

**CENTER
CLOSED:**

**Nov. 11th and
Nov. 27th & 28th**

West/Main Building
1800 S. Main Street
and

East Building
1811 S. Main Street 74012
918-259-8377

www.baseniors.org

Center Hours - West:

Monday - Friday
8 a.m. - 4 p.m.

Center Hours - East:

Monday, Wednesday, Friday
8 a.m. - 4 p.m.
Tuesday, Thursday
8 a.m. - 7 p.m.

Annual Membership:

Broken Arrow Residents—\$40
Non-Residents—\$50

Executive Director

Annie Bast

Member Services Manager

Traci Druten

Office Coordinator

Terry Drummond

Administrative Assistant

Tonnya Cress

Special Events Coordinator

Erica Decker

Volunteer Coordinator

Dea Ann Gray

Transportation

Donald Stockton &
Randall Graybill

Broken Arrow Senior Center's NEW EXECUTIVE DIRECTOR



Annie Bast

We are thrilled to introduce our new Executive Director! This marks an exciting new chapter for the senior center, and we can't wait for her to get fully immersed in the culture and experience firsthand the incredible group of people who make it so special. We look forward to all that the future holds!

Annie is a native of Tulsa. She graduated from Bishop Kelley HS and is completing her BS in Business Administration at SNU. At an early age she volunteered in the hospital setting working with clients of age which developed her love and passion for helping others. She has over 25+ years of experience in finance and banking, insurance industry, event planning and building strong relationships with community partners. She has a strong passion for non-profit work and has spent over 20+ years dedicating her time to several local non-profits to serve others in need. She most recently worked for DVIS as the Education Outreach Coordinator working in the school systems, with at risk youth, incarcerated youth and adults, building relationships within the community to bring awareness and prevention to those affected by Domestic Violence, Sexual Assault and Trafficking.

When Annie is not working, she enjoys traveling with her husband and two girls, loves spending time with extended family and friends, and playing with her sweet dogs and cats.

MEDICARE FAIR MOVES TO EAST ANNEX!

Thursdays in November

(closed Thanksgiving)

12:30 p.m. - 3 p.m.

**Have questions about Medicare? Come visit with
professionals in the industry**



Calendar of Events

Regularly Scheduled **MONDAY** Activities

Lunch Daily 11:15 a.m. - 12 p.m.

CLASSES	TIME	BLDG	NOTES
Dominoes	8 a.m. - 12 p.m.	W	
Party Bridge	8 a.m. - 12 p.m.	E	
Ping Pong	8 a.m. - 11 a.m.	W	
Shuffleboard	8 a.m. - 4 p.m.	W	
Cardio Exercise	8:15 a.m. - 9 a.m.	E	
Yin Yoga	9:15 a.m.- 10:15 a.m.	E	
Crafting	9:30 a.m. - 12 p.m.	W	Class Cancelled Nov. 24th
Drum to Exercise with Kathy	9: 15 a.m.- 10:15 a.m.	W	Class Cancelled Nov. 24th
Bible Study	9:30 a.m. - 11 a.m.	E	
Circle of Readers	10 a.m. - 11:30 a.m.	W	1st & 3rd Monday
Limited Exercise	10:30 a.m. - 11: 30 a.m.	W	
Ping Pong/Pool for Fun	11 a.m. - 4 p.m.	W	
Canasta	12 p.m. - 3:45 p.m.	W	
Tai Chi for Better Balance - Vanessa	12:15 p.m. - 1:15 p.m.	E	
Pickleball Open Play	12:15 p.m. - 4 p.m.	W	
Member-Led Bingo	1 p.m. - 2:30 p.m.	W	
Intermediate Tap Dancing	1 p.m. - 2:30 p.m.	W	
Experienced Mahjongg	1 p.m. - 4 p.m.	E	
Line Dancing with Barb	1:30 p.m. - 3 p.m.	E	Cancelled in November
Photography Group	1:30 p.m. - 3:30 p.m.	E	2nd & 4th Monday
Beginning Tap Dancing	2:45 p.m. - 3:30 p.m.	W	
Zumba	3:15 p.m. - 4 p.m.	E	

Monday Special Events

Medicare Education with Chris	9 a.m. - 12:30 p.m.	W	
-------------------------------	---------------------	---	--

CIRCLE OF READERS

Nov 3: Finlay Donovan is Killing It by Elle Cosimano (Contemporary Mystery) & Zoom author visit

Nov 17: Discuss other books

Dec 1: The Most Wonderful Crime of the Year by Ally Carter (Contemporary Mystery)

Dec 15: Book Exchange & Cookies

Edward Jones®

Member SIPC

Don't let politics drive
your investments.
Call to schedule a one-on-one.



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

EJB-19325-A-E-DA-3 AECSPAD

> edwardjones.com

November 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

Calendar of Events

Regularly Scheduled **TUESDAY** Activities

Lunch Daily 11:15 a.m. - 12 p.m.

CLASSES	TIME	BLDG	NOTES
Dominoes	8 a.m. - 12 p.m.	W	
Party Bridge	8 a.m. - 12 p.m.	E	
Strength & Tone	8:15 a.m.- 9 a.m.	E	
Ping Pong/Pool for Fun/Shuffleboard	8 a.m. - 4 p.m.	W	
Blues Guitar Lessons	8:30 a.m. - 10 a.m.	E	
Train Dominoes	9 a.m. - 12 p.m.	W	
Scrabble	9 a.m.—12 p.m.	W	
Power Yoga	9:15 a.m. - 10:15 a.m.	E	
Scrapbooking	9: 30 a.m.– 12 p.m.	W	
Limited Exercise	9:30 a.m. - 10:30 a.m.	W	
Guitar Lessons—Intermediate	10 a.m. - 11: 30 a.m.	E	
Whittling Wonders	10 a.m. - 12:30 p.m.	W	
Limited Exercise	10:30 a.m.-11:30 a.m.	W	
Tai Chi for Balance with Julie	11:45 a.m.-12:45 p.m.	E	
Canasta	12 p.m. - 3:45p.m.	W	
Chess	12 p.m. - 4 p.m.	E	
Line Dancing with Michelle	1 p.m. - 2 p.m.	E	
Beginning Guitar Lessons	1 p.m. - 2:30 p.m.	W	
Beginning Bass Guitar Lessons	1 p.m. - 2 p.m.	W	
Painting	1 p.m. - 3:30 p.m.	W	
Beginner Pickleball Play	12:30 p.m. - 2 p.m.	W	
Pickleball Open Play	2 p.m.- 4 p.m.	W	
Clogging Class	2:15 p.m. - 3:30 p.m.	E	
Beginning Clogging	3:30 p.m. - 4:30 p.m.	E	
Meditation/Sound Bowls	5 p.m. - 5:45 p.m.	E	*Time Change
Zumba	6 p.m. - 7 p.m.	E	



Tuesday Special Events

Domino Tournament	9 a.m. - Conclusion	W	2nd Tuesday
Board of Directors	3:30 p.m.	E	3rd Tuesday



Jewelry by Jill
Jewelrybyjill.com
Jill Morris

Avoid shipping charges by ordering direct
Call or Text Orders to 918-402-8452

November 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

Calendar of Events

Regularly Scheduled **WEDNESDAY** Activities

Lunch Daily 11:15 a.m. - 12 p.m.

CLASSES	TIME	BLDG	NOTES
Dominoes	8 a.m. - 12 p.m.	W	
Ping Pong/Pool/Shuffleboard	8 a.m. - 4 p.m.	W	
Quilting	8 a.m. to 3 p.m.	W	
Cardio Exercise	8:15 a.m. - 9 a.m.	E	
Core Strength Yoga	8:15 a.m. - 9 a.m.	W	
S.E.A.T.	9 a.m. - 10 a.m.	E	
Needle Crafting	9 a.m. - 11:30 a.m.	W	
Chair Yoga	9:15 a.m. - 10:15 a.m.	W	
Beginning Ukelele	9:30 a.m. - 10 a.m.	E	
Spades Card Game	9:30 a.m. - 12:30 p.m.	E	
Line Dancing with Eugenia	10 a.m. - 11:30 a.m.	E	
Abstract Painting 102	10 a.m. - 12 p.m.	W	
Ukulele Jam	10 a.m.-12 p.m.	E	
Limited Exercise	10:30 a.m. - 11:30 a.m.	W	
Fund I of Line Dancing w/ Michelle	12 p.m. - 1 p.m.	E	
Hand and Foot Cards	12 p.m. - 4 p.m.	W	
Exercise 101	12:15 p.m. - 1:15 p.m.	W	
Abstract Painting 101	12:30 p.m. - 2:30 p.m.	W	
Bunco	12:30 p.m.- 2:30 p.m.	W	2nd Wednesday
The Sound of Broken Arrow - Choir	1 p.m. - 2:30 p.m.	E	Cancelled on Nov. 26th
Bingo	1 p.m. - 2:30 p.m.	W	1st Wednesday
Drawing Class	1 p.m. - 2:30 p.m.	E	Cancelled on Nov. 26th
Experienced Mahjongg	1 p.m. - 4 p.m.	E	
Line Dancing with Barb	1:30 p.m. - 3 p.m.	E	Cancelled in November
Pickleball Open Play	1:30 p.m.- 4 p.m.	W	
Zumba	3:15 p.m. - 4 p.m.	E	

Wednesday Special Events

Blood Pressure Checks	10 a.m. - 11 a.m.	W	No checks on 5th Wednesday
Library Assistance	10 a.m. - 11 a.m.	W	2nd Wednesday

A Place Called Home.

Unique Location • Nurturing Staff • Locally Owned

7821 East 76th Street, Tulsa OK 74133
918.249.1262 | TheParke.Net



November 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

Calendar of Events

Regularly Scheduled **THURSDAY** Activities

Lunch Daily 11:15 a.m. - 12 p.m.

CLASSES	TIME	BLDG	NOTES
Dominoes	8 a.m. - 12 p.m.	W	Tournament 3rd Thursday - 9 a.m.
Ping Pong/Pool for Fun/Shuffleboard	8 a.m. - 4 p.m.	W	Pool Tournament 3rd Thursday - 9 a.m.
Strength & Tone	8:15 a.m. - 9 a.m.	E	
Train Dominoes	9 a.m. - 12 p.m.	W	
Soft Yoga	9:15 a.m. - 10:15 a.m.	E	
Limited Exercise	9:30 a.m. - 10:15 a.m.	W	
Creative Card Making	9:30 a.m. - 11 a.m.	W	
Guitar Jam	9:30 a.m. - 11:30 a.m.	E	
Play Money Poker	9:30 a.m. - 12 p.m.	W	
Grief Healing Group	10 a.m. - 11:30 a.m.	E	3rd Thursday
Quilting Layout	10 a.m. - 2 p.m.	W	
Limited Exercise	10:30 a.m. - 11:30 a.m.	W	
Party Bridge	11:45 a.m. - 3 p.m.	E	
Tai Chi for Better Balance	11:45 a.m. - 12:45 p.m.	E	
Drum to Exercise with Kathy	12:15 p.m. - 1:15 p.m.	W	
Creative Card Making	12:30 p.m. - 3 p.m.	W	
Happy Hookers - Crochet	12:30 p.m. - 2:30 p.m.	W	
Card Game of the Day	12:30 p.m. - 4 p.m.	W	1st & 3rd week - Member-led play
Fund II of Line Dancing w/ Michelle	1 p.m. - 2:30 p.m.	E	
Pickleball Open Play	1:30 p.m. - 4 p.m.	W	
Cardio Drumming	2:45 p.m. - 3:30 p.m.	E	
Fast Abs	3:40 p.m. - 4 p.m.	E	
Guitar Jam	4:30 p.m. - 6:30 p.m.	E	
Zumba	6 p.m. - 7 p.m.	E	

Thursday Special Events

Optimist Club Meeting	12 p.m. - 1 p.m.	E	4th Thursday - Open to the public
Membership Advisory Committee	3 p.m.	E	1st Thursday

MEDICARE FAIR

THURSDAYS * 12:30 - 3:00 PM
EAST ANNEX



**CLOSED FOR
THANKSGIVING**

PRO COMPARE MEDICARE



BY LOCAL INSURANCE ADVISORS

Join us every Thursday at our **FREE** Medicare educational class. Come learn with Lynn and friends!

**CONTACT LYNN ROACH
FOR MORE INFORMATION**

918-913-8199

lynn@procomparemedicare.com

For accommodations of persons with special needs at meetings call 918-913-8199.



Calendar of Events

Regularly Scheduled **FRIDAY** Activities

Lunch Daily 11:15 a.m. - 12 p.m.

CLASSES	TIME	BLDG	NOTES
Dominoes	8 a.m. - 12 p.m.	W	
Ping Pong/Pool for Fun	8 a.m. - 4 p.m.	W	
Cardio Drumming	8:15 a.m. - 9 a.m.	E	
Fitness Machine Orientation w/Danny	9 a.m. - 10 a.m.	E	4th Friday
S.E.A.T.	9 a.m.- 9:45 a.m.	E	
Friday Fitness	9:15 a.m. - 10:15 a.m.	E	
Singing Group	9:30 a.m. - 10:30 a.m.	W	
Alzheimers Support Group	10 a.m. - 12 p.m.	E	1st and 3rd Friday
Quilting	10 a.m.- 2 p.m.	W	
Creative Writing	10 a.m.- 12 p.m.	E	
Limited Exercise	10:30 a.m. - 11:30 a.m.	W	
Line Dancing with Eugenia	10:30 a.m. - 12 p.m.	E	
Shuffleboard	10:30 a.m. - 4 p.m.	W	
Canasta	12 p.m. - 3:45 p.m.	W	
Party Bridge	12 p.m. - 4 p.m.	E	
Exercise 101	12:15 p.m. - 1:15 p.m.	W	
Cornhole	12:30 p.m. - 2:30 p.m.	E	
Pitch Card Game	12:30 p.m. - 4:00 p.m.	W	
Bingo	1 p.m. - 2:30 p.m.	W	1st, 2nd, 4th & 5th Friday
Singo	1 p.m.- 2:30 p.m.	W	3rd Friday
Parkinson's Support Group	1 p.m. - 2:30 p.m.	E	4th Friday
Pickleball Open Play	1:30 p.m. - 4 p.m.	W	
Zumba	3:15 p.m. - 4 p.m.	E	Cancelled on Nov 14th & Nov 21st

Friday Special Events

BUNCO BASH	7 P.M. - 9 P.M.	E	NOVEMBER 7th
FRIDAY AFTER THANKSGIVING	CLOSED		NOVEMBER 28th



HOME REPAIRS BY LANE

Handy Man Services

- Exterior & Interior Maintenance
- Garbage Disposals & Leaky Sinks
- Fence & Gate Repair • Lighting & Ceiling Fans
- Ramps & Grab Bars • Repair Cabinets & Trim

Free Estimates & Surveys

Jeff Lane (405) 446.9933
US Navy Retired Call or Text



November 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						



H Honesty
O Openmindedness
W Willingness

Joe Earles
Thrift Store Manager
Donation / Pick-up



Help The Alcoholic Help Himself
H.O.W. Recovery Center of Oklahoma

HOW Thrift Store
(918) 455-8223

2216 So. Aspen
Broken Arrow, OK 74012

BUNCO BASH!

Get Your Tickets

NOW!

FRIDAY, NOV. 7th

7 - 9 p.m.

Doors open at 6 p.m.

- Food, Raffle Prizes, & Fun -

\$15 Each





Hayhurst

FUNERAL HOME



(918) 258-9623 | www.hayhurstfuneralhome.com

For over 31 years Hayhurst Funeral Home has stood by our motto
"A helping hand in a time of need"
 Families have come to call on Hayhurst Funeral Home for their professional, caring and
 compassionate manner in handling every detail.

Great Ladle Throwdown

A Big Success for United Way!



PEOPLE'S CHOICE WINNERS

1. CENTRAL STATES RESEARCH
2. PICKLEBALLERS
3. KINETIC

JUDGES WINNERS

1. HARMON INSURANCE - MARCY
2. OXFORD SPRINGS
3. ASPEN INSURANCE COACHES



THANK YOU TO KINETIC FOR THEIR
SPONSORSHIP OF THE EVENT





TRIAD EYE INSTITUTE WILL BE HERE ON

MONDAY, DECEMBER 1ST

TO CONDUCT FREE

EYE EXAMS.

IF YOU WOULD LIKE TO GET YOUR EYES CHECKED,
SIGN UP AT THE EVENT TABLES IN EITHER
BUILDING FOR AN APPOINTMENT.

HOURS: 10 - 11:30

IN THE MACRAME ROOM

WEST BUILDING

HOPE TO SEE YOU THERE!

Happy Hookers Needs Yarn!



The Senior Center Crochet Group,
AKA Happy Hookers, is needing yarn!

We are a group who loves to create and give
back to the community - Hospice, St. Francis Head
Start, and others, we love to give.

If you can help us with a donation, you can make a
monetary donation in the office or we can also use
gift cards from Hobby Lobby or Michael's.

If crocheting is your passion, we would love to have
you join us on Thursdays at 12:30.

November Fun & Crazy Holidays

Banana Pudding Lovers Month

National Make Men Dinner Day - 11/6

National Game & Puzzle Week - 11/23—11/29

Dine Over Your Sink Day - 11/28 (after Thanksgiving)

Call for free guidance for 2026



Carolynn & Kimberly are licensed Agents
with MedicarePrepare® and have years
of experience guiding Oklahomans
through the Medicare Maze!

Give Carolynn or Kimberly a call! They will
be glad to help you navigate the changes
for 2026.



Carolynn Baldwin (918) 694-2724 TTY 711

Kimberly Baldwin (918) 313-1680 TTY 711



ABC MedicareHelp.com



Art Geddes
918-698-4921

dadgeddes@gmail.com
2800 North 23rd Street #1113
Broken Arrow OK 74014

Independent Agent

Medicare Made Simple



Donna Grady

5128 S. 95th E. Ave. Ste B
Tulsa, OK 74145

**Annual Open
Enrollment Period:**
October 15 - December 7

*Life offers you many choices.
Let me help you choose the
right Medicare plan.*

Grady Insurance Agency

Call or email me for an appointment.
918-691-6979 or dgrady97@gmail.com

Licensed Agent for:

- Oklahoma Blue Cross Blue Shield
- Coventry/Aetna • CommunityCare
- GlobalHealth/Generations Healthcare
- AARP/UnitedHealthcare • Humana
- Aetna • Mutual of Omaha



September Pool Tournament
Winners

Tournament of Champions

- 1st Place - Cecil Jones
2nd Place - Chester McDonald
3rd Place - Keith Costigan



Group B

- 1st Place - Bill Stephens
2nd Place - Russ Snively
3rd Place - Josh Phillips



September Poker Winners -
1st Place - Rich Rogers
2nd Place - Jeff Schoenhals



October Domino Winners -
Moses Washington and Minter Woodham







FLORAL HAVEN
Funeral Home and Cemetery

*People who know you...
People you can trust...
Today and Tomorrow.*

www.florallhaven.com
(918) 252-2518



**PAM HEALTH
REHABILITATION HOSPITAL
OF TULSA**

**Regain strength and independence.
Inpatient and outpatient care.**

**918-940-8808
www.PAMHealth.com**

IN THE NEWS...

Cancelled Classes in November

Crafts - Monday, Nov. 24th

Drawing Class - Wednesday, Nov. 26th

Drum to Exercise with Kathy - Monday, Nov. 24th

Line Dancing with Barb - All of November

Sound of BA Choir - Wednesday, Nov. 26th

Zumba (3:15 - 4) - Friday, Nov. 14th & 21st

NEW PING PONG TABLE SCHEDULE

MONDAY - 8 - 3:45

TUESDAY - 8 - 12:30

WEDNESDAY (1st, 2nd, 5th week) 8 - 3:45

THURSDAY (1st, 2nd, 5th week) 8 - 3:45

FRIDAY (1st, 2nd, 5th week) 8 - 3:45

MACRAME ROOM - WEST BUILDING

SCHEDULE MAY VARY DUE TO SPECIAL EVENTS



From all of us at Kind Hands & Caring Hearts
Happy Thanksgiving



We offer a range of services so tell us, how we can serve you?

- * Help w/Mobility
- * Dementia Services
- * Shopping & Errands
- * Incontinence Care
- * Meal Preparation
- * Fun Activities
- * And much more

(405) 334-3213
2700 N Hemlock Ct Suite 111C Broken Arrow, Ok 74012
kindhandsandcaringheartshomecare.com
Facebook- @ Kind Hands & Caring Hearts Home Care



IT'S NOT A JOB, IT'S A CALLING



TRUE COLOR



**EXTERIOR
WHOLE HOUSE \$1700**

JOHN CARLUCCI

918-500-9637

CALL FOR A FREE ESTIMATE



Todd Brown, Agent
405 South Main Street
Broken Arrow, OK 74012
Bus: 918-258-3531
www.toddbrown.org

Take your retirement savings with you.
Rolling over your 401(k) to a State Farm IRA is easy. I can take care of the paperwork while helping you with a retirement plan that meets your needs.

**Like a good neighbor,
State Farm is there.***
CALL ME TODAY.



***Has Parkinson's Disease or another issue
caused balance problems or fear of falling?***



Medicare Accepted • Referral Not Required

918-251-7199

hylandpt.com



HYLAND
Physical Therapy & Wellness

- In the Comfort of Your Own Home
- Specializing in Parkinson's Disease

BA Senior Center Sponsors

Premiere Sponsors:




High Tower
ACCOUNTING & TAX



Crawford Insurance
ADVISORS



Local Insurance
Advisors

Signature Sponsors:



SENIOR
Helpers



Programming Sponsors:



Bixby-South Tulsa
Funeral Service
& Crematory

Activity Sponsors:

Poker Tournament:

Global Health/Joel Hitsman

Domino Tournament:

White River Fish Market, Ron's Hamburgers & Chili, Billy Ray's Catfish & BBQ, Jimmy's Egg, & Fish Shack

Pool Tournament:

Local Insurance Advisors, FirstLight Home Care, Archwell Health, Bixby-South Tulsa Funeral Service, Rivercrest Cremation, VIPCare

Bingo & Singo:

TruHeart Home Health & Hospice, Cedarhurst of Woodland Hills, Season's Hospice, Archwell Health (Singo), Bixby-South Tulsa Funeral Service

Blood Pressure Checks:

Miller Hospice, Hillcrest Hospital South, First Light Home Care

Hearing Screenings & Hearing Aid Maintenance:

HearingLife

Center Information

Accommodations - Handicap parking is located on the east and south side of the West building and east side of the East building.

Name Tags - All members are required to wear their name tag while engaged in center activities. Please see the office if you lose your name tag.

Center Hours - WEST - Monday through Friday 8 a.m. - 4 p.m. **EAST** - Monday, Wednesday, Friday 8 a.m. - 4 p.m., Tuesday and Thursday 8 a.m. - 7 p.m.

Guests - Guests must be 55 or older and considering membership. They are required to check in with the office so a guest form can be completed.

Perfumes and Odors - Many members are highly sensitive to strong scents. Please refrain from using strong scented perfumes, after-shaves, and lotions. Practice good personal hygiene to prevent strong or offensive body odor.

Lunch - Lunch is provided at the Center by the Tulsa and Creek County Senior Nutrition Program at 11:15 a.m. each day in the West Building. Lunch is not served after 12 p.m. Reservations will be accepted for the first 100 people and must be made the day before by 11 a.m. Registration for the lunch program is currently closed. Please call (918)259-8377, option 1 for more information. For those over 60, the suggested donation is \$2 per meal.

Transportation - Questions regarding transportation to and from Center via the Shuttle Bus can be answered by calling (918)259-8377., ext. 15.

Calendar of Events - The notation "E" are activities held in the East Annex and "W" are activities held in the West Bldg.

Inclement Weather Closing Notification

If the Center closes due to weather, there are multiple ways we attempt to notify you:

1. On the home page of the Center's website—
www.baseniors.org.
2. On our Facebook page - **Broken Arrow Senior Activity Center**.
3. **Channel 6** will post center closures on their newfeed.



Gratitude and Legacy: Starting the Conversation This Thanksgiving

By Brittany Littleton



Thanksgiving offers something rare in our busy lives: a reason to slow down, gather with loved ones, and reflect on what we're grateful for. Around a full table, stories are shared, memories resurface, and traditions are passed down, often without anyone realizing they're doing something profound. Beneath the laughter, recipes, and family updates, Thanksgiving is quietly about legacy and the connection between generations.

For many families, though, one important part of that legacy goes unspoken: what will happen in the years to come, and how loved ones will be cared for if circumstances change. Estate planning, incapacity planning, and discussions about end-of-life wishes may not feel like natural dinner-table topics, but they are extensions of the same gratitude and love that bring families together this time of year.

The Gift of Conversation

Holidays are one of the few times when families of all ages are together in the same room. While it may not be the ideal moment for in-depth legal discussions, it *is* a good opportunity to start a gentle conversation about values, wishes, and priorities. These early conversations can make later decisions easier, and they prevent loved ones from being left guessing during a time of crisis or grief.

A simple way to begin is by talking about gratitude. Sharing what you're thankful for — your health, your family, your home, your memories — naturally leads to reflecting on how to protect those blessings. You might say something like, "I've been thinking about how grateful I am for our family and the life we've built together. I want to make sure things are as easy as possible for all of you if something ever happens to me."

That statement doesn't start a debate about inheritance or documents. It opens a door to a meaningful conversation rooted in love and responsibility.

Legacy Is More Than Money

When people hear "estate planning," they often think of dividing assets, but a true legacy is much broader. It includes the values, lessons, and traditions you pass down — not just your financial estate. The recipes that show up every year, the way you celebrate milestones, the charities you support, or even your approach to helping others — those are all pieces of your legacy.

Sharing stories about why you made certain choices in life, or what experiences shaped you, helps your family understand your intentions behind your planning. That context is just as important as the legal documents themselves. Too often, families end up in conflict not because of what was written in a will or trust, but because they never talked about *why* those decisions were made.

Continued on page 20

Helping Families and Businesses Thrive



**WE PROVIDE EXPERT
LEGAL SOLUTIONS FOR
FAMILIES & BUSINESS
OWNERS PLANNING FOR
SUCCESSFUL FUTURES.**

*We're proud to be a
signature partner of
BA Seniors!*

*We are committed to
helping seniors to ensure
their wishes and assets are
honored and protected in
their golden years.*



**2604 W. Kenosha, Suite 202
www.littletonlegal.com
(918) 608-1836**



Missing Teeth?

Don't Miss Out on the Holidays.

Call Flawless Smile Dentistry Today!

**We'll Help You Eat, Smile & Speak
with Confidence Again!**

Broken Arrow

Claremore

918-957-7777

918-342-4444

**Scan the QR Code to See Real
Patient Smiles & Learn More**



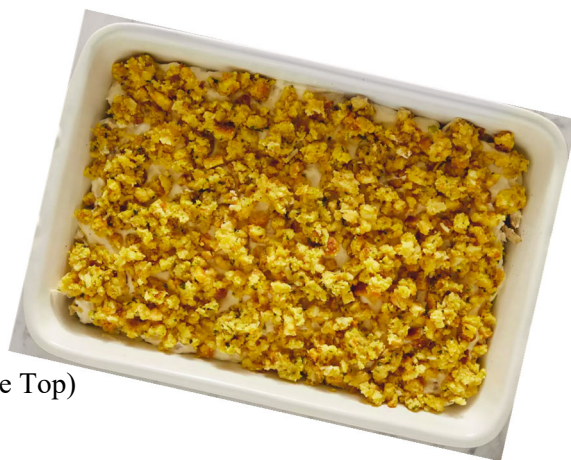
*Let us know you
heard about us
from the
newsletter.*

FREE Consultation for Seniors!
Convenient Appointments Available This Week!

Chicken and Stuffing Casserole

INGREDIENTS:

- 1 ½ cups water
- ¼ cup butter
- 1 (6 ounce) package quick-cooking stuffing mix (such as Stove Top)
- 1 tablespoon butter
- 1 medium onion, diced
- 3 stalks celery, diced, or more to taste
- 1 (10.5 ounce) can low-sodium cream of chicken soup
- ½ (10.5 ounce) can low-sodium cream of mushroom soup
- 1 (8 ounce) container sour cream
- 1 whole cooked rotisserie chicken - skinned, boned, and meat shredded
- salt and ground black pepper to taste



DIRECTIONS:

1. Preheat the oven to 375 degrees F (190 degrees C). Spray a 9x13-inch baking dish with cooking spray.
2. Bring water and 1/4 cup butter to a boil in a saucepan over medium heat. Add stuffing mix and stir to combine. Remove the saucepan from the heat, cover, and let sit until water is absorbed, about 5 minutes. Fluff stuffing with a fork.
3. While you are preparing stuffing, melt 1 tablespoon butter in a skillet over medium heat. Add onion and celery; cook and stir until softened, 5 to 10 minutes.
4. Mix both condensed soups with sour cream in a bowl until well combined.
5. Spread shredded chicken in the bottom of the prepared baking dish. Layer onion mixture over chicken and season with salt and pepper.
6. Top with soup mixture and spread stuffing evenly over top.
7. Bake in the preheated oven until filling is bubbly and topping is golden brown, about 1 hour.
8. Serve hot and enjoy!





Live Well
HOSPICE

Locally Owned & Operated

"Compassionate care when it matters most."

"We strive to maintain quality of life & comfort with commitment to the individuals & families we serve, by providing compassionate care through medical, emotional, social & spiritual support."

Office: 918.943.5416
Fax: 918.943.5266

Serving our community with heart, dignity, and respect.



SUDOKU

	3	5			8	7		
6			4		7	1		
	8							6
	7	9	6					5
1		3				4		7
5					9	6	1	
3							8	
		6	2		4			3
		4	7			9	6	



Jingle, Mingle, and a Little Bit of Kringle

Join us as we Celebrate the Season!

With Desserts, Punch, Music, Shopping,
and Santa Claus!!

Friday, December 12th

1 p.m. - 3 p.m.

Watch for More Information!

Affordable Assisted Living in Broken Arrow! CanoeBrookBrokenArrow

NEW
Adventures
AND FRIENDSHIPS
ARE AROUND THE CORNER!



2621 S. Elm Place, Broken Arrow, OK 74012 CANOE BROOK

BrokenArrowAssistedLiving.com **(918) 218-3338**



JADE

Antique & Vintage
Boutiques

Jadevintagetreasures.com

JADE TREASURES
711 W Washington
Broken Arrow
918-994-6355



JADE ON MAIN
1639 S Main
Broken Arrow
918-872-7931

Our treasures will follow you home

Harmon
Insurance

www.harmonins.com • 918-251-2511

WEB MOBILE SOCIAL MEDIA

ABC Medicare.Help



Cindy Sansone

Licensed Agent
5800 E Skelly Dr Ste 560
Tulsa, OK 74135

(918) 906-3535

cindy.ssansone@farmersagency.com

Upcoming Events in Broken Arrow

Event	6th Annual BA Elk's Veteran's Day Parade
Date/Time	11/01/2025 10:00 a.m. - 11:00 a.m.
Event	INVINCIBLE: A GLORIOUS TRIBUTE TO MICHAEL JACKSON
Date/Time	11/01/2025 7:30 p.m. - 10:00 p.m.
Event	Civilians K9 Keg Pull
Date/Time	11/09/2025
Event	Christmas Kickoff
Date/Time	11/13/2025 6:30 p.m. - 8:30 p.m.
Event	City Council Meeting
Date/Time	11/17/2025 6:30 p.m. - 8:30 p.m.
Event	Wine Walk
Date/Time	12/04/2025
Event	New Orleans Square Winter Wonderland
Date/Time	12/06/2025 2:00 p.m. - 4:00 p.m.
Event	New Orleans Square Winter Wonderland
Date/Time	12/07/2025 12:00 p.m. - 2:00 p.m.
Event	Carols and Cocoa
Date/Time	12/12/2025 6:30 p.m. - 8:30 p.m.



For Good Health!
Contact us to learn more about wellness & vitality!

Jan Collins

YOUNG LIVING
ESSENTIAL OILS
Gold Leader
(918) 694-7232
blessed2binhealth@gmail.com



Big Spirit, Little Trees is a partnership between the Museum Broken Arrow and Broken Arrow Neighbors. Starting on November 1st, the museum will be accepting decorated Christmas trees from community members, at the end of the exhibit; the trees will be donated to the "Joy for Your Neighbors" Event put on by Broken Arrow Neighbors. Anyone can bring in a 4.5-foot or smaller decorated Christmas Tree. The Christmas Trees will be on display at the museum in the Barbra Brown Kimbrough exhibit hall, and will be on display starting on November 1st - December 11th.

If you are interested in submitting a tree, call the museum at 918-258-2616.

The Senior Center will be donating a tree. Come by and vote for our Alice in Wonderland tree!



CLIFTON BAKER, MBA, JD
Attorney and Counselor at Law

"A Senior Serving Seniors - lic. 1975"

BROKEN ARROW LAW GROUP
Civil, Estate and Criminal Law Practitioners

2017 S. Elm Place, Suite 107
Broken Arrow, OK 74012

539.367.5241 office * 918.582.6550 direct*

SUMMIT
PHYSICAL THERAPY
PTSUMMIT.COM

2560 E Kenosha St, Broken Arrow P: 918-994-7864

Orthopedics Outpatient Physical Therapy
 Manual Therapy Vestibular & Balance Rehab
 Pre/Post-Surgical Total Joint Replacement Rehab
COMPLIMENTARY INJURY AND FALL SCREENS AVAILABLE!

Borrow, Read, and Return

As we move into the fall and winter months, there's nothing like snuggling up in a blanket and reading a good book.

The Center has a wide assortment of hard-back books available to peruse in the Center's library. The selection of books is arranged by the author, including both nonfiction and fiction. Borrow a book, read it and return it to the Center and find your next read.

Donations of hardback books to include in this always changing library can be dropped off in the office.



Enjoy Your Memories through Scrapbooking

Scrapbooking is all about creating memories and lifelines for your family to hold onto for generations. It is about telling a story - your story with photos and mementos. This unique crafting class will be for those who want to learn how to scrapbook and for those who enjoy scrapbooking already and love to share creativity with others. If your photos are gathering dust in shoe boxes and you would like to create a keepsake for years to come, the Center's scrapbooking group will be for you! Many of the materials needed to scrapbook are already available at the Center.



Come and join us on Tuesday mornings

9:30 - 12:00

West Building



BROKEN ARROW SENIORS

YOUR FAMILY YOUR LEGACY

WE ARE HERE TO HELP YOU AND YOUR FAMILY PLAN FOR THE FUTURE THROUGH STRATEGIC STEWARDSHIP.

Planned giving is an integral part of being a faithful steward. It is the mission of Broken Arrow Seniors to assist each and every person who is part of our mission — in becoming aware of strategic stewardship opportunities that can help plan for your future and your family's future, as well as the organizations you passionately support.

Take the steps today to deliver peace of mind for you and your loved ones — knowing they will be cared for according to your wishes if the unexpected was to happen. Contact our planned giving office and take advantage of this *complimentary* service which is available to all of our friends, volunteers, staff and donors. Call 918.491.0079 to schedule your appointment today.

If you have questions about Broken Arrow Seniors or our complimentary planned giving services, please contact Kim Crenshaw by calling 918.259.8377 or visiting baseniors.planned.gifts.



Crawford Insurance
ADVISORS

Helping Seniors

and those on disability and Medicare with their Medicare options for 12 years.

Local and trusted agents that live in your community!

Experts in all Medicare Products including:

- Medicare Supplements
- Part D Prescription Plans,
- Medicare Advantage Plans
- Dental & Vision, Hospital Indemnity, Cancer, & Life Insurance Policies

Specializing in helping Veterans and Veteran spouses navigate Medicare options.

Call us today (918) 740-3719

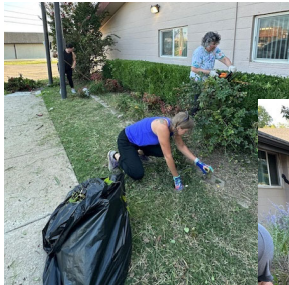


VOLUNTEER SPOTLIGHT

Non-Member/Community Volunteer Spotlight Members of Core Church in Broken Arrow

Community volunteerism is defined as the act of contributing free labor to support a nonprofit organization or community service without receiving financial reward. It involves individuals or groups engaging in activities that benefit society and contribute to personal development, fosters social responsibility, and develops a sense of community.

Several members of Core Church in Broken Arrow recently volunteered for three hours to clean out flower beds and beautify the Main Street entrance of the Senior Center's West Building. They did an amazing job, and we are immensely grateful for them volunteering their time and gardening talents. November is the month when we tend to focus on thankfulness, and the Senior Center is certainly thankful for Core Church and their community service. Here are a few pictures of them hard at work!



AUTO / HOME / CYCLE / BOAT / RV / UMBRELLA /



Mike Ward

512 W. Atlanta St., Suite F
Broken Arrow, OK 74012
1 Blk. S. & 1 Blk. E. of 91st & Elm

(918) 258-6612 Office

(918) 625-1783 Cell

mike@mikeward-insurance.com

Edward Jones®

Member SIPC

**Don't let politics drive
your investments.
Call to schedule a one-on-one.**



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

EJB-19325-A-E-DA-3 AECSPAD

> edwardjones.com



Marshall K. Dyer, Attorney

32 Years in Broken Arrow

- Will and Trusts
- Criminal
- Real Estate
- Family & Domestic
- Estate Planning & Probate

**Free Initial
Consultation**

www.okla-law.info

(918) 258-2711

Major Credit Cards
Accepted

Proudly assisting Senior Center members for more than 5 Years

Continued from page 13



Consider taking a few moments this holiday to tell a story that reflects your values — perhaps the lesson your parents taught you about hard work, generosity, or saving for the future. These stories provide the emotional foundation for your estate plan and help your loved ones feel connected to the spirit of your choices.

Practical Tips for Holiday Conversations

If you'd like to use the holidays as an opportunity to begin or revisit estate planning conversations, here are a few gentle approaches:

1. **Keep it casual.** Mention your plans in passing, perhaps while sharing family photos or stories. There's no need for a formal meeting.
2. **Focus on reassurance.** Frame the conversation as a way to make life easier for your loved ones, not as a warning or source of worry.
3. **Share your "why."** Talk about the values that guide your planning, not just the legal mechanics.
4. **Invite questions.** Let family members know you're open to discussing your wishes further, but on your terms and at your pace.

Don't rush. This isn't about finishing the conversation; it's about beginning it.

Even a short, heartfelt exchange can prevent confusion or conflict later and ensure your family understands your intentions.

A Season of Reflection

As the year draws to a close, many of us naturally take stock of our lives — what we've accomplished, what we hope for the future, and who we hold dear. Estate planning fits perfectly within this season of reflection. It's an act of gratitude, a way to honor the past while caring for the people and causes that matter most to you.

If you've already completed your planning, the holidays can also serve as a reminder to review your documents. Have there been any changes in your family, finances, or health this year? Do your beneficiary designations still match your wishes? A simple annual review, perhaps tied to Thanksgiving or another recurring milestone, keeps your plan current and aligned with your goals.

Estate planning is, at its heart, an expression of love - one that says, *I've thought ahead because you matter to me.* As you gather this Thanksgiving, take a moment to express gratitude not just for what you have, but for the opportunity to ensure your legacy endures in the way you intend. Your family will thank you, both now and in the years to come.



High Tower
ACCOUNTING & TAX

BROKEN ARROW SENIORS
MEMBERS RECEIVE

10% OFF

918-615-9887

121 W Commercial Street
Broken Arrow, OK 74012





Compassion
& Quality Care

Miller Hospice

Meyer C & Ida

918-742-6415

"Our goal is to keep you comfortable and support you and your family to live each day to its fullest."

Let our caring and qualified staff help you and your family.

Locally owned, not-for-profit
www.MillerHospiceTulsa.com



There's so much to
LOVE
 about Broken Arrow's
BEST SENIOR COMMUNITY!

Discover the vibrant lifestyle,
 heartfelt care, & peace of mind
 that Green Country families
 trust and embrace for their
 loved ones.



ASSISTED LIVING AND MEMORY CARE
In collaboration with St. John Broken Arrow

(918) 249-8000

PrairieHouseSeniorLiving.com

2450 NORTH STONE RIDGE DRIVE

BROKEN ARROW, OK 74012

CRAFTERS IN ACTION



HEART
 for
SENIORS
 Home Healthcare

Professional Care You Can Trust

At Heart for Seniors Home Healthcare, Our Mission is to improve lives by providing high quality and professional care with a servant's heart.

We provide a high quality of life for our clients and their families by delivering customized, dependable and affordable care

Our Services Include:

- Free Consultation
- VA Benefit Assistance
- Respite
- Companion & Personal Care
- Chronic Disease
- Alzheimer's/Dementia, Parkinson's

(918) 505-3109

www.heartforseniorshomehealth.com

1402 W. Kenosha St. - Broken Arrow, OK 74102

Thanksgiving

WORD SEARCH

R	U	G	Z	L	L	G	N	I	F	F	U	T	S	F
S	U	N	P	W	U	F	R	T	G	Q	D	E	A	S
E	B	I	L	U	M	F	U	A	F	Z	I	L	E	R
V	A	V	S	T	M	R	K	H	T	R	L	O	J	E
S	E	I	H	W	K	P	C	N	R	I	T	D	T	H
M	H	G	T	E	E	D	K	E	A	A	T	Y	R	T
I	O	S	Y	Q	J	E	B	I	T	H	L	U	A	A
R	L	K	Z	X	U	N	T	O	N	N	T	X	D	G
G	I	N	A	B	A	E	P	O	F	Q	P	H	I	E
L	D	A	V	R	L	X	V	F	E	A	S	T	T	C
I	A	H	C	B	S	E	Y	L	I	M	A	F	I	O
P	Y	T	B	H	M	A	G	E	U	D	D	S	O	R
O	T	O	P	B	P	L	Y	M	O	U	T	H	N	N
U	G	L	E	E	I	P	I	R	I	M	H	Q	B	T
C	O	R	N	U	C	O	P	I	A	J	Z	R	B	Y

FALL	THANKFUL	NOVEMBER
GATHER	TURKEY	PLYMOUTH
HOLIDAY	CORNUCOPIA	STUFFING
PILGRIMS	FAMILY	THANKSGIVING
PUMPKIN	GOBBLE	CRANBERRIES
CORN	GRATITUDE	POTATOES
FEAST	PIE	TRADITION



NEED A PIANO OR KNOW SOMEONE OR GROUP THAT DOES?

We are giving away one of the pianos in the lounge of the West Building and would like to find a good home for it. You must be able to remove and transport the piano. If interested, please see the Main Office.



SENIOR CARE ONLY BETTER

Senior Helpers offers personalized in-home care solutions that truly set us apart, like our Senior Gems® program. We focus on what your loved one can do instead of what they cannot do.

Take a step in a positive direction by contacting us today.

Senior Helpers®

Care and comfort at a moment's notice.

918.574.2273 | seniorhelpers.com/tulsa

All rights reserved. Senior Helpers locations are independently owned and operated. ©2018 SH Franchising, LLC.



Rehabilitation

Respite

Long-Term Services

Physical Therapy

Occupational Therapy

Speech Therapy

Call us today to see how we can make a difference!

1251 W. HOUSTON STREET • BROKEN ARROW, OK 74012
539.367.4500 • 539.367.4510 (F) • WWW.ASPENHEALTHREHAB.COM



1800 S. Main Street
Broken Arrow, OK



Board of Directors

Chairman Lisa Ford
Immediate Past Chair Jody Manning
Treasurer Open
Secretary Debbie Firestone

Directors

Jules Resnik	Lori Hill
Michael Peale	Laura Garrett
Aubrey Patterson	Steve Juett
Jim Wykoff	Farrah Fulps
Ron Whitaker	Scott Lowry
Lauren Smith	Raymond Viel

Nonprofit Organization

U S Postage

PAID

Broken Arrow, OK 74012

PERMIT No. 4



the **DOCTOR**
will see you now

(FOR ALL YOUR HEARING HEALTHCARE NEEDS)



Give is a call today to schedule
your no-obligation appointment
(including a free hearing
screening), plus take advantage
of our free week-long trial!

A M E R I C A N
H E A R I N G
+ audiology

505 S. Aspen Ave., Broken Arrow, OK 74012

(918) 418-5717 • www.AmericanHearing.us

