

Calendar of Events

Welcome back, members! Here is what you can expect when returning to the Center:

- Please be sure you have renewed your membership. Renew online at baseniors.org, call the office to pay your dues or call to set an appointment to stop by and renew your membership.
- The Center is following CDC guidelines*, which include social distancing and wearing masks properly, entering and exiting and throughout all activities.
- The west (back) door will be unlocked 15 minutes before an activity begins to enter the building.
- Class size is limited. Be on time.
- The Fitness Room is available by appointment only at the times noted on the schedule. Please call the office to make an appointment.
- Fitness class offerings will continue to be available on the Center's Facebook page and YouTube channel.
- "Until more is known, fully vaccinated people should continue to wear masks and stay 6 feet apart from other people in other settings, like when they are in public or visiting with unvaccinated people from multiple households." *Source: CDC.gov*

Monday, May 3

9:15 - 10:15 a.m. Yin Yoga
 9:15 - 10:15 a.m. Fitness room, by appointment
 10 - 11 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 - 11:30 a.m. Fitness room, by appointment
 10:30 a.m. - noon. Line Dancing with Eugenia
 12:15 - 1:15 p.m. **NEW** Tai Chi for Balance with Vanessa
 12:15 - 1:15 p.m. Fitness room, by appointment

Tuesday, May 4

8:15 - 9 a.m. Strengthen & Tone
 9:15 - 10:15 a.m. Soft Yoga
 9:15 - 10:15 a.m. Fitness room, by appointment
 10:30 - 11:30 a.m. Limited Exercise
 10:30 - 11:30 a.m. Fitness room, by appointment
 11:45 a.m. - 12:45 p.m. Tai Chi for Better Balance
 11:45 a.m. - 12:45 p.m. . . . Fitness room, by appointment
 1 - 2 p.m. Line Dancing with Michelle
 1 - 2 p.m. Fitness room, by appointment
 1 - 3:30 p.m. **NEW** Painting

Wednesday, May 5

9:15 - 10:15 a.m. Chair Yoga
 9:15 - 10:15 a.m. Fitness room, by appointment
 9:15 a.m. - noon Bags to Mats

Thursday, May 6

8:15 - 9 a.m. Strengthen & Tone
 9:15 - 10:15 a.m. Power Yoga
 9:15 - 10:15 a.m. Fitness room, by appointment
 10:30 - 11:30 a.m. Limited Exercise
 10:30 - 11:30 a.m. Fitness room, by appointment
 12:30 - 1:30 p.m. Fitness room, by appointment
 12:30 - 2 p.m. Crochet
 1 - 2 p.m. Line Dancing with Michelle

Friday, May 7 (Center is closed)

10 - 11 a.m. Alzheimer's Support Group
 Meeting on Zoom - Please contact Jean Righter at
 nanabananato7@gmail.com for more information
 regarding joining this group.
 10 - 11 a.m. Creative Writing
 Meeting on Zoom - Please contact Doris Jones at
 dljones463@gmail.com for more information regarding
 joining this group.

Calendar of Events

Monday, May 10

9:15 - 10:15 a.m. Yin Yoga
9:15 - 10:15 a.m. Fitness room, by appointment
10:30 a.m. to noon Line Dancing with Eugenia
10:30 a.m. to noon Fitness room, by appointment
12:15 - 1:15 p.m. **NEW** Tai Chi for Balance with Vanessa
12:15 - 1:15 p.m. Fitness room, by appointment

Tuesday, May 11

8:15 - 9 a.m. Strengthen & Tone
9:15 - 10:15 a.m. Soft Yoga
9:15 - 10:15 a.m. Fitness room, by appointment
10:30 - 11:30 a.m. Limited Exercise
10:30 - 11:30 a.m. Fitness room, by appointment
11:45 a.m. - 12:45 p.m. Tai Chi for Better Balance
11:45 a.m. - 12:45 p.m. Fitness room, by appointment
1 - 2 p.m. Line Dancing with Michelle
1 - 2 p.m. Fitness room, by appointment
1 - 3:30 p.m. **NEW** Painting

Wednesday, May 12

9:15 - 10:15 a.m. Chair Yoga
9:15 a.m. - noon Bags to Mats
9:15 - 10:15 a.m. Fitness room, by appointment

Thursday, May 13

8:15 - 9 a.m. Strengthen & Tone
9:15 - 10:15 a.m. Power Yoga
9:15 - 10:15 a.m. Fitness room, by appointment
10:30 - 11:30 a.m. Limited Exercise
10:30 - 11:30 a.m. Fitness room, by appointment
12:30 - 1:30 p.m. Fitness room, by appointment
12:30 - 2 p.m. Crochet
1 - 2 p.m. Line Dancing with Michelle

Friday, May 14 (Center is closed)

10 - 11 a.m. Alzheimer's Support Group
Meeting on Zoom - Please contact Jean Righter at
nanabanato7@gmail.com for more information
regarding joining this group.

Members play poker online each day with virtual money.

**Contact Meichelle Culhane at
meichellec@yahoo.com to join the group.**

10 - 11 a.m. Creative Writing
Meeting on Zoom - Please contact Doris Jones at
dljones463@gmail.com for more information regarding
joining this group.

Monday, May 17

9:15 - 10:15 a.m. Yin Yoga
9:15 - 10:15 a.m. Fitness room, by appointment
10 - 11 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 - 11:30 a.m. Fitness room, by appointment
10:30 a.m. to noon Line Dancing with Eugenia
12:15 - 1:15 p.m. **NEW** Tai Chi for Balance with Vanessa
12:15 - 1:15 p.m. Fitness room, by appointment

Tuesday, May 18

8:15 - 9 a.m. Strengthen & Tone
9:15 - 10:15 a.m. Soft Yoga
9:15 - 10:15 a.m. Fitness room, by appointment
10:30 - 11:30 a.m. Limited Exercise
10:30 - 11:30 a.m. Fitness room, by appointment
11:45 a.m. - 12:45 p.m. Tai Chi for Better Balance
11:45 a.m. - 12:45 p.m. Fitness room, by appointment
1 - 2 p.m. Line Dancing with Michelle
1 - 2 p.m. Fitness Room by appointment
1 - 3:30 p.m. **NEW** Painting

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Calendar of Events (Continued from page 11)

Wednesday, May 19

9:15 - 10:15 a.m. Chair Yoga
9:15 a.m. - noon Bags to Mats
9:15 - 10:15 a.m. Fitness room, by appointment

Thursday, May 20

8:15 - 9 a.m. Strengthen & Tone
9:15 - 10:15 a.m. Power Yoga
9:15 - 10:15 a.m. Fitness room, by appointment
10:30 - 11:30 a.m. Limited Exercise
10:30 - 11:30 a.m. Fitness room, by appointment
12:30 - 1:30 p.m. Fitness room, by appointment
12:30 - 2 p.m. Crochet
1 - 2 p.m. Line Dancing with Michelle

Friday, May 21 (Center is closed)

10 - 11 a.m. Alzheimer's Support Group
Meeting on Zoom - Please contact Jean Righter at
nanabananato7@gmail.com for more information
regarding joining this group.

10 - 11 a.m. Creative Writing
Meeting on Zoom - Please contact Doris Jones at
dljones463@gmail.com for more information regarding
joining this group.

Monday, May 24

9:15 - 10:15 a.m. Yin Yoga
9:15 - 10:15 a.m. Fitness room, by appointment
10:30 - 11:30 a.m. Fitness room, by appointment
10:30 a.m. - noon Line Dancing with Eugenia
12:15 - 1:15 p.m. **NEW** Tai Chi for Balance with Vanessa
12:15 - 1:15 p.m. Fitness room, by appointment

Tuesday, May 25

8:15 - 9 a.m. Strengthen & Tone
9:15 - 10:15 a.m. Soft Yoga
9:15 - 10:15 a.m. Fitness room, by appointment
10:30 - 11:30 a.m. Limited Exercise

10:30 - 11:30 a.m. Fitness room, by appointment
11:45 a.m. - 12:45 p.m. Tai Chi for Better Balance
11:45 a.m. - 12:45 p.m. Fitness room, by appointment
1 - 2 p.m. Line Dancing with Michelle
1 - 2 p.m. Fitness Room by appointment
1 - 3:30 p.m. **NEW** Painting

Wednesday, May 26

9:15 - 10:15 a.m. Chair Yoga
9:15 a.m. - noon Bags to Mats
9:15 - 10:15 a.m. Fitness room, by appointment

Thursday, May 27

8:15 - 9 a.m. Strengthen & Tone
9:15 - 10:15 a.m. Power Yoga
9:15 - 10:15 a.m. Fitness room, by appointment
10:30 - 11:30 a.m. Limited Exercise
10:30 - 11:30 a.m. Fitness room, by appointment
12:30 - 1:30 p.m. Fitness room, by appointment
12:30 - 2 p.m. Crochet
1 - 2 p.m. Line Dancing with Michelle

Friday, May 28 (Center is closed)

10 - 11 a.m. Alzheimer's Support Group
Meeting on Zoom - Please contact Jean Righter at
nanabananato7@gmail.com for more information
regarding joining this group.

10 - 11 a.m. Creative Writing
Meeting on Zoom - Please contact Doris Jones at
dljones463@gmail.com for more information regarding
joining this group.

Monday, May 31
Memorial Day
(Center is closed)

