Golden Opportunities

Winter 2019

Golden Hour
January 24, February 28 & March 28
5:30pm
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
Every Tuesday: January, February & March
3:00-4:30 pm
Fee: $5/Month  Party Size: Min. 8, Max. 30
Ladies are invited to an afternoon of fun and fellowship. No experience necessary with this easy-to-learn game.

GO Social: Lunch Date
Monday, January 28   11:30am-1:00pm
RSVP by Thursday, January 24
Min. 5, Max. 20
Join us at Tumbleweeds to enjoy lunch and conversation. Lunch cost not included.

GO Social: Bingo
Friday, March 8   2:00pm-4:00pm
RSVP by Friday, March 1
Fee: $5
Join us for an afternoon of Bingo! Come as you are and take a chance to win a gift basket and meet someone new. Light refreshments will be provided. Sponsored by Comforting Hands Hospice.

Members Only: Valentine’s Dinner
Tuesday, February 12   5:00pm-6:30pm
Fee: Included with Membership
Firm RSVP by Thursday, January 31
Enjoy a menu full of delights and surprises prepared by Elder Care’s own Chef Pam Bean-gard. This is an event you won’t want to miss.

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Golden 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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2019 Membership Renewal Dues
Good through December 31, 2019
Fee: $70/Individual, $120/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

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.

Silver Sponsor
Comforting Hands Hospice

Members Only Sponsor
PARC

Social Sponsor
MEDICALLODGES

Golden Sponsor
BARTLESVILLE Health & Rehab Community
Laughing Yoga
Friday, January 11      10:00am-11:00am
Fee: $7 ($5)
Registration Deadline: Wednesday, January 9
Class Size: Min. 5, Max. 18

Are you ready to have FUN, reduce stress and laugh like a kid again? Back by demand, this class combines laughter, deep breathing and lots of fun in a unique and interactive setting. Join us as we finish a class full of energy. Join this class at any time. No classes the week of March 25-29.

Enhance Fitness
Monday, Wednesday & Friday, January, February and March 1:00-2:00 pm
Instructor: Bob Rowe
Class Size: Min. 8, Max. 12

The Enhance Fitness class combines three key components of fitness; strength training, flexibility and cardiovascular conditioning. Classes begin with a warm-up period. At times, you will work with light, soft-weights and the class will finish with a cool down session. Participants can expect a class full of energy.

A Day at the Movies
Friday, January 18      10:00am-4:00pm
Fee: $31 ($28)
Trip Size: Min. 13, Max. 24
Registration Deadline: Friday, January 11

Lights, camera, ACTION! We will take the short drive to the Broken Arrow Warren Theatre 18. Upon arriving, enjoy lunch in the 1940’s style Diner and Malt Shop before enjoying the show, A Dog’s Way Home. A dog embarks on an epic 400-mile journey home after she is separated from her beloved human, Lucas, an aspiring med student and VA hospital volunteer. Based on the novel by W. Bruce Cameron.

Mingle at the Mercantile
Wednesday, February 20      10:15am-2:15pm
Fee: $75 ($68)
Trip Size: Min. 40, Max. 47
Registration Deadline: Friday, February 1

The Mercantile is a bi-level space with a restaurant, a bakery, a fancy coffee shop, and shelves upon shelves full of country-cute housewares, apparel, and more all by The Pioneer Woman Ree Drummond who built an empire around her comfy life in the country. Hop on a motor coach and head to Pawhuska for “The Lunch Experience” at the Event Center a few doors down from the Mercantile with a set meal including salads, soups, sandwiches and dessert. It is sure to hit the spot. Before lunch enjoy shopping at the Merc. Lunch cost included.

Low Physical Activity: Able to load and unload in unassisted, moderate walking and some stairs.

Red Dirt Women of Oklahoma
Monday, March 18      2:00pm-3:00pm
Fee: $10 ($8)
Registration Deadline: Monday, March 11
Class Size: Min. 10, Max. 24

Oklahoma’s history is full of women who have made a difference in the lives of those around them and in our state. Some of them are well known, while others are not. Join Historian Kay Little as she walks us through the stories of the Red Dirt Women of Oklahoma. Some of the stories will surprise you as they are not always pretty and are sometimes rough but their lives made such an impact on Oklahoma.

Stretch & Tone
Tuesday & Thursday, January, February and March 1:00-2:00 pm
Instructor: Bob Rowe
Class Size: Min. 8, Max. 15

This Stretch and Tone class makes fitness a part of your routine. Join Bob Rowe, group exercise instructor and massage therapist as he returns to teach the ever popular class. Basic yoga, stretching, strengthening, bar already all centered computer or those who are considering a new computer to better connect with their loved ones. Come see what video conferencing is all about.

A Glance at Tulsa’s History
Wednesday, March 13      10:15am-4:45pm
Fee: $64 ($58)
Trip Size: Min. 35, Max. 54
Registration Deadline: Friday, March 1

Dive into more of the history of Tulsa with Kelly Gibson of Tours of Tulsa. Spend the afternoon driving around Tulsa on a motor coach visiting some of Tulsa’s most iconic sights. Our first stop will be the GreenWood Cultural Center where you will have a chance to tour the inside and hear the story of the May 31, 1921 Race Riot in Tulsa and see newspaper articles, pictures and many details of that horrible massacre.

Next, we will take the short drive to the new Gathering Place. This $400 million dollar project will serve as a cornerstone for Tulsa’s vibrant community while improving social, economic and environmental sustainability in Tulsa. Lastly, we will stop at the Cyrus Avery Plaza to learn more about Route 66. Before our tour, we will eat at Elote Cafe. Known for its area-sourced ingredients this Mexican restaurant is sure to be refreshing. Each guest will receive Elote’s famous “Mexican Platter” which includes chips, salsa, tamale, puffy taco beans, rice and a dessert churro. Vegetarian and gluten-free options are available if specified at the time of sign up. Lunch cost included.

Moderate Physical Activity: Able to load and unload in unassisted, moderate walking and some stairs.

Enhance Fitness
Monday, Wednesday and Friday, January, February and March 1:00-2:00 pm
Instructor: Bob Rowe
Class Size: Min. 8, Max. 12

The Enhance Fitness class combines the three key components of fitness; strength training, flexibility and cardiovascular conditioning. Classes begin with a warm-up period. At times, you will work with light, soft-weights and the class will finish with a cool down session. Participants can expect a class full of energy.

The Lunch Experience
Wednesday, February 6      11:00am-12:00pm
Class Size: Min. 5, Max. 15

It can be hard to feel connected with those who don’t live in the same town. Join instructor Gil Greenwood as he presents this class to help participants connect with their out of town family and friends through video conferencing with programs such as Skype, Hangouts and Facetime. This class is for those considering a new computer to better connect with their loved ones when they don’t live in the same town. Come see what video conferencing is all about.

Low Physical Activity: Able to load and unload in unassisted, moderate walking and some stairs.