



**CENTER  
CLOSED:**

**Dec. 24, 25, & 26th**  
*Happy Holidays!*

**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 - 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**

Annie Bast

**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

## Jingle, Mingle, and a Little Bit of Kringle

Join us as we Celebrate the Season!

With Desserts, Punch, Music, Shopping,  
and Santa Claus!!

**Friday, December 12th**

**1 p.m. - 3 p.m.**

**Centennial Hall - Main Bldg**

- ◆ Our Creative Arts groups will have items for sale
- ◆ Santa will be available for pictures
- ◆ Our amazing musical groups will be sharing their talents with all of us
- ◆ And, we will have plenty of sugar coated treats

**WE ARE LOOKING FOR BAKERS!**

**BAKE YOUR FAVORITE DESSERT TO SHARE WITH  
YOUR FRIENDS.**

**ITEMS MUST BE HAND-HELD DESSERTS.**

**BRING THEM TO THE OFFICE PRIOR TO THE PARTY!**

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

# Calendar of Events

## Regularly Scheduled MONDAY Activities

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

CLASSES	TIME	BLDG	NOTES
Dominoes	8 a.m. - 12 p.m.	W	
Party Bridge	8 a.m. - 12 p.m.	E	
Ping Pong	8 a.m. - 11 a.m.	W	
Shuffleboard	8 a.m. - 4 p.m.	W	
Cardio Exercise	8:15 a.m. - 9 a.m.	E	
Yin Yoga	9:15 a.m.- 10:15 a.m.	E	
Crafting	9:30 a.m. - 12 p.m.	W	
Drum to Exercise with Kathy	9: 15 a.m.- 10:15 a.m.	W	
Bible Study	9:30 a.m. - 11 a.m.	E	
Circle of Readers	10 a.m. - 11:30 a.m.	W	1st & 3rd Monday
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	
Experienced Mahjongg	1 p.m. - 4 p.m.	E	
Intermediate Tap Dancing	1:30 p.m. - 2:30 p.m.	W	*Time Change* Cancelled Dec. 15,22, 29
Line Dancing with Barb	1:30 p.m. - 3 p.m.	E	Cancelled Dec. 1st
Photography Group	1:30 p.m. - 3:30 p.m.	E	2nd & 4th Monday
Beginning Tap Dancing	2:45 p.m. - 3:30 p.m.	W	Cancelled Dec. 15, 22, 29th
Zumba	3:15 p.m. - 4 p.m.	E	

## Monday Special Events

Medicare Education with Chris	9 a.m. - 12:30 p.m.	W	
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### CIRCLE OF READERS

Dec 1: The Most Wonderful Crime of the Year by Ally Carter (Contemporary Mystery)

Dec 15: Book Exchange &amp; Cookies

Jan 5: Mastering the Art of French Murder by Colleen Cambridge (Cozy Mystery) &amp; Zoom author visit

Jan 12: Discuss other books &amp; Zoom visit with Caren Simpson McVicker about her documentary featuring the long friendship between the Choctaw Nation and the Irish people



Member SIPC

## Merry Christmas



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

EJB-19325-A-E-DA-2

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

## 2025 DECEMBER

Sun	Mon	Tue	Wed	Thu	Fri	Sat
30	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

# 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	
Technology Training	1 p.m. - 2 p.m.	E	*NEW DAY *
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	Cancelled December 23rd
Beginning Clogging	3:30 p.m. - 4:30 p.m.	E	Cancelled December 23rd
Meditation w/ Kendra	5 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**

## 2025 DECEMBER

Sun	Mon	Tue	Wed	Thu	Fri	Sat
30	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

# 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
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 Dec. 3rd
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 Assistance	10 a.m. - 11 a.m.	W	2nd Wednesday

**A Place Called Home.**  
 Unique Location • Nurturing Staff • Locally Owned

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

2025 DECEMBER						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
30	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24 X	25	26	27
28	29	30	31	1	2	3



# 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	
Strengthen & Tone w/ Pattie	4:15 p.m. - 5 p.m.	E	*New Class*
Guitar Jam	4:30 p.m. - 6:30 p.m.	E	
Zumba	6 p.m. - 7 p.m.	E	

## Thursday Special Events

Optimist Club Meeting	12 p.m. - 1 p.m.	E	Cancelled in December
Membership Advisory Committee	3 p.m.	E	1st Thursday

Medicare Education with Lynn Roach	10 a.m. - 12 p.m.	W	1st and 2nd Thursday
Medicare Education with Lynn Roach	1 p.m. - 3 p.m.	E	3rd, 4th, & 5th Thursday



**PRO COMPARE MEDICARE**  
BY LOCAL INSURANCE ADVISORS

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

**CONTACT LYNN ROACH**  
FOR MORE INFORMATION

**918-913-8199**  
[lynn@procomparemedicare.com](mailto:lynn@procomparemedicare.com)

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

# Calendar of Events

## Regularly Scheduled **FRIDAY** Activities

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

CLASSES	TIME	BLDG	NOTES
Dominoes	8 a.m. - 12 p.m.	W	
Ping Pong/Pool for Fun	8 a.m. - 4 p.m.	W	
Cardio Drumming	8:15 a.m. - 9 a.m.	E	
Fitness Machine Orientation w/Danny	9 a.m. - 10 a.m.	E	December Only - 3rd 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 * New Time*
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	

## Friday Special Events

Jingle Mingle	1 p.m. - 3 p.m.	W	Friday, Dec. 12th
DAY AFTER CHRISTMAS	CLOSED		FRIDAY, DEC. 26TH

## 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**



## 2025 DECEMBER

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7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26 X	27
28	29	30	31	1	2	3

## **ANNUAL MEMBERSHIP & BOARD MEETING**

**JOIN US ON  
TUESDAY, DECEMBER 16th  
3:30 p.m.  
EAST ANNEX**

**TRUE COLOR  
PAINTING**

**EXTERIOR  
WHOLE HOUSE \$1700**

**JOHN CARLUCCI  
918-500-9637  
CALL FOR A FREE ESTIMATE**

### **The Sound of BA Christmas Schedule**

**Friday 12/5 - 1 p.m.** - StoneHaven Assisted Living

**Wednesday 12/10 - 10:45 - 11:30 a.m.** - Southern Hills Marriot for St Francis South Volunteers

**Wednesday 12/10 - 2 p.m.** - The Village

**Friday 12/12 - 1:30 p.m.** - Jingle, Mingle and a little Kringle; **6:30 - 8:30 p.m.** - Carols and Cocoa BA Main Street

**Wednesday 12/17 - 2 p.m.** - Legends Memory Care

**Thursday 12/18 - 11 a.m.** - St Patrick's Episcopal Church

**Friday 12/19 - 1:30 p.m.** - The Parke Assisted Living





# Hayhurst

FUNERAL HOME



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

For over 31 years Hayhurst Funeral Home has stood by our motto  
**"A helping hand in a time of need"**  
 Families have come to call on Hayhurst Funeral Home for their professional, caring and  
 compassionate manner in handling every detail.



## **END-OF-YEAR GIVING**

As the year draws to a close, we at the Broken Arrow Senior Center are filled with gratitude for the vibrant and thriving community that each of you helps create every day. It's been an incredible year of growth, connection, and opportunity. Together, we have redefined what it means to age actively, meaningfully, and with purpose.

### **With your participation, 2025 has been a year of milestones:**

- We've welcomed over 1578 new members, connecting more seniors to a network of friendship, support, and enrichment. Our active membership has now exceeded 3400. The number of hours spent participating in classes, events, and activities has more than doubled, reaching over 341,500 hours of programs used, this year alone—an inspiring testament to the engagement and energy of our community.

**We are incredibly proud of all we've accomplished together, and we couldn't have done it without your support.** But our work is not done, and we have exciting plans for 2026 to expand our programming and continue to serve our growing membership.

That's why we are launching our **End-of-Year Giving Campaign**, and we're inviting you to be a part of it. Your generous contribution will help us continue to provide the resources, activities, and sense of community that make the Broken Arrow Senior Center a true home away from home for so many.

### **Here are a few ways you can support us during this season of giving:**

- Make a one-time donation
- Consider becoming a monthly donor
- Make a gift in honor of someone special
- Share our mission with family and friends who might be inspired to give

You can make your donation easily by visiting our website at [www.baseniors.org](http://www.baseniors.org), calling our office at (918) 259-8377, or stopping by the front desk. Every contribution, no matter the size, makes a difference and brings us closer to our goals.

Thank you for being a vital part of the Broken Arrow Senior Center community. We are excited to see what 2026 will bring, and with your continued support, we know it will be a year full of joy, connection, and growth.

Wishing you and your loved ones a joyous holiday season and a happy New Year!


**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**



TRIAD EYE INSTITUTE WILL BE HERE ON  
**MONDAY, DECEMBER 1ST**  
TO CONDUCT FREE  
EYE EXAMS.

IF YOU WOULD LIKE TO GET YOUR EYES CHECKED,  
SIGN UP AT THE EVENT TABLES IN EITHER  
BUILDING FOR AN APPOINTMENT.

**HOURS: 10 - 11:30**  
IN THE MACRAME ROOM  
WEST BUILDING  
**HOPE TO SEE YOU THERE!**

## *It's Never Too Late to Learn to Tap Dance!*

Beginning January 5, 2026  
Join us for a six-week workshop  
**First Time Tap for Beginners**  
**Mondays**

**12:30 - 1:15 p.m.**

**January 5th - February 23rd**

Activity Room 3

West Building



Donna Grady

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

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

*Life offers you many choices.  
Let me help you choose the  
right Medicare plan.*

### **Grady Insurance Agency**

Call or email me for an appointment.  
918-691-6979 or dgrady97@gmail.com

Licensed Agent for:

- Oklahoma Blue Cross Blue Shield
- Coventry/Aetna • CommunityCare
- GlobalHealth/Generations Healthcare
- AARP/UnitedHealthcare • Humana
- Aetna • Mutual of Omaha

**H** Honesty  
**O** Openmindedness  
**W** Willingness

**Joe Earles**  
Thrift Store Manager  
Donation / Pick-up



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

HOW Thrift Store  
(918) 455-8223

2216 So. Aspen  
Broken Arrow, OK 74012



## **Call for free guidance for 2026**

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

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



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

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





# CONGRATULATIONS! *Winners!*

## October Poker Winners -

1st - Tom Stanley

2nd - Rich Rogers



## October Pool Tournament

### Winners

1st - Keith Costigan

2nd - John Wagner

3rd - Josh Phillips



## **BA Senior Center**



## **WISH LIST**

## **LINK...**



**<https://a.co/8tcFx6e>**

Nothing like a gift or gift card to say  
Merry Christmas!

## November Domino Winners -

Due to Veteran's Day, tournament date was moved.

We will post November winners in January.

\*\*\*\*\*

## Halloween Wooden Wonders



**FLORAL HAVEN**  
Funeral Home and Cemetery

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

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REHABILITATION HOSPITAL  
OF TULSA**

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Inpatient and outpatient care.**

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[www.PAMHealth.com](http://www.PAMHealth.com)**

## IN THE NEWS...

### NEW CLASS

STRENGTHEN & TONE WITH PATTIE

THURSDAYS

4:15 - 5:00

EAST ANNEX

\*\*\*\*\*

### NEW DAY

TECHNOLOGY TRAINING IS MOVING TO

TUESDAYS

1:00 P.M.

EAST ANNEX

\*\*\*\*\*

### NEW TIME

INTERMEDIATE TAP DANCING IS

MOVING TO MONDAYS

AT 1:30 P.M.

\*\*\*\*\*

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

Are you afraid of losing quality of life and precious time with friends and family?

Hyland Physical Therapy and Wellness serves BA Seniors Members and this is what they are saying:



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

— Medicare Accepted • Referral Not Required —

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



**HYLAND**  
Physical Therapy & Wellness

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



**Wednesday,  
December 17th**

**Christmas Lunch**

Reservations up 150 people at least 24 hours in advance  
Call 918-259-8377  
Option 1



**Changing jobs or retiring?**

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

**Take your retirement savings with you.**  
Rolling over your 401(k) to a State Farm IRA is easy. I can take care of the paperwork while helping you with a retirement plan that meets your needs.

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FROM OUR HOME TO YOUR HOME  
MERRY CHRISTMAS AND HAPPY NEW YEAR



ADDRESS: 2700 N HEMLOCK CT STE 111C BROKEN ARROW, OK  
PHONE: (405)334-3213  
FACEBOOK@KIND HANDS & CARING HEARTS HOME CARE

HOME CARE AGENCY

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



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

- ♦ Archwell Health
- ♦ Aspen Insurance Coaches
- ♦ AVB Bank
- ♦ BlueCross BlueShield
- ♦ Harmon Insurance
- ♦ High Tower Acct & Tax
- ♦ Crawford Insurance Advisors
- ♦ Local Insurance Advisors
- ♦ Medicare Prepare
- ♦ Littleton Legal
- ♦ Kinetic
- ♦ The Dallas Lowry Foundation
- ♦ Global Health
- ♦ Bixby - South Tulsa Funeral & 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](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.



# Keeping the Light of Your Legacy Burning Bright

By Brittany Littleton



As the days grow shorter and we gather around twinkling lights and familiar traditions, this time of year reminds us of what truly endures: love, connection, and the legacies we build through a lifetime of small acts and shared moments.

Estate planning often gets reduced to paperwork and signatures, but at its heart, it's about preserving the light of who you are while ensuring that your values, your stories, and your care continue to shine for those you love.

## The Meaning of Legacy

When we talk about "legacy," it's easy to think of bank accounts or heirlooms. But your legacy is so much more than the assets you leave behind. It's the laughter at family dinners, the recipes passed down through generations, the memories made in ordinary days that later become extraordinary to those who remember them.

You've spent a lifetime building a foundation of love and wisdom by teaching, guiding, nurturing, and giving. Estate planning is simply a way to extend that light beyond your lifetime, to give your family clarity, comfort, and confidence when they'll need it most.

## Lighting the Way for Loved Ones

Every family has moments when the path forward feels uncertain, especially after the loss of someone they love. A clear estate plan acts like a lantern on a dark night: it helps your loved ones find their way.

By putting your wishes in writing — through wills, trusts, powers of attorney, and health care directives — you protect your family from confusion and conflict. Instead of trying to guess what you might have wanted, they can focus on honoring your life and supporting one another.

You might think of these documents as practical expressions of love. Just as you've provided light and warmth throughout your life, a well-prepared plan keeps that warmth alive when you can no longer tend the fire yourself.

Continued on Page 18

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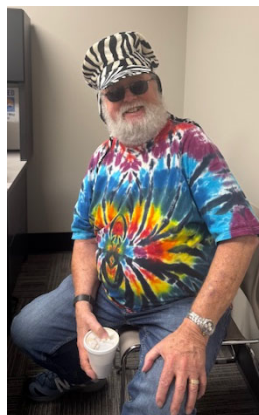
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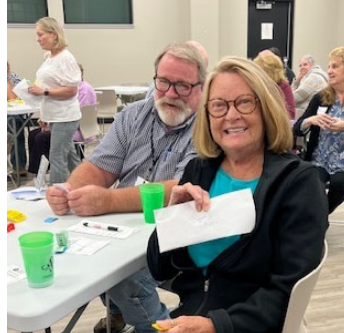
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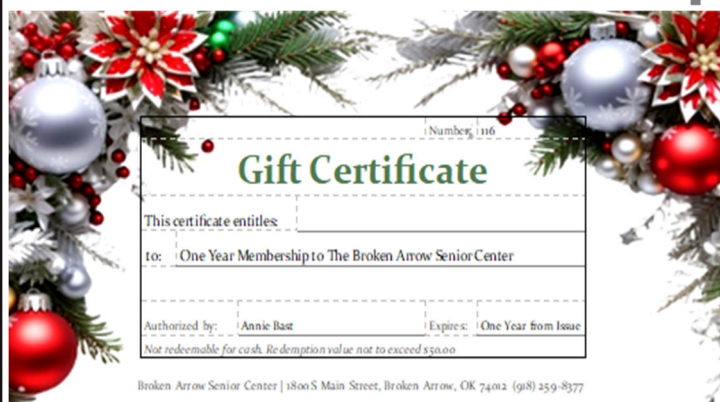
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Continued from page 13

## Passing Down More Than Possessions

While the legal side of planning is essential, the emotional side is equally important. The holidays offer a perfect opportunity to reflect on what makes your story unique and how you might share it.

Consider writing a letter to your loved ones about what matters most to you, or creating an “ethical will,” a heartfelt document that passes down your guiding principles and hopes for future generations.

You can also capture memories in creative ways: record yourself telling family stories, label old photos, or collect recipes, sayings, and bits of wisdom in a keepsake book.

These small efforts become priceless later on. Long after belongings are divided, it’s your voice, humor, and character that your family will treasure most.

## The Glow of Giving

The holiday season is also a time for generosity. Many people find deep satisfaction in including charitable gifts within their estate plans, whether that means leaving a bequest to a favorite cause, setting up a scholarship, or simply supporting an organization that reflects their values.

These acts of giving allow your light to reach even further, illuminating lives you may never meet. In that way, your legacy becomes a lasting beacon of kindness and community.

## Tending Your Flame

As the year comes to a close, take a few quiet moments to review your plan. Have there been changes in your family or finances? Does your plan still reflect your current wishes? Updating your documents is like trimming the wick of a candle; it is a small act that keeps the flame burning steadily.

If you haven’t yet created a plan, consider making it your New Year’s resolution. Think of it not as a legal task, but as an act of love that ensures your light continues to guide those you hold dear.

## A Light That Never Fades

In every family, there are stories, traditions, and lessons that form the heart of who we are. Estate planning gives those stories a framework to endure.

So as you hang lights, kindle candles, or sit beside a glowing fire this winter, take a moment to reflect on the ways your light has touched others. With a little planning, that glow can carry on long after the season fades — warming hearts, brightening futures, and keeping your legacy burning bright.

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## VOLUNTEER SPOTLIGHT

### Senior Center Choir Volunteer Leaders- Debbie Berndt and Norma Browning



Volunteering at Christmas can bring the warmth of the holiday spirit to many people. Giving of your time and talents can be wonderful and meaningful to both the volunteer and the receiver of the gift during the holiday season. Our Broken Arrow Senior Center Choir volunteers its time and vocal talent to others during the year and especially during the holiday season. They perform at various events, sing at nursing homes, visit senior living centers, and often sing at our Center. Let's learn more about the Choir Activity Leaders.

**Debbie Berndt** has been a member of the Senior Center for 2 and a half years and loves the friendly atmosphere and the wonderful friends she has made through the exercise classes and choir. Debbie is the volunteer coordinator for the "Sound of Broken Arrow" (which is the name of the Center's Choir). She books performances, plays piano, and works with the Choir Director on their vision and rehearsals.

Debbie loves the people in choir and working with the Center's staff in promoting the choir. She suggests talking to a staff member or friend if you are interested in volunteering as they will help you find the perfect volunteer opportunity for you.

Debbie has been married to her husband, Dan, for 35 years. They have one daughter who is married and have one grandson. She played piano for several area churches, has a master's degree in music education, and taught music, choir and band for over 40 years before retiring. Her hobbies include exercising, gardening, traveling and playing with her grandson.

**Norma Browning** joined the Senior Center in the fall of 2023. She is very impressed with the variety of classes that are offered here and enjoys sharing her love of music with others.

Norma is the choral director for the Center's choir and has held that position since fall of 2023. What she enjoys most about volunteering is introducing people to good choral literature and making music with them. Also, her advice about becoming a volunteer is to find a like-minded friend and jump in!

Norma taught English, drama, and mostly choir for 46 years. She taught in Tulsa for her first few years and then moved to Dallas. She taught 36 of her 46 years at Trinity Christian Academy.

Norma is married to her husband, Bob, and has a daughter named Emily who lives with her family in Kansas and has 2 grandchildren. She retired from teaching in 2023 and moved to Broken Arrow. Norma also volunteers at Augustine Christian Academy as a pianist and judges at solo/ensemble and choir contests in the area.



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# Santa Hat Crispy-Treat Cheesecake Squares

## Ingredients:

### Cheesecake Squares:

Cooking spray  
 3 tablespoons unsalted butter  
 5 ounces mini marshmallows (about 1 cup tightly packed)  
 2 teaspoons honey  
 1 teaspoon pure vanilla extract  
 Kosher salt  
 4 cups crispy rice cereal  
 One 1/4-ounce package unflavored powdered gelatin  
 Two 8-ounce packages cream cheese, at room temp  
 1 cup sour cream  
 1 cup confectioners' sugar  
 1 tablespoon fresh lemon juice  
 25 medium strawberries, hulled

### Frosting:

2 tablespoons unsalted butter, at room temperature  
 2 tablespoons cream cheese, at room temperature  
 1/2 cup confectioners' sugar, sifted  
 1/4 teaspoon vanilla extract

## Directions:

1. Line a 9-inch square pan with foil, leaving a 2-inch overhang on two sides. Lightly coat the foil and a wooden spoon with cooking spray.
2. For the cheesecake squares: Melt the butter in a medium saucepan over medium heat. Add the marshmallows, honey, 1/2 teaspoon vanilla and a pinch of salt, and stir with the wooden spoon until the marshmallows have completely melted, 4 to 5 minutes. Add the rice cereal, and stir until the mixture is fully combined. Transfer the mixture to the prepared pan, and press into an even layer while warm. Let sit at room temperature until firm, about 20 minutes.



3. Combine the gelatin with 2 tablespoons water in a small microwave-safe bowl, and set aside to soften, about 5 minutes. Beat the cream cheese on medium-high speed with an electric mixer until completely smooth, about 1 minute. Scrape down the sides of the bowl. Add the sour cream, sugar, lemon juice, remaining 1/2 teaspoon vanilla and a pinch of salt, and beat on medium-high speed until smooth, about 1 minute.
4. Microwave the gelatin in 10-second increments, stirring as needed, until it dissolves, 30 to 50 seconds. Pour the gelatin into the cream cheese mixture, and beat on medium-high speed until incorporated, about 30 seconds.
5. Pour the cream cheese mixture over the cooled crispy treat layer, and spread out evenly with an offset spatula or butter knife. Wrap the pan loosely with plastic wrap, and refrigerate until the cheesecake layer is set, about 2 hours or up to overnight.
6. For the frosting: Whisk together the butter and cream cheese by hand in a medium bowl. Add the sugar and vanilla and whisk until smooth and creamy.
7. Cut the cheesecake bites into twenty-five 1 3/4-inch squares. Transfer the frosting to a piping bag or resealable plastic bag. Cut a 1/4-inch hole in the corner of the piping bag. Pipe a circle of frosting on the top of each square, about the diameter of the base of a strawberry. Place a strawberry cut side-down on top of each frosting circle, pushing down gently so that the frosting comes up around the bottom of the strawberry and resembles the base of a Santa hat. Pipe a ball of frosting on the tip of each strawberry for a pom-pom.



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