan can create chaos at a time that is already challenging for family and *(Continued on page 22)*

Helping Families and Businesses Thrive

WE PROVIDE EXPERT LEGAL SOLUTIONS FOR FAMILIES AND BUSINESS OWNERS PLANNING FOR SUCCESSFUL FUTURES.

WE'RE PROUD TO BE A NEW SIGNATURE PARTNER OF BA SENIORS! WE ARE COMMITTED TO HELPING SENIORS ENSURE THEIR WISHES AND ASSETS ARE HONORED AND PROTECTED IN THEIR GOLDEN YEARS.

Littleton Legal PLLC

2604 W. Kenosha, Suite 100
www.littletonlegal.com
(918) 608-1836

Add to the Quality Of Your Life

Continued From Page 18

If your photos are gathering dust in shoe boxes and you would like to create a keepsake for years to come, the Center's scrapbooking group will be for you! Many of the materials needed to scrapbook are already available at the Center.

Needle Crafting - Wednesdays -
9 a.m. to noon - Activity Room 1

Handcrafting items with any kind of needle will be the focus of the Needle Crafting group at the Center. If you knit, crochet, cross stitch, hand sew, needlepoint or create jewelry with a needle and beads, you can enjoy the time with others who share your creative passion. Laughter, conversation and oftentimes small group therapy will all be a part of the creative, social mix!

Movie & Popcorn - 2nd and 4th Fridays -
noon until conclusion

Love a good movie? Movies are most enjoyable when we watch our favorites with other people while laughing and even crying. Let us know specific movies and the types of movies you would enjoy by providing that information by the events bulletin board at the top of the ramp. If you own a movie you would like to share with the Center, let us know. Look for movies that will be shown each month in the newsletter.

Fitness Machine Training - 2nd Tuesdays -
9 a.m. - Fitness Room

Do you need to be more active? Does the equipment in the Center's fitness room intimidate you? Have you had medical treatment like a knee or hip replacement and were told to exercise for the best outcome? Cathey Bowling, physical therapist with Summit Physical Therapy, will be available to provide guidance on how to best use the equipment in the Center's Fitness Room based on your individual needs. Learn how to use each piece of equipment and make adjustments to remain active all year long!

Add To The Quality Of Your Life At The
Broken Arrow Senior Center

The BA Senior Center is the model in the region for promoting healthy social, emotional and physical engagements for adults 55 and older through programmed activities and social opportunities. This is the Center's mission statement. Without a doubt, we offer the largest number of and most diverse activities for older adults in the area. After emerging from a global pandemic, our members have benefited from the return of the Center's activities and programming. New members, who are being welcomed each day, are discovering all that the Center offers, and past members have returned as well, everyone settling once again into their comfort zone of classes.

Do you know the details of all the Center offers? The following is a review of the Center's monthly programming. If you take part in activities already, you may discover one or more that encourage you to step out of your comfort zone and try something new. If you haven't yet returned to the Center, you may find an activity, old or new, that piques your interest. The Center is the best place, after all, to take a chance and be more active, learn a new skill, enjoy social time with other older adults and discover ways to add to the quality of your life.

Fitness Classes

Strengthen & Tone - Tuesdays and Thursdays -
8:15 a.m. to 9 a.m. - Centennial

Designed specifically for seniors, Strengthen & Tone helps both men and women gain physical strength, improve balance and tone muscles. Light weights may be used to up your game. Optional mat work at the conclusion offers core strength training. Exercise modifications are provided. All are welcome, regardless of your level of flexibility. Bonus – feeling physically strong also promotes mental and emotional health. Linn Turner, the Strengthen & Tone leader, is a certified active aging instructor.

Strengthen & Tone

Zumba/Cardio Dance - Mondays and Wednesdays -
8:15 a.m. to 9 a.m. - Centennial

Zumba/Cardio Dance offers easy-to-follow choreography that focuses on balance, range of motion and coordination with dance moves. You will also strengthen those important abdominal/core muscles through balance stabilization exercises. It's a great way for men and women to improve cardiovascular fitness and maintain blood pressure levels. You'll also burn calories while having fun. There are several level options for beginners and more agile dancers. All are welcome, regardless of your activity level.

Friday Fitness - Fridays - 9 a.m. to 10:15 a.m. - Centennial

The Friday Fitness class provides guided body strengthening for your entire body, from your hands to your toes. The class starts with a warm-up focusing on slow, intentional movements. Hand weights, balls and body weight resistance are used to strengthen the upper and lower body. Lean muscle mass naturally decreases with age and is replaced by fat. Even light weight training can help you reverse the trend – at any age.

Friday Fitness

Tai Chi for Better Balance - Mondays - 12:15 p.m. to 1:15 p.m. and Tuesdays - 11:45 a.m. to 12:45 p.m. - Centennial

Tai Chi is a series of gentle physical exercises and stretches. Each posture

(Continued on page 6)

Add To The Quality Of Your Life

Continued From Page 5

flows into the next without pause, ensuring that your body is in constant motion. Tai Chi helps improve balance because it targets all the physical components needed to stay upright – leg strength, flexibility, range of motion and reflexes – all of which tend to decline with age. Tai Chi is sometimes described as meditation in motion because it promotes serenity through gentle movements, connecting the mind and body.

Chair Yoga - Wednesdays - 9:15 a.m. to 10:15 a.m. - Centennial

Chair Yoga is practiced sitting in a chair or standing, using a chair for support. It is especially beneficial if you have limited mobility. Yoga is an excellent way for older adults to loosen and stretch painful muscles, reduce stress and improve circulation. It also reduces anxiety, helps lower blood pressure, protects joints and builds strength and balance. The main benefits of Chair Yoga for seniors

Chair Yoga

include improved flexibility, better concentration, increased strength and reduced joint strain. Chair Yoga is led by Tiffany Tran, a certified yoga instructor.

Yin Yoga - Mondays - 9:15 a.m. to 10:15 a.m. - Centennial

Yin Yoga targets your deep connective tissues, like your fascia, ligaments, joints and bones. The pace is slow and meditative, giving you space to turn inward and tune into both your mind and body. Yin Yoga helps you stretch and lengthen those rarely-used tissues by holding yoga poses and teaching you how to breathe through discomfort and sit with your thoughts. The benefits of Yin Yoga are that it calms and balances the mind and body, reduces stress and anxiety, increases circulation and improves flexibility and joint mobility. Yin Yoga is led by Tiffany Tran, a certified yoga instructor.

Soft Yoga - Tuesdays - 9:15 a.m. to 10:15 a.m. - Centennial

Soft Yoga is a style of yoga that is far less strenuous than other forms. It is especially helpful for seniors who are simply looking for a more relaxed workout. This practice also can be beneficial to those who already are quite fit but who lack the overall flexibility to be able to do some of the more intense yoga poses. Soft Yoga is also a good place to start if you are interested in exploring yoga as a form of exercise. Soft Yoga is led by Tiffany Tran, a certified yoga instructor.

Power Yoga - Thursdays - 9:15 a.m. to 10:15 a.m. - Centennial

Power Yoga is a fitness-based yoga practice which offers you ultimate fitness benefits, including increasing overall energy, building up stamina, strength and flexibility, mental calmness and stress relief. The maximum emphasis of Power Yoga is on strength-building, muscle-building and weight loss. Power Yoga is a great way to keep fit and active. It can keep you essentially fit – both physically and mentally. The Center's Power Yoga class is designed specifically for seniors and is led by Tiffany Tran, a certified yoga instructor.

Line Dancing with Eugenia - Mondays - 10:30 a.m. to noon - Centennial

Line Dancing with Michelle - Tuesdays - 1 p.m. to 2 p.m. - Centennial

Line Dancing with Barb - Mondays and Wednesdays - 1:30 p.m. to 2:30 p.m. - Centennial

There are multiple opportunities to boogie to the beat in the Center's Line Dancing classes. Seniors who line dance enjoy benefits to their physical and mental health as well as their emotional health and general well-being. Research shows that line dancing improves cardiovascular function, bone strength and brain function. Line Dancing also fosters the happiness that results from the social connection of friendships made while line dancing and the increase in self-confidence from gaining mastery over dancing.

(*Continued on page 7*)

Marshall K. Dyer, Attorney

32 Years in Broken Arrow

• Will and Trusts • Criminal

• Real Estate • Family & Domestic

• Estate Planning & Probate

Free Initial Consultation

www.okla-law.info

(918) 258-2711

Major Credit Cards Accepted

Proudly assisting Senior Center members for more than 5 Years

SENIOR CARE **ONLY BETTER**

Senior Helpers offers personalized in-home care solutions that truly set us apart, like our Senior Gems® program. We focus on what your loved one can do instead of what they cannot do.

Take a step in a positive direction by contacting us today.

SENIOR Helpers®

Care and comfort at a moment's notice.

918.574.2273 | seniorhelpers.com/tulsa

All rights reserved. Senior Helpers locations are independently owned and operated. ©2018 SH Franchising, LLC.

(918) 258-9623 | www.hayhurstfuneralhome.com

For over 31 years Hayhurst Funeral Home has stood by our motto

"A helping hand in a time of need"

Families have come to call on Hayhurst Funeral Home for their professional, caring and compassionate manner in handling every detail.

Line Dancing

BUNCO - 2nd Wednesday - 12:30 p.m. to 2:30 p.m. - Activity Room 3

Lively and fun, BUNCO requires all luck, no skill and is very easy to learn. Players roll five dice, keeping track of the number of ones, twos, threes and so on that are rolled progressively. What is a BUNCO? A BUNCO occurs when a player rolls and the end result is the same number of all five die. A few more rules apply, but the game is easy enough to learn and still enjoy laughter and conversation.

New Activities in January

Fundamentals of Line Dancing - Mondays and Wednesdays - 2:45 p.m. to 3:30 p.m. - Centennial

Back by popular demand, this class will now be an ongoing offering! Learn the basic steps involved in line dancing and develop the confidence to join the Center's line dancing classes and "cut a rug" at the next event you attend! Line dancing is a great exercise for your body and your brain, combining choreographed dances while repeating a series of steps that are performed in unison.

Tap Dancing - Mondays - 2:30 p.m. to 3:30 p.m. - Activity Room 3

Tap class is back! The Center's tap dancing class will provide basic instruction on the primary steps with the concept of learning a choreographed dance. Intermediate/experienced dancers will be welcomed for instruction, too. Dust off your tap shoes! Don't have tap shoes? Newbies to tap are encouraged to attend to see if tap dancing is for you. Tap shoes can come later. Tap is a full body workout that improves balance and posture and exercises the mind. Questions about tap? Contact Connie Strimple at okcsd@aol.com.

Scrapbooking - 2nd & 4th Tuesday - 10 a.m. to 1 p.m. - Activity Room 1

Scrapbooking is all about creating memories and lifelines for your family to hold onto for generations. It is about telling a story – your story with photos and mementos. This unique crafting class will be for those who want to learn how to scrapbook and for those who enjoy scrapbooking already and love to share creativity with others. (*Continued on page 20)*

Horseshoes - Mondays through Thursdays - 8 a.m. to 4 p.m. and Fridays - 8 a.m. to 3 p.m. - Outside

Test your throwing skill at the Center's newly installed horseshoe pits located outside on the west side of the building! Playing horseshoes offers both physical and mental benefits without being taxing on the body. Toss down a challenge, breathe the fresh air, enjoy time and conversation with others by tossing a few shoes! Who is the best horseshoe player at the Center? We would love to start a horseshoe league! Grab a friend and start practicing or practice on your own to hone those horseshoe skills. Horseshoes are available to check out in the office.

Limited Exercise - Tuesdays and Thursdays - 10:30 a.m. to 11:30 a.m. - Centennial

Limited Exercise

Don't let the word "Limited" next to the word "Exercise" mislead you! "Limited" may help describe the method, but it does not describe the number of benefits received by members who attend this popular class. The purpose of Limited Exercise is all about range of motion and mobility: gaining it and keeping it. Maintaining a sense of balance is also critical for longevity because it helps prevent falls and injury. The majority of the class is led while seated or using a chair to maintain balance.

Building Knowledge

Creative Writing - Fridays -10 a.m. to noon - Activity Room 1

Creative Writing is for people who aspire to enhance their writing abilities and help others become better and more adventurous writers. Members try to stretch their imaginations with the anecdotes and stories they write. It is a safe environment where members encourage each other to be creative writers. Members suggest topics and decide on one to write about to present the following week. The group also writes impromptu pieces to share with the group.

Circle of Readers - 1st and 3rd Mondays - 10 a.m. to 11 a.m. - Conference Room

Circle of Readers

Circle of Readers is for anyone who loves a good book and enjoys discussing books with other avid readers. If you enjoy reading, you are also reaping mental benefits. Not only is reading relaxing, a research study also found that it is especially helpful for seniors who want to stay up to date with what's going on in society. This dynamic group often meets with nationally best-selling authors on Zoom.

Bible Study - Mondays - 9:30 a.m. to 11 a.m. - Activity Room 1

Have you ever wanted to take a deeper dive into the Bible? This group comes together and offers meaningful and lively discussions about the word of the Bible. The group delves into interesting conversations around the Bible's meaning and its influence in life.

Borrow, Read and Return Library - Monday through Thursday - 8 a.m. to 4 p.m. and Friday - 8 a.m. to 3 p.m. - Lounge

If you love to get lost in a great book, there are a wide assortment of hardback books available to peruse in the Center's library. The selection of books is arranged by author, including both nonfiction and fiction. Borrow a book, read it and return it to the Center and find your next read. Donations of hardback books to include in this always changing library can be dropped off in the office. (*Continued on page 9)*

Edward Jones

Merry Christmas

Brad Buxton, AAMS®
Financial Advisor

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

edwardjones.com
Member SIPC

MKT-5894M-A

Harmon Insurance

www.harmonins.com • 918-251-2511

WEB MOBILE SOCIAL MEDIA

Medicare Annual Enrollment Starts October 15th

The new 2022 Medicare Advantage plans will be out on October 1 with lots of new options.

Call the local, knowledgeable Agents at MedicarePrepare for a FREE Plan Review.

(918) 814-5550 TTY 711

- Local Oklahoma Agents
- World-Class Service

Medicare PREPARE®

At Promenade Mall

Your call will be answered by a Licensed Insurance Agent who can provide plan material and enrollment information. Not affiliated with any Governmental Agency. MBA-10

H Honesty
O Openmindedness
W Willingness

Joe Earles
Thrift Store Manager
Donation / Pick-up

H.O.W. FOUNDATION

Help The Alcoholic Help Himself
H.O.W. Recovery Center of Oklahoma

HOW Thrift Stores
(918) 455-8223

2325 E. 71st Street
Tulsa OK 74136

2216 So. Aspen
Broken Arrow, OK 74012

CUSTOM-DESIGNED GLIDING SHELVES

ShelfGenie®
EVERYTHING WITHIN REACH®

ADD THESE PULL OUTS TO YOUR EXISTING CABINETS

FREE IN-HOME DESIGN CONSULTATION
888.267.1794 | shelfgenie.com

$250 OFF
with purchase of 6 or more Glide-Out shelves.
Offer expires 01/31/2022 *
*Valid on Classic Glide-Out purchase with offer. Cannot be combined with other offers. Lifetime Warranty valid for Classic or Designer products only.

Broken Arrow Seniors with Parkinson's!

Are you afraid of losing quality of life and precious time with friends and family? Hyland Physical Therapy and Wellness serves BA Seniors Members and this is what they are saying:

"Dr. Michael has been so professional and knowledgeable in helping me know more about my Parkinson's and guiding me in my path to achieving the most quality of life I can. He doesn't tell me what to do, he does the exercises with me. Always patient and encouraging. I can see results and my friends and family see improvement, too." - J. Acree, BA Senior Center Member

Medicare Accepted • Referral Not Required

918-251-7199 • hylandpt.com

HYLAND
Physical Therapy & Wellness

- *In the Comfort of Your Own Home*
- *Specializing in Parkinson's Disease*

Add To The Quality Of Your Life

Continued From Page 16

Poker Lessons & Play - Thursdays - 9:30 a.m. to noon and Fridays - 12:30 p.m. to 2:30 p.m. - Conference Room

Have you always wanted to learn how to play poker? Are you already adept at the game and the poker face? Check out the Center's Poker Lessons & Play! In poker, the cards themselves are almost less important than the ability to read peoples' reactions, strategize and bluff your way to victory! Chips and bragging rights, not money, are at stake at the Center's poker tables. Poker Lessons & Play offers Texas Holdem' fun and competition complete with laughter and conversation. On Thursdays, hone those poker skills during Poker Tournament Practice and be the big winner at your next tournament!

Poker

Canasta - Tuesdays - Noon to 3 p.m. - Activity Room 3 and Fridays - Noon to 3 p.m. - Domino, Card and Game Room

Canasta is a card game offering an exciting mix of strategy, luck and skill. Canasta appeals to card players of all skill levels. Canasta players at the Center enjoy the competition of playing along with lively conversation and laughter around each table. New players are always welcomed to join in on the fun! *(Continued on page 18)*

Assisted Living and Memory Care that's fit for a ...
well, you know.

Isn't it about time you were treated like royalty? You bet it is. Come see for yourself just what assisted living and memory care with *a whole lotta heart* is all about.

Please call 918.553.8566 for more information or to schedule your tour.

OPEN FOR TOURS

THE LINDEN
AT STONEHAVEN SQUARE

10802 E. 81st Street • Tulsa
918.553.8566 • LindenSeniorLiving.com

A LEISURE CARE ASSISTED LIVING & MEMORY CARE COMMUNITY

others. It's one of the most exciting activities of all time, and playing provides many health benefits. Domino players reap the mental benefits of thinking strategically and honing critical thinking skills. It's also a social game. Currently, dominoes tends to be a morning activity at the Center, but there is always space to play any time throughout the day.

Train Dominoes

Games - Mondays through Thursdays - 8 a.m. to 4 p.m. and Fridays - 8 a.m. to 3 p.m.

Yahtzee, Rummikub, Uno, Scrabble, Sequence, Skip-bo, mahjong, cards, checkers and more! Multiple types of games are always available to play throughout the day. Playing games with others always brings about laughter and conversation. It's also a great stress relief and breaks up the monotony of the day. Grab a few friends and pull up a chair and play a game at the Center! Various games are located in the cabinet in the Domino, Card and Game room.

Party Bridge - Tuesdays - 9 a.m. to noon and Thursdays - 12:30 p.m. to 3 p.m. - Conference Room

One of the most entertaining and beloved card games, bridge is the perfect game for all seasons. Playing bridge is not only fun, it's challenging and helps keep brains sharp and social skills intact. Party Bridge is not as competitive as duplicate bridge but still offers a cognitive challenge. If you want to learn how to play bridge or want to brush up on your skills, come and watch a few games. You will be ready to join in and play bridge in no time!

Train Dominoes - Tuesdays and Thursdays - 9 a.m. to noon - Domino, Card and Game Room

The Train Dominoes group is so much more than a group of people meeting to play dominoes. It offers a magical mixture of friends, acquaintances and even family members that enjoy spending several hours together a couple times a week. The object of the game is quite simple: Play until you have no dominoes remaining. Train dominos is a different game than regular dominoes. A "train/centerpiece" is used to start the game for each player. The game is competitive but easy to learn and play.

(*Continued on page 17*)

Support

Alzheimer's Support Group - 1st and 3rd Fridays - 10 a.m. to noon - Conference Room

The Alzheimer's Support Group provides caregivers the opportunity to share stories, seek advice and simply to have others listen to them on a regular basis. Talking with others helps caregivers deal with stress. The group provides the assistance and reassurance caregivers need to manage stress and take time for their own much-needed care. Information regarding community resources on Alzheimer's education and other programs is also available to help ease caregivers' workload.

Beginning Guitar Lessons Workshop

Musical Notes

Singing Group - Fridays - 9:30 a.m. to 10:30 a.m. - Lounge

Walk into the Center any Friday morning, and the sounds of music and song rings through the halls. The lounge is filled with happy and joyous people involved in the singing group. The men and women who participate look forward to singing hymns and gospel music each week. Several talented member pianists provide accompaniment.

Beginning Guitar Lessons Workshop – Tuesdays - 10 a.m. to 11 a.m. - Activity Room 2

Is learning to play the guitar on your bucket list? Are you a budding guitarist and would like to spend time playing with others who are learning? This workshop is designed to teach the basics. One-on-one instruction is available.

Guitar Jam - Thursday - 9:30 a.m. to 10:30 a.m. - Activity Room 3

If you have a passion for playing the guitar, this group is perfect for you. This laid-back group is a great place to practice your skills, learn new songs and sing to a melody with old and new friends.

Ukulele Jam - Wednesday - 10 a.m. to noon - Activity Room 3

A ukulele is a four-stringed instrument, and it's shaped like a little classical guitar. Don't let the size fool you. This instrument produces soft, joyful music that is fun to play. The ukulele is the easiest stringed instrument to play. By learning four or five chords, you will have multiple songs for your repertoire! This group loves to get together, play songs and sing to the music

(*Continued on page 10*)

Creative Pursuits

Creative Card Making - 2nd and 4th Thursdays - 10 a.m. to Noon - Activity Room 1

Creative Card Making

Handcrafting a beautiful, unique card for someone special is the focus of this class. Whether you're crafty or not, this class will give you the opportunity to learn how to make a special card each week. You will also share time with others who love making cards. All the materials and guidance to handcraft each beautiful card is available at the Center. Each project will be a unique way to touch someone's life with a one-of-a-kind card.

Crafting - Mondays - 10 a.m. to noon - Activity Room 2

This class puts unique pieces together, creating one-of-a-kind projects. Many of the supplies are donated to the center, while others are made from recycled materials. The activity leaders bring their own artistic experiences and styles, making each class interesting, unique and dynamic.

Crafting

Painting - Tuesday - 1 p.m. to 4 p.m. - Activity Room 2

Whether you've never held a brush before or have been painting for years, this group offers an opportunity to learn and grow as an artist. This group creates beautiful works of art and award-winning artists. Come and observe the class and discover if painting is an art you would like to pursue. If you currently paint or enjoyed the class in the past, bring your supplies and an inspiration piece.

Painting

Quilting - Wednesdays - 10 a.m. to 2 p.m. - Activity Room 2

This group handcrafts beautiful, handmade quilts of all sizes. They piece together cotton cloth and put detail, love and care into every blanket they make. The group gives their blankets to local nonprofits and hospices around Oklahoma.

Individual Quilt Layout – Friday - 10 a.m. to 12:30 p.m. - Activity Room 2

The day, time and space is set aside for individuals to work on quilts. Spacious tables offer the perfect space to spread out a quilt to block, pin and sew. *(Continued on page 15)*

Crochet for Our Community - Thursdays - 12:30 p.m. - 2:30 p.m. - Activity Room 3

Crochet

Crocheting is both relaxing and rewarding. Members of the group enjoy their craft but also help those in need in our community. The group provides lap-ghans (lap-sized afghans) and shawls to various hospice organizations. Baby blankets and various sizes of hats are handcrafted to donate to organizations helping those in need. Their most heartfelt efforts provide angel wraps for stillborn infants. Yarn is provided for this community outreach effort.

Photography Group - 2nd and 4th Mondays - 1:30 p.m. to 3 p.m. - Conference Room

"A picture is worth a thousand words." We've all taken photographs that are meaningful and beautiful and even memorable. But if you ever felt that with a little bit of knowledge you could improve your photographs or editing skills, then the Senior Center's photography class is worth looking into. The goal of the group is all about improving the end result of your photographic endeavors, no matter your skill level.

Fun And Games

Pool Room - Mondays through Thursdays - 8 a.m. to 4 p.m. and Fridays - 8 a.m. to 3 p.m. - Pool Room

One of the most popular rooms at the Center, the pool room boasts six well-maintained regulation pool tables. Both men and women test their skill and eye/hand coordination in friendly games each day. Cues and chalk are available, or you are welcome to bring your own. Check out the laid-back atmosphere, conversation and camaraderie shared by those who revel in playing pool. Look for the pool tournament, which is a daylong event complete with a breakfast, to return very soon.

Pool Room

Puzzle Table

Puzzle Table - Mondays through Thursdays - 8 a.m. to 4 p.m. and Fridays - 8 a.m. to 3 p.m.

Do you love the challenge of a good jigsaw puzzle? Do you revel in having that sense of accomplishment when putting the last few pieces together? The Center's puzzle table always has multiple puzzles available in various stages of completion. Work your brain and enjoy the challenge of a good puzzle in addition to the conversation with others who delight in puzzling. Once completed, puzzles are on display for all to enjoy until the next one is started.

Dominoes - Mondays through Thursdays - 8 a.m. to 4 p.m. and Fridays - 8 a.m. to 3 p.m. - Domino, Card and Game Room

Dominoes is a classic game that is fun, challenging and provides the opportunity to spend time with

(Continued on page 16)

Calendar of Events

Monday, December 27

8:15-9 a.m. . . . . Zumba/Cardio Dance
9:15-10:15 a.m. . . . . Yin Yoga
9:30-11 a.m. . . . . Bible Study
10 a.m.-noon . . . . . Canceled . . . . . Crafting
10:30 a.m.-noon . . . . . Line Dancing With Eugenia
12:15-1:15 p.m. . . . Tai Chi for Better Balance With Vanessa
1:30-2:30 p.m. . . . . Line Dancing With Barb
1:30-3 p.m. . . . . Photography Group

Tuesday, December 28

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
10:30-11:30 a.m. . . . . Limited Exercise
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, December 29

8:15-9 a.m. . . . . Zumba/Cardio Dance
9 a.m.-noon . . . . . Bags to Mats
9:15-10:15 a.m. . . . . Chair Yoga
10 a.m.-noon . . . . . Ukulele Jam
10 a.m.-2 p.m. . . . . Quilting
11 a.m.-noon . . . . . Nutrition Distribution
1:30-2:30 p.m. . . . . Line Dancing With Barb

Thursday, December 30

Friday, December 31

The Center is closed for New Year's.

Are you turning 65?
Call your local, licensed Humana sales agent

Chris Crawford
918-740-3719
(TTY: 711)

Humana

JADE
Antique & Vintage Boutiques
Jadevintagetreaures.com

JADE TREASURES
711 W Washington
Broken Arrow
918-994-6355

JADE ON MAIN
1639 S Main
Broken Arrow
918-872-7931

Our treasures will follow you home

A Place Called Home.
Unique Location • Nurturing Staff • Locally Owned
7821 East 76th Street, Tulsa OK 74133
918.249.1262 | TheParke.Net

Changing jobs or retiring?

Take your retirement savings with you.
Rolling over your 401(k) to a State Farm IRA is easy. I can take care of the paperwork while helping you with a retirement plan that meets your needs.

Like a good neighbor, State Farm is there.®
CALL ME TODAY.

Todd Brown, Agent
405 South Main Street
Broken Arrow, OK 74012
Bus: 918-258-3531
www.toddbrown.org

State Farm™

1001136.1 State Farm, Home Office, Bloomington, IL

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 that have a handicap tag to hang in their car. Parking in the front of the building is not available on the Wednesdays nutrition distribution is held.

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.

Meals – At this time, we will continue to have meal pick-up every other Wednesday. We will move toward daily meals in the Center but need time for Tulsa & Creek County Senior Nutrition to staff up before changing our current procedures. If you would like to participate in the nutrition program, please call 918-835-4160.

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.

Inclement weather – The Center will close if BA Public Schools close due to the weather.

Wednesday, December 1

8:15-9 a.m. . . . . Zumba/Cardio Dance
9 a.m.-noon . . . . . Bags To Mats
9:15-10:15 a.m. . . . . Chair Yoga
10 a.m.-noon . . . . . Ukulele Jam
10 a.m.-2 p.m. . . . . Quilting
11 a.m.-noon . . . . . Nutrition Distribution
1:30-2:30 p.m. . . . . Line Dancing With Barb

Thursday, December 2

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 . . . . . New . . . Poker Tournament Practice
10 a.m.-noon . . . . . Creative Card Making
10:30-11:30 a.m. . . . . Limited Exercise
1-2 p.m. . . . . Line Dancing with Michelle
12:30-2:30 p.m. . . . . Crochet
12:30-3 p.m. . . . . Party Bridge

Friday, December 3

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
Noon-3 p.m. . . . . Canasta
12:30-2:30 p.m. . . . . Poker Lessons & Play

Monday, December 6

8:15-9 a.m. . . . . Zumba/Cardio Dance
9:15-10:15 a.m. . . . . Yin Yoga
9:30-11 a.m. . . . . Bible Study
10-11 a.m. . . . . Circle of Readers
10 a.m.-noon . . . . . Crafting
10:30 a.m.-noon . . . . . Line Dancing With Eugenia
12:15-1:15 p.m. . Tai Chi For Better Balance With Vanessa
1:30-2:30 p.m. . . . . Line Dancing With Barb

Tuesday, December 7

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

(Continued on page 12)

Calendar of Events

Wednesday, December 8

8:15-9 a.m. . . . . Zumba/Cardio Dance
9 a.m.-noon . . . . . Bags to Mats
9:15-10:15 a.m. . . . . Chair Yoga
10 a.m.-noon . . . . . Ukulele Jam
10 a.m.-2 p.m. . . . . Quilting
12:30-2:30 p.m. . . . . Bunco
1:30-2:30 p.m. . . . . Line Dancing with Barb

Thursday, December 9

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 . . . . New . . . . Poker Tournament Practice
10 a.m.-noon . . . . . Creative Card Making
10:30-11:30 a.m. . . . . Limited Exercise
1-2 p.m. . . . . Line Dancing With Michelle
12:30-2:30 p.m. . . . . Crochet
12:30-3 p.m. . . . . Party Bridge

Friday, December 10

9-10:15 a.m. . . . . Canceled . . . . . Friday Fitness
11:30 a.m.-1:30 p.m. . . . . Please join us for the Jingle And Mingle event
9:30-10:30 a.m. . . . . Singing Group
10 a.m.-noon . . . . . Creative Writing
10 a.m.-12:30 p.m. . . . . Individual Quilt Layout
Noon-3 p.m. . . . . Canasta
12:30-2:30 p.m. . . . . Poker Lessons & Play

Monday, December 13

8:15-9 a.m. . . . . Zumba/Cardio Dance
9:15-10:15 a.m. . . . . Yin Yoga
9:30-11 a.m. . . . . Bible Study
10 a.m.-noon . . . . . Crafting
10:30 a.m.-noon . . . . . Line Dancing with Eugenia
12:15-1:15 p.m. . . . Tai Chi for Better Balance with Vanessa
1:30-2:30 p.m. . . . . Line Dancing with Barb
1:30-3 p.m. . . . . Photography Group

Tuesday, December 14

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
10:30-11:30 a.m. . . . . Limited Exercise
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, December 15

8:15-9 a.m. . . . . Zumba/Cardio Dance
9 a.m.-noon . . . . . Bags to Mats
9:15-10:15 a.m. . . . . Chair Yoga
10 a.m.-noon . . . . . Ukulele Jam
10 a.m.-2 p.m. . . . . Quilting
11 a.m.-noon . . . . . Nutrition Distribution
1:30-2:30 p.m. . . . . Line Dancing With Barb

Edward Jones

Merry Christmas

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

> edwardjones.com
Member SIPC

MKT-5894M-A

FLORAL HAVEN
Funeral Home and Cemetery

People who know you...
People you can trust...
Today and Tomorrow.

www.floralhaven.com
(918) 252-2518

Calendar of Events

Thursday, December 16

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 . . . . New . . . . Poker Tournament Practice
10 a.m.-Noon . . . . . Creative Card Making
10:30-11:30 a.m. . . . . Limited Exercise
12:30-2:30 p.m. . . . . Crochet
12:30-3 p.m. . . . . Party Bridge
1-2 p.m. . . . . Line Dancing with Michelle

Friday, December 17

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
Noon-3 p.m. . . . . Canasta
12:30-2:30 p.m. . . . . Poker Lessons & Play

Monday, December 20

8:15-9 a.m. . . . . Zumba/Cardio Dance
9:15-10:15 a.m. . . . . Yin Yoga
9:30-11 a.m. . . . . Bible Study
10-11 a.m. . . . . Canceled . . . . . Circle of Readers
10 a.m.-noon . . . . . Crafting
10:30 a.m.-noon . . . . . Line Dancing With Eugenia
12:15-1:15 p.m. . Tai Chi for Better Balance With Vanessa
1:30-2:30 p.m. . . . . Line Dancing With Barb

Tuesday, December 21

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
10:30-11:30 a.m. . . . . Limited Exercise
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, December 22

8:15-9 a.m. . . . . Zumba/Cardio Dance
9 a.m.-noon . . . . . Bags to Mats
9:15-10:15 a.m. . . . . Chair Yoga
10 a.m.-noon . . . . . Ukulele Jam
10 a.m.-2 p.m. . . . . Quilting
1:30-2:30 p.m. . . . . Line Dancing with Barb

Thursday, December 23

Friday, December 24

The Center is closed for the holidays.

(Continued on page 14)

Have a home to sell?
It starts with a conversation.

Ask for a free analysis of what your home is worth.

McGraw REALTORS®

Trisha and Jim Jorgensen
918-200-6292