

Calendar of Events

Please note the following Center information.

Accommodations – If the activity you want to attend is held at the front of the 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/back entry.

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

Center hours – All activities Monday through Thursday will end by 4 p.m. The last activity on Friday will end by 3 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. Reservations are required and must be made the day before by 11 a.m. Please call 918-259-8377, extension 106. 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. 105.

Friday, July 1

9-10:15 a.m. Friday Fitness
 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
 11:30-noon Lunch
 Noon-3 p.m. Canasta
 1:30-2:30 p.m. Exercise 101

Monday, July 4

The Center will be closed in observance of Independence Day

Tuesday, July 5

8:15-9 a.m. Strengthen & Tone
 9 a.m.-noon Party Bridge
 9 a.m.-noon Train Dominoes
 9:15-10:15 a.m. Soft Yoga
 10-11 a.m. Beginning Guitar Lessons
 10 a.m.-1 p.m. Scrapbooking
 10:30-11:30 a.m. Limited Exercise
 11:30-noon Lunch
 11:45 a.m.-12:45 p.m. Tai Chi For Balance With Julie
 noon-3 p.m. Canasta
 1-2 p.m. Line Dancing With Michelle
 1-3:30 p.m. Painting
 2:15-3:15 p.m. **New** Clogging Workshop

See page 14 for more information

Wednesday, July 6

8:15-9 a.m. Zumba/Cardio Dance
 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
 11:30-noon Lunch
 12:15-1:15 p.m. Exercise 101
 12:30-3 p.m. Chess
 1-4 p.m. Mahjong
 1:30-2:30 p.m. Line Dancing With Barb
 2:45-3:30 p.m. Fundamentals Of Line Dancing

(Continued on page 10)

Edward Jones[®]

Happy Independence Day



Brad Buxton, AAMS[®]

Financial Advisor

1145 S Aspen Ave
 Broken Arrow, OK 74012
 918-258-6932

MKT-5894M-A

> edwardjones.com
 Member SIPC

Calendar of Events

Thursday, July 7

8:15-9 a.m. Strengthen & Tone
 9 a.m.-noon Train Dominoes
 9:15-10:15 a.m. Power Yoga
 9:30-10:30 a.m. Guitar Jam
 9:30-Noon Poker Tournament Practice
 10 a.m.-Noon Creative Card Making
 10:30-11:30 a.m. Limited Exercise
 11:30-noon Lunch
 12:30-2:30 p.m. Crochet For The Community
 12:30-3 p.m. Party Bridge
 1-2 p.m. **New** Fundamentals Of Line Dancing Workshop

Friday, July 8

9-10:15 a.m. Friday Fitness
 9:30-10:30 a.m. Singing Group
 10 a.m.-noon Creative Writing
 10 a.m.-12:30 p.m. Individual Quilt Layout
 11:30-noon Lunch
 Noon-3 p.m. Canasta
 1:30-2:30 p.m. Exercise 101

Monday, July 11

8:15-9 a.m. Cardio Dance
 9:15-10:15 a.m. Yin Yoga
 9:30-11 a.m. Bible Study
 9:30 a.m.-noon Crafting
 10-11 a.m. Circle Of Readers
 10:30 a.m.-noon Line Dancing With Eugenia
 11:30-noon Lunch
 12:15-1:15 p.m. . Tai Chi For Better Balance With Vanessa
 1-2:30 p.m. Improv
 1-3 p.m. Jewelry Making
 1-4 p.m. Card Game Of The Day
 1:30-2:30 p.m. Line Dancing With Barb
 1:30-3 p.m. Photography Group
 2:45-3:30 p.m. Fundamentals Of Line Dancing
 2:45-3:45 p.m. Tap Dancing

Tuesday, July 12

8:15-9 a.m. Strengthen & Tone
 9 a.m. Fitness Machine Training
 9 a.m.-noon Party Bridge
 9 a.m.-noon Train Dominoes
 9:15-10:15 a.m. Soft Yoga
 10-11 a.m. Beginning Guitar Lessons
 10 a.m.-1 p.m. Scrapbooking
 10:30-11:30 a.m. Limited Exercise
 11:30-noon Lunch
 11:45 a.m.-12:45 p.m. . . . Tai Chi For Balance With Julie
 Noon-3 p.m. Canasta
 1-2 p.m. Line Dancing With Michelle
 1-3:30 p.m. Painting
 2:15-3:15 p.m. **New** Clogging Workshop

See page 14 for more information

Wednesday, July 13

8:15-9 a.m. Cardio Dance
 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
 11:30-noon Lunch
 Noon To Conclusion At The Movies
 "The Pink Panther Strikes Again," Rated PG
 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
 1:30-2:30 p.m. Line Dancing With Barb
 2:45-3:30 p.m. Fundamentals Of Line Dancing

Calendar of Events

Thursday, July 14

8:15-9 a.m. Strengthen & Tone
9 a.m.-noon Train Dominoes
9:15-10:15 a.m. Power Yoga
9:30-10:30 a.m. Guitar Jam
9:30-noon Poker Tournament Practice
10 a.m.-noon Abstract Painting
10 a.m.-noon Creative Card Making
10:30-11:30 a.m. Limited Exercise
11:30-noon. Lunch
12:30-2:30 p.m. Crochet For The Community
12:30-3 p.m. Party Bridge
1-2 p.m. **New** Fundamentals Of Line Dancing Workshop

Friday, July 15

9-10:15 a.m. Friday Fitness
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 a.m.-noon Alzheimer's Support Group
11:30-noon. Lunch
Noon-3 p.m. Canasta
1:30-2:30 p.m. Exercise 101

Monday, July 18

8:15-9 a.m. Cardio Dance
9:15-10:15 a.m. Yin Yoga
9:30-11 a.m. Bible Study
9:30 a.m.-noon. Crafting
10-11 a.m. Circle Of Readers
10:30 a.m.-noon Line Dancing With Eugenia
11:30-noon. Lunch
12:15-1:15 p.m. . Tai Chi For Better Balance With Vanessa
12:30-1:30 p.m. . . . **New** TED Talk
More information on page 15
1-2:30 p.m. Improv
1:30-2:30 p.m. Line Dancing With Barb
1-4 p.m. Card Game Of The Day
2:45-3:30 p.m. Fundamentals Of Line Dancing
2:45-3:45 p.m. Tap Dancing

Tuesday, July 19

8:15-9 a.m. Strengthen & Tone
9 a.m.-noon Party Bridge
9 a.m.-noon Train Dominoes
9:15-10:15 a.m. Soft Yoga
10-11 a.m. Beginning Guitar Lessons
10 a.m.-1 p.m. Scrapbooking
10:30-11:30 a.m. Limited Exercise
11:30-noon. Lunch
11:45 a.m.-12:45 p.m. . . . Tai Chi For Balance With Julie
Noon-3 p.m. Canasta
1-2 p.m. Line Dancing With Michelle
1-3:30 p.m. Painting
2:15-3:15 p.m. . . . **New** Clogging Workshop
See page 14 for more information
3:30 p.m.-Conclusion. Board Of Directors

Wednesday, July 20

8:15-9 a.m. Cardio Dance
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
11:30-noon. Lunch
12:15-1:15 p.m. Exercise 101
12:30-3 p.m. Chess
1-4 p.m. Mahjong
1:30-2:30 p.m. Line Dancing With Barb
2:45-3:30 p.m. Fundamentals Of Line Dancing

Thursday, July 21

8:15-9 a.m. Strengthen & Tone
9 a.m.-Conclusion Pool Tournament
9 a.m.-noon Train Dominoes
9:15-10:15 a.m. Power Yoga
9:30-10:30 a.m. Guitar Jam
9:30-noon Poker Tournament Practice
10 a.m.-noon Abstract Painting
10 a.m.-noon Creative Card Making
10:30-11:30 a.m. Limited Exercise
11:30-noon. Lunch
12:30-2:30 p.m. Crochet For The Community
12:30-3 p.m. Party Bridge
1-2 p.m. **New** Fundamentals Of Line Dancing Workshop

(Continued on page 12)

Calendar of Events

Friday, July 22

9-10:15 a.m. Friday Fitness
 9:30-10:30 a.m. Singing Group
 10 a.m.-noon Creative Writing
 10 a.m.-12:30 p.m. Individual Quilt Layout
 11:30-noon Lunch
 Noon-3 p.m. Canasta
 1:30-2:30 p.m. Exercise 101

Monday, July 25

8:15-9 a.m. Cardio Dance
 9:15-10:15 a.m. Yin Yoga
 9:30-11 a.m. Bible Study
 9:30 a.m.-noon Crafting
 10:30 a.m.-noon Line Dancing With Eugenia
 11:30-noon Lunch
 12:15-1:15 p.m. Tai Chi For Better Balance With Vanessa
 1-2:30 p.m. Improv
 1-3 p.m. Jewelry Making
 1-4 p.m. Card Game Of The Day
 1:30-2:30 p.m. Line Dancing With Barb
 1:30-3 p.m. Photography Group
 2:45-3:30 p.m. Fundamentals Of Line Dancing
 2:45-3:45 p.m. Tap Dancing

Tuesday, July 26

8:15-9 a.m. Strengthen & Tone
 9 a.m.-noon Party Bridge
 9 a.m.-noon Train Dominoes
 9:15-10:15 a.m. Soft Yoga
 10-11 a.m. Beginning Guitar Lessons
 10 a.m.-1 p.m. Scrapbooking
 10:30-11:30 a.m. Limited Exercise
 11:30-noon Lunch
 11:45 a.m.-12:45 p.m. Tai Chi For Balance With Julie
 Noon-3 p.m. Canasta
 1-2 p.m. Line Dancing With Michelle
 1-3:30 p.m. Painting
 2:15-3:15 p.m. **New** Clogging Workshop

See page 14 for more information

Wednesday, July 27

8:15-9 a.m. Cardio Dance
 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
 11:30-noon Lunch
 Noon To Conclusion At The Movies
 "The Spy Next Door," Rated PG
 12:15-1:15 p.m. Exercise 101
 12:30-3 p.m. Chess
 1-4 p.m. Mahjong
 1:30-2:30 p.m. Line Dancing With Barb
 2:45-3:30 p.m. Fundamentals Of Line Dancing

Thursday, July 28

8:15-9 a.m. Strengthen & Tone
 9 a.m.-noon Train Dominoes
 9:15-10:15 a.m. Power Yoga
 9:30-10:30 a.m. Guitar Jam
 9:30-Noon Poker Tournament Practice
 10 a.m.-Noon Creative Card Making
 10 a.m.-Noon Abstract Painting
 10:30-11:30 a.m. Limited Exercise
 11:30-noon Lunch
 12:30-2:30 p.m. Crochet For The Community
 12:30-3 p.m. Party Bridge
 1-2 p.m. **New** Fundamentals Of Line Dancing Workshop

Friday, July 29

9-10:15 a.m. Friday Fitness
 9:30-10:30 a.m. Singing Group
 10 a.m.-noon Creative Writing
 10 a.m.-12:30 p.m. Individual Quilt Layout
 11:30-noon Lunch
 Noon-3 p.m. Canasta
 1:30-2:30 p.m. Exercise 101