

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 and Watercolor class will be each Wednesday of the month at 10:30am to 12:30pm. We are looking for an instructor to work with the class as we lost our wonderful instructor Laura Voth. Please don't stop painting together while we look!!!!

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.



Pickleball:

Beginners on Wednesdays from 9:00–10:00 and 10:00-11:00 **Intermediates** on Wednesday from 10:00-11:00 2 courts and 11:00-12:15 **Open to All**. Mondays at 1:30 Open to all., Tuesdays 12:30-3:00 and Thursdays 12:30-3:30 two courts advanced, one court beginners or open to all, and Fridays from 9:00-3:00 with Pickleball Drill Friday 11:30am to 12:30 **all courts**. Lots of fun and GREAT exercise!

Seated Yoga: Wednesdays at 11:00 a.m. – Cindy is back for Seated Yoga. Class will meet at 11:00am on Wednesdays.

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: Foot Care will meet on Thursday, July 11th with Vicki. 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 M,T and W. 8am to 3:00 Th. & Fri. – 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 will be changed to Dancing Rhythms until we find a certified teacher. The class is an easy to follow Latin-inspired dance fitness program. Classes will meet in the gym and will meet on Tuesdays and Thursdays at 10:00am. Get a good workout and have fun!

Massage: Pam Martin retired in April. We will all miss her!!!



JUNE 2019
LIFE's Senior Center

Southminster

HAPPY
FATHERS DAY



SEATED YOGA WEDNESDAY



Wednesdays at 11:00am
With Cindy Henson

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.

JUNE

Meet & Eat

On Friday, May 10th we will meet for lunch at a location to be posted at the first of the month. 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!

Our Friday lunches will be moved up to 12:00pm instead of 11:30am.

Watch for changes in Pickleball to include "Open to All" most days because we have 3 courts. Changes are posted and in the calendar.

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 out. Please sign up or call Jamey at (918)749-2623

Third Friday: Covered Dish

Fifth 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.

Nurture your mind, body and spirit for a healthier, happier LIFE!		June 2019 Southminster							
Monday		Tuesday		Wednesday		Thursday		Friday	
3	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	4	8:00-3:30 Walkers/Fitness Room 9:00 Functional Movement 10:00 Dancing Rhythms 10:00 Stories 12:30 Mahjong 12:30-3:00 Pickleball: Open to All 12:30-3:00 Court 1: Challenge Court 1:00 Knitten Kittens	5	8:00-3:30 Walkers/Fitness Room 9:00 Chair/Standing Fitness 9:00-10:00 Pickleball: Beginners 10:00-11:00 Pickleball: 1Ct. Beginners 10:00-11:00 Pickleball:Intermediate2C 10:30-12:30 Painting 11:00- 12:15 Pickleball: Open to All 11:00 Seated Yoga 12:30 Yoga	6	8:00-3:00 Walkers / Fitness Room 9:00 Functional Movement 9:00 Chair/Standing Fitness 10:00 ADVISORY BOARD 10:00 Zumba Gold 10:00 Vintage Voices-Sept. 11:00 Basketball Drill 12:30-3:00 Pickleball: Open to All Court 1-Challenge court	7	8:00-3:00 Walkers / Fitness Room 9:30 Beginner's Bridge 9:30-11:30 Pickleball: Open To All 11:30- 12:30 Pickleball: Drill 12:30-3:00 Pickleball: Open To All 12:00 \$5.00 Lunch 1:00 Bridge, Canasta, Chess Skip-Bo
10	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	11	8:00-3:30 Walkers / Fitness Room 9:00 Functional Movement 10:00 Dancing Rhythms 10:00 Stories 12:30 Mahjong 12:30-3:00 Pickleball: Open to All 12:30-3:00 Court 1: Challenge Court 1:00 Knitten Kittens	12	8:00-3:30 Walkers / Fitness Room 9:00 Chair/Standing Fitness 9:00-11:00 Pickleball: Beginners-1Ct 10:00-11:00 Pickleball Intermediate2C 10:30-12:30 Painting 11:00-12:15 Pickleball: Open To All 11:00 Seated Yoga 12:30 Yoga	13	8:00-3:00 Walkers/Fitness Room 9:00 Functional Movement 9:00 Chair/Standing Fitness 10:00 Dancing Rhythms 10:00 Vintage Voices-Sept 11:00 Basketball Drill 12:30-3:30 Pickleball: Open to All Court 1-Challenge court	14	8:00-3:00 Walkers / Fitness Room 9:30-11:30 Pickleball: Open To All 9:30 Beginner's Brige 11:30 Meet & Eat 11:30-12:30 Pickleball: Drill 12:30-3:00 Pickleball: Open to all 1:00
17	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	18	8:00-3:30 Walkers/Fitness Room 9:00 Functional Movement 10:00 Dancing Rhythms 10:00 Stories 12:30 Mahjong 12:30-3:00 Pickleball: Open to All 12:30-3:00 Court 1:Challenge Court 1:00 Knitten Kittens	19	8:00-3:30 Walkers / Fitness Room 9:00 Chair/Standing Fitness 9:00-10:00 Pickleball: Beginners 10:00-11:00 Pickleball: Beginners-1 Ct 10:30-12:30 Painting 10:00-11:00 Pickleball:Intermediate-2C 11:00-12:15 Pickleball: Open To All 11:00 Seated Yoga 12:30 Yoga	20	8:00-3:00 Walkers / Fitness Room 9:00 Functional Movement 9:00 Chair/Standing Fitness 10:00 Dancing Rhythms 10:00 Vintage Voices-Sept 11:00 Basketball Drill 12:30-3:30 Pickleball: Open to All Court 1-Challenge court	21	8:00-3:00 Walkers / Fitness Room 9:30 Beginner's Bridge 9:30-11:30 Pickleball: Open To All 12:00 Covered Dish 11:30-12:30 Pickleball: Drill 12:30-3:00 Pickleball: Open to All 1:00 Bridge, Canasta, Chess, Skip-Bo Music from Leon and his band!
24	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	25	8:00-3:30 Walkers/Fitness Room 9:00 Functional Movement 10:00 Dancing Rhythms 10:00 Stories 12:30 Mahjong 12:30-3:00 Pickleball: Open to All 12:30-3:00 Court 1: Challenge Court 1:00 Knitten Kittens	26	8:00-3:30 Walkers / Fitness Room 9:00 Chair/Standing Fitness 9:00-11:00 Pickleball: Beginners-1 Ct 10:00-11:00 Pickleball:Intermediate-2C 10:30-12:30 Painting 11:00-12:15 Pickleball: Open To All 11:00 Seated Yoga 12:30 Yoga	27	8:00-3:00 Walkers / Fitness Room 9:00 Functional Movement 9:00 Chair/Standing Fitness 10:00 Dancing Rhythms 10:00 Vintage Voices-Sept 11:00 Basketball Drill 12:30-3:30 Pickleball: Open to All Court 1-Challenge court	28	8:00-3:00 Walkers/Fitness Room 9:30 Beginner's Bridge 9:30-11:30 Pickleball: Open to All 12:00 BIRTHDAY LUNCH 11:30-12:30 Pickleball Drill 12:30-3:00 Pickleball: Open to All 1:00 Bridge, Canasta, Chess, Skip-Bo
 <p><i>June 16th</i></p>		<p>Vintage Voices will be taking their summer break as of June 1st Susan will keep us posted on their Return date.</p>		<p>THE "MEET & EAT" LOCATION WILL BE POSTED SOON</p>		<p>PICKLEBALL TIMES BEGINNNER'S AND NEW PLAYERS SHOULD LOOK FOR THE NEW TIMES EVERY DAY TO PLAY PICKLEBALL.</p>			

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

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

You will notice quite a few time changes in Pickleball. There is extra time play for beginners Thursday and Friday. Pickleball time will end at 3:00pm Tuesday and Friday