JANUARY - MARCH 2020
All classes are free & open to the public.

To RSVP, call (918) 664-9000, ext. 1181
or visit www.LIFEseniorservices.org

Promoting and preserving independence for seniors
Today. Tomorrow. Always.
**DIABETES EMPOWERMENT EDUCATION PROGRAM (DEEP)**

Five-part interactive series is designed for people with diabetes, pre-diabetes and those caring for someone with the disease. Topics include risk factors, nutrition, physical activity, monitoring, working with a care team, accessing community services and complications.

*Classes are held at Legacy Plaza, 5330 E. 31st St., Tulsa, OK, from 1 - 3 p.m.*

- Thurs., March 26
- Thurs., April 2
- Thurs., April 9
- Thurs., April 16
- Thurs., April 23

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**LAUGHTER YOGA**

Interested in feeling better? Looking for low-impact exercise? Laughter Yoga could be the answer. Laughter Yoga is an easy, fun, new and exciting exercise. Try it for improved physical and mental health or out of curiosity. No yoga mat required.

*Classes are held at LaFortune Recreation Center, 5202 S. Hudson Ave., Tulsa, OK, from 1 - 2 p.m.*

- Wed., Jan. 8
- Wed., Jan. 22
- Wed., Feb. 12
- Wed., Feb. 26
- Wed., March 11
- Wed., March 25

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**CAREGIVER SUPPORT GROUPS**

LIFE’s caregiver support groups offer the opportunity for you to meet and talk with others who are also dealing with the rewards and challenges of being a caregiver. Call the location of your choice to RSVP or for more information. Ask about free respite.

1. **First Thursday of the Month** • 5 - 6 p.m.
   LIFE Senior Services Central, 5950 E. 31st St., Tulsa, OK • (918) 664-9000, ext. 1171

2. **Second Friday of the Month** • 10 - 11:30 a.m.
   LIFE Senior Services BA, 3106 S. Juniper Ave., Broken Arrow, OK • (918) 664-9000, ext. 1510

3. **Third Tuesday of the Month** • 4 - 5 p.m.
   LIFE Senior Services North, 902 E. Pine St., Tulsa, OK • (918) 664-9000, ext. 1328

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**CAREGIVER CELEBRATION RECEPTION**

All family caregivers are invited to join the fun, which will include hors d’oeuvres, mocktails and more. The caregiver receptions offer attendees options to relax and enjoy an evening of downtime. LIFE staff will be available to discuss any caregiving situations or concerns. Reservations for the celebration reception are requested, and a 24-hour notice is needed for LIFE’s respite services. Respite for the caregiver receptions will be provided at LIFE’s Adult Day Health, 5950 E. 31st St. Reservations can be made by calling LIFE’s Central Adult Day Health Family Assistance Coordinator at (918) 664-9000, ext. 1171.

*Thursday, February 13 • 5:30 - 7 p.m.*
Legacy Plaza, 5330 E. 31st St., Tulsa, OK
January

Vision “U” 2020
Fri., January 10 • 1 - 2:30 p.m.
Come brainstorm and create your vision board for 2020. We will explore the most effective goal setting tool: your personal vision board. Your vision board will help you visualize your dreams out loud.
LIFE Senior Services Broken Arrow | 3106 S. Juniper Ave., Broken Arrow, OK

Basics of Medicare
Wed., January 15 • 10 a.m. - 12 p.m.
If you are newly eligible or soon to be eligible for Medicare, this seminar is for you. Seminar will cover the basics of Medicare and what you need to know to make an informed decision about your coverage options.
Legacy Plaza | 5330 E. 31st St., Tulsa, OK

Compassion Fatigue
Wed., January 29 • 11:30 a.m. - 12:30 p.m.
Learn about effective tools to prevent and manage common stressors and strategies for taking care of yourself while taking care of a loved one. Legacy Plaza | 5330 E. 31st St., Tulsa, OK

February

Senior Tax Freeze with Tulsa County Assessor
Mon., February 3 • 1 - 2:30 p.m.
Are you curious about tax exemptions and freezes? The good news is that the Tulsa County Tax Assessor John Wright wants you to have all the information about which freezes are available and how to apply. He and his team will present information and offer applications and answer questions. Legacy Plaza | 5330 E. 31st St., Tulsa, OK

Dealing with Dementia
Wed., February 5 • 11:30 a.m. - 4 p.m.
This program offers insights to the caregiving experience, as well as an explanation of dementia, problem solving and tips for self-care. Space is limited. Reservations required. Lunch provided.
LIFE Senior Services Broken Arrow | 3106 S. Juniper Ave., Broken Arrow, OK

Resources for Seniors and Caregivers
Tues., February 18 • 1 - 3:30 p.m.
Learn about the resources available to help seniors and caregivers. Topics include housing, meals, prescriptions and more. Learn eligibility requirements for many programs and enrollment processes.
Maxwell Park Library | 1313 N. Canton Ave., Tulsa, OK

Basics of Medicare
Wed., February 19 • 10 a.m. - 12 p.m.
If you are newly eligible or soon to be eligible for Medicare, this seminar is for you. Seminar will cover the basics of Medicare and what you need to know to make an informed decision about your coverage options.
Legacy Plaza | 5330 E. 31st St., Tulsa, OK

March

Cooking Matters: Healthy Cooking Demo
Wed., March 18 • 11 a.m. - 1 p.m.
Join the Community Food Bank of Eastern Oklahoma for inspiring tips and tools to create healthy dishes. Reservations are required. Seating is limited. Legacy Plaza | 5330 E. 31st St., Tulsa, OK

Basics of Medicare
Wed., March 18 • 10 a.m. - 12 p.m.
If you are newly eligible or soon to be eligible for Medicare, this seminar is for you. Seminar will cover the basics of Medicare and what you need to know to make an informed decision about your coverage options.
Legacy Plaza | 5330 E. 31st St., Tulsa, OK
Today’s to-do list:

ENJOY YOURSELF

Nurture your mind, body and spirit for a healthier, happier LIFE at LIFE Senior Services’ two senior centers for active adults.

Find Monthly Activity Calendars Online.
Call for a Tour Today!

Southminster
35th Pl. (West of S. Peoria Ave.)
(918) 749-2623

East Side
1427 S. Indianapolis Ave.
(918) 744-6760

(918) 664-9000 • www.LIFEseniorservices.org

HAVE QUESTIONS?
LIFE’S SENIORLINE HAS ANSWERS!

LIFE’s SeniorLine representatives are experienced, caring professionals with special training in aging issues and caregiver concerns. They’ll listen to your situation, ask pertinent questions and connect you with trustworthy community resources and services.

CALL SENIORLINE AT
(918) 664-9000