

If TheTulsa Public Schools are closed due to Inclimate Weather our Senior Centers will also be closed for the safety of our members

**EAST SIDE SENIOR CENTER JANUARY 2022**

Monday		Wednesday		Thursday		Friday			
<b>3</b>	8:00 Cards and Games 9:30 Tai Chi 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 1:00-3:00 Original East Side Band	<b>4</b>	8:00 Cards, games and Wii Bowling 10:30 Functional Movement/Brenda 11:30 Harmonica Lessons with Mike 11:30 Chair Exercise with Sherry 12:00 Lunch \$6 must RSVP to DJ 12:30 Guest Speaker Chelsea Edwards (LIFE) 12:30-3:30 Pickleball 1:00-3:00 Guitar lessons with Sherry 1:30 Art Class with Miss Rainbow Finish Cardinal Painting	<b>5</b>	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 12:30-3:30 Pickleball 2:00 Orbit Initiative-PAC	<b>6</b>	8:00 Cards, games and Wii Bowling 10:30 Functional Movement/Brenda 10:30 Bridge 11:00 Creative Writing/Storytelling 11:45-12:45 Beginners Pickleball lessons 12:00-1:30 Ukulele Lessons with Robert 12:45-3:30 Pickleball 1:00 Vintage Friends	<b>7</b>	8:00 Cards and Games 9:30 Tai Chi 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 1:00 Light Weight Exercise
<b>10</b>	8:00 Cards and Games 9:30 Tai Chi 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 1:00-3:00 Original East Side Band	<b>11</b>	8:00 Cards, games and Wii Bowling 10:30 Functional Movement/Brenda 11:30 Harmonica Lessons with Mike 11:30 Chair Exercise with Sherry 12:30-3:30 Pickleball 1:00-3:00 Guitar lessons with Sherry 1:30 Art Class with Miss Rainbow Snowflake Plate	<b>12</b>	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 12:30-3:30 Pickleball 2:00 Orbit Initiative-PAC	<b>13</b>	8:00 Cards, games and Wii Bowling 10:30 Functional Movement/Brenda 10:30 Bridge 11:00 Creative Writing/Storytelling 11:45-12:45 Beginners Pickleball lessons 12:00-1:30 Ukulele Lessons with Robert 12:45-3:30 Pickleball 1:00 Vintage Friends	<b>14</b>	8:00 Cards and Games 9:30 Tai Chi 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 1:00 Light Weight Exercise
 <p>SENIOR CENTER CLOSED IN REMEMBRANCE</p>		<b>18</b>	8:00 Cards, games and Wii Bowling 9:00 Breakfast \$6 must RSVP to DJ 10:30 Functional Movement/Brenda 11:30 Harmonica Lessons with Mike 11:30 Chair Exercise with Sherry 12:30-3:30 Pickleball 1:00-3:00 Guitar lessons with Sherry 1:30 Art Class with Miss Rainbow Jeweled Trees with Jet	<b>19</b>	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 12:30-3:30 Pickleball 2:00 Orbit Initiative-PAC	<b>20</b>	8:00 Cards, games and Wii Bowling 10:30 Functional Movement/Brenda 10:30 Bridge 11:00 Creative Writing/Storytelling 11:45-12:45 Beginners Pickleball lessons 12:00-1:30 Ukulele Lessons with Robert 12:45-3:30 Pickleball 1:00 Vintage Friends	<b>21</b>	8:00 Cards and games 9:30 Tai Chi 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 1:00 Light Weight Exercise
<b>24</b>	8:00 Cards and Games 9:30 Tai Chi 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 1:00-3:00 Original East Side Band	<b>25</b>	8:00 Cards, games and Wii Bowling 10:30 Functional Movement/Brenda 11:30 Harmonica Lessons with Mike 11:30 Chair Exercise with Sherry 12:30-3:30 Pickleball 1:00-3:00 Guitar lessons with Sherry 1:30 Art Class with Miss Rainbow Decorate Glass Votives	<b>26</b>	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 12:30-3:30 Pickleball 2:00 Orbit Initiative-PAC	<b>27</b>	8:00 Cards, Games and Wii Bowling 10:30 Functional Movement/Brenda 10:30 Bridge 11:00 Creative Writing/Storytelling 11:45-12:45 Beginners Pickleball Lessons 12:00-1:30 Ukulele Lessons with Robert 12:45-3:30 Pickleball 1:00 Vintage Friends	<b>28</b>	8:00 Cards and Games 9:30 Tai Chi 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 1:00 Light Weight Exercise
<b>31</b>	8:00 Cards and Games 9:30 Tai Chi 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 1:00-3:00 Original East Side Band	<p>Writing Workshop with author Nikki Hanna Southminster Senior Center January 25<sup>th</sup> 9:00-4:00 Lunch will be provided to participants In one day, participants will experience a steep learning curve that elevates them from novice status to authorship. Topics include the following: Write with voice, style and humor Tap into the art of revision, editing and proofing Tell compelling stories-fiction and nonfiction Find joy and purpose of writing Each participant will receive a copy of Nikki's book RSVP to Melodie Powders (918) 703-9454</p>				<p>LIFE's Senior Center at East Side 1427 S Indianapolis Ave, Tulsa, OK 74112 (One block East of Harvard)</p> <p>"DJ" Debby Johnson (918) 744-6760 <a href="mailto:djohnson@lifeseniorservices.org">djohnson@lifeseniorservices.org</a> <a href="http://www.LIFeseniorservices.org">www.LIFeseniorservices.org</a></p>			

*We are a family like a dense green tree, which is laden with flowers and fruits, that never grow rotten and die. On this new year and every new year, we always remain like this family, like this dense tree, always smiling and growing*



Programs and activities are generously provided through an Empowering Health grant from UnitedHealthcare.

Beginners Pickleball Lessons Thursday 11:45-12:45  
Pickleball Practice daily 08:00-10:00

Memberships are available to adults 50 and older. The cost is \$70.00 annually and includes a free subscription to LIFE's Vintage Magazine (valid at East Side & Southminster)