

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. (This month it is on January 8th, and we are celebrating December AND January birthdays!)

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

Meet & Eat: Fourth Tuesday Each Month at 11:30 We will meet at IHOP at 31st and Memorial. Anyone 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 Class: Tuesday afternoons at 2:00p.m. East Side Pickers – Intermediate guitar level.

Guided Imagery: Spend an afternoon being guided into a time of refreshing mental and physical 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 being temporarily led by Don Roberts.

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 January 2nd, 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!

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.



January 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



Birthday Lunch January 8th at noon

This will be a combination birthday lunch for December AND January. Fried chicken, birthdays and bingo!

Please keep in mind that the center is closed on the first Tuesday of the month for New Years' Day. There are five Tuesdays in January, so please check the inside pages to confirm our activities.

Pickleball Clinic! Coming in February

Hello to all you pickleball fanatics!

We are arranging for Moira Roush to hold a pickleball clinic on February 14th.

*Beginners: 12:00-1:30p.m.
*Intermediate: 2:00-3:30p.m.

Watch for flyer soon!

Center Closings

January 1st, for New Years' Day

January 21st, for Martin Luther King, Jr. Day

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

Spotlight on LIFE

- Understanding and Using Credit

Join Janna Emerita from Oklahoma Central Credit Union to explore credit. How to build, protect and repair credit, as well as how to use it. Bring a sack lunch if you want.

*January 31st, 11:30-1:00p.m.

Call (918) 664-9000 for more information



HAPPY NEW YEAR!

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!

January 2019 East Side

Monday	Tuesday	Wednesday	Thursday	Friday
<p><i>Happy New Years Eve!</i></p>	<p>1 Center is closed.</p> 	<p>2 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>Foot Care today - did you sign up?</p>	<p>3 9:30 Community Sing 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>4 8:30 Grumpy's Breakfast \$3 9:30 Tai Chi 9:30 Decorating Party 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>7 9:30 Tai Chi 10:30 Sculpt & Tone 11:00 Line Dancing 12:15 Pickleball & Ping Pong 1:00-3:30 East Side Band</p> <p>I used to think the brain was the most important organ. Then I thought, look what's telling me that.</p>	<p>8 10:30 Functional Movement 10:30 Beginning Tai Chi 12:00 Pickleball & Ping Pong</p> <p>12:00 Birthday Lunch December AND January \$5/Bingo 2:00 Guitar Group</p> <p>Wanna hear a pizza joke? →</p>	<p>9 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</p> <p>Never mind. It's pretty cheesy.</p>	<p>10 9:30 Community Sing 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>11 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>14 9:30 Tai Chi 10:30 Sculpt & Tone 11:00 Line Dancing 12:15 Pickleball & Ping Pong 1:00-3:30 East Side Band</p> <p>East Side band will be playing next WEDNESDAY, not next Monday.</p>	<p>15 10:30 Functional Movement 10:30 Beginning Tai Chi 12:00 Pickleball & Ping Pong</p> <p>12:00 Advisory Board 2:00 Guitar Group</p> <p>Next week we have a \$5 luncheon. What is it? Look for flyer with menu.</p>	<p>16 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>17 9:30 Community Sing 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>18 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>21 Center is closed.</p>  <p>Martin Luther King 1929-1968</p>	<p>22 10:30 Functional Movement 10:30 Beginning Tai Chi 12:00 Pickleball & Ping Pong</p> <p>12:00 Luncheon \$5 LCR after lunch 2:00 Guitar Group</p> <p>"When you are small, you either are funny or you get beat up a lot." --Tim Conway</p>	<p>23 9:30 Tai Chi 10:30 Sculpt & Tone 10:30 Watercolor w/Instructor 11:00 Line Dancing 1:00-3:00 East Side Band (rescheduled) 1:00 Percussion/Rhythm Class 2:15 Pickleball & Ping Pong 2:10 Acting/Improv</p> <p>"The biggest adventure we can take is to live the life of your dreams." --Oprah</p>	<p>24 9:30 Community Sing 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>"Be as smart as you can, but remember that it is always better to be wise than to be smart." --Alan Alda</p>	<p>25 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>What time is it when you have to go to the dentist? Tooth-hurtie.</p>
<p>28 9:30 Tai Chi 10:30 Sculpt & Tone 11:00 Line Dancing 12:15 Pickleball & Ping Pong 1:00-3:30 East Side Band</p> <p>If you are suffering for a pancake or a good lunch, join us at IHOP tomorrow!</p>	<p>29 10:30 Functional Movement 10:30 Beginning Tai Chi 12:00 Pickleball & Ping Pong</p> <p>11:30 Meet & Eat IHOP at 31st & Memorial 2:00 Guitar Group</p>	<p>30 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>31 9:30 Community Sing 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>Joke: I was on a panel for prospective jury duty. The first lawyer questioning us began right off in an intimidating fashion. When he came to his question, "Do any of you here today dislike lawyers?" No one answered him. Before the pause became too long, though, the judge said, "I do!"</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

Marriage is a wonderful institution...
But who wants to live in an institution? --Groucho Marx