



Golden Hour
January 26, February 23 & March 22
5:30 pm

Golden Hour is a **free** social night with live entertainment, food and beverages and giveaways held the fourth Thursday of every month. No RSVP is required and it is open to anyone over the age of 60.

BUNCO: Ladies' Game Day
Tues, January 31 3-4:30 pm

Fee: \$10 for everyone Party Size: Min. 8
Registration Deadline: Tues, Jan 24

Ladies are invited to an afternoon of fun, food, fellowship and prizes! No experience necessary with this easy-to-learn game.

Members Only: Valentine's Dinner
Tues, February 7 5:30-7 p.m.
Fee: Included with Membership
Firm RSVP by Wed, Feb 1

Enjoy a served menu full of delights and surprises prepared by Elder Care's own Chef Pam Beamguard. This is a dinner you won't want to miss.

Fall Cruise - New England/Canada
Week of October 20

Take a 7-night foliage cruise with Elder Care on a spectacular new ship to historic harbors and captivating coasts. Sights include Nova Scotia, New Brunswick, Bar Harbor, Newport and more. All-inclusive rates start at \$2,200 per person. See separate flier for more details. Deposit required to secure reservation. Final balance due in June 2012. Also includes two half day tours, Halloween cocktail party with prizes and a coupon book worth up to \$325 in onboard savings.

Elder Care's mission is to be the primary source supporting mature adults by promoting innovative approaches to services, while emphasizing health, wellness and independence.



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Golden Opportunities



Winter 2012

Join the Fun

Golden Opportunities was designed to enhance the overall quality of life for active seniors in the Bartlesville area. It offers fitness and educational classes, social events and day trips for any budget. Stop by, enjoy the fun and see why everyone is smiling. Don't miss this opportunity to spread your horizons; become a member today.

2012 Membership Renewal Dues

Good through December 31, 2012
Fee: \$55/Individual, \$95/Married Couple

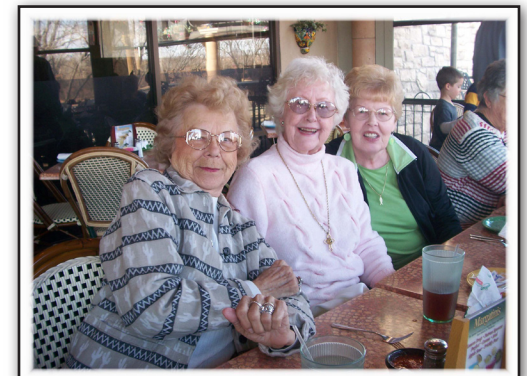
Golden Opportunities Membership is only optional, but the Members Only benefits pay for themselves throughout the year.

- GO Membership includes:
- 20% off Classes
 - 10% off Travel
 - Exclusive Members Only Events

Golden Sponsor



Silver Sponsor





Sip & Paint

Thurs, February 16 5:00-7:00 pm
Fee: \$22 (\$18)
Registration Deadline: Thurs, Feb 9
Class Size: Min. 6, Max. 15

Sit back, relax over a glass of wine and tasty bites and create a piece of art worthy of hanging. Bartlesville Art Association Member, Valerie Jones, will assist you in this hands-on approach to painting. This class is simple and fun even for a beginner who has never painted before. You will leave that evening with a piece of artwork that will amaze you. We will provide all materials necessary including paint, canvas, easel, brushes and apron.

A Perfect Pair: Craft Beers and Appetizers

Tues, February 28 5:30-7:00 p.m.
Fee: \$17 (\$15) Class Size: Min. 6, Max. 15
Registration Deadline: Tues, Feb 21

The rise in craft breweries has opened a new world of beer and foodpairing. Careful brewing allows for complex and subtle notes similar to those found in wine, and has sent chefs to the kitchen to create the same level of complementary pairings. Taste a variety of beer at Elder Care, and perfectly pair them to foods based on flavor profiles. Hosted by Robert Gulley.



Stretch & Tone

Tuesdays & Thursdays
January 3 -March 22 1:15-2:15 pm
Fee: \$90 (\$75)
Instructor: Bob Rowe
Class Size: Min. 8, Max. 15

This 12-week class makes regular fitness a part of your routine. Join Bob Rowe, instructor and massage therapist at Bartlesville's YMCA as he returns for his class of Stretch & Tone upon demand by his pleased students. Basic yoga, stretching, strengthening, balance; all centered around relaxation techniques. Join this class at any time; cost is prorated after second week.



Route 66, Chocolate and More

Sat, January 28 8:30 am-5:30 pm
Fee: \$55 (\$50) Trip Size: Min. 10 Registration Deadline: Fri, Jan 20

If you like chocolate, then you won't want to miss the 30th Annual Chocolate Festival at the Firehouse Art Center in Norman, Okla. The Forum Building at the University of Oklahoma will be home to a dazzling array of chocolate decadence as the finest restaurants and chocolatiers in Norman tempt your taste buds with 10 samples of their chocolate creations. This festival has been ranked third among food festivals in the US by the Food Network and has been featured in Southern Living Magazine. Enjoy a lunch stop over in Stroud at this historic Route 66 attraction Rock Cafe. Established in 1939, the Rock has served as a bus stop, congregation spot for WWII soldiers going to war and returning home, a youngsters' hangout rocking to the juke box and was the inspiration for the Pixar movie "Cars." After the festival, we'll stop again long Route 66 in Arcadia at Pops. *Lunch cost not included.*

Cherokee History Tour

Fri, February 17 9:30 am-5:00 pm
Fee: \$55 (\$50) Trip Size: Min. 10 Registration Deadline: Fri, Feb 10

This tour begins as we take the OSIYO Shuttle from Catoosa to Tahlequah with an interpretive Cherokee guide who narrates, tells stories and leads our group through each destination. We start with touring historic Downtown Tahlequah Capitol Square. Visitors will have the opportunity to visit our historic properties including the Cherokee National Capitol Building, Cherokee National Supreme Court Building, the Cherokee National Prison, Historic John Ross Cemetery, all of which are listed on the National Register of Historic Places. Home to these landmarks, guests will learn how the great town of Tahlequah came to be the capital of the great Cherokee Nation. *Lunch cost included.*

Action on the Ice

Tues, March 6 5:30-10:00 pm
Fee: \$28 (\$25) Trip Size: Min. 10 Registration Deadline: Tues, Feb 28

The Tulsa Oilers Hockey Team is entering their 20th straight season in the CHL. Check out all the action of the Oilers taking on the Rapid City Rush on the ice at the BOK Center in downtown Tulsa. *Concession dinner included.*



All trips DEPART from Elder Care at listed time in the comfort of the 15-passenger Enterprise vans. Because GO is not medically staffed, wheelchair individuals must provide an enrolled individual to assist them and must be able to enter/exit van on foot. Due to limited space and advanced reservations, no refunds can be given for any reason AFTER the registration deadline for the event/class/trip. Refunds will only be issued if the event/class/trip is canceled by Elder Care.