

# LIFE'S SENIOR CENTER AT EAST SIDE / MAY 2023

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

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b> 8:00 Cards and Games 9:00-10:30 Tai Chi/Yoga (Video) 10:30 Line Dancing warm up 11:00 Line Dancing 11:00 Chair Exercise with Sherry 12:00-3:30 Pickleball-Advanced & Intermediate 1:00-3:00 Original East Side Band	<b>2</b> 8:00 Cards and Games 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 <b>East Side Luncheon 12:00</b> <b>RSVP to DJ/Dessert Christina/VIP Clinic</b>	<b>3</b> 8:00 Cards and Games 9:00-10:30 Tai Chi/Yoga (Video) 10:30 Line Dancing warm up 11:00 Line Dancing 1:00 BINGO with BG 12:00-3:30 Pickleball-Advanced & Intermediate	<b>4</b> 8:00 Cards and Games 10:30 Functional Movement/Brenda 11:00 Creative Writing w/Jackie Kelley 11:45-2:00 Pickleball-Beginners lessons 12:00-1:00 Ukulele Lessons with Sherry 1:00-2:00 Beginner Guitar with Sherry 1:00 Vintage Friends 2:00-3:30 Pickleball-Open Play <b>Going to the movies at Circle Cinema</b> <b>RSVP to DJ by 5/1</b>	<b>5</b> 8:00 Cards and Games 10:30 Line Dancing warm up 11:00 Line Dancing 11:00 Chair Exercise with Sherry 12:30-3:30 Pickleball-Advanced & Intermediate 1:00-3:00 Intermediate Guitar with Davis 1:00 Cornhole Toss Game 1:00 Bunco with Nick at Oak Street
<b>8</b> 8:00 Cards and Games 9:00-10:30 Tai Chi/Yoga (Video) 10:30 Line Dancing warm up 11:00 Line Dancing 11:00 Chair Exercise with Sherry 12:00-3:30 Pickleball-Advanced & Intermediate 1:00-3:00 Original East Side Band	<b>9</b> 8:00 Cards and Games 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	<b>10</b> 8:00 Cards and Games 9:00-10:30 Tai Chi/Yoga (Video) 10:30 Line Dancing warm up 11:00 Line Dancing 1:00 BINGO with BG 12:00-3:30 Pickleball-Advanced & Intermediate <b>12:00 Mother's Day Tea with Christina at VIP Care Clinic</b>	<b>11</b> 8:00 Cards and Games 10:30 Functional Movement/Brenda 11:00 Creative Writing w/Jackie Kelley 11:30 Meet & Eat/Ty's Burgers 11:45-2:00 Pickleball-Beginners lessons 12:00-1:00 Ukulele Lessons with Sherry 1:00-2:00 Beginner Guitar with Sherry 1:00 Vintage Friends 2:00-3:30 Pickleball-Open Play <b>2:00 ORBIT Arts performing Guys &amp; Dolls at Southminster</b>	<b>12</b> 8:00 Cards and Games 10:30 Line Dancing warm up 11:00 Line Dancing 11:00 Chair Exercise with Sherry 12:30-3:30 Pickleball-Advanced & Intermediate 1:00-3:00 Intermediate Guitar with Davis 1:00 Cornhole Toss Game
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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, OK 74112  
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Memberships are available to adults 50 and older. The cost is \$100.00 (8.33 per month)-annually and includes a free subscription to LIFE's Vintage Magazine (valid at both East Side & Southminster)