Creative & Regularly Scheduled Activities

Birthday Lunch: First Tuesday of Each Month, Noon – Celebrate the month’s birthdays and enjoy a fried chicken lunch. $5 per person. Come enjoy our special guest speakers!

Luncheon, Third Tuesday Each Month at Noon - $5 per person. Hannah with Mature Transitions will provide dessert!

Meet & Eat: March 31st @ 12:00 Rib Crib, 1601 So. Harvard

Cards and Games: Monday through Friday, 8:00a.m. - 3:00p.m. – To save space on the inside page, we have taken this listing off, but feel free to enjoy any of our cards or games any time the Center is open.

Creative Writing/Storytelling: Fridays at 1:00 p.m. – Explore your creative side with this great group.

Grumpy’s Breakfast: Fridays at 8:30 a.m. – $5.00

A great way to end the week. Early breakfast of biscuits & gravy, scrambled eggs, DJ’s breakfast casseroles, Coffee and juice. Many members stay after breakfast for cards, dominos, and conversation.

East Side Band: Mondays at 1 p.m. – Join the Band! If you play an instrument, bring it to East Side and play along. If you don’t play, come enjoy the music and sing along. The band meets on Wednesday afternoons if center is closed on Monday

Guitar Group/Singing Group Tuesday afternoons at 1:00p.m. East Side Pickers – Intermediate guitar level, this class is focused on guitar instruction and has now begun accepting singers to join in the music making!

Guided Imagery, Thursdays at 200p.m. Spend an afternoon in meditation/relaxation. Facilitated by Jane Ho.

In Stitches Thursdays at Noon - Bring a sack lunch and join this circle of friends. Show your handwork and stitch along with other members or just come watch and keep each other ‘in stitches’ Led by Diane Skelly.

Percussion/Rhythm Class – Wednesdays at 1:00 – meet in the gym for L-Ching & bucket drumming. No experience Required, led by Jan Eskridge. Percussion instruments provided or bring your own.

Get in touch with your inner rhythm. Donations appreciated.

~DON’T WORRY….BE HAPPY AND HAVE FUN A FUN ST PATRICKS DAY AT EAST SIDE~

Health & Fitness

Sculpt & Tone: Mondays, Wednesdays and Fridays at 10:15 a.m. – Strong muscles help improve balance and over all fitness. The class uses a DVD and changes the routines for variety. Facilitated by Karen Schulte & Mary Niebling.

Foot Care First Wednesday - Caring Nurses Association, formerly Visiting Nurses, are professionals trained in the foot care needs of seniors. Professional foot care is especially important for diabetics. Appointments required, call 744-6760. New fee of $40 is payable to nurse at time of service.

Line Dancing: Mondays, Wednesdays and Fridays at 11 a.m. – Jump in line with other East Side Senior Center members and dance away the pounds and blues. This is our most popular activity! Warm-up begins around 10:30, instruction provided by volunteers during warm-up and during the class. Tell them thanks!

Chair Exercise: Thursday mornings at 10:30 in back activity room. Led by Phil Haws.

Intermediate Tai Chi: Tuesdays and Thursdays at 9:30, Facilitated by Shirley Williams

Tai Chi, Monday, Wednesday, and Friday at 9:30 – Meeting upstairs and using a DVD, this class works to help with balance and coordination. Free for members. Facilitated by Sandra Edwards.

Beginning Tai Chi: Tuesdays & Thursdays at 10:30. Brand new to Tai Chi? Facilitated by Lou Pappas

Walking in the Gym: Daily from 8 a.m. to 3:30 p.m. – The gym is available for walkers Monday through Friday (except during exercise classes and when other activities are being held in the gym.)

Functional Movement: Tuesdays, Thursdays at 10:30 – Personal Trainer, Brenda Weaver, leads the class through strength training exercises using sand bells and resistance bands. Great Workout! $40 per month

Pickleball – Join us! Available daily, check the calendar for start times.

Beginners Pickleball Classes: Wednesday’s from 2:15-3:45 (one court)

Creative Services

East Side Band: Thursdays at 2:00p.m. – A great way to end the week. Early breakfast of biscuits & gravy, scrambled eggs, DJ’s breakfast casseroles, Coffee and juice. Many members stay after breakfast for cards, dominos, and conversation.

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March 2020

LIFE's Senior Center

East Side

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

One Membership Fee * Two Locations
East Side & Southminster

“2019 Volunteer hours”

Wayne Johnson/SM 501 hours
Sandra Edwards/ES 282 hours
Jan Dunkelberg/ES 237 hours
Leiland Peters/ES 237 hours
Sunny Lee/ES 179 hours
Shirley Williams/ES 161 hours
June Dyswer/SM 137 hours
Leon Neeley/SM 131 hours
Billie Bayouth/ES 114 hours
Sherry Bruster/ES 111 hours
Karen Schulte/ES 102 hours

Volunteers who had over 100 hours in 2019 will receive the President’s Volunteer Service Award

Thank you for all your hard work and dedication!

Donate for a Cause

Help the Humane Society Animals with Tom by bringing in your old towels or donate new towels.

MEET & EAT
Tuesday, March 31st
12:00
Rib Crib
1601 South Harvard
RSVP to DJ (918) 744-6760

LIFE Musical Mondays
Returning from Intermission in April 2020

April 27th
Janet Rutland
May 18th
Talk of Tulsa
Show Chorus
June 22nd
Richard Miller
July 27th
Ryan & Ryan
Tickets (918) 664-9000

The AARP Driver Safety Program is designed to help you: Tune up your driving skills and update your knowledge of the rules of the road. Learn about normal age-related physical changes and how to adjust your driving to allow for these changes. Reduce your traffic violations, crashes and chances for injuries. Thursday, March 5th 09:00-3:30

AARP Members $15
Non Members $20
RSVP to DJ (918) 744-6760

SPECIAL GUEST SPEAKER
Tuesday, March 3rd 11:30
LIFE PACE Intake Manager
Adrian Rolle

LIFE offers an array of educational seminars on resources and topics of interest to seniors, caregivers and professionals.

SPECIAL GUEST SPEAKER
Tuesday, March 24th 11:30
Tulsa County Assessor’s Office
John Wright

Property Values, exemptions, protest a valuation and much more.

More about LIFE’s Senior Center at East Side and LIFE Senior Services

Membership for LIFE’s Senior Center at East Side is open to individuals age 50 and over, and their spouses. Membership dues are $40 per year. ($5.00 couple fee discontinued as of 12/31/19) Members in good standing may participate in all activities, classes and special events. The Center is staffed Monday through Friday, 8 a.m. – 4 p.m. LIFE’s Senior Center at East Side is a program of LIFE Senior Services. For more information, contact LIFE’s Senior Line at (918) 664-9000 or visit www.LIFESeniorServices.org.
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<thead>
<tr>
<th>Day</th>
<th>Activity</th>
<th>Time</th>
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<tr>
<td>Monday</td>
<td>Walkers/Fitness Room</td>
<td>8:00-3:30</td>
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<td>Chair/Standing Fitness</td>
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<td>Dancing Rhythms</td>
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<td>Percussion Drum Class</td>
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<td>Yoga</td>
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<td></td>
<td>Pickleball: Open to All</td>
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<tr>
<td></td>
<td>Knitted Kittens</td>
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<tr>
<td>Tuesday</td>
<td>Pickleball Schedule</td>
<td>8:00-3:30</td>
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<td>Pickleball (see schedule)</td>
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<td>Pickleball pay to play $10</td>
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<td>Appalachian Trail</td>
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<td>BINGO W/B.G.</td>
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<td>Bridge, Canasta, Chess</td>
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*PICKLEBALL MINI TOURNAMENT FRIDAY THE 13TH 12:30-3:00 MIXED DOUBLES, 2 COURTS $5.00 ENTRY*

**Happy St Patrick's Day (Women wearing green)**

*HAPPY ST PATRICKS DAY (WEAR GREEN)*

**Music of the Heart with Meryl Streep**

*Don't forget to Set your clocks forward on Saturday, March 7th***

**Lightening-Saving Time Begins**

*They are always wearing green!*

**Why do frogs love St Patrick's day?**

LIFE's Senior Center at Southminster
3500 S. Peoria, Tulsa, OK 74105 (35th Place, West of Peoria)
www.LIFEseniorservices.org
Peaches Crumb (918) 749-2623 pcrumb@LIFEseniorservices.org