



Tuesday, March 17th

**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

## Are you ready to Boot Scootin' Boogie?



COUNTRY &  
WESTERN  
**DANCE**

27 MARCH | 6 - 8:30 PM  
EAST ANNEX

TICKETS \$10/EACH  
Tickets Available in the Main Office

**BASC MISSION:** *To provide a welcoming environment that encourages enrichment, social engagement, and an active lifestyle for the 55 and over community.*

# Calendar of Events

## Regularly Scheduled MONDAY Activities

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

CLASSES	TIME	BLDG	NOTES
Dominoes	8 a.m. - 12 p.m.	W	
Party Bridge	8 a.m. - 12 p.m.	E	
Ping Pong/Shuffleboard	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	*NEW* 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	
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	
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

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

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

Apr 20: Discuss other books

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- AARP/UnitedHealthcare • Humana
- Aetna • Mutual of Omaha

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Tulsa, OK 74145

**Annual Open Enrollment Period:**  
October 15 - December 7

### March 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31	1	2	3	4

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

March 2026

Calendarpedia  
Your source for Calendars

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	31	1	2	3	4

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# 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 for fun/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	
Fitness Machine Orientation w/Carlene	9 a.m. - 10 a.m.	E	3rd Wednesday <b>*NEW CLASS*</b>
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	<b>* NEW CLASS*</b>
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 - <b>*New Day*</b>

## NEW SENIOR CENTER T-SHIRTS

**SEE PAGE 20  
FOR DETAILS!**



## March 2026

Calendarpedia  
Your source for calendars

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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22	23	24	25	26	27	28
29	30	31	1	2	3	4

# 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. - 11:30 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	
Strengthen & Tone w/ Pattie	4:15 p.m. - 5 p.m.	E	
Guitar Jam	4:30 p.m. - 6:30 p.m.	E	
S.E.A.T.	5:10 p.m. - 5:55 p.m.	E	*NEW CLASS*
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
Seminar: Three Retirement Tax Traps	1 p.m. - 2 p.m.	E	March 12th

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](mailto:lynn@procomparemedicare.com)

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



# Calendar of Events

## Regularly Scheduled **FRIDAY** Activities

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

CLASSES	TIME	BLDG	NOTES
Dominoes	8 a.m. - 12 p.m.	W	
Ping Pong/Pool for Fun/Shuffleboard	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	10:15 a.m. - 12:15 p.m.	E	1st and 3rd Friday
Quilting	10 a.m.- 2 p.m.	W	
Creative Writing	10 a.m.- 12 p.m.	E	
Limited Exercise	10:30 a.m. - 11:30 a.m .	W	
Line Dancing with Eugenia	10:30 a.m. - 12 p.m.	E	
Shuffleboard	10:30 a.m. - 4 p.m.	W	
Canasta	12 p.m. - 3:45 p.m.	W	
Party Bridge	12 p.m. - 4 p.m.	E	
Exercise 101	12:15 p.m. - 1:15 p.m.	W	
Cornhole	12:30 p.m. - 2:30 p.m.	E	
Bingo	1 p.m. - 2:30 p.m.	W	1st, 2nd, 4th & 5th Friday
Singo	1 p.m.- 2:30 p.m.	W	3rd Friday
Parkinson's Support Group	1 p.m. - 2:30 p.m.	E	4th Friday
Pickleball Open Play	1:30 p.m. - 4 p.m.	W	
Zumba	3:15 p.m. - 4 p.m.	E	Cancelled March 6th

## Friday Special Events



## 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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### March 2026

Calendarpedia  
Your source for Calendars

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**SEMINAR:**

**Three Retirement Tax Traps:  
IRMAA, RMDs, and Social Security**

Thursday, March 12, 2026

1:00 pm

East Annex Presentation Room

In this free educational seminar, Aspen Insurance Coaches will teach you how issues with IRMAA, RMDs, and Social Security connect. You will learn practical, easy-to-understand ways to reduce lifetime taxes and avoid unnecessary premium increases.

Light refreshments provided.

We hope to see you there!



**Fitness Machine Orientation**

Do you need to be more active?

Does the equipment in the Center's fitness room intimidate you?

Have you had medical treatment like a knee or hip replacement and were told to exercise for the best outcome?

Come meet with one of our certified personal trainers, learn how to use the equipment properly, get set up on an exercise program, get all your questions answered.

**Classes:**

The 3rd Wednesday of each month with Carlene Brown at 9 a.m.

The 4th Friday of each month with Danny Stevens at 9 a.m.

This is an opportunity to learn how to remain active all year long!

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**"A helping hand in a time of need"**  
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## Chili Cornbread Salad



### Ingredients

- 1 package (8-1/2 ounces) cornbread/muffin mix
- 1 can (4 ounces) chopped green chiles, undrained
- 1/8 teaspoon ground cumin
- 1/8 teaspoon dried oregano
- Pinch rubbed sage
- 1 cup mayonnaise
- 1 cup sour cream
- 1 envelope ranch salad dressing mix
- 2 cans (15 ounces each) pinto beans, rinsed and drained
- 2 cans (15-1/4 ounces each) whole kernel corn, drained
- 3 medium tomatoes, chopped
- 1 cup chopped green pepper
- 1 cup chopped green onions
- 10 bacon strips, cooked and crumbled
- 2 cups shredded cheddar cheese

### Directions

1. Prepare cornbread batter according to package directions. Stir in chiles, cumin, oregano and sage. Spread in a greased 8-in. square baking pan. Bake at 400° until a toothpick inserted in the center comes out clean, 20-25 minutes. Cool.
2. In a small bowl, combine mayonnaise, sour cream and dressing mix; set aside. Crumble half of the cornbread into a 13x9-in. dish. Layer with half of the beans, mayonnaise mixture, corn, tomatoes, green pepper, onions, bacon and cheese. Repeat layers (dish will be very full). Cover and refrigerate for 2 hours.



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*Held every Monday from 8:30 - 9:30 AM in the East Annex Conference Room and the Lounge in the West Bldg.*

*Share stories, ask questions, and let us enjoy your company!!*



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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!*

January Cornhole Tournament  
Winners  
Kathy Douglas and Bo Hurt



January Pool Tournament  
Winners  
1st Place - Chester McDonald  
2nd Place - Keith Costigan  
3rd Place - Jim Wykoff



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January Poker Winners -  
1st Place - Bob Stephens  
2nd Place - Rich Rogers



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**IN THE NEWS...**

**NEW CLASS**

**SEWING CLASS**

**TUESDAYS**

**1 P.M. - 2 P.M.**

**WEST BUILDING**

\*\*\*\*\*

**NEW EVENING CLASS**

**S.E.A.T.**

**THURSDAYS**

**5:10 P.M. - 5:55 P.M.**

**EAST ANNEX**

\*\*\*\*\*

**TECHNOLOGY ASSISTANCE IS NOW PART OF  
LIBRARY DAY.**

**3rd WEDNESDAY EACH MONTH**

**10 a.m. - 11 a.m.**

**WEST BUILDING - LOUNGE**

\*\*\*\*\*

**DURING INCLEMENT WEATHER, WE DO NOT  
FOLLOW BA SCHOOL CLOSINGS. PLEASE GO  
TO OUR WEBSITE, FACEBOOK PAGE, CHANNEL  
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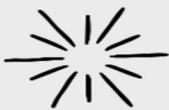
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# A Big Thank You to All Our BA Senior Center Sponsors Your Support Is Greatly Appreciated!

## 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 - 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 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**

## SPRING CLEANING FOR YOUR ESTATE

By Brittany Littleton



Spring has a way of nudging us to open windows, clear out closets, and take stock of what we've been putting off. While most people think of spring cleaning in terms of their home, this season is also an ideal time to check in on something just as important: your estate plan.

An estate plan isn't something you create once and forget. Life changes, laws evolve, and the people you once trusted with important responsibilities may no longer be the best fit. A simple review every few years can not only help ensure your plan still reflects your wishes, but it will also make things easier for the people you care about when it is time for them to act on your behalf.

### When Should You Review Your Estate Plan?

Even if nothing feels "urgent," it may be time for a refresh if any of the following apply:

- You've retired or are planning to retire soon
- You've moved, downsized, or purchased new property
- Your health has changed
- A spouse, partner, or loved one has passed away
- There have been changes in your family (marriages, divorces, new grandchildren)
- The people named in your documents are older, unavailable, or no longer a good fit

If it's been more than five years since you last reviewed your documents, that alone is a good reason to take another look.

### Common Estate Planning "Clutter"

Just like closets collect things that no longer serve us, estate plans can quietly become outdated. Some common issues we see include:

- **Outdated decision makers.** The person you named years ago as executor, trustee, or power of attorney may no longer live nearby, be in good health, or be the best choice today.
- **Old beneficiary designations.** Retirement accounts and life insurance policies usually pass by beneficiary form, and not your will or trust. These forms are often overlooked and may name someone you no longer intend to benefit.
- **Missing incapacity planning.** Many people have a will but never completed financial or health care powers of attorney. Without them, families may need court involvement to help if you're unable to manage things yourself.
- **Plans that no longer match your values.** Over time, priorities shift. What once felt right may no longer reflect how you want to provide for family, charities, or causes you care about.

Continued on page 19



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## Notes from the Director

By Annie Bast

"March has a way of reminding us why our work matters. As the season shifts, there's a renewed sense of possibility—exactly the kind of momentum that fuels a mission driven organization like ours.

A few themes are guiding us this month:

### Preparing for a busy spring

Spring often brings increased demand, new initiatives, and more community engagement. We're using this month to focus on what lies ahead and make sure our members and staff have what they need to thrive. This includes the upcoming GO Bond vote on April 7<sup>th</sup> that will include adding on to our East building so we can all be in one spot. Keep an eye out for upcoming forums that will be held to answer any questions you might have with our local City leaders. This means GREAT things for us and you the members.

### Celebrating the work behind the scenes

Nonprofit progress rarely comes from one big moment. It's built from steady, thoughtful effort—grant writing, program planning, volunteer coordination, outreach, and the countless tasks that keep our mission moving. March is a good time to acknowledge that quiet, essential work. We thank all of our hardworking staff and volunteers to make things happen each and every day!

### Honoring our supporters

Whether its volunteers giving their time, donors investing in our mission, or community partners amplifying our work, March is a reminder that we don't do this alone. Gratitude is one of our strongest tools for building long term sustainability. I am thankful for each and every member that steps through these doors and trusts us to be a part of their lives.

Thank you for everything you bring to this organization. Your dedication shapes our culture and drives our success. I'm excited for what we'll accomplish together as we move into spring."

*34th Annual Senior Health & Resource Fair*

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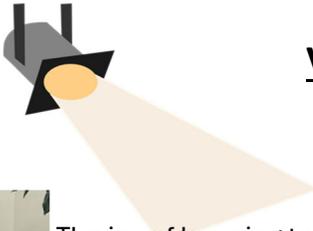
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## VOLUNTEER SPOTLIGHT

### NANCY BLASS



The joy of learning to draw lies in the creative process and personal growth.

Drawing is not just about the final product it's about the journey of self-expression and skill development. Our Senior Center offers a Drawing Class on Wednesdays from 1:00-2:30 in the conference room in the East Annex led by Nancy Blass.

Let's shine our volunteer spotlight on Nancy this month and learn more about her and her love of drawing that she passes on to those that attend her class.

Nancy joined the Center in March of 2019 and will soon be a member for seven years. She enjoys all the people at the Center and appreciates that it's a community of diverse interests and people. It's a place where everyone feels accepted.

She volunteers her time by teaching the Drawing Class and has been doing it since 2023. She loves teaching and working with the people who attend the class. Plus, the class provides an opportunity to build friendships.

She believes that a person should just "jump in with both feet" if you want to volunteer. You'll make new friends and become part of the Center family. And it's a great way to teach and help others. Nancy has an associate's degree in art, a B.A. in Drama/Costuming, a B.A. in Interior Design, and a M.A.L. master's in administration leadership. She attends the ukulele class and creative writing class at the Center and is involved in various capacities at the Broken Arrow Community Playhouse. She also recently joined the Main Street Players Readers Theater.

Nancy has been a widow for 4 years and has a new partner that she met a year ago in a Grief Support Group. She loves to travel, do photography, motorcycle riding, and watching movies. Nancy's daughter and her family lives in Broken Arrow, and her son and his family live in Florida. She also has 4 grandchildren from the age of one month to 17 years old.

We are grateful for her willingness to volunteer her time and talents to the Senior Center. Please come and join her class if you want to learn more drawing.

Thank you, Nancy, for volunteering! We appreciate you!

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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.



**Sarah Nunley**  
Community Liaison

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# SPRING FORWARD

## March 8, 2026




**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...

### Estate Planning Is About Living Well, Too

One of the biggest misconceptions is that estate planning is only about what happens after you're gone. In reality, some of the most important documents are designed to protect you while you're alive.

Powers of attorney and health care directives help ensure that *you* remain in as much control of yourself and your affairs for as long as possible. You should choose who can step in and help if needed rather than leaving those decisions to a court or to chance. Thoughtful planning can preserve independence, reduce stress, and provide peace of mind for both you and your family.

### A Gentle Checklist for Spring

As you're tidying up this season, consider asking yourself:

- Do my documents still reflect my wishes today?
- Are the right people named to help me if needed?
- Have I reviewed my beneficiary designations recently?
- Would my loved ones know where to find my important papers?

If any of these questions give you pause, it may be time for a conversation with a trusted professional.

### A Fresh Start Brings Peace of Mind

Spring cleaning doesn't have to mean a major over-haul. Often, a simple review and a few thoughtful updates are all it takes to bring clarity and confidence. Knowing your plan is current allows you to enjoy the season ahead while focusing on living well today instead of worrying about the "what ifs" of tomorrow.



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