



Silver Notes

THE OFFICIAL NEWSLETTER OF BROKEN ARROW SENIORS, INC.

January 2026 Vol. 37 No. 1



1/1/26

1/19/26

We will be
CLOSED
on
Martin Luther King JR.
Day

West/Main Building
1800 S. Main Street
and
East Building
1811 S. Main Street 74012
918-259-8377

www.baseniors.org

Center Hours - West:

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

Center Hours - East:

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

Annual Membership:

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

Executive Director

Annie Bast

Member Services Manager

Traci Druten

Office Manager

Terry Drummond

Administrative Assistant

Tonnya Cress

Special Events Coordinator

Erica Decker

Volunteer Coordinator

Dea Ann Gray

Transportation

Donald Stockton &
Randall Graybill



EXCITING ANNOUNCEMENT!

Because of your suggestions and feedback, we are excited to introduce **extended building hours for the West Building** starting January 13th, 2026!

We will be open **Tuesday** and **Thursday until 7pm** for the Pool Hall and Pickleball Court. Other activities to be added to the schedule and announced at a later date.

The **Office** will be open for regular business until 4:00 Tuesdays and until 6:00 on Thursdays.

We appreciate your input and look forward to the extended hours to serve our members better."



BUNCO BASH 2026

Friday, February 20th

7 - 9 P.M.

TICKET SALES BEGIN JANUARY 20TH

IN MAIN OFFICE - WEST BLDG

TICKETS \$15 Each

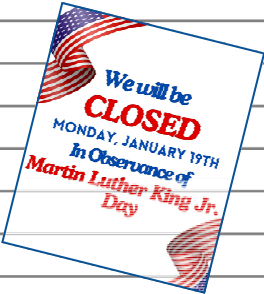
BASC MISSION: *To provide a welcoming environment that encourages enrichment, social engagement, and an active lifestyle for the 55 and over community.*

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	
Line Dancing with Eugenia	10:30 a.m. - 12 p.m.	E	*New Day and Time*
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	
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
Beginning Tap Dancing	2:45 p.m. - 3:30 p.m.	W	
Zumba	3:15 p.m. - 4 p.m.	E	



Monday Special Events

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

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

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

Feb 2: The Lion Women of Tehran by Marjan Kamali (Historical F) & Zoom author visit

Feb 9: Discuss other books & Rick Bahlinger, local author, in-person visit



Jewelry by Jill
Jewelrybyjill.com
Jill Morris

Avoid shipping charges by ordering direct
Call or Text Orders to 918-402-8452

January 2026						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	31	1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

Calendar of Events

Regularly Scheduled **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	*NEW TIME*
Strengthen & Tone w/ Debi	8:15 a.m.- 9 a.m.	E	
Ping Pong/Pool for Fun/Shuffleboard	8 a.m. - 4 p.m.	W	
Guitar Jam	8:30 a.m. - 11:30 a.m.	E	*CLASS RE-DEFINED*
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	10:30 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	2nd Tuesday
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.- 4 p.m.	W	
Clogging Class	2:15 p.m. - 3:30 p.m.	E	
Beginning Clogging	3:30 p.m. - 4:30 p.m.	E	
Meditation w/ Kendra	5 p.m. - 5:45 p.m.	E	
Zumba	6 p.m. - 7 p.m.	E	


Tuesday Special Events

Stop the Scam Seminar	1 p.m.	E	January 13th
Board of Directors	3:30 p.m.	E	3rd Tuesday



Member SIPC

Struggling for investment income?
Call to schedule a one-on-one.



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

MKT-5894P-A AECSPAD

> [edwardjones.com](https://www.edwardjones.com)

January 2026						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	31	1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

Calendar of Events

Regularly Scheduled WEDNESDAY Activities

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

CLASSES	TIME	BLDG	NOTES
Dominoes	8 a.m. - 12 p.m.	W	
Ping Pong/Pool/Shuffleboard	8 a.m. - 4 p.m.	W	
Quilting	8 a.m. to 3 p.m.	W	
Cardio Exercise	8:15 a.m. - 9 a.m.	E	
Core Strength Yoga	8:15 a.m. - 9 a.m.	W	
S.E.A.T.	9 a.m.– 10 a.m.	E	
Needle Crafting	9 a.m. - 11:30 a.m.	W	
Chair Yoga	9: 15 a.m. – 10:15 a.m.	W	
Beginning Ukelele	9:30 a.m. - 10 a.m.	E	
Spades Card Game	9:30 a.m. - 12:30 p.m.	E	
Fast Abs with Linn	10 a.m. - 10:30 a.m.	E	*New Class*
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	Class Cancelled January 7th
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 Assistance	10 a.m. - 11 a.m.	W	2nd Wednesday

TRUE COLOR

PAINTING

EXTERIOR

WHOLE HOUSE \$1700

JOHN CARLUCCI

918-500-9637

CALL FOR A FREE ESTIMATE

January 2026						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	31	1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

Calendar of Events

Regularly Scheduled 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/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	Tournament 3rd Thursday - 9 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	10:30 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	
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	4th Thursday - Open to the public
Your Community Care Flex Card	1 p.m.	E	January 15th

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

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

Local Insurance Advisors

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	
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	
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

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January 2026						
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Beginning the New Year with Joy, Not Just Resolutions

As a new year begins, many of us feel the familiar pressure to change—lose weight, be more productive, do more, be better. Resolutions often start with good intentions, yet they can quietly carry the weight of self-criticism and exhaustion from the year before. What if this year, instead of chasing another list of fixes, we chose to begin with **joy**?

Joy is not loud or dramatic. It doesn't require perfection or grand achievements. Joy is found in small, faithful moments—the first quiet cup of coffee in the morning, a deep breath taken without rushing, laughter shared with someone you love. When we center the new year on joy, we shift from striving to receiving. From proving to simply being.

Joy does not mean ignoring goals or growth. It means allowing our goals to be rooted in love instead of pressure. We grow best when we feel supported, not shamed. When our hearts feel safe, change becomes sustainable. Joy gives us the strength to endure and the grace to begin again when we stumble.

Starting the year with joy also invites gratitude into our lives. Instead of focusing on what's missing, we begin to notice what is already good. Gratitude gently reorients our hearts from lack to abundance, reminding us that even in uncertain seasons, there is still beauty to be found.

So as the new year unfolds, perhaps we can trade rigid resolutions for softer intentions:

To rest when we are tired.

To speak more kindly to ourselves.

To savor moments instead of rushing through them.

To trust that growth will come, one small step at a time.

This year doesn't have to be conquered. It can be received with open hands and a hopeful heart. And maybe that is the truest kind of beginning—one anchored not in pressure, but in joy.

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

TACO SOUP



Ingredients

2 pounds ground beef
1 envelope taco seasoning
1-1/2 cups water
1 can (16 ounces) mild chili beans, un-drained
1 can (15-1/4 ounces) whole kernel corn, drained
1 can (15 ounces) pinto beans, rinsed and drained
1 can (14-1/2 ounces) stewed tomatoes
1 can (10 ounces) diced tomato with green chiles
1 can (4 ounces) chopped green chiles, optional
1 envelope ranch salad dressing mix
Optional: Sour cream and green onions

Directions

In a skillet, cook beef over medium heat until no longer pink, breaking it into crumbles; drain. Add taco seasoning and mix well. Stir in the remaining ingredients. Bring to a boil. Reduce heat; simmer, uncovered, for 15 minutes or until heated through, stirring occasionally. If desired, garnish with sour cream and green onion.

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BUILDING FOR AN APPOINTMENT.

HOURS: 10 - 11:30

IN THE MACRAME ROOM

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**LOOKING TO TRY SOMETHING
NEW IN 2026?**

WE ARE LOOKING FOR YOU!

Come join us for Ping Pong

Tuesdays 9:00 a.m.

Macrame Room in the West Bldg.

Play on our new ping pong table.



Ping Pong Not Your Thing?...

Come join us for Spades Card Game

Wednesdays 9:30 - 12:30

Game Room in the
East Annex



**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



Start the New Year Right!

IN GOOD HEALTH!


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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



November Poker Winners -

1st Place - Jackie Pizarro

2nd Place - Max Lewis



November Pool Tournament

Winners

1st Place - Steve Pierce

2nd Place - Cecil Jones

3rd Place - Josh Phillips



BA Senior Center

amazon **WISH LIST**

LINK...

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

A gift



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& Quality Care

"Our goal is to keep you comfortable and support you and your family to live each day to its fullest."
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"Every man should be born again on the first day of January. Start with a fresh page."
~ Henry Ward Beecher



Donna Grady

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

Annual Open Enrollment Period:
October 15 - December 7

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OF TULSA

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IN THE NEWS...

NEW CLASS

FAST ABS WITH LINN
WEDNESDAYS
10 A.M. - 10:30 A.M.
EAST ANNEX

GUITAR CLASS RE-DEFINED

Blues Guitar Lessons and Intermediate
Guitar Lessons have merged and the new
class name is Guitar Jam
(they will still provide lessons)
Class will be held on Tuesdays
From 8:30 a.m. - 11:30 a.m.

DOMINO TOURNAMENTS CANCELLED

Dominoes has decided to forego monthly
tournaments for the foreseeable future.
We still offer daily play in the Domino Room
of the West Bldg. from 8 a.m. - 12 p.m..

NEW DAY & TIME

LINE DANCING WITH EUGENIA
MOVING FROM WEDNESDAY TO MONDAY
10:30 A.M. - 12:00 P.M.
EAST ANNEX



ADDRESS: 2700 N HEMLOCK CT STE 111C BROKEN ARROW, OK
PHONE: 405-334-3213
FACEBOOK: Kind Hands & Caring Hearts Home Care

- | | |
|----------------------|----------------------|
| - Services | - Meal Preparation |
| - Fun Activities | - Transportation |
| - Assistance w/ADL's | - Light Housekeeping |
| - Help w/Mobility | - Fall Prevention |

And More

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caused balance problems or fear of falling?*



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HAPPY NEW YEAR
2026



A Big Thank You to All Our BA Senior Center Sponsors

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- ♦ Aspen Insurance Coaches
- ♦ AVB Bank
- ♦ Bixby-South Tulsa Funeral Service
- ♦ BlueCross BlueShield
- ♦ Crawford Insurance Advisors
- ♦ FirstLight Home Care
- ♦ Harmon Insurance
- ♦ High Tower Acct & Tax
- ♦ Kinetic
- ♦ Littleton Legal
- ♦ Local Insurance Advisors
- ♦ Medicare Prepare
- ♦ The Dallas Lowry Foundation

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, 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,
FirstLight Home Care

Center Information

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

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

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

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

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

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

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

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

Inclement Weather Closing Notification

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

1. On the home page of the Center's website—
www.baseniors.org.
2. On our Facebook page - **Broken Arrow Senior Activity Center**.
3. **Channel 6** and **KRMG** will be notified of center closure.

Elder Law: Planning for Long-Term Care as You Age

By Brittany Littleton



Elder Law is an aspect of estate planning that focuses on helping families make sure that their aging and ill loved ones get the health care they need in an affordable way. Does your estate plan address the possibility that you may need long-term care as you age?

Many seniors are surprised to learn that skilled nursing facilities are not covered by Medicare. Because health care costs have risen much faster than most people’s investments have grown, social security income and retirement savings alone are often insufficient to pay for the cost of a nursing home – especially if one spouse is healthy enough to stay at home and your resources must still be available to cover their living expenses too. In these instances, Medicaid is often the best recourse for ensuring access to affordable long-term care.

Medicaid is government assistance with health care costs for some people with limited income or resources. Even if you have paid taxes for decades, you only qualify for Medicaid if you meet the government’s narrow definition of “poor.” However, it is a common misconception that you must deplete almost all your assets before you can apply for this assistance. With foresight, that tragic reality can be avoided. There are asset protection strategies that can give you and your spouse options to receive the quality of care you deserve.

The sooner you plan for long-term care the more options you have. Most planning strategies include asset reallocation that enable your family to retain the assets you earned over your lifetime. However, when determining if you qualify for the program, Medicaid looks back at any gifts you have made within the past five years. Your goal should be to build a long-term care plan at least five years before you need it.

It is important to note that long-term care planning means more than making gifts to your family. Out-right gifts will expose your assets to bankruptcy, divorce, or creditor issues. It is safer to use a unique type of trust, often referred to by elder law attorneys as a Medicaid Asset Protection Trust. When drafted and funded correctly, this trust can make sure your money stays in the family protected from unforeseen hardship while still allowing you to qualify for Medicaid when you need it. Attorneys that practice elder law are trained to do this complex advanced estate planning. *(I recommend looking for an attorney that is a member of the National Academy of Elder Law Attorneys. You can search for one near you at www.naela.org/findalawyer.)*

You may be wondering what happens if you do not have the luxury of planning in advance. The planning tools available to you or your spouse are more limited, but there are still strategies that can expedite your qualification for Medicaid while preserving a significant amount of your savings. If you have a loved one that needs immediate care, do not make the mistake of thinking your only way out of that dilemma is to spend all their money. Seek the advice of an experienced elder law attorney. Your loved one’s quality of life depends on it.

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Notes from the Director

By Annie Bast

As we approach the end of another amazing year, I want to take a moment to express my deep gratitude for everything we’ve accomplished together in 2025. Each of the staff, volunteers and members have contributed to our mission in meaningful ways—through your dedication, collaboration, and commitment to excellence.

This year, we’ve seen growth in our member numbers and the expansion of our building hours to accommodate activities in the evening. These milestones are a testament to not only staff's hard work but our amazing members and volunteers, this shows the collective spirit that drives our success.

Looking ahead to 2026, we have exciting opportunities on the horizon. Our priorities will include extending hours in our West building, building our relationships with our community partnerships and looking forward to the Bond Issue in April 2026 that could expand our building to service more members and offer more activities. Don't forget to get out and VOTE! I’m confident that, together, we’ll build on our momentum and continue to make meaningful progress.

As we wrap up the year, I encourage each of you to take time to reflect, recharge, and celebrate all that we’ve achieved. Thank you for your ongoing commitment and the positive impact you bring to our work every day. Without each and every one of you, it would not be possible!

Wishing you a peaceful and joyful holiday season and a bright start to the new year.



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Join us on January 13th and learn how you can protect yourself by spotting a potential scam.

Provided by Advocate Health Advisors and the Tulsa County Sheriff's Department.

Date: Tuesday, January 13th

Time: 1-2pm

Location: East Annex

Save your spot by signing up at the Event Table in either building.

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SENIOR PAINTING WINNERS

In September some of our amazing senior member artists participated in the Broken Arrow Rose Festival art competition.

The theme for the Rose Festival Art Contest this year was “Sweet Dreams and Night Scenes.”

Diane Droge submitted a beautiful original painting titled “Chasing Fireflies” which won 1st Place in the Senior category.

Kathy Halloran submitted an amazing original painting titled “The Night Heralds the Dawn” which won 3rd Place in the Senior category.

Congratulations to both of these amazing artists!




CITY OF BROKEN ARROW 2026 HOLIDAYS

Date	Holiday
Thursday, January 1, 2026	New Year’s Day
Monday, January 19, 2026	Martin Luther King, Jr. Day
Monday, February 16, 2026	Presidents' Day
Friday, April 3, 2026	Good Friday
Monday, May 25, 2026	Memorial Day
Friday, July 3, 2025	Independence Day
Monday, September 7, 2026	Labor Day
Wednesday, November 11, 2026	Veterans Day
Thursday, November 26, 2026	Thanksgiving Day
Friday, November 27, 2026	Friday after Thanksgiving
Thursday, December 24, 2026	Christmas Eve
Friday, December 25, 2026	Christmas Day




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Thursday, January 8th

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Or visit their website at OBI.org

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Volunteer Opportunity
In Main Office –
West Building

The Main Office in the West Building is looking for volunteers to assist in the Main Office with various Receptionist duties such as Greeting Guests, Giving Tours, Answering Questions, and Other Small Tasks.

This position will start in February and we prefer a 3 or 4-hour shift commitment in the morning from 8-12 and/or in the afternoon from 12-4. You can volunteer for one day or multiple days as we need several volunteers.

If you are interested and you would like more information, please contact Dea Ann Gray, Volunteer Coordinator or you can sign up at the event table in either building.

JANUARY SUDOKU

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A gift in your will to Broken Arrow Seniors can be the open door to a better future for the most vulnerable in our community.

Planned giving opportunities can provide benefits for your family and the organizations you support.

If you would like to consider a planned gift, and transfer your values through your giving, we invite you to contact our Planned Giving Office today.

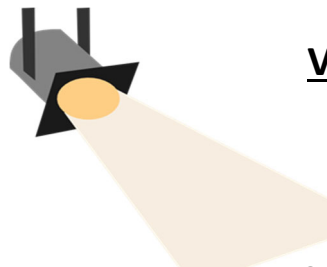
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BROKEN ARROW SENIORS



VOLUNTEER SPOTLIGHT

MONTHLY
NEWSLETTER FOLDERS

Have you ever wondered how all the Senior Center Newsletters are written, printed, folded, and mailed to you? It is a huge task that all begins several weeks before the newsletter is ready to be mailed. Erica Decker is the center’s staff member who manages our newsletter, and you might just refer to her as the Editor. Once the newsletters are printed, volunteers meet to fold and tape them in preparation for mailing. It takes hours and sometimes a few days to get the newsletters ready for mailing. That is why we rely on our awesome volunteers to donate their time to do newsletter folding every month. I visited with the newsletter folders during one of their sessions and found all of them engaged and having fun. You can quickly see that a lot of the volunteers have folded many times and have the process mastered. Others may be new to folding, but they learn quickly and get a lot of support from everyone.

- I asked them what they enjoyed about volunteering to fold the newsletters and here are some of their responses...
- It is a great social time to meet new people.
 - They love the feeling of accomplishment while helping the Center.
 - They do it to help the Center.
 - It allows them to volunteer more because of the flexibility of schedule and working at their own pace.
 - It’s fun to meet new people.
 - They love the people in the group.

So, you can see that volunteering is a great way to meet new people and help others. Please contact the office at our West building or Dea Ann Gray, our Volunteer Coordinator, if you are interested in folding our monthly newsletters.





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