

# Calendar of Events

**Please note the following important information, which is fluid and will be updated as warranted:**

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

**Membership** – We are encouraging everyone to reinstate their membership prior to returning to the Center. Memberships can be paid online at [www.baseniors.org](http://www.baseniors.org), by phone or by stopping at the Center prior to June 1.

**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 and can be picked up prior to June 1. 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** – It is also highly recommended that masks be

properly worn. This is not required, but it is encouraged. Members can determine their own level of comfort as they re-enter and re-engage.

**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** – We have a robust schedule of activities. However, there are some changes to the days, times, locations, offerings and activity leaders – so check the schedule first.

**Hours** – Entry into the Center will conclude by 2 p.m. All activities Monday through Thursday will end by 3:30 p.m. The last activity on Friday will end by 2 p.m.

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

## Tuesday, June 1

8:15-9 a.m. . . . . Strengthen & Tone  
 8:30- 1:30 a.m. . . . . Party Bridge  
 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, June 2

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

## Thursday, June 3

8:15-9 a.m. . . . . Strengthen & Tone  
 9:15-10:15 a.m. . . . . Power Yoga  
 9:30-10:30 a.m. . . . . Guitar Jam  
 9:30 a.m.-noon . . . . . Poker Lessons  
 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, June 4

10 a.m.-noon on Zoom . . . . . Creative Writing Meeting on Zoom - Please contact Doris Jones at [dljones463@gmail.com](mailto:dljones463@gmail.com) for more information regarding joining this group.  
 10 a.m.-12:30 p.m. . . . . Individual Quilt Layout  
 10 a.m.-noon . . . . . Alzheimer's Support Group

*(Continued on page 10)*

# Calendar of Events

## Monday, June 7

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  
 dorothymminor10@gmail.com for more  
 information regarding joining this group.  
 10 a.m.-noon . . . . . Crafting  
 10:30 a.m.-noon . . . . . Line Dance 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

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

## Thursday, June 10

8:15-9 a.m. . . . . Strengthen & Tone  
 9:15-10:15 a.m. . . . . Power Yoga  
 9:30-10:30 a.m. . . . . Guitar Jam  
 9:30-noon . . . . . Poker Lessons  
 10:30-1:30 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

## Tuesday, June 8

8:15-9 a.m. . . . . Strengthen & Tone  
 8:30-11:30 a.m. . . . . Party Bridge  
 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, June 11

10 a.m.-noon on Zoom . . . . . Creative Writing  
 Meeting on Zoom - Please contact Doris Jones at  
 dljones463@gmail.com for more  
 information regarding joining this group.  
 10 a.m.-12:30 p.m. . . . . Individual Quilt Layout

## Wednesday, June 9

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

## Monday, June 14

8:15-9 a.m. . . . . Zumba/Cardio Dance  
 9:15-10:15 a.m. . . . . Yin Yoga  
 10:30 a.m.-noon . . . . . Line Dance 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

## Tuesday, June 15

8:15-9 a.m. . . . . Strengthen & Tone  
 8:30-1:30 a.m. . . . . Party Bridge  
 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

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# Calendar of Events

## Wednesday, June 16

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, June 17

8:15-9 a.m. . . . . Strengthen & Tone  
 9:15-10:15 a.m. . . . . Power Yoga  
 9:30-10:30 a.m. . . . . Guitar Jam  
 9:30-noon . . . . . Poker Lessons  
 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, June 18

10 a.m.-noon on Zoom . . . . . Creative Writing  
 Meeting on Zoom - Please contact Doris Jones at  
 dljones463@gmail.com for more information  
 regarding joining this group.  
 10 a.m.-noon . . . . . Alzheimer's Support Group  
 10 a.m.-12:30 p.m. . . . . Individual Quilt Layout

## Monday, June 21

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

9:15-10:15 a.m. . . . . Yin Yoga  
 10- 1 a.m. . . . . Circle of Readers  
 Meeting on Zoom - Please contact. Dorothy Minor at  
 dorothyminor10@gmail.com for more  
 information regarding joining this group.  
 10:30 a.m.-noon . . . . . Line Dance with Eugenia  
 12:15-1:15 p.m. . . . Tai Chi for Better Balance with Vanessa  
 1:30-:30 p.m. . . . . Line Dancing with Barb

## Tuesday, June 22

8:15-9 a.m. . . . . Strengthen & Tone  
 8:30-1:30 a.m. . . . . Party Bridge  
 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, June 23

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

*(Continued on page 12)*

We have helped seniors that are:

- *Moving to be with their kids and grandkids*
- *Downsizing to a smaller home*
- *Upsizing to make room for a family member*
- *Moving to senior living*
- *Looking for something new*

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# Calendar of Events

## Thursday, June 24

8:15-9 a.m. ....Strengthen & Tone  
 9:15- 0:15 a.m. ....Power Yoga  
 9:30-10:30 a.m. ....Guitar Jam  
 9:30-noon ....Poker Lessons  
 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, June 25

10 a.m.-noon on Zoom ....Creative Writing  
 Meeting on Zoom - Please contact Doris Jones  
 at dljones463@gmail.com for more  
 information regarding joining this group.  
 10 a.m.-12:30 p.m. .... Individual Quilt Layout

## Monday, June 28

8:15-9 a.m. .... Zumba/Cardio Dance  
 9:15-10:15 a.m. ....Yin Yoga  
 10:30 a.m.-noon ....Line Dance 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, June 29

8:15-9 a.m. ....Strengthen & Tone  
 8:30-11:30 a.m. .... Party Bridge  
 9 a.m.-3 p.m. .... Paper Crafting  
 9:15-10:15 a.m. .... Soft Yoga  
 10:30- 1:30 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, June 30

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



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