



West/Main Building
1800 S. Main Street
and

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

www.baseniors.org

Center Hours - West:

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

Center Hours - East:

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

Annual Membership:

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

Executive Director

Lisa Ford - Interim

Member Services Manager

Traci Druten

Office Coordinator

Terry Drummond

Administrative Assistant

Tonnya Cress

Special Events Coordinator

Erica Decker

Volunteer Coordinator

Dea Ann Gray

Transportation

Donald Stockton &
Randall Graybill

ANNUAL MEDICARE FAIR

Helping Make Sense of the Medicare Maze

Health care is one of the biggest expenses that we all need to prepare for in retirement that can affect quality of life both physically and financially.

Decisions regarding healthcare coverage should be reviewed yearly as your unique situation could change.

The Annual Medicare Fair is set for Thursdays in October, beginning October 16th in Heritage Hall (nutrition) from 8:30 a.m. to 10:30 a.m. in the West Building. In November, the Medicare Fair will be in the East Annex Media Room on Thursdays from 12:30 to 3:00 pm.

Whether you are enrolling in Medicare at the standard eligibility age of 65 or have been enrolled for years, take the time to review your healthcare coverage.

Yearly changes to Medicare in addition to individual changes in medical conditions and related prescriptions are just two reasons to review your coverage.

These free events are your chance to speak directly with insurance plan representatives in a safe environment about your healthcare coverage for the coming year.

Helping you navigate the maze of Medicare information and plans that encompass healthcare coverage is what the Medicare Fair is all about. Each year the Center hosts the event providing members the opportunity to speak with insurance advisors in-person at the Center during the Medicare Annual Enrollment Period (AEP).

Participants Include:



BlueCross BlueShield
of Oklahoma



Crawford Insurance
ADVISORS

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	Oct. 6th & 20th
Limited Exercise	10:30 a.m. - 11:30 a.m.	W	
Ping Pong/Pool for Fun	11 a.m. - 4 p.m.	W	
Canasta	12 p.m. - 3:45 p.m.	W	
Tai Chi for Better Balance - Vanessa	12:15 p.m. - 1:15 p.m.	E	
Pickleball Open Play	12:15 p.m. - 4 p.m.	W	
Member-Led Bingo	1 p.m. - 2:30 p.m.	W	
Intermediate Tap Dancing	1 p.m. - 2:30 p.m.	W	
Experienced Mahjongg	1 p.m. - 4 p.m.	E	
Line Dancing with Barb	1:30 p.m. - 3 p.m.	E	Cancelled in October
Photography Group	1:30 p.m. - 3:30 p.m.	E	Oct. 6th & 20th
Beginning Tap Dancing	2:45 p.m. - 3:30 p.m.	W	
Zumba	3:15 p.m. - 4 p.m.	E	

Monday Special Events

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

CIRCLE OF READERS

Oct 6: The Lies We Leave Behind by Noelle Salazar (Historical F) & **Zoom author visit**

Oct 20: Discuss other books & Tilt by Emma Pattee (I won 7 copies; we will pass them around for those who wish to read it.)

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

Nov 17: Discuss other books

Edward Jones®

Member SIPC

Partnering throughout the years
to help reach your financial goals
Call to schedule a one-on-one.



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

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

> edwardjones.com

OCTOBER 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20 <small>Columbus Day</small>	21	22	23	24	25
26	27	28	29	30	31	

Calendar of Events

Regularly Scheduled **TUESDAY** Activities

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

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

Tuesday Special Events

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



Jewelry by Jill

Jewelrybyjill.com

Jill Morris

Avoid shipping charges by ordering direct

Call or Text Orders to 918-402-8452

OCTOBER 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

Calendar of Events

Regularly Scheduled **WEDNESDAY** Activities

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

CLASSES	TIME	BLDG	NOTES
Dominoes	8 a.m. - 12 p.m.	W	
Ping Pong/Pool/Shuffleboard	8 a.m. - 4 p.m.	W	
Quilting	8 a.m. to 3 p.m.	W	
Cardio Exercise	8:15 a.m. - 9 a.m.	E	
Core Strength Yoga	8:15 a.m. - 9 a.m.	W	
S.E.A.T.	9 a.m. - 10 a.m.	E	
Needle Crafting	9 a.m. - 11:30 a.m.	W	
Chair Yoga	9:15 a.m. - 10:15 a.m.	W	
Beginning Ukelele	9:30 a.m. - 10 a.m.	E	
Spades Card Game	9:30 a.m. - 12:30 p.m.	E	
Line Dancing with Eugenia	10 a.m. - 11:30 a.m.	E	
Abstract Painting 102	10 a.m. - 12 p.m.	W	
Ukulele Jam	10 a.m.-12 p.m.	E	
Limited Exercise	10:30 a.m. - 11:30 a.m.	W	
Fund I of Line Dancing w/ Michelle	12 p.m. - 1 p.m.	E	
Hand and Foot Cards	12 p.m. - 4 p.m.	W	
Exercise 101	12:15 p.m. - 1:15 p.m.	W	
Abstract Painting 101	12:30 p.m. - 2:30 p.m.	W	
Bunco	12:30 p.m.- 2:30 p.m.	W	2nd Wednesday
Pitch Card Game	12:30 p.m. - 4 p.m.	W	
Technology Training	1 p.m. - 3 p.m.	E	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	Cancelled in October
Pickleball Open Play	1:30 p.m.- 4 p.m.	W	
Zumba	3:15 p.m. - 4 p.m.	E	Cancelled Oct. 8th

Wednesday Special Events

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

3rd Annual Great Ladle Throwdown

Wednesday, October 8th

4:30 p.m. - 6:30 p.m.

Come taste and vote for your favorite chili, soups, and stews
from around the area

FREE TASTING

DONATIONS FOR
UNITED WAY

Calendar of Events

Regularly Scheduled **THURSDAY** Activities

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

CLASSES	TIME	BLDG	NOTES
Dominoes	8 a.m. - 12 p.m.	W	Tournament 3rd Thursday - 9 a.m.
Ping Pong/Pool for Fun/Shuffleboard	8 a.m. - 4 p.m.	W	Pool Tournament 3rd Thursday - 9 a.m.
Strength & Tone	8:15 a.m. - 9 a.m.	E	
Train Dominoes	9 a.m. - 12 p.m.	W	
Soft Yoga	9:15 a.m. - 10:15 a.m.	E	
Limited Exercise	9:30 a.m. - 10:15 a.m.	W	
Creative Card Making	9:30 a.m. - 11 a.m.	W	
Guitar Jam	9:30 a.m. - 11:30 a.m.	E	
Play Money Poker	9:30 a.m. - 12 p.m.	W	
Grief Healing Group	10 a.m. - 11:30 a.m.	E	3rd Thursday
Quilting Layout	10 a.m. - 2 p.m.	W	
Limited Exercise	10:30 a.m. - 11:30 a.m.	W	
Party Bridge	11:45 a.m. - 3 p.m.	E	
Tai Chi for Better Balance	11:45 a.m. - 12:45 p.m.	E	
Drum to Exercise with Kathy	12:15 p.m. - 1:15 p.m.	W	
Creative Card Making	12:30 p.m. - 3 p.m.	W	
Happy Hookers - Crochet	12:30 p.m. - 2:30 p.m.	W	
Card Game of the Day	12:30 p.m. - 4 p.m.	W	1st & 3rd week - Member-led play 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. - 4 p.m.	W	
Cardio Drumming	2:45 p.m. - 3:30 p.m.	E	
Fast Abs	3:40 p.m. - 4 p.m.	E	
Guitar Jam	4:30 p.m. - 6:30 p.m.	E	
Chair Yoga	4:45 p.m. - 5:45 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
Medicare Panel Discussion	1 p.m. - 2 p.m.	E	October 2nd - East Annex
MEDICARE FAIR	8:30 a.m. - 10:30 a.m.	W	Starts Oct. 16th - Nutrition Rm

PRO COMPARE MEDICARE 
BY LOCAL INSURANCE ADVISORS

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

CONTACT LYNN ROACH FOR MORE INFORMATION
918-913-8199
lynn@procomparemedicare.com

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



Calendar of Events

Regularly Scheduled **FRIDAY** Activities

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

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

NEED A PIANO OR KNOW SOMEONE/GROUP THAT DOES?

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

If interested, please see the Main Office.



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



OCTOBER 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
	Columbus Day					
26	27	28	29	30	31	

TRUE COLOR



PAINTING

**EXTERIOR AND
WOOD ROT REPAIR**

918-500-9637

JOHN CARLUCCI

CALL FOR FREE ESTIMATES

H Honesty
O Openmindedness
W Willingness

Joe Earles
Thrift Store Manager
Donation / Pick-up



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

HOW Thrift Store
(918) 455-8223

2216 So. Aspen
Broken Arrow, OK 74012

BUNCO BASH!

FRIDAY, NOV. 7th

7 - 9 p.m.

Doors open at 6 p.m.

- Food, Raffle Prizes, & Fun -

TICKET SALES BEGIN

OCTOBER 7th in Main Office

\$15 Each



Hayhurst

FUNERAL HOME



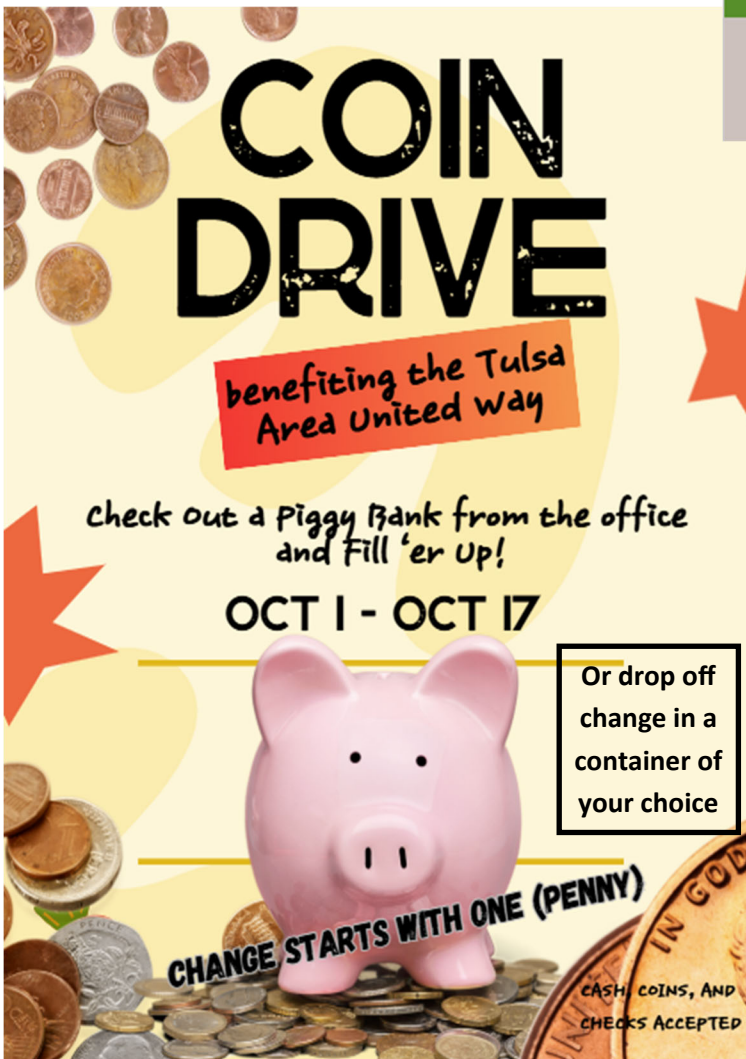
(918) 258-9623 | www.hayhurstfuneralhome.com

For over 31 years Hayhurst Funeral Home has stood by our motto
"A helping hand in a time of need"

Families have come to call on Hayhurst Funeral Home for their professional, caring and compassionate manner in handling every detail.



2025 CAMPAIGN



Broken Arrow Senior Center

3rd Annual GREAT LADLE THROWDOWN

Presented by

**WEDNESDAY,
OCTOBER 8TH
4:30PM-6:30PM**

1811 S MAIN STREET - SENIOR CENTER ANNEX

Live Entertainment, Agency Fair,
Soup/Chili/Stew Cook-off

Awards will be presented by the
Judges Panel and People's Choice
Votes

**A Tulsa Area United Way
Fundraiser**

**ADMISSION:
DONATION TO
UNITED WAY.
CHECKS OR CASH
ACCEPTED**

WHAT TULSA AREA UNITED WAY DOES FOR YOUR COMMUNITY

We are dedicated to improving lives and strengthening communities. Because of our broad reach across eight counties, we can share innovations and scale impact. Additionally, through the framework of 211 Eastern Oklahoma, we connect people to life-changing resources across 37 counties.

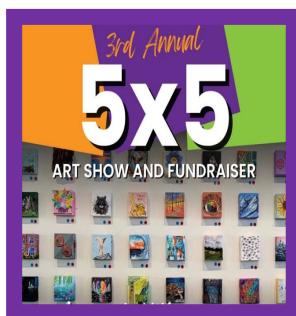
**Your support made the below community
impact possible...**

\$27+ MILLION

raised in 2024

\$953 MILLION

invested in the community since 1924



ARTISTIC TALENTS SHINE

Broken Arrow Senior Center artists from Barbara Gillock's painting class and the Advanced Abstract painters shared their creative talents to help Arts@302 raise funds in their biggest community event of the year. This endeavor raised scholarship money for their community outreach art classes. Over 200 unique 5 x 5 canvasses of a variety of mediums and subjects were created and donated by talented local artists, 14 from the Senior Center alone. Our masterpieces were on display and sold for \$55 each from the gallery at 302 in August. The donations from the Senior Center artisans raised around \$800 at last count.

The 302 gift shop requested special permission from Shelley Stege to make 3 reproductions using the giclee technique of her fox to be sold this event as well. Seniors who participated this year were: Barbara Gillock, Juli Allen, Shelley Stege, Marilyn Rice, Kathy Halloran, Betty Eubanks, Kathy Honeyman, Lucy Kelly, Judy Sapp, Rita Shelton, Diane Droge, Phyllis Holmes, Stephanie Martin and Danny Callahan.



WHITTLIN' WONDERS



The Whittlin' Wonders in conjunction with The Eastern Oklahoma Woodcarvers are working on a service project for the Blue Star Moms in which we are currently creating hand carved Christmas ornaments to be sent with holiday care packages to our deployed soldiers. The wood and planks were donated by the EOWA who now has brought over several new members to the Senior Center.

If you are interested in joining in on this noteworthy project, join the Whittlin' Wonders class on Tuesdays from 10 - 12:30.

Don't know how to whittle?

We will teach you!



EASTERN • OKLAHOMA • WOODCARVERS • ASSOCIATION

2025 ARTS, CRAFTS AND WOODCARVING FESTIVAL

Celebrating the 50th anniversary of the EOWA Woodcarving Show
October 17-18, 2025 • Broken Arrow Central Park Community Center



For information or registration form contact:
Flo Hancock email: hancockfe1946@gmail.com
Bill Payne email: wudcrrv@cox.net

FREE ADMISSION

ABC MedicareHelp.com

Art Geddes
918-698-4921

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

Independent Agent

Medicare Made Simple

*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

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

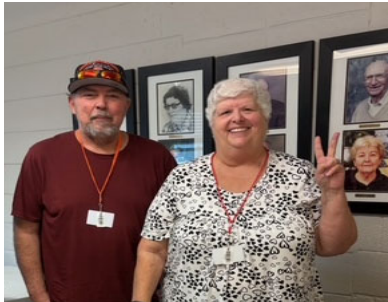
Annual Open Enrollment Period:
October 15 - December 7



August Poker Winners -

1st Place - Bill Sihock

2nd - Kay Lindsey



September Domino Winners -

Don Stiles and Ron Lewis



August Pool Winners -

1st Place - Keith Costigan

2nd - "Rabbit" Delisle

3rd - Cecil Jones





**WINSTEAD
HOUSE
PAINTING**

Interior & Exterior

Free Estimates

Office phone # 918-451-2355

Trae Winstead # 918-289-7946

John Winstead #918-527-6659



**PAM HEALTH
REHABILITATION HOSPITAL
OF TULSA**

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

918-940-8808
www.PAMHealth.com



**Changing
jobs or
retiring?**

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.

 **StateFarm™**

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



FLORAL HAVEN
Funeral Home and Cemetery

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

www.floralhaven.com
(918) 252-2518

IN THE NEWS...

SPECIAL CRAFT CLASS

FRIDAY, OCT. 10th

9:30 a.m. - 2:30 p.m.

\$5.00 for supplies

Sign up at the Event Table - Class size is limited

CARD GAME OF THE DAY CHANGES

1st & 3rd week will now be member-led
open play

2nd & 4th week will be Pegs & Jokers led by
Julia McVay

LINE DANCING WITH BARB

Cancelled in October and November

Will Return in December

Did you know???...

Meditation Sound Bowls offer a range of mental, physical, and spiritual benefits, including stress reduction, deep relaxation, and improved mood. They even have positive physiological effects like lower heart rate and blood pressure.



Benefits also can lead to improved attention span. By clearing mind clutter, the sounds can help restore cognitive function. Deeper relaxation can lead to profound physical and mental relaxation, which can be beneficial for muscle regeneration and easing physical tension. And, the vibrations may help alleviate pain from headaches, muscle tension and nerve pain.

Just something to "meditate" on.....

Join us!

Tuesdays

4:45 p.m. - 5:45 p.m.

From all of us at Kind Hands & Caring Hearts
Have a Spooktacular Halloween



NO TRICKS HERE JUST SWEET SERVICES:

- * Meal Preparation
- * Light Housekeeping
- * Incontinence Care
- * Help w/Mobility
- * Errands
- * Fun Activities
- * And much more

(405) 334-3213

2700 N Hemlock Ct Suite 111C Broken Arrow, Ok 74012

kindhandsandcaringheartshomecare.com

Facebook- @ Kind Hands & Caring Hearts Home Care



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



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



HYLAND
Physical Therapy & Wellness

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

BA Senior Center Sponsors

Premiere Sponsors:




High Tower
ACCOUNTING & TAX



Crawford Insurance
ADVISORS



Local Insurance
Advisors

Signature Sponsors:



SENIOR
Helpers



Programming Sponsors:



Bixby-South Tulsa
Funeral Service
& Crematory

Activity Sponsors:

Poker Tournament:

Global Health/Joel Hitsman

Domino Tournament:

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

Pool Tournament:

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

Bingo & Singo:

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

Blood Pressure Checks:

Miller Hospice, Hillcrest Hospital South, First Light Home Care

Hearing Screenings & Hearing Aid Maintenance:

HearingLife

Center Information

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

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

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

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

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

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

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

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

Inclement Weather Closing Notification

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

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



By Brittany Littleton



Planning Is More Than Money: Protecting Your Family

When people hear the term *estate planning*, they often picture multimillion-dollar trusts and complex tax strategies. In reality, the most common – and often most painful – disputes after a loved one's death center on personal belongings, like heirlooms, jewelry, furniture, or even everyday possessions that carry deep emotional meaning.

Without clear direction, those moments can lead to hurt feelings, resentment, and lasting family rifts. Your true legacy should be peace and unity, not conflict.

Why Families Fight Over “Stuff”

Sentimental value often outweighs financial value. A watch, quilt, or music box might not be worth much in dollars, but to your loved ones it may represent irreplaceable memories.

When expectations about who inherits those items clash with reality, even the closest families can find themselves in bitter disagreements. Add grief and stress into the mix, and small misunderstandings can quickly spiral into lasting divisions.

Misconception About Estate Planning

Many people think estate planning is only for the wealthy. The truth is every family benefits from it. Without a plan, Oklahoma law determines who will inherit your property. More often than not, this will not reflect your wishes or family's dynamics. Personal items like furniture, jewelry, photo albums, or vehicles can trigger conflicts as intense as those involving significant financial assets.

Even modest estates can wind up in lengthy, expensive probate proceedings. More importantly, families suffer unnecessarily when proactive thoughtfulness and clear guidance could have prevented confusion and heartache.

Six Steps to Protect Your Family

Fortunately, a few thoughtful steps can make a profound difference in preserving family harmony:

1. **Create a Last Will and Testament.** Don't focus just on financial assets but also address meaningful personal belongings that carry sentimental weight.

Continued on page 20

Helping Families and Businesses Thrive



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

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

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



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



JADE
Antique & Vintage
Boutiques
Jadevintagetreasures.com



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

Our treasures will follow you home



Missing Teeth? Trouble Chewing?

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 learn more or
call us today to schedule your visit!**



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

FREE Consultation for New Patients!
Call Today - Same Day Appointments Available!

2nd Annual Pool Tournament of Champions Renamed!

Honoring Mr. Cecil Jones – A Champion of the Pool Hall

This month, we proudly honor Mr. Cecil Jones, a long-time member of our community since August 2011, and a dedicated volunteer who took charge of what was once a dimly lit room known simply as the Pool Hall.

Today, that room is home to six regulation pool tables, with men and women gathering daily to enjoy the game. But it didn't begin that way.



Back in November 2011, the Pool Hall had only a couple of tables—and they were always in high demand. That's when Cecil stepped up. After being offered a larger space—the old kitchen—he saw the potential for something much greater. He led the charge to transform the area into the vibrant space it is today.

Understanding that strategy and vision were more important than the challenges ahead, Cecil brought together a group of dedicated players. Together, they raised the funds needed to acquire additional tables. Piece by piece, table by table, the room took shape.



Cecil loves the game. Over the years, he competed in prestigious tournaments, including unforgettable events in Las Vegas and the Derby City Classic. He always believes in the benefits of bringing people together through pool—especially at the senior center.

He recalls how, in the early days, the tables were in poor shape and few in number. He fondly remembers JD Pippens, who had no shame in asking for donations to help get new tables and equipment. Slowly but surely, their efforts paid off.

Now, thanks to Cecil's leadership and the collective effort of many, the Pool Hall is always full of lively competition and friendly conversation—with a morning crowd and an afternoon crowd keeping the energy going all day.

On **September 18th, 2025**, during the 2nd Annual Pool Tournament of Champions, we proudly renamed the event:

The Cecil Jones Tournament of Champions.

We invite you to stop by and experience this amazing space built on camaraderie, dedication, and love for the game. All are welcome—men and women alike—to share in the fun and community that Cecil helped build.



We Value Your Voice!

Your suggestions, ideas, feedback, and concerns help us make the Senior Center the best it can be. To ensure everyone has a chance to be heard, we've placed a suggestion box and feedback forms near the entrance of both buildings and the back entrance of the West building. Use the small slips for general suggestions or fill out a feedback form to share your thoughts—whether positive, constructive, or a concern.



All feedback is opened and reviewed by our Member Advisory Committee at their monthly meeting, and if your name is included, they will follow up with you directly.

Thank you for helping us keep the Senior Center a warm, welcoming, and thriving place for all.

Affordable Assisted Living in Broken Arrow! CanoeBrookBrokenArrow

NEW *Adventures*
AND FRIENDSHIPS
ARE AROUND THE CORNER!



2621 S. Elm Place, Broken Arrow, OK 74012

 **CANOE BROOK**

BrokenArrowAssistedLiving.com (918) 218-3338

A Place Called *Home.*

Unique Location • Nurturing Staff • Locally Owned

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



ABC Medicare.Help



Cindy Sansone

Licensed Agent
5800 E Skelly Dr Ste 560
Tulsa, OK 74135
(918) 906-3535

cindy.ssansone@farmersagency.com

Harmon
Insurance

www.harmonins.com • 918-251-2511

 WEB  MOBILE  SOCIAL MEDIA

CLIFTON BAKER, MBA, JD

Attorney and Counselor at Law

"A Senior Serving Seniors - lic. 1975"

BROKEN ARROW LAW GROUP
Civil, Estate and Criminal Law Practitioners

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

539.367.5241 office * 918.582.6550 direct*

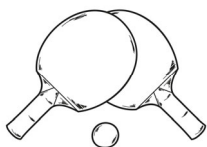


A BIG THANK YOU TO KINETIC FOR DONATING A NEW

PING PONG TABLE!

It has been set up in the Macrame Room in the West Building.

Watch for a schedule on the door for availability.



Broken Arrow Blue Star Mothers – Chapter 5

Bunco-Rama

When: Thursday, October 23, 2025

Dinner starts @ 6:00 PM / Bunco @ 6:30 PM

Where: St. Anne's Parish Hall

301 S. 9th Street – Broken Arrow, OK

\$25.00 Per Person

Includes: Dinner, Dessert and Bunco

Door Prize & 50/50 Tickets Available - Silent Auction

Register at the door, or online at www.babluestar.org

Or use the Q-R code:

ARE YOU READY
FOR SOME
BUNCO?



Christy Brown: 918-851-9655 or
Blue Star Mother's Office: 918-259-9479 Press #3

Support Our Troops – Until They All Come Home



Live Well
HOSPICE

Locally Owned & Operated

"Compassionate care when it matters most."

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

Office: 918.943.5416

Fax: 918.943.5266

Serving our community with heart, dignity, and respect.

Fall Into Wellness

and discover a pathway to vitality!



Jan Collins



(918) 694-7232

blessed2binhealth@gmail.com

SUMMIT
PHYSICAL THERAPY
PTSUMMIT.COM

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

Orthopedics
Manual Therapy
Pre/Post-Surgical

Outpatient Physical Therapy
Vestibular & Balance Rehab
Total Joint Replacement Rehab

COMPLIMENTARY INJURY AND FALL SCREENS AVAILABLE!

Bingo by Nutrition has changed its name!

Monday Bingo will now be called
"Member-Led Bingo"

As a member-led bingo, it will continue to be free to play and prizes will come from the members. If you would like to donate prizes* for bingo, please bring them to the office.

Bingo time is moved to 1:00 – 2:30pm.

Members are restricted from entering the lunchroom until 12:45pm. to give nutrition time to clean up the area.

Suggested prizes:*

Snacks - Home products - Paper Goods -
 Outerwear - Personal Hygiene Items -
 Games/Puzzles - Seasonal Items - Gift Cards

*For a more detailed list of suggested prizes, stop by the office for a donations list.



**BROKEN
ARROW
SENIORS**



A STORY WORTH
celebrating

Imagine sitting in a stadium filled with thousands of cheering fans. Imagine feeling the echo of celebration reverberate through your entire being. ***This is the same feeling you'll get when you celebrate your favorite charity with a Legacy Gift.*** You'll take pride in knowing that your hard-earned estate will be maximized for good. You'll have peace of mind knowing that you are part of a story worth celebrating.

Whether you're new to Legacy Planning or you're ready for a check-up, our Legacy Giving Team is here for you. Our experts are fully equipped to help you design a unique Legacy Giving Plan that you can be proud of. A plan that will benefit your family and your community for years to come.

Through the avenue of thoughtful estate planning, you have the opportunity to celebrate the stories that matter most to you.

WHY WAIT? Call (918) 491-0079 to get started!

SPECIAL CRAFT CLASS

FRIDAY, OCTOBER 10th

9:30 a.m. – 2:30 p.m.

\$5.00 per person for supplies



**Sign up at Event Table in either
 bldg. - Class size is limited.**



Crawford Insurance
 ADVISORS

Helping Seniors

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

Local and trusted agents that live in your
 community!

Experts in all Medicare Products including:

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

Specializing in helping Veterans and Veteran
 spouses navigate Medicare options.

Call us today (918) 740-3719



VOLUNTEER SPOTLIGHT

Ron Whitaker



Volunteering isn't just a way to help others-it's one of the most powerful ways we create meaning, reduce loneliness, and feel connected to something larger than ourselves. The simple act of volunteering, for example, has been found to improve both mental and physical health. We are fortunate that we have many volunteers who help our Center run smoothly daily.

Let's get to know Ron Whitaker, who is one of our East Greeters/Tour Guides.

Ron has been a member of the Senior Center for two years and started being a volunteer right from the start of his membership. He greets and gives tours at the East Annex on Monday and Tuesday mornings (and substitutes for others when he's available), serves on the Center's Board of Directors, is Chairperson of the Membership Advisory Committee, and helps with events.

Ron enjoys being a member of the Center because he likes meeting people and staying active. After all, attending the Center is how he met his new wife, Marla! He also thinks that being a volunteer is a great way to talk to people and make visitors feel welcome when he greets them with a smiling face.

Ron retired from Cox media where he sold radio/tv advertising, worked on events, and was a marketing consultant to clients for Digital Plus. He was raised in Bartlesville, OK and graduated from Oklahoma State University. He has 4 children, 6 grandchildren, and 6 great grandchildren.

We are fortunate to have Ron as a member and a volunteer, and we appreciate his willingness to donate his time and talents to the Senior Center.



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



Mike Ward

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

(918) 258-6612 Office

(918) 625-1783 Cell

mike@mikeward-insurance.com

Edward Jones

Member SIPC

**Partnering throughout the years
to help reach your financial goals
Call to schedule a one-on-one.**

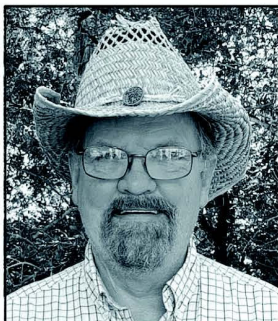


Brad Buxton, AAMS®
Financial Advisor

1145 S Aspen Ave
Broken Arrow, OK 74012
918-258-6932

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

> edwardjones.com



Marshall K. Dyer, Attorney

32 Years in Broken Arrow

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

**Free Initial
Consultation**

www.okla-law.info

(918) 258-2711

Major Credit Cards
Accepted

Proudly assisting Senior Center members for more than 5 Years

Continued from page 13



2. **Utilize a Personal Property Memorandum.** Oklahoma law allows you to attach a detailed list to your Will, assigning specific items to designated individuals. This provides flexibility to update your wishes without revising the entire Will.
3. **Talk about your decisions.** Honest conversations now prevent misunderstandings later.
4. **Consider a revocable living trust.** A properly funded trust avoids trust, maintains privacy, and provides clear instructions.
5. **Align your assets and beneficiary designations with your estate plan.** Ensure bank accounts, retirement plans, insurance policies, and property titles are consistent with your overall estate planning strategy.
6. **Choose the right decision makers and fiduciaries.** Pick executors and trustees who are fair, organized, objective, and capable of balancing family relationships with responsibility.

Your True Legacy: Harmony, Not Heartache

Your estate plan isn't just about wealth: it's about protecting your loved ones from unnecessary stress and conflict. Even a simple plan provides clarity, spares your family from disputes, and allows them to focus on supporting each other.

If you've been delaying because you think your assets aren't "enough" to justify formal planning, let this be your encouragement to act now. Every family deserves peace of mind, regardless of the size of the estate. Reach out to your estate planning attorney and request they help you create a comprehensive, custom estate plan that reflects your values, protects what matters.



We are seeking Candy Donations!

Starting October 1st, Donation Boxes will be located in the office of the West Bldg and the lobby of East Annex.

Candy donations will be provided to the Police Department for the Safety Spooktacular on Main Street.



High Tower
ACCOUNTING & TAX

BROKEN ARROW SENIORS
MEMBERS RECEIVE

10% OFF

918-615-9887

121 W Commercial Street
Broken Arrow, OK 74012



Miller Hospice
Meyer C & Ida

Compassion
& Quality Care

918-742-6415

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

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

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



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



APPLE DUMP CAKE

Ingredients

- 3/4 cup (1 ½ sticks) salted butter, cut into slices, plus more for the baking dish
- 2 (21-oz.) cans apple pie filling
- 1 tsp. apple pie spice
- 1 (15.25-oz.) box yellow cake mix
- Jarred caramel sauce, for serving (optional)
- Vanilla ice cream or whipped cream, for serving (optional)

Directions

1. Preheat the oven to 350°F. Butter a 9-by-13-inch baking dish.
2. Dump the apple pie filling into the prepared baking dish. Sprinkle with the apple pie spice. Sprinkle the cake mix over the top of the fruit. Distribute the butter slices evenly over the cake mix.
3. Bake until the top is brown and bubbly, 50 minutes to 1 hour.
4. Serve drizzled with caramel sauce and topped with ice cream, if you like.

NUTRITION CHANGES

Growth of the Senior Center has created growth in Nutrition and it seems we've outgrown the program.

Effective immediately, Nutrition will only accommodate the first 100 reservations for lunch each day.

Please direct all questions or concerns to Nolan in the Nutrition office.

**SATURDAY,
OCTOBER 11**

**TRASH
BASH &
RECYCLING
RALLY**

LOCAL CLEANUPS THROUGHOUT THE CITY!

RECYCLING DROP-OFF AT

1700 W DETROIT ST

8AM-12PM

MORE INFO AND REGISTRATION:

WWW.RECYCLEBA.COM








SENIOR CARE

ONLY BETTER

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

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

**Senior
Helpers®**

Care and comfort at a moment's notice.

918.574.2273 | seniorhelpers.com/tulsa

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



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



HEART
 for
SENIORS
 Home Healthcare

Professional Care You Can Trust

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

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

Our Services Include:

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

(918) 505-3109

www.heartforseniorshomehealth.com

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



1800 S. Main Street
Broken Arrow, OK



Board of Directors

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

Directors

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

Nonprofit Organization

U S Postage

PAID

Broken Arrow, OK 74012

PERMIT No. 4



the **DOCTOR**
will see you now

(FOR ALL YOUR HEARING HEALTHCARE NEEDS)



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

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

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

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

