#### 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

Friday, July 1

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.

## 

10 a.mnoon	Creative Writing
10 a.mnoon	Alzheimer's Support Group
10 a.m12:30 p.m	Individual Quilt Layout
11:30-noon	Lunch
Noon-3 p.m	Canasta

## 

# Monday, July 4 The Center will be closed in observance of Independence Day

#### Tuesday, July 5

8:15-9 a.mStrengthen & Tone
9 a.mnoon
9 a.mnoon
9:15-10:15 a.m Soft Yoga
10-11 a.m Beginning Guitar Lessons
10 a.m1 p.m
10:30-11:30 a.mLimited Exercise
11:30-noonLunch
11:45 a.m12:45 p.m Tai Chi For Balance With Julie
noon-3 p.m
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.mnoon Needle Crafting
9:15-10:15 a.mChair Yoga
10 a.mnoon
10 a.m2 p.m
11:30-noonLunch
12:15-1:15 p.m Exercise 101
12:30-3 p.m
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<sup>®</sup>

### **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

Thursday, July 7	Tuesday, July 12
8:15-9 a.mStrengthen & Tone	8:15-9 a.mStrengthen & Tone
9 a.mnoon	9 a.mFitness Machine Training
9:15-10:15 a.m	9 a.mnoon Party Bridge
9:30-10:30 a.m	
9:30-Noon	9 a.mnoon
10 a.mNoon	9:15-10:15 a.m Soft Yoga
10:30-11:30 a.m Limited Exercise	10-11 a.m Beginning Guitar Lessons
11:30-noonLunch 12:30-2:30 p.mCrochet For The Community	10 a.m1 p.m Scrapbooking
12:30-3 p.m	10:30-11:30 a.m Limited Exercise
1-2 p.m. New Fundamentals Of Line Dancing Workshop	11:30-noonLunch
- Free Tree - section - se	11:45 a.m12:45 p.m Tai Chi For Balance With Julie
Friday, July 8	Noon-3 p.m
9-10:15 a.m Friday Fitness	1-2 p.m Line Dancing With Michelle
9:30-10:30 a.m Singing Group	1-3:30 p.m
10 a.mnoon	<u></u>
10 a.m12:30 p.m Individual Quilt Layout	2:15-3:15 p.m
11:30-noonLunch	See page 14 for more information
Noon-3 p.m	
1:30-2:30 p.m	Wednesday, July 13
Monday, July 11	8:15-9 a.m
8:15-9 a.mCardio Dance	9 a.mnoon Needle Crafting
8:15-9 a.m	9 a.mnoon Needle Crafting 9:15-10:15 a.m
	C
9:15-10:15 a.m	9:15-10:15 a.m
9:15-10:15 a.m.       Yin Yoga         9:30-11 a.m.       Bible Study	9:15-10:15 a.m
9:15-10:15 a.m.       Yin Yoga         9:30-11 a.m.       Bible Study         9:30 a.mnoon       Crafting	9:15-10:15 a.m.       Chair Yoga         10 a.mnoon       Ukulele Jam         10 a.m2 p.m.       Quilting         11:30-noon       Lunch
9:15-10:15 a.m.       Yin Yoga         9:30-11 a.m.       Bible Study         9:30 a.mnoon       Crafting         10-11 a.m.       Circle Of Readers         10:30 a.mnoon       Line Dancing With Eugenia         11:30-noon       Lunch	9:15-10:15 a.m
9:15-10:15 a.m.       Yin Yoga         9:30-11 a.m.       Bible Study         9:30 a.mnoon       Crafting         10-11 a.m.       Circle Of Readers         10:30 a.mnoon       Line Dancing With Eugenia         11:30-noon       Lunch         12:15-1:15 p.m. Tai Chi For Better Balance With Vanessa	9:15-10:15 a.m
9:15-10:15 a.m.       Yin Yoga         9:30-11 a.m.       Bible Study         9:30 a.mnoon       Crafting         10-11 a.m.       Circle Of Readers         10:30 a.mnoon       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	9:15-10:15 a.m
9:15-10:15 a.m.       Yin Yoga         9:30-11 a.m.       Bible Study         9:30 a.mnoon       Crafting         10-11 a.m.       Circle Of Readers         10:30 a.mnoon       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	9:15-10:15 a.m
9:15-10:15 a.m.       Yin Yoga         9:30-11 a.m.       Bible Study         9:30 a.mnoon       Crafting         10-11 a.m.       Circle Of Readers         10:30 a.mnoon       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	9:15-10:15 a.m
9:15-10:15 a.m.       Yin Yoga         9:30-11 a.m.       Bible Study         9:30 a.mnoon       Crafting         10-11 a.m.       Circle Of Readers         10:30 a.mnoon       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	9:15-10:15 a.m
9:15-10:15 a.m.       Yin Yoga         9:30-11 a.m.       Bible Study         9:30 a.mnoon       Crafting         10-11 a.m.       Circle Of Readers         10:30 a.mnoon       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	9:15-10:15 a.m. Chair Yoga 10 a.mnoon Ukulele Jam 10 a.m2 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

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Thursday, July 14	Tuesday, July 19
8:15-9 a.m Strengthen & Tone 9 a.mnoon Train Dominoes 9:15-10:15 a.m Power Yoga	8:15-9 a.m
9:30-10:30 a.m	9:15-10:15 a.m
10 a.mnoon    Abstract Painting      10 a.mnoon    Creative Card Making	10 a.m1 p.m.       Scrapbooking         10:30-11:30 a.m.       Limited Exercise         11:30-noon       Lunch
10:30-11:30 a.m.       Limited Exercise         11:30-noon.       Lunch	11:45 a.m12:45 p.m Tai Chi For Balance With Julie Noon-3 p.m
12:30-2:30 p.m	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
Friday, July 15	3:30 p.mConclusion Board Of Directors
9-10:15 a.m	Wednesday, July 20         8:15-9 a.m.       Cardio Dance         9 a.mnoon       Needle Crafting         9:15-10:15 a.m.       Chair Yoga         10 a.mnoon       Ukulele Jam         10 a.m2 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
9:15-10:15 a.m. Yin Yoga 9:30-11 a.m. Bible Study 9:30 a.mnoon Crafting 10-11 a.m. Circle Of Readers 10:30 a.mnoon 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	Thursday, July 21  8:15-9 a.m. Strengthen & Tone 9 a.mConclusion Pool Tournament 9 a.mnoon 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.mnoon Abstract Painting 10 a.mnoon 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)

Friday, July 22	Wednesday, July 27
9-10:15 a.m. Friday Fitness	8:15-9 a.m
9:30-10:30 a.m	9 a.mnoon Needle Crafting
10 a.mnoon Creative Writing	· ·
10 a.m12:30 p.m Individual Quilt Layout	9:15-10:15 a.m
11:30-noonLunch	10 a.mnoon
Noon-3 p.m	10 a.m2 p.m
1:30-2:30 p.m	11:30-noonLunch
	Noon To Conclusion At The Movies
Monday, July 25	"The Spy Next Door," Rated PG
8:15-9 a.m	12:15-1:15 p.mExercise 101
9:15-10:15 a.mYin Yoga	12:30-3 p.m
9:30-11 a.m	1-4 p.m
9:30 a.mnoon	1:30-2:30 p.m Line Dancing With Barb
10:30 a.mnoonLine Dancing With Eugenia	2:45-3:30 p.m Fundamentals Of Line Dancing
11:30-noonLunch	
12:15-1:15 p.m Tai Chi For Better Balance With Vanessa	Thursday, July 28
1-2:30 p.mImprov	8:15-9 a.m Strengthen & Tone
1-3 p.m Jewelry Making	9 a.mnoon
1-4 p.m	9:15-10:15 a.m
1:30-2:30 p.m Line Dancing With Barb	9:30-10:30 a.m
1:30-3 p.m Photography Group	9:30-Noon Poker Tournament Practice
2:45-3:30 p.m Fundamentals Of Line Dancing	
2:45-3:45 p.m	10 a.mNoon
	10 a.mNoon
Tuesday, July 26	10:30-11:30 a.m Limited Exercise
8:15-9 a.m Strengthen & Tone	11:30-noonLunch
9 a.mnoon Party Bridge	12:30-2:30 p.m Crochet For The Community
9 a.mnoon	12:30-3 p.m Party Bridge
9:15-10:15 a.m	1-2 p.m. New Fundamentals Of Line Dancing Workshop
10-11 a.m Beginning Guitar Lessons	
10 a.m1 p.m	Friday, July 29
10:30-11:30 a.m. Limited Exercise	9-10:15 a.m Friday Fitness
11:30-noonLunch	9:30-10:30 a.m
11:45 a.m12:45 p.m Tai Chi For Balance With Julie Noon-3 p.m	10 a.mnoon
1-2 p.m Line Dancing With Michelle	10 a.m12:30 p.m Individual Quilt Layout
1-3:30 p.m	11:30-noonLunch
2:15-3:15 p.m New Clogging Workshop	Noon-3 p.m
See page 14 for more information	1:30-2:30 p.m Exercise 101
see page 11 for more imprintation	