

**Nurture your mind, body and spirit for a healthier, happier**

**LIFE'S Senior Center at Southminster MARCH 2023**

Monday		Tuesday		Wednesday		Thursday		Friday	
<p>Let's all go to the movies at Circle Cinema Thursday, March 9<sup>th</sup> Meet at East Side to ride the bus</p> <p>Let's Meet and Eat Lunch Friday, March 14<sup>th</sup> 11:30 Brookside Diner – 4510 So. Peoria RSVP to Jennifer by 3/6</p>		<p>Road Trip to Chouteau Thursday, March 23<sup>rd</sup> depart East Side at 10:30 Amish Cheese House &amp; Junk and Disorderly</p> <p>Monthly Luncheon Friday, March 31<sup>st</sup> 12:00 Corn Beef &amp; Cabbage with Carrots and Potatoes Corn Bread *dessert provided by VIP Care Centers* Bingo and Green Country Highlanders performing RSVP to Jennifer by 3/30</p>		<p>1 8:15-3:30 Walkers / Fitness Room 8:30-10:00 Beginners PB Class 9:00 Chair/Standing Fitness 10:00-11:00 Beginners PB all Courts 11:15-12:15 PB Reservations all Courts/sign up 12:30-1:40 Yoga 1:45-3:30 PB-Open Play</p>		<p>2 8:15-3:30 Walkers / Fitness Room 9:00 Functional Movement 9:00 Chair/Standing Fitness 10:00 Dancing Rhythms 11:15-12:15 PB-Reservations all Courts/sign up 12:15-3:30 PB-Optional Challenge Court 1 Open play courts 2 &amp; 3 1:00 Art Class with Miss Rainbow Pine Cone Fairies 1:00 ORBIT Arts Rehearsals</p>		<p>3 8:15-3:30 Walkers / Fitness Room 8:30-11:00 Beginners PB-court 1&amp;2 9:00-10:30 PB Machine-court 3/sign up 11:15-12:15 PB Reservations all Courts/sign up 12:15-3:30 PB-Open Play-optional Challenge #1 12:30-1:30 Knitten Kittens 1:30 Cards and Games</p>	
<p>6 8:15-3:30 Walkers / Fitness Room 8:15-9:15 Open Basketball 9:00 Chair/Standing Fitness 9:30-10:45 Senior Fitness Tai Chi 11:00 Cornhole Toss Game 11:00-12:15 Ladies/Men's Basketball 12:30-1:40 Yoga 1:00 Bridge (Beginners Welcome) 1:45-3:30 PB-Mixed RR CT 2&amp;3. Open CT 1</p>		<p>7 8:15-3:30 Walkers / Fitness Room 9:00 Functional Movement 10:00 Dancing Rhythms 11:15-12:15 PB-Reservations all courts/sign up 12:15-3:30 PB-Open Play Optional Challenge CT 1 12:30 Mahjong 1:00 Knitten Kittens 1:00 ORBIT Arts Rehearsals</p>		<p>8 8:15-3:30 Walkers / Fitness Room 8:30-10:00 Beginners PB Class 9:00 Chair/Standing Fitness 10:00-11:00 Beginners PB all Courts 11:15-12:15 PB Reservations all Courts/sign up 12:30-1:40 Yoga 1:45-3:30 PB-Open Play</p>		<p>9 8:15-3:30 Walkers / Fitness Room 9:00 Functional Movement 9:00 Chair/Standing Fitness 10:00 Dancing Rhythms 11:15-12:15 PB-Reservations all Courts/sign up 12:15-3:30 PB-Optional Challenge Court 1 Open play courts 2 &amp; 3 1:00 Art Class with Miss Rainbow Bad Hair-Day Art Project 1:00 ORBIT Arts Rehearsals Circle Cinema</p>		<p>10 8:15-3:30 Walkers / Fitness Room 8:30-11:00 Beginners PB-court 1&amp;2 9:00-10:30 PB Machine-court 3/sign up 11:15-12:15 PB-Reservations all Courts/sign up 12:15-3:30 PB-Open Play-optional challenge #1 12:30-1:30 Knitten Kittens 1:30 Cards and Games</p> <p><b>DAYLIGHT SAVING TIME BEGINS</b></p>	
<p>13 8:15-3:30 Walkers / Fitness Room 8:15-9:15 Open Basketball 9:00 Chair/Standing Fitness 9:30-10:45 Senior Fitness Tai Chi 11:00 Cornhole Toss Game 11:00-12:15 Ladies/Men's Basketball 12:30-1:40 Yoga 1:00 Bridge (Beginners Welcome) 1:45-3:30 PB-Ladies RR CT 2&amp;3. Open CT 1</p>		<p>14 8:15-3:30 Walkers / Fitness Room 9:00 Functional Movement 10:00 Dancing Rhythms 11:15-12:15 PB-Reservations all courts/sign up 12:15-3:30 PB-Open Play Optional Challenge CT 1 12:30 Mahjong 1:00 Knitten Kittens 1:00 ORBIT Arts Rehearsals Meet &amp; East at Brookside Diner @ 11:30</p>		<p>15 8:15-3:30 Walkers / Fitness Room 8:30-10:00 Beginners PB Class 9:00 Chair/Standing Fitness 10:00-11:00 Beginners PB all Courts 11:15-12:15 PB Reservations all Courts/sign up 12:30-1:40 Yoga 1:45-3:30 PB-Open Play</p>		<p>16 8:15-3:30 Walkers / Fitness Room 9:00 Functional Movement 9:00 Chair/Standing Fitness 10:00 Dancing Rhythms 11:15-12:15 PB-Reservations all Courts/sign up 12:15-3:30 PB-Optional Challenge Court 1 Open play 2 &amp; 3 1:00 Art Class-Pottery Painting w/Kristen 1:00 ORBIT Arts Rehearsals</p>		<p>17 8:15-3:30 Walkers / Fitness Room 8:30-11:00 Beginners PB-Court 1&amp;2 9:00-10:30 PB Machine-Court 3/sign up 11:15-12:15 PB-Reservations all Courts/sign up 12:15-3:30 PB-Open Play-optional Challenge #1 12:30-1:30 Knitten Kittens 1:30 Cards and Games</p> 	
<p>20 8:15-3:30 Walkers / Fitness Room 8:15-9:15 Open Basketball 9:00 Chair/Standing Fitness 9:30-10:45 Senior Fitness Tai Chi 11:00 Cornhole Toss Game 11:00-12:15 Ladies/Men's Basketball 12:30-1:40 Yoga 1:00 Bridge (Beginners Welcome) 1:45-3:30 PB-Beginners RR CT 2&amp;3. Open CT 1</p>		<p>21 8:15-3:30 Walkers / Fitness Room 9:00 Functional Movement 10:00 Dancing Rhythms 11:15-12:15 PB-Reservations all courts/sign up 12:15-3:30 PB-Open Play Optional Challenge CT 1 12:30 Mahjong 1:00 Knitten Kittens 1:00 ORBIT Arts Rehearsals</p>		<p>22 8:15-3:30 Walkers / Fitness Room 8:30-10:00 Beginners PB Class 9:00 Chair/Standing Fitness 10:00-11:00 Beginners PB all Courts 11:15-12:15 PB Reservations all Courts/sign up 12:30-1:40 Yoga 1:45-3:30 PB-Open Play</p>		<p>23 8:15-3:30 Walkers / Fitness Room 9:00 Functional Movement 9:00 Chair/Standing Fitness 10:00 Dancing Rhythms 11:15-12:15 PB-Reservations all Courts/sign up 12:15-3:30 PB-Optional Challenge Court 1 Open play 2 &amp; 3 1:00 Art Class with Miss Rainbow Bad Hair-Day Project 1:00 ORBIT Arts Rehearsals Trip to Chouteau/Amish Cheese House &amp; Junk and Disorderly</p>		<p>24 8:15-3:30 Walkers / Fitness Room 8:30-11:00 Beginners PB-Court 1&amp;2 9:00-10:30 PB Machine-Court 3/sign up 11:15-12:15 PB-Reservations 3 courts/sign up 12:15-3:30 PB-Open Play-optional Challenge #1 12:30-1:30 Knitten Kittens 1:30 Cards and Games</p>	
<p>27 8:15-3:30 Walkers / Fitness Room 8:15-9:15 Open Basketball 9:00 Chair/Standing Fitness 9:30-10:45 Senior Fitness Tai Chi 11:00 Cornhole Toss Game 11:00-12:15 Ladies/Men's Basketball 12:30-1:40 Yoga 1:00 Bridge (Beginners Welcome) 1:45-3:30 PB-Men's RR CT 2&amp;3. Open CT 1</p>		<p>28 8:15-3:30 Walkers / Fitness Room 9:00 Functional Movement 10:00 Dancing Rhythms 11:15-12:15 PB-Reservations all courts/sign up 12:15-3:30 PB-Open Play Optional Challenge CT 1 12:30 Mahjong 1:00 Knitten Kittens 1:00 ORBIT Arts Rehearsals</p>		<p>29 8:15-3:30 Walkers / Fitness Room 8:30-10:00 Beginners PB Class 9:00 Chair/Standing Fitness 10:00-11:00 Beginners PB all Courts 11:15-12:15 PB Reservations all Courts/sign up 12:30-1:40 Yoga 1:45-3:30 PB-Open Play</p>		<p>30 8:15-3:30 Walkers / Fitness Room 9:00 Functional Movement 9:00 Chair/Standing Fitness 10:00 Dancing Rhythms 11:15-12:15 PB-Reservations all Courts/sign up 12:15-3:30 PB-Optional Challenge Court 1 Open play 2 &amp; 3 1:00 Art Class with Miss Rainbow Round Robin Art Journaling 1:00 ORBIT Arts Rehearsals</p>		<p>31 8:15-3:30 Walkers / Fitness Room 8:30-11:00 Beginners PB-Court 1&amp;2 9:00-10:30 PB Machine-Court 3/sign up 11:15-12:15 PB-Reservations 3 courts/sign up 12:00 Luncheon – Dessert by VIP Care Center 1:00 Bingo with Wayne 12:15-3:30 PB-Open Play-optional Challenge #1 12:30-1:30 Knitten Kittens 1:30 Cards and Games</p> <p><b>GREEN COUNTRY HIGHLANDERS PERFORMING</b></p>	



Programs and activities are generously provided through an Empowering Health grant from UnitedHealthcare.

LIFE's Senior Center at Southminster  
3500 S. Peoria, Tulsa, OK 74105 (35th Place, West of Peoria)  
Jennifer Fulbright (918) 749-2623 [jfulbright@LIFEseniorservices.org](mailto:jfulbright@LIFEseniorservices.org)  
Melodie Powders [mpowders@lifeseniorservices.org](mailto:mpowders@lifeseniorservices.org)

Memberships are available to adults 50 and older. The cost is \$100.00 (8.33 per month)-annually and includes a free subscription to LIFE's Vintage Magazine (valid at both East Side & Southminster)