

Calendar of Events

Please note the following updated Center information.

Entry – Members will enter through the west/back entry. This will be the only entrance into the Center. When the new building is complete, it, too, will have one entrance, so this is the sensible evolution of our check-in procedure.

Membership – If your membership has lapsed, we encourage you to reinstate it prior to returning to the Center. Memberships can be paid online at www.baseniors.org, by phone or by stopping the Center.

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.

Vaccine – The board of directors is highly recommending that members be fully vaccinated before returning to the Center. However, a COVID vaccine is not required, and staff will not ask for proof of vaccination. The Center is not requiring members to get a COVID-19 vaccination to return.

Masks – Masks are not required to be worn while at the Center, but wearing masks is encouraged. Members are

encouraged to determine their own level of comfort as they re-enter and re-engage at the Center.

Space – Social/physical distancing guidelines are encouraged but not required. Once again, you can determine how you interact with others while at the Center.

Meals – At this time, we will continue to have meal pickup 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.

Schedule – Several additional activities have been added to the July Calendar of Events. Review the calendar, newsletter, Facebook page and website – baseniors.org – for updated activities.

UPDATED JULY HOURS – All activities Monday through Thursday will end by 4 p.m. The last activity on Friday will end by 3 p.m.

Guests – All guests are required to check in with the office so a guest form can be completed.

Thursday, July 1

8:15-9 a.m. Strengthen & Tone
 9 a.m.-noon **New** Train Dominoes
 9:15-10:15 a.m. Power Yoga
 9:30-10:30 a.m. Guitar Jam
 9:30 a.m.-noon Poker Lessons & Play
 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, July 2

9-10:15 a.m. **New** Friday Fitness
 9:30-10:30 a.m. **New** Singing Group
 10 a.m.-noon **New** Creative Writing
 10 a.m.-12:30 p.m. Individual Quilt Layout
 10 a.m.-noon Alzheimer's Support Group
 12:30-2:30 p.m. **New** Poker Lessons & Play

Monday, July 5

The Center is closed for the
 July 4 holiday

Tuesday, July 6

8:15-9 a.m. Strengthen & Tone
 9 a.m.-noon Party Bridge
 9 a.m.-noon **New** Train Dominoes
 9 a.m.-3 p.m. Paper Crafting
 9:15-10:15 a.m. Soft Yoga
 10:30-11:30 a.m. Limited Exercise
 11:45 a.m.-12:45 p.m. Tai Chi for Better Balance with Bernadette
 noon-3 p.m. Canasta
 1-2 p.m. Line Dancing with Michelle
 1-3:30 p.m. Painting

(Continued on page 10)

Calendar of Events

Wednesday, July 7

8:15-9 a.m. Zumba/Cardio Dance
 9:15-10:15 a.m. Chair Yoga
 9 a.m.-noon Bags to Mats
 10 a.m.-3 p.m. Quilting
 10 a.m.-noon Ukulele Jam
 1:30-2:30 p.m. Line Dancing with Barb

9:15-10:15 a.m. Yin Yoga
 10 a.m.-noon **New** 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

Thursday, July 8

8:15-9 a.m. Strengthen & Tone
 9 a.m.-noon **New** Train Dominoes
 9:15-10:15 a.m. Power Yoga
 9:30-10:30 a.m. Guitar Jam
 9:30 a.m.-noon Poker Lessons & Play
 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

Tuesday, July 13

8:15-9 a.m. Strengthen & Tone
 9 a.m.-noon Party Bridge
 9 a.m.-noon **New** Train Dominoes
 9 a.m.-3 p.m. Paper Crafting
 9:15-10:15 a.m. Soft Yoga
 10:30-11:30 a.m. Limited Exercise
 11:45 a.m.-12:45 p.m. Tai Chi for Better Balance with Bernadette
 noon-3 p.m. Canasta
 1-2 p.m. Line Dancing with Michelle
 1-3:30 p.m. Painting

Friday, July 9

9-10:15 a.m. **New** Friday Fitness
 9:30-10:30 a.m. **New** Singing Group
 10 a.m.-noon **New** Creative Writing
 10 a.m.-12:30 p.m. Individual Quilt Layout
 12:30-2:30 p.m. **New** Poker Lessons & Play

Wednesday, July 14

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.-3 p.m. Quilting
 12:30-2:30 p.m. **New** Bunco
 1:30-2:30 p.m. Line Dancing with Barb

Monday, July 12

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

Thursday, July 15

8:15-9 a.m. Strengthen & Tone
 9 a.m.-noon **New** Train Dominoes
 9:15-10:15 a.m. Power Yoga
 9:30-10:30 a.m. Guitar Jam
 9:30-noon Poker Lessons & Play
 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

Happy Independence Day



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

Edward Jones®
 MAKING SENSE OF INVESTING
 edwardjones.com

Member SIPC

Calendar of Events

Friday, July 16

- 9-10:15 a.m. **New** Friday Fitness
 9:30-10:30 a.m. **New** Singing Group
 10 a.m.-noon **New** Creative Writing
 10 a.m.-noon Alzheimer's Support Group
 10 a.m.-12:30 p.m. Individual Quilt Layout
 12:30-2:30 p.m. **New** Poker Lessons & Play

Monday, July 19

- 8:15-9 a.m. Zumba/Cardio Dance
 9:15-10:15 a.m. Yin Yoga
 10-11 a.m. on Zoom. Circle of Readers
 Meeting on Zoom - Please contact Dorothy Minor at
 dorothyminor10@gmail.com for more
 information regarding joining this group.
 10 a.m.-noon **New** 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, July 20

- 8:15-9 a.m. Strengthen & Tone
 9 a.m.-noon Party Bridge
 9 a.m.-noon **New** Train Dominoes
 9 a.m.-3 p.m. Paper Crafting
 9:15-10:15 a.m. Soft Yoga
 10:30-11:30 a.m. Limited Exercise
 11:45 a.m.-2:45 p.m. Tai Chi for Better Balance with Bernadette
 noon-3 p.m. Canasta

- 1-2 p.m. Line Dancing with Michelle
 1-3:30 p.m. Painting

Wednesday, July 21

- 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.-3 p.m. Quilting
 1:30-2:30 Line Dancing with Barb

Thursday, July 22

- 8:15-9 a.m. Strengthen & Tone
 9 a.m.-noon **New** Train Dominoes
 9:15-10:15 a.m. Power Yoga
 9:30-10:30 a.m. Guitar Jam
 9:30-noon Poker Lessons & Play
 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, July 23

- 9-10:15 a.m. **New** Friday Fitness
 9:30-10:30 a.m. **New** Singing Group
 10 a.m.-noon **New** Creative Writing
 10 a.m.-12:30 p.m. Individual Quilt Layout
 12:30-2:30 p.m. **New** Poker Lessons & Play

(Continued on page 12)

*In real estate...it starts
 with
 a conversation*

McGraw
 REALTORS®



Trisha and Jim Jorgensen
 918-200-6292

Calendar of Events

Monday, July 26

8:15-9 a.m. Zumba/Cardio Dance
 9:15-10:15 a.m. Yin Yoga
 10 a.m.-noon **New** 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, July 27

8:15-9 a.m. Strengthen & Tone
 9 a.m.-noon Party Bridge
 9 a.m.-noon **New** Train Dominoes
 9 a.m.-3 p.m. Paper Crafting
 9:15-10:15 a.m. Soft Yoga
 10:30-11:30 a.m. Limited Exercise
 11:45 a.m.-12:45 p.m. . . Tai Chi for Better Balance with Bernadette
 noon-3 p.m. Canasta
 1-2 p.m. Line Dancing with Michelle
 1-3:30 p.m. Painting

Wednesday, July 28

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.-3 p.m. Quilting
 1:30-2:30 p.m. Line Dancing with Barb

Thursday, July 29

8:15-9 a.m. Strengthen & Tone
 9 a.m.-noon **New** Train Dominoes
 9:15- 10:15 a.m. Power Yoga
 9:30-10:30 a.m. Guitar Jam
 9:30-noon Poker Lessons & Play
 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, July 30

9-10:15 a.m. . . . **New** Friday Fitness
 9:30-10:30 a.m. . . . **New** Singing Group
 10 a.m.-noon. . . . **New** Creative Writing
 10 a.m.-12:30 p.m. Individual Quilt Layout
 12:30-2:30 p.m. . . . **New** Poker Lessons & Play

Harmon
Insurance
 www.harmonins.com • 918-251-2511

 WEB
  MOBILE
  SOCIAL MEDIA

HOME REPAIRS BY LANE

Handy Man Services

- Exterior & Interior Maintenance
- Garbage Disposals & Leaky Sinks
- Fence & Gate Repair • Lighting & Ceiling Fans
- Ramps & Grab Bars • Repair Cabinets & Trim

Free Estimates & Surveys

Jeff Lane (405) 446.9933
 US Navy Retired Call or Text



A Place Called *Home.*

Unique Location • Nurturing Staff • Locally Owned

7821 East 76th Street, Tulsa OK 74133
 918.249.1262 | TheParke.Net



THE PARKE
 ASSISTED LIVING



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



1001136.1 State Farm, Home Office, Bloomington, IL