

# Calendar of Events

## Monday, November 2

- 8:30 - 9:30 a.m. . . . . **f** Fitness for Ladies  
 9:45 - 10:45 a.m. . . . . **f** Zumba Gold  
*Sponsored by Miracle Ear*
- 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.
- 11 a.m. - noon . . . . . **f** Yin Yoga  
*Sponsored by Harmon Insurance*
- 12:15 - 1:15 p.m. . . . . **f** Tai Chi for Better Balance  
 1:30 - 3 p.m. . . . . **f** Line Dance for Fitness With Jewelee

## Tuesday, November 3

- 8 - 9 a.m. . . . . **f** Tai Chi  
 9:05 - 9:50 a.m. . . . . **f** Limited Exercise  
 10 - 11 a.m. . . . . **f** Soft Yoga  
*Sponsored by Harmon Insurance*
- 11:10 a.m. - 12:10 p.m. . . . . **f** Line Dancing With Eugenia  
 12:15 - 1:15 p.m. . . . . **f** Tai Chi for Better Balance  
 1:30 - 2:30 p.m. . . . . **f** Line Dancing With Michelle

## Wednesday, November 4

- 8:30 - 9:30 a.m. . . . . **f** Fitness for Ladies  
 9:45 - 10:45 a.m. . . . . **f** Zumba Gold  
*Sponsored by Miracle Ear*
- 11 a.m. - Noon . . . . . Nutrition Program frozen meal pickup  
 11 - 11:45 a.m. . . . . **f** Chair Yoga  
 12:15 - 3 p.m. . . . . Bags to Mats

## Thursday, November 5

- 8 - 9 a.m. . . . . **f** Self-Defense and 24 Form Tai Chi  
 9:05 - 9:50 a.m. . . . . **f** Limited Exercise  
 10 - 11 a.m. . . . . **f** Power Yoga  
*Sponsored by Harmon Insurance*
- 10 - 11 a.m. . . . . Guitar Jam  
 10 a.m. - noon . . . . . Crochet  
*Sponsored by Terri Haggard, United Health Care*
- 11:30 a.m. - 1 p.m. . . . . **f** Line Dancing With Barbara  
 1:30 - 2:30 p.m. . . . . **f** Line Dancing With Michelle

## Friday, November 6 (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.
- 10 - 11 a.m. . . . . Creative Writing  
 Meeting on Zoom - Please contact Rita Fagan at saltvinegar70@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.**

## Monday, November 9

- 8:30 - 9:30 a.m. . . . . **f** Fitness for Ladies  
 9:45 - 10:45 a.m. . . . . **f** Zumba Gold  
*Sponsored by Miracle Ear*
- 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.
- 11 a.m. - noon . . . . . **f** Yin Yoga  
*Sponsored by Harmon Insurance*
- 12:15 - 1:15 p.m. . . . . **f** Tai Chi for Better Balance  
 1:30 - 3 p.m. . . . . **f** Line Dance for Fitness With Jewelee

## Tuesday, November 10

- 8 - 9 a.m. . . . . **f** Tai Chi  
 9:05 - 9:50 a.m. . . . . **f** Limited Exercise  
 10 - 11 a.m. . . . . **f** Soft Yoga  
*Sponsored by Harmon Insurance*
- 11:10 a.m. - 12:10 p.m. . . . . **f** Line Dancing With Eugenia  
 12:15 - 1:15 p.m. . . . . **f** Tai Chi for Better Balance  
 1:30 - 2:30 p.m. . . . . **f** Line Dancing With Michelle

## Wednesday, November 11

- 8:30 - 9:30 a.m. . . . . **f** Fitness for Ladies  
 9:45 - 10:45 a.m. . . . . **f** Zumba Gold  
*Sponsored by Miracle Ear*
- 11 a.m. - Noon . . . . . Nutrition Program frozen meal pickup  
 11 - 11:45 a.m. . . . . **f** Chair Yoga  
 12:15 - 3 p.m. . . . . Bags to Mats

## Thursday, November 12

- 8 - 9 a.m. . . . . **f** Self-Defense and 24 Form Tai Chi  
 9:05 - 9:50 a.m. . . . . **f** Limited Exercise  
 10 - 11 a.m. . . . . **f** Power Yoga  
*Sponsored by Harmon Insurance*
- 10 - 11 a.m. . . . . Guitar Jam  
 10 a.m. - noon . . . . . Crochet  
*Sponsored by Terri Haggard, United Health Care*
- 11:30 a.m. - 1 p.m. . . . . **f** Line Dancing With Barbara  
 1:30 - 2:30 p.m. . . . . **f** Line Dancing With Michelle

## Happy Thanksgiving



**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, November 13 (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 Rita Fagan at saltvinegar70@gmail.com  
for more information regarding joining this group.

## Monday, November 16




8:30 - 9:30 a.m. . . . .  Fitness for Ladies  
9:45 - 10:45 a.m. . . . .  Zumba Gold  
*Sponsored by Miracle Ear*

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.

11 a.m. - noon . . . . .  Yin Yoga  
*Sponsored by Harmon Insurance*

12:15 - 1:15 p.m. . . . .  Tai Chi for Better Balance  
1:30 - 3 p.m. . . . .  Line Dance for Fitness With Jewelee


## Tuesday, November 17

8 - 9 a.m. . . . .  Tai Chi  
9:05 - 9:50 a.m. . . . .  Limited Exercise  
10 - 11 a.m. . . . .  Soft Yoga  
*Sponsored by Harmon Insurance*

11:10 a.m. - 12:10 p.m. . . . .  Line Dancing With Eugenia  
12:15 - 1:15 p.m. . . . .  Tai Chi for Better Balance  
1:30 - 2:30 p.m. . . . .  Line Dancing With Michelle

## Wednesday, November 18



8:30 - 9:30 a.m. . . . .  Fitness for Ladies  
9:45 - 10:45 a.m. . . . .  Zumba Gold  
*Sponsored by Miracle Ear*

11 a.m. - Noon . . . . . Nutrition Program frozen meal pickup  
11 - 11:45 a.m. . . . .  Chair Yoga  
12:15 - 3 p.m. . . . . Bags to Mats

## Thursday, November 19

8 - 9 a.m. . . . .  Self-Defense and 24 Form Tai Chi  
9:05 - 9:50 a.m. . . . .  Limited Exercise  
10 - 11 a.m. . . . .  Power Yoga  
*Sponsored by Harmon Insurance*

10 - 11 a.m. . . . . Guitar Jam  
10 a.m. - noon . . . . . Crochet  
*Sponsored by Terri Haggard, United Health Care*

11:30 a.m. - 1 p.m. . . . .  Line Dancing With Barbara  
1:30 - 2:30 p.m. . . . .  Line Dancing With Michelle

## Friday, November 20 (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 Rita Fagan at saltvinegar70@gmail.com  
for more information regarding joining this group.

## Monday, November 23




8:30 - 9:30 a.m. . . . .  Fitness for Ladies  
9:45 - 10:45 a.m. . . . .  Zumba Gold  
*Sponsored by Miracle Ear*




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.

11 a.m. - noon . . . . .  Yin Yoga  
*Sponsored by Harmon Insurance*

12:15 - 1:15 p.m. . . . .  Tai Chi for Better Balance  
1:30 - 3 p.m. . . . .  Line Dance for Fitness With Jewelee

## Tuesday, November 24

8 - 9 a.m. . . . .  Tai Chi  
9:05 - 9:50 a.m. . . . .  Limited Exercise  
10 - 11 a.m. . . . .  Soft Yoga  
*Sponsored by Harmon Insurance*

11:10 a.m. - 12:10 p.m. . . . .  Line Dancing With Eugenia  
12:15 - 1:15 p.m. . . . .  Tai Chi for Better Balance  
1:30 - 2:30 p.m. . . . .  Line Dancing With Michelle

The Center is closed for the Thanksgiving Holiday - Wednesday, November 25; Thursday, November 26; and Friday, November 27.

## Monday, November 30

8:30 - 9:30 a.m. . . . .  Fitness for Ladies  
9:45 - 10:45 a.m. . . . .  Zumba Gold  
*Sponsored by Miracle Ear*

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.

11 a.m. - noon . . . . .  Yin Yoga  
*Sponsored by Harmon Insurance*

12:15 - 1:15 p.m. . . . .  Tai Chi for Better Balance  
1:30 - 3 p.m. . . . .  Line Dance for Fitness With Jewelee

**Members play poker online each day with virtual money. Contact Meichelle Culhane at [meichellec@yahoo.com](mailto:meichellec@yahoo.com) to join the group.**