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.

Thursday, Sept. 1

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

Friday, Sept. 2

9-10:15 a.m	Friday Fitness
9:30-10:30 a.m	Singing Group
10 a.mnoon	Creative Writing
10 a.mnoon	Alzheimer's Support Group
10 a.m12:30 p.m	Individual Quilt Layout
10:30-11:30 a.m	New Limited Exercise
11:30 a.mnoon	Lunch
Noon-3 p.m	Canasta
12:15-1:15 p.m	Exercise 101

Monday, Sept. 5
The Center will be closed in observance of Labor Day

Tuesday, Sept. 6

8:15-9 a.mStrengthen & Tone
9 a.mnoon Party Bridge
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 a.mnoon Lunch
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.mPainting
2:15-3:30 p.m

(Continued on page 10)

Edward Jones

Are your investments ready to fight inflation?



Brad Buxton, AAMS™ Financial Advisor 1145 S Aspen Ave Broken Arrow, OK 74012 918-258-6932

MKT-5894M-A

> edwardjones.com Member SIPC

Wednesday, Sept. 7	10-11 a.m
8:15-9 a.m	10:30 a.mnoonLine Dancing With Eugenia
9 a.mnoon Needle Crafting	11:30 a.mnoon Lunch
9:15-10:15 a.m	12:15-1:15 p.m Tai Chi For Better Balance With Vanessa
10 a.mnoon	1-2:30 p.m Improv
10 a.m2 p.m	1:30-2:30 p.m Line Dancing With Barb
10:30-11:30 a.m New Limited Exercise	1:30-3 p.m Photography Group
11:30 a.mnoon Lunch	2:45-3:30 p.m Fundamentals Of Line Dancing
12:15-1:15 p.m Exercise 101	2:45-3:45 p.m
12:30-3 p.m	
1-4 p.m	Tuesday, Sept. 13
1:30-2:30 p.m Line Dancing With Barb	8:15-9 a.m Strengthen & Tone
2:45-3:30 p.m Fundamentals Of Line Dancing	9 a.mFitness Machine Training
	9 a.mnoon Party Bridge
Thursday, Sept. 8	9 a.mnoon Train Dominoes
8:15-9 a.m Strengthen & Tone	9:15-10:15 a.m
9 a.mnoon Train Dominoes	10-11 a.m Beginning Guitar Lessons
9:15-10:15 a.m Power Yoga	10 a.m1 p.m
9:30-10:30 a.m	10:30-11:30 a.m Limited Exercise
9:30-noon Poker Tournament Practice	11:30 a.mnoon Lunch
10 a.mnoon	11:45 a.m12:45 p.m Tai Chi For Balance With Julie
10 a.mnoon Creative Card Making	Noon-3 p.m
10:30-11:30 a.m Limited Exercise	1-2 p.m Line Dancing With Michelle
11:30 a.mnoon Lunch	1-3:30 p.m
12:30-2:30 p.m Crochet For The Community	2:15-3:30 p.m
12:30-3 p.m	
12:30-3 p.m	Wednesday, Sept. 14
1-2 p.m Fundamentals Of Line Dancing	8:15-9 a.m
F:1 C . 0	9 a.mnoon Needle Crafting
Friday, Sept. 9	9 a.mnoon New Fall Risk Assessment
9-10:15 a.m. Friday Fitness	More information on page 6
9:30-10:30 a.m	9:15-10:15 a.m
10 a.mnoon	-
10 a.m12:30 p.m	10 a.m2 p.m
11:30 a.mnoon Lunch	11:30 a.mnoon Lunch
Noon-3 p.m	Noon To Conclusion At The Movies
12:15-1:15 p.m Exercise 101	"The First Wives Club," Rated PG
	12:15-1:15 p.m Exercise 101
Monday, Sept. 12	1-2:30 p.m
8:15-9 a.m	12:30-3 p.m Chess
9 a.m12:30 p.m Medicare Questions Answered	1-4 p.m
9:15-10:15 a.m	1:30-2:30 p.m Line Dancing With Barb
9:30-11 a.mBible Study	2:45-3:30 p.m Fundamentals Of Line Dancing
9:30 a.mnoon	

	Total Cont 20
Thursday, Sept. 15	Tuesday, Sept. 20
8:15-9 a.m	8:15-9 a.m
9 a.mconclusion Pool Tournament	9 a.mnoon
9 a.mnoon	9:15-10:15 a.m
9:15-10:15 a.m	10-11 a.m Beginning Guitar Lessons
9:30-10:30 a.m	10 a.m1 p.m
9:30-noon Poker Tournament Practice	10:30-11:30 a.mLimited Exercise
10 a.mnoon Abstract Painting	11:30 a.mnoon Lunch
10 a.mnoon Creative Card Making	11:45 a.m12:45 p.m Tai Chi For Balance With Julie
10:30-11:30 a.mLimited Exercise	Noon-3 p.m
11:30 a.mnoon Lunch	1-2 p.m Line Dancing With Michelle
12:30-2:30 p.m Crochet For The Community	1-3:30 p.m
12:30-3 p.m	2:15-3:30 p.m
12:30-3 p.m Party Bridge	3:30 p.mConclusion Board Of Directors
1-2 p.m Fundamentals Of Line Dancing	Wednesday, Sept. 21
	8:15-9 a.m
Friday, Sept. 16	9 a.mnoon Needle Crafting
9-10:15 a.m Friday Fitness	9:15-10:15 a.m
9:30-10:30 a.m Singing Group	10 a.mnoon
10 a.mnoon	10 a.m2 p.m
10 a.m12:30 p.m Individual Quilt Layout	10:30-11:30 a.m New Limited Exercise
10 a.mnoon	11:30 a.mnoon
10:30-11:30 a.m New Limited Exercise	12:15-1:15 p.m Exercise 101
11:30 a.mnoon Lunch	12:30-3 p.m. Chess
Noon-3 p.m	1-4 p.m
12:15-1:15 p.m Exercise 101	2:45-3:30 p.m Fundamentals Of Line Dancing
12:30-1:30 p.m New Living Well With Diabetes	
More information on page 7	Thursday, Sept. 22
	8:15-9 a.mStrengthen & Tone
Monday, Sept. 19	9 a.mnoon
8:15-9 a.m	9:15-10:15 a.mPower Yoga
9 a.m. to 12:30 p.m Medicare Questions Answered	9:30-10:30 a.m
9:15-10:15 a.mYin Yoga	9:30-Noon Poker Tournament Practice
9:30-11 a.mBible Study	10 a.mnoon Creative Card Making
9:30 a.mnoon Crafting	10 a.mnoon
10:30 a.mnoonLine Dancing With Eugenia	11:30 a.mnoon Lunch
11:30 a.mnoon	12:30-2:30 p.m
12:15-1:15 p.m Tai Chi For Better Balance With Vanessa	12:30-3 p.m
1-2:30 p.mImprov	12:30-3 p.m
1:30-2:30 p.m Line Dancing With Barb	1-2 p.m Fundamentals Of Line Dancing
2:45-3:30 p.m Fundamentals Of Line Dancing	1 p.m New Medicare Panel Discussion
2:45-3:45 p.m	More information on page 13
1 0	1.00

(Continued on page 12)

Friday, Sept. 23	Wednesday, Sept. 28
9-10:15 a.m Friday Fitness	8:15-9 a.mCardio Dance
9:30-10:30 a.m Singing Group	9 a.mnoon Needle Crafting
10 a.mnoon	9:15-10:15 a.m
10 a.m12:30 p.m Individual Quilt Layout	10 a.mnoon
10:30-11:30 a.m New Limited Exercise	10 a.m2 p.m
11:30 a.mnoon	10:30-11:30 a.m New Limited Exercise
Noon-3 p.m	11:30 a.mnoon Lunch
12:15-1:15 p.m Exercise 101	Noon To Conclusion At The Movies
	"Maverick," Rated PG
Monday, Sept. 26	12:15-1:15 p.m Exercise 101
8:15-9 a.m	12:30-3 p.m
9 a.m12:30 p.m Medicare Questions Answered	1-4 p.m Mahjong
9:15-10:15 a.m	1:30-2:30 p.m Line Dancing With Barb
9:30-11 a.m Bible Study	2:45-3:30 p.m Fundamentals Of Line Dancing
9:30 a.mnoon	
10-11 a.m Circle Of Readers	Thursday, Sept. 29
10:30 a.mnoon Line Dancing With Eugenia	8:15-9 a.mStrengthen & Tone
11:30 a.mnoon Lunch	9 a.mnoon
12:15-1:15 p.mTai Chi For Better Balance With Vanessa	9:15-10:15 a.m
1-2:30 p.m Improv	9:30-10:30 a.m
1:30-2:30 p.m Line Dancing With Barb	9:30-Noon
1:30-3 p.mPhotography Group	10 a.mnoon Creative Card Making
2:45-3:30 p.m Fundamentals Of Line Dancing	10 a.mnoon Abstract Painting
2:45-3:45 p.m	10:30-11:30 a.mLimited Exercise
	11:30 a.mnoon Lunch
Tuesday, Sept. 27	12:30-2:30 p.m Crochet For The Community
8:15-9 a.mStrengthen & Tone	12:30-3 p.m
9 a.mnoon	12:30-3 p.m
9 a.mnoon	1-2 p.m Fundamentals Of Line Dancing
9:15-10:15 a.m	F.11 C . 20
10-11 a.m Beginning Guitar Lessons	Friday, Sept. 30
10 a.m1 p.m	9-10:15 a.m. Friday Fitness
10:30-11:30 a.m Limited Exercise	9:30-10:30 a.m Singing Group
11:30 a.mnoon Lunch	10 a.mnoon
11:45 a.m12:45 p.m Tai Chi For Balance With Julie Noon-3 p.m	10 a.m12:30 p.m Individual Quilt Layout 10:30-11:30 a.m New Limited Exercise
1-2 p.m Line Dancing With Michelle	11:30 a.mnoon Lunch
1-3:30 p.mPainting	Noon-3 p.m
2:15-3:30 p.m(Canceled) Clogging Class	12:15-1:15 p.m
2.17 3.30 p.m Clogging Class	12.1) 1.1) p.111 Lacicisc 101