

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 and 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 at 11 a.m. Please call 918-269-8377, 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.

Wednesday, March 1

8 a.m.- Noon. 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
 9:30 a.m.-3:30 p.m. AARP Tax Preparation • **SCE**
 10 a.m.-Noon. Ukulele Jam
 10 a.m.-2 p.m. Quilting
 10:30-11:30 a.m. Line Dancing with Eugenia • **SCE**
 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
 1-3 p.m. Drawing Class
 1:00-3:00 p.m. Line Dancing with Barb • **SCE**
 1-4 p.m. Mahjong • **SCE**
 1:30-4 p.m. Pickleball Open Play • **SCW**

Thursday, March 2

8 a.m.- Noon 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. Limited Exercise
 9:30-11:30 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
 Noon-3 p.m. Pickleball Open Play
 12:30-2:30 p.m. Happy Hookers - Crochet
 12:30-4 p.m. Card Game of the Day

12:30-4 p.m. Party Bridge • **SCE**
 1-2 p.m. Fundamentals of Line Dancing • **SCE**
 1-2 p.m. Simply Faith Class
 3:15-4 p.m. Cardio Drumming

Friday, March 3

8 a.m.- Noon Dominoes
 8:15-9 a.m. Cardio Drumming
 9:15-10:15 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 • **SCE**
 10 a.m.-12:30 p.m. Individual Quilt Layout
 10:30-11:30 a.m. Line Dancing with Eugenia • **SCE**
 10:30-11:30 a.m. Limited Exercise
 11:30 a.m.-Noon Lunch
 Noon-4 p.m. Canasta
 12:15-1:15 p.m. Exercise 101
 1-2:30 p.m. Bingo
 1:30-4 p.m. Pickleball Open Play • **SCW**

Monday, March 6

8 a.m.- Noon Dominoes
 8:15-9 a.m. Cardio Dance • **SCE**
 8 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
 10 - 11 a.m. **New** Access the Library
 More Information on page 7
 11:30 a.m.-Noon. Lunch
 Noon-4 p.m. **New** Canasta
 12:15-1:15 p.m. Tai Chi for Better
 Balance with Vanessa • **SCE**

Calendar of Events

1-2:30 p.m. Intermediate Tap Dancing
 1:00-3:00 p.m. Line Dancing with Barb • SCE
 1-4 p.m. Pickleball Open Play • SCW
 2:45-3:30 p.m. Beginning Tap Dancing

Tuesday, March 7

8 a.m.- Noon Dominoes
 8:15-9 a.m. Strengthen & Tone • SCE
 8 a.m.-Noon Party Bridge • SCE
 9 a.m.-Noon Train Dominoes
 9 -10 a.m. **New** Beginning Guitar Lessons • SCE
 More Information on page 3
 9:15-10:15 a.m. Soft Yoga • SCE
 9:30-10:15 a.m. Limited Exercise
 9:30 a.m.-12:30 a.m. Scrapbooking
 10 - 11 a.m. **New** Guitar Lessons • SCE
 More Information on page 3
 10-11:30 a.m. Live Your Best Life
 10:30-11:30 a.m. Limited Exercise
 11:30 a.m.-Noon Lunch
 Noon-4 p.m. Canasta
 11:45 a.m.-12:45 p.m. Tai Chi for Better
 Balance with Julie • SCE
 Noon-4 p.m. Canasta
 1-2 p.m. Line Dancing with Michelle • SCE
 1-3:30 p.m. Painting
 1-4 p.m. Pickleball Lessons • SCW
 2:15-3:30 p.m. Clogging Class • SCE

Wednesday, March 8

8 a.m.- Noon 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
 9:30 a.m.-3:30 p.m. AARP Tax Preparation • SCE
 10 a.m.-Noon Ukulele Jam
 10 a.m.-2 p.m. Quilting
 10:30-11:30 a.m. Line Dancing with Eugenia • SCE
 10:30-11:30 a.m. Limited Exercise
 11:30 a.m.-Noon Lunch
 12:15-1:15 p.m. Exercise 101
 12:30-2:30 p.m. Bunco
 12:30-3 p.m. Chess
 1-3 p.m. Drawing Class
 1:00-3:00 p.m. Line Dancing with Barb • SCE
 1-4 p.m. Mahjong • SCE
 1:30-4 p.m. Pickleball Open Play • SCW

Thursday, March 9

8 a.m.- Noon 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. Limited Exercise

9:30-11:30 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
 Noon-3 p.m. Pickleball Open Play
 12:30-2:30 p.m. Happy Hookers - Crochet
 12:30-4 p.m. Card Game of The Day
 12:30-4 p.m. Party Bridge • SCE
 1-2 p.m. Fundamentals of Line Dancing • SCE
 1-2 p.m. Simply Faith Class
 3:15-4 p.m. Cardio Drumming

Friday, March 10

8 a.m.- Noon Dominoes
 8:15-9 a.m. Cardio Drumming
 9:15 -10:15 a.m. Friday Fitness • SCE
 9:30-10:30 a.m. Singing Group
 8 a.m.-4 p.m. Dominoes
 10 a.m.-Noon Creative Writing
 10 a.m.-12:30 p.m. Individual Quilt Layout
 10:30-11:30 a.m. Line Dancing with Eugenia • SCE
 10:30-11:30 a.m. Limited Exercise
 11:30 a.m.-Noon Lunch
 Noon-4 p.m. Canasta
 12:15-1:15 p.m. Exercise 101
 1-2:30 p.m. Bingo
 1:30-4 p.m. Pickleball Open Play • SCW

Monday, March 13

8 a.m.- Noon Dominoes
 8:15-9 a.m. Cardio Dance • SCE
 8 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

Edward Jones

Member SIPC

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Brad Buxton, AAMS™
 Financial Advisor

1145 S Aspen Ave
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 918-258-6932

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> edwardjones.com

Calendar of Events

11:30 a.m.-Noon. Lunch
 Noon-4 p.m. **New** Canasta
 12:15-1:15 p.m. Tai Chi for Better
 Balance with Vanessa • **SCE**
 1-2:30 p.m. Intermediate Tap Dancing
 1:00-3:00 p.m. Line Dancing with Barb • **SCE**
 1-4 p.m. Pickleball Open Play • **SCW**
 2:45-3:30 p.m. Beginning Tap Dancing

Tuesday, March 14

8 a.m.- Noon Dominoes
 8:15-9 a.m. Strengthen & Tone • **SCE**
 9 a.m. Fitness Machine Orientation • **SCE**
 9 -10 a.m. **New** Beginning Guitar Lessons • **SCE**
 More Information on page 3
 9 a.m to conclusion **New** Domino Tournamen
 More Information on page 5
 8 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. Limited Exercise
 9:30 a.m.-12:30 p.m. Scrapbooking
 10 - 11 a.m. **New** Guitar Lessons • **SCE**
 More Information on page 3
 10-11:30 a.m. Live Your Best Life
 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 4 p.m. Canasta
 1-2 p.m. Line Dancing with Michelle • **SCE**
 1 to 2 p.m. **New** . African Violets-Learn How to Bloom
 More Information on page 2
 1-3:30 p.m. Painting
 1-4 p.m. Pickleball Lessons • **SCW**
 2:15-3:30 p.m. Clogging Class • **SCE**

Wednesday, March 15

8 a.m.- Noon 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
 9:30 a.m.-3:30 p.m. AARP Tax Preparation • **SCE**
 10 a.m.-Noon. Ukulele Jam
 10 a.m.-2 p.m. Quilting
 10:30-11:30 a.m. Line Dancing with Eugenia • **SCE**
 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
 1-3 p.m. Drawing Class
 1:00-3:00 p.m. Line Dancing with Barb • **SCE**
 1-4 p.m. Mahjong • **SCE**
 1:30-4 p.m. Pickleball Open Play • **SCW**

Thursday, March 16

8 a.m.- Noon 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. Limited Exercise
 9:30-11:30 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
 Noon-3 p.m. Pickleball Open Play
 12:30-2:30 p.m. Happy Hookers - Crochet
 12:30-4 p.m. Card Game of The Day
 12:30-4 p.m. Party Bridge • **SCE**
 1-2 p.m. Fundamentals of Line Dancing • **SCE**
 1-2 p.m. Simply Faith Class
 3:15-4 p.m. Cardio Drumming

Friday, March 17

8 a.m.- Noon Dominoes
 8:15-9 a.m. Cardio Drumming
 9:15-10:15 a.m. Friday Fitness • **SCE**
 9:30-10:30 a.m. Singing Group
 9:30-11:30 a.m. Occupational Therapy Students
 10 a.m.-Noon Creative Writing
 10 a.m.-Noon Alzheimer's Support Group • **SCE**
 10 a.m.-12:30 p.m. Individual Quilt Layout
 10:30-11:30 a.m. Line Dancing with Eugenia • **SCE**
 10:30-11:30 a.m. Limited Exercise
 11:30 a.m.-Noon Lunch
 Noon-4 p.m. Canasta
 12:15-1:15 p.m. Exercise 101
 12:30 p.m. - 2:30. Singo
 1:30-4 p.m. Pickleball Open Play • **SCW**

Monday, March 20

8 a.m.- Noon. Dominoes
 8:15-9 a.m. Cardio Dance • **SCE**
 8 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. **New** . Circle of Readers
 11:30 a.m.-Noon. Lunch
 Noon-4 p.m. Canasta
 12:15-1:15 p.m. Tai Chi for Better
 Balance with Vanessa • **SCE**
 1-2:30 p.m. Intermediate Tap Dancing
 1:00-3:00 p.m. Line Dancing with Barb • **SCE**
 1-4 p.m. Pickleball Open Play • **SCW**
 2:45-3:30 p.m. Beginning Tap Dancing

Calendar of Events

Tuesday, March 21

8 a.m.-4 p.m. Dominoes
 8:15-9 a.m. Strengthen & Tone • **SCE**
 8 a.m.-Noon. Party Bridge • **SCE**
 9 -10 a.m. ... **New** ... Beginning Guitar Lessons • **SCE**
 More Information on page ???
 9 a.m.-Noon Train Dominoes
 9:15-10:15 a.m. Soft Yoga • **SCE**
 9:30-10:15 a.m. Limited Exercise
 9:30 a.m.-12:30 a.m. Scrapbooking
 10 - 11 a.m. **New** Guitar Lessons
 More Information on page ???
 10-11:30 a.m. Live Your Best Life
 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-4 p.m. Canasta
 1-2 p.m. Line Dancing with Michelle • **SCE**
 1-3:30 p.m. Painting
 1-4 p.m. Pickleball Lessons • **SCW**
 2:15-3:30 p.m. Clogging Class • **SCE**
 3:30 p.m.-Conclusion Board of Directors

Wednesday, March 22

8 a.m.- Noon 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
 9:30 a.m.-3:30 p.m. AARP Tax Preparation • **SCE**
 10 a.m.-Noon. Ukulele Jam
 10 a.m.-2 p.m. Quilting
 10:30-11:30 a.m. Line Dancing with Eugenia • **SCE**
 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
 1-3 p.m. Drawing Class
 1:00-3:00 p.m. Line Dancing with Barb • **SCE**
 1-4 p.m. Mahjong • **SCE**
 1:30-4 p.m. Pickleball Open Play • **SCW**

Thursday, March 23

8 a.m.- Noon 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. Limited Exercise
 9:30-11:30 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
 Noon-3 p.m. Pickleball Open Play
 12:30-2:30 p.m. Happy Hookers - Crochet

12:30-4 p.m. Card Game of the Day
 12:30-4 p.m. Party Bridge • **SCE**
 1-2 p.m. Fundamentals of Line Dancing • **SCE**
 1 p.m. to Conclusion. **New** Veterans Presentation • **SCE**
 More Information on page 3&4
 1-2 p.m. Simply Faith Class
 3:15-4 p.m. Cardio Drumming

Friday, March 24

8 a.m.- Noon Dominoes
 8:15-9 a.m. Cardio Drumming
 9-10 a.m. Fitness Machine Orientation • **SCE**
 9:15 -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. Line Dancing with Eugenia • **SCE**
 10:30-11:30 a.m. Limited Exercise
 11:30 a.m.-Noon Lunch
 Noon-4 p.m. Canasta
 12:15-1:15 p.m. Exercise 101
 1-2:30 p.m. Bingo
 1-2:30 p.m. Parkinson's Support Group • **SCE**
 1:30-4 p.m. Pickleball Open Play • **SCW**

Monday, March 27

8 a.m.- Noon 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
 Noon-4 p.m. **New** Canasta
 12:15-1:15 p.m. Tai Chi for Better
 Balance with Vanessa • **SCE**
 1-2:30 p.m. Intermediate Tap Dancing
 1-4 p.m. Pickleball Open Play • **SCW**
 1:30-2:30 p.m. Line Dancing with Barb • **SCE**
 2:45-3:30 Beginning Tap Dancing

Tuesday, March 28

8 a.m.- Noon Dominoes
 8:15-9 a.m. Strengthen & Tone • **SCE**
 8 a.m.-Noon. Party Bridge • **SCE**
 9 -10 a.m. ... **New** ... Beginning Guitar Lessons • **SCE**
 More Information on page 3
 9 a.m.-Noon Train Dominoes
 9:15-10:15 a.m. Soft Yoga • **SCE**
 9:30-10:15 a.m. Limited Exercise
 9:30 a.m.-12:30 a.m. Scrapbooking
 10 - 11 a.m. ... **New** Guitar Lessons • **SCE**
 More Information on page 3
 10-11:30 a.m. Beginning Guitar Lessons • **SCE**
 10-11:30 a.m. Live Your Best Life
 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

Calendar of Events

Balance with Julie • **SCE**

- Noon-4 p.m. Canasta
1-2 p.m. Line Dancing with Michelle • **SCE**
1-3:30 p.m. Painting
1-4 p.m. Pickleball Lessons • **SCW**
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Wednesday, March 29

- 8 a.m.- Noon 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
9:30 a.m.-3:30 p.m. AARP Tax Preparation • **SCE**
10 a.m.-Noon. Ukulele Jam
10 a.m.-2 p.m. Quilting
10:30-11:30 a.m. Line Dancing with Eugenia • **SCE**
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
1-3 p.m. Drawing Class
1:00-3:00 p.m. Line Dancing with Barb • **SCE**
1-4 p.m. Mahjong • **SCE**
1:30-4 p.m. Pickleball Open Play • **SCW**
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Thursday, March 30

- 8 a.m.- Noon 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. Limited Exercise
9:30-11:30 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
Noon-3 p.m. Pickleball Open Play
12:30-2:30 p.m. Happy Hookers - Crochet
12:30-4 p.m. Card Game of the Day
12:30-4 p.m. Party Bridge • **SCE**
1-2 p.m. Fundamentals of Line Dancing • **SCE**
1-2 p.m. Simply Faith Class
3:15-4 p.m. Cardio Drumming
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Friday, March 31

- 8 a.m.- Noon Dominoes
8:15-9 a.m. Cardio Drumming
9-10 a.m. Fitness Machine Orientation • **SCE**
9:15 -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. Line Dancing with Eugenia • **SCE**
10:30-11:30 a.m. Limited Exercise
11:30 a.m.-Noon Lunch
Noon-4 p.m. Canasta
12:15-1:15 p.m. Exercise 101
1-2:30 p.m. Bingo
1:30-4 p.m. Pickleball Open Play • **SCW**