

Calendar of Events

Monday, February 3

8:30 - 9:30 a.m. Fitness for Ladies
 9 a.m. - 3 p.m. Foot Clinic
 9:30 - 11 a.m. Bible Study
 9:45 - 10:45 a.m. Zumba Gold

Sponsored by Miracle Ear

10 - 11 a.m. Circle of Readers
 10 a.m. - 1 p.m. Crafting
 11 a.m. - noon Yin Yoga
 11:30 a.m. - noon Lunch
 12:15 - 1:15 p.m. Tai Chi for Better Balance
 1 - 2 p.m. Beginning Tap Dance
 1 - 3 p.m. Novel Idea Class
 1:30 - 2 p.m. Line Dance for Fitness Review
 2 - 3 p.m. Line Dance for Fitness
 2:30 - 4:45 p.m. Intermediate Tap Dance
 3:15 - 4:10 p.m. Zumba Gold

Sponsored by Miracle Ear

4:30 - 9 p.m. Monday Night Pool Tournament
 6 - 9 p.m. Party Bridge
 6:30 - 9 p.m. Monday Night Dance

Tuesday, February 4

8 - 9 a.m. Tai Chi
 8:30 - 11:30 a.m. Party Bridge
 9:05 - 9:50 a.m. Limited Exercise
 9:30 - 11:30 a.m. Computer Training Appointments
 9:30 a.m. - noon Train Dominoes
 10 - 11 a.m. Yoga
 10 a.m. - 4 p.m. Paper Crafting
 11:10 a.m. - 12:10 p.m. Intermediate/Advanced Line Dance
 11:30 a.m. - noon Lunch
 12:15 - 1:15 p.m. Tai Chi for Better Balance
 12:30 - 2:30 p.m. Pinochle
 1 - 2 p.m. Beginning Guitar Lessons
 1 - 2:15 p.m. Bingo for Prizes

Sponsored by Forest Hills Care Center

1:30 - 2:30 p.m. Beginning Line Dance
 2:45 - 3:10 p.m. Chair Zumba
 3:15 - 4:10 p.m. Zumba Gold

Sponsored by Miracle Ear

Wednesday, February 5

8:30 - 9:30 a.m. Fitness for Ladies
 9 - 9:30 a.m. Music Theory for Ukulele
 9 a.m. - noon Bags to Mats
 9:30 - 10 a.m. Beginning Ukulele Lessons
 9:30 - 10:30 a.m. Singing
 9:45 - 10:45 a.m. Zumba Gold

Sponsored by Miracle Ear

10 a.m. - noon Ukulele Jam Session
 10 a.m. - 4 p.m. Quilting
 11 - 11:45 a.m. Chair Yoga
 11:30 a.m. - noon Lunch
 Noon - 1:30 p.m. Self Defense and 24 Form Tai Chi

Noon - ? Movie & Popcorn • The Librarian: Quest for the Spear • Released 2004 • not rated • 92 minutes

1 - 2 p.m. Guitar Jam Session
 1 - 3 p.m. Needle Crafters
 2 - 3 p.m. February Dance Workshop: Country/Western Waltz
 3:15 - 4:10 p.m. Zumba Gold

Sponsored by Miracle Ear

Thursday, February 6

8 - 9 a.m. Tai Chi
 9 a.m. - noon Learn to Knit
 9:05 - 9:50 a.m. Limited Exercise
 9:30 - 10:30 a.m. Guitar Jam Session
 9:30 - 11:30 a.m. Computer Training Appointments
 9:30 a.m. - noon Train Dominoes
 9:30 a.m. - noon Poker Lessons
 10 - 11 a.m. Yoga
 11:30 a.m. - noon Intro to Line Dance
 11:30 a.m. - noon Lunch
 Noon - 1 p.m. Beginning Line Dance
 12:30 - 2:30 p.m. Crochet Group
 12:30 - 3 p.m. Party Bridge
 1:30 - 2:30 p.m. Intermediate Line Dance
 2:45 - 3:10 p.m. Chair Zumba
 3:15 - 4:10 p.m. Zumba Gold

Sponsored by Miracle Ear

Friday, February 7

8:30 - 9:30 a.m. Fitness for Ladies
 9:30 - 10:30 a.m. Singing
 10 a.m. - noon Alzheimer's Support Group
 10 a.m. - noon Creative Writing
 10 a.m. - 12:30 p.m. Individual Quilt Layout
 10:30 - 11 a.m. Line Dance for Fitness Review
 11 a.m. - noon Line Dance for Fitness
 11:30 a.m. - noon Lunch
 12:15 - 1:15 p.m. Tai Chi for Better Balance
 1 - 2:15 p.m. Bingo for \$\$
 1 - 3:30 p.m. Canasta
 1 - 4 p.m. Painting/All Mediums
 1:15 - 1:45 p.m. Chair Tai Chi

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 Financial Advisor

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Edward Jones
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Calendar of Events

Monday, February 10

8:30 - 9:30 a.m. Fitness for Ladies
 9:30 - 11 a.m. Bible Study
 9:45 - 10:45 a.m. Zumba Gold

Sponsored by Miracle Ear

10 a.m. - 1 p.m. Crafting
 11 a.m. - noon Yin Yoga
 11:30 a.m. - noon Lunch
 12:15 - 1:15 p.m. Tai Chi for Better Balance
 1 - 2 p.m. Beginning Tap Dance
 1 - 3 p.m. Novel Idea Class
 1:30 - 3 p.m. Photography
 1:30 - 2 p.m. Line Dance for Fitness Review
 2 - 3 p.m. Line Dance for Fitness
 2:30 - 4:45 p.m. Intermediate Tap Dance
 3:15 - 4:10 p.m. Zumba Gold

Sponsored by Miracle Ear

4:30 - 9 p.m. Monday Night Pool Tournament
 6 - 9 p.m. Party Bridge
 6:30 - 9 p.m. Monday Night Dance

Sponsored by Floral Haven Funeral Home & Cemetery

Tuesday, February 11

8 - 9 a.m. Tai Chi
 8:30 - 11:30 a.m. Party Bridge
 9 a.m. - until it's over Dominoes Tournament

Sponsored by LPL Financial - White River Fish Market

9:05 - 9:50 a.m. Limited Exercise
 10 a.m. - until it's over Fitness Machine Training

Sponsored by Summit Physical Therapy

9:30 - 11:30 a.m. Computer Training Appointments
 9:30 a.m. - noon Train Dominoes
 10 - 11 a.m. Yoga
 10 a.m. - 4 p.m. Paper Crafting
 11:10 a.m. - 12:10 p.m. Intermediate/Advanced Line Dance
 11:30 a.m. - noon Lunch
 12:15 - 1:15 p.m. Tai Chi for Better Balance
 12:30 - 2:30 p.m. Pinochle
 1 - 2 p.m. Beginning Guitar Lessons
 1 - 2:15 p.m. Bingo for Prizes

Sponsored by Caring Matters Home Care

1:30 - 2:30 p.m. Beginning Line Dance
 2:45 - 3:10 p.m. Chair Zumba
 3:15 - 4:10 p.m. Zumba Gold

Sponsored by Miracle Ear

Wednesday, February 12

8:30 - 9:30 a.m. Fitness for Ladies
 9 - 9:30 a.m. Music Theory for Ukulele
 9 a.m. - noon Bags to Mats
 9:30 - 10 a.m. Beginning Ukulele Lessons
 9:30 - 10:30 a.m. Singing
 9:45 - 10:45 a.m. Zumba Gold

Sponsored by Miracle Ear

10 a.m. - noon Ukulele Jam Session
 10 a.m. - 4 p.m. Quilting
 11 - 11:45 a.m. Chair Yoga
 11:30 a.m. - noon Lunch
 Noon - 1:30 p.m. Self Defense and 24 Form Tai Chi
 Noon - ? Movie & Popcorn • Bennett's War • Released
 August 2019 • rated PG-13 • 94 minutes

1 - 2 p.m. Guitar Jam Session
 1 - 3 p.m. Needle Crafters
 2 - 3 p.m. February Dance Workshop: Country/Western Waltz
 3:15 - 4:10 p.m. Zumba Gold

Sponsored by Miracle Ear

Thursday, February 13

8 - 9 a.m. Tai Chi
 9 a.m. - noon Learn to Knit
 9:05 - 9:50 a.m. Limited Exercise
 9:30 - 10:30 a.m. Guitar Jam Session
 9:30 - 11:30 a.m. Computer Training Appointments
 9:30 a.m. - noon Poker Lessons
 9:30 a.m. - noon Train Dominoes
 10 - 11 a.m. Yoga
 11:30 a.m. - noon Intro to Line Dance
 11:30 a.m. - noon Lunch
 Noon - 1 p.m. Beginning Line Dance
 12:30 - 2:30 p.m. Crochet Group
 12:30 - 3 p.m. Party Bridge
 1:30 - 2:30 p.m. Intermediate Line Dance

Friday, February 14

Birthday Potluck Luncheon • 11:30 a.m. • Centennial Hall

9:30 - 10 a.m. Singing
 10 a.m. - noon Creative Writing
 10 a.m. - 12:30 p.m. Individual Quilt Layout
 1 - 3:30 p.m. Canasta
 1 - 4 p.m. Painting/All Mediums

**Monday, February 17
 The Center is closed
 for Presidents Day**

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Calendar of Events

Tuesday, February 18

- 8 - 9 a.m. Tai Chi
- 8:30 - 11:30 a.m. Party Bridge
- 9:05 - 9:50 a.m. Limited Exercise
- 9:30 - 11:30 a.m. Computer Training Appointments
- 9:30 a.m. - noon Train Dominoes
- 10 - 11 a.m. Yoga
- 10 a.m. - 4 p.m. Paper Crafting
- 11:10 a.m. - 12:10 p.m. Intermediate/Advanced Line Dance
- 11:30 a.m. - noon Lunch
- 12:15 - 1:15 p.m. Tai Chi for Better Balance
- 1 - 2 p.m. Beginning Guitar Lessons
- 1 - 2:15 p.m. Bingo for Prizes

Sponsored by Clear Captions

- 1:30 - 2:30 p.m. Beginning Line Dance
- 2:45 - 3:10 p.m. Chair Zumba
- 3:15 - 4:10 p.m. Zumba Gold

Sponsored by Miracle Ear

- 3:30 - until it's over. Board of Directors

Wednesday, February 19

- 8:30 - 9:30 a.m. Fitness for Ladies
- 9 - 9:30 a.m. Music Theory for Ukulele
- 9 a.m. - noon Bags to Mats
- 9:30 - 10 a.m. Beginning Ukulele Lessons
- 9:30 - 10:30 a.m. Singing
- 9:45 - 10:45 a.m. Zumba Gold

Sponsored by Miracle Ear

- 10 a.m. - noon Ukulele Jam Session
- 10 a.m. - 4 p.m. Quilting
- 11 - 11:45 a.m. Chair Yoga
- 11:30 a.m. - noon Lunch
- Noon - 1:30 p.m. Self Defense and 24 Form Tai Chi
- Noon - ? Movie & Popcorn • Countdown •

Released October 2019 • rated PG-13 • 90 minutes

- 1 - 2 p.m. Guitar Jam Session
- 1 - 3 p.m. Needle Crafters
- 2 - 3 p.m. February Dance Workshop: Country/Western Waltz
- 3:15 - 4:10 p.m. Zumba Gold

Sponsored by Miracle Ear

Thursday, February 20

- 8 - 9 a.m. Tai Chi
- 9 a.m. - noon Learn to Knit
- 9 a.m. - until it's over. Pool Tournament

Sponsored by Sand Plum Independent & Assisted Living

- 9:05 - 9:50 a.m. Limited Exercise
- 9:30 - 10:30 a.m. Guitar Jam Session
- 9:30 - 11:30 a.m. Computer Training Appointments
- 9:30 - noon Train Dominoes
- 9:30 - noon Poker Lessons
- 10 - 11 a.m. Yoga

- 11:30 a.m. - noon Intro to Line Dance
- 11:30 a.m. - noon Lunch
- Noon - 1 p.m. Beginning Line Dance
- 12:30 - 2:30 p.m. Crochet Group
- 12:30 - 3 p.m. Party Bridge
- 1:30 - 2:30 p.m. Intermediate Line Dance
- 2:45 - 3:10 p.m. Chair Zumba
- 3:15 - 4:10 p.m. Zumba Gold

Sponsored by Miracle Ear

Friday, February 21

- 8:30 - 9:30 a.m. Fitness for Ladies
- 9:30 - 10:30 a.m. Singing
- 10 - 11:30 a.m. Alzheimer's Support Group
- 10 a.m. - noon Creative Writing
- 10 a.m. - 12:30 p.m. Individual Quilt Layout
- 10:30 - 11 a.m. Line Dance for Fitness Review
- 11 a.m. - noon Line Dance for Fitness
- 11:30 a.m. - noon Lunch
- 12:15 - 1:15 p.m. Tai Chi for Better Balance
- 12:30 - 2:30 p.m. BUNCO
- 1 - 4 p.m. Painting/All Mediums
- 1:15 - 1:45 p.m. Chair Tai Chi

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THERE'S A WAY TO HELP.



Leave a Lasting Legacy. Your gift can support the mission of our organization for years to come.

Reduce or eliminate taxes, enjoy income for life, and establish financial stability. Talk with our legacy giving team and learn how you can provide for your family's future through different giving strategies: establishing a trust, setting up a charitable gift annuity, or creating a gift through your estate!

Learn more by calling our Legacy Office at 918-491-0079.



Calendar of Events

Monday, February 24

8:30 - 9:30 a.m.	Fitness for Ladies
9:30 - 11 a.m.	Bible Study
9:45 - 10:45 a.m.	Zumba Gold
Sponsored by Miracle Ear	
10 a.m. - 3 p.m.	Crafting
11 a.m. - noon	Yin Yoga
11:30 a.m. - noon	Lunch
12:15 - 1:15 p.m.	Tai Chi for Better Balance
1 - 2 p.m.	Beginning Tap Dance
1 - 3 p.m.	Novel Idea Class
1:30 - 3 p.m.	Photography
1:30 - 2 p.m.	Line Dance for Fitness Review
2 - 3 p.m.	Line Dance for Fitness
2:30 - 4:45 p.m.	Intermediate Tap Dance
3:15 - 4:10 p.m.	Zumba Gold
4:30 - 9 p.m.	Monday Night Pool
6 - 9 p.m.	Party Bridge
6:30 - 9 p.m.	Monday Night Dance

Sponsored by Silver Arrow Estates

Tuesday, February 25

8 - 9 a.m.	Tai Chi
8:30 - 11:30 a.m.	Party Bridge
9:05 - 9:50 a.m.	Limited Exercise
9:30 - 11:30 a.m.	Computer Training Appointments
9:30 a.m. - noon	Train Dominoes
9:45 - 10:45 a.m.	Zumba Gold
Sponsored by Miracle Ear	
10 - 11 a.m.	Yoga
10 a.m. - 4 p.m.	Paper Crafting
11:10 a.m. - 12:10 p.m.	Intermediate/Advanced Line Dance
11:30 a.m. - noon	Lunch
12:15 - 1:15 p.m.	Tai Chi for Better Balance
12:30 - 2:30 p.m.	Pinochle
1 - 2 p.m.	Beginning Guitar Lessons
1 - 2:15 p.m.	Bingo for Prizes

Sponsored by Floral Haven Funeral Home & Cemetery

1:30 - 2:30 p.m.	Beginning Line Dance
1:30 - 3 p.m.	Line Dance for Fitness
2:45 - 3:10 p.m.	Chair Zumba
3:15 - 4:10 p.m.	Zumba Gold

Sponsored by Miracle Ear

Wednesday, February 26

8:30 - 9:30 a.m.	Fitness for Ladies
9 - 9:30 a.m.	Music Theory for Ukulele
9 a.m. - noon	Bags to Mats
9:30 - 10 a.m.	Beginning Ukulele Lessons

9:30 - 10:30 a.m.	Singing
9:45 - 10:45 a.m.	Zumba Gold

Sponsored by Miracle Ear

10 a.m. - noon	Ukulele Jam Session
10 a.m. - 4 p.m.	Quilting
11 - 11:45 a.m.	Chair Yoga
11:30 a.m. - noon	Lunch
Noon - 1:30 p.m.	Self Defense and 24 Form Tai Chi
Noon - ?	Movie & Popcorn • Brian Banks • Released August 2019 • rated PG-13 • 99 minutes
1 - 2 p.m.	Guitar Jam Session
1 - 3 p.m.	Needle Crafters
2 - 3 p.m.	February Dance Workshop: Country/Western Waltz
3:15 - 4:10 p.m.	Zumba Gold

Sponsored by Miracle Ear

Thursday, February 27

8 - 9 a.m.	Tai Chi
9 a.m. - noon	Learn to Knit
9:05 - 9:50 a.m.	Limited Exercise
9:30 - 10:30 a.m.	Guitar Jam Session
9:30 - 11:30 a.m.	Computer Training Appointments
9:30 a.m. - noon	Train Dominoes
9:30 a.m. - noon	Texas Hold 'em Poker Tournament
Sponsored by Sand Plum Independent & Assisted Living	
10 - 11 a.m.	Yoga
11:30 a.m. - noon	Intro to Line Dance
11:30 a.m. - noon	Lunch
Noon - 1 p.m.	Beginning Line Dance
12:30 - 2:30 p.m.	Crochet Group
12:30 - 3 p.m.	Party Bridge
1:30 - 2:30 p.m.	Intermediate Line Dance
2:45 - 3:10 p.m.	Chair Zumba
3:15 - 4:10 p.m.	Zumba Gold

Sponsored by Miracle Ear

Friday, February 28

8:30 - 9:30 a.m.	Fitness for Ladies
9:30 - 10:30 a.m.	Singing
10 a.m. - 12:30 p.m.	Individual Quilt Layout
10 a.m. - noon	Creative Writing
10:30 - 11 a.m.	Line Dance for Fitness Review
11 a.m. - noon	Line Dance for Fitness
11:30 a.m. - noon	Lunch
12:15 - 1:15 p.m.	Tai Chi for Better Balance
1 - 2:15 p.m.	Bingo for \$\$
1 - 3:30 p.m.	Canasta
1 - 4 p.m.	Painting/All Mediums
1:15 - 1:45 p.m.	Chair Tai Chi