Creative & Regularly Scheduled Activities

Birthday Lunch: First Tuesday of Each Month, Noon – Celebrate the month’s birthdays and enjoy a fried chicken lunch. $5 per person. Come enjoy our special guest speakers! The Broadmoor/Heatheridge will be providing the Birthday Cake!

Luncheon, Third Tuesday Each Month at Noon – $5 per person. Hannah with Mature Transitions will provide dessert!

Meet & Eat: February 25th 12:00 Olive Garden (Utica Square)

Cards and Games: Monday through Friday, 8:00a.m. - 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 anytime the Center is open.

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

Grumpy’s Breakfast: Fridays at 8:30 a.m. – $3.00
A great way to end the week. Early breakfast of biscuits & gravy, scrambled eggs, DJ’s breakfast cassette, Coffee and juice. Many members stay after breakfast for cards, dominos, and conversation.

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 afternoon 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!

Guided Imagery, Thursdays at 200p.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 handwork and stitch along with other members or just come watch and keep each other ‘in stitches’! Led by Diane Skelley.

Percussion/Rhythm Class – Wednesdays at 1:00 – meet in the gym for I-Ching & bucket drumming. No experience Required, led by Jan Eskridge. Percussion instruments provided or bring your own.

Get in touch with your inner rhythm. Donations appreciated.

~DON’T WORRY….BE HAPPY AND HAVE FUN AT EAST SIDE~

Health & Fitness

Sculpts & Tone: Mondays, Wednesdays and Fridays at 10:15 a.m. – Strong muscles help improve balance and over all fitness. The class uses a DVD and changes the routines for variety. Facilitated by Karen Schulte & Mary Niebling.

Foot Care First Wednesday - 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.

First Tuesday Each Month at Noon – $5 per person. Hannah with Mature Transitions will provide dessert!

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

**DO YOU LOVE ACTING AND HAVING A GREAT TIME? COME JOIN US EVERY WEDNESDAY AT 2:00, PROMISE YOU WILL LOVE IT.............**

**ORBIT INITIATIVE**

**FRIDAY, FEBRUARY 14TH 12:00**

**VALENTINE'S PARTY POT LUCK/SWEETS ONLY**

**12:30 Orbit Initiative performs**

**1:00 East Side Pickers performs**

**Bring a dessert to participate**

**VISITING NURSES/FOOT CARE 08:00-12:00**

**HAPPY LEAP YEAR!**

**What do athletes wear on leap day?**

**Jumpsuits**

**What do kids play on Leap Day?**

**Hop-scotch**

**What is a frog’s favorite time of year?**

**Leap Day**

**Where do most people eat on Leap Day?**

**IHOP**

**What do athletes wear on leap day?**

**Jumpsuits**

**What do kids play on Leap Day?**

**Hop-scotch**

**What is a frog’s favorite time of year?**

**Leap Day**

**Where do most people eat on Leap Day?**

**IHOP**

**Thursday**

**Friday**

**Mature Transitions – February 18th**

The majority of our business is about helping senior adults and/or their families who are EXHAUSTED and worn out physically, and emotionally. We want you to take a DEEP BREATH, love on your loved ones, and leave the logistics to us!

**LIFE’s Senior Center at East Side**

1427 S Indianapolis Ave, Tulsa, OK 74112 / One block East of Harvard

“www.LIFESeniorservices.org / “D”) Debby Johnson (918) 744-6760

djohnson@lifeseniorservices.org

Saint Valentine’s Day — usually shortened to simply Valentine’s Day — is a yearly celebration of love and affection. The holiday was named after one or more early Christian saints named Valentine or Valentinus. ...or more early Christian saints named Valentine or Valentinus. ...or more early Christian saints named Valentine or Valentinus. ...or more early Christian saints named Valentine or Valentinus. ...or more early Christian saints named Valentine or Valentinus.