



# Silver Notes

THE OFFICIAL NEWSLETTER OF BROKEN ARROW SENIORS, INC.

February 2026 Vol. 37 No. 2



Monday, Feb. 16th

**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 Manager**

Terry Drummond

**Special Events Coordinator**

Erica Decker

**Volunteer Coordinator**

Dea Ann Gray

**Transportation**

Donald Stockton &  
Randall Graybill

## Meet the New Board of Directors

We are excited to add seven new board members to the Broken Arrow Senior Center Board of Directors, bringing the total number of members to 19. This group's diverse professional backgrounds and deep community involvement will further strengthen our mission to enhance the quality of life for older adults through advocacy, inclusive programming, and meaningful opportunities for connection, wellness, and lifelong engagement.

Please join me in welcoming the new members to the Board as well as thanking those that are already committed to making the center the best place to be!

**Board of Directors**

Chairman . . . . . Lauren Smith

Immediate Past Chair . . . . Lisa Ford

Treasurer . . . . . Mike Addison\*

Secretary . . . . . Aubrey Patterson

**Directors**

Debbie Firestone

Lou Ann Fisher\*

Farrah Fulps

Jeff Grimes\*

Larry Heard\*

Lori Hill

Jody Manning

Michael Peale

Jules Resnick

Steve Roberts\*

Lori Steven\*

Raymond Viel

Ron Whitaker

Kent Williams\*

Jim Wykoff

\*denotes new board member

**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	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	
Drum to Exercise with Kathy	9:15 a.m. - 10:15 a.m.	W	
Bible Study	9:30 a.m. - 11 a.m.	E	
Circle of Readers	10 a.m. - 11:30 a.m.	W	1st & 2nd Monday (Feb. Only)
Limited Exercise	10:30 a.m. - 11:30 a.m.	W	
Line Dancing with Eugenia	10:30 a.m. - 12 p.m.	E	
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	
Experienced Mahjongg	1 p.m. - 4 p.m.	E	
Intermediate Tap Dancing	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
Beginning Tap Dancing	2:45 p.m. - 3:30 p.m.	W	
Zumba	3:15 p.m. - 4 p.m.	E	



## Monday Special Events

--	--	--	--

### CIRCLE OF READERS

Feb 2: The Lion Women of Tehran by Marjan Kamali (Historical F) & **Zoom author visit**

Feb 9: Discuss other books & Rick Bahlinger, **local author, in-person visit**

Mar 2: Mission Flats by William Landay (Contemporary Mystery) and Talk to Me (Contemporary F) by John Kenney & **Zoom visit with both authors**

Mar 16: Discuss other books



**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

### FEBRUARY 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>1</b> Full moon	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>
<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>
<b>15</b>	<b>X6</b> Presidents Day	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>
<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>

# 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	
Muscle & Movement w/ Debi	8:15 a.m.- 9 a.m.	E	*Class Name Change*
Ping Pong/Pool/Shuffleboard	8 a.m. - 7 p.m.	W	
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.-11:30 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	
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

Board of Directors	3:30 p.m.	E	3rd Tuesday
Seminar- Health Benefits of Physical Activity For 65 an Over	1 p.m. - 2 p.m.	E	February 10th

**Edward Jones®**

Member SIPC

Don't let politics drive your investments.  
Come talk to a person.



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

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

> [edwardjones.com](http://edwardjones.com)

**FEBRUARY 2026**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Full moon	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

# Calendar of Events

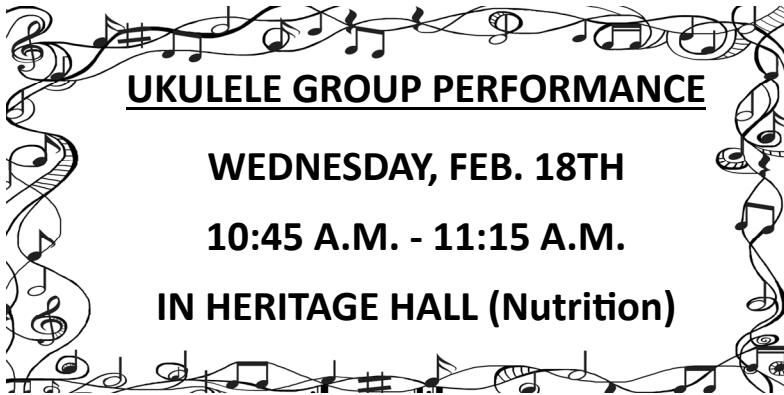
## Regularly Scheduled WEDNESDAY Activities

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	
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 p.m.	E	
Strengthen & Tone w/ Linn	10:20 a.m. - 11 a.m.	E	* NEW CLASS*
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	
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	No checks on 5th Wednesday		
Library & Technology Assistance	10 a.m. - 11 a.m.	W	3rd Wednesday - *New Day*		



**UKULELE GROUP PERFORMANCE**

**WEDNESDAY, FEB. 18TH**

**10:45 A.M. - 11:15 A.M.**

**IN HERITAGE HALL (Nutrition)**

## FEBRUARY 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Full moon	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

# 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/Pool/Shuffleboard	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	10:30 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	
			1st & 3rd week - Member-led play
Card Game of the Day	12:30 p.m. - 4 p.m.	W	2nd & 4th week - Pegs & Jokers
Fund II of Line Dancing w/ Michelle	1 p.m. - 2:30 p.m.	E	
Pickleball Open Play	1:30 p.m. - 7 p.m.	W	
Cardio Drumming	2:45 p.m. - 3:30 p.m.	E	
Fast Abs	3:40 p.m. - 4 p.m.	E	
Strengthen & Tone w/ Pattie	4:15 p.m. - 5 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 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](mailto: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	Cancelled Feb. 13th
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	Cancelled Feb. 13th
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	Cancelled Feb. 13th
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

**BUNCO BASH**

**7 P.M. - 9 P.M.**

**E**

**FEBRUARY 20th**

## 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 Local Veteran  Local Insurance Advisors



You Don't Need a Sales Pitch  
You need a guide

918-521-7060 johnny@johnnymedicare.com

## FEBRUARY 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Full moon	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16 Presidents' Day	17	18	19	20	21
22	23	24	25	26	27	28

# Bunco Bash

**Friday, Feb. 20th**

7-9 p.m.

Doors open at 6 p.m.

**TICKETS ON SALE IN  
THE MAIN OFFICE**

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



**Hayhurst**  
FUNERAL HOME



**(918) 258-9623 | [www.hayhurstfuneralhome.com](http://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.

# SENIOR CENTER ART SHOW

The painting classes at the senior center are home to some truly amazing artists! We're excited to feature their artwork at the Museum of Broken Arrow throughout the month of February.

We invite you to please stop by to admire their beautiful paintings - some pieces will even be available for purchase.

**Exhibit Opening Night will be  
Thursday, February 5th  
4 p.m. - 8 p.m.**

The Museum Broken Arrow  
400 S. Main Street  
Broken Arrow, OK 74012

#### Museum Hours:

Tuesday, Wednesday, & Friday 10 a.m. - 4 p.m.

Thursday 4 p.m. - 8 p.m.

Saturday 10 a.m. - 2 p.m.



## A Place Called *Home.*

Unique Location • Nurturing Staff • Locally Owned

7821 East 76th Street, Tulsa OK 74133  
918.249.1262 | [TheParke.Net](http://TheParke.Net)



When crossing between the East and West buildings, please use the cross walk.

To activate the crossing lights, push the "arrow" button on the pole.



Before proceeding into the cross-walk, be sure oncoming traffic is actually going to stop! 

If you're pulling out of the center in your car, please look in all directions not only for other cars but also members crossing the street.



## 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

## Healthy Living for a Vibrant Life at Any Age

Healthy living isn't about perfection—it's about small, daily choices that help us feel our best. At any age, simple habits can boost energy, improve mood, and support overall wellness.

**Keep Moving:** Gentle daily movement such as walking, stretching, chair exercises, or water fitness helps improve strength, balance, and heart health. Even short periods of activity make a difference.

**Stay Hydrated:** Many people don't feel thirsty even when the body needs water. Sip water throughout the day, and enjoy herbal teas or light broths to stay well hydrated.

**Eat for Nutrition:** Focus on balanced meals with lean proteins, colorful fruits and vegetables, whole grains, and healthy fats. Limiting sugary and highly processed foods supports inflammation control and steady energy.

**Care for Your Mental & Emotional Health:** Staying socially connected and mentally active is essential. Attend classes, join activities, read, do puzzles, volunteer, and reach out for support when needed.

**Rest & Prevent Falls:** Prioritize good sleep, keep walkways clear, wear supportive shoes, and practice balance exercises to stay safe and confident.

**Keep Up with Preventive Care:** Regular checkups, screenings, and vaccines help catch concerns early and protect long-term health.

**Live with Purpose & Gratitude:** Enjoy hobbies, relationships, and moments of thankfulness—joy and purpose are powerful parts of healthy living.



**FLORAL HAVEN**  
Funeral Home and Cemetery

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

[www.floralhaven.com](http://www.floralhaven.com)  
(918) 252-2518

**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

**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.

**Medicare  
PREPARE**

**Carolynn Baldwin (918) 694-2724 TTY 711**

**Kimberly Baldwin (918) 313-1680 TTY 711**



# CONGRATULATIONS! Winners!

## December Pool Tournament

### Winners

1st Place - Perry Henson  
2nd Place - Ken Griffin  
3rd Place - Rob Cass



## December Poker Winners -

1st Place - Carol Pearson  
2nd Place - Jeff Schoenfel



## Celebrate Health



YOUNG LIVING<sup>TM</sup>  
ESSENTIAL OILS  
Independent Distributor

blessed2binhealth@gmail.com  
918-694-7232

## SENIOR CENTER QUILTING SISTERS

### ARE HAVING A SALE!

Quilts, Table Runners, Denim Bags, Custom Bags, Knit Hats, Kitchen Towels, Oven Mitts, and other home-made items.

3rd Thursday of every month  
12 p.m. - 2 p.m.

Activity Room 2 - West Building



## Jewelry by Jill

[Jewelrybyjill.com](http://Jewelrybyjill.com)

Jill Morris

\*Avoid shipping charges by ordering direct\*

Call or Text Orders to 918-402-8452

**Miller Hospice**  
Meyer C & Ida 918-742-6415  
Compassion & Quality Care

"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](http://www.MillerHospiceTulsa.com)



PAM HEALTH  
REHABILITATION HOSPITAL  
OF TULSA

Regain strength and independence.  
Inpatient and outpatient care.

918-940-8808  
[www.PAMHealth.com](http://www.PAMHealth.com)

IN THE NEWS...

NAME CHANGE

STRENGTHEN & TONE W/ DEBI HAS  
CHANGED IT'S NAME TO MUSCLE &  
MOVEMENT.

SAME GREAT CLASS JUST A NEW NAME

\*\*\*\*\*  
NEW CLASS

STRENGTHEN & TONE W/ LINN

WEDNESDAYS 10:30 a.m. - 11 a.m.

EAST ANNEX

\*\*\*\*\*  
CLASSES CANCELLED

DUE TO AN EVENT ON FRIDAY, FEB. 13th,  
THE FOLLOWING CLASSES ARE CANCELLED:  
CARDIO DRUMMING, FRIDAY FITNESS, AND  
LINE DANCING WITH EUGENIA

\*\*\*\*\*  
**Valentines Day**   
**Saturday, Feb. 14th** 



ADDRESS: 2700 N HEMLOCK CT STE 111C BROKEN ARROW, OK  
PHONE: (405) 334-3213  
WEBSITE: kindhandsandcaringheartshomecare.com



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

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](http://BrokenArrowAssistedLiving.com) (918) 218-3338



JADE

Antique & Vintage  
Boutiques

[Jadevintagetreasures.com](http://Jadevintagetreasures.com)

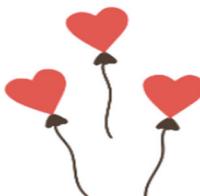


JADE ON MAIN  
1639 S Main  
Broken Arrow  
918-872-7931

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

*Our treasures will follow you home*

HAPPY VALENTINE'S DAY



[CALL TODAY ABOUT OUR SWEET SERVICES](#)

FUN ACTIVITIES  
LIGHT HOUSEKEEPING  
MEAL PREPARATION  
HELP W/MOBILITY  
ASSISTANCE W/ADL'S  
TRANSPORTATION  
ERRANDS  
AND MUCH MORE



# A Big Thank You to All Our BA Senior Center Sponsors

- ◆ Archwell Health
- ◆ Aspen Insurance Coaches
- ◆ AVB Bank
- ◆ Bixby-South Tulsa Funeral Service
- ◆ BlueCross BlueShield
- ◆ Crawford Insurance Advisors
- ◆ FirstLight Home Care
- ◆ Harmon Insurance
- ◆ High Tower Acct & Tax
- ◆ Kinetic
- ◆ Littleton Legal
- ◆ Local Insurance Advisors
- ◆ Medicare Prepare
- ◆ Oxford Springs

## Activity Sponsors:

### Poker Tournament:

Global Health/Joel Hitsman

### Pool Tournament:

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

### 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, FirstLight Home Care

## 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. 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 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.

## The Right Way to Update Your Estate Plan: Why “DIY” Edits Miss the Mark

By Brittany Littleton



Many people discover a needed change in their estate plan the same way: flipping through documents at the kitchen table and realizing something no longer fits. A beneficiary has passed away. An executor has moved. A family situation has shifted.

The instinct is understandable: grab a pen, cross something out, jot a note in the margin, and plan to “fix it properly later.”

Unfortunately, handwritten edits to estate planning documents – what lawyers call interlineations – are one of the most common ways good plans go wrong. These well-intentioned shortcuts rarely hold up legally and often create the exact confusion and stress families hope to avoid.

### The Legal Risks of the “Cross-Out”

**For Wills:** Courts are very strict about how Wills must be signed, witnessed, and changed. When a judge sees crossed-out language or handwritten notes, it raises immediate questions. In some cases, the court may even decide that you intended to revoke the entire Will. The result? Your estate could be handled as if no Will existed at all, which means your assets will go to default beneficiaries under the law.

**For Trusts:** Trusts may be private documents, but they are still governed by state law and by the rules written into the Trust itself. Most Trusts require amendments to be signed and notarized. A handwritten note (even in your own handwriting) almost never meets those requirements. To banks, title companies, and financial institutions, those changes simply don’t exist.

### Why Handwritten Changes Create Problems

The goal of an estate plan is clarity. Handwritten notes do the opposite. When a family member or trustee presents a marked-up document, it immediately raises questions such as:

- Did you actually write this?
- Were you thinking clearly when the change was made?

Was this a final decision, or something you meant to revisit later?

These questions don’t just slow things down. They can freeze accounts, delay property transfers, and turn private family matters into costly legal disputes. Even close-knit families can struggle when the paperwork leaves room for doubt.

### The Right Way to Make Changes

If something in your estate plan no longer reflects your wishes, there are two reliable and professional ways to address it:

#### 1. A Formal Amendment or Codicil

This is a separate document that clearly states what part of your existing plan is being changed. It must be signed, witnessed, and notarized with the same level of formality as the original. When done correctly, it leaves no ambiguity.



Helping Families and Businesses Thrive

Continued on page 19...



**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**

**918-957-7777**

**Claremore**

**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!**

## Notes from the Director

By Annie Bast

"Hello and Happy February!

This month is often viewed as the month of connection - from celebrating relationships, reflecting on shared values and looking ahead with renewed purpose. As we step into this month, I am reminded that our greatest strength lies in the dedication and compassion of our community.

Our year is off to a strong start, and February offers us the opportunity to build on that momentum. Whether through small acts of kindness, bold new initiatives, or simply showing up for one another, each effort brings us closer to our mission.

Throughout our lives we thrive on connecting with others, so I would like to encourage you to take a moment this month to connect with someone you don't know - maybe it's another member in your Canasta group or someone in the Zumba class or simply someone you feel might need encouragement. Together, we can make a meaningful difference, not just this month but all year long."

## Yoga for Seniors

The center offers a wide range of yoga classes, which can be especially beneficial by offering ways to stay active, independent, and mentally well.

Key benefits include:

### Physical Benefits

- **Improves flexibility and joint mobility**, reducing stiffness and arthritis discomfort
- **Builds muscle strength** to support daily activities and prevent falls
- **Enhances balance and stability**, lowering fall risk
- **Supports bone health**,
- **Boosts circulation and heart health**
- **Helps manage chronic pain**

### Mental & Emotional Benefits

- Reduces stress, anxiety, and depression
- Improves memory, focus, and cognitive function
- Encourages relaxation and emotional well-being

### Functional & Lifestyle Benefits

- **Supports independence** by improving strength and mobility for daily tasks
- **Enhances breathing and lung capacity**
- **Encourages social connection** when practiced in group classes.

When practiced regularly and safely, yoga can significantly improve your quality of life. Review our Calendar of Events for a full list of our yoga classes.



**Changing jobs or retiring?**

**Todd Brown, Agent**  
405 South Main Street  
Broken Arrow, OK 74012  
Bus: 918-258-3531  
[www.toddbrown.org](http://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.

**State Farm**



**GROOVY PET GROOMING**  
918-402-6998  
508 S. Elm Pl.



**AUTO / HOME / CYCLE / BOAT / RV / UMBRELLA / ATV**



**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](mailto:mike@mikeward-insurance.com)

## Health Benefits of Physical Activity For Adults 65 and Older

**February 10<sup>th</sup>**

**1 – 2 p.m.**

**East Annex**

Speaker: Danyelle Dyer,  
Exercise Physiologist at Hillcrest Hospital South

Physical activity for seniors is one of the most effective ways to preserve independence and cognitive health as you age. When we move, we aren't just burning calories; we are strengthening the neuromuscular connections that keep us steady on our feet and prevent life-altering falls. Engaging in a mix of aerobic movement and resistance training helps maintain bone density and muscle mass, which naturally tends to decline over time. By staying active, you are essentially providing "maintenance" for your heart, lungs, and joints, ensuring they function efficiently for years to come.

Beyond the physical benefits, exercise serves as a powerful tool for your mental and emotional well-being. Regular movement increases blood flow to the brain, which can improve memory and lower the risk of cognitive decline. It also releases endorphins that help manage stress and reduce symptoms of anxiety or depression. Whether it is a brisk walk, a water aerobics class, or simple strength exercises at home, the goal is consistency rather than intensity. Taking these steps today allows you to continue enjoying your favorite hobbies and spending quality time with your loved ones with energy and confidence.

Danyelle Dyer has worked in the Cardiac Rehab Department at Hillcrest Hospital South for the past 7 years and she will talk about the immediate and long-term benefits of physical activity. She will go over exercises that you can do right, whether it is at a gym, or at your own home.



**Medicare Specialists**



Office (918)615-9746  
Cell (918)906-3535

5800 E Skelly Dr Ste 560  
Tulsa OK 74135

cindy.ssansone@farmeraagency.com

<https://sansoneinsuranceagency.com>

## **Broken Arrow Seniors with Parkinson's!**

Are you afraid of losing quality of life and precious time with friends and family? Hyland Physical Therapy and Wellness serves BA Seniors Members and this is what they are saying:



*"Dr. Michael has been so professional and knowledgeable in helping me know more about my Parkinson's and guiding me in my path to achieving the most quality of life I can. He doesn't tell me what to do, he does the exercises with me. Always patient and encouraging. I can see results and my friends and family see improvement, too." - J. Acree, BA Senior Center Member*

— Medicare Accepted • Referral Not Required

**918-251-7199 • [hylandpt.com](http://hylandpt.com)**



**HYLAND**  
Physical Therapy & Wellness

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



**High Tower**  
ACCOUNTING & TAX

**BROKEN ARROW SENIORS  
MEMBERS RECEIVE**

**10% OFF**

**918-615-9887**

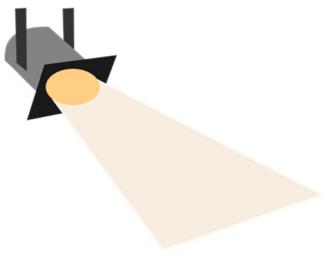
121 W Commercial Street  
Broken Arrow, OK 74012



**Harmon**  
**Insurance**

[www.harmonins.com](http://www.harmonins.com) • 918-251-2511

WEB MOBILE SOCIAL MEDIA



## VOLUNTEER SPOTLIGHT

### BONNIE GLIDEWELL



We appreciate and love the volunteers at our Senior Center. They aren't paid for their work, but they dedicate plenty of their time to help with duties and details, as well as spreading the word about our wonderful Center. This month we want to shine our spotlight on Bonnie Glidewell.

Bonnie has been a member of the Senior Center for 8-9 years. She is a Greeter/Tour Guide, helps with newsletter folding, works special events, and attends several classes. As you can see, she is very busy and dedicates a lot of her time to the Center.

Bonnie enjoys many things about volunteering. She really likes community involvement, meeting a lot of great people, and helping to lighten the workload of other people and the staff. Plus, she thinks a smile and a friendly face can make someone's day a little bit better!

Her advice to others about volunteering is to sign up for something you might enjoy doing and give it a try. You've nothing to lose, and you may be surprised at what you gain.

Bonnie was born in Tulsa and spent a lot of her life here in this area. She has a large, close family that she is eternally grateful for. She enjoys walking every day, hiking in nature, and exploring. Her other hobbies include cooking, baking, meeting up with friends for lunch, and playing darts and board games. One of her favorite past times is reading.

We are thankful for her willingness to volunteer and her dedication to the Center. She always has a smile on her face and is willing to help in multiple ways. We appreciate you, Bonnie!



**Live Well**  
HOSPICE  
Happy  
New Year

Locally Owned & Operated  
Compassionate care when  
it matters most.

Office: 918.943.5416  
Fax 918.943.5266

**Edward Jones®**

Member SIPC

**Don't let politics drive your investments.**  
Come talk to a person.



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

[edwardjones.com](http://edwardjones.com)

EJB-19325-A-E-DA-3 AECPAD

**SUMMIT**  
PHYSICAL THERAPY

[PTSUMMIT.COM](http://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!**



**Kyle Jones, D.O.**  
Board Certified Family Medicine



817 S Elm Pl, Ste A  
Broken Arrow, OK 74012

### About Dr. Jones

Dr. Jones is a board-certified primary care physician specializing in Family Medicine. He earned his Osteopathic medical degree from Oklahoma State University Center for Health Sciences and completed his residency at In His Image in Tulsa, OK.

Dr. Jones has worked in the U.S. as well as overseas in Africa, where he served as a Hospital Medical Director, Residency Program Coordinator, and Community Health Program Director.

He is thrilled to be serving back in his hometown of Broken Arrow and is affiliated with several local hospitals.



### Sarah Nunley

Community Liaison

(918) 340-4219

[sarah.nunley@betterhealthgroup.com](mailto:sarah.nunley@betterhealthgroup.com)

[www.getvipcare.com](http://www.getvipcare.com)

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



### A NEW YEAR'S RESOLUTION TO LAST A LIFETIME

Come the first of every year, you likely notice a palpable change of energy in the air. The gym is packed, our water bottles are filled, and the drive-thru lines are deserted. We are inspired to move into the New Year with eagerness to make resolutions toward making new changes and positive choices. Here's a non-traditional idea you may not have considered: *Resolve to review your estate planning documents.*

Even if you have an estate plan in place, now is the perfect time to revisit your documents with added guidance and expertise.

Sticking with resolutions can be tough, but we will provide you with the financial planning and charitable giving tools and information you need to move into 2025 with the peace of mind that comes with having a plan in place.

Learn more about complimentary estate planning services today!  
 918.259.8377 [baseniors.planned.gifts](http://baseniors.planned.gifts)



Continued from page 13...

## 2. A Complete Restatement

For Trusts especially, it is often simpler to restate the entire document. A restatement replaces the old version with a clean, updated one that includes all changes. This avoids confusion and makes things much easier for the people who will eventually carry out your wishes.

### Small Changes Can Have Big Effects

What feels like a simple update (such as changing an executor, removing a beneficiary, or adjusting how an asset is distributed) can have ripple effects. Estate plans are interconnected systems. A change in one area can affect taxes, asset protection, or how property passes between generations.

That's why it's important to think of your estate plan as a working system rather than a static document. When one part needs attention, it's wise to make sure the rest still functions as intended.

### A Simple "Ask Your Attorney" Checklist

If you're considering an update, these questions are a good place to start:

- Does this change affect other beneficiaries or decision-makers?
- Will this update change how assets are taxed or protected?

Do my documents still work together as a coordinated plan?

If the answer to any of these is "I'm not sure," it's a sign that a formal update is the right next step.

### A Final Thought

If you wouldn't handwrite changes onto a deed, a bank contract, or a retirement account form, your estate plan deserves the same care. Life changes. Families change. The safest way to protect the people you love is not with a pen in the margin, but with a thoughtful review and proper updates when they're needed. Your legacy is worth doing the right way.



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](http://www.littletonlegal.com)

(918) 608-1836

## 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**



## Valentine's Day Word Search

c	g	f	l	o	w	e	r	s	i	p
j	s	w	e	e	t	h	e	a	r	t
e	f	p	a	c	u	p	i	d	a	e
v	h	o	i	k	a	c	p	s	r	t
a	o	g	u	y	h	e	a	r	t	s
l	o	v	e	r	r	d	e	g	o	f
e	k	r	a	p	t	r	r	o	w	r
n	r	i	r	o	s	e	s	p	x	i
t	o	h	s	d	r	d	e	i	r	e
i	s	u	h	s	p	i	n	h	n	
n	r	g	a	r	e	l	l	k	t	d
e	o	s	c	h	o	s	r	o	s	h
s	w	e	e	r	t	s	f	r	i	e
v	c	h	o	c	o	l	a	t	e	k

valentine  
arrow  
cupid  
hearts  
love

red  
fourteenth  
hugs  
chocolate  
pink

roses  
friend  
flowers  
sweetheart  
kisses



**Marshall K. Dyer, Attorney**

*32 Years in Broken Arrow*

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

**Free Initial  
Consultation**

**www.okla-law.info**

**(918) 258-2711**

Major Credit Cards  
Accepted

*Proudly assisting Senior Center members for more than 5 Years*



# 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

## SENIORS IN ACTION



### 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	• Companion & Personal Care
• VA Benefit Assistance	• Chronic Disease
• Respite	• Alzheimer's/Dementia, Parkinson's

HEART  
*for*  
SENIORS  
Home Healthcare

(918) 505-3109

[www.heartforseniorshomehealth.com](http://www.heartforseniorshomehealth.com)  
1402 W. Kenosha St. – Broken Arrow, OK 74102

Valentine's Dinner -Marry - Me Chicken

No matter what stage your relationship is at — dating, engaged, married, or something else — this delicious dinner is sure to impress your sweetheart. It's made with a creamy sun-dried tomato sauce that you'll definitely want to soak up with bread or rice.

**Ingredients**

- **3 Tbsp.** extra-virgin olive oil, divided
- **4** boneless, skinless chicken breasts
- Kosher salt
- Freshly ground black pepper
- **2** garlic cloves, finely chopped
- **1 Tbsp.** fresh thyme leaves
- **1 tsp.** crushed red pepper flakes
- **3/4 cup** low-sodium chicken broth
- **1/2 cup** finely chopped sun-dried tomatoes
- **1/2 cup** heavy cream
- **1/4 cup** finely grated Parmesan

Torn fresh basil, for serving

**Directions**

**Step 1** Arrange a rack in center of oven; preheat to 375°. In a large ovenproof skillet over medium-high heat, heat 1 Tbsp. oil. Generously season chicken with salt and black pepper and cook, turning halfway through, until golden brown, about 5 minutes per side. Transfer chicken to a plate.

**Step 2** In same skillet over medium heat, heat remaining 2 Tbsp. oil. Stir in garlic, thyme, and red pepper flakes. Cook, stirring, until fragrant, about 1 minute. Stir in broth, tomatoes, cream, and Parmesan; season with salt. Bring to a simmer, then return chicken and any accumulated juices to skillet.

**Step 3** Transfer skillet to oven. Bake chicken until cooked through and an instant-read thermometer inserted into thickest part registers 165°, 10 to 12 minutes.

**Step 4** Arrange chicken on a platter. Spoon sauce over. Top with basil.

**Your Neighborhood Dog and Cat Store**

- ❖ Premium Pet Foods, Raw, Gently Cook, & Kibble
- ❖ Huge Treat Bar and Natural Chews
- ❖ Supplements and Nutrition Items
- ❖ Toys, Clothing, Collars, Harnesses, Leads....
- ❖ Bedding and Travel....
- ❖ Cookies & Donuts for Dogs!
- ❖ Self Wash Tubs
- ❖ Nail Clinic every other Sunday
- ❖ Carry out Service
- ❖ Delivery can be arranged

**Bring this ad in for 10% off your Purchase!**



WWW.LAKEDOGCO.COM



LAKEDOGANDTHEIRPEOPLE



918-615-2203

**Lake Dog and their People at 1605 S. Main Street, Broken Arrow**



*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](http://WWW.ASPENHEALTHREHAB.COM)



1800 S. Main Street &  
1811 S. Main Street  
Broken Arrow, OK 74012

**Board of Directors**

Chairman ..... Lauren Smith  
Immediate Past Chair ..... Lisa Ford  
Treasurer ..... Mike Addison  
Secretary ..... Aubrey Patterson

**Directors**

Debbie Firestone	Lou Ann Fisher
Farrah Fulps	Jeff Grimes
Larry Heard	Lori Hill
Jody Manning	Michael Peale
Jules Resnick	Steve Roberts
Lori Steven	Raymond Viel
Ron Whitaker	Kent Williams
Jim Wykoff	



# YOU DON'T NEED SUPERPOWERS TO HEAR CLEARLY

Test Your New Powers for Free!



Call us today at  
**(918) 418-5717** to try  
the latest hearing aids  
**FREE FOR A WEEK!**

AMERICAN  
HEARING  
+ audiology

505 S. Aspen Ave., Broken Arrow, OK 74012  
[www.AmericanHearing.us](http://www.AmericanHearing.us)

Nonprofit Organization

U S Postage

PAID

Broken Arrow, OK 74012

PERMIT No. 4