

## 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:** Laura Voth will be teaching Wednesday, February 6th and 20<sup>th</sup>. The other Wednesdays of the month will meet to paint as “free time.” Watercolor class has been moved to East Side. Please review dates and times (with and without instruction) in the East Side activity calendar. Class is \$5.00 each class.

## 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 – 10 a.m. **Intermediates** on Wednesday, from 10 – 11 a.m. and **Open to All** on Mondays at 1:30 p.m., Wednesdays from 11 – 12:15, and Fridays from 9:30 a.m. – 3:30pm. **Advanced** players can play on Tuesdays or Thursdays at 12:30p.m. 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: No foot care for March.** 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 p.m.** – 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!



**March 2019**  
**LIFE's Senior Center**

## Southminster

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



### SEATED YOGA IS BACK!



Wednesdays at 11:00am  
Seated Yoga is back.

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.

### March Meet & Eat

On Friday, March 8<sup>th</sup> 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!

### Pickleball Mini-Tournament

Yes, you read right! The 3<sup>rd</sup>  
pickleball tournament will be on  
Friday, **March 15<sup>th</sup>** at 12:30p.m.

### Center Closings

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

### 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

Fourth Friday: \$3 Lite meal

Fifth Friday: Birthday Lunch  
\$5

### Spotlight on LIFE

For ANY questions relating to older adult  
situations, information or resources, call  
LIFE Senior Services (918) 664-9000.

### 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](http://www.LIFEseniorservices.org).

Nurture your mind, body and spirit for a healthier, happier LIFE!		MARCH 2019		
Monday	Tuesday	Wednesday	Thursday	Friday
Don't forget to sign up for the "Pickleball Mini Tournament" on Friday, March 15 <sup>th</sup> at 12:30.		<b>SEATED YOGA WITH CINDY HENSON IS STARTING ON WEDNESDAY, MARCH 6<sup>TH</sup> AT 11:00AM</b>		<b>1 8:00-3:30</b> Walkers / Fitness Room <b>9:30</b> Beginner's Bridge <b>9:30-12:00</b> Pickleball: Open To All <b>12:00-1:00</b> Pickleball: Drill <b>1:00-3:30</b> Pickleball: Open To All <b>11:30</b> <b>\$5.00 Lunch</b> <b>1:00</b> Bridge, Canasta, Chess Skip-Bo
<b>4 8:00-3:30</b> Walkers / Fitness Room <b>9:00</b> Tai Chi <b>9:00</b> Chair/Standing Fitness <b>10:00</b> Tai Chi Beginner's <b>11:15</b> Ladies Basketball <b>11:15</b> Percussion Drum Class <b>12:30</b> Yoga <b>1:30</b> Pickleball: Open to All	<b>5 8:00-3:30</b> Walkers / Fitness Room <b>9:00</b> Functional Movement <b>10:00</b> Dancing Rhythms <b>10:00</b> Stories <b>12:30</b> Mahjong <b>12:30</b> Pickleball: Advanced <b>1:00</b> Knitten Kitten	<b>6 8:00-3:30</b> Walkers / Fitness Room <b>9:00</b> Chair/Standing Fitness <b>9:00-10:00</b> Pickleball: Beginners <b>10:00-11:00</b> Pickleball: Intermediate <b>10:30-12:30</b> Oil Painting with Laura <b>11:00-12:15</b> Pickleball: Open To All <b>11:00</b> <b>Seated Yoga</b> <b>12:30</b> Yoga	<b>7 8:00-3:30</b> Walkers / Fitness Room <b>9:00</b> Functional Movement <b>9:00</b> Chair/Standing Fitness <b>10:00</b> <b>ADVISORY BOARD</b> <b>10:00</b> Dancing Rhythms <b>10:00</b> Vintage Voices <b>11:00</b> Basketball Drill <b>12:30</b> Pickleball: Advanced	<b>8 8:00-3:30</b> Walkers / Fitness Room <b>9:30</b> Beginners Bridge <b>9:30-12:00</b> Pickleball: Open To All <b>11:30</b> <b>Meet &amp; Eat</b> <b>12:00-1:00</b> Pickleball: Drill <b>1:00-3:30</b> Pickleball: Open To All <b>1:00</b> Bridge, Canasta, Chess Skip-Bo
<b>11 8:00-3:30</b> Walkers / Fitness Room <b>9:00</b> Tai Chi <b>9:00</b> Chair/Standing Fitness <b>10:00</b> Tai Chi Beginner's <b>11:15</b> Ladies Basketball <b>11:15</b> Percussion Drum Class <b>12:30</b> Yoga <b>1:30</b> Pickleball: Open to All	<b>12 8:00-3:30</b> Walkers/Fitness Room <b>9:00</b> Functional Movement <b>10:00</b> Dancing Rhythms <b>10:00</b> Stories <b>12:30</b> Mahjong <b>12:30</b> Pickleball: Advanced <b>1:00</b> Knitten Kittens	<b>13 8:00-3:30</b> Walkers / Fitness Room <b>9:00</b> Chair/Standing Fitness <b>9:00-10:00</b> Pickleball: Beginners <b>10:30-12:30</b> Oil Painting (Free Time) <b>10:00-11:00</b> Pickleball: Intermediate <b>11:00-12:15</b> Pickleball: Open To All <b>11:00</b> <b>Seated Yoga</b> <b>12:30</b> Yoga	<b>14 8:00-3:30</b> Walkers / Fitness Room <b>9:00</b> Functional Movement <b>9:00</b> Chair/Standing Fitness <b>10:00</b> Dancing Rhythms <b>10:00</b> Vintage Voices <b>11:00</b> Basketball Drill <b>12:30</b> Pickleball: Advanced	<b>15 8:00-3:30</b> Walkers / Fitness Room <b>9:30</b> Beginner's Bridge <b>9:30-12:00</b> Pickleball: Open To All <b>11:30</b> <b>Covered Dish</b> <b>12:30</b> <b>**Pickleball Mini-Tournament**</b> <b>1:00</b> Bridge, Canasta, Chess, Skip-Bo <b>Music from Leon and the Band</b>
<b>18 8:00-3:30</b> Walkers/Fitness Room <b>9:00</b> Tai Chi <b>9:00</b> Chair/Standing Fitness <b>10:00</b> Tai Chi Beginner's <b>11:15</b> Ladies Basketball <b>12:30</b> Percussion Drum Class <b>12:30</b> Yoga <b>1:30</b> Pickleball: Open to All	<b>19 8:00-3:30</b> Walkers/Fitness Room <b>9:00</b> Functional Movement <b>10:00</b> Dancing Rhythms <b>10:00</b> Stories <b>12:30</b> Mahjong <b>12:30</b> Pickleball: Advanced <b>1:00</b> Knitten Kittens	<b>20 8:00-3:30</b> Walkers / Fitness Room <b>9:00</b> Chair/Standing Fitness <b>9:00-10:00</b> Pickleball: Beginners <b>10:00-11:00</b> Pickleball: Intermediate <b>10:30-12:30</b> Oil Painting with Laura <b>11:00-12:15</b> Pickleball: Open To All <b>11:00</b> <b>Seated Yoga</b> <b>12:30</b> Yoga	<b>21 8:00-3:30</b> Walkers / Fitness Room <b>9:00</b> Functional Movement <b>9:00</b> Chair/Standing Fitness <b>10:00</b> Dancing Rhythms <b>10:00</b> Vintage Voices <b>11:00</b> Basketball Drill <b>12:30</b> Pickleball: Advanced	<b>22 8:00-3:30</b> Walkers / Fitness Room <b>9:30</b> Beginner's Bridge <b>9:30-12:00</b> Pickleball: Open To All <b>11:30</b> <b>\$3 Lite Lunch</b> <b>12:00-1:00</b> Pickleball: Drill <b>1:00-3:30</b> Pickleball: Open To All <b>1:00</b> Bridge, Canasta, Skip-Bo
<b>25 8:00-3:30</b> Walkers/Fitness Room <b>9:00</b> Tai Chi <b>9:00</b> Chair/Standing Fitness <b>10:00</b> Tai Chi Beginner's <b>11:15</b> Ladies Basketball <b>11:15</b> Percussion Drum Class <b>12:30</b> Yoga <b>1:30</b> Pickleball: Open to All	<b>26 8:00-3:30</b> Walkers/Fitness Room <b>9:00</b> Functional Movement <b>10:00</b> Dancing Rhythms <b>10:00</b> Stories <b>12:30</b> Mahjong <b>12:30</b> Pickleball: Advanced <b>1:00</b> Knitten Kittens	<b>27 8:00-3:30</b> Walkers/Fitness Room <b>9:00</b> Chair/Standing Fitness <b>9:00-10:00</b> Pickleball: Beginners <b>10:00-11:00</b> Pickleball: Intermediate <b>10:30-12:30</b> Oil Painting (Free time) <b>11:00-12:15</b> Pickleball: Open to All <b>11:00</b> <b>Seated Yoga</b> <b>12:30</b> Yoga	<b>28 8:00-3:30</b> Walkers/Fitness Room <b>9:00</b> Functional Movement <b>9:00</b> Chair/Standing Fitness <b>10:00</b> Dancing Rhythms <b>10:00</b> Vintage Voices <b>11:00</b> Basketball Drill <b>12:30</b> Pickleball: Advanced	<b>29 8:00-3:30</b> Walkers/Fitness Room <b>9:30</b> Beginners Bridge <b>9:30-12:00</b> Pickleball: Open to All <b>11:30</b> <b>Birthday Lunch \$5</b> <b>12:00-1:00</b> Pickleball: Drill <b>1:00-3:30</b> Pickleball: Open to All <b>1:00</b> Bridge, Canasta, Skip-Bo

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

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

**Making You Think**  
What letter doesn't appear in ANY U.S. State name?  
(And no, I'm not giving you the answer.)