

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.-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 3

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

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. **New** 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. **New** 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. **New** 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. **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 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. **New** 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)

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

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. Singing 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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