

Calendar of Events

Thursday, October 1

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

11:30 a.m. - 1 p.m. Beginning Line Dance
 1:30 - 2:30 p.m. Intermediate Line Dance

Friday, October 2 (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.

Monday, October 5

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

Tuesday, October 6

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. Advanced Line Dance
 12:15 - 1:15 p.m. Tai Chi for Better Balance
 1:30 - 2:30 p.m. Beginning Line Dance

Wednesday, October 7

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, October 8

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

11:30 a.m. - 1 p.m. Beginning Line Dance
 1:30 - 2:30 p.m. Intermediate Line Dance

Friday, October 9 (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.

Monday, October 12 (Columbus Day - Center is closed)

Tuesday, October 13

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. Advanced Line Dance
 12:15 - 1:15 p.m. Tai Chi for Better Balance
 1:30 - 2:30 p.m. Beginning Line Dance

Wednesday, October 14

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, October 15

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

11:30 a.m. - 1 p.m. Beginning Line Dance
 1:30 - 2:30 p.m. Intermediate Line Dance

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Member SIPC

Members play poker online each day with virtual money. Contact Meichelle Culhane at meichellec@yahoo.com to join the group.

Calendar of Events

Friday, October 16 (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, October 19

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

Tuesday, October 20

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. Advanced Line Dance
12:15 - 1:15 p.m. Tai Chi for Better Balance
1:30 - 2:30 p.m. Beginning Line Dance

Wednesday, October 21

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, October 22

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

11:30 a.m. - 1 p.m. Beginning Line Dance
1:30 - 2:30 p.m. Intermediate Line Dance

Friday, October 23 - (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, October 26

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 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

Tuesday, October 27

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. Advanced Line Dance
12:15 - 1:15 p.m. Tai Chi for Better Balance
1:30 - 2:30 p.m. Beginning Line Dance

Wednesday, October 28

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, October 29

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

11:30 a.m. - 1 p.m. Beginning Line Dance
1:30 - 2:30 p.m. Intermediate Line Dance

Friday, October 30 - (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.

Members play poker online each day with virtual money. Contact Meichelle Culhane at meichellec@yahoo.com to join the group.