

## Creative

**Drumming/Percussion Class.** Come get in touch with your inner rhythm. Drum and percussion. Instruments provided or bring your own. Tips Appreciated. Led by Jan Eskridge.

**Stories: Written, Read or Said,** meets every Tuesday morning at 10:00 am. This class is a wonderful opportunity to share ideas (and cookies) and have terrific discussions. Come visit once, and join a great group of folks!

**Oil Painting:** Laura Voth will be teaching Wednesday, February 6th and 20<sup>th</sup>. The other Wednesdays of the month will meet to paint as “free time.” Watercolor class has been moved to East Side. Please review dates and times (with and without instruction) in the East Side activity calendar. Class is \$5.00 each class.

## Health & Fitness

**Chair/Standing Fitness Class: Mondays, Wednesdays and Thursdays at 9 a.m.** – The workout includes warm ups, stretching, flexibility and toning exercises. It strengthens stomach and back muscles. Light weights may be used to strengthen upper body, increase bone density and improve endurance. The cost is \$25.00 a month. On Tuesdays, you are welcome to exercise in the gym with either equipment or the walking track.

**Functional Movement: Tuesdays and Thursdays at 9 a.m.** – Personal Trainer Brenda Weaver leads the class to improve strength and flexibility using stretch bands, tubing and sand bells. Cost is \$40.00 per month.

**Massage Therapy: Monday February 11th** – Southminster will be taking appointments for therapeutic massages with Pam Martin, C.M.T. The cost is \$30 for 30 minutes and \$60 for 1 hour, or \$1 a minute. Please call Jamey at 918-749-2623 for a reservation.



**Pickleball: Beginners** on Wednesdays from 9 – 10 a.m. **Intermediates** on Wednesday, from 10 – 11 a.m. and **Open to All** on Mondays at 1:30 p.m., Wednesdays from 11 – 12:15, and Fridays from 9:30 a.m. – 3:30pm. **Advanced** players can play on Tuesdays or Thursdays at 12:30p.m. Lots of fun and GREAT exercise!

**Seated Yoga: Tuesdays at 11:30 a.m.** – Cindy is back for Seated Yoga. Watch for a flyer when she’s ready to start!!!!!! Thanks Cindy!!!

**Tai Chi: Mondays at 9 a.m. (Advanced) and Mondays at 10 a.m. (Beginner’s)** – This class consists of graceful and slow movements that relax and strengthen both body and mind. Tai Chi gives special emphasis to restoring and maintaining a state of natural health and well-being. A \$2.00 donation is requested for this class.

**CNA Foot Care: No foot care for February.** The Foot Care Clinic provided by the Caring Nurses Association includes a foot soak, toenail and cuticle trim and a foot massage. The fee is now 40.00. Appointments may be made by calling the Center office at 918-749-2623.

**Walkers: Daily from 8 a.m. to 3:30 p.m.** – Walking in the gym or upper walking track. **If you are upstairs please walk quietly when classes are meeting.** THANKS!

**Women’s Basketball: Mondays at 11:15 a.m., Basketball Drill, Thursday 11:00 a.m.** – Come out and play the great game of basketball. No experience necessary, just the desire to get in there and run with the ball.

**Yoga: Mondays and Wednesdays at 12:30pm** – Yoga is a wonderful program for your physical well-being and it’s a terrific way to relieve stress. You will need a mat or towel to put on the floor and the cost is \$5.00 per class.

**Zumba Gold: Tuesdays and Thursdays at 10 a.m.** – Zumba Gold is a lower impact, easy to follow Latin-inspired dance fitness program. Classes will meet in the gym and the cost will be \$5.00 per class. Zumba will meet on Tuesdays and Thursdays at 10:00am. Get a good workout and have fun!



February 2019

LIFE’s Senior Center

**Southminster**

*Nurture your mind, body and spirit  
for a healthier, happier LIFE.*  
**One Membership Fee \* Two Locations**  
Southminster & East Side



### YOGA IS BACK!



Monday and Wednesday  
Yoga classes are back and  
Seated Yoga will begin soon.

Wednesday  
afternoons  
you can rent a  
Pickleball court  
for \$10 (for four  
people) for an hour.

Details and sign-up  
are posted at  
the office and in  
the gym.

### February Meet & Eat

On Friday, February 8<sup>th</sup> we  
will meet for lunch at the  
Union Street Café. The  
address is 4759 S. Union  
Ave and we will meet at  
11:30a.m. Each person pays  
for their lunch and meets us  
there. Please RSVP to help  
us get an accurate count, and  
also let Jamey know if you  
have a suggestion for a  
restaurant for next month!

### Pickleball

#### Mini-Tournament

Yes, you read right! The 3<sup>rd</sup>  
pickleball tournament will be on  
Friday, **March 15<sup>th</sup>** at 12:30p.m.

### \*Center Closings\*

February 12<sup>th</sup>, we  
will be closed **ALL  
DAY** for special  
activities being held  
by the church.

\*In bad weather, the  
center will be closed  
if Tulsa Public  
Schools are closed.

### Spotlight on LIFE

For ANY questions relating to older adult  
situations, information or resources, call  
LIFE Senior Services (918) 664-9000.

### LUNCH CHANGES

First Friday: The first lunch  
will be a \$5.00 meal

Second Friday: Meet & Eat at  
Union Street Cafe for lunch  
out. Please sign up or call  
Jamey at (918)749-2623

Third Friday: Covered Dish

Fourth Friday: Birthday Lunch  
\$5

### More about LIFE’s Senior Center at Southminster and LIFE Senior Services

Membership in LIFE’s Senior Center at Southminster is open to individuals age 50 and over. 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 Southminster is a program of LIFE Senior Services. For more information, contact LIFE’s Senior Line at (918) 664-9000 or visit [www.LIFESeniorservices.org](http://www.LIFESeniorservices.org).

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

**February 2019**

Monday		Tuesday		Wednesday		Thursday		Friday	
<p>FREE EYE SCREENING WITH TRIAD ON THURSDAY, FEB. 14<sup>TH</sup> 1:00PM TO 2:30PM.</p> 		<p><b>Joke</b> It's important to read labels. My shampoo label says, "for extra body and volume." No wonder I have been gaining weight! The shampoo runs down my body in the shower! Now I use Dawn. Their label says, "dissolves fat that is otherwise difficult to remove."</p>		<p>Southminster Church has asked us to close the center on Tuesday, Feb. 12<sup>th</sup> for an all day Eastern Oklahoma Presbytery meeting.</p>				<p><b>1</b> 8:00-3:30 Walkers / Fitness Room 9:30 Beginner's Bridge 9:30-12:00 Pickleball: Open To All 12:00-1:00 Pickleball: Drill 1:00-3:30 Pickleball: Open To All 11:30 <b>\$5.00 Lunch</b> 1:00 Bridge, Canasta, Chess Skip-Bo</p>	
<p><b>4</b> 8:00-3:30 Walkers / Fitness Room 9:00 Tai Chi 9:00 Chair/Standing Fitness 10:00 Tai Chi Beginner's 11:15 Ladies Basketball 11:15 Percussion Drum Class 12:30 Yoga 1:30 Pickleball: Open to All</p>		<p><b>5</b> 8:00-3:30 Walkers / Fitness Room 9:00 Functional Movement 10:00 Zumba Gold 10:00 Stories 12:30 Mahjong 12:30 Pickleball: Advanced 1:00 Knitten Kittens <b>Life doesn't have to be perfect to be wonderful!</b></p>		<p><b>6</b> 8:00-3:30 Walkers / Fitness Room 9:00 Chair/Standing Fitness 9:00-10:00 Pickleball: Beginners 10:00-11:00 Pickleball: Intermediate 10:30-12:30 Oil Painting with Laura 11:00-12:15 Pickleball: Open To All 12:30 Yoga <b>Are you meeting us for lunch on Friday? Union Street Café. Please R.S.V.P.</b></p>		<p><b>7</b> 8:00-3:30 Walkers / Fitness Room 9:00 Functional Movement 9:00 Chair/Standing Fitness 10:00 <b>ADVISORY BOARD</b> 10:00 Zumba Gold 10:00 Vintage Voices 11:00 Basketball Drill 12:30 Pickleball: Advanced</p>		<p><b>8</b> 8:00-3:30 Walkers / Fitness Room 9:30 Beginners Bridge 9:30-12:00 Pickleball: Open To All 11:30 <b>Meet &amp; Eat</b> 12:00-1:00 Pickleball: Drill 1:00-3:30 Pickleball: Open To All 1:00 Bridge, Canasta, Chess Skip-Bo Lunch at the Union Street Cafe</p>	
<p><b>11</b> 8:00-3:30 Walkers / Fitness Room 9:00 Tai Chi 9:00 Chair/Standing Fitness 9:00 <b>Massage Therapy</b> 10:00 Tai Chi Beginner's 11:15 Ladies Basketball 11:15 Percussion Drum Class 12:30 Yoga 1:30 Pickleball: Open to All</p>		<p><b>12</b></p> 		<p><b>13</b> 8:00-3:30 Walkers / Fitness Room 9:00 Chair/Standing Fitness 9:00-10:00 Pickleball: Beginners 10:30-12:30 Oil Painting (Free Time) 10:00-11:00 Pickleball: Intermediate 11:00-12:15 Pickleball: Open To All 12:30 Yoga <b>Vision screening tomorrow →</b></p>		<p><b>14</b> 8:00-3:30 Walkers / Fitness Room 9:00 Functional Movement 9:00 Chair/Standing Fitness 10:00 Zumba Gold 10:00 Vintage Voices 11:00 Basketball Drill 12:30 Pickleball: Advanced <b>TRIAD EYE SCREENINGS 1:00-2:30p.m.</b></p>		<p><b>15</b> 8:00-3:30 Walkers / Fitness Room 9:30 Beginner's Bridge 9:30-12:00 Pickleball: Open To All 11:30 <b>Covered Dish</b> 12:00-1:00 Pickleball: Drill 1:00-3:30 Pickleball: Open to All 1:00 Bridge, Canasta, Chess, Skip-Bo <b>Music from Leon and the Band</b> 12:15 <b>Short program on volunteering.</b></p>	
<p><b>18</b> 8:00-3:30 Walkers/Fitness Room 9:00 Tai Chi 9:00 Chair/Standing Fitness 10:00 Tai Chi Beginner's 11:15 Ladies Basketball 12:30 Percussion Drum Class 12:30 Yoga 1:30 Pickleball: Open to All</p>		<p><b>19</b> 8:00-3:30 Walkers/Fitness Room 9:00 Functional Movement 10:00 Zumba Gold 10:00 Stories 12:30 Mahjong 12:30 Pickleball: Advanced 1:00 Knitten Kittens</p>		<p><b>20</b> 8:00-3:30 Walkers / Fitness Room 9:00 Chair/Standing Fitness 9:00-10:00 Pickleball: Beginners 10:00-11:00 Pickleball: Intermediate 10:30-12:30 Oil Painting with Laura 11:00-12:15 Pickleball: Open To All 12:30 Yoga</p>		<p><b>21</b> 8:00-3:30 Walkers / Fitness Room 9:00 Functional Movement 9:00 Chair/Standing Fitness 10:00 Zumba Gold 10:00 Vintage Voices 11:00 Basketball Drill 12:30 Pickleball: Advanced</p>		<p><b>22</b> 8:00-3:30 Walkers / Fitness Room 9:30 Beginner's Bridge 9:30-12:00 Pickleball: Open To All 11:30 <b>BIRTHDAY LUNCH</b> 12:00-1:00 Pickleball: Drill 1:00-3:30 Pickleball: Open To All 1:00 Bridge, Canasta, Skip-Bo 12:15 <b>Millie and Maude on Oklahoma</b></p>	
<p><b>25</b> 8:00-3:30 Walkers/Fitness Room 9:00 Tai Chi 9:00 Chair/Standing Fitness 10:00 Tai Chi Beginner's 11:15 Ladies Basketball 11:15 Percussion Drum Class 12:30 Yoga 1:30 Pickleball: Open to All</p>		<p><b>26</b> 8:00-3:30 Walkers/Fitness Room 9:00 Functional Movement 10:00 Zumba Gold 10:00 Stories 12:30 Mahjong 12:30 Pickleball: Advanced 1:00 Knitten Kittens <b>Be like the sun. Shine even if no one ever thanks you for it.</b></p>		<p><b>27</b> 8:00-3:30 Walkers/Fitness Room 9:00 Chair/Standing Fitness 9:00-10:00 Pickleball: Beginners 10:00-11:00 Pickleball: Intermediate 10:30-12:30 Oil Painting (Free time) 11:00-12:15 Pickleball: Open to All 12:30 Yoga <b>"My new dress. Do you like it? It's from my favorite designer, On Sale."</b></p>		<p><b>28</b> 8:00-3:30 Walkers/Fitness Room 9:00 Functional Movement 9:00 Chair/Standing Fitness 10:00 Zumba Gold 10:00 Vintage Voices 11:00 Basketball Drill 12:30 Pickleball: Advanced <b>Oklahoma's state motto is: Labor Conquers All Things.</b></p>		<p><b>SEATED YOGA WITH CINDY HENSON IS COMING BACK!</b>  <b>She will offer it back-to-back with one of her Monday or Wednesday classes.</b></p>	

LIFE's Senior Center at Southminster  
3500 S. Peoria, Tulsa, OK 74105 (35th Place, West of Peoria)  
[www.LIFEseniorservices.org](http://www.LIFEseniorservices.org)  
Jamey Henderson (918) 749-2623 [jhenderson@LIFEseniorservices.org](mailto:jhenderson@LIFEseniorservices.org)

ON WEDNESDAY AFTERNOONS, YOU CAN RENT A PICKLEBALL COURT FOR AN HOUR OF PLAY FOR FOUR PEOPLE FOR ONLY \$10.00. TWO COURTS AVAILABLE!

**Making You Think**  
What letter doesn't appear in ANY U.S. State name?  
(And no, I'm not giving you the answer.)