

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

# LIFE'S Senior Center at East Side JUNE 2022

| Monday  | Tuesday   | Wednesday  | Thursday   | Friday   |
|---|---|--|--|--|
| <p>6/7 Guest speaker East Side Luncheon<br/>Jorjana Marx with Oklahoma Senior Law</p> <p>6/8 LIFE Support-Staying Connected and Sharing<br/>Our Strengths with Janet Stamper/Southminster</p> <p>6/15 PAC Orbit Initiative Special Skit Performance</p> <p>6/20 Musical Mondays with Janet Rutland<br/>See Melodie for Tickets \$8.00 (Cascia Hall)</p> <p>6/22 Writer's Symposium (Legacy Plaza)<br/>Author Nikki Hannah</p> |  <p><b>Happy Father's Day</b><br/>Sunday, June 19th</p>   | <p>1 8:00 Cards, games and Wii Bowling<br/>9:30 Tai Chi<br/>10:15 Sculpt &amp; Tone<br/>10:30 Line Dancing warm up<br/>11:00 Line Dancing<br/>12:15-3:30 Pickleball-Advanced &amp; Intermediate<br/>1:00 BINGO with BG<br/>2:00 Orbit Initiative-PAC</p>   | <p>2 8:00 Cards, games and Wii Bowling<br/>10:30 Functional Movement/Brenda<br/>10:30 Bridge<br/>11:00 Creative Writing w/Jackie Kelley<br/>11:45-12:45 Pickleball-Beginners lessons<br/>12:45-2:00 Pickleball Novice Players<br/>2:00-3:30 Team Players 1 Court/Open Pay 1 Court<br/>12:00-1:30 Ukulele Lessons with Robert<br/>1:00 Vintage Friends</p>    | <p>3 8:00 Cards and Games<br/>9:30 Tai Chi<br/>10:25 Sculpt &amp; Tone<br/>10:30 Line Dancing warm up<br/>11:00 Line Dancing<br/>11:00 Chair Exercise with Sherry<br/>12:15-3:30 Pickleball-Advanced &amp; Intermediate<br/>1:00 Cornhole Toss Game</p>  |
| <p>6 8:00 Cards and Games<br/>9:30 Tai Chi<br/>10:15 Sculpt &amp; Tone<br/>10:30 Line Dancing warm up<br/>11:00 Line Dancing<br/>11:00 Chair Exercise with Sherry<br/>12:30-3:30 Pickleball-Advanced &amp; Intermediate<br/>1:00-3:00 Original East Side Band</p>   | <p>7 8:00 Cards, games and Wii Bowling<br/>10:30 Functional Movement/Brenda<br/>11:30 Harmonica Lessons with Mike<br/>11:30 Chair Exercise with Sherry<br/>11:45-12:45 Pickleball-Beginners<br/>12:45-2:00 Pickleball-Novice Players<br/>2:00-3:30 Team Players 1 Court/Open Play 1 Court<br/>1:00-3:00 Guitar lessons with Sherry<br/>1:00 Art Class with Miss Rainbow<br/>Flowers with a vase painting</p>  | <p>8 8:00 Cards, games and Wii Bowling<br/>9:30 Tai Chi<br/>10:15 Sculpt &amp; Tone<br/>10:30 Line Dancing warm up<br/>11:00 Line Dancing<br/>12:15-3:30 Pickleball-Advanced &amp; Intermediate<br/>1:00 BINGO with BG<br/>2:00 Orbit Initiative-PAC</p>   | <p>9 8:00 Cards, games and Wii Bowling<br/>10:30 Functional Movement/Brenda<br/>10:30 Bridge<br/>11:00 Creative Writing w/Jackie Kelley<br/>11:45-12:45 Pickleball-Beginners lessons<br/>12:45-2:00 Pickleball Novice Players<br/>2:00-3:30 Team Players 1 Court/Open Play 1 Court<br/>12:00-1:30 Ukulele Lessons with Robert<br/>1:00 Vintage Friends</p>   | <p>10 8:00 Cards and Games<br/>9:30 Tai Chi<br/>10:15 Sculpt &amp; Tone<br/>10:30 Line Dancing warm up<br/>11:00 Line Dancing<br/>11:00 Chair Exercise with Sherry<br/>12:15-3:30 Pickleball-Advanced &amp; Intermediate<br/>1:00 Cornhole Toss Game</p> |
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| <p>20 SENIOR CENTER'S CLOSED<br/>Musical Mondays at Cascia Hall/Janet Rutland</p>    | <p>21 8:00 Cards, games and Wii Bowling<br/>10:30 Functional Movement/Brenda<br/>11:30 Harmonica Lessons with Mike<br/>11:30 Chair Exercise with Sherry<br/>11:45-12:45 Pickleball-Beginners<br/>12:45-2:00 Pickleball-Novice Players<br/>2:00-3:30 Team Players 1 Court/Open Pay 1 Court<br/>1:00-3:00 Guitar lessons with Sherry<br/>1:00 Art Class with Miss Rainbow<br/>Round Robin Art Journaling</p>    | <p>22 8:00 Cards, games and Wii Bowling<br/>9:30 Tai Chi<br/>10:00 Writers Symposium/Nikki Hannah<br/>At Legacy Plaza 5330 East 31st Street<br/>10:15 Sculpt &amp; Tone<br/>10:30 Line Dancing warm up<br/>11:00 Line Dancing<br/>12:15-3:30 Pickleball-Advanced &amp; Intermediate<br/>1:00 BINGO with BG<br/>2:00 Orbit Initiative-PAC</p> | <p>23 8:00 Cards, Games and Wii Bowling<br/>10:30 Functional Movement/Brenda<br/>10:30 Bridge<br/>11:00 Creative Writing w/Jackie Kelley<br/>11:45-12:45 Pickleball-Beginners lessons<br/>12:45-2:00 Pickleball Novice Players<br/>2:00-3:30 Team Players 1 Court/Open Play 1 Court<br/>12:00-1:30 Ukulele Lessons with Robert<br/>1:00 Vintage Friends</p>  | <p>24 8:00 Cards and Games<br/>9:30 Tai Chi<br/>10:15 Sculpt &amp; Tone<br/>10:30 Line Dancing warm up<br/>11:00 Line Dancing<br/>11:00 Chair Exercise with Sherry<br/>12:15-3:30 Pickleball-Advanced &amp; Intermediate<br/>1:00 Cornhole Toss Game</p> |
| <p>27 8:00 Cards and Games<br/>9:30 Tai Chi<br/>10:15 Sculpt &amp; Tone<br/>10:30 Line Dancing warm up<br/>11:00 Line Dancing<br/>11:00 Chair Exercise with Sherry<br/>12:15-3:30 Pickleball-Advanced &amp; Intermediate<br/>1:00-3:00 Original East Side Band</p>  | <p>28 8:00 Cards, games and Wii Bowling<br/>10:30 Functional Movement/Brenda<br/>11:30 Harmonica Lessons with Mike<br/>11:30 Chair Exercise with Sherry<br/>11:45-12:45 Pickleball-Beginners<br/>12:45-2:00 Pickleball-Novice Players<br/>2:00-3:30 Team Players 1 Court/Open Pay 1 Court<br/>1:00-3:00 Guitar lessons with Sherry<br/>1:00 Art Class with Miss Rainbow<br/>Mosaic Tile</p>                   | <p>29 8:00 Cards, games and Wii Bowling<br/>9:30 Tai Chi<br/>10:15 Sculpt &amp; Tone<br/>10:30 Line Dancing warm up<br/>11:00 Line Dancing<br/>12:15-3:30 Pickleball-Advanced &amp; Intermediate<br/>1:00 BINGO with BG<br/>2:00 Orbit Initiative-PAC</p>  | <p>30 8:00 Cards, Games and Wii Bowling<br/>10:30 Functional Movement/Brenda<br/>10:30 Bridge<br/>11:00 Creative Writing w/Jackie Kelley<br/>11:45-12:45 Pickleball-Beginners lessons<br/>12:45-2:00 Pickleball Novice Players<br/>2:00-3:30 Team Players 1 Court/Open Play 1 Court<br/>12:00-1:30 Ukulele Lessons with Robert<br/>1:00 Vintage Friends</p>  | <p><b>EAST SIDE LUNCHEON</b><br/>JUNE 7<sup>TH</sup> 12:00<br/>MEATLOAF<br/>MASHED POTATOES<br/>GREEN BEANS<br/>HOT ROLLS<br/>DESSERT<br/>RSVP TO DJ BY JUNE 3rd \$6.00</p>  |

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

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 both East Side & Southminster)