

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

LIFE'S Senior Center at East Side MAY 2022

Monday			Tuesday			Wednesday			Thursday			Friday		
2	8:00 9:30 10:15 10:30 11:00 11:00 12:15-3:30 1:00-3:00	Cards and Games Tai Chi Sculpt & Tone Line Dancing warm up Line Dancing Chair Exercise with Sherry Pickleball-Advanced & Intermediate Original East Side Band	3	8:00 10:30 11:30 11:30 11:45-12:45 12:45-2:00 2:00-3:30 12:00 1:00-3:00 1:00	Cards, games and Wii Bowling Functional Movement/Brenda Harmonica Lessons with Mike Chair Exercise with Sherry Pickleball-Beginners Pickleball Novice Players Team Players 1 Court/ Open Pay 1 Court CINCO DE MAYO LUNCH \$5 Guitar lessons with Sherry Art Class with Miss Rainbow Spring Flower Headpieces	4	8:00 9:30 10:15 10:30 11:00 1:00 12:15-3:30 2:00	Cards, games and Wii Bowling Tai Chi Sculpt & Tone Line Dancing warm up Line Dancing BINGO with BG Pickleball-Advanced & Intermediate Orbit Initiative-PAC	5	8:00 10:30 10:30 11:00 11:45-12:45 12:45-2:00 2:00-3:30 12:00-1:30 1:00	Cards, games and Wii Bowling Functional Movement/Brenda Bridge Creative Writing w/Jackie Kelley Pickleball-Beginners lessons Pickleball Novice Players Team Players 1 Court/Open Pay 1 Court Ukulele Lessons with Robert Vintage Friends HAPPY CINCO DE MAYO	6	8:00 9:30 10:25 10:30 11:00 11:00 12:15-3:30 1:00	Cards and Games Tai Chi Sculpt & Tone Line Dancing warm up Line Dancing Chair Exercise with Sherry Pickleball-Advanced & Intermediate Cornhole Toss Game
9	8:00 9:30 10:15 10:30 11:00 11:00 12:30-3:30 1:00-3:00	Cards and Games Tai Chi Sculpt & Tone Line Dancing warm up Line Dancing Chair Exercise with Sherry Pickleball-Advanced & Intermediate Original East Side Band	10	8:00 10:30 11:30 11:30 11:45-12:45 12:45-2:00 2:00-3:30 1:00-3:00 1:00	Cards, games and Wii Bowling Functional Movement/Brenda Harmonica Lessons with Mike Chair Exercise with Sherry Pickleball-Beginners Pickleball-Novice Players Team Players 1 Court/Open Play 1 Court Guitar lessons with Sherry Art Class with Miss Rainbow Flowers with a vase painting	11	8:00 9:30 10:15 10:30 11:00 1:00 12:15-3:30 2:00	Cards, games and Wii Bowling Tai Chi Sculpt & Tone Line Dancing warm up Line Dancing BINGO with BG Pickleball-Advanced & Intermediate Orbit Initiative-PAC	12	8:00 10:30 10:30 11:00 11:45-12:45 12:45-2:00 2:00-3:30 12:00-1:30 1:00	Cards, games and Wii Bowling Functional Movement/Brenda Bridge Creative Writing w/Jackie Kelley Pickleball-Beginners lessons Pickleball Novice Players Team Players 1 Court/Open Play 1 Court Ukulele Lessons with Robert Vintage Friends	13	8:00 9:30 10:15 10:30 11:00 11:00 12:15-3:30 1:00	Cards and Games Tai Chi Sculpt & Tone Line Dancing warm up Line Dancing Chair Exercise with Sherry Pickleball-Advanced & Intermediate Cornhole Toss Game FRIDAY THE 13TH
16	8:00 9:30 10:15 10:30 11:00 11:00 12:15-3:30 1:00-3:00	Cards and Games Tai Chi Sculpt & Tone Line Dancing warm up Line Dancing Chair Exercise with Sherry Pickleball-Advanced & Intermediate Original East Side Band	17	8:00 10:30 11:30 11:30 11:45-12:45 12:45-2:00 2:00-3:30 1:00-3:00 1:00	Cards, games and Wii Bowling Functional Movement/Brenda Harmonica Lessons with Mike Chair Exercise with Sherry Pickleball-Beginners Pickleball-Novice Players Team Players 1 Court/Open Play 1 Court Guitar lessons with Sherry Art Class with Miss Rainbow Flowers with a vase painting	18	8:00 9:30 10:15 10:30 11:00 1:00 12:15-3:30 2:00	Cards, games and Wii Bowling Tai Chi Sculpt & Tone Line Dancing warm up Line Dancing BINGO with BG Pickleball-Advanced & Intermediate Orbit Initiative-PAC	19	8:00 10:30 10:30 11:00 11:45-12:45 12:45-2:00 2:00-3:30 12:00-1:30 1:00	Cards, games and Wii Bowling Functional Movement/Brenda Bridge Creative Writing w/Jackie Kelley Pickleball- Beginners lessons Pickleball Novice Players Team Players 1 Court/Open Play 1 Court Ukulele Lessons with Robert Vintage Friends	20	8:00 9:30 10:15 10:30 11:00 11:00 12:15-3:30 1:00	Cards and games Tai Chi Sculpt & Tone Line Dancing warm up Line Dancing Chair Exercise with Sherry Pickleball-Advanced & Intermediate Cornhole Toss Game
23	8:00 9:30 10:15 10:30 11:00 11:00 12:15-3:30 1:00-3:00	Cards and Games Tai Chi Sculpt & Tone Line Dancing warm up Line Dancing Chair Exercise with Sherry Pickleball-Advanced & Intermediate Original East Side Band	24	8:00 10:30 11:30 11:30 11:45-12:45 12:45-2:00 2:00-3:30 1:00-3:00 1:00	Cards, games and Wii Bowling Functional Movement/Brenda Harmonica Lessons with Mike Chair Exercise with Sherry Pickleball-Beginners Pickleball-Novice Players Team Players 1 Court/Open Pay 1 Court Guitar lessons with Sherry Art Class with Miss Rainbow Round Robin Art Journaling	25	8:00 9:30 10:15 10:30 11:00 1:00 12:00 12:15-3:30 2:00	Cards, games and Wii Bowling Tai Chi Sculpt & Tone Line Dancing warm up Line Dancing BINGO with BG Pickleball-Advanced & Intermediate Orbit Initiative-PAC	26	8:00 10:30 10:30 11:00 11:45-12:45 12:45-2:00 2:00-3:30 12:00-1:30 1:00	Cards, Games and Wii Bowling Functional Movement/Brenda Bridge Creative Writing w/Jackie Kelley Pickleball-Beginners lessons Pickleball Novice Players Team Players 1 Court/Open Play 1 Court Ukulele Lessons with Robert Vintage Friends	27	8:00 9:30 10:15 10:30 11:00 11:00 12:15-3:30 1:00	Cards and Games Tai Chi Sculpt & Tone Line Dancing warm up Line Dancing Chair Exercise with Sherry Pickleball-Advanced & Intermediate Cornhole Toss Game
30	SENIOR CENTER CLOSED 		31	8:00 10:30 11:30 11:30 11:45-12:45 12:45-2:00 2:00-3:30 1:00-3:00 1:00	Cards, games and Wii Bowling Functional Movement/Brenda Harmonica Lessons with Mike Chair Exercise with Sherry Pickleball-Beginners Pickleball-Novice Players Team Players 1 Court/Open Pay 1 Court Guitar lessons with Sherry Art Class with Miss Rainbow Paint Garden Gnomes	May 2nd Writers Symposium/Lauren Smith 10:00 at Legacy Plaza May 3rd Luncheon at East Side 12:00 \$5 May 19th AARP Safe Driving Course 8:45-3:30 (RSVP to DJ) May 23rd Musical Monday at Cascia Hall Talk of Tulsa Show Chorus (See Melodie for ticket information) May 25th Senior PALS Lunch and Learn 12:00 (RSVP to DJ) May 30th Senior Center Closed			CINCO DE MAYO LUNCHEON Tuesday, May 3 rd 12:00 RSVP to DJ by April 28 th \$5.00 ENCHILADAS, CHIPS, SALSA, QUESO GUACAMOLE AND SPECIAL MEXICAN DESSERT 			Every year over 40 million Americans travel to Arlington Cemetery to honor those who have fallen while fighting for our Country. Our tradition to commemorate Memorial Day with a BBQ began with the original tradition of having a picnic lunch on the burial sites of our fallen loved ones. The Arlington National Cemetery is one of the largest Cemeteries in the world, with over 400,000 graves and over 300,000 fallen Veterans		



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 \$70.00 annually and includes a free subscription to LIFE's Vintage Magazine (valid at both East Side & Southminster)