

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

LIFE'S SENIOR CENTER AT EAST SIDE

NOVEMBER 2021

Monday		Wednesday		Thursday		Friday			
1	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	2	8:00 Cards, games and Wii Bowling 10:30 Functional Movement/Brenda 11:30 Harmonica Lessons with Mike 11:30 Chair Exercise with Sherry B 12:30-3:30 Pickleball 1:00-3:00 Guitar lessons with Sherry 1:30 Art Class with Miss Rainbow Fall Art Vases	3	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	4	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	5	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
8	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	9	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 Fall Foliage art on Chipboard	10	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	11	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	12	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
15	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	16	8:00 Cards, games and Wii Bowling 10:30 Functional Movement/Brenda 11:30 Chair Exercise with Sherry 12:30-3:30 Pickleball 1:00-3:00 Guitar lessons with Sherry 1:00 Tie Dye with Sam \$5.00 + Shirt 1:30 Art Class with Miss Rainbow Painting Tile Trivets	17	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	18	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	19	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
22	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	23	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 Bedazzled or Painting Gourds	24	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	 Senior Centers Closed		 Senior Centers Closed	
29	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	30	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 Making Candles	<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 djohnson@lifeseniorservices.org www.LIFEseniorservices.org</p>		 Veterans Day November 11		<p>ANOTHER FANTASTIC OUTING EVENT! TULSA STAINED GLASS November 9th (Tuesday) & November 11 (Thursday) 4131 South Sheridan Road 10:00-1:00</p> <p>Surround yourself with creative people, You are in control of your creativity! Come create a Stained Glass or Mosaic Piece At no cost for participants MUST SIGN UP BY 11/4/2021</p>	



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

Tie Dye with Sam 11/16 1:00 \$5 + bring a shirt
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 \$40.00 annually and includes a free subscription to LIFE's Vintage Magazine (valid at East Side & Southminster)