

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 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. 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.

Tuesday, November 1

- 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 a.m.-12:30 p.m. Scrapbooking
- 10-11 a.m. Beginning Guitar Lessons
- 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
- 1-2:30 p.m. **New** Pickleball Lessons
More Information On Page 5
- 1-3:30 p.m. Painting
- 2:15-3:30 p.m. Clogging Class • SCE

Wednesday, November 2

- 8 a.m.-4 p.m. Dominoes
- 8:15-9 a.m. Cardio Dance • SCE
- 8:15-9:15 a.m. **New** Core Strength Yoga
More Information On Page 15
- 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
- 1:30-3:30 p.m. Drawing Workshop
- 2:45-3:30 p.m. Fundamentals Of Line Dancing • SCE

Thursday, November 3

- 8 a.m.-4 p.m. Dominoes
- 8-noon **New** Medicare Fair • SCE
More information on page 19
- 8:15-9 a.m. Strengthen & Tone • SCE
- 9 a.m.-noon Train Dominoes
- 9:15-10:15 a.m. Power Yoga • SCE
- 9:30-10:30 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. Crochet For The Community
- 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. **New** Simply Faith Class
More Information On Page 5

(Continued on page 12)

Edward Jones[®]

Member SIPC

Happy Thanksgiving



Brad Buxton, AAMS™
Financial Advisor

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MKT-5894N-A

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Calendar of Events

Friday, November 4

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

Monday, November 7

8 a.m.-4 p.m. Dominoes
8:15-9 a.m. Cardio Dance • SCE
9-11 a.m. **New** Personal Training Sessions • SCE
More Information On Page 15
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
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
1:30-2:30 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, November 8

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 a.m.-12:30 p.m. Scrapbooking
10-11 a.m. Beginning Guitar Lessons
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

1-2:30 p.m. **New** Pickleball Lessons
More Information On Page 5
1-3:30 p.m. Painting
2:15-3:30 p.m. Clogging Class • SCE

Wednesday, November 9

8 a.m.-4 p.m. Dominoes
8:15-9 a.m. Cardio Dance • SCE
8:15-9:15 a.m. **New** Core Strength Yoga
More Information On Page 15
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
1:30-3:30 p.m. Drawing Workshop
1:30-2:30 p.m. Line Dancing With Barb • SCE
2:45-3:30 p.m. Fundamentals Of Line Dancing • SCE

Thursday, November 10

8 a.m.-4 p.m. Dominoes
8 a.m.-noon **New** Medicare Fair • SCE
More information on page 19
8:15-9 a.m. Strengthen & Tone • SCE
8:15-9:15 a.m. **New** Core Strength Yoga
More Information On Page 15
9 a.m.-noon Train Dominoes
9:15-10:15 a.m. Power Yoga • SCE
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. Crochet For The Community
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. **New** Simply Faith Class
More Information On Page 5

The BA Senior Center will be closed on
Friday, November 11, in honor of Veterans Day

Calendar of Events

Monday, November 14

- 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
9:30 a.m.-noon Crafting
10-11 a.m. . . . **New** Veterans Medicare Presentation
More Information On Page 9
11:30 a.m.-noon Lunch
12:15-1:15 p.m. Tai Chi For Better
Balance With Vanessa • **SCE**
1-3 p.m. **New** Personal Training Sessions • **SCE**
More Information On Page 15
1:30-2:30 p.m. Line Dancing With Barb • **SCE**
2:30-4 p.m. Photography Group
2:45-3:30 p.m. . . . Fundamentals Of Line Dancing • **SCE**
2:45-3:45 p.m. Tap Dancing

Tuesday, November 15

- 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 a.m.-12:30 p.m. Scrapbooking
10-11 a.m. Beginning Guitar Lessons
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**
1-2:30 p.m. . . . **New** Pickleball Lessons
More Information On Page 5
1-3:30 p.m. Painting
2:15-3:30 p.m. Clogging Class • **SCE**
3:30 p.m.-Conclusion Board Of Directors

Wednesday, November 16

- 8 a.m.-4 p.m. Dominoes
8:15-9 a.m. Cardio Dance • **SCE**
8:15-9:15 a.m. . . . **New** Core Strength Yoga
More Information On Page 15
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
1:30-3:30 p.m. Drawing Workshop
1-4 p.m. Mahjong • **SCE**
1:30-2:30 p.m. Line Dancing With Barb • **SCE**
2:45-3:30 p.m. . . . Fundamentals Of Line Dancing • **SCE**

Thursday, November 17

- 8 a.m.-4 p.m. Dominoes
8 a.m.-noon **New** Medicare Fair
More information on page 19
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**
9:30-10:30 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. Crochet For The Community
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. **New** Simply Faith Class
More Information On Page 5

Friday, November 18

- 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. **New** Singo
More Information On Page 15
1-2 p.m. **New** Hope For The Holidays
More Information On Page 9

(Continued on page 14)

Calendar of Events

Monday, November 21

8 a.m.-4 p.m. Dominoes
 8:15-9 a.m. Cardio Dance • SCE
 9-11 a.m. . . . **New** . Personal Training Sessions • SCE
 More Information On Page 15
 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
 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
 1:30-2:30 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, November 22

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 a.m.-12:30 p.m. Scrapbooking
 10-11 a.m. Beginning Guitar Lessons
 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
 1-2:30 p.m. . . . **New** Pickleball Lessons
 More Information On Page 5
 1-3:30 p.m. Painting
 2:15-3:30 p.m. Clogging Class • SCE

Wednesday, November 23

8 a.m.-4 p.m. Dominoes
 8:15-9 a.m. Cardio Dance • SCE
 8:15-9:15 a.m. . . . **New** Core Strength Yoga
 More Information On Page 15
 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
 1:30-3:30 p.m. Drawing Workshop
 2:45-3:30 p.m. . . . Fundamentals Of Line Dancing • SCE

The BA Senior Center will be closed Thursday, November 24 and Friday, November 25 for the Thanksgiving holiday.

Monday, November 28

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
 9:30 a.m.-noon Crafting
 11:30 a.m.-noon Lunch
 12:15-1:15 p.m. Tai Chi For Better Balance • SCE
 1-3 p.m. . . . **New** . Personal Training Sessions • SCE
 More Information On Page 15
 1:30-2:30 p.m. Line Dancing With Barb • SCE
 2:30-4 p.m. Photography Group
 2:45-3:30 p.m. . . . Fundamentals Of Line Dancing • SCE
 2:45-3:45 p.m. Tap Dancing

Tuesday, November 29

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 a.m.-12:30 p.m. Scrapbooking
 10-11 a.m. Beginning Guitar Lessons
 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
 1-2:30 p.m. . . . **New** Pickleball Lessons
 More Information On Page 5
 1-3:30 p.m. Painting
 2:15-3:30 p.m. Clogging Class • SCE

Wednesday, November 30

8 a.m.-4 p.m. Dominoes
 8:15-9 a.m. Cardio Dance • SCE
 8:15-9:15 a.m. . . . **New** Core Strength Yoga
 More Information On Page 15
 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
 1:30-3:30 p.m. Drawing Workshop
 2:45-3:30 p.m. . . . Fundamentals Of Line Dancing • SCE