

## CLOSED

\*FRIDAY, APRIL 3RD -

GOOD FRIDAY

\*FRIDAY, APRIL 24TH -

SENIOR HEALTH &  
RESOURCE FAIR

### West/Main Building

1800 S. Main Street  
and

### East Building

1811 S. Main Street 74012  
918-259-8377

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

### Center Hours - West:

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

Tuesday, Thursday  
8 a.m. - 7 p.m.

### Center Hours - East:

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

Tuesday, Thursday  
8 a.m. - 7 p.m.

### Annual Membership:

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

### Executive Director

Annie Bast

### Member Services Manager

Traci Druten

### Office Supervisor

Terry Drummond

### Special Events Coordinator

Erica Decker

### Volunteer Coordinator

Dea Ann Gray

### Transportation

Donald Stockton &  
Randall Graybill

# Plan to Attend the 34th Annual Senior Health & Resource Fair

FRIDAY, APRIL 24th

9 a.m. - 1:30 p.m.

Central Park Community Center

Over 100 Exhibit Booths with the Latest Resources For Those  
55+ and their Families

FREE HEALTH SCREENINGS

INFORMATION BOOTHS

SENIOR CENTER DEMONSTRATIONS



And Much Much  
More!

Lunch Available for  
Purchase from BA  
Civilians



FREE

The center will be closed April 24th \* Come and Enjoy the Day!

# 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	
Pool Hall	8 a.m. - 3:45 p.m.	W	
Ping Pong/Pool/Shuffleboard	8 a.m. - 3:45 p.m.	W	
Cardio Exercise	8:15 a.m. - 9 a.m.	E	
Brewing Friendship Coffee Talk w/AIC	8:30 a.m. - 9:30 a.m.	E/W	EAST & WEST BLDG
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 & 3rd Monday
Limited Exercise	10:30 a.m. - 11: 30 a.m.	W	
Line Dancing with Eugenia	10:30 a.m. - 12 p.m.	E	
Canasta	12 p.m. - 3:45 p.m.	W	
Tai Chi for Better Balance - Vanessa	12:15 p.m. - 1:15 p.m.	E	
Pickleball Open Play	12:15 p.m. - 4 p.m.	W	
Member-Led Bingo	1 p.m. - 2:30 p.m.	W	
Experienced Mahjongg	1 p.m. - 4 p.m.	E	
Tap Dancing - Advanced	1:30 p.m. - 2:30 p.m.	W	
Line Dancing with Barb	1:30 p.m. - 3 p.m.	E	
Photography Group	1:30 p.m. - 3:30 p.m.	E	2nd & 4th Monday
Tap Dancing - Intermediate	2:45 p.m. - 3:30 p.m.	W	
Zumba	3:15 p.m. - 4 p.m.	E	

## Monday Special Events

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**CIRCLE OF READERS**

Apr 6: A Forty Year Kiss by Nickolas Butler (F) & **Zoom author visit**

Apr 20: Discuss other books

May 4: A Map to Paradise by Susan Meissner & **Zoom author visit**

May 18: Discuss other books

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Let me help you choose the  
right Medicare plan.*

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- 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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

# 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	
Pool Hall	8 a.m. - 7 p.m.	W	
Ping Pong and Shuffleboard	8 a.m. - 7 p.m.	W	
Muscle & Movement w/ Debi	8:15 a.m.- 9 a.m.	E	
Guitar Jam	8:30 a.m. - 11:30 a.m.	E	
Scrabble	9 a.m.- 12 p.m.	W	
Power Yoga	9:15 a.m. - 10:15 a.m.	E	
Scrapbooking	9: 30 a.m.– 12 p.m.	W	
Limited Exercise	9:30 a.m. - 10:30 a.m.	W	
Whittling Wonders	10 a.m. - 12:30 p.m.	W	
Limited Exercise	10:25 a.m.-11:15 a.m.	W	
Tai Chi for Balance with Julie	11:45 a.m.-12:45 p.m.	E	Cancelled in April
Canasta	12 p.m. - 3:45p.m.	W	
Chess	12 p.m. - 4 p.m.	E	
Line Dancing with Michelle	1 p.m. - 2 p.m.	E	
Sewing Class	1 p.m. - 2 p.m.	W	
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

Heart Healthy Nutrition Class	1:00 p.m.	E	April 14th
Board of Directors	3:30 p.m.	E	3rd Tuesday

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Broken Arrow, OK 74012  
918-258-6932

EJB-19325-A-E-DA-3 AECSPAD > [edwardjones.com](http://edwardjones.com)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

# 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. - 3:45 p.m.	W	
Quilting	8 a.m. to 3 p.m.	W	
Cardio Exercise	8:15 a.m. - 9 a.m.	E	
Core Strength Yoga	8:15 a.m. - 9 a.m.	W	
S.E.A.T.	9 a.m.– 10 a.m.	E	
Needle Crafting	9 a.m. - 11:30 a.m.	W	
Fitness Machine Orientation w/Carlene	9 a.m. - 10 a.m.	E	3rd Wednesday
Chair Yoga	9: 15 a.m. – 10:15 a.m.	W	
Beginning 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	
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

*"April brings the promise of new beginnings and fresh starts."*

**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 **THURSDAY** Activities

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

CLASSES	TIME	BLDG	NOTES
Dominoes	8 a.m. - 12 p.m.	W	
Ping Pong/Shuffleboard/Pool	8 a.m. - 7 p.m.	W	Pool Tournament 3rd Thursday - 9 a.m.
Strength & Tone	8:15 a.m. - 9 a.m.	E	
Train Dominoes	9 a.m. - 12 p.m.	W	
Soft Yoga	9:15 a.m. - 10:15 a.m.	E	
Limited Exercise	9:30 a.m. - 10:15 a.m.	W	
Creative Card Making	9:30 a.m. - 11 a.m.	W	
Guitar Jam	9:30 a.m. - 11:30 a.m.	E	
Play Money Poker	9:30 a.m. - 12 p.m.	W	Tournament 3rd Thursday - 9:30 a.m.
Grief Healing Group	10 a.m. - 11:30 a.m.	E	3rd Thursday
Quilting Layout	10 a.m. - 2 p.m.	W	
Limited Exercise	10:25 a.m. - 11:15 a.m.	W	
Party Bridge	11:45 a.m. - 3 p.m.	E	
Tai Chi for Better Balance	11:45 a.m. - 12:45 p.m.	E	
Drum to Exercise with Kathy	12:15 p.m. - 1:15 p.m.	W	
Creative Card Making	12:30 p.m. - 3 p.m.	W	
Happy Hookers - Crochet	12:30 p.m. - 2:30 p.m.	W	
Card Game of the Day	12:30 p.m. - 4 p.m.	W	1st & 3rd week - Member-led play 2nd & 4th week - Pegs & Jokers
Fund II of Line Dancing w/ Michelle	1 p.m. - 2 p.m.	E	
Pickleball Open Play	1:30 p.m. - 7 p.m.	W	
Classic Cardio & Sculpt Express	2:05 p.m. - 2:40 p.m.	E	<b>*NEW CLASS*</b>
Cardio Drumming	2:45 p.m. - 3:30 p.m.	E	
Fast Abs	3:40 p.m. - 4 p.m.	E	
Fit and Fun with Weights	4:15 p.m. - 5 p.m.	E	<b>*Same Class - New Name</b>
Guitar Jam	4:30 p.m. - 6:30 p.m.	E	
S.E.A.T.	5:10 p.m. - 5:55 p.m.	E	
Zumba	6 p.m. - 7 p.m.	E	

## Thursday Special Events

Optimist Club Meeting	12 p.m. - 1 p.m.	E	4th Thursday - Open to the public
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Medicare Education with Lynn Roach	10 a.m. - 12 p.m.	W	1st and 2nd Thursday
Medicare Education with Lynn Roach	1 p.m. - 3 p.m.	E	3rd, 4th, & 5th Thursday

### 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/Shuffleboard	8 a.m. - 3:45 p.m.	W	
Cardio Drumming	8:15 a.m. - 9 a.m.	E	
Fitness Machine Orientation w/Danny	9 a.m. - 10 a.m.	E	3rd Friday April only
S.E.A.T.	9 a.m.- 9:45 a.m.	E	
Friday Fitness	9:15 a.m. - 10:15 a.m.	E	
Singing Group	9:30 a.m. - 10:30 a.m.	W	
Alzheimers Support Group	10:15 a.m. - 12:15 p.m.	E	1st and 3rd Friday
Quilting	10 a.m.- 2 p.m.	W	
Creative Writing	10 a.m.- 12 p.m.	E	
Limited Exercise	10:30 a.m. - 11:30 a.m .	W	
Line Dancing with Eugenia	10:30 a.m. - 12 p.m.	E	
Shuffleboard	10:30 a.m. - 4 p.m.	W	
Canasta	12 p.m. - 3:45 p.m.	W	
Party Bridge	12 p.m. - 4 p.m.	E	
Exercise 101	12:15 p.m. - 1:15 p.m.	W	
Cornhole	12:30 p.m. - 2:30 p.m.	E	
Bingo	1 p.m. - 2:30 p.m.	W	1st, 2nd, 4th & 5th Friday
Singo	1 p.m.- 2:30 p.m.	W	3rd Friday
Parkinson's Support Group	1 p.m. - 2:30 p.m.	E	Cancelled in April
Pickleball Open Play	1:30 p.m. - 4 p.m.	W	
Zumba	3:15 p.m. - 4 p.m.	E	

## Friday Special Events

<b>GOOD FRIDAY</b>	<b>CLOSED</b>	<b>APRIL 3rd</b>
<b>34th Annual Senior Health &amp; Resource Fair</b>	<b>CLOSED</b>	<b>APRIL 24th</b> 9:00 a.m. - 1:30 p.m.

## ARE YOU TURNING 65 SOON?

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

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

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



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

## 2026 Senior Health & Resource Fair

**Friday, April 24th**

The 34th Annual Senior Health & Resource Fair, a FREE event held to benefit older adults and their families in the Tulsa and Broken Arrow area, is scheduled for Friday, April 24.

Hosted by the Broken Arrow Senior Center, the Health Fair will be held at the Central Park Community Center at 1500 S. Main St. from 9 a.m. to 1:30 p.m.

This health fair is successful year after year because it draws a wide audience, and it is the only event in Broken Arrow designed to help people 55+ and their families discover resources available to them. Over 100 informational and health screening booths will be on-site. In addition to offering valuable and timely information, there will also be free basic health screenings. It is the Center's goal that older adults have access to information so they can make informed decisions about their physical, emotional, social and intellectual health.

This annual event is the only event in Broken Arrow designed to help people 55 & older, and their families, discover resources available to them. Whether you are interested in health care options, aging in place, local leisure choices, city resources, Medicare supplements, healthy aging, or independent living options, you will find the answers to all your questions at the Resource & Health Fair.

We hope to see you at the Senior Fair!



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# CALLING ALL VOLUNTEERS!



Our largest Fundraising Event -

**The Annual Health & Resource Fair - is coming soon!**

The Center's Annual Senior Health & Resource Fair is our largest fund-raising event of the year! Help us guarantee a successful event for both the Senior Center and our business partners.

Volunteers are needed in a variety of areas. If you can assist in one of these areas, please sign up! **Sign-up sheets for the following specific volunteer opportunities are located near the Events Tables in both buildings.**

## Senior Fair Volunteer Opportunities

\*\*\*\*\*

### Thursday, April 23:

- **Electrical Set Up** to vendor booths. Volunteers are needed to assist running extension cords from power sources and securing them to the floor.
- **Senior Center Assistance:** Bringing items from the Center, setting up a few tables and assisting with posting signage.
- **Assist vendors:** Assisting vendors sets our event apart from similar events. Assisting vendors involves helping them bring items into the Central Park Community Center. Volunteers must be able to lift 20 lbs. safely.

### Friday, April 24:

- **Vendor Ambassadors:** Meet and greet vendors and offer to sit in their booths if they need to take a short break. This volunteer opportunity requires walking. Shifts are available from 8:30 a.m. to 11 a.m. and 11 a.m. to 1:30 p.m.
- **Entry Tables:** Welcomes attendees and answer questions, hand out attendee bags and program guides and click count attendees. Some standing is required. 3 people needed at each set of doors per shift. (8:30 a.m. to 11 a.m. and 11 a.m. to 1:30 p.m).
- **Trash Removal:** We are responsible for removing all trash from the Community Center during the event and after. 2 people from 10 a.m. to 3 p.m.
- **Senior Center Booth:** The Senior Center has a booth to showcase our wide variety of activities and to answer questions from people who are not yet members. 2 people will be needed per shift (8:30 a.m. to 11 a.m. and 11 a.m. to 1:30 p.m.)
- **Tear Down:** Volunteers are needed to move tables and chairs used by the BA Senior Center and assist vendors as needed. Volunteers are also needed to dismantle the Senior Center booth and transport those items back to the Center.

### Logistics

**Setup Date:** Thursday, April 23  
**Setup Time:** 1:30 p.m. to 5 p.m.  
**Event Date:** Friday, April 24  
**Time:** 9 a.m. - 1:30 p.m.  
**Location:** Central Park Community Center, 1500 South Main Street  
**Tear Down:** Begins at 1:30 p.m.



**QUESTIONS??** Contact our **VOLUNTEER COORDINATOR,**  
**DEA ANN GRAY** at 918-259-8377 or  
 email - [volunteers@baseniors.org](mailto:volunteers@baseniors.org).

# VISION SCREENINGS

Provided by Triad Eye Institute



**MONDAY, APRIL 6th**

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

**West Building**

Sign up at the Event Table in  
either building.

## NEW "EXPRESS" CLASS

### CLASSIC CARDIO & SCULPT EXPRESS

#### WITH DEBI FERREL

What is an Express Class? It's a quick 35-minute class to get you moving without overdoing it.

This feel-good cardio class focuses on low-impact, joint-friendly movements that are easy to learn and fun to do. Think grapevines, side glides, knee lifts, and controlled lunges — all performed with one foot grounded for stability and safety. The pace is steady, the moves are simple, and the atmosphere is welcoming. Optional hand weights are available if you'd like to add light resistance. It's movement that feels good and builds strength without strain.

**THURSDAYS**

**2:05 P.M. - 2:40 P.M.**

**EAST ANNEX**



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CONGRATULATIONS!  
*Winners!*

**February Poker Winners -**  
1st Place - Bob Stephens  
2nd Place - Mike McGregor

**February Pool Tournament**  
**Winners**  
1st Place - Mack Simpson  
2nd Place - Keith Costigan  
3rd Place - Josh Phillips



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Jill Morris  
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**February Cornhole Tournament**  
**Winners**  
Steve Douglas and Harry Rockefeller



Trophies Crafted by Jim Droge

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

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918-694 -7232  
[blessed2binhealth@gmail.com](mailto:blessed2binhealth@gmail.com)  
  
  
Jan Collins  
Gold Leader

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**IN THE NEWS...**

**NEW "EXPRESS" CLASS**

**CLASSIC CARDIO & SCULPT EXPRESS**

**WITH DEBI FERREL**

**THURSDAYS**

**2:05 P.M. - 2:40 P.M.**

**EAST ANNEX**

\*\*\*\*\*

**HEALTHY HEART AND STROKE  
PREVENTION NUTRITION CLASS**

**TUESDAY, APRIL 14th**

**1:00 p.m.**

**EAST ANNEX**

\*\*\*\*\*



Spring is nature's way of saying,  
"Let's Party"



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Broken Arrow  
918-872-7931

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EASTER REMINDS US THAT EVEN AFTER THE DARKEST DAYS, LIGHT RETURNS.  
WISHING YOU A SEASON OF PEACE AND RENEWAL!



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



# A Big Thank You to All Our BA Senior Center Sponsors Your Support Is Greatly Appreciated!

## 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, Life Pace - Life Senior Services,  
Season's Hospice, Archwell Health (Singo),  
Bixby-South Tulsa Funeral Service

### Blood Pressure Checks:

Miller Hospice, Hillcrest Hospital South,  
FirstLight Home Care

And to the many many more who support our  
Daily, Weekly, and Monthly endeavors, we say  
Thank You!

"Alone we can do  
so little; together  
we can do so  
much."

Helen Keller



## Center Information

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

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

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

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

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

**Lunch** - Lunch is provided at the Center by the Tulsa and Creek County Senior Nutrition Program at 11:15 a.m. each day in the West Building. Lunch is not served after 12 p.m. Reservations will be accepted for the first 100 people and must be made the day before by 11 a.m. Please call (918)259-8377, option 1 for more information. For those over 60, the suggested donation is \$3 per meal.

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

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

## Inclement Weather Closing Notification

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

1. On the home page of the Center's website—  
[www.baseniors.org](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.

**WE DO NOT FOLLOW BA SCHOOL CLOSINGS**

## Helping Your Adult Children Without Creating Financial Problems

*Smart ways to support family while protecting your own future*

By Brittany Littleton



Many parents and grandparents reach a stage in life where they want to help the next generation. Maybe your adult child is buying their first home, starting a business, dealing with medical bills, or simply navigating a difficult financial season.

Wanting to help is natural, but some of the most common ways families try to support each other can unintentionally create legal, tax, or financial complications later.

With a little planning, you can provide meaningful support while protecting your own financial security and avoiding unnecessary problems.

### **Be Clear When Lending Money**

Sometimes parents want to help by lending money to an adult child for a home purchase, education expenses, or a business opportunity.

If the money is intended as a loan, it's wise to treat it like one. Putting the terms in writing - e.g. how much is being loaned, whether interest will be charged, and how repayment will work - can help avoid misunderstandings later. Even in close families, unclear expectations about money can lead to tension or conflict. A simple written agreement helps protect everyone involved.

### **Think Twice Before Adding Children to Your Home**

One common idea is adding a child's name to the deed of your home to "avoid probate." While the intention is good, this step can create unintended consequences. When you add someone to your deed during your lifetime, you may be making a gift of part of your property. This can create tax issues and may expose your home to that child's creditors, lawsuits, or divorce proceedings. It may also eliminate an important tax benefit called a step-up in basis, which can significantly reduce capital gains taxes when property is inherited.

### **Be Careful About Adding Children to Bank Accounts**

Another common approach is adding an adult child to a checking or savings account "just in case." Parents often do this so someone can help pay bills or access funds if needed. However, joint ownership gives that person full legal access to the account immediately. That means the funds could be exposed to their creditors, lawsuits, divorce proceedings, or financial struggles.

For example, a parent might add their adult child to their bank account so the child can "help if something happens." Years later, that child goes through a divorce. Suddenly, the account may become part of the divorce proceedings because the child legally owns the funds as well. Situations like this are rarely what parents intend, but they happen more often than people realize.

A better option may be naming a payable-on-death (POD) beneficiary or using a financial power of attorney, which allows someone you trust to help manage finances if needed without giving away ownership of the account today.

### **Don't Compromise Your Own Financial Security**

One of the most important principles to remember is this: helping your children should not come at the expense of your own financial stability. Many retirees today live longer than previous generations and may face rising healthcare costs, long-term care needs, or unexpected expenses.





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## Notes from the Director

By Annie Bast

"As April arrives, we begin our transition from winter's quiet rest into the fresh energy of spring. Nature wakes up around us, bringing longer days, warmer weather, and the promise of new beginnings. This season often inspires us to refresh our routines, rethink our projects, and maybe even tackle a little spring cleaning. Of course, it also means the return of allergies and Oklahoma's unpredictable spring storms—but it's all part of the rhythm of change. With these seasonal shifts also comes a renewed awareness of how thankful we are for **volunteers**—not only here at the Senior Center, but throughout our entire community.

Volunteers play a vital role in so many aspects of daily life. They staff rural fire departments, support local food banks, mentor young people, and sit with patients at hospitals who need a comforting presence. Their willingness to give their time, energy, and hearts strengthens the very foundation of nonprofits and community programs everywhere. To our own Senior Center volunteers: **thank you**. Your dedication shapes our programs, supports our members, and allows our Center to run with warmth, compassion, and care. We truly could not do what we do without you.

As you go about your day, I encourage you to take a moment to acknowledge volunteers wherever you encounter them. A simple "thank you" can mean more than you know. Thank you for being you, for giving of yourself, and for helping make our community a better place.

Wishing you all a bright and encouraging spring season,

Annie Bast, Executive Director"



# VOLUNTEER APPRECIATION RECEPTION

**ARE YOU ONE OF OUR AMAZING VOLUNTEERS?!**

**JOIN US AS WE CELEBRATE YOU AND THE SUPPORT YOU HAVE GIVEN TO THE BROKEN ARROW SENIOR CENTER**

**THURSDAY, APRIL 9TH**

**1 - 3 P.M.**

**EAST ANNEX**

**COME & GO EVENT**

**RSVP IN THE OFFICE AT EITHER BLDG or EMAIL [VOLUNTEERS@BASENIORS.ORG](mailto:VOLUNTEERS@BASENIORS.ORG)**



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Also, a hands-on exercise with the Nutrition Food Label will be incorporated. We will look at food products to practice reading information to help with choosing healthy food options.

Join Susan Leonard, RDN/LD and Kara Jones, RD/LD from Sodexo Healthcare, Hillcrest Medical Center for this information packed seminar.

**TUESDAY, APRIL 14TH**

**1:00 P.M.**

**EAST ANNEX**

**hillcrest South**  
Changing Lives

## **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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# VOLUNTEER SPOTLIGHT

## It's Volunteer Appreciation Month!

April is the month designated for non-profits, organizations, and businesses to recognize and show appreciation for their volunteers and all that they do daily. Volunteers donate their time, talents, and energy for countless hours, and non-profits especially rely on their volunteers for a multitude of activities.

We are thankful for our volunteers' invaluable contributions to the Broken Arrow Senior Center. Their dedication, hard work and commitment have played a significant role in the growth and success of our senior community. In 2025 our member volunteers recorded a total of 22,051 volunteer hours, and non-member volunteers contributed 624 volunteer hours. That is a grand total of 22,675 volunteer hours recorded for our center last year. Hooray for our volunteers! They are the BEST!

*We will show our appreciation for our volunteers by hosting a Volunteer Appreciation Come and Go Reception on Thursday, April 9 from 1:00-3:00 pm in the Media Room at the East Annex. Volunteers who have given their time to volunteer in any capacity during the past year to the present are invited to attend.*

**Please RSVP in the office at either building or by emailing Dea Ann Gray at [volunteers@baseniors.org](mailto:volunteers@baseniors.org) by Monday, April 6 if you are attending.**




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# Build Our Future BA GO BOND

ELECTION  
APRIL 7  
2026



**\$415 Million** ▶

If Propositions 1 through 7 are approved by voters, the city's current property tax would remain the same, and those taxes would fund improvement projects outlined in each of the first 7 propositions.

**\$53 Million** ▶

If Proposition 8 is approved by voters, it would include a temporary, 5-year half-penny sales tax increase to pay for improvements at the public sports facilities in Broken Arrow.



LEARN MORE ABOUT THE PROJECTS IN THE BOND

FIND YOUR POLLING PLACE, SAMPLE BALLOT, MORE



FOR ADDITIONAL INFORMATION, PLEASE REFER TO THE FOLLOWING:  
WWW.BuildOurFutureBA.org | GO BOND ANSWER LINE: 918-228-5921

## General Operating Bond 2026 (GO BOND)

By voting YES on April 7th to Propositions 1 through 7, you are saying yes to growth and expansion of the Senior Center.

### CONCEPT DRAWING OF THE FUTURE!



LEAVE A MARK ON THE NEXT GENERATION

## A PATH TO A DESTINATION OF HOPE



We all understand that there are many paths we take in our life to reach a certain destination. The path we decide to take is often determined by the goal we are wanting to achieve. We often find joy during our journey in life when we are able to see that our purpose can be tied to helping others.

One way of fulfilling your purpose and paving a path that leads to hope is through leaving a Legacy gift in support of a cause or organization you value. The impact of your gift can affect generations to come.

You can provide hope to the future of Broken Arrow Seniors through Legacy giving. The means you have dedicated to make a planned gift to support our organization and mission. A Legacy gift allows us to carry out our purpose and strengthen our programs and services for the future generations.

LEARN MORE ABOUT PAYING YOUR LEGACY JOURNEY AND GIVING HOPE BY CALLING OUR LEGACY OFFICE.

☎ (918) 259-8377



There are many giving solutions that can benefit you, your family, and our organization. We look forward to exploring these solutions with you and providing complimentary planned giving strategies.

Continued from page 13...

Protecting your retirement savings helps ensure that you remain independent and financially secure. It also prevents your children from facing financial pressure to support you later.

**Consider Fairness Among Family Members**

Parents often try to treat their children fairly, but financial help given during life can sometimes create confusion or resentment later. For example, if one child receives significant help buying a home or starting a business, it may affect how you want your estate distributed later. Clear communication and thoughtful planning can help prevent misunderstandings among siblings.

**Planning Allows You to Help with Confidence**

Supporting the next generation can be one of the most rewarding parts of life. With thoughtful planning, you can help your children or grandchildren while still protecting yourself and maintaining family harmony. If you're considering making a gift, helping with a home purchase, or adding someone to an account or property title, it's often worth discussing your options first. A little guidance can help ensure that your generosity achieves the outcome you intend. Helping family should bring peace of mind, not unexpected complications.

**Brittany Littleton** is the founder of **Littleton Legal PLLC** in Broken Arrow, where she helps families and business owners with estate planning, probate, and business succession planning. Her firm focuses on proactive legal planning designed to protect families and strengthen future generations.

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# Chicken and Asparagus

## Fettuccine



### Ingredients

- 12 ounces dry fettuccini pasta
- 2 cups (1-inch pieces) fresh asparagus
- ½ cup butter
- 2 cups half-and-half cream
- ¼ teaspoon garlic powder
- ¼ teaspoon ground black pepper
- 1 pinch cayenne pepper
- ¾ cup grated Parmesan cheese
- ½ pound cooked chicken breasts, cut into bite size pieces

### Directions

1. Bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes, or until soft. Add asparagus during the last 3 to 5 minutes of cooking. Drain and transfer to a large bowl.
2. In a large saucepan over medium heat, combine butter and half-and-half. Cook until thick and bubbly. Season with garlic powder, black pepper, and cayenne pepper. Stir in Parmesan cheese and chicken, and heat through.
3. Pour sauce over pasta and asparagus, and toss to coat.

\*\*\*\*\*

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