

Calendar of Events

Please note the following Center information.

Accommodations – If the activity you want to attend is held at the front of the West building, and handicap accommodation is needed, please contact the office to allow entry through the front of the building. Front parking accommodations are for those who have a handicap tag to hang in their car.

Entry – Members will enter through the west entry of the West building and through the east entry of the East building.

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 of the West Building. You must wear one for identification purposes while in the building.

Center hours – All activities Monday through Friday will end by 4 p.m. **Guests** – Guests who are 55 or older and considering membership are welcome. They are required to

check in with the office so a guest form can be completed.

Perfumes and scents – Many members are highly sensitive to strong scents. Please refrain from using strongly scented perfumes, after-shaves and lotions while at the Center.

Lunch – Lunch is provided at the Center by the Tulsa & Creek County Senior Nutrition Program at 11:30 a.m. each day in the West Building. Lunches cannot be served after 12 p.m. Reservations are required and must be made the day before by 11 a.m. Please call 918-259-8377, extension 16. For those over 60, the suggested donation is \$2 per meal.

Transportation – Questions regarding transportation to and from the Center on the Center's bus can be answered by calling the office at 918-259-8377, ext. 15.

The Calendar - The notation **SCE** follows activities that are held in the East Building.

Thursday, December 1

- 8 a.m.-4 p.m. Dominoes
- 8-noon Medicare Fair • **SCE**
- 8:15-9 a.m. Strengthen & Tone • **SCE**
- 9 a.m.-noon Train Dominoes
- 9:15-10:15 a.m. Power Yoga • **SCE**
- 9:30-10:15 a.m. **New** Limited Exercise
More Information On Page 3
- 9:30-10:30 a.m. Guitar Jam • **SCE**
- 9:30 a.m.-noon Poker Tournament Practice
- 9:30 a.m.-noon Creative Card Making
- 10 a.m.-noon. Abstract Painting
- 10:30-11:30 a.m. Limited Exercise
- 11:30 a.m.-noon Lunch
- 12:30-2:30 p.m. Happy Hookers - Crochet
- 12:30-3 p.m. Card Game Of The Day
- 12:30-3 p.m. Party Bridge • **SCE**
- 1-2 p.m. Fundamentals Of Line Dancing • **SCE**
- 1-2 p.m. Simply Faith Class
- 1-4 p.m. . . . Pickleball Lessons • Sign-up Required - **SCW**

Friday, December 2

- 8 a.m.-4 p.m. Dominoes
- 9-10:15 a.m. Friday Fitness • **SCE**
- 9:30-10:30 a.m. Singing Group
- 10 a.m. Annual Membership Meeting
More Information On Page 4
- 10 a.m.-noon. Creative Writing
- 10 a.m.-noon Alzheimer's Support Group
- 10 a.m.-12:30 p.m. Individual Quilt Layout
- 10:30-11:30 a.m. Limited Exercise
- 11:30 a.m.-noon Lunch
- Noon-3 p.m. Canasta
- 12:15-1:15 p.m. Exercise 101
- 1:30-4 p.m. . . . Pickleball Play • Sign-up Required • **SCW**

Monday, December 5

- 8 a.m.-4 p.m. Dominoes
- 8:15-9 a.m. Cardio Dance • **SCE**
- 9 a.m.-noon Party Bridge • **SCE**
- 9 a.m. to 12:30 p.m. Medicare Questions Answered
- 9:15-10:15 a.m. Yin Yoga • **SCE**
- 9:30-11 a.m. Bible Study • **SCE**
- 9:30 a.m.-noon. Crafting
- 10-11 a.m. Circle Of Readers
- 11:30 a.m.-noon Lunch
- 12:15-1:15 p.m. Tai Chi For Better
Balance With Vanessa • **SCE**
- 1-4 p.m. Pickleball Play • Sign-up Required • **SCW**
- 1:30-2:30 p.m. Line Dancing With Barb • **SCE**
- 2:45-3:30 p.m. . . . Fundamentals Of Line Dancing • **SCE**
- 2:45-3:45 p.m. Tap Dancing

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Edward Jones[®]

Member SIPC

Merry Christmas



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Calendar of Events

Tuesday, December 6

8 a.m.-4 p.m. Dominoes
8:15-9 a.m. Strengthen & Tone • **SCE**
9 a.m.-noon Party Bridge • **SCE**
9 a.m.-noon Train Dominoes
9:15-10:15 a.m. Soft Yoga • **SCE**
9:30-10:15 a.m. **New** Limited Exercise
More Information On Page 3
9:30 a.m.-12:30 p.m. Scrapbooking
10-11:30 a.m. Beginning Guitar Lessons • **SCE**
10:30-11:30 a.m. Limited Exercise
11:30 a.m.-noon Lunch
11:45 a.m.-12:45 p.m. Tai Chi For Better
Balance With Julie • **SCE**
Noon-3 p.m. Canasta
1-2 p.m. Line Dancing With Michelle • **SCE**
1-3:30 p.m. Painting
1-4 p.m. Pickleball Lessons • Sign-up Required • **SCW**
2:15-3:30 p.m. Clogging Class • **SCE**

Wednesday, December 7

8 a.m.-4 p.m. Dominoes
8:15-9 a.m. Cardio Dance • **SCE**
8:15-9:15 a.m. Core Strength Yoga
9 a.m.-noon Needle Crafting
9:15-10:15 a.m. Chair Yoga
10 a.m.-noon Ukulele Jam
10 a.m.-2 p.m. Quilting
10:30-11:30 a.m. Canceled Limited Exercise
11:15 a.m. Holiday Concert
More Information On Page 3
11:30 a.m.-noon Lunch
12:15-1:15 p.m. Exercise 101
12:30-3 p.m. Chess
1-4 p.m. Mahjong • **SCE**
1:30-2:30 p.m. Line Dancing With Barb • **SCE**
1:30-4 p.m. Pickleball Play • Sign-up Required • **SCW**
2:45-3:30 p.m. Fundamentals Of Line Dancing • **SCE**

Thursday, December 8

8 a.m.-4 p.m. Dominoes
8:15-9 a.m. Strengthen & Tone • **SCE**
9 a.m.-noon Train Dominoes
9:15-10:15 a.m. Power Yoga • **SCE**
9:30-10:15 a.m. **New** Limited Exercise
More Information On Page 3
9:30-10:30 a.m. Guitar Jam • **SCE**
9:30 a.m.-noon Poker Tournament Practice

9:30 a.m.-noon Creative Card Making
10 a.m.-noon. Abstract Painting
10:30-11:30 a.m. Limited Exercise
11:30 a.m.-noon Lunch
12:30-2:30 p.m. Happy Hookers - Crochet
12:30-3 p.m. Card Game Of The Day
12:30-3 p.m. Party Bridge • **SCE**
1-2 p.m. Fundamentals Of Line Dancing • **SCE**
1-2 p.m. Simply Faith Class
1-4 p.m. Pickleball Lessons • Sign-up Required • **SCW**

Friday, December 9

8 a.m.-4 p.m. Dominoes
9-10:15 a.m. Friday Fitness • **SCE**
9:30-10:30 a.m. Singing Group
10 a.m.-noon. Creative Writing
10 a.m.-12:30 p.m. Individual Quilt Layout
10:30-11:30 a.m. Canceled Limited Exercise
11:30 a.m.-noon Lunch
Noon To Conclusion At The Movies
"It's A Wonderful Life"
Noon-3 p.m. Canasta
12:15-1:15 p.m. Exercise 101
1-3 p.m. Jingle & Mingle & A Little Bit Of Kringle
More Information On The Front Cover
1:30-4 p.m. Canceled Pickleball Play • **SCW**

Monday, December 12

8 a.m.-4 p.m. Dominoes
8:15-9 a.m. Cardio Dance • **SCE**
9 a.m.-noon Party Bridge • **SCE**
9 a.m.-12:30 p.m. Medicare Questions Answered
9:15-10:15 a.m. Yin Yoga • **SCE**
9:30-11 a.m. Bible Study • **SCE**
9:30 a.m.-noon Crafting
10-10:30 a.m. **New** Holiday Play
More Information On Page 4
11:30 a.m.-noon Lunch
12:15-1:15 p.m. Tai Chi For Better
Balance With Vanessa • **SCE**
1-4 p.m. Pickleball Play • Sign-up Required • **SCW**
1:30-2:30 p.m. Line Dancing With Barb • **SCE**
2:30-4 p.m. Canceled Photography Group
2:45-3:30 p.m. Canceled Fund. Of Line Dancing • **SCE**
2:45-3:45 p.m. Tap Dancing

Calendar of Events

Tuesday, December 13

8 a.m.-4 p.m. Dominoes
8:15-9 a.m. Strengthen & Tone • SCE
9 a.m. Fitness Machine Training • SCE
9 a.m.-noon Party Bridge • SCE
9 a.m.-noon Train Dominoes
9:15-10:15 a.m. Soft Yoga • SCE
9:30-10:15 a.m. **New** Limited Exercise
More Information On Page 3
9:30 a.m.-12:30 p.m. Scrapbooking
10-11:30 a.m. Beginning Guitar Lessons • SCE
10:30-11:30 a.m. Limited Exercise
11:30 a.m.-noon Lunch
11:45 a.m.-12:45 p.m. Tai Chi For Better
Balance With Julie • SCE
Noon-3 p.m. Canasta
1-2 p.m. Line Dancing With Michelle • SCE
1-3:30 p.m. Painting
1-4 p.m. Pickleball Lessons • Sign-up Required • SCW
2:15-3:30 p.m. Clogging Class • SCE

Wednesday, December 14

8 a.m.-4 p.m. Dominoes
8:15-9 a.m. Cardio Dance • SCE
8:15-9:15 a.m. Core Strength Yoga
9 a.m.-noon Needle Crafting
9:15-10:15 a.m. Chair Yoga
10 a.m.-noon Ukulele Jam
10 a.m.-2 p.m. Quilting
10:30-11:30 a.m. Limited Exercise
11:30 a.m.-noon Lunch
12:15-1:15 p.m. Exercise 101
1-2:30 p.m. Bunco
12:30-3 p.m. Chess
1-4 p.m. Mahjong • SCE
1:30-2:30 p.m. Line Dancing With Barb • SCE
1:30-4 p.m. Pickleball Play • Sign-up Required • SCW
2:45-3:30 p.m. Canceled Fundamentals Of Line Dancing • SCE

Thursday, December 15

8 a.m.-4 p.m. Dominoes
8:15-9 a.m. Strengthen & Tone • SCE
9 a.m.-conclusion Pool Tournament
9 a.m.- noon Train Dominoes
9:15-10:15 a.m. Power Yoga • SCE
9:30-10:15 a.m. **New** Limited Exercise
More Information On Page 3
9:30-10:30 a.m. Guitar Jam • SCE
9:30-noon Poker Tournament Practice
9:30 a.m.-noon Creative Card Making
10 a.m.-noon Abstract Painting
10:30-11:30 a.m. Limited Exercise
11:30 a.m.-noon Lunch
12:30-2:30 p.m. Happy Hookers - Crochet
12:30-3 p.m. Card Game Of The Day
12:30-3 p.m. Party Bridge • SCE

1-2 p.m. Fundamentals Of Line Dancing • SCE
1-2 p.m. Simply Faith Class
1-4 p.m. Pickleball Lessons • Sign-up Required • SWC

Friday, December 16

8 a.m.-4 p.m. Dominoes
9-10:15 a.m. Friday Fitness • SCE
9:30-10:30 a.m. Singing Group
10 a.m.-noon Creative Writing
10 a.m.-noon Alzheimer's Support Group
10 a.m.-12:30 p.m. Individual Quilt Layout
10:30-11:30 a.m. Limited Exercise
11:30 a.m.-noon Lunch
Noon-3 p.m. Canasta
12:15-1:15 p.m. Exercise 101
12:30 p.m. Singo
1:30-4 p.m. Pickleball Play • Sign-up Required • SCW

Monday, December 19

8 a.m.-4 p.m. Dominoes
8:15-9 a.m. Cardio Dance • SCE
9 a.m.-noon Party Bridge • SCE
9 a.m.-12:30 p.m. Medicare Questions Answered
9:15-10:15 a.m. Yin Yoga • SCE
9:30-11 a.m. Bible Study • SCE
9:30 a.m.-noon Crafting
10-11 a.m. Circle Of Readers
11:30 a.m.-noon Lunch
12:15-1:15 p.m. Tai Chi For Better
Balance With Vanessa • SCE
1-4 p.m. Pickleball Play • Sign-up Required • SCW
1:30-2:30 p.m. Line Dancing With Barb • SCE
2:45-3:30 p.m. Fundamentals Of Line Dancing • SCE
2:45-3:45 p.m. Tap Dancing

Tuesday, December 20

8 a.m.-4 p.m. Dominoes
8:15-9 a.m. Strengthen & Tone • SCE
9 a.m.-noon Party Bridge • SCE
9 a.m.-noon Train Dominoes
9:15-10:15 a.m. Soft Yoga • SCE
9:30-10:15 a.m. **New** Limited Exercise
More Information On Page 3
9:30 a.m.-12:30 p.m. Scrapbooking
10-11:30 a.m. Beginning Guitar Lessons • SCE
10:30-11:30 a.m. Limited Exercise
11:30 a.m.-noon Lunch
11:45 a.m.-12:45 p.m. Tai Chi For Better
Balance With Julie • SCE
Noon-3 p.m. Canasta
1-2 p.m. Line Dancing With Michelle • SCE
1-3:30 p.m. Painting
1-4 p.m. Pickleball Lessons - Sign-up Required • SCW
2:15-3:30 p.m. Clogging Class • SCE
3:30 p.m.-Conclusion Board Of Directors

(Continued on page 14)

Calendar of Events

Wednesday, December 21

8 a.m.-4 p.m. Dominoes
 8:15-9 a.m. Cardio Dance • **SCE**
 8:15-9:15 a.m. Core Strength Yoga
 9 a.m.-noon Needle Crafting
 9:15-10:15 a.m. Chair Yoga
 10 a.m.-noon Ukulele Jam
 10 a.m.-2 p.m. Quilting
 10:30-11:30 a.m. Limited Exercise
 11:30 a.m.-noon Lunch
 12:15-1:15 p.m. Exercise 101
 12:30-3 p.m. Chess
 1-4 p.m. Mahjong • **SCE**
 1:30-4 p.m. Pickleball Play • Sign-up Required • **SCW**
 1:30-2:30 p.m. Line Dancing With Barb • **SCE**
 2:45-3:30 p.m. Fundamentals Of Line Dancing • **SCE**

Thursday, December 22

8 a.m.-4 p.m. Dominoes
 8:15-9 a.m. Strengthen & Tone • **SCE**
 8:15-9:15 a.m. Core Strength Yoga
 9 a.m.-noon Train Dominoes
 9:15-10:15 a.m. Power Yoga • **SCE**
 9:30-10:15 a.m. **New** Limited Exercise
 More Information On Page 3
 9:30-10:30 a.m. Guitar Jam • **SCE**
 9:30 a.m.-noon Poker Tournament Practice
 9:30 a.m.-noon Canceled Creative Card Making
 10 a.m.-noon Abstract Painting
 10:30-11:30 a.m. Limited Exercise
 11:30 a.m.-noon Lunch
 12:30-2:30 p.m. Happy Hookers - Crochet
 12:30-3 p.m. Card Game Of The Day
 12:30-3 p.m. Party Bridge • **SCE**
 1-2 p.m. Fundamentals Of Line Dancing • **SCE**
 1-2 p.m. Simply Faith Class
 1-4 p.m. Pickleball Lessons • Sign-up Required • **SCW**

**The Center is closed for the Christmas holiday,
 Friday, Dec. 23 and Monday, Dec. 26.**

Tuesday, December 27

8 a.m.-4 p.m. Dominoes
 8:15-9 a.m. Strengthen & Tone • **SCE**
 9 a.m.-noon Party Bridge • **SCE**
 9 a.m.-noon Train Dominoes
 9:15-10:15 a.m. Soft Yoga • **SCE**
 9:30-10:15 a.m. **New** Limited Exercise
 More Information On Page 3
 9:30 a.m.-12:30 p.m. Scrapbooking
 10-11:30 a.m. Beginning Guitar Lessons • **SCE**
 10:30-11:30 a.m. Limited Exercise
 11:30 a.m.-noon Lunch
 11:45 a.m.-12:45 p.m. Tai Chi For Better
 Balance With Julie • **SCE**

Noon-3 p.m. Canasta
 1-2 p.m. Canceled Line Dancing With Michelle • **SCE**
 1-2:30 p.m. Pickleball Lessons
 1-3:30 p.m. Painting
 2:15-3:30 p.m. Clogging Class • **SCE**

Wednesday, December 28

8 a.m.-4 p.m. Dominoes
 8:15-9 a.m. Cardio Dance • **SCE**
 8:15-9:15 a.m. Core Strength Yoga
 9 a.m.-noon Needle Crafting
 9:15-10:15 a.m. Chair Yoga
 10 a.m.-noon Ukulele Jam
 10 a.m.-2 p.m. Quilting
 10:30-11:30 a.m. Limited Exercise
 11:30 a.m.-noon Lunch
 12:15-1:15 p.m. Exercise 101
 12:30-3 p.m. Chess
 1-4 p.m. Mahjong • **SCE**
 1:30-2:30 p.m. Line Dancing With Barb • **SCE**
 1:30-4 p.m. Pickleball Play • Sign-up Required • **SCW**
 2:45-3:30 p.m. Fundamentals Of Line Dancing • **SCE**

Thursday, December 29

8 a.m.-4 p.m. Dominoes
 8:15-9 a.m. Strengthen & Tone • **SCE**
 8:15-9:15 a.m. Core Strength Yoga
 9 a.m.-noon Train Dominoes
 9:15-10:15 a.m. Power Yoga • **SCE**
 9:30-10:15 a.m. **New** Limited Exercise
 More Information On Page 3
 9:30-10:30 a.m. Guitar Jam • **SCE**
 9:30 a.m.-noon Poker Tournament Practice
 9:30 a.m.-noon Creative Card Making
 10 a.m.-noon Abstract Painting
 10:30-11:30 a.m. Limited Exercise
 11:30 a.m.-noon Lunch
 12:30-2:30 p.m. Happy Hookers - Crochet
 12:30-3 p.m. Card Game Of The Day
 12:30-3 p.m. Party Bridge • **SCE**
 1-2 p.m. Canceled Fundamentals Of Line Dancing • **SCE**
 1-2 p.m. Simply Faith Class
 1-4 p.m. Pickleball Lessons • Sign-up Required • **SCW**

Friday, December 30

8 a.m.-4 p.m. Dominoes
 9-10:15 a.m. Friday Fitness • **SCE**
 9:30-10:30 a.m. Singing Group
 10 a.m.-noon Creative Writing
 10 a.m.-12:30 p.m. Individual Quilt Layout
 10:30-11:30 a.m. Limited Exercise
 11:30 a.m.-noon Lunch
 Noon-3 p.m. Canasta
 12:15-1:15 p.m. Exercise 101
 1:30-4 p.m. Pickleball Play • Sign-up Required • **SCW**