




EAST SIDE SENIOR CENTER / NOVEMBER 2022

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

Monday	Tuesday	Wednesday	Thursday	Friday
 <p><i>Happy Thanksgiving</i></p>	<p>1 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 Frida portraits with pressed flowers</p>	<p>2 8:00 Cards and Games 9:30 Tai Chi 10:15 Sculpt & Tone 10:30 Line Dancing warm up 11:00 Line Dancing 1:00 BINGO with BG 12:00-3:30 Pickleball-Advanced & Intermediate 1:00-2:00 Orbit Initiative-PAC</p>	<p>3 8:00 Cards and Games 11:00 Creative Writing w/Jackie Kelley 10:30 Functional Movement/Brenda 11:45-2:00 Pickleball-Beginners lessons 12:00-1:00 Ukulele Lessons with Sherry 12:45-2:00 Pickleball-Beginners 1:00 Vintage Friends 2:00-3:30 Pickleball-Open Play</p>	<p>4 8:00 Cards and Games 9:30 Tai Chi 1:00 Cornhole Toss Game 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-Advanced & Intermediate 12:30-2:00 NEW Abstract Art Class with Ralph Krause 1:30-3:00 Intermediate Guitar with Davis</p>
<p>7 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 12:00-3:30 Pickleball-Advanced & Intermediate 1:00-3:00 Original East Side Band</p>	<p>8 8:00 Cards and Games 10:00-2:30 Triad Eye Exams-RSVP to DJ 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 Painted rock owls on log</p>	<p>9 8:00 Cards and Games 9:30 Tai Chi 10:15 Sculpt & Tone 10:30 Line Dancing warm up 11:00 Line Dancing 1:00 BINGO with BG 12:00-3:30 Pickleball-Advanced & Intermediate 1:00-2:00 Orbit Initiative-PAC</p>	<p>10 8:00 Cards and Games 11:00 Creative Writing w/Jackie Kelley 10:30 Functional Movement/Brenda 11:45-2:00 Pickleball-Beginners lessons 12:00-1:00 Ukulele Lessons with Sherry 1:00 Vintage Friends 2:00-3:30 Pickleball-Open Play</p>	<p>11 8:00 Cards and Games 9:30 Tai Chi 1:00 Cornhole Toss Game 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-Advanced & Intermediate 12:30-2:00 NEW Abstract Art Class with Ralph Krause 1:30-3:00 Intermediate Guitar with Davis</p>
<p>14 8:00 Cards and Games 9:30 Tai Chi 10:15 Sculpt & Tone 10:30 Line Dancing warm up 11:00-1:00 Clary Sage Chair Massages-RSVP to DJ 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</p>	<p>15 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 Pressed fall foliage art Introduction to Pickleball 8:30-12:15 Gym Reserve</p>	<p>16 8:00 Cards and Games 9:30 Tai Chi 10:15 Sculpt & Tone 10:30 Line Dancing warm up 11:00 Line Dancing 1:00 BINGO with BG 12:00-3:30 Pickleball-Advanced & Intermediate 1:00-2:00 Orbit Initiative-PAC</p>	<p>17 8:00 Cards and Games 11:00 Creative Writing w/Jackie Kelley 10:30 Functional Movement/Brenda 11:45-2:00 Pickleball- Beginners lessons 12:00-1:00 Ukulele Lessons with Sherry 1:00 Vintage Friends 2:00-3:30 Pickleball-Open Play Introduction to Pickleball 8:30-12:15 Gym Reserve</p>	<p>18 8:00 Cards and games 9:30 Tai Chi 1:00 Cornhole Toss Game 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-Advanced & Intermediate 12:30-2:00 NEW Abstract Art Class with Ralph Krause 1:30-3:00 Intermediate Guitar with Davis</p>
<p>21 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 12:00-3:30 Pickleball-Advanced & Intermediate 1:00-3:00 Original East Side Band</p>	<p>22 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 Thanksgiving Trivets</p>	<p>23 8:00 Cards and Games 9:30 Tai Chi 10:15 Sculpt & Tone 10:30 Line Dancing warm up 11:00 Line Dancing 1:00 BINGO with BG 12:00-3:30 Pickleball-Advanced & Intermediate 1:00-2:00 Orbit Initiative-PAC</p>	<p>SENIOR CENTERS CLOSED</p>  <p>HAPPY THANKSGIVING</p>	
<p>28 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 12:00-3:30 Pickleball-Advanced & Intermediate 1:00-3:00 Original East Side Band</p>	<p>29 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 Round Robin art journals</p>	<p>30 8:00 Cards and Games 9:30 Tai Chi 10:15 Sculpt & Tone 10:30 Line Dancing warm up 11:00 Line Dancing 1:00 BINGO with BG 12:00-3:30 Pickleball-Advanced & Intermediate 1:00-2:00 Orbit Initiative-PAC</p>	<p>East Side Luncheon \$6.00 Tuesday, November 1st 12:00 Turkey and Dressing Mashed Potatoes and Gravy Green Bean Casserole Cranberry Sauce Hot Rolls Dessert</p>  <p>RSVP to DJ</p>	
			<p>THANKSGIVING FUN FACTS Minnesota raises the most Turkeys in the U.S. The tradition of cracking the Wishbone is an ancient one. Thanksgiving is Americas second favorite holiday. Big Bird's costume is made of turkey feathers that have been dyed yellow. 50 million pumpkin pies are eaten on Thanksgiving but it's not the favorite. The TV dinner was invented thanks to Thanksgiving. Only male turkeys Gobble. Pumpkin pie was not served at the first Thanksgiving meal. Tofu is the most hated Thanksgiving dish.</p>	



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, OK74112
"DJ" Debby Johnson (918) 744-6760
djohnson@lifeseniorservices.org www.LIFEseniorservices.org

Memberships are available to adults 50 and older. The cost is \$70.00 (5.83 per month)-annually and includes a free subscription to LIFE's Vintage Magazine (valid at both East Side & Southminster)