

Creative & Regularly Scheduled Activities

Acting/Improv: No experience required. A lot of laughter, led by Julie Tattershall

Birthday Lunch: First Tuesday of Each Month, Noon– Celebrate the month's birthdays and enjoy a fried chicken lunch. \$5 per person. March 5th this month

Luncheon, Third Tuesday Each Month at Noon - \$5 per person.

Meet & Eat: NO MEET & EAT THIS MONTH, SEE EARTH DAY CELEBRATION ON Monday The 22nd

Cards and Games: Monday through Friday, 8:00a.m. to 3:00p.m. – To save space on the inside page, we have taken this listing off, but feel free to enjoy any of our cards or games any time the Center is open.

Creative Writing/Storytelling: Fridays at 1:00 p.m. – Explore your creative side with this great group, led by Bill Mendell.

Grumpy's Breakfast: Fridays at 8:30 a.m. – A great way to end the week. Early breakfast of biscuits & gravy, fruit, cheesy eggs, and orange juice. Many members stay after breakfast for cards and dominoes. Come on and join the fun! \$3.00

East Side Band: Mondays at 1 p.m. – Join the Band! If you play an instrument, bring it to East Side and play along. If you don't play, come enjoy the music and sing along. The band meets on Wednesday afternoons if center is closed on Monday.

Guitar Group/Singing Group Tuesday afternoons at 1:00p.m. East Side Pickers – Intermediate guitar level, this class is focused on guitar instruction and has now begun accepting singers to join in the music making! Led by Ashlee Elmore, donations appreciated, but not required.

Guided Imagery, Thursdays at 2:00p.m. Spend an afternoon in meditation/relaxation. Facilitated by Jane Ho.

In Stitches Thursdays at Noon - Bring a sack lunch and join this circle of friends. Show your handiwork and stitch along with other members or just come watch and keep each other 'in stitches' Led by Diane Skelley.

Sketching with Mary, Thursdays at 12:30 – Bring a sketch pad and pencil and learn to draw at your own pace with individual instruction with Mary Jobe. Donations appreciated.

Community Sing, Thursdays at 9:30- This group is an informal sing-a-long. No experience necessary!

Percussion/Rhythm Class – Wednesdays at 1:00 – meet in the gym for I-Ching & bucket drumming. No experience required, Led by Jan Eskridge & Leland Peters. Donations appreciated. "Percussion instruments provided or bring your own. Get in touch with your inner rhythm."

Health & Fitness

Sculpt & Tone: Mondays, Wednesdays and Fridays at 10:30 a.m. – Strong muscles help improve balance and overall fitness. The class uses a DVD and changes the routines for variety. Facilitated by Karen Schulte.

Foot Care on April 3, 2019 - Caring Nurses Association, formerly Visiting Nurses, are professionals trained in the foot care needs of seniors. Professional foot care is especially important for diabetics. Appointments required, call 744-6760. New fee of \$40 is payable to nurse at time of service.

Line Dancing: Mondays, Wednesdays and Fridays at 11 a.m. – Jump in line with other East Side Senior Center members and dance away the pounds and blues. This is our most popular activity! Warm-up begins around 10:30, instruction provided by volunteers during warm-up and during the class. Tell them thanks!

Chair Exercise: Thursday mornings at 10:30 in back activity room. Led by Phil Haws.

Tai Chi, Monday, Wednesday, and Friday at 9:30 – Meeting upstairs and using a DVD, this class works to help with balance and coordination. Free for members.

Beginning Tai Chi: Tuesdays & Thursdays at 10:30. Brand new to Tai Chi? Come learn the basics. Facilitated by Lou Pappas.

Walking in the Gym: Daily from 8 a.m. to 3:30 p.m. – The gym is available for walkers Monday through Friday (except during exercise classes and when other activities are being held in the gym.)

Gym Time: Gym available for walking from 8:00-10:00 a.m. daily. Other times may be available, check to see.

Functional Movement: Tuesdays, Thursdays at 10:30 – Personal Trainer, Brenda Weaver, leads the class through strength training exercises using sand bells and resistance bands. Great Workout! \$40 per month

Pickleball Join us! Available daily, check the calendar for start times. 3:00-4:00 every day is for non-competitive play and practice.



April 2019
LIFE's Senior Center

East Side

*Nurture your mind, body and spirit
for a healthier, happier LIFE.*
One Membership Fee * Two Locations
East Side & Southminster



Welcome Melodie Powders!

Melodie joins LIFE Senior Services as the Senior Center and Active Aging Coordinator. Melodie brings many years of experience in aging services with her, she has been a great participant and volunteer with East Side for a long time, and LIFE is happy to have her on our team. Be sure to say hello!



Earth Day Celebration Monday, April 22, 2019

10:30 Sharing the LOVE
cuttings & seed planting on the patio
11:30-12:30 Mr. Nice Guys Food Truck
1:00 Percussion & Rhythm Class Exhibition
2:00 Ecstatic Dance with Rising Rhythms

LIFE Continuing EDU Understanding Hoarding Disorder

The free community presentation by Dr. Randy Frost (the nation's foremost expert on hoarding disorder) will include a description of hoarding disorder, its effect on individuals, families, and steps you can take to deal with the issue. The role of the hoarding task forces and Buried in Treasures workshop will be discussed as well.

**Thursday, April 18, 5 - 6 p.m. Legacy Plaza,
5330 E. 31st St., Tulsa, OK**

Cost: Free, but reservations required
Reservations: register online at
www.lifeseniorservices.org or call Valorie
Wilson (918) 664-9000.

Volunteers!

Everyone does something to help the functioning of our center when they are here. Have you signed up as an official volunteer? If you set up or break down for activities, clean up, decorate, make coffee, report needs to the office, or greet a new member and give them a tour, you're a volunteer. If you have not been set-up as a volunteer in the MySeniorCenter Computer system to log your volunteer hours, please let Adrienne or Melodie know.

Chair Exercise- UH!

Thursdays at 10:30 in Community Room
Led by our very own Phil Haws! Check it out! If this becomes popular we will add a second session each week.

More about LIFE's Senior Center at East Side and LIFE Senior Services

Membership in LIFE's Senior Center at East Side is open to individuals age 50 and over, and their spouses. Membership dues are \$40 per year. Members in good standing may participate in all activities, classes and special events. The Center is staffed Monday through Friday, 8 a.m. - 4 p.m. LIFE's Senior Center at East Side is a program of LIFE Senior Services. For more information, contact LIFE's Senior Line at (918) 664-9000 or visit www.LIFEseniorservices.org.

Nurture your mind, body and spirit for a healthier, happier LIFE!

April 2019 East Side

Monday		Tuesday		Wednesday		Thursday		Friday	
1	9:30 Tai Chi 10:30 Sculpt & Tone 11:00 Line Dancing 12:15 Pickleball & Ping Pong 1:00-3:30 East Side Band	2	10:30 Functional Movement 10:30 Beginning Tai Chi 12:00 Pickleball & Ping Pong 12:00 Birthday Lunch- \$5 BINGO AFTER LUNCH 1:00 Bingo 1:00 Guitar Group/Singing group	3	9:30 Tai Chi 10:30 Sculpt & Tone 11:00 Line Dancing 1:00 Percussion/Rhythm Class 2:15 Pickleball & Ping Pong 2:10 Acting/Improv Caring nurses Foot Care on Site	4	9:30 Community Sing 10:30 Chair Exercise 10:30 Advanced Bridge 10:30 Beginning Tai Chi 10:30 Functional Movement 12:00 In Stitches→12:30 Sketching 12:00 Pickleball & Ping-Pong 2:00 Guided Imagery with Jane	5	8:30 Grumpy's Breakfast \$3 9:30 Tai Chi 10:30 Sculpt & Tone 11:00 Line Dancing 12:15 Pickleball & Ping Pong 1:00 Creative Writing/Storytelling 1:00 Mahjong 3:00 Beginning Guitar (slow & easy)
8	9:30 Tai Chi 10:30 Sculpt & Tone 11:00 Line Dancing 12:15 Pickleball & Ping Pong 1:00-3:30 East Side Band What do you get when you wake up and realize you're out of coffee? A depresso.	9	10:30 Functional Movement 10:30 Beginning Tai Chi 12:00 Pickleball & Ping Pong 12:00 Advisory Board 1:00 Bingo 1:00 Guitar Group/Singing group	10	9:30 Tai Chi 10:30 Sculpt & Tone 11:00 Line Dancing 1:00 Percussion/Rhythm Class 2:15 Pickleball & Ping Pong 2:10 Acting/Improv	11	9:30 Community Sing 10:30 Chair Exercise 10:30 Advanced Bridge 10:30 Beginning Tai Chi 10:30 Functional Movement 12:00 In Stitches→12:30 Sketching 12:00 Pickleball & Ping-Pong 2:00 Guided Imagery with Jane	12	8:30 Grumpy's Breakfast \$3 9:30 Tai Chi 10:30 Sculpt & Tone 11:00 Line Dancing 12:15 Pickleball & Ping Pong 1:00 Creative Writing/Storytelling 1:00 Mahjong 3:00 Beginning Guitar (slow & easy)
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22	9:30 Tai Chi 10:30 Sculpt & Tone 11:00 Line Dancing Earth Day Celebration 9:30-? Share the LOVE- green thumb sharing-potting cuttings and seeding on patio & garden work 11:30-12:30 Mr. Nice Guys Tacos Food-truck 1:00 Percussion/Rhythm class exhibition in GYM 2:00 Rising Rhythms Ecstatic Dance in GYM	23	10:30 Functional Movement 10:30 Beginning Tai Chi 12:00 Pickleball & Ping Pong 1:00 Guitar Group/Singing Group <i>(No meet & eat this month, see Monday's Events and join us for Mr. Nice Guys wonderful food truck!)</i>	24	9:30 Tai Chi 10:30 Sculpt & Tone 11:00 Line Dancing 1:00 East Side Band 2:15 Pickleball & Ping Pong 2:10 Acting/Improv	25	9:30 Community Sing 10:30 Advanced Bridge 10:30 Beginning Tai Chi 10:30 Chair Exercise 10:30 Functional Movement 12:00 In Stitches→12:30 Sketching 12:00 Pickleball & Ping-Pong 2:00 Guided Imagery with Jane	26	8:30 Grumpy's Breakfast \$3 9:30 Tai Chi 10:30 Sculpt & Tone 11:00 Line Dancing 12:15 Pickleball & Ping Pong 1:00 Creative Writing/Storytelling 1:00 Mahjong 3:00 Beginning Guitar (slow & easy)

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LIFE's Senior Center at East Side
1427 S Indianapolis Ave, Tulsa, OK 74112 / One block East of Harvard
www.LIFEseniorservices.org / Adrienne Gilley (918) 744-6760
agilley@lifeseniorservices.org

Beginners Non-Competitive Pickleball
Every Day in the Gym from 3:00-4:00

Join us for our 5th Tuesday
Pot-Luck this month!