

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. March 5th this month

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

Meet & Eat: Fourth Tuesday Each Month at 11:30 We will meet at the Lodge at the Gathering Place at 11:30

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, 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 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 March 6, 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.

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.



March 2019
LIFE's Senior Center

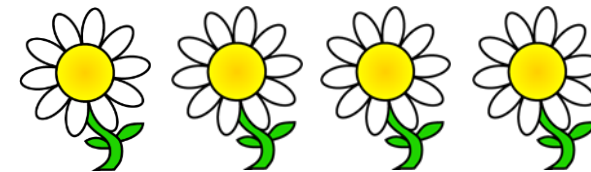
East Side

*Nurture your mind, body and spirit
for a healthier, happier LIFE.*
One Membership Fee * Two Locations
East Side & Southminster



-----GRATITUDE-----

Volunteers are the backbone of what we have going here at our wonderful senior center. Over 200 hours monthly are logged for the things our volunteers do at East Side from leading groups to stocking napkins to running errands. Thank a volunteer today! We have also received SO MANY wonderful Bingo prizes in recent months from people who don't play and people who do. This makes our monthly Bingo very enjoyable for all. Thank you for being a part of and a contributor to this wonderful place. We have the great fortune of having a welcoming, loving place for our COMMUNITY to continue grow and blossom, and make a difference in the lives of each other and the community at large. GOOD JOB!



Gathering Place Lodge Meet and Eat

Tuesday, March 26th, 11:30 A.M.

Purchase a meal on site or bring a brown bag lunch & enjoy the scenery, info on meal options forthcoming. The lodge has close parking and is accessible. If you are comfortable driving and would like to give a ride to member's who are leery of driving there, or you would like to get a ride from the center, please let Adrienne know and we will help connect folks. Thank you!

Noon Luncheon
Tuesday March 19th
12:00, \$ 5.00
Baked Potatoes
w/Barbecue Pork & fixins
Green Salad
Dessert
(repeating last month's lunch menu,
many missed out due to winter weather)

Chair Exercise- UH!

Thursdays at 10:30 in Community Room
Led by our very own Phil Haws! Check
it out! If this becomes popular we will
add a second session each week.

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!

March 2019 East Side

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Come learn to make fondant roses with Joan (Dorothy Wall's daughter!) in the front room on Friday March 15th at 11:00 Just in time for Spring cakes!</p>				<p>1 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 3:00 Beginning Guitar (slow & easy)</p>
<p>4 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>5 10:30 Functional Movement 10:30 Beginning Tai Chi 12:00 Pickleball & Ping Pong 12:00 Birthday Lunch Bingo after Lunch 1:00 Guitar Group/Singing group</p>	<p>6 9:30 Tai Chi 10:30 Sculpt & Tone 11:00 Line Dancing 1:00 Percussion/Rhythm Class 2:15 Pickleball & Ping Pong 2:10 Acting/Improv</p>	<p>7 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</p>	<p>8 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 3:00 Beginning Guitar (slow & easy) Celebrate Louise's 90th at noon in the front room, her family is bringing the party!</p>
<p>11 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>12 10:30 Functional Movement 10:30 Beginning Tai Chi 12:00 Pickleball & Ping Pong 12:00 Advisory Board 1:00 Guitar Group/Singing Group</p>	<p>13 9:30 Tai Chi 10:30 Sculpt & Tone 11:00 Line Dancing 1:00 Percussion/Rhythm Class 2:15 Pickleball & Ping Pong 2:10 Acting/Improv</p>	<p>14 9:30 Community Sing 10:30 Advanced Bridge 10:30 Beginning Tai Chi 10:30 Chair Exercise 10:30 Functional Movement 12:00 In Stitches→12:30 Sketching 12:00 Pickleball & Ping-Pong 2:00 Guided Imagery with Jane</p>	<p>15 8:30 Grumpy's Breakfast \$3 9:30 Tai Chi 10:30 Sculpt & Tone 11:00 Line Dancing <i>11:00 Fondant rose making with Joan</i> 12:15 Pickleball & Ping Pong 1:00 Creative Writing/Storytelling 3:00 Beginning Guitar (slow & easy)</p>
<p>18 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>19 10:30 Functional Movement 10:30 Beginning Tai Chi 12:00 Pickleball & Ping Pong 12:00 Luncheon \$5 LCR after lunch 1:00 Guitar Group/Singing Group</p>	<p>20 9:30 Tai Chi 10:30 Sculpt & Tone 11:00 Line Dancing 1:00 Percussion/Rhythm Class 2:15 Pickleball & Ping Pong 2:10 Acting/Improv</p>	<p>21 9:30 Community Sing 10:30 Advanced Bridge 10:30 Beginning Tai Chi 10:30 Chair Exercise 10:30 Functional Movement 12:00 In Stitches→12:30 Sketching 12:00 Pickleball & Ping-Pong 2:00 Guided Imagery with Jane</p>	<p>22 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 3:00 Beginning Guitar (slow & easy)</p>
<p>25 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>26 10:30 Functional Movement 10:30 Beginning Tai Chi 12:00 Pickleball & Ping Pong 11:30 Meet & Eat The Lodge at the Gathering Place Details on menu to come or bring a sack lunch and enjoy the view 1:00 Guitar Group/Singing Group</p>	<p>27 9:30 Tai Chi 10:30 Sculpt & Tone 11:00 Line Dancing 1:00 Percussion/Rhythm Class 2:15 Pickleball & Ping Pong 2:10 Acting/Improv</p>	<p>28 9:30 Community Sing 10:30 Advanced Bridge 10:30 Beginning Tai Chi 10:30 Chair Exercise 10:30 Functional Movement 12:00 In Stitches→12:30 Sketching 12:00 Pickleball & Ping-Pong 2:00 Guided Imagery with Jane</p>	<p>29 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 3:00 Beginning Guitar (slow & easy)</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

Celebrate Louise's 90th birthday at noon in the front room, her family is bringing the party!
Friday, March 8th, 12:00 P.M.