

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 – 10 a.m. and one court for beginners from 10-11am. **Intermediates** on Wednesday, from 10 – 11 a.m 2 courts and 11-12:15 **Open to All**. Mondays at 1:30 p.m Open to all., Tuesdays and Thursdays 12:30-3pm 2 courts advanced, one court beginners or open to all, and Fridays from 9:30 a.m. – 3:00pm with Pickleball Drill Friday 12pm to 1pm **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, May 9th 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!!!



May 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 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.

May

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 since 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

Fourth Friday: \$3 Lite meal

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.

<i>Nurture your mind, body and spirit for a healthier, happier LIFE!</i>			May 2019 Southminster							
Monday		Tuesday		Wednesday		Thursday		Friday		
1	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	2	8:00-3:30 Walkers/Fitness Room 9:00 Functional Movement 10:00 Dancing Rhythms 10:00 Stories 12:30 Mahjong 12:30-3:30 Pickleball: Advanced 12:30-3:30 1 court: Open to All 1:00 Knitten Kittens	1	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: Intermediate 10:30-12:30 Painting 11:00- 12:15 Pickleball: Open to All 11:00 Seated Yoga 12:30 Yoga	2	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 11:00 Basketball Drill 12:30-3:00 Pickleball: Advanced 1 court: Open to All	3	8:00-3:00 Walkers / Fitness Room 9:30 Beginner's Bridge 9:30-12:00 Pickleball: Open To All 12:00-1:00 Pickleball: Drill 1:00-3:00 Pickleball: Open To All 12:00 \$5.00 Lunch 1:00 Bridge, Canasta, Chess Skip-Bo	
6	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	7	8:00-3:30 Walkers / Fitness Room 9:00 Functional Movement 10:00 Dancing Rhythms 10:00 Stories 12:30 Mahjong 12:30 Pickleball: Advanced 12:30 1 court: Open to All 1:00 Knitten Kittens	8	8:00-3:30 Walkers / Fitness Room 9:00 Chair/Standing Fitness 9:00-11:00 Pickleball: Beginners-1Ct 10:00-11:00 Pickleball: Intermediate 10:30-12:30 Painting 11:00-12:15 Pickleball: Open To All 11:00 Seated Yoga 12:30 Yoga	9	8:00-3:00 Walkers/Fitness Room 9:00 Functional Movement 9:00 Chair/Standing Fitness 10:00 Dancing Rhythms 10:00 Vintage Voices 11:00 Basketball Drill 12:30-3:00 Pickleball: Advanced 1 court: Open to All 9:30 Foot Care-RSVP	10	8:00-3:00 Walkers / Fitness Room 9:30 Beginners Bridge 9:30-12:00 Pickleball: Open To All 12:00 Meet & Eat 12:00-1:00 Pickleball: Drill 1:00-3:00 Pickleball: Open To All 1:00 Bridge, Canasta, Chess Skip-Bo	
13	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	14	8:00-3:30 Walkers/Fitness Room 9:00 Functional Movement 10:00 Dancing Rhythms 10:00 Stories 12:30 Mahjong 12:30 Pickleball: Advanced 12:30 1 court: Open to All 1:00 Knitten Kittens	15	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 11:00-12:15 Pickleball: Open To All 11:00 Seated Yoga 12:30 Yoga	16	8:00-3:00 Walkers / Fitness Room 9:00 Functional Movement 9:00 Chair/Standing Fitness 10:00 Dancing Rhythms 10:00 Vintage Voices 11:00 Basketball Drill 12:30-3:00 Pickleball: Advanced 1 court: Open to All	17	8:00-3:00 Walkers / Fitness Room 9:30 Beginner's Bridge 9:30-12:00 Pickleball: Open To All 12:00 Covered Dish 12:00-1:00 Pickleball: Drill 1:00-3:00 Pickleball: Open to All 1:00 Bridge, Canasta, Chess, Skip-Bo Music from Leon and his band!	
20	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 12:30 Percussion Drum Class 12:30 Yoga 1:30 Pickleball: Open to All	21	8:00-3:30 Walkers/Fitness Room 9:00 Functional Movement 10:00 Dancing Rhythms 10:00 Stories 12:30 Mahjong 12:30 Pickleball: Advanced 12:30 1 court: Open to All 1:00 Knitten Kittens	22	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 10:30-12:30 Painting 11:00-12:15 Pickleball: Open To All 11:00 Seated Yoga 12:30 Yoga	23	8:00-3:00 Walkers / Fitness Room 9:00 Functional Movement 9:00 Chair/Standing Fitness 10:00 Dancing Rhythms 10:00 Vintage Voices 11:00 Basketball Drill 12:30-3:00 Pickleball: Advanced 1 court: Open to All	24	8:00-3:00 Walkers/Fitness Room 9:30 Beginner's Bridge 9:30-12:00 Pickleball: Open to All 12:00 Lite meal \$3.00 12:00-1:00 Pickleball Drill 1:00-3:00 Pickleball: Open to All 1:00 Bridge, Canasta,Chess, Skip-Bo	
27	CLOSED FOR MEMORIAL DAY		28	8:00-3:30 Walkers/Fitness Room 9:00 Functional Movement 10:00 Dancing Rhythms 10:00 Stories 12:30 Mahjong 12:30 Pickleball: Advanced 12:30 1 court: Open to All 1:00 Knitten Kittens	29	8:00-3:30 Walkers/Fitness Room 9:00 Chair/Standing Fitness 9:00-10:00 Pickleball: Beginners 10:00-11:00 Pickleball: Beginers-1 Ct 10:00-11:00 Pickleball: Intermediate 10:30-12:30 Painting 11:00-12:15 Pickleball: Open to All 11:00 Seated Yoga 12:30 Yoga	30	8:00-3:00 Walkers/Fitness Room 9:00 Functional Movement 9:00 Chair/Standing Fitness 10:00 Dancing Rhythms 10:00 Vintage Voices 11:00 Basketball Drill 12:30 Pickleball: Advanced 1 court: Open to All	31	8:00-3:00 Walkers / Fitness Room 9:30 Beginner's Bridge 9:30-12:00 Pickleball: Open To All 12:00 BIRTHDAY LUNCH 12:00-1:00 Pickleball: Drill 1:00-3:00 Pickleball: Open To All 1:00 Bridge, Canasta, Skip-Bo

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. TWO COURTS AVAILABLE!

You will notice quite a few time changes in Pickleball. I hope I have it all the way it's supposed to be. There is extra time play for beginners and Thursday and Friday, Pickleball time will end at 3:00pm.