

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.

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

Meet & Eat: Rib Crib this month! Just around the corner from the center, we can walk!

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.

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, scrambled eggs & onions, breakfast pizza, and orange juice. Many members stay after breakfast for cards, dominoes, 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 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. Facilitated by Karen Schulte.

Foot Care on May 1, 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. Facilitated by Sandra Edwards.

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. 3:00-3:45 every Tuesday & Thursday reserved for beginners.



June 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



Spring Fling Success!

What a week! The weather didn't manage to completely deter us from celebrating LIFE at our 4th Annual Spring Fling Fundraiser. We raised \$ 708.00 for the center thanks to everyone's hard work.



Picture Day

June 5th, 9:30-12:00

We missed Leland's photo booth at the spring fling due to the horrible weather, but the photo booth is up and running! Tyler Peters will be on site taking pictures in the gym.

Gather your groups and have some fun with this, we are so grateful!

Seniorline: The First Place to Call
Call LIFE's Seniorline

Monday- Friday 8 a.m. – 5 p.m.
Dial 918-664-9000 or toll free 866-664-9009 to reach a SeniorLine representative. Live chat available through LIFE's website:
www.lifeseniorservices.org

Free Seminar June 19, 2019, 10 A.M.

Dysbiosis: Lift the lid on Digestive Disorders with Suzanne Covely of Natural Grocers

Do you experience occasional gas, bloating, and abdominal discomfort? We know the importance of beneficial bacteria in our gut, but when we have too many, or the wrong types of gut bugs, we can experience digestive discomfort and gut dysfunction. In this class, you'll discover the importance of having healthy microbial balance in the gut, which can support comfort and overall health.

RESERVE YOUR FREE TICKETS
LIFE East Side Members

perform in the Tempest at the PAC
June 8th & 9th with the Orbit Initiative!

Sign up for tickets & watch for transportation info

The Orbit Initiative is an educational endeavor by the Tulsa Performing Arts Center and Trust that strives to reach beyond downtown to work with community partners citywide to provide theatrical education to anyone interested ages 4-84, free of charge, and located within their community. East Side's Improv Group and drumming groups are participating, not to be missed!

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!

June 2019 East Side

Monday		Tuesday		Wednesday		Thursday		Friday	
3	9:30 Tai Chi 10:30 Sculpt & Tone 11:00 Line Dancing 12:15-3:45 Pickleball & Ping Pong 1:00-3:30 East Side Band	4	10:30 Functional Movement 10:30 Beginning Tai Chi 12:00-3:45 Pickleball & Ping Pong 12:00 Birthday Lunch \$ 5 THANK YOU to Humana Insurance for providing our cake! Bingo after Lunch 1:00 Guitar Group/Singing group	5	9:30 Tai Chi 9:30-12:00 Picture Day in Gym 10:30 Sculpt & Tone 11:00 Line Dancing 1:00 Percussion/Rhythm Class 2:15-3:45 Pickleball & Ping Pong 2:10 Acting/Improv ****Caring nurses Foot Care on Site****	6	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 12:00-3:45 Pickleball & Ping-Pong	7	8:30 Grumpy's Breakfast \$3 9:30 Tai Chi 10:30 Sculpt & Tone 11:00 Line Dancing 12:15-3:45 Pickleball & Ping Pong 1:00 Creative Writing/Storytelling 3:00 Beginning Guitar (slow & easy)
10	9:30 Tai Chi 10:30 Sculpt & Tone 11:00 Line Dancing 12:15-3:45 Pickleball & Ping Pong 1:00-3:30 East Side Band	11	10:30 Functional Movement 10:30 Beginning Tai Chi 12:00-3:45 Pickleball & Ping Pong 1:00 Guitar Group/Singing group 12:00 Advisory Board	12	9:30 Tai Chi 10:30 Sculpt & Tone 11:00 Line Dancing 1:00 Percussion/Rhythm Class 2:15-3:45 Pickleball & Ping Pong	13	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	14	8:30 Grumpy's Breakfast \$3 9:30 Tai Chi 10:30 Sculpt & Tone 11:00 Line Dancing 12:15-3:45 Pickleball & Ping Pong 1:00 Creative Writing/Storytelling 3:00 Beginning Guitar (slow & easy)
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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

Happy Father's Day



Join us for lunch every month for Meet & Eat!
 This month we'll meet at Rib Crib just around the corner
 from the center. Invite a friend and walk on over!