

LIFE'S SENIOR CENTER AT EAST SIDE / MARCH 2023

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

Monday	Tuesday	Wednesday	Thursday	Friday
<p>East Side Luncheon \$6.00 Tuesday, March 7th at 12:00 Lasagna, Salad & Garlic Toast Dessert provided by Christina at VIP Care Center</p> <p>Let's all go to the movies at Circle Cinema Thursday, March 9th Movie to be determined</p>	<p>MEET & EAT LUNCH Thursday 3/16 at 11:30 Zaxby's Chicken, 1717 So. Yale Ave RSVP to DJ by 3/10</p> <p>Bus Trip to Chouteau-Lunch at Dutch Pantry And Shopping at Junk and Disorderly March 23rd (Thursday) bus departing ES 10:30 RSVP to DJ by 3/10</p>	<p>1 8:00 Cards and Games 9:00-10:30 Tai Chi/Yoga (Video) 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>2 8:00 Cards and Games 10:30 Functional Movement/Brenda 11:00 Creative Writing w/Jackie Kelley 11:45-2:00 Pickleball-Beginners lessons 12:00-1:00 Ukulele Lessons with Sherry 1:00-2:00 Beginner Guitar with Sherry 1:00 Vintage Friends 2:00-3:30 Pickleball-Open Play</p>	<p>3 8:00 Cards and Games 10:30 Line Dancing warm up 11:00 Line Dancing 11:00 Chair Exercise with Sherry 12:30-3:30 Pickleball-Advanced & Intermediate 1:00-3:00 Intermediate Guitar with Davis 1:00 Cornhole Toss Game</p>
<p>6 8:00 Cards and Games 9:00-10:30 Tai Chi/Yoga (Video) 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>7 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 Bad Hair Day Project East Side Luncheon 12:00 RSVP to DJ</p>	<p>8 8:00 Cards and Games 9:00-10:30 Tai Chi/Yoga (Video) 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>9 8:00 Cards and Games 10:30 Functional Movement/Brenda 11:00 Creative Writing w/Jackie Kelley 11:45-2:00 Pickleball-Beginners lessons 12:00-1:00 Ukulele Lessons with Sherry 1:00-2:00 Beginner Guitar with Sherry 1:00 Vintage Friends 2:00-3:30 Pickleball-Open Play</p> <p>Going to the movies at Circle Cinema</p>	<p>10 8:00 Cards and Games 10:30 Line Dancing warm up 11:00 Line Dancing 11:00 Chair Exercise with Sherry 12:30-3:30 Pickleball-Advanced & Intermediate 1:00-3:00 Intermediate Guitar with Davis 1:00 Cornhole Toss Game</p> <p>DAYLIGHT SAVING TIME BEGINNS SUNDAY 3/12</p>
<p>13 8:00 Cards and Games 9:00-10:30 Tai Chi/Yoga (Video) 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>14 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 Pottery painting with Kristen</p>	<p>15 8:00 Cards and Games 9:00-10:30 Tai Chi/Yoga (Video) 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>16 8:00 Cards and Games 10:30 Functional Movement/Brenda 11:00 Creative Writing w/Jackie Kelley 11:45-2:00 Pickleball- Beginners lessons 2:00-1:00 Ukulele Lessons with Sherry 1:00-2:00 Beginner Guitar with Sherry 1:00 Vintage Friends 2:00-3:30 Pickleball-Open Play</p> <p>11:30 East Side Meet & Eat Lunch Zaxby's Chicken</p>	<p>17 8:00 Cards and Games 10:30 Line Dancing warm up 11:00 Line Dancing 11:00 Chair Exercise with Sherry 12:30-3:30 Pickleball-Advanced & Intermediate 1:00-3:00 Intermediate Guitar with Davis 1:00 Cornhole Toss Game</p> 
<p>20 8:00 Cards and Games 9:00-10:30 Tai Chi/Yoga (Video) 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>21 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 Bad Hair Day Project</p>	<p>22 8:00 Cards and Games 9:00-10:30 Tai Chi/Yoga (Video) 10:30 Line Dancing warm up 11:00 Line Dancing 11:30 Meet & Eat at Ron's Hamburgers 1:00 BINGO with BG 12:00:3:30 Pickleball-Advanced & Intermediate 1:00-2:00 Orbit Initiative-PAC</p>	<p>23 8:00 Cards and Games 10:30 Functional Movement/Brenda 11:00 Creative Writing w/Jackie Kelley 11:45-2:00 Pickleball- Beginners lessons 12:00-1:00 Ukulele Lessons with Sherry 1:00-2:00 Beginner Guitar with Sherry 1:00 Vintage Friends 2:00-3:30 Pickleball-Open Play</p> <p>10:30 Bus Trip to Chouteau/Amish Cheese House and Junk and Disorderly</p>	<p>24 8:00 Cards and Games 10:30 Line Dancing Warm up 11:00 Line Dancing 11:00 Chair Exercise with Sherry 12:30-3:30 Pickleball-Advanced & Intermediate 1:00-3:00 Intermediate guitar with Davis 1:00 Cornhole Toss Game</p>
<p>27 8:00 Cards and Games 9:00-10:30 Tai Chi/Yoga (Video) 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>28 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 Journaling</p>	<p>29 8:00 Cards and Games 9:00-10:30 Tai Chi/Yoga (Video) 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>30 8:00 Cards and Games 10:30 Functional Movement/Brenda 11:00 Creative Writing w/Jackie Kelley 11:45-2:00 Pickleball- Beginners lessons 12:00-1:00 Ukulele Lessons with Sherry 1:00-2:00 Beginner Guitar with Sherry 1:00 Vintage Friends 2:00-3:30 Pickleball-Open Play</p>	<p>31 8:00 Cards and Games 10:30 Line Dancing Warm up 11:00 Line Dancing 11:00 Chair Exercise with Sherry 12:30-3:30 Pickleball-Advanced & Intermediate 1:00-3:00 Intermediate guitar with Davis 1:00 Cornhole Toss Game</p>



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

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Memberships are available to adults 50 and older. The cost is \$100.00 (8.33 per month)-annually and includes a free subscription to LIFE's Vintage Magazine (valid at both East Side & Southminster)