



# 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/Pool Hall	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
Medicare Educ Series w/Chris	9 a.m. - 12:30 p.m.	W	
Yin Yoga	9:15 a.m.- 10:15 a.m.	E	
Drum to Exercise with Kathy	9: 15 a.m.- 10:15 a.m.	W	
Crafting	9:30 a.m. - 12 p.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

**MEMORIAL DAY**

**CLOSED**

**MAY 25TH**

### CIRCLE OF READERS

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

May 18: Discuss other books

June 1: Discuss other books

June 15: Moral Code by Lois and Ross Melbourne (Sci-Fi) & **Zoom author visit**

**Edward Jones**

Member SIPC

**Concerned about market volatility?**  
Call to schedule a one-on-one.



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

### May 2026

Calendarpedia  
Your source for calendars

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	29	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	4	5	6

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25 Memorial Day

Use provided in a virtual meeting

# 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	
Ping Pong/Shuffleboard/Pool Hall	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	
Technology Class	1 p.m. - 2 p.m.	E	1st Tuesday - *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

Cottage Garden Series	1 p.m. - 2 p.m.	E	May 5th & 12th
Caring Transitions - What's it Worth	1 p.m. - 2 p.m.	E	May 19th
Board of Directors	3:30 p.m.	E	3rd Tuesday

### **CHESS IS LOOKING FOR NEW PLAYERS!**

**Do you love a mental challenge? Have you played chess but it's been awhile or you've always wanted to learn to play? The Chess group is seeking new opponents.**



**Tuesdays in the East Annex**

**12 p.m. - 4 p.m.**



# 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/Shuffleboard/Pool Hall	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

***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 Hall	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	Cancelled May 21st
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	
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	
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**   
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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/Shuffleboard/Pool Hall	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	4th Friday
S.E.A.T.	9 a.m.- 9:45 a.m.	E	Cancelled May 29th
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	


## Friday Special Events

<b>OBI Blood Drive</b>	<b>9:00 a.m.</b>	<b>E</b>	<b>May 29th</b>
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## 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 



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## May 2026

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Your source for calendars

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31	1	2	3	4	5	6

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25 Memorial Day

Data provided in its without warranty

# 2026 SENIOR FAIR

## OFFICIAL PROGRAM GUIDE

It's time for the 34th Annual Senior Health & Resource Fair. We are so excited to bring together members of the center and others as they have the opportunity to spend time learning, connecting, discovering, and building relationships.

The Senior Health & Resource Fair is the Senior Center's largest fund-raising event. With over 100+ business partners, plan to join us in welcoming them and help us make the day a success. The partners will be onsite to meet you and teach you about resources available for you, your friends, and your family members that are 55 and over.

Inside the newsletter is a list of all the companies that are exhibiting, a map of the exhibit area for you to refer to, and all the information you need about the fair so you are fully prepared for the day.

You will receive a tote at the door to carry all the important materials you pick up while at the fair which is provided by our Champion Sponsor - Local Insurance Advisors.

We hope you will come and enjoy the day.



\*\*\*\*\*

### ENJOY LUNCH AT THE SENIOR FAIR

Have you had the opportunity to eat a Civitan "Burger Basket"? Hamburgers, cheeseburgers, hot dogs, and more will be prepared hot off the grill at the Senior Fair. Not only will you enjoy a delicious lunch, you will also be supporting the BA Civitans!

### MENU

Cheeseburger/Hamburger Basket - \$10

Cheeseburger/Hamburger - \$7

Hot Dog Basket - \$8

Hot Dog - \$5

Drinks - \$2

Chips - \$2

"Baskets" include chips and a drink.



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## SENIOR FAIR PARKING OPTIONS



### PARK AND RIDE FROM SENIOR CENTER - EAST ANNEX

Catch a ride on the Senior Center Bus from the East Annex. The Senior Center Bus will transport attendees to and from the community center making it so easy to attend the fair. The bus will make a continuous loop every 15 minutes from the **EAST ANNEX** to the Community Center. Pick up and drop off will be at the Community Center's **East** entrance facing Main Street.

You are encouraged to take advantage of this parking opportunity. It saves the parking spaces at the Community Center for non-members who wish to attend the fair.

### ONSITE PARKING

If you choose to park onsite, parking will be available near the tennis courts north of the Community Center. Signage will direct you to the area. Golf cart shuttles will make a continuous 10-minute loop from this parking area. Pick up and drop off will be at the East entrance that faces Main Street.



## ACTIVITY DEMONSTRATIONS

- |                    |                             |
|--------------------|-----------------------------|
| 9 - 9:15 a.m.      | Ukulele Jam                 |
| 9:30 - 9:45 a.m.   | Strengthen & Tone w/ Pattie |
| 10 - 10:15 a.m.    | Limited Exercise w/ Gary    |
| 10:30 - 10:45 a.m. | Line Dance with Eugenia     |
| 11 - 11:15 a.m.    | S.E.A.T. w/ Carolyn         |
| 11:30 - 11:45 a.m. | Zumba w/ Susan              |
| 12 - 12:15 p.m.    | Cardio Sculpt w/ Debi       |
| 12:30 - 12:45 p.m. | Drum to Exercise w/ Kathy   |



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- Mild Cognitive Impairment (Ages 50-80)
- Agitation with Alzheimer's (Ages 55-90)
- Obesity w/ Osteoarthritis Knee Pain (Ages 18+)
- Pediatric Migraine (Ages 6-17)
- Pediatric Type 2 Diabetes (Ages 10-17)

## SAVING LIVES & IMPROVING HEALTH

### HEALTH SCREENINGS

Provided by the BA Lions Club

For a number of years, the BA Lions Club has played an important role in offering basic but important health screenings at the senior fair for attendees. The event provides the perfect opportunity for you to learn more about your general health. The following screenings will be provided by healthcare workers, free of charge, during the senior fair. The BA Lions Club screening booth is located in the small gym.



- Blood Sugar
- Bone Density
- Cholesterol
- Lung Capacity
- Blood Pressure
- Visual Acuity
- Glaucoma
- Body Mass Index
- Diabetic Retinopathy



\*\*\*\*\*

### UNUSED MEDICATION DROP-OFF

Properly disposing of unused medication safely is critical to avoid harm to the environment and other people. The Broken Arrow Police Department will have an unused medication drop off box onsite at their booth at the senior fair. If you have unused medication, bring it with you and utilize their free drop off box.



## SENIOR CENTER EXHIBIT



Are you bringing friends and family to the Senior Fair? Have you always wanted to share with them all the great things you get to do at the center? Bring them by the Senior Center booth that will be located in the small gym at the Senior Fair. Photos, activity descriptions, and display items will be available for them to see and discover the benefits available through membership. The booth will be run by some of our amazing members who are volunteering and are willing to share their

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**SENIOR HEALTH AND RESOURCE FAIR**

We're thrilled to be a Premier Sponsor of this exciting event! Your local resource, Lynn, will be there to answer any questions you may have about Medicare or health insurance.

**Be sure to stop by, say hello and enter to win a 55" TV!**



**LYNN ROACH**  
Licensed Sales Agent

Friday, April 24<sup>th</sup>



9:00 AM - 1:30 PM



1500 S Main  
Broken Arrow, OK



(918) 913-8199

lynn@procomparemedicare.com  
www.procomparemedicare.com



# Bunco Bash



Friday, June 19th

7 - 9 p.m.

Doors open at 6 p.m.

Tickets  
\$15

Tickets  
\$15

Tickets on sale May 19th  
in the main office

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

## Graduations, Weddings, and New Beginnings: Is Your Estate Plan Keeping Up?

By Brittany Littleton



May is a season full of milestones.

Graduations. Weddings. New jobs. New babies. Adult children moving into the next stage of life. For many families, this time of year is filled with celebrations and change.

What often gets overlooked, though, is how these life transitions affect your legal planning.

Your estate plan is not something you create once and set aside. It should evolve along with your family. When life changes, your plan should too.

Here are a few common May milestones and why they matter more than you might think.

### When Children Become Adults

One of the most surprising legal changes happens when a child turns 18.

At that point, even as a parent, you no longer have automatic authority to make medical or financial decisions for them or even access their information. That can come as a shock in an emergency.

If your child is graduating from high school or college, it is a good time to consider putting simple documents in place, including:

- A Health Care Power of Attorney
- A HIPAA Authorization

### A Durable Power of Attorney

These are straightforward but incredibly important. They allow you to step in if your child needs help, whether they are across town or across the country.

### When Families Grow

Spring and summer are also a time when many families welcome new grandchildren.

With that comes an opportunity to revisit your estate plan. You may want to:

- Add or update beneficiaries
- Consider setting aside funds for grandchildren

Revisit guardianship provisions for younger family members

Even if your core plan stays the same, small updates can ensure your wishes are clearly reflected.

### When Marriages and Relationships Change

Weddings are another common milestone this time of year, and they often bring new dynamics into a family.

If your child is getting married, or if you have remarried yourself, it may be time to review:

- How your assets are titled
- Who is named as beneficiary on accounts

Continued on page 26

### *Helping Families and Businesses Thrive*



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CARING TRANSITIONS PRESENTS



# What's It Worth?



Caring Transitions of Tulsa helps make life's transitions smoother for seniors and their families, whether downsizing, relocating, or sorting through a home filled with years of memories. Their team manages everything from organizing and packing to moving and estate sales, always with compassion, respect, and a focus on making the process feel manageable—not overwhelming.

This presentation, "What's It Worth?", will explore how to understand the value of belongings, what truly sells in today's market, and how to make thoughtful decisions about what to keep, gift, or pass along. Whether planning ahead or simply curious, attendees will leave feeling more informed, confident, and supported in the process.

**TUESDAY, MAY 19th**

**1:00 p.m.**

**EAST ANNEX**



You are never too old to set another goal or to dream a new dream.

C.S. LEWIS



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## Cottage Gardening Class

With Larry Matz

May 5th & 12th

1 p.m. - 2 p.m.

East Annex

The first session will be learning about the kind of nutrient-dense plants you can grow in a small space, with tips and tricks for helping your plants thrive, plus some Q&A time to answer specific questions.

The second session will be a workshop where participants can bring in pots and actively get their plants started with Larry's assistance.

To register, please see the sign up at the Events Table in either building.

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**Cottage Garden Class with Larry Matz**

May 5th & 12th

1 p.m. - 2 p.m.

East Annex

See page 15 for more information

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\*\*\*\*\*

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**EAST ANNEX - CONFERENCE ROOM**

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# VOLUNTEER SPOTLIGHT

## Thank You Volunteers!

Volunteerism is the act of giving time and skills to support a cause one cares about. It benefits individuals, strengthens communities, and helps nonprofit organizations thrive.

The Broken Arrow Senior Center is a nonprofit organization that depends on volunteers for its everyday operations and beyond. Many of our Activity Leaders, Greeters, event helpers, and others who assist in various ways generously give their time. In addition, we have non-members who also contribute their time, skills and services. Because of these dedicated volunteers, we are able to provide the programs and support that enrich our senior community.


To show our appreciation, the Center hosted a Volunteer Appreciation Reception on April 9th.

Below are a few photos from that special event—you may recognize some familiar faces! Please take a moment to thank your Activity Leaders and fellow volunteers for all they do and let them know how much their dedication to volunteerism is appreciated.



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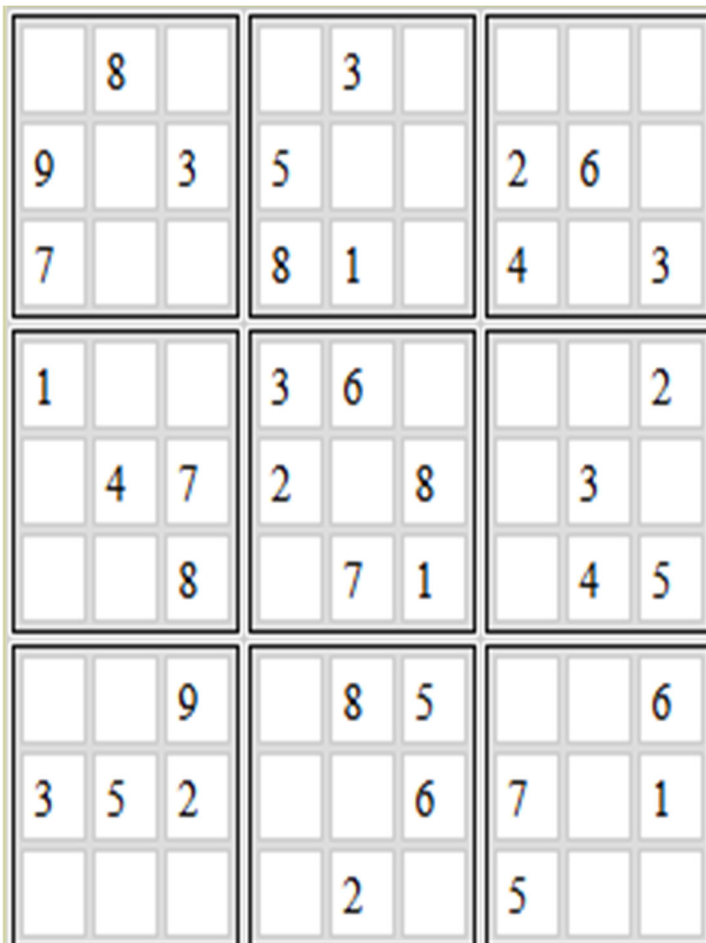
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"Alone we can do  
 so little; together  
 we can do so  
 much."

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**

Continued from page 13

- Whether your current plan still reflects your intentions

Blended families, in particular, benefit from thoughtful planning. What seems simple on the surface can become complicated without clear direction.

### When Life Feels “Settled”

Sometimes the biggest risk is not a major change in life, but the feeling that everything is finally stable.

You may have created your estate plan years ago and assume it still works, but over time laws change, finances and assets ebb and flow, and relationships evolve. If it has been several years since you last reviewed your documents, there is a good chance they could use a refresh.

### A Practical Next Step

You do not need to overhaul everything every year, but it is wise to treat your estate plan as something that should be reviewed periodically, especially after meaningful life events.

A simple review might include:

- Confirming your decision-makers are still the right people
- Checking beneficiary designations
- Making sure your documents reflect your current wishes

Ensuring your family knows where to find important information

These small steps can make a significant difference for the people who may one day need to rely on your plan.

### Planning as a Gift

One of the most common things we hear from families is this: “We just want to make things easier on our kids.”

The good news is that thoughtful planning does exactly that.

It reduces uncertainty. It minimizes conflict. It gives your family clarity during times that are often emotional and overwhelming.

As you celebrate the milestones of this season, it is worth taking a moment to ask whether your plan still reflects your life today and not just the life you had when it was first created.

The goal is not just to have a plan; it is to have the right plan for the life you are living now.



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