



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

Traci Druten

Member Services Manager

Open

Office Supervisor

Terry Drummond

Special Events Coordinator

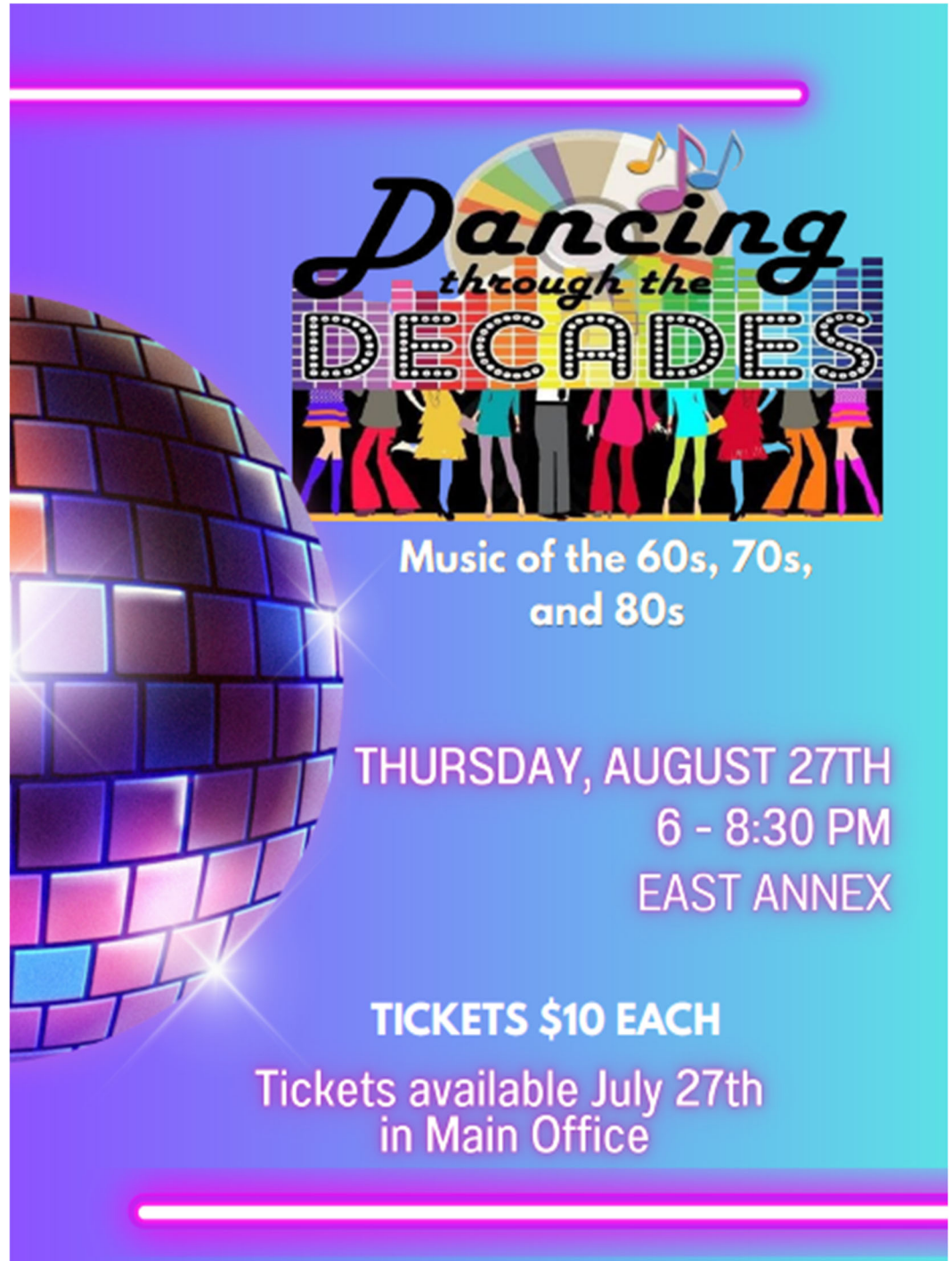
Erica Decker

Volunteer Coordinator

Dea Ann Gray

Transportation

Donald Stockton &
Randall Graybill



**Dancing
through the
DECADES**

Music of the 60s, 70s,
and 80s

THURSDAY, AUGUST 27TH
6 - 8:30 PM
EAST ANNEX

TICKETS \$10 EACH
Tickets available July 27th
in Main Office

BASC MISSION: To provide a welcoming environment that encourages enrichment, social engagement, and an active lifestyle for the 55 and over community.

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/Shuffleboard/Pool Hall	8 a.m. - 3:45 p.m.	W	
Core Strength Yoga	8:15 a.m. - 9 a.m.		*NEW CLASS*
Cardio Exercise	8:15 a.m. - 9 a.m.	E	
Brewing Friendship Coffee Talk w/AIC	8:30 a.m. - 9:30 a.m.	E/W	EAST & WEST BLDG
Medicare Educ Series w/Chris	9 a.m. - 12:30 p.m.	W	
Deep Stretch Yoga	9:15 a.m. - 10:15 a.m.	E	*Same Class - New Name*
Drum to Exercise with Kathy	9:15 a.m. - 10:15 a.m.	W	
Crafting	9:30 a.m. - 12 p.m.	W	Cancelled for the month
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	
Line Dancing with Eugenia	10:30 a.m. - 12 p.m.	E	
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	
Tap Dancing - Beginning	12:30 p.m. - 1:15 p.m.	W	
Fitness Machine Orientation w/Joey	1 p.m. - 2 p.m.	E	1st Monday - *NEW CLASS*
Member-Led Bingo	1 p.m. - 2:30 p.m.	W	
Experienced Mahjongg	1 p.m. - 4 p.m.	E	
Tap Dancing - Advanced	1:30 p.m. - 2:30 p.m.	W	
Line Dancing with Barb	1:30 p.m. - 3 p.m.	E	
Photography Group	1:30 p.m. - 3:30 p.m.	E	2nd & 4th Monday
Tap Dancing - Intermediate	2:40 p.m. - 3:40 p.m.	W	
Zumba	3:15 p.m. - 4 p.m.	E	

Monday Special Events

Occup Therapy Wellness Fair	8:30 a.m. - 10:30 a.m.	W	July 13th
Virtual Dementia Tour	9 a.m. - 3 p.m.	E	July 27th

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CIRCLE OF READERS

July 6: *Swift River* by Essie Chambers (Historical F) &
Zoom author visit

July 20: Discuss other books

Aug 3: *The Violin Maker's Secret* by Evie Woods

Aug 17: Discuss other books

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	
Train Dominoes	8 a.m. - 12 p.m.	W	
Ping Pong/Shuffleboard/Pool Hall	8 a.m. - 7 p.m.	W	
Muscle & Movement w/ Debi	8:15 a.m.- 9 a.m.	E	
Guitar Jam	8:30 a.m. - 11:30 a.m.	E	
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	
Whittling Wonders	10 a.m. - 12:30 p.m.	W	
Limited Exercise	10:30 a.m.-11:15 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	
Sewing Class	1 p.m. - 2 p.m.	W	Cancelled for the month
Technology Class	1 p.m. - 2 p.m.	E	1st Tuesday
Beginning Guitar Lessons	1 p.m. - 2:30 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.– 7 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	
Evening Mahjogg	4 p.m. - 7 p.m.	E	*NEW CLASS*
Meditation w/ Kendra	5 p.m. - 5:45 p.m.	E	
Zumba with Carolyn	6 p.m. - 7 p.m.	E	

Tuesday Special Events

The 10 Warning Signs of Alzheimer's	1 p.m. - 2 p.m.	E	July 14th
Board of Directors	3:30 p.m.	E	3rd Tuesday

COMMUNITY VOLUNTEERS

A big shout-out to WeStreet Bank in Broken Arrow for supporting community service and allowing two of their employees to volunteer for the day helping clean our Fitness Room and workout equipment in the East Annex. Their willingness to give back and invest time in serving others made a meaningful difference.

We greatly appreciate their hard work, generosity, and commitment to our community.

Thank you, WeStreet Bank, for being such a valued community partner!



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/Shuffleboard/Pool Hall	8 a.m. - 3:45 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	
Fitness Machine Orientation w/Carlene	9 a.m. - 10 a.m.	E	3rd Wednesday
Chair Yoga	9:15 a.m. - 10:15 a.m.	W	
Beginning Ukulele	9:30 a.m. - 10 a.m.	E	
Spades Card Game	9:30 a.m. - 12:30 p.m.	E	
Abs and Core with Linn	10 a.m. - 10:20 a.m.	E	
Abstract Painting 102	10 a.m. - 12 p.m.	W	
Ukulele Jam	10 a.m. - 12:15 p.m.	E	
Strengthen & Tone w/ Linn	10:20 a.m. - 11 a.m.	E	
Limited Exercise	10:30 a.m. - 11:30 a.m.	W	
Fund 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	
Bingo	1 p.m. - 2:30 p.m.	W	1st Wednesday
Drawing Class	1 p.m. - 2:30 p.m.	E	
Experienced Mahjongg	1 p.m. - 4 p.m.	E	
Line Dancing with Barb	1:30 p.m. - 3 p.m.	E	
Pickleball Open Play	1:30 p.m. - 4 p.m.	W	
Zumba	3:15 p.m. - 4 p.m.	E	

Wednesday Special Events

UKULELE PERFORMANCE	10:30 a.m. - 11 a.m.	W	July 1st
Blood Pressure Checks	10 a.m. - 11 a.m.	W	
Library & Technology Assistance	10 a.m. - 11 a.m.	W	3rd Wednesday

WEDNESDAY OBSERVANCES

7/1 - Second Half of the Year Day

7/22 - World Brain Day

7/8 - National Blueberry Day and Ice Cream Sundae Day

7/29 - National Lipstick Day

7/15 - National Hot Dog Day and Give Something Away Day

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	
Ping Pong/Shuffleboard/Pool Hall	8 a.m. - 7 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	Tournament 3rd Thursday - 9:30 a.m.
Grief Healing Group	10 a.m. - 11:30 a.m.	E	3rd Thursday
Quilting/Sewing	10 a.m. - 2 p.m.	W	
Limited Exercise	10:30 a.m. - 11:15 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 2nd & 4th week - Pegs & Jokers
Line Dancing w/ Michelle	1 p.m. - 2 p.m.	E	
Pickleball Open Play	1:30 p.m. - 7 p.m.	W	
Classic Cardio & Sculpt Express	2:05 p.m. - 2:40 p.m.	E	
Cardio Drumming	2:45 p.m. - 3:30 p.m.	E	
Abs and Core with Linn	3:40 p.m. - 4 p.m.	E	
Fit and Fun with Weights	4:15 p.m. - 5 p.m.	E	
Guitar Jam	4:30 p.m. - 6:30 p.m.	E	
S.E.A.T. with Carolyn	5:10 p.m. - 5:55 p.m.	E	
Zumba with Carolyn	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
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Medicare Education with Lynn Roach	10 a.m. - 12 p.m.	W	1st and 2nd Thursday
Medicare Education with Lynn Roach	1 p.m. - 3 p.m.	E	3rd, 4th, & 5th Thursday

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/Shuffleboard/Pool Hall	8 a.m. - 3:45 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	10:15 a.m. - 12:15 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	
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 July 3, 10, & 17

Friday Special Events

Observance of July 4th	CLOSED		July 3rd
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CLOSED JULY 3rd

ARE YOU TURNING 65 SOON?

Confused by Medicare? Frustrated with Parts A, B, C, D etc?

Join us every third Thursday for a **FREE** Special Medicare Education session at 1:00pm (East Bldg)

Questions Answered Know Your Options Local Advisors Veteran Assistance  Local Insurance Advisors



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Dear Members,

On behalf of the Board of Directors, I would like to thank you for your continued support of and participation in our Senior Center. It is truly a pleasure to see our community growing and thriving.

As you may be aware, our membership has roughly doubled over the past few years. This growth has resulted in a wonderful increase in daily activity and engagement at the Center. However, it has also led to higher operating costs. Simply put, we are using more supplies and our staff is working additional hours to meet the needs of our expanding membership.

We are delighted that so many seniors are utilizing our exceptional Center, but in order to sustain the quality of programs and services you enjoy, a dues increase has become necessary. Effective August 1st, annual membership dues will be as follows:

- **Broken Arrow Residents:** \$80 per year (which equates to \$6.67 per month)
- **Non-Residents:** \$105 per year (which equates to \$8.75 per month)

We would also like to address a common misconception. While the City generously provides our facilities and contributes significantly to our funding, the Senior Center is not fully funded by the City. In fact, membership dues account for approximately one-quarter of our funding.

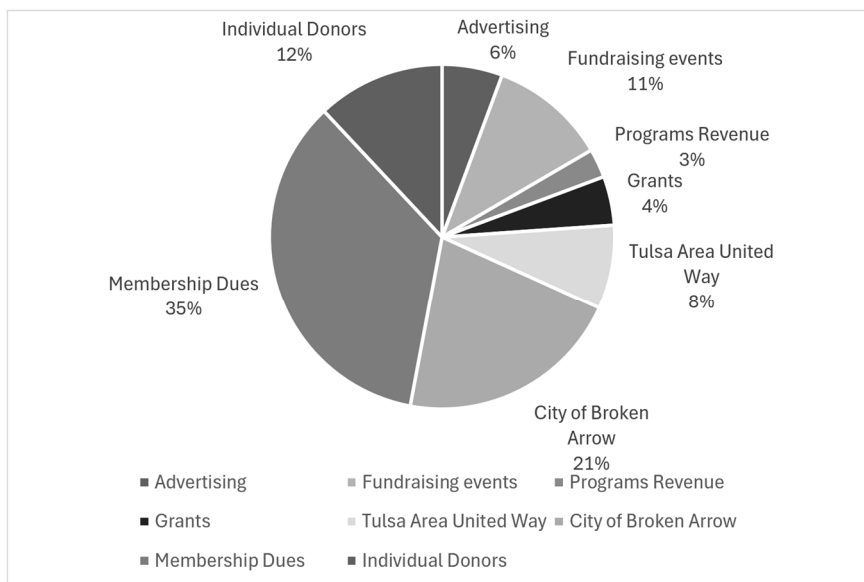
The Board understands that many of our members live on fixed incomes. To help ease the impact of this increase, we will offer the option to pay dues on a semi-annual basis.

We sincerely appreciate your understanding and continued support. The Board and staff look forward to serving you and maintaining the welcoming, vibrant environment that defines our Senior Center.

Warm regards,

Lauren Smith
Board President
On behalf of the Board of Directors

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SUNDAY, SEPTEMBER 20TH
6 - 8:30 P.M.



WATCH FOR MORE INFORMATION IN THE
COMING MONTH

PLAYER - \$10 Per Person SPECTATOR - \$5 Per Person
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- PLAYERS MUST BE 18 AND OVER -
- TOURNAMENT AND FREE PLAY AVAILABLE -

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Notes from the Board of Directors

We are pleased to announce that Traci Druten has been promoted to the role of Executive Director.

The Board is truly excited that Traci has accepted this position, and we hope you will join us in congratulating her on this well-deserved achievement.

We are confident in Traci's ability to continue guiding the organization with excellence in this new role.

We would also like to extend our sincere thanks for your continued support as we navigate the transition and seek to replace her current role of Member Services Manager.

CONGRATULATIONS

TRACI!



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IN THE NEWS...

UKULELE PERFORMANCE

WEDNESDAY, JULY 1st

LUNCHROOM

10:30 A.M. - 11 A.M.

NEW CLASS

CORE STRENGTH YOGA

MONDAYS

8:15 A.M.

CENTENNIAL HALL - WEST BLDG

NEW CLASS

EVENING MAHJONGG

TUESDAYS

4 P.M. - 7 P.M.

EAST ANNEX

NEW CLASS

FITNESS MACHINE ORIENTATION W/ JOEY

MONDAYS

1:00 P.M.

CLASSES CANCELLED FOR JULY

- CRAFTS
- SEWING

ALZHEIMER'S ASSOCIATION PRESENTS:

THE 10 WARNING SIGNS

OF ALZHEIMER'S

TUESDAY, JULY 14th

1 PM - 2 PM

EAST ANNEX

- The facts about Alzheimer's disease and other dementia.
- Alzheimer's Association resources to support those impacted by the disease.
- Early detection and how to reduce your risk.
- Learn how to recognize common signs of the disease in themselves and others.
- Identify next steps to take, including how to talk to their doctor.

VIRTUAL DEMENTIA TOUR

MONDAY, JULY 27th

Appointments: 9 a.m. - 3 p.m.

EAST ANNEX

Put yourself in the shoes of someone with Dementia by participating in this informational and unique event.

Register for the presentations at the Events Table in either building.

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MIKE "DIGGER" MILLER

CONGRATULATIONS! Winners!

May Poker Winners -
1st - Greg Anderson
2nd - Elbert Shackelford

May Pool Tournament
Winners
1st - Seneca McIntosh
2nd - John Baker
3rd - Don Harris





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May Cornhole Tournament
Winners
Lajuan Long and Alan Pfeiffer





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Jan Collins



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MEMBER SHOUT OUT

A BIG thank you to Don Muttoni who used his Whittlin' Wonders woodworking expertise to make domino holders for the Train Dominoes group.

Thank you so much, your contribution is much appreciated.





2026 SENIOR LIFESTYLE & WELLNESS EXPO

Presented by LIFE Senior Services

TUESDAY, JULY 28 • 8:30 a.m. – 2:30 p.m.
Exchange Center at Expo Square
4145 E. 21st St., Tulsa, OK 74114

FREE ADMISSION
150+ Exhibitors with Information, products and services for seniors and caregivers

■ Expo Stage Entertainment and presentations all day	■ Rx Take Back with OBND Bring in your expired or unwanted prescriptions for safe disposal.
■ Free event bags for the first 500 people	■ Free health screenings
■ AARP Shredding Event, 9 a.m. - 12 p.m. Up to 3 boxes/bags per vehicle, residential only	■ PawPals Therapy Dogs
	■ Rescue pets for adoption

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 For more information, contact Carol Carter at (918) 664-9000 ext. 1219 or ccarter@LIFEseniorservices.org



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Our treasures will follow you home

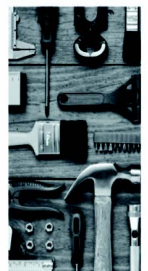
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Protecting Your Independence as You Age

By Brittany Littleton



How a few simple planning tools can help you maintain control when life takes an unexpected turn

Every July, we celebrate Independence Day. For many of us, independence means freedom, self-reliance, and the ability to make our own choices.

As we age, independence takes on another important meaning: maintaining control over our financial, legal, and medical decisions.

Consider the example of a family we've worked with. "Tom" was a healthy, active retiree who spent his days golfing, volunteering, and spoiling his grandchildren. One summer afternoon, he suffered a severe stroke. Suddenly, he could not communicate with doctors, access his bank accounts, or manage his affairs.

His wife and children wanted to help, but they quickly discovered they did not have the legal authority they needed. Banks would not speak with them. Medical providers could share only limited information. Important decisions had to wait while the family tried to figure out what to do next.

The situation created stress and uncertainty at a time when the family needed to focus on Tom's recovery. Our law firm had to file an emergency guardianship on a holiday week. With a little planning before the crisis, the court proceedings and delay could have been entirely avoided.

Stories like this happen every day. The good news is that a few simple legal documents can help protect your independence and make life easier for the people you love.

Durable Power of Attorney

A Durable Power of Attorney allows you to appoint someone you trust to handle financial matters on your behalf if you become unable to do so yourself.

This person may be able to pay bills, manage bank accounts, work with financial institutions, or handle other important transactions.

Without a Durable Power of Attorney, your loved ones may need to ask a court to appoint a guardian before they can help manage your affairs. That process can be time-consuming, expensive, and stressful during an already difficult situation.

Health Care Power of Attorney

A Health Care Power of Attorney allows you to choose who can make medical decisions for you if you are unable to communicate with your doctors.

This document ensures that the person you trust most can advocate for your wishes and work with your health care providers when important decisions need to be made.

Without it, family members may find themselves uncertain about who has authority to act or what decisions you would have wanted.

Continued on page 19

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IMPORTANT!

NEWSLETTER CHANGES

BEGINNING IN AUGUST

Due to the increasing costs of printing and postage, as well as the staff time required to prepare and mail each issue, we have made the difficult decision to discontinue mailing our monthly newsletter.

Beginning in August, printed copies of the newsletter will no longer be sent through the mail. However, the newsletter will continue to be available in the following ways:

- **Printed copies** - a copy may be picked up in person at either of our buildings after the 1st of each month.
- **Online access** will remain available through our website—www.baseniors.org - under the Services tab.

We appreciate your understanding and continued support. If you have any questions or need assistance accessing the newsletter online, please contact our office.

Thank you for your understanding and support.

- Board of Directors



Changing jobs or retiring?

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Occupational Therapy Wellness Fair

Monday, July 13th

8:30 - 10:30

Heritage Hall - West Bldg

How Strong Are You? How Fast Are You?

These are two important points you can discover about yourself by talking with occupational therapy assistant students from Connors State College when they visit the Center once again on Monday, July 13th from 8:30 a.m. to 10:30 a.m. in Heritage Hall (Lunchroom) in the West building.

The fair will include stations on:

- **What is Occupational Therapy?** – Learn how occupational therapy helps individuals maintain independence and participate in meaningful daily activities.
- **Adaptive Equipment & Home Safety** – Explore tools and strategies that support safety and independence in everyday tasks.
- **Brain Health & Memory** – Participate in activities that promote cognitive wellness and healthy aging.
- **Stress Management & Relaxation** – Learn practical techniques for reducing stress and supporting emotional well-being.
- **Nutrition, Exercise, and Healthy Routines** – Discover healthy habits that support physical wellness and aging in place.

Everyone is welcome to attend, whether you have physical challenges or not, to help students learn from real-life situations. You will also discover what your strengths and weaknesses are in your daily life. Occupational therapy assistant students look forward to talking with and learning more about active, healthy older adults as they prepare to enter the field of occupational therapy.

Sign up to participate on the sign-up sheet located near the Center events bulletin board at the top of the ramp in the West building and near the kiosk in the East building. Sessions with the students will be available in half-hour increments.

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Physical Health Benefits

- **Improves Hand-Eye Coordination:** Tossing bags accurately requires fine motor skills, which helps maintain dexterity and reflexes.
 - **Low-Impact Exercise:** The underhand tossing motion gently engages the shoulders, arms, and core without straining joints.
 - **Burns Casual Calories:** A single 30-minute game can burn up to 150 calories through constant standing, tossing, and walking to retrieve bags.
- Enhances Core Stability:** Shifting weight during a throw naturally improves balance, reducing the risk of falls for older adults.

Mental & Cognitive Advantages

- **Reduces Stress & Anxiety:** Concentrating on the board provides a healthy distraction from daily worries while releasing mood-boosting endorphins.
- **Sharpens Focus:** Calculating distances, adjusting for wind, and executing precise strategies keep the brain cognitively engaged.
- **Encourages Mindfulness:** The repetitive nature of throwing acts as a form of active relaxation, helping players stay present in the moment

JOIN US EVERY FRIDAY 12:30 p.m. to 2:30 p.m. IN THE EAST ANNEX!

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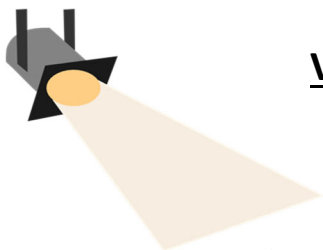
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October 15 - December 7



VOLUNTEER SPOTLIGHT

This month we are excited to feature
Cheryl Moore!



Cheryl Moore has been a member of the Center since 2015 and started volunteering at that time. She enjoys meeting new people, making new friends, and trying out many activities at the Center. She believes that staying physically and mentally active is important to improve the health of aging adults.

Cheryl is a Greeter/Tour Guide at the East Annex and volunteers at special events and activities. She likes to make visitors and members feel welcome by offering a smile and a kind word and believes that volunteering gives her a sense of being helpful and needed.

Her advice to anyone who wants to volunteer is to check out the many areas of interest that are available and give it a try. You'll be blessed for giving of your time.

Cheryl was born in Ponca City, but spent her younger years growing up in Chickasha, Ada and Shawnee due to job transfers of a parent. As an adult she worked in retail management and in Court Clerk offices in Oklahoma County and Tulsa County. Then Cheryl retired early to be the caregiver of her mother in 2004 from Citigroup Investments in Tulsa where she worked as a cashier.

Cheryl has a son and a daughter that lives in Broken Arrow, and three grandchildren that keep her busy. Cheryl loves to be outdoors and loves caring for her bluebird population. Her friends are important to her and enjoys attending events and going to restaurants with them. Her volunteerism also continues at her church where she is a greeter.

Her hobbies are watercolor painting, reading, gardening, birdwatching, and occasionally golf. She is also a graduate of the Broken Arrow Citizen Police Academy and a member of their alumni association where she also volunteers.

We are so grateful that she volunteers at the Center. Thank you, Cheryl!


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Broken Arrow Seniors with Parkinson's!

Are you afraid of losing quality of life and precious time with friends and family?
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- In the Comfort of Your Own Home
- Specializing in Parkinson's Disease

Continued from page 13

HIPAA Authorization

Many people are surprised to learn that privacy laws can prevent doctors and hospitals from sharing medical information with family members.

A HIPAA Authorization gives health care providers permission to discuss your medical condition with the people you choose.

In an emergency, this document can provide clarity and prevent frustration when loved ones are trying to understand what is happening and how best to help.

Advance Health Care Directive

An Advance Health Care Directive allows you to express your wishes regarding future medical treatment.

While no one likes to think about serious illness, providing guidance in advance can be one of the greatest gifts you give your family.

Independence Is About Choice

One of the biggest misconceptions about these documents is that signing them means giving up control.

The opposite is true.

These tools allow you to decide who can help you, when they can help you, and how they can help you. They put you in charge of the plan instead of leaving important decisions to a court or forcing your family to guess.

Independence does not mean doing everything yourself forever. It means having the ability to make your own choices and determine how your affairs will be handled if life takes an unexpected turn.



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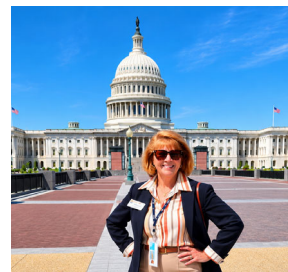
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Lynn Roach Goes to Washington, D.C.

Dear Friends, I recently had the opportunity to travel to Washington, D.C. to advocate for improvements in Medicare and to speak up for the seniors, families, caregivers, case managers, and agents who deal with Medicare challenges every day. This trip was more than a visit to our nation's capital. It was a chance to take real stories from Oklahoma directly to the people who help shape health care policy.



Why I Went As a Medicare broker and educator, I see firsthand how confusing Medicare can be for many people. Seniors are often overwhelmed by plan changes, prescription drug rules, provider networks, prior authorizations, denials, and limited access to clear help. I went to Washington, D.C. to help bring attention to these concerns and to advocate for better communication, better access, and better protections for Medicare beneficiaries.

Issues I Shared

During the trip, I focused on several important concerns:

- * Medicare Advantage denials and delays that affect patient care
- * The need for better support for seniors when plans change
- * Prescription drug coverage confusion
- * The importance of case managers, social workers, and agents working together
- * The need to protect seniors from misleading information
- * Better education for people transitioning into Medicare
- * Access issues for rural communities, veterans, Native Americans, and low-income beneficiaries. These are not just policy issues. These are real-life problems that affect people's health, and peace of mind.

Taking Oklahoma Voices to D.C. One of the most meaningful parts of the trip was knowing that I was representing people from right here at home. I carried with me the concerns I hear every week from clients, families, hospital case managers, skilled nursing facilities, caregivers, and community partners. Many people do not know where to turn when Medicare problems happen. My goal is to continue being a voice, an educator, and an advocate for those who need help navigating the system.

A Memorable Experience Washington, D.C. is filled with history, beautiful buildings, monuments, and reminders of the responsibility we all share to speak up when something needs to be improved. Walking through the Capitol area was a powerful reminder that change often starts when regular people are willing to show up, share stories, and ask for better solutions.

My Commitment Going Forward This trip strengthened my commitment to education and advocacy. I will continue working with seniors, families, case managers, health care providers, and community organizations to help people better understand their Medicare options. I believe Medicare should be easier to understand, easier to use, and more responsive to the people it was created to serve. Thank you to everyone who encouraged me, shared concerns, and trusted me to help carry these issues forward.

With appreciation,

Lynn Roach

Medicare Broker, Educator, and Advocate

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so little; together
we can do so
much."

Helen Keller



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 - 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. Please call (918)259-8377, option 1 for more information. For those over 60, the suggested donation is \$3 per meal.

Transportation - Questions regarding transportation to and from the 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** and **KRMG** will be notified of center closure.

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