



**West/Main Building**

1800 S. Main Street  
and

**East Building**

1811 S. Main Street 74012  
918-259-8377

[www.baseniors.org](http://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**

Annie Bast

**Member Services Manager**

Traci Druten

**Office Supervisor**

Terry Drummond

**Special Events Coordinator**

Erica Decker

**Volunteer Coordinator**

Dea Ann Gray

**Transportation**

Donald Stockton &  
Randall Graybill



## Bunco Bash

**Friday, June 19th**

**Tickets  
\$15**

**Tickets  
\$15**

**7 - 9 p.m.**

**Doors open at 6 p.m.**

**Tickets on sale in the  
Main office**

**FOOD, PRIZES, RAFFLES, AND FUN**



**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	
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	
Yin Yoga	9:15 a.m.- 10:15 a.m.	E	
Drum to Exercise with Kathy	9: 15 a.m.- 10:15 a.m.	W	
Crafting	9:30 a.m. - 12 p.m.	W	
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	*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	

### CIRCLE OF READERS

- June 1: Discuss other books
- June 15: Moral Code by Lois and Ross Melbourne (Sci-Fi) & **Zoom author visit**
- July 6: Swift River by Essie Chambers (Historical F) & **Zoom author visit**
- July 20: Discuss other books

**Edward Jones** Member SIPC

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 Broken Arrow, OK 74012  
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## JUNE 2026

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 <small>Juneteenth Day</small>	20
21	22	23	24	25	26	27
28	29	30				

SunCatcherStudio.com

# 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	10:25 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	
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	
Meditation w/ Kendra	5 p.m. - 5:45 p.m.	E	
Zumba	6 p.m. - 7 p.m.	E	

## Tuesday Special Events

Estate Essentials: Why Trusts Fail	1 p.m. - 2 p.m.	E	June 16th
Board of Directors	3:30 p.m.	E	3rd Tuesday



### Do you have a Guitar or Ukulele that's looking for a new home?



We are currently seeking donations of gently used guitars and ukuleles to support our music classes here at the senior center. Many people have instruments tucked away that are no longer being used, and we would love to give them new life in the hands of our participants who are eager to learn and enjoy music together. Your donation can help spark creativity, connection, and joy in our community. If you have an instrument, you'd be willing to share, we would be deeply grateful for your support.

# 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	
Fast Abs 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 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 June 10th
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

Blood Pressure Checks	10 a.m. - 11 a.m.	W	
Library & Technology Assistance	10 a.m. - 11 a.m.	W	3rd Wednesday

“  
**A PERFECT SUMMER DAY IS WHEN  
 THE SUN IS SHINING, THE BREEZE  
 IS BLOWING, THE BIRDS ARE  
 SINGING, AND THE LAWNMOWER  
 IS BROKEN.**  
 ”

- JAMES DENT

## JUNE 2026

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 <small>Juneteenth Day</small>	20
21	22	23	24	25	26	27
28	29 <small>Full moon</small>	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	
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 Layout	10 a.m. - 2 p.m.	W	
Limited Exercise	10:25 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
Fund II of 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	
Fast Abs	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.	5:10 p.m. - 5:55 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
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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

**Medicare Education will be held Tuesday, June 23rd instead of Thursday, June 25th.**

### 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	


## Friday Special Events

<b>BUNCO BASH</b>	<b>6:00 P.M.</b>	<b>E</b>	<b>June 19th</b>
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## 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 



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## JUNE 2026

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 <small>Juneteenth Day</small>	20
21	22	23	24	25	26	27
28	29 <small>Full moon</small>	30				

### CRAFT GROUP

#### COMMUNITY SERVICE PROJECT

The Craft group made 100 corsages and they were distributed at the Tulsa Day Center for Mother's Day. A big thank you to everyone who donated supplies and their time to make the corsages. They were greatly appreciated!



## ESTATE ESSENTIALS: WHY 70% OF TRUSTS FAIL

Estate planning ensures your final wishes become a reality—but why do 70% of trusts fail to do exactly that? Join us to discover why traditional trusts often struggle in the modern world and how you can protect your legacy.

June 16th  
1:00 P.M.

Join Us



Presented by: Aspen Insurance Coaches  
June 16, 2026 1:00pm  
East Building Senior Center  
1811 S Main St., Broken Arrow, OK, 74012  
R.S.V.P. coaches@aspenic.com  
918-771-0957

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### FATHER'S DAY FACTS - SUNDAY, JUNE 21st

Celebrated annually on the third Sunday of June in the U.S. to honor fathers and paternal figures.

#### Key Father's Day Facts

- **A Daughter's Idea:** Sonora Smart Dodd was inspired to create the holiday after hearing a Mother's Day sermon in 1909, wishing to honor her father, a Civil War veteran who raised six children by himself.
- **Official Recognition:** President Lyndon B. Johnson issued the first proclamation honoring fathers in 1966, but it was not made a permanent federal holiday until President Richard Nixon signed it into law in 1972.
- **Official Flower:** The rose is the official flower for Father's Day; red roses are worn for living fathers, and white for deceased ones.



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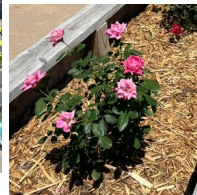


## Youth Group Work Day!

A big thank you to the Youth group at THE RIDGE CHRISTIAN CHURCH for coming and working in our flower beds on the West side.

We had 62 students volunteer to weed, rake, and plant flowers in the front and back of the west building.

It looks beautiful!



## The Importance of Support Groups for Seniors

As people age, they often face major life changes that can affect their emotional, physical, and social well-being. Retirement, health concerns, the loss of loved ones, and reduced mobility can sometimes lead to feelings of loneliness or isolation. In this stage of life, support groups play a valuable role in helping seniors maintain a sense of connection, purpose, and emotional strength.

Support groups provide a safe and welcoming environment where older adults can share experiences, discuss challenges, and receive encouragement from others who understand their situation. The shared experience creates a strong sense of belonging.

One of the greatest benefits of support groups for seniors is the reduction of loneliness. Many older adults live alone or far from family members, which can make social interaction limited. Regular meetings allow seniors to build friendships, engage in meaningful conversations, and feel less isolated. Social connection has been shown to improve mental health and even contribute to better physical health outcomes.

The senior center offers support groups for the following:

Alzheimer's Support which provides caregivers with the opportunity to seek advice, manage stress and take time for their own much-needed care.

Parkinson's Support provides support, education, and resources for Parkinson's caregivers.

Grief Healing Group provides support after the loss of a loved one, change in living circumstances, health changes, or even the loss of a pet. Symptoms may fade over time but when they don't, it may be helpful to seek help and gain a network of support to have by your side.

Look in the Calendar of Events to find days and times of meetings.

**IN THE NEWS...**

**NEW CLASS**

**BEGINNING TAP DANCE**

**HAS RETURNED!**

**MONDAYS**

**12:30 p.m. - 1:15 p.m.**

**WEST BUILDING**

\*\*\*\*\*

**The Sound of BA Choir  
will be singing the  
National Anthem at the  
Tulsa Drillers Baseball game on  
Wednesday, June 10th.  
Game time is 12:05 p.m.**



**DO YOU HAVE A BADGE?  
ARE YOU WEARING IT AT THE CENTER?**

When you become a member of the senior center, you are provided a name badge. This badge helps other members learn your name and it recognizes you as a member. It is the expectation of the center that you will wear your badge any time you are on the premises. If you have lost your badge, you can get a replacement in the main office for \$1.50. If you have any questions or concerns about wearing your badge, please let us know.

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CONGRATULATIONS!  
*Winners!*

**April Poker Winners -**  
1st Place - Greg Westerman  
2nd Place - Moses Washington

**April Pool Tournament**  
**Winners**  
1st Place - Steve Pierce  
2nd Place - Chester McDonald  
3rd Place - Keith Costigan



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**April Cornhole Tournament**  
**Winners**  
Kathy Douglas and Jim Davis



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\*\*\*\*\*

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## How to Create Family Harmony When Establishing Your Estate Plan

By Brittany Littleton



Every adult and, by extension, every family needs an estate plan. Not only is attending to this essential task a cornerstone of healthy financial planning, but it is also a safeguard that ensures both you and your loved ones are protected from unforeseen tragedy. Despite this necessity, less than half of U.S. adults have attended to organizing their estate and the overwhelming reason is the discomfort that often attends the subject. If approached thoughtfully, estate planning need not be a driver of anxiety and family tension; it can instead be a way to avoid family fights and create harmony.

I like to encourage the folks I work with to frame their estate plan as an investment in peace of mind. The tangible benefits of estate planning include avoiding tax liabilities and ensuring the seamless transfer of your assets. However, the greatest benefit may be the peace of mind a robust plan provides you and your loved ones. When sitting down with the family to talk about your estate planning aims, let money take secondary importance to the well-being of all involved.

Estate planning conversations often start in one of two ways: either adult children see their parents aging and wish to take a proactive stance on ensuring end-of-life decisions are in order or, conversely, aging parents face the fact of their own mortality and want to ensure children understand their decisions concerning the distribution of assets. In either scenario, tensions are wanting to erupt unless a desire for harmony takes a central role in framing the conversation.

As you initiate the conversation, prioritize transparency and openness. An open mind and transparent communication are your strongest assets in ensuring estate planning develops instead of hinders harmony within the family. Share your concerns with unfettered honesty and encourage your loved ones to do the same. Articulate your desires and expectations clearly and seek to meet worry or frustration with compassionate understanding.

Estate planning involves such delicate decisions as selecting executors and trustees, determining who will receive sentimental items, and, sometimes, placing restrictions on inheritances given beneficiaries' worrying financial or lifestyle habits. Talking through this is never easy but the burden is far lighter when paired with honest intent and careful listening.

Lean on your estate planning attorney and other advisors to help you avoid pitfalls that have plagued others and ensure you do not overlook crucial details. Your estate planning attorney can draw on their depth of experience to tell you what has (and importantly, has not) worked for clients in the past. Many of them are even willing to host family meetings and help facilitate the conversation, which can make it easier for your family to seek necessary guidance at your incapacity or death. You may want to seek counsel before sharing decisions with your family as your choices should be guided by sentimental liability, tax liability and legal liability. A good lawyer will not only see to it that your choices carry no untoward surprises, but they will also work with you to review your plan at periodic intervals and advise you of any legislative changes that may necessitate adjustments in strategy.



## Notes from the Director

By Annie Bast

"June always brings a quiet steadiness — that gentle shift from spring to summer when growth becomes easier to see, even though the work happening behind the scenes still matters just as much. It's a good moment for us to pause, reconnect with our mission, and make sure we're staying aligned with the people and community we serve.

With the GO Bond approved and the excitement of our expanded Senior Center ahead, this is a natural time to revisit our goals and take a few bold steps forward. June reminds us that real progress happens when energy and intention meet.

I'm grateful for the dedication our staff brings every day, the wonderful members that we serve every day. As your Executive Director, I'm proud to be moving into this next chapter together."



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**ZUCCHINI AND  
GROUND BEEF  
SKILLET**



**INGREDIENTS:**

- 1 pound lean ground beef
- 1 medium sweet onion, finely diced
- 1 (14.5 ounce) can Italian-style stewed tomatoes
- 1 (8 ounce) package sliced white mushrooms
- 1 (6.5 ounce) can tomato sauce
- 1 (6 ounce) can sliced black olives
- 2 cloves garlic, minced
- salt and ground white pepper to taste
- 4 medium zucchini
- 1 (8 ounce) package shredded sharp Cheddar cheese

**DIRECTIONS:**

- Heat a large skillet over medium-high heat. Cook and stir beef and onion in the hot skillet until beef is browned and crumbly and onion is translucent; Drain grease.
- Crush stewed tomatoes into smaller pieces in a bowl, then pour into the skillet. Stir in mushrooms, tomato sauce, olives, garlic, salt, and pepper. Let simmer, uncovered, until liquid reduces, 20 to 30 minutes.
- Slice zucchini lengthwise, then cut crosswise into 1/2-inch slices. Add zucchini to beef mixture; cover and cook until zucchini is firm yet tender to the bite, 5 to 7 minutes.
- Stir in Cheddar cheese.
- Cover and cook until melted, 3 to 4 minutes.
- Serve hot.

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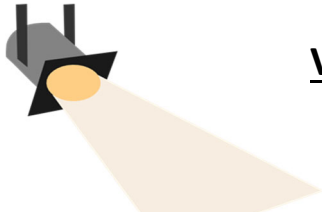
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# VOLUNTEER SPOTLIGHT

## SENIOR HEALTH & RESOURCE FAIR VOLUNTEERS

We've all heard the saying that "it takes a village" when referring to coming together for a common goal or good deed. That phrase is a perfect statement that we can make when it comes to our Annual Senior Resource and Health Fair. The Center cannot provide that event for our Broken Arrow Community without the help from our volunteers, staff, and vendors.

This year's event drew over 650 visitors and 100 plus vendors. We heard a lot of positive comments and concluded that it was a success!

This month we are giving a "shout out" to our volunteers who worked at the Senior Fair! These volunteers are amazing, and we can't do events without their willingness to donate their time and talents. Here are a few pictures of some of the volunteers who worked at the Senior Fair this year. Please join us in giving them a big thank you!!



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Look through the Calendar of Events on pages 2 - 6 for days and times of some of our favorite games.

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|----------------|--------------|
| Dominoes       | Poker        |
| Shuffleboard   | Spades       |
| Train Dominoes | Canasta      |
| Chess          | Hand & Foot  |
| Ping Pong      | Party Bridge |

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## AI helped reduce one hospital bill by \$163K. Here's how to check your charges

By Kim Komando Mar 15, 2026 Updated Tulsa World

Last summer, a man's brother-in-law suffered a fatal heart attack. The hospital bill for four hours of emergency care equaled \$195,628.

The man's sister-in-law was ready to pay it. He asked her to wait. He requested an itemized bill with CPT codes (the universal billing codes hospitals use) and fed the whole thing into **Claude**, an AI chatbot.

Within minutes, Claude found duplicate charges, services billed as "inpatient" even though the patient was never admitted, supply costs inflated 500% to 2,300% above Medicare rates and charges for procedures that never happened.

He cross-checked with **ChatGPT**. Both AIs agreed. He wrote a six-page letter citing every violation by name.

The hospital dropped the bill to \$33,000. An 83% reduction. Zero medical training. **A \$20 app.**

Your bill is probably wrong, too.

That story sounds extreme. It's not.

The Medical Billing Advocates of America estimates 3 in 4 medical bills contain errors. The average hospital bill over \$10,000 has roughly \$1,300 in mistakes. And less than 1% of denied insurance claims are ever appealed. Hospitals and insurers are banking on the fact that you won't check.

AI flips that equation. You don't need to understand CPT codes or have a medical billing degree. You just need to paste.

### **The 5-minute audit**

**Step 1:** Call your provider and request an itemized bill with CPT codes. Not the summary. The full line-by-line breakdown. You're legally entitled to this.

**Step 2:** Open ChatGPT, Claude, Grok or Gemini (free versions work) and paste this:

"I'm pasting my itemized medical bill below. Please: (1) Explain every charge in plain English, (2) Flag any duplicate or suspicious charges, (3) Compare each charge to average costs, (4) Identify billing code errors or bundling violations, and (5) Draft a dispute letter I can send to the billing department. Here's my bill:"

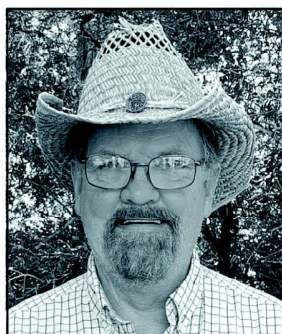
**Step 3:** Paste your bill. The AI will translate every line and tell you what looks wrong.

**Step 4:** If the AI finds errors, call the billing department and ask for a supervisor. Reference the specific codes. Hospitals resolve disputes all the time when patients show up prepared.

Pro tip: Counterforce Health (**counterforcehealth.org**) is a free AI tool built specifically for insurance denial appeals. Worth bookmarking.

It's time to give your medical bills a thorough examination. The AI will see you now.

Real talk. Everybody's talking about AI. Nobody's showing you what to actually DO with it.



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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](http://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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