

EAST SIDE SENIOR CENTER AUGUST 2022

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

Monday			Tuesday			Wednesday			Thursday			Friday		
1	8:00	Cards and Games	2	8:00	Cards, games and Wii Bowling	3	8:00	Cards, games and Wii Bowling	4	8:00	Cards, games and Wii Bowling	5	8:00	Cards and Games
	9:30	Tai Chi		10:30	Functional Movement/Brenda		9:30	Tai Chi		10:00	Creative Writing w/Jackie Kelley		9:30	Tai Chi
	10:15	Sculpt & Tone		11:30	Harmonica Lessons with Mike		10:15	Sculpt & Tone		10:30	Functional Movement/Brenda		10:00	Cornhole Toss Game
	10:30	Line Dancing warm up		11:30	Chair Exercise with Sherry		10:30	Line Dancing warm up		10:30	Bridge		10:15	Sculpt & Tone
	11:00	Line Dancing		11:45-2:00	Pickleball-Beginners		11:00	Line Dancing		11:45-12:45	Pickleball-Beginners lessons		10:30	Line Dancing warm up
	11:00	Chair Exercise with Sherry		12:00	Lunch \$6 Chicken Alfredo		1:00	BINGO with BG		12:00-1:30	Ukulele Lessons with Robert		11:00	Line Dancing
	12:30-3:30	Pickleball-Advanced & Intermediate		12:30-3:30	Pickleball-Open Play		12:30-3:30	Pickleball-Advanced & Intermediate		12:45-2:00	Pickleball-Beginners		11:00	Chair Exercise with Sherry
	1:00-3:00	Original East Side Band		1:00-3:00	Guitar lessons with Sherry		2:00	Orbit Initiative-PAC		1:00	Vintage Friends		12:30-3:30	Pickleball-Advanced & Intermediate
				1:00	Art Class with Miss Rainbow					2:00-3:30	Pickleball-Open Play			
					Mixed Media Zentangle with Kirsten									
8	8:00	Cards and Games	9	8:00	Cards, games and Wii Bowling	10	8:00	Cards, games and Wii Bowling	11	8:00	Cards, games and Wii Bowling	12	8:00	Cards and Games
	9:30	Tai Chi		10:30	Functional Movement/Brenda		9:30	Tai Chi		10:00	Creative Writing w/Jackie Kelley		9:30	Tai Chi
	10:15	Sculpt & Tone		11:30	Harmonica Lessons with Mike		10:15	Sculpt & Tone		10:30	Functional Movement/Brenda		10:00	Cornhole Toss Game
	10:30	Line Dancing warm up		11:30	Chair Exercise with Sherry		10:30	Line Dancing warm up		11:45-12:45	Pickleball-Beginners lessons		10:15	Sculpt & Tone
	11:00	Line Dancing		11:45-2:00	Pickleball-Beginners		11:00	Line Dancing		12:00-1:30	Ukulele Lessons with Robert		10:30	Line Dancing warm up
	11:00	Chair Exercise with Sherry		12:30-3:30	Pickleball-Open Play		1:00	BINGO with BG		12:45-2:00	Pickleball-Beginners		11:00	Line Dancing
	12:30-3:30	Pickleball-Advanced & Intermediate		1:00-3:00	Guitar lessons with Sherry		12:30-3:30	Pickleball-Advanced & Intermediate		1:00	Vintage Friends		11:00	Chair Exercise with Sherry
	1:00-3:00	Original East Side Band		1:00	Art Class with Miss Rainbow		2:00	Orbit Initiative-PAC		2:00-3:30	Pickleball-Open Play		12:30-3:30	Pickleball-Advanced & Intermediate
					String Art									
15	8:00	Cards and Games	16	8:00	Cards, games and Wii Bowling	17	8:00	Cards, games and Wii Bowling	18	8:00	Cards, games and Wii Bowling	19	8:00	Cards and games
	9:30	Tai Chi		10:30	Functional Movement/Brenda		9:30	Tai Chi		10:00	Creative Writing w/Jackie Kelley		9:30	Tai Chi
	10:15	Sculpt & Tone		11:30	Harmonica Lessons with Mike		10:15	Sculpt & Tone		10:30	Functional Movement/Brenda		10:00	Cornhole Toss Game
	10:30	Line Dancing warm up		11:30	Chair Exercise with Sherry		10:30	Line Dancing warm up		11:45-12:45	Pickleball- Beginners lessons		10:15	Sculpt & Tone
	11:00	Line Dancing		11:45-2:00	Pickleball-Beginners		11:00	Line Dancing		12:00-1:30	Ukulele Lessons with Robert		10:30	Line Dancing warm up
	11:00	Chair Exercise with Sherry		12:30-3:30	Pickleball-Open Play		1:00	BINGO with BG		12:45-2:00	Pickleball-Beginners		11:00	Line Dancing
	12:30-3:30	Pickleball-Advanced & Intermediate		1:00-3:00	Guitar lessons with Sherry		12:30-3:30	Pickleball-Advanced & Intermediate		1:00	Vintage Friends		11:00	Chair Exercise with Sherry
	1:00-3:00	Original East Side Band		1:00	Art Class with Miss Rainbow		2:00	Orbit Initiative-PAC		2:00-3:30	Pickleball-Open Play		12:30-3:30	Pickleball-Advanced & Intermediate
					Resin Coasters									
22	8:00	Cards and Games	23	8:00	Cards, games and Wii Bowling	24	8:00	Cards, games and Wii Bowling	25	8:00	Cards, Games and Wii Bowling	26	8:00	Cards and Games
	9:30	Tai Chi		10:30	Functional Movement/Brenda		9:30	Tai Chi		10:00	Creative Writing w/Jackie Kelley		9:30	Tai Chi
	10:15	Sculpt & Tone		11:30	Harmonica Lessons with Mike		10:15	Sculpt & Tone		10:30	Functional Movement/Brenda		10:00	Cornhole Toss Game
	10:30	Line Dancing warm up		11:30	Chair Exercise with Sherry		10:30	Line Dancing warm up		10:30	Bridge		10:15	Sculpt & Tone
	11:00	Line Dancing		11:45-2:00	Pickleball-Beginners		11:00	Line Dancing		11:45-12:45	Pickleball-Beginners lessons		10:30	Line Dancing warm up
	11:00	Chair Exercise with Sherry		12:30-3:30	Pickleball-Open Play		1:00	BINGO with BG		12:00-1:30	Ukulele Lessons with Robert		11:00	Line Dancing
	12:30-3:30	Pickleball-Advanced & Intermediate		1:00-3:00	Guitar lessons with Sherry		12:30-3:30	Pickleball-Advanced & Intermediate		12:45-2:00	Pickleball-Beginners		11:00	Chair Exercise with Sherry
	1:00-3:00	Original East Side Band		1:00	Art Class with Miss Rainbow		2:00	Orbit Initiative-PAC		1:00	Vintage Friends		12:30-3:30	Pickleball-Advanced & Intermediate
					Resin Jewelry					2:00-3:30	Pickleball-Open Play			
29	8:00	Cards and Games	30	8:00	Cards, games and Wii Bowling	31	8:00	Cards, games and Wii Bowling	8/10 LIFE Support-Staying Connected and Sharing Our Strengths with Janet Stamper/Southminster			East Side Luncheon Chicken Alfredo Garlic Bread Salad Fresh Fruit Tuesday, August 2nd RSVP to DJ by Friday, July 26th Guest Speakers: Joaney & Rachael The Broadmoor & Heatheridge Senior Living Will be providing Dessert		
	9:30	Tai Chi		10:30	Functional Movement/Brenda		9:30	Tai Chi	8/18 2:00-3:00 "BROADWAY AT EASTSIDE"					
	10:15	Sculpt & Tone		11:30	Harmonica Lessons with Mike		10:15	Sculpt & Tone	August 18, 25 Sept 1, 8, 15, 22, 29 Oct 6, 13, 20, 27					
	10:30	Line Dancing warm up		11:30	Chair Exercise with Sherry		10:30	Line Dancing warm up	Nov 3, 10, 17 Dec 1, 8. Jeremy Stevens with the					
	11:00	Line Dancing		11:45-2:00	Pickleball-Beginners		11:00	Line Dancing	PAC is putting together a wonderful singing group					
	11:00	Chair Exercise with Sherry		12:30-3:30	Pickleball-Open Play		1:00	BINGO with BG	which will perform at the end of year. Come join					
	12:30-3:30	Pickleball-Advanced & Intermediate		1:00-3:00	Guitar lessons with Sherry		12:30-3:30	Pickleball-Advanced & Intermediate	the fun!					
	1:00-3:00	Original East Side Band		1:00	Art Class with Miss Rainbow		2:00	Orbit Initiative-PAC						
					Round Robin Art Journaling									



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)