

Monday	Tuesday	Wednesday	Thursday	Friday
<p>East Side Luncheon \$6.00 Tuesday, September 6th at noon Ham or Turkey wrap with cheese coleslaw, chips and strawberry shortcake RSVP to DJ by Friday, Sept 2nd Guest Speaker: Karen Bode Education on Fall Splendor for Flowers</p>	<p>Introduction to Pickleball at Southminster Tuesday, 9/7 and Friday, 9/9 8:30-10:00 or 10:30-12:00</p> <p>Writers Workshop at Southminster 08:30-3:30 Authors Nikki Hanna and Carol Johnson Free Donuts and Lunch RSVP for both to Melodie 918) 703-9454</p>	<p>LIFE Support-Staying Connected and Sharing Our Strengths w Janet Stamper/Southminster 9/14 & 9/28</p> <p>8/18 2:00-3:00 “BROADWAY AT EASTSIDE” August 18, 25 Sept 1, 8, 15, 22, 29 Oct 6, 13, 20, 27 Nov 3,10,17 Dec 1,8. Jeremy Stevens with the PAC is putting together a wonderful singing group which will perform at the end of year. Come join the fun!</p>	<p>1 8:00 Cards, games and Wii Bowling 11:00 Creative Writing w/Jackie Kelley 10:30 Functional Movement/Brenda 10:30 Bridge 11:45-2:00 Pickleball-Beginners lessons 12:00-1:30 Ukulele Lessons with Robert 12:45-2:00 Pickleball-Beginners 1:00 Vintage Friends 2:00-3:30 Pickleball-Open Play</p>	<p>2 8:00 Cards and Games 9:30 Tai Chi 1:00 Cornhole Toss Game 10:15 Sculpt & Tone 10:30 Line Dancing warm up 11:00 Line Dancing 11:00 Chair Exercise with Sherry 12:30-3:30 Pickleball-Advanced & Intermediate</p>
<p>5 </p>	<p>6 8:00 Cards, games and Wii Bowling 10:30 Functional Movement/Brenda 11:30 Harmonica Lessons with Mike 11:30 Chair Exercise with Sherry 11:45-2:00 Pickleball-Beginners 2:00-3:30 Pickleball-Open Play 1:00-3:00 Guitar lessons with Sherry 1:00 Art Class with Miss Rainbow Frida Kahlo Portrait</p>	<p>7 8:00 Cards, games and Wii Bowling 9:30 Tai Chi 10:15 Sculpt & Tone 10:30 Line Dancing warm up 11:00 Line Dancing 1:00 BINGO with BG 12:00-3:30 Pickleball-Advanced & Intermediate 1:00-2:00 Orbit Initiative-PAC</p>	<p>8 8:00 Cards, games and Wii Bowling 11:00 Creative Writing w/Jackie Kelley 10:30 Functional Movement/Brenda 11:45-2:00 Pickleball-Beginners lessons 12:00-1:30 Ukulele Lessons with Robert 1:00 Vintage Friends 2:00-3:30 Pickleball-Open Play</p>	<p>9 8:00 Cards and Games 9:30 Tai Chi 1:00 Cornhole Toss Game 10:15 Sculpt & Tone 10:30 Line Dancing warm up 11:00 Line Dancing 11:00 Chair Exercise with Sherry 12:30-3:30 Pickleball-Advanced & Intermediate</p>
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Programs and activities are generously provided through an Empowering Health grant from UnitedHealthcare.

LIFE'S Senior Center at East Side, 1427 So Indianapolis Ave. Tulsa, OK74112
 "DJ" Debby Johnson (918) 744-6760
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Memberships are available to adults 50 and older. The cost is \$70.00 (5.83 per month)-annually and includes a free subscription to LIFE's Vintage Magazine (valid at both East Side & Southminster)