



Monday, Feb. 16th

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

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

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Annual Open Enrollment Period:
October 15 - December 7

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- GlobalHealth/Generations Healthcare
- AARP/UnitedHealthcare • Humana
- Aetna • Mutual of Omaha

FEBRUARY 2026

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

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

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FEBRUARY 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 <small>Full moon</small>	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16 <small>Presidents' Day</small>	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

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1 <small>Full moon</small>	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16 <small>President's Day</small>	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	
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. - 2:30 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 
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Join us every Thursday at our **FREE** Medicare educational class. Come learn with Lynn and friends!

CONTACT LYNN ROACH
FOR MORE INFORMATION

918-913-8199
lynn@procomparemedicare.com

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



Calendar of Events

Regularly Scheduled **FRIDAY** Activities

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

CLASSES	TIME	BLDG	NOTES
Dominoes	8 a.m. - 12 p.m.	W	
Ping Pong/Pool for Fun	8 a.m. - 4 p.m.	W	
Cardio Drumming	8:15 a.m. - 9 a.m.	E	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
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ARE YOU TURNING 65 SOON?

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

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FEBRUARY 2026

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

Bunco Bash

Friday, Feb. 20th

7-9p.m.

Doors open at 6p.m.

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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.



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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.



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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.



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Call for free guidance for 2026



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

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



Carolynn Baldwin (918) 694-2724 TTY 711

Kimberly Baldwin (918) 313-1680 TTY 711



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



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12 p.m. - 2 p.m.

Activity Room 2 - West Building



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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
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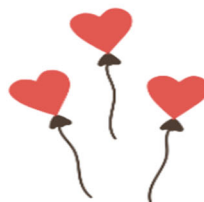


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Activity Sponsors:

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.
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...



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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.



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Health Benefits of Physical Activity For Adults 65 and Older

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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.

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

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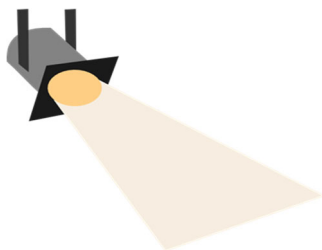


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VOLUNTEER SPOTLIGHT

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!



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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.

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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.

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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.



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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.



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