

Creative & Regularly Scheduled Activities

Acting/Improv: No experience required. A lot of laughter, led by Julie Tattershall

Birthday Lunch: First Tuesday of Each Month, Noon– Celebrate the month's birthdays and enjoy a fried chicken lunch. \$5 per person. February 5th this month

Luncheon, Third Tuesday Each Month at Noon - \$5 per person.

Meet & Eat: Fourth Tuesday Each Month at 11:30 We will meet at Bihn Le, 5903 E 31st St, everyone Welcome!

Cards and Games: Monday through Friday, 8:00a.m. to 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.

Mahjong: Fridays at 1:00p.m. American Mahjong for experienced players.

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

Grumpy's Breakfast: Fridays at 8:30 a.m. – A great way to end the week. Early breakfast of biscuits & gravy, fruit, cheesy eggs, and orange juice. Many members stay after breakfast for cards and dominoes. Come on and join the fun! \$3.00

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! Led by Ashlee Elmore, donations appreciated, but not required.

Guided Imagery, Thursdays at 2:00p.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 handiwork and stitch along with other members or just come watch and keep each other 'in stitches' Led by Diane Skelley.

Sketching with Mary, Thursdays at 12:30 – Bring a sketch pad and pencil and learn to draw at your own pace with individual instruction with Mary Jobe. Donations appreciated.

Community Sing, Thursdays at 9:30- This group is an informal sing-a-long. No experience necessary!

Percussion/Rhythm Class – Wednesdays at 1:00 – meet in the gym for I-Ching & bucket drumming. No experience required, Led by Jan Eskridge & Leland Peters. Donations appreciated. "Percussion instruments provided or bring your own. Get in touch with your inner rhythm."

Health & Fitness

Sculpt & Tone: Mondays, Wednesdays and Fridays at 10:30 a.m. – Strong muscles help improve balance and overall fitness. The class uses a DVD and changes the routines for variety.

Foot Care on February 6th, 2019 - 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.

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.

Beginning Tai Chi: Tuesdays & Thursdays at 10:30. Brand new to Tai Chi? Come learn the basics. 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.)

Gym Time: Gym available for walking from 8:00-10:00 a.m. daily. Other times may be available, check to see.

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. 3:00-4:00 every day is for non-competitive play and practice.



February 2019
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



Welcome Ashlee Elmore!

Ashlee Elmore holds a Masters Degree in Music Education from the University of Oklahoma and has been teaching in both private and public settings for over 20 years. She has graciously volunteered to teach and lead our Tuesday guitar group that meets at 1:00. **SINGERS NEEDED!** Ashlee's has extensive experience in directing music and performance and she welcomes any singers who would like to join and receive instruction in singing and musicality from her. Singing and playing guitar simultaneously are not always easy, and we'd love to grow the singing section! We will have a donation jar for Ashlee for those who are able, but payment is not required.

Valentine's Day Celebration Tuesday, February 12th, 2 P.M.

Entertainment provided by our Improv Group & A sing-a-long led by our guitar group. Jane Ho will give a demonstration of our Guided Imagery Group and send us on our way very relaxed. The center will provide a sweet snack and drinks. Feel free to bring goodies to share.

Spotlight on LIFE

• Cooking Matters

For over 20 years, Cooking Matters classes have empowered families to stretch their food budgets and cook healthy meals. Join the Community Food Bank of Eastern Oklahoma for this interactive cooking demonstration and tasting, and take home the groceries to prepare the healthy dish.

Wednesday, February 13th: 11:00a.m. – 1:00p.m.
Legacy Plaza, 5330 E. 31st St., Tulsa, OK
FREE Reservations: Register online at www.lifeseniorservices.org or call Valorie Wilson (918) 664-9000, ext. 1518.

Pickleball Clinic

- February 14th
- Two sessions – Beginner and Intermediate
- Sign-ups on table!

Chair Exercise

Thursdays at 10:30 in Community Room
Led by our very own Phil Haws! Check it out! If this becomes popular we will add a second session each week.

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

Membership in LIFE's Senior Center at East Side is open to individuals age 50 and over, and their spouses. Membership dues are \$40 per year. 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.

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

February 2019 East Side

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Joke Father: "Son, you were adopted." Son: "What?! I knew it. I want to meet my biological parents!" Father: "We are your biological parents. Now, pack up, the new ones will pick you up in 20 minutes!"</p>		<p>Roses are red Violets are blue I want tacos And queso too!</p>	<p>Pickleball Clinic No room on the 14th (below) so here is your reminder. Beginners 12:00-1:30 Intermediates 2:00-3:30</p>	<p>1 8:30 Grumpy's Breakfast \$3 9:30 Tai Chi 10:30 Sculpt & Tone 11:00 Line Dancing 12:15 Pickleball & Ping Pong 1:00 Creative Writing/Storytelling 1:00 Mahjong 3:00 Beginning Guitar (slow & easy)</p>
<p>4 9:30 Tai Chi 10:30 Sculpt & Tone 11:00 Line Dancing 12:15 Pickleball & Ping Pong 1:00-3:30 East Side Band What do you get when you wake up and realize you're out of coffee? A depresso.</p>	<p>5 10:30 Functional Movement 10:30 Beginning Tai Chi 12:00 Pickleball & Ping Pong 12:00 Birthday Lunch 1:00 Bingo 1:00 Guitar Group/Singing group</p>	<p>6 9:30 Tai Chi 10:30 Sculpt & Tone 10:30 Watercolor w/Instructor 11:00 Line Dancing 1:00 Percussion/Rhythm Class 2:15 Pickleball & Ping Pong 2:10 Acting/Improv Foot Care - Have you made an appt?</p>	<p>7 9:30 Community Sing 10:30 Chair Exercise 10:30 Advanced Bridge 10:30 Beginning Tai Chi 10:30 Functional Movement 12:00 In Stitches→12:30 Sketching 12:00 Pickleball & Ping-Pong 2:00 Guided Imagery with Jane</p>	<p>8 8:30 Grumpy's Breakfast \$3 9:30 Tai Chi 10:30 Sculpt & Tone 11:00 Line Dancing 12:15 Pickleball & Ping Pong 1:00 Creative Writing/Storytelling 1:00 Mahjong 3:00 Beginning Guitar (slow & easy)</p>
<p>11 9:30 Tai Chi 10:30 Sculpt & Tone 11:00 Line Dancing 12:15 Pickleball & Ping Pong 1:00-3:30 East Side Band "What the world really needs is more love and less paperwork." Pearl Bailey.</p>	<p>12 10:30 Functional Movement 10:30 Beginning Tai Chi 12:00 Pickleball & Ping Pong 12:00 Advisory Board 1:00 Guitar Group/Singing Group ** Valentine Celebration 2 P.M.**</p>	<p>13 9:30 Tai Chi 10:30 Sculpt & Tone 10:30 Watercolor (Free time) 11:00 Line Dancing 1:00 Percussion/Rhythm Class 2:15 Pickleball & Ping Pong 2:10 Acting/Improv</p>	<p>14 9:30 Community Sing 10:30 Advanced Bridge 10:30 Beginning Tai Chi 10:30 Chair Exercise 10:30 Functional Movement 12:00 In Stitches→12:30 Sketching 12:00 Pickleball & Ping-Pong 2:00 Guided Imagery with Jane</p>	<p>15 8:30 Grumpy's Breakfast \$3 9:30 Tai Chi 10:30 Sculpt & Tone 11:00 Line Dancing 12:15 Pickleball & Ping Pong 1:00 Creative Writing/Storytelling 1:00 Mahjong 3:00 Beginning Guitar (slow & easy)</p>
<p>4 9:30 Tai Chi 10:30 Sculpt & Tone 11:00 Line Dancing 12:15 Pickleball & Ping Pong 1:00-3:30 East Side Band Roses are red. Violets are blue. Sunflowers are yellow. I bet you thought this was a romantic poem. These are just gardening facts.</p>	<p>19 10:30 Functional Movement 10:30 Beginning Tai Chi 12:00 Pickleball & Ping Pong 12:00 Luncheon \$5 LCR after lunch 1:00 Guitar Group/Singing Group "A friend is what the heart needs all the time." Henry Van Dyke</p>	<p>20 9:30 Tai Chi 10:30 Sculpt & Tone 10:30 Watercolor w/Instructor 11:00 Line Dancing 1:00 Percussion/Rhythm Class 2:15 Pickleball & Ping Pong 2:10 Acting/Improv "All you need is love. But a little chocolate now and then doesn't hurt."</p>	<p>21 9:30 Community Sing 10:30 Advanced Bridge 10:30 Beginning Tai Chi 10:30 Chair Exercise 10:30 Functional Movement 12:00 In Stitches→12:30 Sketching 12:00 Pickleball & Ping-Pong 2:00 Guided Imagery with Jane</p>	<p>22 8:30 Grumpy's Breakfast \$3 9:30 Tai Chi 10:30 Sculpt & Tone 11:00 Line Dancing 12:15 Pickleball & Ping Pong 1:00 Creative Writing/Storytelling 1:00 Mahjong 3:00 Beginning Guitar (slow & easy)</p>
<p>25 9:30 Tai Chi 10:30 Sculpt & Tone 11:00 Line Dancing 12:15 Pickleball & Ping Pong 1:00-3:30 East Side Band I made a beginners mistake and went shopping on an empty stomach. I am now the proud owner of aisle 7.</p>	<p>26 10:30 Functional Movement 10:30 Beginning Tai Chi 12:00 Pickleball & Ping Pong 11:30 Meet & Eat Binh Le Restaurant 5903 E 31st St, Tulsa, OK 1:00 Guitar Group/Singing Group</p>	<p>27 9:30 Tai Chi 10:30 Sculpt & Tone 10:30 Watercolor (Free time) 11:00 Line Dancing 1:00 Percussion/Rhythm Class 2:15 Pickleball & Ping Pong 2:10 Acting/Improv "Without Valentine's Day, February would be...well, January." Jim Gaffigan.</p>	<p>28 9:30 Community Sing 10:30 Advanced Bridge 10:30 Beginning Tai Chi 10:30 Chair Exercise 10:30 Functional Movement 12:00 In Stitches→12:30 Sketching 12:00 Pickleball & Ping-Pong 2:00 Guided Imagery with Jane</p>	

LIFE's Senior Center at East Side
1427 S Indianapolis Ave, Tulsa, OK 74112 / One block East of Harvard
www.LIFESeniorservices.org / Adrienne Gilley (918) 744-6760
agilley@lifeseniorservices.org

Beginners Non-Competitive Pickleball
Every Day in the Gym from 3:00-4:00



Roses are red, Violets are blue
Some poems rhyme. This one doesn't.